



# Trunkline March 2019



## Dear Friends/Supporters,

Greetings to one and all! You know the ol' saying: March comes in like a **Lion** and goes out like a **Lamb**?! Let's hope for the end of winter and the dawning of spring that brings forth new beginnings.

As we look forward to March, we pause for the cause; Women's History Month. Let's give thanks for all of the women in our lives who continue to deposit positive vibes in our direction.

March is also our Sorority's National Sisterhood Month! So, cheer us on as we celebrate the **JOY of Sisterhood**, the **POWER in our Voice** as we stand for **JUSTICE** in Delta Days in the Nation's Capital, and embark on more public service initiatives benefiting the community with both a local day of service and a regional weekend with **SERVICE in our Heart**.



This month, we will also host our **YOUTH SUMMIT** for ages 11-18 years! We need you to register one or two youth you know so that we can partner with you to deposit a positive message in their soul that will speak volumes. For in order to love others, we must first love ourselves! This **YOUTH SUMMIT** is all about **SELF-CARE**! Parents/Guardians are welcome to hear our dynamic keynote speaker; Rev. Dr. Keisha Agard, on Saturday, March 2nd noon at Chestnut Ridge Middle School. All are welcome!

In closing, the members of Rockland County Alumnae Chapter of Delta Sigma Theta Sorority, Incorporated, once again thank you for continuing to support our programs and events!

Sisterly,

*Dr. Tonya Couch-Jenkins*

**Dr. Tonya Couch-Jenkins**  
**RCAC President**

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### Sorors Join the Fight Against Guns

RCAC attended the teen "March on Guns" event at Nyack Center with State Senator Carlucci and Legislature Chair + "Honey Do" Toney Earl.



Sorors were out in full force at the Rockland Negro Scholarship

### Sorors Celebrate Zetas

RCAC celebrated Zeta Phi Beta National President Valerie Hollingsworth-Baker (center) with Regional Director Soror Rosia Blackwell-Lawrence!





## Wearing Our Crowns

In February, RCAC participated in the “Crowns” Celebration at Christ Centered Ministries. The program reviewed “the church hat” as it relates to African American couture and biblical context.

## AAUW Celebrates 20 Years

Once again, RCAC was in the house for the annual Diversity Brunch sponsored by AAUW



## Colorectal Cancer

March is Colorectal Cancer Awareness month. Colorectal cancer is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans get colorectal cancer, and more than 50,000 people die from it.

If you're 50 to 75 years old, get screened for colorectal cancer regularly. New guidelines from the American Cancer Society have lowered the recommended age to start screening. It is now recommended by the American Cancer Society that screening begin at age 45. Talk to your doctor about the age you should start screening. There are different types of tests for screening. Some screening tests can be done from the comfort of your home. Talk to your doctor about which screening test is right for you.



**CONTACT US**

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Visit us on Facebook: Rockland Deltas

## Got News?

Just send us an email! You can reach us at either [Ouidaz000@aol.com](mailto:Ouidaz000@aol.com) or [kjonespenn@aol.com](mailto:kjonespenn@aol.com)



## Heritage Moment

Have you been reading up on the Heritage Moments?

This month features the **Honorable Curtistene Smith McCowan**, who made history by becoming the first woman to be elected mayor of DeSoto, Texas. Moreover, Mayor McCowan served on the Texas Southern University Board of Regents from October 2007 to May 2015. In addition, Soror McCowan also won a seat on the DeSoto ISD Board of Trustees in 1990 and served two three-year terms as a School Board Trustee, with two of those years as the President.



After more than 32 years of meritorious service, Mayor McCowan retired from the federal government in 2005. Described as a passionate advocate for quality education for all, Soror McCowan has made a significant impact to the advancement of education at the local, state and national levels.

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*"My mother helped me understand how not to show off what I know, but how to use it so that others might benefit." - 10<sup>th</sup> National President Dorothy L. Height*

Celebrates  
**WOMEN'S HISTORY MONTH**

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**YOUTH SUMMIT 2019**

**Keynote Speaker:**  
 Reverend Dr. Kimberly Agard  
 Motivational Speaker & Gospel Leader

Date: March 2nd at 10:00am-3:00pm  
 Location: Chestnut Ridge Middle School  
 Info: Treat- Yo-Self: Self-Care and Self-Awareness  
 Workshops Topics:  
 Affirming My Worth | Beat Bullying | Let it Go & Write it: Release Your Thoughts By Writing

Please be sure to RSVP via email by February 16th. We will offer onsite registration but early registration is recommended. Please email [RCACYouthProgram@gmail.com](mailto:RCACYouthProgram@gmail.com) for more information.

## Mark Your Calendars!

- **May Week Celebration**, April 28 – May 4. Time, location TBD
- **Economic Development Event**, May 3, 6-8 p.m., location TBD
- **27th Annual Look Who's Cooking**, May 4, 2 p.m., Chestnut Ridge Middle School
- **Start of Adopt-a-Classroom SUMMER Supply Drive**, June 30 - Sept. 6; location/time TBD
- **Fall Fusion 2019**, November 10, 7 p.m. Paramount Country Club, New City, NY