

# Trunkline

Delta Sigma Theta Sorority,  
Inc., Rockland County Alumnae  
Chapter

## October 2018

## Welcome!

Greetings to one and all! As a public service organization, we are committed to serving our community with information, inspiration and integrity. Therefore, it is with great excitement that the ladies of RCAC DST Sorority, Incorporated invite you to join us for the following community events:

**Public Service: Montefiore Nyack Hospital Blow Away Breast Cancer 5K Run ...** join the walk for a cure on **Sunday, October 14<sup>th</sup>!**

**Fundraising for a Purpose: Fall Fusion ~ Wakanda Style~** let's go! Join us for an evening of dinner, dancing, vendors, raffles and so much more on **Saturday, Nov. 3<sup>rd</sup>** at 7:00 p.m. We look forward to your participation and support.



**Social Action: Midterm Elections** are on Tuesday, November 6<sup>th</sup>... get ready, get to the polls and VOTE! Please bring a friend or Senior to vote with you! Every vote matters!

Remember, it takes a village to make a difference!

Sisterly,

*Dr. Tonya Couch-Jenkins*

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

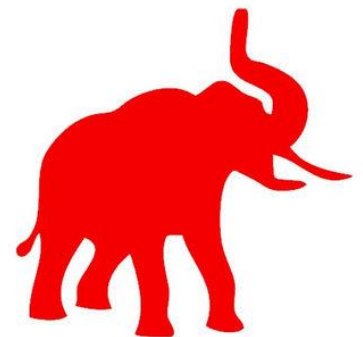
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## Sorors Paint & Chew

The **RCAC Paint and Chew Party** held on Saturday September 29 was a wonderful success. Alicia Benton (daughter of Soror Benton) expertly guided the group of 20 sorors and invited guests through a lovely painting entitled "Hello Autumn". Many thanks to all who attended and special thanks to St. Charles AME Zion for graciously allowing us the use of their fellowship hall.



## Greetings from the Health & Wellness committee!

October is Breast Cancer Awareness Month, and if you are age 40 or older, we want to encourage you to have a mammogram if you have not done so already. Early detection is the key to survival and mammograms have been proven to detect breast cancer earlier and thus save lives. Historically African American women have been diagnosed with breast cancer at much later stages than other races and thus have a higher likelihood of dying from the disease. Breast cancer in African American women often is not hereditary, so an absence of breast cancer in the family does not reduce your risk.

As directed by our Eastern region program planning and development committee, we want to introduce you to a new program initiative for the 2018-2019 biennial called Women and Girls Empowerment, WAGE. WAGE focuses on self-care for women and girls with an emphasis on emotional self-care. The objective is to help us recognize the emotional stressors and strains that plague our everyday lives and develop strategies to overcome them. Here's a link to an educational videos that discusses three common enemies to our emotional well being; failure, rejection and loneliness: [Why we all need to practice emotional first aid](#)



## More Health & Wellness on Breast Cancer: Blow Away Breast Cancer 5K Run/Walk

On Sunday, October 14, Montefiore Nyack Hospital will host the 28th annual Blow Away Breast Cancer 5K Run-Walk on the grounds of Montefiore Nyack Hospital, 9 – 11 a.m., cost \$25. The proceeds from this event support the programs, services, and equipment needs of The Breast Center at Montefiore Nyack Hospital. Register online at [www.events.org/BABCRUN](http://www.events.org/BABCRUN). For sponsorship opportunities, please call 845-353-3333 or email [foundation@montefiorenyack.org](mailto:foundation@montefiorenyack.org). Find more information at:

<https://www.events.org/creg.aspx?e=98776&m=10>



## Interested in Interest-Only Retirement?

There are plenty of benefits to an interest-only retirement in which you are invested in interest-bearing assets, and whatever interest they earn is the money you spend. It's a simple strategy: You retire with \$1 million and invest the total in a portfolio of fixed-

income investments at 6% and live off of the interest (\$60,000 per year plus Social Security and your pension). Then, at death, you leave behind the entire \$1 million you started with. As it turns out, there are some serious flaws to this approach.

Interest-only means interest only. The principal is out of reach. A true interest-only strategy can work only for those with excess capital. Some investors try to use mutual funds for their interest-only strategies, but this is not really interest-only. Since bonds mature, bond mutual funds' interest payments don't stay the same. Inflation will likely always be a problem. The irony is that many Boomers and Gen Xers think of millennials as irresponsible. But millennials'

financial habits suggest they may be the most financially conservative group of all.

For the full article, go to <https://qz.com/1168292/wealthy-millennials-arent-investing-their-money>

**Money Matters!!!!!!**

### FOR MORE INFORMATION

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## Got News?

If you have an item to feature, just send us an email! You can reach us at either [Ouida2000@aol.com](mailto:Ouida2000@aol.com) or [kjonespenn@aol.com](mailto:kjonespenn@aol.com)

# Get Out and VOTE!

You've heard it time and time again. The November's mid-term elections are **crucial**. They will shape the direction and future of our government. Delta's embarking on a national movement to remind chapters to get out and vote. **In the East**, there's:



Delta Sigma Theta will be joined by members of the Divine 9 and other organizations as we discuss strategies to get out the vote (8GOTV):

## **Make Our VOTE Count: Divine 9 & Community Town Hall Meeting EmpoweRED: Power in Our Voice Political Action Forum**

Now is the time to be **#EmpoweRED!**

On **Friday October 12, 2018**, join the ladies of DST as we convene in the birthplace of our nation, Philadelphia, PA for an energizing and engaging **Political Action Forum!!**

**Friday October 12, 2018 - 7-9:00 p.m.**

**Make Our VOTE Count: Divine 9 & Community Town Hall Meeting**