

# THE METRO



## President's Pen by Dr. Latasha A. Jennings

Happy New Year! The reset of the calendar gives us the opportunity to reassess our vision, goals, and priorities. Take a moment to review last year. What went well and what lessons did you learn?

Now, take advantage of the refreshed year and be "intentional" about renewing your mind, body, and soul. The Rededication Ceremony gives us the occasion to recall the meaning of our Cardinal Virtues.

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The ceremony is an honor only available to members of Delta Sigma Theta Sorority, Inc. It is intended to renew our allegiance to our beloved organization.

We are half way through the Sorority year. We have been busy with many activities and programs. However, many of our activities and programming take place the second half of the year. Keep your sleeves rolled up to finish strong.

Finally, during the month of January call, write, and/or text your line sister(s), Special, and/or Delta Dears that you have not connected with recently. Wish them a Happy New Year and share sisterly love.

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### *Chaplain's Corner* by Karen Johnson

There's an island of peace in the power of prayer

A place where we are protected from all despair

A place where faith grows strong

A place where fear does not belong



There's an island of calm in the soul's meditations

A place where truth prevails in life's tribulations

A place that is quiet where we are shielded from harm

And the sails of our glorious legacy (sisterhood) can weather the storm.

My sisters this place I speak of is not very far

And to get there you don't even need a car

You need only to be still, be quiet and listen

To GOD's voice, your inner spirit and you will always make the right decision.

Teach us dear God the power of **prayer**

The power that comes from knowing You are always there.

Then dear God teach us to listen with unwavering faith,

To the truth of your love and your guiding grace.

## *Ways and Means*

### Dues for Dollars

Dues for Dollars is a Ways and Means Fundraiser open to All Financial and Non-Financial sorors (Collegiate and Alumni). Up to two names will be drawn to cover your National Dues for the 2019-2020 Sorority year:

Raffle tickets  
1 for \$10 or 6 for \$50.

The name(s) will be drawn at the end of March Chapter Meeting and the winning soror(s) will be notified by the Ways and Means Committee.

Need not  
be present to win!

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## *New Member Orientation*

**Thursday**

**January 17, 2019**

**8:00 PM**

via conference call

Email [firstsvp@dstslmac.com](mailto:firstsvp@dstslmac.com)  
for access.



## EMBODI Conference

Nkosi:  
From Prince to Kings

**February 16, 2019**  
Westview Middle  
School  
1950 Nemnich Rd.  
St. Louis, MO 63136

This free conference  
is for boys in 7th -  
12th grade.

Attendees will benefit  
from fun and  
engaging professional  
development and soft  
skills presentations  
and activities.

Registration required  
for attendance.  
Reserve a spot for  
your son today!  
education@dstslmac.com

# Social Action

## 30th Annual Delta Days at the Nation's Capital

Washington Hilton Hotel, 1919 Connecticut Avenue, NW,  
Washington, DC 20009.

**March 9 - 12, 2019**

Registration is now open! Deadline: February 15th

Visit <http://beta.congress.gov/members> to locate the contact information for your legislators and to schedule your visits. All visits will take place on **Tuesday, March 12, 2019** between the hours of **9:30 a.m. and 1:30 p.m.**

## Tips for Meeting with Your Legislator

**Get to know your legislator.** Review your legislator's biography, committee assignments, and legislative priorities.

**Gather the facts to show that your advocacy goal is relevant.** Before you set the agenda for the meeting, gather the facts you need to build a compelling case that will move your legislator to take action.

**Use good etiquette.** Introduce yourself and mention whether you are a constituent of the legislator.

**Prepare a brief pitch.** After thanking the legislator for meeting with you, state clearly and concisely the issue that you want to discuss, the scale of the problem, your position and your personal connection to the issue, and the action you want the legislator to take.

**Be clear.** After you make your pitch, allow the legislator to respond. Ask a direct question to which the legislator can respond "yes." Such as, "Can we count on you to support our efforts on sentencing reform?"

**Wrap up the meeting well.** Always thank the legislator or staffer for their time at the end of the meeting, even if they did not agree with your position.

**Follow up.** Always follow up with an email thanking the legislator or staffer for the meeting, reiterating your key points and any commitments the legislator made with you. Include all follow-up information you promised to provide.

## The Physical and Mental Health Committee invites you to... Check It! STL

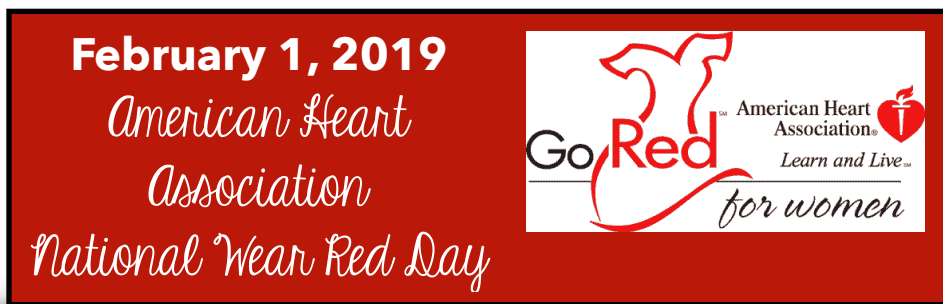
Check It! is a four month based program that couples health lessons with bi-monthly blood pressure readings focusing on self-monitoring. The goal is to lower systolic blood pressure among the participants with high blood pressure.

We are partnering with the American Heart Association and focusing on improving blood pressure in the first Check It! Challenge.

**Check your blood pressure at each Sorority meeting between 12:30 PM and 1:00 PM.**

Health topics to include:

- △ Blood Pressure Education
- △ Healthy Eating - Sodium & Sugar Reduction
- △ Physical Activity & Stress Management
- △ Medication Adherence



**Metro Melodees** brought festive greetings and joyous Christmas carols to the residents of the Manor Pointe Nursing Home in December. They also donated much needed toiletries to the residents and brightened their spirits with their festive singing! Great job to our Musical Director, Cheryl Walker and all of the Metro Melodees participants!

## Food 4 Thought

Thank you for your continued support of Hazelwood School District's Food 4 Thought Program. The program provides food for students who lack access to nutritious food at home with a reliable source of food for evenings, weekends, and other breaks from school. Please continue to support this effort throughout the year.

### Suggested donations:

Food items:

Box of instant oatmeal (individual packets)

Full or mini sized boxes of cereal

Jelly or Jam (plastic jar)

Macaroni and Cheese - boxed

Muffins

Peanut Butter (plastic jar)

Pop Tarts or cereal bars

Soup, Stew, Ravioli, Pasta (pop top style)

Ramen Noodle bowls

Snack Items:

Granola Bars, Pretzels, Goldfish, Cheez-Its, Rice Krispy Treats, Cheese Crackers, Fruit Snacks, Applesauce, Peaches, Pears, Mixed Fruit

*St. Louis Metropolitan Alumnae Chapter of*  
DELTA SIGMA THETA SORORITY, INC.

# 2019 Jabberwock

*"Standing on the Promises"*



Saturday, February 23, 2019  
3:00 P.M.

Missouri Athletic Club

405 Washington Avenue, St. Louis, MO 63102

Tickets Prices: \$35 Child, \$50 Adult, \$500 Table of 10

\*\*\*table may be reserved with a deposit of \$250\*\*\*

**\*Ticket Sale Deadline is February 17, 2019**

**\*\*\*Attire: Afrocentric is requested, but not required\*\*\***

Send check, money order, or cashier's check with ROP ticket in the memo to  
*Delta Sigma Theta Sorority, Inc., Attention: Financial Secretary*

*P.O. Box 12471, St. Louis, MO 63132*

For more information, please email [ritesofpassage@dstslmac.com](mailto:ritesofpassage@dstslmac.com)



When I look at you, I see myself.  
If my eyes are unable to see you as my sister,  
It is because my own vision is blurred.  
And if that be so,  
Then it is I who need YOU.  
Either because I do not understand who you are,  
MY SISTER,  
Or because I need you  
To help me understand who I am.

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**15th National President Lillian P. Benbow**  
**Delta Sigma Theta Sorority, Inc.**

#DSTHeritageMoments



## MOMENTUM AT COCA

FRIDAY,  
JANUARY 25 AT  
6:45PM

Join the Educational Development  
Committee of the Saint Louis Metropolitan  
Alumnae Chapter of Delta Sigma Theta  
Sorority, Inc.

A mix of cutting-edge hip-hop and  
contemporary dance across a broad  
range of styles brings members of  
COCA dance and the COCA Hip-Hop  
Crew together for a dynamic, can't-miss  
performance.

\$12 tickets available for  
purchase until January  
20 or tickets are gone!

For more information, contact  
[education@dstslmac.com](mailto:education@dstslmac.com)

ST. LOUIS METROPOLITAN ALUMNAE CHAPTER OF  
DELTA SIGMA THETA SORORITY, INC.

## Red Table Talk Brunch

**Pasta House**

**11202 W. Florissant  
Florissant, MO 63033**

**January 13, 2019**

**1 PM to 3:30 PM**

RSVP by January 4, 2019 to  
Sybil Smith at [reclamation@dstslmac.com](mailto:reclamation@dstslmac.com)

This event is for 2018-2019 reclaimed sorors  
by invitation only

# SLMAC IN THE COMMUNITY



## Fall into Books with Delta | SLMAC's 1st

Annual Big Read celebration was held on Friday, October 26th and sponsored by the Membership Services Committee. Elementary students from the Jennings School District, as well as chapter members with school aged children were in attendance. The free event included parent workshops on effective reading strategies and play therapy. In addition, voter information was provided by St. Louis County Board of Elections.

Children enjoyed a dramatic skit of Little Red Riding Hood by the McClure High School Drama Club, storytelling by Soror Carol Shelton and authors Andrea Scott and Soror Mon' Trice. Each family received books to take home, thanks to a generous donation by Reading First. Lastly, each of the 20 children and their parents/guardians in attendance dined together and received a treat bag made by our Delta Dears. We are grateful to our sponsors, partners, and chapter members who volunteered to make this event a special night for our children in our community!

## Thanksgiving Turkey Drive | SLMAC partnered

with the Epsilon Lambda Charitable Foundation and men of the Epsilon Lambda Chapter of Alpha Phi Alpha Fraternity, Inc. to serve families in the 3rd Ward of St. Louis City. Sorors meet at 8:30 am on Saturday, November 17, 2018 to pack boxes of stuffing, corn, green beans, cranberry sauce, macaroni and cheese, cake mix and frosting for 51 families. These food items were donated to the families along with a turkey. With the assistance of Link STL, families were preselected to receive the holiday meal. Sorors and the men of Alpha greeted families and carried meals to their cars hoping that this donation would make the Thanksgiving season a bit easier. Throughout the day 21 sorors, 30 men of Alpha Phi Alpha Fraternity, Inc. and 10 children volunteered to make this event a success. It was a great day of impacting the community and blessing those in need.



# SLMAC IN THE COMMUNITY



SLMAC events pictured: Karamu, Educational Development Committee | Soweto Gospel Choir Concert, Arts & Letters Committee | Toy Drive, St. Louis NPHC | Fall into Books with Delta, Membership Services | Professional Development Day, Educational Development Committee