



The IVY LEAGUE

THE MONTHLY NEWSLETTER OF ALPHA KAPPA ALPHA SORORITY, INC.®

GAMMA DELTA OMEGA CHAPTER

Volume I, Issue II



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Hostesses

Eboni Fleming	Denise McClure
Clivel Turner	Sylvia Hill
Kendra Robinson	Elva Warren
Beverly Herndon	Karen Davis
Erica Orton	Marilyn Goodman

Greetings

FROM SOROR
DIERTRA 'DEE DEE' JONES



As we say "good bye" to January, I must say Gamma Delta Omega chapter is off to an amazing sisterly start. We shared in several acts of sisterly support, love, and excitement. We sprang into action to support our sorors and their family during their time of need. We shared sisterly moments of love during the international celebration of Alpha Kappa Alpha's International Founders' Day and Reactivation Day. And we showed sisterly excitement in celebration of Janufest 2019.

Moving into February, we celebrate Black History Month; a period of reflection during which the struggles and achievements of black people are recognized, honored, and celebrated. In support of Black History Month, take a moment to read a book on black life. Connect with some sorors, and binge watch some Terry McMillan movies such as "Waiting to Exhale" and "How Stella Got Her Groove Back". Better yet, watch the movie that celebrated the culture and uniqueness of HBCUs, "School Daze" by Spike Lee.

February is also the month we should do some internal self-reflection on our heart health with the international initiative "Pink Goes Red." In partnership with the American Heart Association, we need to take a moment to educate ourselves on heart health and stroke awareness. Did you know that nearly 80 percent of cardiac events can be prevented, and cardiovascular diseases continue to be the greatest health threat to women?

This month, I challenge each soror to monitor your heart health risk factors to include: High blood pressure, smoking, high blood cholesterol, lack of regular activity, obesity, and symptoms indicative of diabetes. Just simple changes in your diet can make a positive improvement on your heart health and stroke awareness.

Sorors, life is so much better with you in it!!

With Sisterly Love,

Diertra "Dee Dee" Jones



P.O. BOX 7393 • PORTSMOUTH • VA 23707



Target 1: Signature Program: #CAPSM

Gamma Delta Omega will **kick off #CAPSM at Woodrow Wilson High School (WHS)** on Tuesday, February 5, 2019 and will restart at **Churchland High School (CHS)** on Thursday, February 7, 2019.

All chapter sorors are needed to participate in #CAPSM. Sessions will be held at the two Portsmouth Public high schools in February, preparing students for the SAT/ACT on Saturdays beginning February 9, 2019, Charting the Course night and preparing for the HBCU College Fair at Churchland High School.

February #CAP SM Schedule	
1-28	Complete FAFSA Application
5	#CAP SM Session – WHS 10:30 a.m. to 12:30 p.m.
7	#CAP SM Session – CHS 10:30 a.m. to 12:30 p.m.
8	Deadline SAT Registration
9	ACT Test Date
9	#CAP SM Session – SAT Prep, Portsmouth Health Department
12	#CAP SM Session – WHS 10:30 a.m. to 12:30 p.m.
14	#CAP SM Session – CHS 10:30 a.m. to 12:30 p.m.
16	#CAP SM Session – SAT Prep, Portsmouth Health Department
19	#CAP SM Session – WHS 10:30 a.m. to 12:30 p.m.
21	#CAP SM Session – CHS 10:30 a.m. to 12:30 p.m.
23	#CAP SM Session – SAT Prep, Portsmouth Health Department
26	#CAP SM Session - WHS
27	Deadline SAT Late Registration
28	#CAP SM Session - CHS





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Target I: Signature Program: #CAPSM


Gamma Delta Omega has also been invited to bring our #CAPSM students to **MEGAGENESIS 2019** to be held on Saturday, March 16, 2019 sponsored by Alpha Phi Alpha Fraternity, Inc.-Newport News Chapter. This event is open to all high school students. Please pass this information on.

MEGAGENESIS 2019

EXCEL IN HIGH SCHOOL! GO TO COLLEGE!


COLLEGE RECRUITERS


- VIRGINIA STATE
- VIRGINIA TECH
- HAMPTON UNIVERSITY
- CNU
- WILLIAM & MARY
- NORFOLK STATE
- AND MANY MORE



WORKSHOPS

- MEDICINE
- ENGINEERING
- BUSINESS
- EDUCATION
- COLLEGE PREP
- AND MANY MORE





GUEST SPEAKER
Makola M. Abdullah, Ph.D.
President, Virginia State University

WOODSIDE HIGH SCHOOL
SATURDAY, MARCH 16, 2019
8:00 AM – 2:30 PM

REGISTER ONLINE NOW
www.megagenesis.org

FREE TO THE PUBLIC: ALL STUDENTS (GRADES 6-12) AND PARENTS ARE INVITED. STUDENTS INTERESTED IN COLLEGE/PROFESSIONAL FUTURE SHOULD ATTEND.

BROUGHT TO YOU BY:

Alpha Phi Alpha Fraternity, Inc.
Zeta Lambda Education Foundation
CHROME, Inc.

Newport News Public Schools
Delta Sigma Theta Sorority, Inc.
GEAR UP Virginia

FOR INFORMATION CONTACT:
Gregory Dudley, Program Coordinator at mrdudley06@icloud.com

If you are interested in joining the #CAPSM committee, the next meeting will be held on Wednesday, January 30, 2019 at 6:00 p.m. at the Major Hillard Library Meeting Room.





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Target II: Women's Healthcare and Wellness

Sorors, this Valentine's.....





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Target II: Women's Healthcare and Wellness



American Cancer Society Recommendations for the Early Detection of Breast Cancer

Guideline for women at *average risk* for breast cancer



Ages 40 – 44

Woman should have the choice to start annual breast cancer screening with mammograms if they wish to do so.



Ages 45 – 54

Woman should get mammograms every year.



Age 55 and older

Women can switch to mammograms every two years, or can continue yearly screening. Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.

EARLY DETECTION SAVES LIVES!





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Target III: Building Your Economic Legacy Project: Entrepreneurship & Black Dollar 365

Business/Entrepreneur Highlight



GDO is like WHEO (We Help Each Other)! Pronounced whoa, as in, slow down and take a minute to appreciate the talents that are within our chapter, support Target III and help sorors grow their business. In honor of February being Black History month and the month of Love: GDO is for lovers and we love BOBs: Black Owned Businesses, especially those owned by sorors.

AKA Authorized and Official Vendor: Soror EJ Powell, Getmended.com, LLC owner. Getmended.com, LLC provided gifts to our VSG for Janufest.



Apparel: Soror Dominica McGowen, The Pink Boutique owner.

Event Planning: Soror Fredecia Hawkins, Be Grandiose owner. Be Grandiose provided the beautiful door wreath the adorned Madam Regional Director's hotel door.



Health & Wellness: Soror Kamika Valmond, IJS Hydrate! Hydrating with Purpose owner

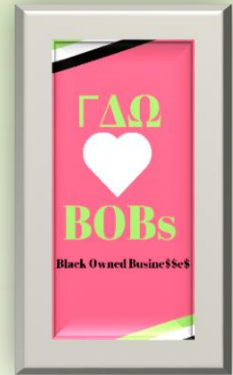




Target III: Building Your Economic Legacy Project: Entrepreneurship & Black Dollar 365



Business/Entrepreneur Highlight



Makeup and Skincare: Soror Bernadette Fraser, Mary Kay Cosmetics; Soror EJ Powell, Good Face Skincare.



T-shirt Printing: Soror Ashley Arrington-Smith, Exquisite Xpressions owner. Soror EJ Powell, Getmended.com, LLC, owner.

Please take a moment to visit the WHEO corner to see the works of our talented sorors!





Target IV “THE ARTS”

Welcome to the fascinating world of “**The Arts!**” This is Target IV of our International Programs for 2018-2022. So, sit back, relax and get ready for some exciting activities in revitalizing our interest and knowledge in an era that should be near and dear to us all, the **Harlem Renaissance and the Black Art Movement**.

Why the Harlem Renaissance is important?



The Harlem Renaissance is important for its impact on the worlds of theatre, literature and jazz. Plays in the early 20th century typically portrayed negative black stereotypes through practices such as blackface, and the plays of the Harlem Renaissance portrayed African-American characters as realistically human.

(A little about the picture on the left)

Harlem Dandy by Miguel Covarrubias, 1927. Covarrubias, a Mexican painter, caricaturist, illustrator, ethnologist, and art historian, had a deep appreciation for the people of Harlem. His 1927 book, Negro Drawings, reflected his interest in Harlem performers and people on the street. Harry Ransom Center

While at its core and primarily a literary movement, the Harlem Renaissance touched all the African American creative arts. While its participants were determined to truthfully represent the African American experience and believed in racial pride and equality, they shared no common political philosophy, social belief, artistic style, or aesthetic principle. This was a movement of individuals free of any overriding manifesto. While central to African American artistic and intellectual life, by no means did it enjoy the full support of the black or white intelligentsia; it generated as much hostility and criticism as it did support and praise. From the moment of its birth, its legitimacy was debated. Nevertheless, by at least one measure, its success was clear: The Harlem Renaissance was the first time a considerable number of mainstream publishers and critics took African American literature seriously, and it was the first time that African American literature and the arts attracted significant attention from the nation at large.





Target V: Global Impact: Global Assistance Activities

This year the Global Assistance Activities will include the following projects and committee members are needed to assist in gathering the eyeglasses, shoes and making the pillowcase dresses and shirts for the children in Haiti.

Please donate your old eyeglasses, sunglasses, prescription & nonprescription by bringing them to chapter and executive committee meetings to help to restore eyesight, and improve eye health and eye care for thousands of people around the world.



SOLES 4 SOULS

WEARING OUT POVERTY®

The Global Impact committee will sponsor a shoe drive in the spring. By hosting a shoe drive, you can create community engagement, provide new opportunities for those in need AND have a positive impact on the environment.

Since 2006, Soles4Souls has diverted 42 million pounds of shoes and clothes from landfills. It has created meaningful economic opportunities and helped provide new and gently-used shoes for those in need around the globe. Each soror will be asked to bring one pair of shoes to the April or May Chapter Meeting.

Little Pillowcase Dresses/Shirts If your passion is sewing, Global Assistance needs you! We are collecting new standard, queen and king pillowcases for the little dresses for girls and shirts for boys for children in Haiti to enable them to attend school and go about their daily lives with the dignity of the basic necessity of clothing.





Bylaws/Parliamentarian



The 66th MidAtlantic Regional Conference is March 21 – March 24, 2019 in Raleigh, NC. Delegate nominations and election will be held at the February chapter meeting.

- 🌿 Delegate duties include the following:
 - Registration, attendance, workshop/plenary reporting, and voting (if any items require voting).
 - Alternates must be prepared to serve and complete the same duties if called upon
- 🌿 Delegate Nomination:
 - If nominated, the soror must be in attendance at the February chapter meeting
 - Must be willing to serve as delegate or alternate
- 🌿 Chapter voting:
 - Only current *financially active* members of Gamma Delta Omega
 - Visitors cannot vote
- 🌿 Voting process:
 - Paper ballot and instructions will be given prior to distribution
- 🌿 Teller Committee:
 - Appointed by the Basileus at the February chapter meeting
 - Responsible for ballot distribution, ballot collection, ballot counting, tallying results and reporting results
- 🌿 Other:
 - Current Bylaws and Chapter Operations Guidelines (dated 10/25/18) – please pick up and sign for at the February chapter meeting if you have not already (check with Gracie Bowers or designated soror).





Sisterly Yours

January 15, 2019 – Our 111th Founders' Day and Reactivation Day was observed with a pizza night of fun, good food and sisterly bonding. We were privileged to have 69 sorors and 12 guests in attendance; including eight visiting sorors. Two guest sorors completed paperwork to reactivate. Thank you sorors for actively "reclaiming our pearls." For we know there's no other like our Sisterhood!



Pictured: Basileus Diertra "DeeDee" Jones and Sisterly Relations Chairman Benita Davis cutting the pink and green cake.

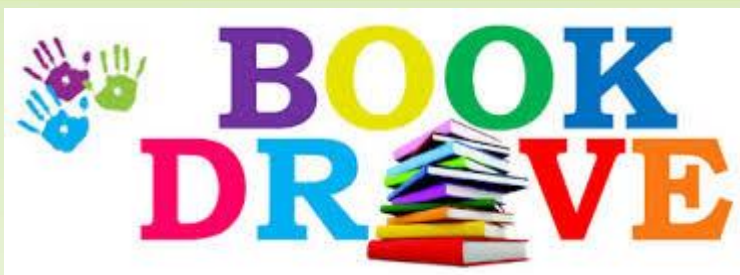
Upcoming Events:

Ticket purchase for Harlem Dance Theatre on May 3, 2019 will be collected at February's Chapter meeting.



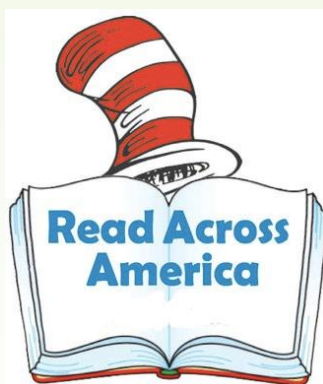
Sorors caught "Nurturing the Ivy" and enjoying the fellowship. "With a Smile!"





Tutoring continues weekly for first grade students at John Tyler Elementary School in the LEC program.

- ❖ February (tentative) – Book read of a chapter from “Becoming” by Michelle Obama
 - Specific information, date and location to be determined
- ❖ February 28 or March 1 - Presentation of Dr. Seuss books to first grade students in the LEC tutoring program at John Tyler and Parkview Elementary Schools.
 - Dr. Seuss books are needed and will be collected at the February chapter meeting
 - POC: Sorors Gracie Bowers, Linder Belfield and Beth Smith
- ❖ March 1 Read Across America in commemoration of Dr. Seuss’ birthday
 - Sorors will read at Young Achiever’s Christian Academy and John Tyler Elementary
 - Time: TBA
- ❖ Committee meeting in February – date and location TBA





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Ritual's Do's & Don'ts



- Always use the latest edition of the *Rituals* (rev 2018) for all ceremonies
- The Basileus has the responsibility to make certain the rituals are reviewed with all chapter members annually.



- Modification of the official adopted *Rituals* SHOULD NOT be made. Chapter traditions are not to be incorporated in the *Rituals*.
- Rituals* should NEVER be printed in newsletters or posted on websites.
- Pictures or videos of *Rituals* should not be taken and posted on social media, in public, or sharing with non-financial sorors.

**The next Rituals meeting will be held February 11, 2019
309 County Street Suite 203, Portsmouth, VA
(The new Elizabeth Tunnel building formerly the ABNB site)**





Rededication Ceremony Do's & Don'ts



- ❖ ***The chapter determines appropriate dress for the occasion.***
- ❖ ***“AKA” blinged pins/jewelry may be worn as adornment.***
- ❖ ***Inactive sorors are welcomed, invited, and encouraged to attend if part of a Founders’ Day program or reactivation activity.***



- ❖ ***Black or White is not required.***
- ❖ ***Hats are not worn during Alpha Kappa Alpha ceremonies, keep this in mind when determining the attire.***
- ❖ ***No pants or pantsuits.***





This could be you,



Pictured here:
Sorors hard at work servicing
the community.



Pictured here:
Sorors engaging in sisterly
fellowship

but we don't have your pictures.

Please submit pictures of your 2018
sisterly activities to the
Scrapbook Committee
by February 24th

Contact: Soror Fredecia Hawkins
(757) 842-2967





February Birthdays

Barbara Reynolds

LaEunice Brown

Kamika Valmond

April Barber

Karen Colden

Valora Baskerville

Fredecia Hawkins

Clarine Roberts

Diane Todd

AKAlades



Gamma Delta Omega Chapter receives the MLK "I Have a Dream Award" for community service on Monday, January 21, 2019 from the Church and Community In Action (CCIA). Sorors Fayequita Maycock, Danielle Dutton, Dee Dee Jones and Tanya Bray are pictured with Keynote speaker Mrs. Brenda Hughes Andrews, Publisher/Owner of the New Journal and Guide



Congratulations to Soror April Tuner and Honey-Do Daunte Sr on the birth of Dante James Turner Jr. on January 25, 2019



Sorors, please send in milestones, special achievements, awards, etc. for this column.



From the Ivy-in-the-Spirit Prayer Corner

**Continue to uplift the following sorors
and their families.....**

Soror Joyce Harris, the passing of
Honey-Do William Harris

The Gray Family, the passing of Golden
Soror Margaret Gray.

Soror Wilberta McCoy, the passing of
her niece, Antoinette Marie and
nephew, Sean

Soror Rachael Gatling on the passing of
her father, Ronnie Ransom

Soror Valora Baskerville on a speedy
recovery

Soror Sylvia Creekmur on the passing of
her sister-in-law, Charlotte Creekmur

Soror Elsie Askew on the passing of her
niece, Michelle Keene.

*"I do not at all understand the mystery of grace-only
that it meets us where we are but does not leave us
where it found us."*

- **Anne Lamott**

What's coming.....

Executive Committee Meeting
Thurs, Feb 21st 6pm – 7pm

Cotillion Retreat
Sat, Feb 9th 11:30am – 4pm

*Click the recipe below to go directly to the step by
step recipe or visit*

<https://recipes.heart.org/en/recipes/tailgate-chili>

A classic Simple Cooking with Heart chili recipe that's good for your heart. It's ready in 30 minutes!

Tailgate Chili

Calories	Protein	Fiber	Cost Per Serving
297 Per Serving	31g Per Serving	7g Per Serving	\$3.44

[View Full Nutritional Info](#)

Ingredients

Servings 4

- ✓ 1 lb. 95% lean ground beef (or ground white meat chicken or turkey for a healthier option)
- ✓ 1 medium onion (chopped)
- ✓ 1 medium green bell pepper (chopped)
- ✓ 1 medium jalapeño (optional, only if you like spicy chili), chopped
- ✓ 4 clove minced, fresh garlic
- ✓ 2 tsp. jarred, minced garlic
- ✓ 1 Tbsp. chili powder
- ✓ 1 Tbsp. ground cumin
- ✓ 1/2 tsp. ground coriander
- ✓ 15.5 oz. canned, no-salt-added or low-sodium pinto or kidney beans, rinsed, drained
- ✓ 14.5 oz. canned, no-salt-added, or, low-sodium, diced tomatoes (undrained)
- ✓ 3/4 cup jarred salsa (lowest sodium available)

Directions

Tip: Click on step to mark as complete.

- 1 Spray large saucepan with cooking spray. Cook beef and onion over medium-high heat for 5-7 minutes, stirring constantly to break up beef. Transfer to colander and rinse with water to drain excess fat. Return beef to pan.
- 2 Stir in bell pepper, garlic, chili powder, and cumin, and cook for 5 minutes, stirring occasionally.
- 3 Add remaining ingredients and bring to a boil. Reduce to simmer, cover and cook for 20 minutes.
- 4 Optional - serve topped with low-fat grated cheese, a dollop of fat-free sour cream, sliced avocado, snipped cilantro or chopped green onions.

Want to see your article in the next Ivy League?
Please submit all article to newsletter@gdoaka.org

