



Soror Spotlight

Soror Kawana Mitchell is a nurse by training; currently she holds the position as Director of Surgical Services at Children's Healthcare of Atlanta at Egleston. She leads a division of over 180 employees and manages an operating budget of \$66 million. In addition, Kawana takes great pride in her role and has consistently exceeded her targets in quality, service, people and growth. When asked what she values most about her profession, Kawana quickly emphasizes the opportunity to lead a team that is committed to making the difference in the life of a child. She loves her job and often refers to it as community service that she's paid for. Children's has recently taking the lead on childhood obesity in the state of Georgia and this is a true passion for Kawana. She has struggled with her weight throughout adulthood and strongly believes childhood is the best time to introduce individuals to healthy eating & exercise. As the chair of the Physical & Mental Health Committee for Marietta-Roswell, Kawana partnered with C.H.O.I.C.E.S. & Marietta Six Grade Academy to spearhead a healthy eating expo. This activity was featured in the Delta Journal. She believes that the children are our future and the saying is not just a cliché.

Soror Mitchell will be celebrating 22 years in Delta this upcoming Sororal year. She was born & raised in Daytona Beach, FL and was initiated on Nov. 18, 1989 into the Gamma Zeta chapter at Morris Brown College. Her line sister, Yvette Terry, is also a member of MRAC.

Greetings from the President



Greetings Soror!

Welcome to another awesome sororal year! I hope you enjoyed your summer and are now ready to get back to the business of Delta.

Sorors, we continue to be one of the best chapters in the Southern Region and in Delta! I am honored to be president of such a wonderful chapter. Please review the chapter articles in the Delta Journal and the Southern Region Gazette. During the Southern Regional Conference we were recognized in several areas:

- Distinguished Service – Social Action Award
- National Heritage Award – Heritage Day Celebration
- Best Practices Membership Services—Large Chapter
- Certificates for participation in Stellar Newsletter
 - And technology best practices
- We received a grant from the Delta Foundation.

Please join the excitement and BE the Difference by getting involved and joining a committee or helping to plan a chapter event. The community and the Chapter need you!

Patsy

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Community Empowerment

By: Cicely Breckenridge

On May 21, 2011 the Marietta-Roswell Alumni Chapter of Delta Sigma Theta Sorority, Incorporated hosted its 2nd Annual Community Empowerment Summit. By all accounts it was a total success! The event was held at the Atlanta Marriot Northwest in Atlanta, Georgia with nearly 180 participants in attendance to include individuals, small business owners, seniors, and community organization leaders from the Metro-Atlanta area who participated either as speakers, vendors or attendees. The event would not have been possible without the generous support of our sponsors: BB&T Bank, Ally Financial, Omicron Mu Lambda Chapter of Alpha Phi Alpha, and The Minerva Foundation, Incorporated.

Too often we as leaders are reacting to the latest incursion, rather than having effective mechanisms in place for proactive initiatives to ensure the fairness, freedom and equity we strive to attain. We in MRAC accepted a charge from National to do something about that by thinking strategically about Economic Survival, Quality Education and Healthcare Reform and Access. Our Community Empowerment Summit used these topics to promote the advancement of communities in our service area. We provided stimulating speakers, access to resource vendors and a luncheon to our registrants. Our keynote speaker was Derek Boazman of "Too Much Truth" Talk Radio on WVEE and additional speakers included the Honorable Gloria Tinubu of the Georgia House of Representatives and Soror Natalia Cales, Regional Deputy Director of Community Outreach for Health and Human Services. In these challenging days and times, we believe families facing adversity need advice and solutions so they can live more stress-free lives. Our speakers reminded them that their Individual Empowerment is so important because it inspires Community Empowerment.

As a new edition this year, The Political Awareness & Involvement Committee partnered with the May Week Committee to consolidate programming and include an Awards Ceremony during the Summit. The bonus of highlighting these local heroes and scholarship recipients inspired the community to know that you can still excel in troubling times and organizations such as MRAC still care. We also provided an Empowerment Tool Kit and Gift Bag which included contact information and resource references for local job sites, county resources, non-profit social service groups, calendars, snacks and other relevant resources that could aid a family (or individuals) in need.



Get Ready, Get Ready, Get Ready!

The summer has flown by and now it is time for us to get ready for a new sorority year. Go through your Delta bag and find your *Ritual*. Review the Opening and Closing Ceremonies. We should be able to sing the Delta Prayer and the Delta Hymn without looking at the book. We should be able to recite the Delta Oath and the Delta Mizpah from memory. Please spend a few minutes practicing the items we should know.

We do not wear hats to chapter meetings. Flip flops are also not allowed. Shoes that have a strap between the toes should not be worn even if they are a dress sandal. Delta does not have a rule about wearing hosiery so the choice is yours.

If you invite a non-financial Soror to the meeting, be sure to inform her of the attire rules. Visitors should also have a membership card/membership certificate and a picture ID.

We want to make sure that we follow proper protocol in all we do. This shows that we are united as sisters and that we respect the ideals on which Delta Sigma Theta was founded.

Get Ready, Get Ready, Get Ready for a great sorority year!

Ritual and Ceremonies/Protocol and Traditions Committee
Soror Carolyn F. Jackson,
Chair

Also as a special treat we were able to give away four gas cards to lucky audience members and other gifts donated by our vendors. The central location off Windy Hill Road provided easy access for individual who wanted to attend as we made sure the CCT bus line also ran near the hotel area. We used social media, radio, and newspaper promotions to alert the public that all were invited and welcomed.

As a final note, we value the direct feedback of our attendees most of all. Our survey results showed that 100% of the respondents would attend next year and believed the program was very beneficial and informative. This feedback also showed that the attendees learned something new and were educated; that the segments were beneficial and added value to the program; and that they were able to access resources and information which they could take home and reference later. Specific comments suggested that the program was “excellent”, that attendees were “empowered”, “enriched”, and even that “now [they] would be able to move forward with future endeavors”.



MRAC Membership

By: Myesha Davis

The Membership Committee is excited about our new sororal year. Our new 2nd Vice President and Membership Chair, Soror Myesha Davis presented at the 43rd Southern Region Conference in Memphis, TN. She along with three other Chapters from the region presented Best Practices from their respective Chapters.

Membership has several Chapter and reclamation activities planned for this year. We are doing our part to reclaim 2,013 sorors by our 2013 Centennial Celebrations. Already this sororal we have reclaimed 17 sorors!!! Welcome back into the folds of our beloved sisterhood Sorors Schyuler Bates, Cheryl Canty, Ericka Davis-Hamilton, Elaine Ducre, Lakima Freeman, Nyja Green, Teresa Green, Divida Gude, Marla Hamilton, Nicole Higgs-Doughty, Cheryl Ladson, Robin Latimore, Barbara Percival, Shannon Omia Pierce, Carmen Tillman, Doris Webster and Deborah Williams.

See below for a calendar of Membership sponsored events for our first quarter.

- Δ **September 10th** – Welcome Luncheon and Committee Fair immediately following Chapter meeting
- Δ **September 11th** – 2013 by 2013 Reclamation Event in Grant Park – 2:00 p.m. – 6:00 p.m. – Bring your picnic baskets, good ole Delta spirit, and a Soror who needs to be reclaimed.
- Δ **October 1st** – Chicken, Waffles and Chatting with the Executive Board – 9:00 a.m. – 9:45 a.m.
- Δ **October 9th** – Sisters Enjoying Sisters – Atlanta Falcons vs. Green Bay Packers Tailgate – Yellow Lot (Parking \$15) – 1:00 p.m. – until. We will provide the drinks and the grill; Sorors provide the food and we will cook it.

E-mail the Membership Committee at Membership@dstmrac.com for questions about any of our events.



Delta Anniversaries and Celebrations!

Congratulations to the following Sorors celebrating milestones in Delta!

10 Years 2001

- Melia Aldrige
- Clover Cunningham
- Wanda Gross
- Juan Harris
- Joi Jackson
- Alicia Jones

15 Years 1996

- Nadine Alliance
- Tonya Byrd
- Teshine Good
- Roberyl Hudley
- Karen Adams

20 Years 1991

- Janel Bowles
- Sheryl Clark
- Camille Patterson

30 Years 1981

- Ernestine Claiborne
- Wanda Rosemond

35 Years 1975

- Cheryl Cole
- Renay Dixon

40 Years 1966

- Joann Vereen

Congratulations to:

MRAC Delta Dear of the Year - Carol Edwards

MRAC Soror of the Year – Pam Robinson

Membership Chair, Myesha Davis

Healthy Moves 5K Details

Event: October 15, 2011

Pre-Registration: Through September 30, 2011, \$20.00

Regular Registration:
Available October 1, 2011 –
event day, \$25.00

Health Expo Logistics:
FREE and open to the
public and includes
screenings, informative
speakers and demonstrations
as well as exciting
giveaways!

For More Information:
www.healthymoves5k.org

Did You Know?

The food pyramid that we grew up with has changed. The pyramid that had grains as the base and oils/fats at the top with fruit, dairy and veggies in-between has been updated. A round plate that includes fruits, vegetables, grains and proteins has replaced the pyramid model. The United States Department of Agriculture (USDA) promotes this balanced model along with with guidelines about portions, making half of your plate fruits and vegetables as well as adding whole grains to your diet. In addition, being mindful about the amount of sodium in packaged foods such as soup, bread and frozen meals will have long-term benefits to your health. Dairy is still included, but changing to lower-fat versions of dairy products such as milk and cheese are recommended.

Deltas and Omegas Unite for Health

By: Mirhonda Studevart

On the heels of an annual American Cancer Society Relay for Life effort, the Chi Gamma Gamma chapter of Omega Psi Phi and the e Marietta-Roswell Alumnae Chapter of Delta Sigma Theta partnered to create a new entity named the **Healthy Moves Initiative**.

The upcoming Healthy Moves 5K Run/Walk & Health Expo is being held on the campus of Life University on Saturday, October 15, 2011. This event is designed to increase awareness among African-Americans in the Cobb County and metro Atlanta area about health and wellness issues that may affect life or quality of life. The Healthy Moves Initiative seeks to educate and engage our community by proactively offering solutions to living a healthy lifestyle that includes an active fitness regimen. The 5K is a three-mile stroll and a wonderful way to kick-off or continue your commitment to a healthier lifestyle.

During a joint kickoff meeting in late March, Co-Race directors Jonathan Matthews and Nikisha Jones introduced the Healthy Moves 5K and encouraged attendees to sign up for specific functional committees including Logistics, Volunteer Management, Health Fair, Sponsorship, Marketing and Governance. All of the committees met over the summer, making progress in their respective areas and congratulating each other as Deltas went to the regional conference in Memphis, TN and Omegas attended their Centennial Celebration in Washington, DC.

In addition to onsite walkthroughs for logistics and development of a logo, the two Pan Hellenic powerhouses collaborated on sponsorship and promotional materials. The committees have worked to secure and train volunteers to promote the event across metro Atlanta by attending other organization's meetings; secured several major corporate sponsors including WellStar, Big Peach Running Company, Kroger and Gatorade; worked to get press coverage of the Healthy Moves 5K in metro Atlanta news outlets and secured participation and literature from a variety of health professionals for the Health Expo.

The Healthy Moves Initiative is further proof of Madame President Cynthia M.A. Butler-McIntyre's statement "Delta is a movement, not a monument." If you have not yet joined the Healthy Moves movement, you may contact Myesha Davis to volunteer; "like" us on Facebook and register for the 5K at www.healthymoves5k.org.

We'll see YOU on the trail!

A Closer Look



Join us as the Crimson Gazette introduces more personal aspects of the powerhouses who comprise the MRAC executive leadership. In this issue, let's become better acquainted with... **Chaplain Yette McMillian**

Yetta McMillian will celebrate her 25th year of being a member of Delta in November of this year. She is a Southern Girl from the peach state of Georgia. Her family moved from south Georgia to Atlanta in the 70's. Yetta was initiated in 1986 at Zeta Phi Chapter at Georgia State University. Yetta is one of the newest members of MRAC. This is her first year in the chapter. Her favorite book is, "Your Best Life Now" by Joel Osteen. Her favorite color is teal. Yetta loves to travel. She has been to Jamaica eight times. She was a member of the first all African American mission teams to Africa in the North Georgia Conference of the United Methodist Church. Her favorite saying is, "You have to go through a test, before you can have testimony".

Chapter Information

Meeting Information

Chapter Meetings:

Marietta Sixth Grade Academy

340 Aviation Road

Marietta, GA 30060-2464

Executive Board Meetings:

3rd Thursday of each month

7:00 pm

Locations will be listed in the Weekly Reminders

2011-2012 Officers

President – *Patsy A. Pattman*

1st Vice President – *Wilma Z. Davis*

2nd Vice President – *Myesha Davis*

Recording Secretary – *Dr. Juaney Lynn-Rigsby*

Assistant Recording Secretary – *Pat Allen*

Corresponding Secretary – *Tonya N. Byrd*

Treasurer – *Toni Carlisle*

Financial Secretary – *Lessie Lyttle*

Assistant Financial Secretary – *Shanika Brown*

Marietta-Roswell Alumnae Chapter

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DELTA SIGMA THETA SORORITY, INC.
MARIETTA-ROSWELL ALUMNAE CHAPTER