

TOP STORIES IN THIS NEWSLETTER

The FAC EXPERIENCE

A monthly newsletter brought to you by: *Fayetteville Alumnae Chapter*
Vol. 5 Issue 3 December 2, 2018

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*As always,
we are*

*"Inspiring To
Reclaim,
Retain, And
Uplift
Sorors!"*



From Madam President

*H*APPY FIRST SUNDAY! MERRY CHRISTMAS!

"For unto us a child is born..." Isaiah 9:6 NKJV

The holiday season is upon us. Let us enjoy it and have a safe and happy one. Remember, safety first! Please implement all those little tips of caution you've heard through the years. They work, if you use them. We need to be mindful of safety while traveling, decorating, even when choosing gifts for children. If you want specific suggestions, please use your favorite search engine and educate yourselves and your families.

Thanks to the following sorors who joined me at the World Aids Day Gala Friday, November 30th: Sorors Nadine Miller-Bernard, Debra Figgins, Judith Waddell, Karen Harris, Brittany McLaurin, Sylvia Moore, Meta Weaver Coaxum, Tammy Pippen, Amanda Williams, Paula Frank, Queen Degraphenreid, and LaToya Gordon. FAC was recognized and honored for "HIV Community Involvement." We received a lovely glass plaque. I will have it at the December chapter meeting.

Our **APPROVED** 2018-2019 Policies and Procedures document is being reviewed by the P&P Committee before sharing with you, due to some areas that need to be addressed. As soon as the review is complete, I will be forwarding this document to you. Thank you for your patience.

December 16th is almost here. Are you getting excited about our trip to Greensboro? I am! Remember, the **Black Nativity** trip will take place Sunday, December 16, 2018. Membership Chair Melissa Robinson-Ellis will have all the details at the December chapter meeting.

Don't forget, our Founders Day Celebration will be held February 2, 2019, in Raleigh, NC. As additional details are received, I will share them with you.

Stay tuned...



Remember the Sick & Shut-In



Sorors, please let us continue to keep our sick, shut-in, and hospitalized sorors lifted in prayer, as we also remember and pray for our bereaved sorors, who have lost loved ones. Remember, a phone call, text, email, visit, etc. can go a long way in lifting someone's spirit.



Protocol Committee

The words "neophyte" and "prophyte" ARE NOT MENTIONED OR APPROVED IN ANY OF OUR DELTA DOCUMENTS OR BY ANY OF OUR NATIONAL OR REGIONAL LEADERSHIP (PAST OR PRESENT)

and should not be compared to or substituted for our Rites of Passage.

Protocol and Traditions Manual, revised 2011, page 8:

There are Three Rites of Passage: The Pyramid Induction Ceremony, The Initiation Ceremony, The Omega Omega Service

Code of Conduct, revised April 2018, pages 2-3:

Believing in the worth and dignity of each human being, Delta expects each soror to recognize the supreme importance of the pursuit of truth, devotion to excellence, and commitment to social responsibility. Each soror is expected to live up to these ideals by embracing and adhering to the following ethical principles:

- Δ Each soror shall regard as primary the bond of sisterhood and the giving of public service
- Δ Each soror shall uphold the Constitution and Bylaws of Delta Sigma Theta Sorority, Inc.
- Δ Each soror shall maintain high standards of personal conduct
- Δ Each soror shall support and promote the goals, objectives, and programs approved by Grand Chapter
- Δ Each soror shall treat all persons with dignity and respect



Next Issue: January 6, 2019

Remember: Please, send articles, pictures, or announcements to email address only: **Facwebupdates@gmail.com** **on or before January 2.**

Sorors, please adhere to deadlines, or your article may not appear in the next issue.



Economic Development Thrust

The Economic Development Thrust has coordinated with the Second Food Harvest Bank and we will begin volunteering there on a quarterly basis beginning in January 2019 on the third Saturday. This will be part of the chapter's yearlong 65th Anniversary Celebration. We will only have twenty slots each time. The dates are: Jan 19, June 15, September 21, and October 19. We will work from 8:00 a.m. until 12:00 noon. To sign up for this volunteer opportunity, please send an email to williejohnson@nc.rr.com with your name, the month you want to volunteer, email address, and mobile phone number. You can also sign up at the December chapter meeting.

Thank you for your support, as we come together to support the Second Harvest Food Bank!



Chaplain's Corner

The Greatest Gift

Most of us love the hustle and bustle of the holidays, the glitz and lights, and of course, receiving gifts. What a wonderful time to remember that the greatest gift has already been given. Romans 6:23 says, *"For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord."*

As we entertain family and friends during the holidays, let us tell them about Jesus and His redemptive work as God's gift to the World. May God richly bless and protect you and your families during this holiday season.

With sisterly love,
Soror Barbara McCray Nubin, Chaplain

Hostesses for December



*Pat Capel	Peggy Davis
*Doris Brown	Brenda Minor
*Toni Moore	Sarita Mallard
*Eva Williams	Christina Washington
Martha Blue	Delisa Crobsy
Veronica Langston	LaTanya Malone
Maxine Martin	Zandra Peele
Lorraine Wheeler	

* Lead Hostess





Healthy Lifestyles

EXPERT TIPS FOR HOLIDAY WELLNESS

◇ **Snack Smart**

Bring a healthy snack to the office to share to avoid temptation and share your love of healthy eating with your coworkers. Have a healthy snack in your purse or car when you are doing your holiday shopping to reduce fast food!

◇ **Don't Skip Breakfast**

Scientists discovered that sticking to the 24-hour eat-and-rest cycle, where you nourish your body for 12 hours, then take a digestion break for 12 hours, may help preserve muscle, activate fat burning and reduce appetite swings.

◇ **Use Healthy Habits**

Get plenty of sleep, wash hands regularly, wipe down frequently touched surfaces and always cough and sneeze into your elbow.

◇ **Make Time for Sunlight**

Sunlight helps us synthesize Vitamin D and helps our immune system fight off infections and keep us healthy.

◇ **Exercise in the Morning**

Exercising in the morning reduces stress which will help you to control your food intake.

◇ **Don't Forget to Brush**

During the holiday season we often indulge in a lot more sweet foods and treats. It's important to remember to brush our teeth twice a day and floss to prevent the risk of tooth decay.

◇ **Fill Up First**

Eat a small meal before you go to a holiday party. You won't arrive at your host's home starved and ready to fill up on any available carb and overeat.

Melissa Erickson
More Content Now
Fayetteville Observer
18 November 2018

Walk and Talk

Fitness and Fellowship

3rd Saturday of Every Month

We will be walking from 8:30-9:30 a.m.
Cape Fear River Trail (meet at the Jordan Soccer Pavilion) or
Cross Creek Mall (meet at the Food Court)
See you there!





Arts & Letters Committee

On October 25 & 26, 2018, fifteen FAC sorors attended Cape Fear Regional Theater play, *Music City*. Soror Awilda Graham gives her account of the play. *OMG! The Cape Fear Regional Theatre, located in Haymount on Hay Street, Fayetteville, NC, is presenting the Music City- A Modern Country Musical. I was very hesitant to go, when I was invited, because the playbill and title didn't seem to fit my typical genre. Boy, was I shocked. The variety of music, the realistic spellbinding plot, the versatile scenery, the audience interaction, and the outstanding performances captured my attention and kept me mesmerized. So glad I saw this play. It was great to fellowship with sorors.*

November 15, Arts and Letters promoted an African American author at the first Red Velvet Book Club discussion for this chapter year. The discussion was held at 6:30 p.m. at Logan's Roadhouse. Ten sorors and two guests experienced a lively discussion led by Soror Rene' Corders on *An American Marriage* by Tayari Jones. This book was included in the 2018 Selection Oprah's Book Club. Fabulous door prizes were given out. Michelle Obama's new book *Becoming* was one of the door prizes. The fellowship was great! ***Becoming*** will be the book selection for the April 18 Red Velvet Book Club discussion. Arts and Letters continues to inform the chapter of art events in the Fayetteville community with a bookmark of 2018-2019 Calendar given out at November chapter meeting. Extra bookmarks will be available at December chapter meeting.

December 22 - 23, Soror Sharon McNair will direct the Christmas Cantata, "Hallelujah! Jesus is born!" It will be presented at Haymount Presbyterian Church and St. Joseph Episcopal Church, respectively.

Let's read! Coming up on January 24, join the Red Velvet Book Club for the discussion of the book selection, *Barracoon* by Zora Neal Hurston. Place to be announced.

National suggests these movies for sorors to view:

- ***The Hate U Give***
- ***Nobody's Fool***
- ***Widows***
- ***Creed II***
- ***Green Book***
- ***Robin Hood***

SAVE THE DATE—January 20 Red Carpet Movie, *"If Beale Street Could Talk"*
January 22 Silver Movie Goers for Red Carpet Movie

Submitted by Soror Janice Robinson, chair and Soror Franzetta Grandison, co-chair



*Happy Birthday
December
Sorors*



Grinch Muffins???



Whip up a quick, healthy breakfast treat during the holiday season. You can make these ahead and have a ready-to-go snack. These are called 'Hulk' muffins but could easily be named 'Grinch' muffins because of their green color (add a drop or two of green food coloring for a more intense color).

"Hulk" Muffins

Preheat oven to 350 F and line a muffin pan with paper liners.

Dry Ingredients:

2 cup – flour, whole wheat

1 ½ teaspoon – cinnamon

2 teaspoon – baking powder

½ teaspoon – baking soda

½ teaspoon – salt

Wet Ingredients:

¾ cup – milk

½ cup – honey

1 large banana

6 ounces – spinach

½ cup – butter, unsalted

1 large – egg

1 teaspoon – vanilla extract

Directions:

- 1. Preheat oven to 350 F and line a muffin pan with paper liners.**
- 2. Combine dry ingredients in a large mixing bowl.**
- 3. Melt butter. Blend the wet ingredients in a blender until completely pureed.**
- 4. Pour the puree into dry ingredients, and fold together gently until just combined.**
- 5. Spoon the batter into the muffin pan and bake for 18-22 minutes. Let cool.**

From the Better Health Organization kitchen



Delta Sigma Theta Sorority, Incorporated cares about your mental health. Here's a reminder from our Delta Care initiative. Remember to C.H.E.C.K. on each other. We challenge you all to "check" on someone you haven't seen in a while.

Take **C**are of yourself and one another, including the strongest who may not appear to need it.

#DELTA CARE

Find ways to **H**elp sorors who are facing challenges before they have the chance to ask.

#DELTA CARE

Educate yourself on the signs and symptoms of depression.

#DELTA CARE

Consider **C**ounseling to help navigate difficult situations and feelings.

#DELTA CARE

Be **K**ind to each other. You never know what someone might be going through.

#DELTA CARE

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Red Apple Run



Red Velvet Book Club November 2018

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CFRT Play "Music City"





World Aids Day 2018



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Fayetteville Alumnae Chapter
2018