

89th South Eastern Regional Conference
Soror Mitzi Dease Paige – South Eastern Regional Director
April 8-11, 2021
Soror Tamatra Lawrence Crook

The 89th South Eastern Conference was held virtually. The platform was visually pleasing and easy to navigate.

Tuesday, April 6, 2021

An Explosion of Excellence: Centennial Charter Day Celebration was held to celebrate the region's 100th anniversary. Greeting were brought by Madam Regional Director, Madam Supreme Basileus, and many other dignitaries that are also members of Alpha Kappa Alpha Sorority, Inc (AKA). A greeting was given by previous South Eastern Regional Directors and they placed their thoughts and hopes for the Sorority and Region for the next 100 years in a time capsule to be opened in 100 years. The history of the oldest chapter, Pi Chapter, was given. A video was shown of all of the chapters in the South Eastern Region. The event was closed by Madam Regional Director with a closing video. Sorors were then treated to music by several DJs.

Plenary I: Friday, April 9, 2021

The Plenary was called to order, the conference rules were reported, the delegates were admitted to a designated virtual room, roll call was done, and then conference agenda was adopted. The Regional Director gave the State of the South Eastern Region. The following points were included:

- Over 1 million volunteer hours were done virtually and safely
- 110,000 program reports were received
- Goals for 2021
 - Enhancement to the disaster relief guide to include information regarding preparing for a pandemic and how to maintain resiliency during difficult times
 - Observance of Emergency Preparedness Month in September 2021
 - Collaborate more closely with the American Red Cross
 - International Disaster Relief Committee
- Alabama service project stats
 - Pillowcase Project: dresses 1, 466
 - Pillowcase Project: Shirts 832
 - Lions Club International: Eyeglasses 2,117
 - Soles4Souls: Shoes 4,488
 - Operation AKA Assist: Throws 796
 - Operation AKA Assist: Socks 4,642
 - #CAP: Masks 3,688
- Post Covid-19 Membership Plan
 - How to transition back to in person chapter meeting
 - Consider Social Distancing when having meetings and events

- Consider optional Chapter Meeting attendance via zoom and/or other
- Chapter Recognition 2021 Best of the Best
 - Delta Theta Omega Chapter

Constitution and Bylaws Forum

- PROPOSED AMENDMENT #1: amend Article I, Section 15 (i) to change the name of the Connection Committee to the Connection and Social Action Committee to better describe the work of the committee
- PROPOSED AMENDMENT #2: amend Article I, Section 15 (j) to revise the number of members the Building and Properties Committee from five members to a minimum of five members
- PROPOSED AMENDMENT #3: amend Article I, Section (m) Technology Committee, to change the committee composition from seven members, one of whom must be a member of the finance committee, to having a Chairman and representative from each region, one of whom must be a member of the Finance Committee
- PROPOSED AMENDMENT #4: amend Article 1 to add Risk Management as a standing committee
- PROPOSED AMENDMENT #5: amend Article II (2), Section 20 to clarify that chapters are not freestanding and that all contracts beyond \$100,000 require the approval of the Supreme Basileus
- PROPOSED AMENDMENT #6: amend Article IV (4), Section 9 to add a subsection that an active soror who has been a member of the sorority for at least seventy-five (75) years may obtain life membership by application to the Corporate Office without payment of additional fees
- PROPOSED AMENDMENT #7: amend Article IV (4), Section 32, to change the name co-sponsor, and indicate that one of the recommending sorors may be a soror who is not a member of the chapter where the candidate will be initiated
- PROPOSED #8: amend Article XV (15) to clarify that bylaw amendments, adopted at the Boule that impact chapters, shall be added to the chapter's bylaws without having to follow the amendment process noted in the chapter's bylaws

Plenary 2: Friday, April 9, 2021

- 94,876 Active members – Highest number in history
- January 2021 – reactivated 12,000 members
- 89th Regional Conference registration - 7615
 - Undergraduate
 - AL 554
 - MS 300
 - TN 246
 - Graduate

- AL 1746
- MS 1169
- TN 1527
- General 499
- Guests 80

Workshop 1, Saturday, April 10, 2021: Navigating Membership in the New Normal

- Navigate Membership as A T.E.A.M.
 - Training - refreshers
 - Events – dining at a distance, virtual mixers, pink table talks, sip and chat
 - Activities – paint and sip, cooking class, wine down Fridays, service Saturdays
 - Mentoring – seasoned sorors/reactivated sorors, meet ups before or after virtual meetings, soror to soror coaching
- Navigate membership to encourage Lifelong Active status
- Navigate membership to promote chapter sustainability
- Introducing...Excellence in Chapter Retention through Mentorship Award
 - Coming 2022 Regional Conferences
 - Chapter mentoring goals
 - Individual mentoring goals
 - Outstanding mentoring plan
- Develop risk management plan
- Why members leave – survey
- Inactive sorors
 - Can participate in unlimited activities
 - Can attend up to 3-chapter meetings
 - Chapter can vote on extent of involvement
 - Which part of the meeting can they attend

Workshop 2, Saturday, April 10, 2021: Sisterly Relations-Strengthening Our Pearls

- Sisterly Relations Journey
 - 2019: The Pearls That Bind Us
 - 2020: Conflict Resolution
 - 2021: Strengthening Our Pearls
- Our Bond Is Our Strength
- Values->sisterhood, scholarship, service
- Unity
- Sisterhood->a journey and not a destination
- Teamwork Makes the Dreamwork
 - Work together for a common vision
 - Plan, anticipate, envision the solution
 - Do more than expected
 - Possess genuine love for people

- Be Inclusive
- Choose humility
- Practice self-control
- Do whatever it takes to win
- Strategies to Promote Self Awareness
 - Know your emotional Triggers
 - Most common: acceptance, be understood, be in control, attention, peacefulness, order, safety, fun, respect, be right, be heard, comfort, balance, variety, be liked
 - Why am I hurt? Conflict/Stressors
- Emotional Intelligence
 - Self-awareness
 - Self-regulation
 - Motivation
 - Empathy
 - Social Skills
 - Active Listening: listening to understand the person; value the emotions behind the words in order to respond in an encouraging and non-judgmental way
- Forgiveness and Healing: a choice we make daily to decide to let it go
- Unhealed Emotional Trauma
 - Inability to celebrate the success of others
 - Believe the worst of someone's intentions
 - Defensiveness
 - Lack of self-control
 - Throwing shade
 - Holding grudges
 - Lying
 - Selfishness
- Keys to Healing
 - Knowing yourself
 - Build a community of positive friends
 - Having a safe place to share
 - Establish a no tea zone
 - When others fail you be slow to anger and trigger
 - Choose love

Plenary III: Saturday, April 10, 2021

- Jean Tolbert Newsletter Award – Delta Theta Omega Chapter 1st place extra-large chapter
- Regional Expenses

○ Total Regional Expenses	\$671,859
○ Gross Region Receipts	\$547,721
○ Expenses over receipts	(\$124,138)

- Reconciled Bank balance \$841,230
- Unreconciled Bank balance \$961,350
- Estimated Reconciled Bank balance \$561,350* (after 2021 Regional Conference)
*Cash Position

- Invitation to the 90th South Eastern Regional Conference
- Resolutions
 - Soror Esther Martin Rigsby
 - Soror Kamala Harris
 - Prevention and Protection for COVID-19

The 89th South Eastern Conference was very well done. I learned a great deal from the information provided. I am thankful to the members of DTO for the opportunity to serve as a delegate.