



DELTA SIGMA THETA SORORITY, INC.

Celebrating

Joy in our SISTERHOOD
Power in our VOICE
Service in our HEART

55th

NATIONAL Convention

ATLANTA, GEORGIA
November 19-22, 2021

Columbus (GA) Alumnae

CELEBRATING
109 YEARS



The TORCH

JANUARY 2022

ΔΣΘ



The Torch is a community publication of the
Columbus (GA) Alumnae Chapter of Delta Sigma Theta Sorority, Inc.





Columbus (Ga) Alumnae The TORCH

THE TORCH TEAM

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Sabra Strickland

Janet Dixon

Crystal Waye

Yolanda Lakes

Teresa Whitaker

Clarissa Matthews

Jeanella Pendleton

editor's notes

Happy New Year! It is a time to CELEBRATE and REFLECT upon the exiting year.

As we reflect on 2021, let us remember the resilience demonstrated as Delta Sigma Theta held an in-person 55Th National Convention, the annual Scholarship Gala, and a virtual World AIDS Day Walk.

Looking ahead, 2022 began with several events to include [J13 Painting With a Twist](#) and [The American Red Cross Blood donation event](#).

I would like to thank The Torch team and contributors for assisting with this edition of The Torch. Stay tuned for more events in 2022 that focus on our values of Sisterhood, Scholarship, and Service.

Yolanda Lakes

“

MY WISH FOR YOU IS JOY. WHEN YOU WISH SOMEONE JOY,
YOU WISH PEACE LOVE, PROSPERITY, HEALTH,
HAPPINESS....ALL THE GOOD THINGS.”

”

MAYA ANGELOU



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IN THIS ISSUE

- 4** PRESIDENT'S MESSAGE
- 5** CHAPLIN'S CORNER
- 6** REMEMBERING OUR NATIONAL PRESIDENT
- 7** J13 FOUNDERS DAY
- 10** DST 55TH NATIONAL CONVENTION
- 12** BLOOD DRIVE
- 13** SOCIAL ACTION
- 14** SOROR OF THE YEAR 2021
- 15** EXCEPTIONAL DELTAS
- 16** ARTS AND LETTERS
- 17** SCHOLARSHIP GALA
- 18** INTERNATIONAL AWARENESS AND INVOLVEMENT
- 20** PHYSICAL AND MENTAL HEALTH
- 21** ECONOMIC DEVELOPMENT
- 22** EDUCATIONAL DEVELOPMENT
- 24** UPCOMING EVENTS

A
MESSAGE
FROM THE
COLUMBUS (GA)
ALUMNAE
CHAPTER
PRESIDENT



PRESIDENT *Mattie Hall*



President of Columbus (GA) Alumnae Chapter
of Delta Sigma Theta Sorority, Incorporated

“

RIGHT MAY NOT BE EASY. IT MIGHT NOT
BE EXPEDIENT, BUT IT WILL SATISFY THE
SOUL. YOU KNOW WHAT IS RIGHT, JUST
DO RIGHT.

~MAYA ANGELOU

GREETINGS SORORS

On behalf of the Columbus GA Alumnae Chapter leadership, I bring you greetings and wish you and your family a holiday season full of happiness and celebration.

This year many of you have worked hard to help our chapter reach new heights in a virtual environment. For service well done, I extend my heartiest gratitude and appreciation to you. This is all because of your continuous commitment and support of Delta Sigma Theta Sorority Inc.'s mission of service to our community even during a virtual environment.

The 2020 holiday season was unlike any other in modern history and 2021 is teaching us that we are "All in this thing (COVID-19 pandemic) together" meaning we must stay apart for a while.

Now is the time to celebrate all the happiness with your sorors, families, and friends. There may be feelings like it is odd to be "celebrating" having just lived through two of the toughest years that our country has faced which affected all of us both mentally and emotionally.

We are Columbus GA Alumnae Chapter and still we rise! We are ready for that joy the holidays normally bring - closeness, family, tradition, new memories, and the greatest joy of all...Love. May this Christmas season bring an abundance of love, happiness, and peace to you and your loved ones.

My beloved Sorors, thank you for all that you do, have done, and will do for Columbus Ga Alumnae Chapter of Delta Sigma Theta Sorority, Inc.

Merry Christmas and Happy New Year!

Essentially yours in Service,
Mattie Hall, President
Columbus (GA) Alumnae Chapter
Delta Sigma Theta Sorority, Inc
Engage, Educate, Empower

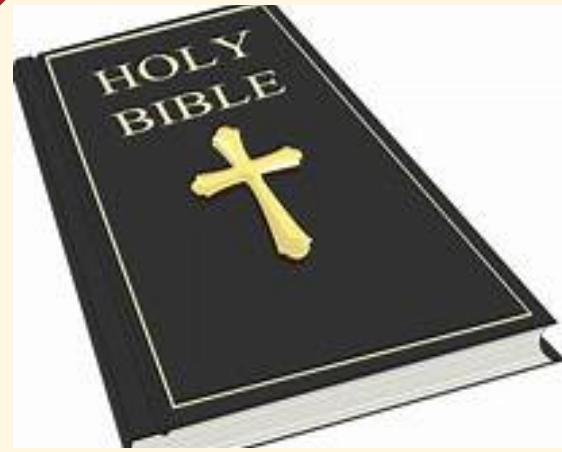


CHAPLAIN'S CORNER

Jeri Hall-Swindler



Chaplain of Columbus (GA) Alumnae Chapter
Delta Sigma Theta Sorority, Incorporated



Greetings Sorors

As Christians, some may think that we are exempt from the cares of this world. However, we are not. When life seems unbearable, remember 1 Peter 5:7, which states, casting all of your cares, all your anxieties, all your worries, and all your concerns, once and for all on Him, for He cares about you with the deepest affection, and watches over you very carefully. Additionally, remember that the Chaplain's Council is here to pray with and for you in those times. The Bible says in Deuteronomy 32:30, one can chase a thousand, and two can chase ten thousand to flight, which means we are stronger together. Furthermore, as we face uncertain times, trust that we have a faithful God that will always cause us to triumph. For His lovingkindness prevails over us, and we triumph and overcome through Him, and the truth of the Lord endures forever (Psalm 117:2).

Peace and Blessings
Minister Teri Hall-Swindler, Chaplain
Columbus (GA) Alumnae Chapter
Delta Sigma Theta Sorority, Inc.



Dynamic Southern Region
Delta Sigma Theta Sorority, Inc.

Remembering the life
and legacy of

Cheryl A. Hickman

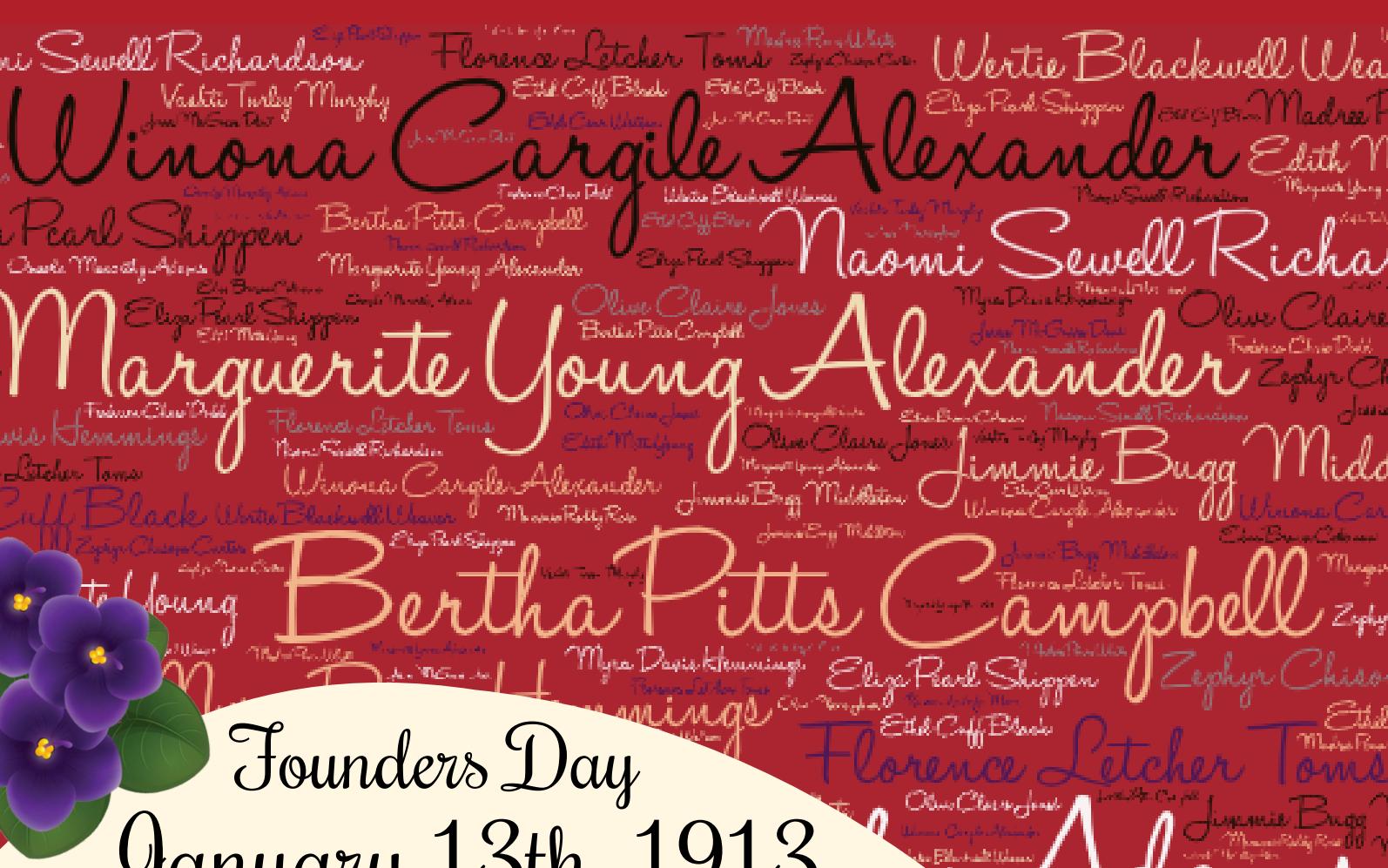
National President and
Chair of the National Board of Directors
Delta Sigma Theta Sorority, Inc.



May 11, 1962 - January 20, 2022

THOSE WE LOVE CAN NEVER BE MORE THAN A THOUGHT AWAY. FOR AS LONG AS THERE'S MEMORY, THEY LIVE IN OUR HEARTS FOREVER.

Remembering our 27th National President



Founders Day

January 13th, 1913



109 years ago, 22 women decided to go on a mission to make the world a little greater and in 1913 Founded Delta Sigma Theta.

JAN 12 CAC SERVICE IN OUR HEART AMERICAN RED CROSS BLOOD DRIVE TELETHON

JAN 12 CAC VIRTUAL PRE-FOUNDERS DAY GAME NIGHT

JAN 13 CAC VIRTUAL PAINTING WITH A TWIST FOUNDERS DAY CELEBRATION

JAN 13 NATIONAL FOUNDERS DAY CELEBRATION - PRAYER SERVICE & REDEDICATION CEREMONY

J13 "YEAR OF THE 22"



The Membership Service Committee partnered with the Arts and Letters Committee to host the virtual J13 event. We celebrated our Founders Day by hosting a game night. Some of the games included Delta Wheel of Fortune, Fortitude BINGO, and Delta Trivia. Our two-day event also included creating a virtual painting supplied by Painting With a Twist.

This was true story of a professional con-man who assumed a variety of identities and eluded capture for many years. What movie is this?

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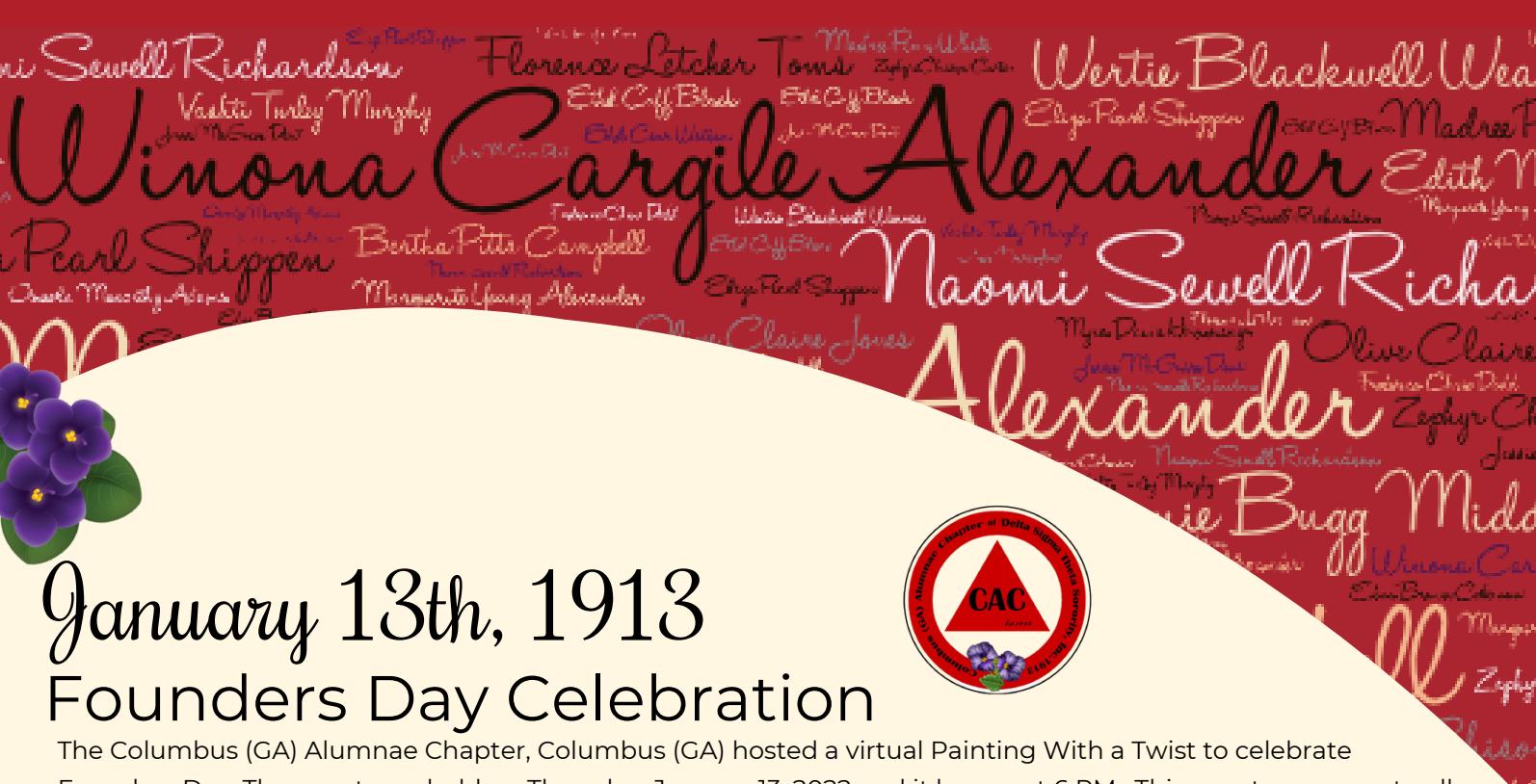
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January 13th, 1913

Founders Day Celebration

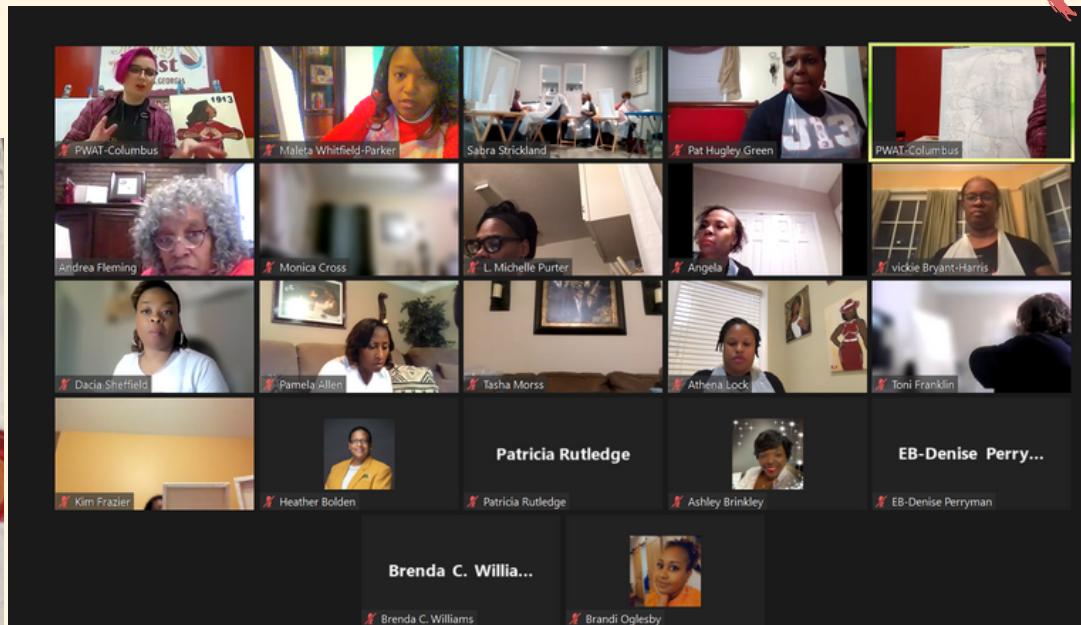
The Columbus (GA) Alumnae Chapter, Columbus (GA) hosted a virtual Painting With a Twist to celebrate Founders Day. The event was held on Thursday, January 13, 2022 and it began at 6 PM. This event was open to all Sorors.



Painting With A Twist







| PWAT-Columbus | | | | | Maleta Whitfield-Parker | | | | | Sabra Strickland | | | | | Pat Hugley Green | | | | | PWAT-Columbus | | | | |
|----------------|--------------|--------------------|--------|----------------------|-------------------------|--------------|--------------|-------------|---------------|------------------|----------------|-------------------|-----------------|--------------------|--------------------|----------------|--|--|--|---------------|--|--|--|--|
| Andrea Fleming | Monica Cross | L. Michelle Purter | Angela | vickie Bryant-Harris | Dacia Sheffield | Pamela Allen | Tasha Morris | Athena Lock | Toni Franklin | Kim Frazier | Heather Bolden | Patricia Rutledge | Ashley Brinkley | Brenda C. Williams | EB-Denise Perryman | Brandi Oglesby | | | | | | | | |
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DST 55th National Convention

Celebrating a legacy of Joy, Power, and Service

Elected

National Executive Committee



The 55th National Convention of Delta Sigma Theta Sorority, Inc., held in Atlanta, Georgia on November 19-22, 2021, was impressive. The hospitality and planning rendered by our Atlanta Sorors were outstanding as they stepped above the call of duty. The Convention, with hybrid sessions, rendered a combined choice of virtual, and in-person attendance in large capacity for both formal and casual sessions. The in-person sessions brought a memorable experience. The theme was: "Celebrating a legacy of Joy, Power, and Service." Service in our hearts became a reality with each informative training session. Approximately 13,000 Sorors participated virtually while more than 7,000 attended in person. Sorors were excited, motivated, and inspired as they bonded and brought about a deeper meaning of sisterhood. The leadership, professionalism, and accomplishments of our Sorority Sisters make us all proud. One of the most memorable events was the Ecumenical service held on Sunday Morning. National Chaplain Bishop Vashti Murphy McKenzie rocked the house as she allowed the Lord to use her as a vessel to usher the Holy Spirit into the worship. Everyone in attendance felt rejuvenated, revived, renewed, and ready to return home and work towards making a difference.



DST 55th National Convention

Celebrating a legacy of Joy, Power, and Service



BLOOD DRIVE



Members of the CAC ERT Committee along with other chapter members volunteered with The American Red Cross and WTVM during the Annual Blood Drive on January 12. In addition to manning the phones, Sorors also rolled up their sleeves and donated blood.



DELTA SIGMA
THETA
SAVING LIVES

SOCIAL ACTION & POLITICAL AWARENESS

Columbus (GA) Alumnae Chapter of Delta Sigma Theta Sorority, Inc
Social Action & Political Awareness Committee

VALUES OVER VIOLENCE FORUM

Support this virtual event as we provide education
and tools to help create a safer community!

November 30, 2021
6-7:30PM

Call to Action!
A Safer Place
for Everyone

Felicia Hamilton
Moderator
On-Air Personality,
Magic 101.3



Registration:

<https://tinyurl.com/ValuesOverViolence>



Freddie Blackmon
Chief of Police
Columbus GA



Greg Countryman
Muscogee County
Sheriff



Mechelle Virgin
President of "I Am
Destinee's Voice, Inc.



Pastor Adrian Chester
President of
Interdenominational
Ministerial Alliance



Cedric Hill
Cure Violence
Columbus GA

On Tuesday, November 30, 2021 the Social Action/Political Awareness & Involvement Committee hosted the Values over Violence Virtual Forum. In 2021 we saw a record-setting number of homicides happening in the Columbus and surrounding community, especially involving young African American males. The goal of the SA/PAI Committee in hosting this forum was to assemble key individuals and organizations on the front lines of crime prevention and engage in dialogue about the underlying source of violence and discuss strategies, solutions and community resources.

The expert panelists included: top Muscogee County law enforcement officers, Greg Countryman, Sheriff and Freddie Blackmon, Chief of Police, Victim's Rights Advocate Michelle Virgin, Cure Violence CEO Cedric Hill and Pastor Adrian Chester. The event was moderated by radio personality Soror Felicia Hamilton.

Open to the community, approximately 80 people attended the virtual forum. The forum was well attended and received rave reviews. The consensus is that a Part II is absolutely needed. Special thanks to Committee members: Cheryl Walker, Leodecya Seay, Latonya Merritt, Lethea Cyprian, Selena Walker-Banks, Tammye Baskin-McDonald, Pat Hugley Green and Dr. Angela Vickers Ward, the SA/PAI members responsible for planning the forum. Thank you to everyone who logged on to support the event. Stay tuned for more dynamic social action programming in 2022.



LARAE MOORE



Columbus (GA) Alumnae 2021 Soror of the Year

LaRae was initiated into this amazing sisterhood at the University of Missouri-Kansas City, Lambda Epsilon Chapter on April 12, 1990.

She served as Chapter President 2012 – 2016. She currently serves as chair of one of the hardest working committees, Political Awareness and Involvement (Social Action). Under her leadership, this committee was awarded two grants totaling over \$5000.00

The recognition of Soror of the Year is presented to a financial member who has continuously exemplified the core values of the Sorority through her personal commitment to sisterhood, service, and scholarship. She exhibits characteristics of leadership, non-professional community and public service to her community in her tenure as an alumnae member.

Exceptional Deltas



Ambrose Pass-Turner

HERSTORY was featured in the October 14, 2021 issue of The Courier Eco Latino Newspaper. Dr. Pass-Turner is a Scholar-Practitioner, owner of APT Counseling Services, LLC, and a published author to include "Rex's Journey: Helping Children Understand and Cope with Emotions" due out this spring.

$\Delta\Sigma\Theta$

Sherpri Giles

Meet our (PIE) Partners in Education Chair Sherpri Giles. Through PIE, the Junior League of Columbus has adopted Wynnton Arts Academy, where almost 90% of the student population is eligible for free lunch. The JLC has provided educational and enrichment opportunities for students with activities such as developing an Arts/Career Day, serving as room readers, participating in the Backpacks of Grace project, and facilitating holiday-time Adopt a Family. Junior League members strive to meet the students' most basic needs by conducting uniform, food basket, hat, and glove drives. The JLC also provides recognition of the staff, by providing snacks and gifts for teachers as well as provide and coordinate luncheons."



$\Delta\Sigma\Theta$



Crystal Waye

Crystal was recently named Columbus Technical College's 2021-2022 Rick Perkins Teacher of the Year. Nominated by her peers and students, Crystal competed against four of Columbus Technical College's instructors. The process included delivering a speech and a panel interview of community leaders.

$\Delta\Sigma\Theta$

Bennie Newroth

Please join Bennie Newroth as she commemorates old home remedies and proverbs from the UpTown/East Highland Neighborhood Association in her new book "Voices from the Village." Contact Bennie Newroth to purchase a book at: bnewroth@aol.com or call 706-315-8720, the price is \$10.00. A portion of book sales will be donated to a scholarship fund.



$\Delta\Sigma\Theta$

ARTS & LETTERS



Red Carpet Event



KING RICHARD

Saturday, December 4, 2021 4:00 PM
AMC Ritz 13

Sorors, family, and friends were greeted by members of the Arts and Letters Committee, walked the red carpet, received mouth-watering sweet treats, had their pictures taken, and watched an excellent movie, King Richard. This movie tells the story of Richard Williams, the father of Venus and Serena Williams. He was the driving force behind their success as two of the world's greatest tennis players.



Columbus (GA) Alumnae Chapter of Delta Sigma Theta Sorority, Inc. & Delta Life Development Foundation, Inc.

Scholarship Gala

Mardi Gras

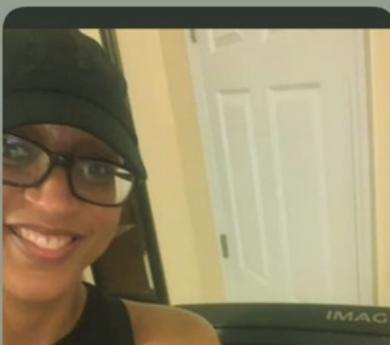
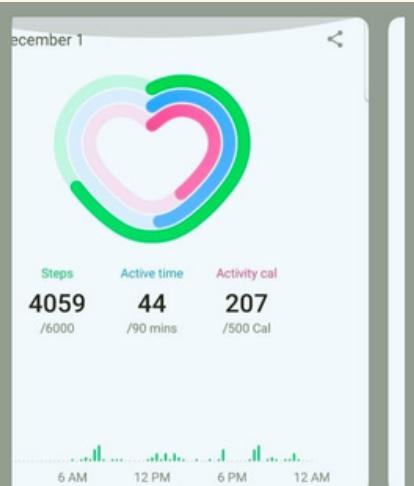
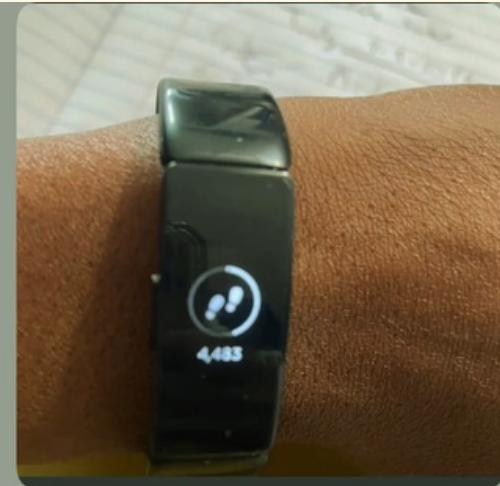
Delta Style



Thank you to everyone for supporting our 2021 Scholarship Gala. This annual fundraising event allows The Columbus (GA) Alumnae Chapter of Delta Sigma Theta Sorority, Inc. and The Delta Life Development Foundation, Inc. to provide scholarships to deserving high school seniors in the Tri-City Area. We look forward to your support in 2022.

INTERNATIONAL AWARENESS & INVOLVEMENT

World Aids Day Walk-a-Thon Million Step Challenge



INTERNATIONAL AWARENESS & INVOLVEMENT



Each year around December 1st, the International Awareness & Involvement Committee of Columbus (GA) Alumnae Chapter of Delta Sigma Theta Sorority, Inc along with millions of people around the world unite to observe World AIDS Day. On this day, we remember those who lost the fight against AIDS and stand in solidarity to support those that are living with HIV. Did you know that as of 2020, 37.7 million people globally were living with HIV? Did you know that as of June 30, 2021, 28.2 million people were accessing antiretroviral therapy? Did you know that more than half of the people diagnosed with HIV in the United States receive services through the Ryan White HIV/AIDS Program each year?

In partnership with the Delta Life Development Foundation, Columbus Metropolitan Alumnae Chapter (CMAC), National Council of Negro Women (NCNW), Chi Eta Phi Nursing Sorority, and seven generous sponsors, CAC was able to raise \$2,200 to support the Ryan White HIV/AIDS Program. The Ryan White Program is the largest federal program focused exclusively on providing HIV care and treatment services to people living with HIV. The program provides a comprehensive system of care for people living with HIV who are uninsured or underinsured. During our annual Virtual World AIDS Day Walk-A-Thon, we challenged Sorors, family members, friends, and community members to join our million-step challenge by pledging to walk 2,000 steps each day from December 1- December 5, 2021. We'd like to thank the 120 registered participants, CAC members, community partners, and local sponsors who supported proudly to end HIV, ensure equality, fight racism, love openly, and save lives!

For more information on facts and information on HIV/AIDS and ending the epidemic visit
<https://www.who.int/news-room/fact-sheets/detail/hiv-aids>.

<https://www.columbus.gov/publichealth/programs/Sexual-Health/About-the-Ryan-White-HIV-Care-Program/>

Soror Desire' M. Elliott
CAC IAI Committee Member

Soror Heather Bolden
CAC IAI Committee, Chair
"



Delta Sigma Theta Sorority, Incorporated

PHYSICAL & MENTAL HEALTH

The mission of Physical & Mental Health is to enlighten the community on the different issues involving their physical and mental well-being, provide information and create programs to enlighten our chapter's membership and surrounding environment, and to encourage a healthy lifestyle while aligning our efforts with our National Initiatives.

Wellness Tips



Throughout the year, the Physical and Mental Health Committee presents wellness tips. These include healthy eating, stress management, exercise, and wellness challenges.

Remember the key to improving your overall wellness is balance.

Self-care means giving the world the best of you instead of what is left of you.



you.



The first Friday in February is National Wear Red Day. Sorors dressed in their red to raise awareness about heart disease as a leading cause of death among Americans, especially women.

WEEKLY WELLNESS TIPS

Positive Affirmation: **Breathe through the Waiting!**



Pan-Seared Salmon with Kale and Apple Salad

See attachment for Recipe

Healthy Eating Tip

Eat a Variety from all the Food Groups!

There are 6 major essential nutrients that your body needs in order to function. You can get these nutrients through a varied diet.

The USDA MyPlate Plan will show your food group targets and tell you what and how much to eat within your calorie allowance.

Remember everyone's body is different and a diet that works for one individual will look different for another! Get your personalized plan at the website below!



Stress Management Tip

Positive Thinking Exercise

Replace the negative thoughts with positive thoughts to reduce stress and improve your self-esteem.

Thought-stopping exercise: When you notice a negative thought, stop the thought and make yourself change that thought into a positive one.

Example: The kids are driving me crazy. Change to "I have children to love."

We all know it is hard to find the positive in every situation because some are worse than others. If you practice this technique with the smaller situations it will make it easier to find the positive in the bigger situations!

Wellness Challenge

Try the 20-20-20 Vision Exercise

Prevent digital eye strain and unpleasant symptoms (headache, sore/tired/burning eyes, blurred/double vision, dry/itchy eyes, etc.) by practicing the 20-20-20 rule.

Every 20 minutes,
Look at something 20 feet away,
For 20 seconds

What is the key to improving your Overall Wellness?

BALANCE!!

8 Dimensions of Wellness



ECONOMIC DEVELOPMENT

This committee develops programs and supports the signature programs on financial planning, fiscal responsibility, investments, and entrepreneurship. They also encourage the support of businesses owned by women and other minorities. National economic trends, such as unstable employment, the threat to Social Security as we know it, and the widening gap between wealth and poverty are the basis for the development of the signature program, FINANCIAL FORTITUDE SEMINAR AND EXPO.



FINANCIAL FORTITUDE

Important Dates

Youth Initiative Financial Training
Mar 12, 2022



EDUCATIONAL DEVELOPMENT

Educational Development is designed to plan and implement programs emphasizing scholastic achievement and higher academic development. Locally, the committee implements initiatives designed to address the community's concerns regarding excellence in education, college preparation and service learning.

DR. BETTY SHABAZZ DELTA ACADEMY

Catching the Dreams of Tomorrow, Preparing Young Women for the 21st Century: The Delta Academy was created in 1996 out of an urgent sense that bold action was needed to save our young females (ages 11-14) from the perils of academic failure, low self-esteem, and crippled futures. Delta Academy provides an opportunity for local chapters to enrich and enhance the education that our young teens receive in public schools across the nation.

Specifically, we augment their scholarship in math, science, and technology, their opportunities to provide service in the form of leadership through service learning defined as the cultivation and maintenance of relationships. A primary goal of the program is to prepare young girls for full participation as leaders in the 21st Century.



DR. JEAN NOBLE DELTA GEMS



Delta GEMS was created to catch the dreams of African-American at-risk, adolescent girls aged 14-18. Delta GEMS provides the framework to actualize those dreams through the performance of specific tasks that develop a CAN DO attitude. The goals for Delta GEMS are: To instill the need to excel academically; To provide tools that enable girls to sharpen and enhance their skills to achieve high levels of academic success;

To assist girls in proper goal setting and planning for their futures in high school and beyond; and to create compassionate, caring, and community-minded young women by actively involving them in service learning and community service opportunities.

The Delta GEMS program offers a road map for college and career planning through activities that provide opportunities for self-reflection and individual growth. Delta GEMS, like Delta Academy, is implemented by chapters of Delta Sigma Theta Sorority, Incorporated. Delta GEMS participants have the opportunity to define and "Discover their individual Brilliance."



VIRTUAL SCHOLARSHIP WORKSHOP

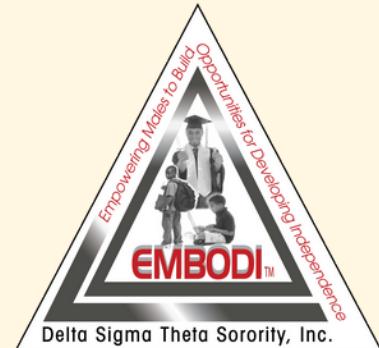
The annual scholarship workshop, normally held in January was held virtually on December 14, 2021 to provide parents and students more time to utilize provided resources. The virtual scholarship workshop welcomed parents, students and educators within the CAC service area. The workshop focused on scholarship applications, resume writing, financial aid, professional writing and interview skills.

SCHOLARSHIP OPPORTUNITY

The Delta Life Development Foundation offers the following scholarships: Delta Scholars, Delta Service and Delta Fortitude.

The online scholarships can be accessed through the following link: <https://www.dldfoundation.org/scholarships>

The E.M.B.O.D.I program promotes and provides opportunities to improve the quality of life of African American males (ages 11-18) through a comprehensive approach aimed at developing their overall potential.



E.M.B.O.D.I.

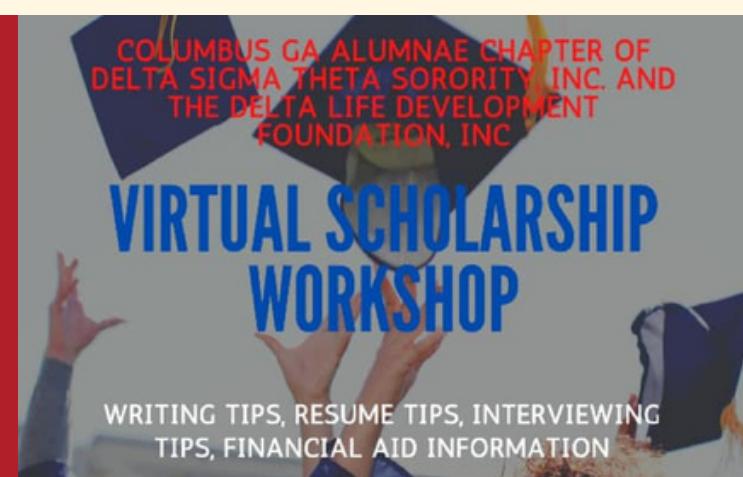


E.M.B.O.D.I is symbolic of empowering young African American males to immerse themselves in African and African American culture and to see themselves as persons of great worth who can take their place with a life of meaning and accomplishment.

The Columbus GA Alumnae Chapter EMBODI Committee is gearing up to assist the young men in our community with activities that will Empower and assist them in Building Opportunities and Developing Independence.

Important Dates

| | |
|------------------------------|--|
| Delta GEMS | |
| Money Management | |
| April 10 | |
| Women Black Owned Businesses | |
| April 24 | |
| EMBODI | |
| Fit Camp Mind & Body | |
| April 9 | |



IMPORTANT DATES

| | |
|-------------|---------------------------------|
| January 28 | Application Deadline |
| February 26 | Candidate notifications |
| March 12 | Interview Date |
| April 3 | Applicants notified of decision |
| April 24 | Scholarship Reception |



UPCOMING EVENTS

*** Dates are subject to change. Check DSTCAC communication platforms for updates. ***

MARCH

- 2 DELTA DAYS AT THE (GA) CAPITAL**
- 4-8 DELTA DAYS AT THE NATION'S CAPITAL**
- 10 GWG ZOOM WORKSHOP "IMPROVE YOUR PROFESSIONAL RESUME WITH PRACTICAL STRATEGIES." 7 P.M.**
- 13-20 SISTERHOOD WEEK ACTIVITIES**
- 19 MURDER MYSTERY SHOW 6 P.M.**
- 20 HERITAGE FOUNDERS DAY CELEBRATION 2022**

APRIL

- 2 DRIVE-DROP-DONATE**
- 9 PHONE-A-THON**
- 16 BIRTHDAY BASH EVENT**
- 18 DELTA DAYS AT MUSCOGEE CO SCHOOL DISTRICT**
- 25 DEADLINE TO REGISTER TO VOTE**

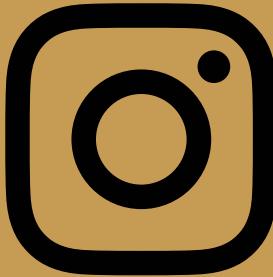
"I have learned over the years
that when one's mind is made
up, this diminishes fear;
knowing what must be done
does away with fear."

-Rosa Parks

KEEP IN TOUCH



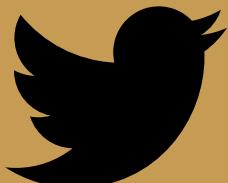
FACEBOOK
@dstcsg



INSTAGRAM
@columbusalumnaechapter



YOUTUBE
**Columbus
Alumnae
Chapter**



TWITTER
@CAC_Chapter



WEB
www.dstcac.org

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FORCH