

PRESIDENT'S MESSAGE

Greetings Sorors,

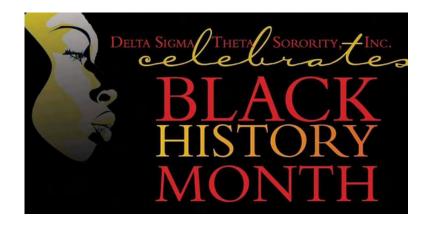
This month, as we celebrate our unique and valuable accomplishments of Black history, take time to reflect on the importance of participating in the democratic process and ensuring that your voice is heard. The Delta legacy is one of community activism, political advocacy and a commitment to justice. Make your voice heard while influencing others to get involved because there is "Power in Our Vote".

We also have several programs scheduled for the remainder of February:

- 2/22 4/19 ... Economic Development Committee Entrepreneurship Program
- 2/24 ... Physical and Mental Health Committee AHA Go Red Campaign
- 2/25 ... Social Action Committee Delta Youth Conference
- 2/27 3/3 ... Educational Development Committee Read Across America

Please know that we sincerely appreciate your assistance and support to ensure that each of the chapter's activities/programs results in another huge impact in the community.

Sisterly, Vanessa



REMINDER:

FEBRUARY 2023 CHAPTER MEETING IS VIRTUAL

CHAPLAIN'S CORNER

Takeisha Brown, Chaplain chaplain.dstrichmond@gmail.com

PRAYER CALL

Join us for prayer, song, and an inspirational word on Sunday, February 26, 2023, from 7:00 p.m. to 7:30 p.m.

https://us02web.zoom.us/j/84921177139?pwd=b2dw0ER0VjdCNHZLeFRmTnZ0QnU5dz09

Meeting ID: 849 2117 7139

Passcode: 597227

Welcome Soror Carla Jackson, Assistant Chaplain

Opening Prayer Soror Melissa Young

Inspirational Song Soror Jamia Garrett

Inspirational Word Soror Carla Jackson

Closing Prayer Soror Ashley Cooper

Benediction Soror Carla Jackson





When: Feb 26, 2023 07:00 PM Eastern Time (US and Canada) Topic: January Prayer Call

Register in advance for this webinar: https://us02web.zoom.us/j/84921177139?pwd=b2dw0EROVjdCNHZLeFRmTnZ0QnU5dz09

Meeting ID: 849 2117 7139 Passcode: 597227

CHAPTER CALENDAR

Kimberly Dabney, Vice President PP&D
3rdvicepres.dstrichmond@gmail.com

FEBRUARY

- 2/18 Chapter Meeting (Virtual)
- 2/22-4/19 Entrepreneurship Program Economic Development
- 2/25 Delta Youth Day Conference Social Action/Pol Aw and Involvement
- 2/26 Chapter Prayer Call
- 2/27-3/3 Read Across America Educational Development
- 2/24 American Heart Association GO RED Luncheon Physical and Mental Health

MARCH

- 3/1-31 Sisterhood Activities (Calendar Forthcoming) Membership Services
- 3/4 Sisterhood Day of Service Hospitality
- 3/7 Executive Board Meeting
- 3/10 "Adopt A Street" Clean up
- 3/13 3/14 Delta Days at the United Nations National Event
- 3/18 Chapter Meeting (In-Person)
- 3/18 Adulting 101: Growing Up After High School Delta GEMS
- 3/18 Invite Collegiate's to Chapter Meeting Membership Services
- 3/18 Malawi Project Birthing Kits Collection International Awareness and Involvement
- 3/18 EMBODI- Literature, Language & Learning Program Educational Development and Economic Development
- 3/22 Health & Fitness Workshop Physical and Mental Health
- 3/24 Dr. Dorothy I. Height Day- Celebrating our 10th National President Social Action/Pol Aw and Involvement
- 3/24 3/28 Delta Days at the Nation's Capital National Event
- 3/26 Chapter Prayer Call

Bernita Williams, Vice President Scholarship 1stvp.dstrichmond@gmail.com

Scholarship Committee Application

It's Jabberwock season! The Scholarship Committee and Delta House Foundation would like your support of the 2023 Jabberwock Scholarship Program. Donations are needed to award scholarships to our Jabberwock participants. Thank you in advance for your support. Please use the link/QR code to donate.



https://2023JabberwockScholarships.eventbrite.com

Karla Peters, Corresponding Secretary correspondsecretary.dstrichmond@gmail.com

National Communications:

- o Celebrating 110 Years of Moving Forward With Fortitude emailed January 9, 2023
- o National Program Planning and Development | January Updates emailed January 10, 2023
- o [Webinar] | Newly Revised GEMS and Academy Manuals emailed January 10, 2023
- o Invitation to 2023 Nominations Webinar emailed January 11, 2023
- o Happy Founders Day! 110 Years of Delta Sigma Theta Sorority, Incorporated emailed January 13, 2023
- o [EVENT REMINDER] Celebrating 110 Years of Moving Forward With Fortitude emailed January 15, 2023
- o Technology Services Alert: Website Outage emailed January 16, 2023
- o Chapter Policies & Procedures and Rules of Order Webinar emailed January 17, 2023
- o SAVE THE DATE | 2023 Delta Days (for Nation's Capital and United Nations) emailed January 18, 2023
- o 56th National Convention | Call to Convention Now Available! emailed January 23, 2023
- o Celebrating the Life of Honorary Member Barbara-Rose Collins emailed January 24, 2023
- o [UPDATED LOGIN]: Celebrating the Life of Honorary Member Barbara-Rose Collins emailed January 29, 2023
- o Statement on the Killing of Tyre Nichols emailed January 29, 2023
- o Technology Services Alert: Website Outage as of January 31, 2023 emailed January 31, 2023
- o Proposed Amendments to the Constitution & Emp; Bylaws emailed January 31, 2023
- o Hot Off the Press | January 2023 emailed February 1, 2023
- o [Webinar] 2023 Delta Heritage Celebration Awards emailed February 2, 2023
- o National Program Planning and Development Committee February 2023 Updates emailed February 6, 2023

Regional Communications:

o Introducing the Quarterly Regional Newsletter emailed January 6, 2023

Local Communications:

- o Sisterly Connection emailed January 8, 2023
- o Omega Omega Soror Blanche Moore emailed January 11, 2023
- o Physical and Mental Health Symposium TODAY at 1 p.m. emailed January 14, 2023
- o January 2023 Minerva emailed January 17, 2023
- o 2023 RAC Chapter Awards Applications emailed January 17, 2023
- o Oratorical Contest Volunteers Needed emailed January 26, 2023
- o Sisterly Connection emailed February 1, 2023
- o American Heart Association Go Red Day emailed February 2, 2023

Appreciation for condolences and expressions of sympathy:

- o Carolyn Hawley for the passing of her brother
- o Beth Morgan for the passing of her brother-in-law
- o Sheila Green for the passing of her mother

Organization/event announcements received from:

- o Divine Nine Night every Thursday from 7 to 11:30 p.m. at The Lion's Den, 700 Dawn Street, Richmond, Va. 23222
- o Chesterfield County Alumnae hosted Bags of Love on Saturday, January 28, 2023, at the North Courthouse Road Library to benefit people affected by domestic violence through the James House.
- o **Henrico County Alumnae** will host a virtual Brunch and Book Club on Sunday, February 19, 2023, from 2 to 4 p.m. Please register at bit.ly/hcacbookbrunch
- o **Union County Alumnae** will host the UCAC Women's Leadership Conference on Saturday, March 4, 2023, from 9 a.m. to 2 p.m. at South Piedmont Community College in Monroe, N.C. The cost is \$65.00. For information and registration, please visit https://www.unioncountydst.org/womens-leadership-conference
- o **United Way of Greater Richmond & Petersburg** is offering free tax assistance. For in-person locations, drop-off sites or online help, please visit https://www.yourunitedway.org/vita
- o Henrico County Alumnae will host Divas & Dons at The Downs from 4 to 9 p.m. Saturday, April 16, 2023. Tickets available at

http://www.ticketriver.com

o Lawrenceville Alumnae will host their 5th Annual Golf Tournament on Saturday, June 24, 2023, at the Dogwood Trace Golf Course in Petersburg. Four golfers per team - \$90 per player. For registration and sponsor information, please email lawrencevilledst@gmail.com or contact Myra Winfield at (804) 898-1694 or Denise Short at (804) 721-6975.

2022-2023 FITNESS CHALLENGE

Sorors, let's step out on the right foot in 2023. Now is the perfect time to increase your movement. It's not too late to join our 2022-2023 fitness challenge. Register using the link below or input your information. We've even made it easy for you to include all exercises and convert them to steps by using the conversion calculator. We will report the results at the end of each quarter. If you have any questions, email: racfitnesschallenge2018@gmail.com.

RAC DST Fitness Challenge 2022-2023 Activity to Steps Converter | Good Calculators

AMERICAN HEART ASSOCIATION - GO RED FOR WOMEN LUNCHEON

When: Friday, February 24, 2023 10:30am - 1:30pm Where: Richmond Marriott, 500 East Broad Street

*Event details and volunteer opportunities will be shared once available.





Together we will BE THE BEAT for the women we love. Because losing even one mom, sister, friend, or neighbor to cardiovascular disease is one too many. By sharing stories, inspiration, and resources and continuing the conversation about women and wellness, we will empower guests to influence their community and

and support their own health journeys. We have some great surprises and fun planned to get our hearts beating and refresh our spirits.

Why "Be the Beat"? Women are less likely to receive bystander CPR in an emergency. We will rally our community through February's Heart Month and throughout the year, so that every household in Richmond has at least one person who knows CPR. Together, we will give thousands more people the skills and confidence needed to save a life.

Tickets for the luncheon are still available for \$150 pp

<u>Event.Gives | Richmond Go Red For _ Women</u>

Detail regarding volunteers will be sent via Constant Contact

HEALTH HIGHLIGHTS

Healthy eating starts with healthy food choices. Below is a great link to help you on your journey to a better heart!

Check it out: <u>Healthy Eating | American Heart Association</u>

Gratitude is good medicine: <u>Gratitude is Good Medicine Infographic | American Heart Association</u>

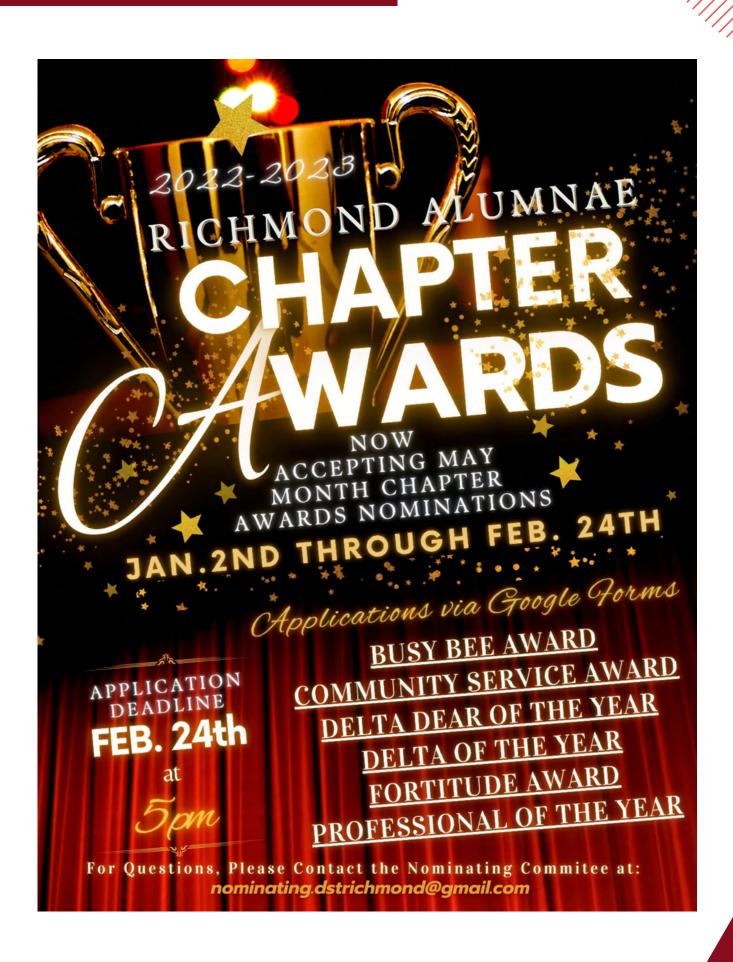
Sleep your way to a healthier lifestyle: Sleep | American Heart Association



As a part of Black History Month, we celebrate you.

"I'm an Exquisite Black Queen! I like, love, and celebrate myself. I don't fit society's beauty standards, but I'm beautiful to me. I know my worth and I respect who I am as a woman. I've got beauty on the inside and that make me empowered and powerful. I'm fearless and comfortable in my own skin. I've got flaws, but I'm still confident! This Queen right here is flawed yet phenomenal, valuable and unique!"

- Stephanie Lahart



FOUNDERS DAY PHOTOS

Sorors, we need your FOUNDERS DAY photos!!

If you attended Founders Day 2023 in Norfolk, VA, please forward *no more than 5* of your best photos to the Communications & Public Relations Committee at icc.pr.dstrichmond@gmail.com.

Your photos will be included in a Founders Day 2023 visual we are hoping to have placed on our chapter website and also used for Pass the Torch 2022-23.

We appreciate your support in creating visuals that capture the history of our beloved sorority and as many sorors as possible who attended.



Stephanie Miller and Chartrice Thorne, Co-Chairs protocolandtrad.dstrichmond@gmail.com



IMPORTANT INFORMATION FROM THE VIRGINIA DEPARTMENT OF ELECTIONS

A SPECIAL ELECTION for the 4th District (Virginia) of the United States House of Representatives has been scheduled for February 21, 2023.

Below is important information for all voters of the 4th Congressional District regarding early / absentee voting, which is currently underway, and Election Day, Tuesday, February 21, 2023:

Candidates:

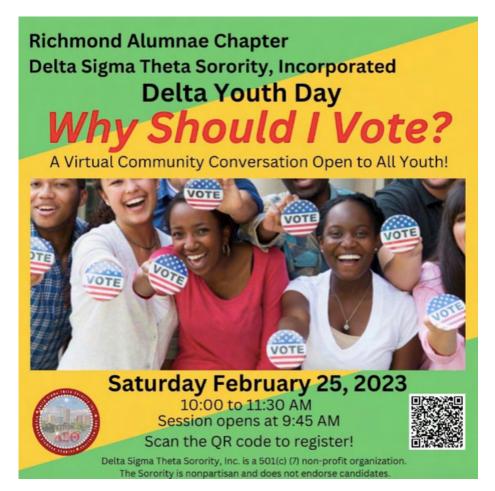
- Democratic Jennifer L. McClellan
- Republican Leon Benjamin, Sr.

Important Dates:

- o Saturday, February 11, 2023: Voter registration offices open for early voting.
- o Tuesday, February 14, 2023: Deadline to register to vote or update an existing registration. (Voters may register after this date, through Election Day, and vote using a provisional ballot).
- o Saturday, February 18, 2023, at 5:00 p.m.: The last day of in-person early voting at your local voter registration office.
- o Tuesday, February 21, 2023: ELECTION DAY. Polls open at 6:00 am and close at 7:00 pm. As long as you are in line by 7:00 pm, you will be able to vote.

For more information, to register to vote or apply for an absentee ballot, use the Citizen Portal on the website of the Virginia Department of Elections

https://vote.elections.virginia.gov/Voterinformation



Calling all youth! Calling all youth leaders! Register today to attend this important forum that will provide information and more as we discuss "Why Should I Vote"! This virtual event is FREE and OPEN TO ALL YOUTH! Register by using the QR code. For questions or more information contact the Social Action committee at social.act.dstrichmond1@gmail.com. Don't delay!! Register today!!!

ERT STARTS THE YEAR OFF RIGHT WITH BLOOD DRIVE

The Emergency Response Team didn't start the new year with resolutions but we did bring in donations – blood donations. ERT partnered with St. Philip's Episcopal Church for another successful blood drive on Saturday, Jan. 7, 2023.

There, 26 donors and 23 units of blood were collected. Those units can help as many as 69 patients! Our own RAC President Vanessa Evans was one of the generous donors.

As always, ERT was on hand to help register and greet blood donors at the door. And the "Delta Donor Door Prizes" brought smiles to the faces of our sorors.



How to Perform Hands-Only CPR

1 Ensure the person is on their back on a firm, flat surface 2 Kneel beside the person.

Your knees should be near the person's body and spread about shoulder width apart.

3 Use correct hand placement

Place the heel of one hand in the center of their chest, with your other hand on top. Interlace your fingers and make sure they are up off the chest

4 Use correct body position

Position your body so that your shoulders are directly over your hands. Lock your elbows to keep your arms straight 5 Give continuous compressions.

Push hard and fast (at least 2 inches; 100 to 120 compressions per minute). The song "Staying Alive" by the Bee Gees provides the recommended rhythm.

6 Allow chest to return to its normal position after each compression

Importance of CPR

If you see a teen or adult suddenly collapse, hands-only CPR is the recommended form of cardiopulmonary resuscitation (CPR). It not only increases the likelihood of surviving breathing and cardiac emergencies that occur outside of medical settings, but it's simple to learn and easy to remember.

Before Giving CPR

1 Check the scene and the person.

Check to make sure the scene is safe, tap the person on the shoulder to see if they're OK, and look for signs of rhythmic, normal breathing.

2 Call 911 for assistance.

If there's no response from the victim when asked if he or she is OK, call 911, or ask a bystander to call for help.

3 Begin compressions.

If the person is unresponsive, perform hands-only CPR.

Check out this YouTube video from the American Red Cross for a demonstration of 2-Hand CPR https://www.youtube.com/watch?v=M4ACYp75miU



The time has come to renew your annual chapter and Grand Chapter dues for Delta Sigma Theta Sorority, Incorporated's extended 2022-2023 fiscal year. Dues for July 1, 2023 - December 31, 2023 are payable now through March 31, 2023.

FISCAL YEAR CHANGE

As you may recall, Grand Chapter elected to move the annual accounting period to a calendar year fiscal reporting beginning January 2024. Grand Chapter has also elected to extend the 2022-2023 membership period by six months to accommodate the change in the fiscal year. Payments of membership dues at this time will make you financial for the extended 2022-2023 fiscal year and eligible to participate in all activities from July 1, 2023 through December 31, 2023.

MEMBER PAYMENT TO CHAPTER

Chapter dues for the extended 2022-2023 fiscal year are payable January 1, 2023 through March 31, 2023, if you are a member of a local chapter. For those currently financial for 2022-2023, no further late or reinstatement fees will be applied, as the national dues have been paid. However, each member must pay six months of chapter dues (\$77.50) by July 1, 2023, to keep financial status for the extended period of July 1, 2023 – December 31, 2023. You will go into a non-financial status if you do not pay the associated chapter dues.

Please mail your personal check, certified check or money order to the chapter's P.O. Box or use the Square link 2023 Annual Dues. If Square is used, you will be responsible for paying the convenience fee.

If you are reclaiming a Soror or are currently not financial for the 2022-2023 sorority year, please remember that Sorors must pay dues for July 1, 2022 – June 30, 2023 before they may pay dues for July 1, 2023 – December 31, 2023.

If you have questions, please reach out to the Financial Secretary at finsecretary.dstrichmond@gmail.com.

RICHMOND ALUMNAE DELTA HOUSE FOUNDATION



Richmond Alumnae Delta House Foundation, Inc. was established in 1993 to strengthen and expand charitable programs of the Richmond Alumnae Chapter, Delta Sigma Theta Sorority, Inc. The Mission of Richmond Alumnae Delta House Foundation, Inc. is to address viable community needs through services offered to enhance the quality of life for area citizens. Its purpose is to promote educational and economic development, physical and mental health, political and international awareness and community involvement.

RICHMOND ALUMNAE DELTA HOUSE FOUNDATION, INC. AWARDED \$30,000 IN MIDYEAR SCHOLARSHIPS

Richmond Alumnae Delta House Foundation, Incorporated in partnership with Richmond Alumnae Chapter, Delta Sigma Theta Sorority, Incorporated has for the past fourteen years presented the RVA Infinite Scholars College Admission/Scholarship Fair as support for the chapter's educational development thrust. Since 2008 the Infinite Scholars Program has operated under the auspices of Delta House Foundation to maintain Richmond Alumnae Chapter's history of uninterrupted annual compliance.

Due to COVID a virtual event was presented in 2020. In 2021 and 2022 events were cancelled. In 2022 contributors and the Infinite Scholars Program Planning Team agreed to utilize available funds to provide midyear scholarships to deserving 2022 Richmond Public Schools graduates.

On December 22, 2022, a celebration for six Richmond Public Schools 2022 graduates and their parents was convened in Richmond City Council Chambers. Students were collectively awarded a total of \$30,000 in scholarships as they returned to college in pursuit of their second semester of undergraduate studies.

Richmond City Council President Cynthia Newbille, Richmond School Board Chair Shonda Harris-Muhammed, and Virginia House of Delegates Representative Delores L. McQuinn joined other city leaders, contributors, Delta House Foundation Board Members, Richmond Alumnae Chapter President Vanessa Evans, and Infinite Scholars Planning Team Members to salute students and parents.

The Richmond Alumnae Delta House Foundation takes pride in community involvement and continuing efforts to strengthen and expand charitable and educational programs of the Richmond Alumnae Chapter, Delta Sigma Theta Sorority, Incorporated.

Thelma Y. Pettis, Board Chair Richmond Alumnae Delta House Foundation, Inc. Anna M. Gee, Coordinator RVA Infinite Scholars Program

TAX FILING RESOURCES





ONLINE



volunteers to help you from the safety and security of your home. Our team of trained volunteers will prepare

Thank you to our partner:



YourUnitedWay.org/VITA





2023 Free Tax-Preparation Providers (2022 Taxes)

Provider	Dates	Hours	Additional Information
CapUp 1103 Oliver Hill Way Richmond, VA 23219	February 1 – April 7	Every Monday, Wednesday 9:00 am -1:00 pm 5:00 pm -7:00 pm Every Friday 9:00 am -1:00 pm Saturday (Open February 4.8 February 18 / March 4.8 March 18) (Cosed on February 20) 9:00 am -1:00 pm	No appointment necessary. Curb-side service only. First come first served. Do not arrive before 900 a.m. Park in parking lot, located at the corner of Collette St. and Oliver Hill Way. Come to door if closed and knock loudy and wait.
Blackwell Recreation Center 300 E. 15° St Richmond, VA 23224	January 30 April 5	Monday, Tuesday, Wednesday 6:00 pm - 8:00 pm	Note: Closed holidays and during inclement weather.
University of Richmond at St. Paul's Episcopal Church 815 E Grace St. 815 E Grace St. Richmond, VA 23219	February 7 – April 15	Tuesday (Closed on March 7) 3.30 pm - 7-700 pm Thuruday (Closed on March 8) 3.30 pm - 500 pm Friday (Closed March 8, 10, 12, April 7) 12:30 pm - 4:00 pm Saturday (Open February 18, March 4 & March 18 / April 1 & 1:5) 9-65 am - 1:00 pm	Appointment preferred-limited walk-ins taken. Call 804-505-4906 or schedule online tinyuri.com/UofRVITA

Disclaimer: All information deemed reliable, but not guaranteed. Individuals are encouraged to confirm information directly with service providers.

Revisel, February 2023

IF YOU MAYE QUESTIONS ABOUT YOUR FEDERAL TAXES, CONTACT Federal Internal Revenue Office AON N Eighth 5. Richmond, VA 20219 (844) 545-580 (844) 545-580 (Customer service hours by phone: Monday-friday 17 am - 7 pm your local time

IF YOU HAVE QUESTIONS ABOUT STATE TAXES, CONTACT Virginia Department of the Treasury State Government Office in Richmond, VA 101 N 14" St. Richmond, VA 23219 Phone: 804-25-2142 Hours: Monday-Friday / 9am – 5pm

Location: 1519 Williamsburg Rd. Richmond, VA 23231		2:00 pm - 6:00 pm Saturday (Open March 4 & April 4 only) 9:00 am -12:00 pm	serve 23075, 23150, 23222, 23250. By appointment only. Call: 804-864-5797 Masks are required to be worn in the building.
Sacred Heart Center Location: 1400 Perry St. Richmond, VA 23224	January 30 – April 18	Monday, Tuesday, Wednesday (Closed on February 20 and April 10) 4:00 pm - 8:90 pm	*Spanish Speaking location, assistance in Portuguese and ASL By appointment only: 804-230-4399 Masks are required to be worn in the building.
VCU School of Business (ONLINE ONLY)	March 11 – April 18	Saturday 9:30 am – 3:30 pm	This site preparers international (Form 1040NR) returns only and offers a DIY service for US Returns (Form 1040) through Zoom only. This is an online service only. To make an appointment please e-mail rovannespindle@mail.com
Virginia State University 1 Hayden Dr Singleton Hall Rm 333 Petersburg, VA 23806	February 7- April 7	Tuesday 4:00 pm - 7:00 pm Wednesday 4:00 pm - 8:00 pm Thursday 4:00 pm - 7:00 pm	For additional information, please reach out to Professor Mary Scott – 804-504-7079 or to Admin Asst. Bertha Morgan – 804-524-5842

"Small Steps for Big Change

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