



The Golden Gazette



Lambda Sigma Sigma Alumnae Chapter

Stockbridge, GA

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Upcoming Events

November 2021

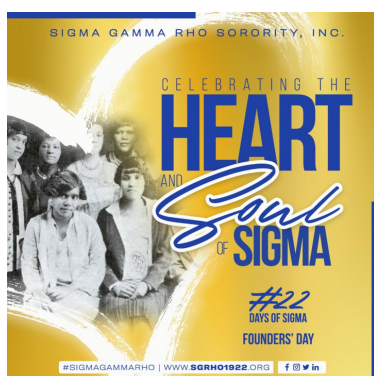
Nov 20 - LSS Academy
Nov 21 - Chapter Business Meeting
Nov 22-28 - LSS EBoard Closed
Nov 24 - Thanksgiving

December 2021

Dec 1 - World Aids Day
Dec TBD - Holiday Celebration
Dec 19- Chapter Business Meeting
Dec 21 - Jan 3 - LSS E-Board Closed
Dec 25 - Christmas
Dec 31 - New Years Eve

**We hope you had a wonderful 99th
Founders' Day!**

**The countdown to Centennial has
begun.....**



Friendly Reminder(s)

82nd SE Regional Conference
"Living a Legacy of Excellence"
(Mar 31-Apr 3, 2022)
Location: Virtual
Cost: \$122 plus applicable fees
Registration is open until February 20, 2022.

In order to receive your gift before the
conference you must register before December
18th.

Monthly Observances



World AIDS Day, celebrated on December 1st every year is an opportunity for the community to unite in the fight against HIV/AIDS, to show support for those who have been diagnosed and to remember those lives lost to the disease. World AIDS Day is not just about raising awareness of global HIV/AIDS statistics (although very important) but it's about teaching the public the truth about the virus, how its spread, its symptoms and treatments.

World AIDS Day is important because it reminds the public and government that HIV has not gone away – there is still a vital need to raise money, increase awareness, fight prejudice and improve education.

Five Facts about HIV

FACT
People who don't know they are infected are the source for most new HIV transmissions*
* This pattern applies to all Sexually Transmitted Infections

FACT
U=U (Undetectable = Untransmittable): people cannot pass on HIV sexually if they are on effective treatment

FACT
Having any other STI hugely increases HIV risk, and having STIs (HIV included) without symptoms is common

FACT
Condoms, PrEP* and U=U** are 3 highly effective forms of HIV prevention backed up by solid research
* Pre-Exposure Prophylaxis for HIV
** Undetectable=Untransmittable

FACT
With early diagnosis and treatment, most HIV+ people will never get AIDS and will likely have a typical life-expectancy

Know Your Status!
Get Tested . Get Treated . End HIV

AIDS Coalition of Nova Scotia
ACNS.ns.ca

Women and HIV
Did You Know?

ONE IN FOUR
PEOPLE LIVING WITH HIV IS A WOMAN

NOT ALL WOMEN ARE EQUALLY AFFECTED BY HIV

New Infections

- 64% Black
- 18% White
- 15% Hispanic

ONLY HALF OF WOMEN DIAGNOSED WITH HIV ARE RECEIVING CARE FOR HIV

Get the facts. Get tested. Get treatment.
For more info, go to www.cdc.gov/hiv

CDC

Soror Recognition & Announcements

Sigma Gamma Rho Sorority | Lambda Sigma Sigma Alumnae Chapter | Stockbridge, GA

Congratulations

Soror Tracy Veal

On your promotion to
Division Sales Director,
SE Region-Georgia

And

She is a Board Member
of the Women Employee
Resource Group at
Medline Industries




[f](#) @lssgrho
 [@sgrholss](#)
[WWW.LAMBDA SIGMA SIGMA 1922.ORG](#)

Soror Veal is truly an example of hard work, perseverance and success. Continue to shine Soror, we are super proud of you and your accomplishments!



Lambda Sigma Sigma wants to wish our very first TORCH class 16 Shades of Rhoyal Distinction (Fall 2015) a HAPPY Sigmaversary!! These 16 beautiful women are celebrating their 6th year of Sisterhood and we want to acknowledge their dedication, hard work and commitment to the purpose of Sigma Gamma Rho Sorority, Inc. Continue to set the example Ladies!



Wishing the Ladies of the Radiant Rho Lambda Chapter a Happy Charter Day (November 9th) . Congratulations on 14 years of Sisterhood, Service and Scholarship!

Welcome to the 55 Rubies of Royalty!



Community Service Highlights

OPERATION BIG BOOK BAG (2021-2022)



Operation Big Book Bag (OBB) is an essential program of Sigma Gamma Rho Sorority, Inc that is designed to address the needs, challenges, and issues that face school-aged children who are educationally at risk. This year Lambda Sigma Sigma partnered with the NPHC of Clayton/Henry County for a school supply drive. We were able to donate \$350 in school supplies to schools in our service area so that children had supplies to start the school year. Thank you LSS for your continued support!

ST. JUDE'S VIRTUAL WALK AND FUNDRAISER



In support of Childhood Cancer Awareness Month, the Ladies of Lambda Sigma Sigma Alumnae Chapter participated in the St Jude's virtual walk on September 25th to raise money for the St. Jude Children's Research Hospital. Sorors got some exercise in while raising money for a worthy cause. The Chapter exceeded it's goal of \$1,922. However, there is still time to join us in our efforts to raise money for such a worthy organization and donate. The link is active until December 31st.

[https://fundraising.stjude.org/site/TR?](https://fundraising.stjude.org/site/TR?fr_id=132589&pg=team&team_id=266996&fbclid=IwAR1GB8IHZotLEGuSb0CTOfRbdCfipEX0F_bgKNgpk14HA4qE4v1fhvG1jyA)

[fr_id=132589&pg=team&team_id=266996&fbclid=IwAR1GB8IHZotLEGuSb0CTOfRbdCfipEX0F_bgKNgpk14HA4qE4v1fhvG1jyA](https://fundraising.stjude.org/site/TR?fr_id=132589&pg=team&team_id=266996&fbclid=IwAR1GB8IHZotLEGuSb0CTOfRbdCfipEX0F_bgKNgpk14HA4qE4v1fhvG1jyA)

Community Service Highlights

BOYS AND GIRLS CLUB BOOK DRIVE



Lambda Sigma Sigma conducted a book drive in support of the Shaquille O'Neal Boys and Girls Club located in Henry County. The books will be used to support the reading program at the newly established club. More than 300 books for various ages were donated.

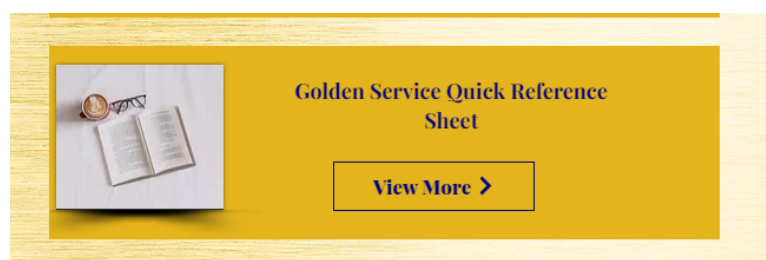
Lambda Sigma Sigma continues to Stand up and Stand out in the community. Greater Service, Greater Progress!!

NATIONAL DAY OF SERVICE PROJECT



Sigma Gamma Rho is proud to partner with March of Dimes and provide 1,000 co-branded onesies to benefit expectant military parents. Lambda Sigma Sigma donated \$100 towards the project in honor of our upcoming centennial celebration.

Don't forget to record your Community Service Hours!



(Sorors only Section of the website)

HALLOWEEN EXTRAVAGANZA SCHOLARSHIP FUNDRAISER



The LSS Scholarship Committee hosted its annual Halloween Extravaganza fundraiser. There was music, games, prizes and lots of fun. The event raised over \$1000 toward a LSS scholarship that will be awarded to a student in Henry, Rockdale or Clayton County area.



BREAST CANCER AWARENESS



LSS donated 7 tote bags in honor of our 7 Founders and our Soror Hattie McDaniel who died of breast cancer. The tote bags will be given to 7 women who are currently undergoing breast cancer treatment. The Health and Wellness and National Programs Committees presented the bags to Piedmont Physicians Breast Surgical Specialist in Fayetteville, Georgia. The bags consisted of a water bottle, a makeup bag, lotion, lip therapy, hand sanitizer, puzzle books, a journal, a pink highlighter, and more. Information was also included on Lambda Sigma Sigma and Soror Hattie McDaniel.

Health and Wellness

The Health and Wellness Committee would like for you to join GirlTrek this month. Sigma Gamma Rho has an official partnership with GirlTrek. GirlTrek is the largest African American public health walking initiative globally. The link for the website is www.girltrek.org. It is free to join. You can join as a member or become a crew leader. Soror Alma Adams is a crew leader, and we are looking for more crew leaders from Lambda Sigma Sigma. (<https://www.facebook.com/groups/111005732944571>)

Please join by the 22nd of the Month. The goal is to walk 22 minutes or more each day. We would like for you to post yourself walking on our Facebook page, Lambda Sigma Sigma Health and Wellness page.

We will also be posting opportunities for us to walk as a chapter. If you have any questions or concerns, please reach out to Soror Shawntel Joseph at shawntel.joseph1922@gmail.com.



Real Talk: COVID-19 Updates**by Soror Elecisha Pope-Bradford - Chairperson, Social Action Committee**

On November 7, 2021, the Social Action Committee hosted the first in a series of panel discussions for the year, on COVID-19. Since the COVID-19 pandemic crippled the country in March 2020, there have been many developments on the medical front that have far reaching impact for all of us. Our committee felt that it was important after 19 months, to share updated medical information about the current state of the virus, new treatment regimens, how our medical front line workers have weathered these trying times and how we can continue to protect ourselves from COVID-19 and any future variants. Our esteemed panelists included Dr. Kristina Carswell, MD, a pediatric urgent care doctor from Warner Robins, GA and chapter Sorors Shawntel Joseph and Kisha Reid, who are both nursing professionals. Our moderator for the evening was our very own Soror Tracy Veal, COVID-19 Subcommittee Chair. The evening's discussion opened with a set of prescreened questions that were submitted in advance of the event. Those topics included the panelists sharing their personal experiences, the pros and cons of lab testing vs. home tests, if booster shots are really needed and how effective they are, are masks still needed for protection and if so, which masks, how do you differentiate flu symptoms and COVID-19 symptoms, how do we protect ourselves from the flu and COVID-19 and with the newly approved vaccine for children ages 5 -12, is it safe and would you recommend it? The panelists were very candid and forthcoming about their experiences and even shared personal stories of their own family members not willing to take the vaccine. The discussion showed that this topic is controversial across multiple segments of the population. The floor was then opened for Q&A to allow the audience to ask additional questions. Panelists shared what they did to stay grounded during the pandemic as they put in long hours serving patients. They shared that the long-term effects of COVID-19 are still unfolding, that it is possible to get COVID-19 more than once and even after being vaccinated and that COVID-19 vaccination boosters are likely here to stay and will be similar to getting the flu shot every year to protect against new strains of the virus. An audience member asked about the effects of implementing the COVID-19 vaccine mandate on healthcare personnel. The panelists were very forthcoming in sharing that already strained medical staffs suffered from the mandate as many nurses, including career nurses, walked away from their careers in protest of the mandate. The evening was concluded by thanking the panelists for their expertise and time. We also thanked our chapter nurses for all they have done to care for those in our communities and for their continued support of members of the chapter during these last 19 months of the pandemic. In addition to our featured panelists, we would also like to acknowledge Soror Nyasha Bonner and Soror Sharon Wilson for their contributions to the discussion. Thank you for your participation in the Social Action Committee's first speaker series presentation.

Panelists:

Dr. Kristina Carswell

Soror Shawntel Joseph
Family Nurse Practitioner -Certified
(FNP-C)Soror Kisha Reid
Nurse Supervisor



RHOERS

The LSS Rhoers started the year off with a year off with a drive by "Shout, wave and honk" and election of Club Officers for 2021-2022.



LSS Rhoers participated in Rhoer Spirit week Sept 27- Oct 2nd. Visit their instagram and Facebook page @lssrhoers to see more of our Rhoers' activities.



On November 6th, six new Rhoers joined the LSS Rhoer Club. Five of these beautiful butterflies started off as Rhosebuds. We look forward to all the wonderful things they will accomplish.



On October 30th the LSS Rhoer Club Committee conducted a Fall Festival for our Rhoers. The Rhoers learned about their history, played games and conducted team building exercises.

RHOSEBUDS

Although the Rhosebuds remain virtual we continue to plan and execute fun, interactive and informative activities. In September we conducted a meeting with parents and the Rhosebuds participated in "Getting to Know the Committee" Bingo, October was positive identify activities, and November was Thankful activities, prepping of Kindness Cards Community Service activity, and an around the house "Turkey Craft Contest."



Rhosebud Leaders



Dr. Katrina English



Niccole Wesley



Adrienne Mays



Virginia Smith



Litonya Wilson

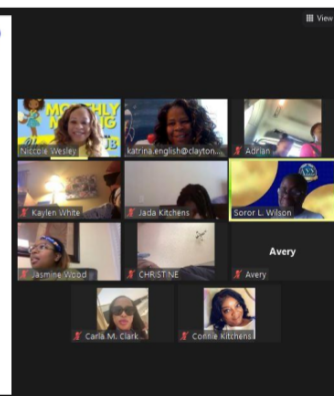


Jasmine Wood

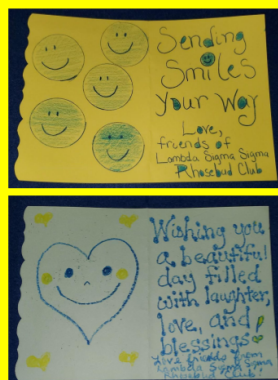
What Do We Have In Common?

B I N G O

Movie I don't like (Kind of movie)	Favorite restaurant (Restaurant)	School subject I don't like (School Subject)	Favorite color (Color)	Food I don't like (Food)
I'd like to travel to (Country)	My hometown is (Your hometown)	I am a big fan of (Sport)	Favorite clothing (Clothing)	Favorite drink (Drink)
I have never been to (Place in Georgia)	Favorite food (Food)	I love to shop at (Store)	I want to say (Activity)	Favorite music (Type of Music)
I have () brothers and () sisters, (# of)	Birthday month (Month)	Favorite animal (Animal)	One way I relax (Relaxing activity)	Favorite subject (School subject)
Favorite Holiday (Holiday)	Favorite Pizza Topping (Pizza Topping)	Favorite Kids Movie (Kids Movie)	Favorite dessert (Dessert)	Favorite kind of book (Type of book)
My worst accident (Band aid or stitches)	Favorite holiday (Instrument)	Favorite hobby (Hobby)	Favorite Season (Season)	Favorite Kids TV Show (Kids TV Show)



RHOSEBUDS KINDNESS CARDS Community Service



Around The House Turkey Craft Contest



RHOSEBUDS Fundraiser



WAFFLE HOUSE COUPON BOOK

This coupon book has coupons that NEVER expire! \$7 for more than \$20 in savings!

Please support the Rhosebuds fundraisers by purchasing a Waffle House coupon book for \$7. You get more than \$20 worth of coupons that never expire. All funds raised will be used for Rhosebud activities and supplies. Please see a Rhosebud Committee Member to purchase a coupon book.

**Please contact the LSS Epistoleus at
Lssepistoleus1922@gmail.com with
comments, questions, corrections or
submissions.**

**The deadline for submissions to the
newsletter is Monday prior to the
Chapter Business Meeting.**

**The Newsletter will be published the
Friday prior to the Chapter Business
Meeting.**