

GKO IVY TIMES

The Official Newsletter of AKA Gamma Kappa Omega Chapter

Pink Goes Red

This month, Gamma Kappa Omega showed love to our hearts, getting them pumping oxygen-enriched blood to all parts of our body, while we had fun with an intense Trap Cardio workout, followed the next day by an Afro-Fusion dance session.

Take care of your heart ..

It takes care of you.

#PinkGoesRed



Founders' Day 2022



COMING UP

Founders' Day ... Jan. 15
Chapter Meeting ... Feb. 12
Book Club ... Feb. 27
March Meeting ... March 12

BOOK READING

Join GKO in reading
"Angel of Greenwood;"
book club
discussion is Feb. 27

88TH CRC

See you at the 88th
Central Regional
Conference, March 17-
20, in Chicago!



PRESIDENT'S FEBRUARY MESSAGE

Happy February, Sorors!

Welcome to February, the month that represents love and an appreciation of African American culture and many other noteworthy observances.



On behalf of Gamma Kappa Omega, I invite you to join and participate in our Pink Goes Red programming ~ our Heart Cardio health evening and our Afro-Fusion Dance Class. Then, don't forget this is Black History Month: I encourage you to continue to learn about our rich African American heritage and our many contributions not only to this nation but to the African Diaspora around the world.

This month, we also observe National Cancer Prevention Month and focus on Teen Dating Violence. We will also kick off our Book Club Discussion with the book "*Angel of Greenwood*."

Be sure to stay in touch with us on our social media platforms to see where Gamma Kappa Omega is (virtually) and what we're up to!

I love and appreciate each of you and appreciate everything you do to keep GKO focused on achieving its goal for phenomenal community service!

Happy February!

Jacari Henderson
GKO President



Sorors ON THE MOVE

Congratulations to **Soror Nicola**, who wrote a children's book in honor of her son Tyler.

Kudos on such an awesome accomplishment!



(Order the book @
tinyurl.com/TylerBedtimeBlues; \$14.75.)

Congratulations to **Soror Maddy**, who was accepted into the Social Work Master's Program at Southern Illinois University -Carbondale.

Soror Maddy, we wish you all the best!



Soror of the Month

Congrats, Soror Jessica!



Soror Jessica has stepped up significantly in the chapter, leading in her new role. She is also engaged in our initiatives to move GKO forward.

Soror Jessica takes the initiative to advocate and educate those in communities about the importance of exercising their rights to campaign and vote.

Soror Jessica, GKO appreciates your sacrifices and efforts. We so appreciate everything you do to keep us moving forward!

Happy Founders' Day!



PINK Goes RED



How to Keep your Heart Healthy



Keep your weight in check

Try and maintain the correct height-health ratio at all times by including a healthy diet and regular exercise in your daily routine

Kick your smoking habit

Keep a tab on your smoking habit and if possible, leave it completely



Bring down salt consumption

High intake of salt contributes to an unstable blood pressure and thus you should try and avoid processed foods that have a high salt content

Avoid saturated fat

Make little but effective changes in your daily diet and substitute saturated fats with their healthier counterparts



Minimize your alcohol consumption

Everyone knows that red wine is good for the heart, but everything in excess is harmful

for more health tips visit: www.lybrate.com



lybrate

Heart Healthy

#PinkGoesRed



Photo Collage by Faith Miller

Black History Month



Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of “Negro History Week,” the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.

Source: www.History.com

American Heart Month



NATIONAL HEART MONTH



HEALTHY HEART TIP

Get regular, moderate physical activity!
It helps lower blood pressure and helps
your body control stress and weight.
Start by doing what you can, even
10 minutes can make an impact on
your heart.



7 Days of **Self-Care**

#MindfulMonday



Know your **blood pressure** numbers and other heart stats

#TastyTuesday



Try a **tasty, heart-healthy** recipe

#WellnessWednesday



Put your **heart** into your wellness routine

#TreatYourselfThursday



Treat your heart to some **relaxation** and fun

#FollowFriday



Share who **inspires** you to show your heart more love

#SelfieSaturday



Post about your favorite way to take care of **your heart**



#OurHearts

Working to Prevent Cancer



According to the National Institutes of Health, nearly 1.9 million people are diagnosed with cancer each year in the United States. Nearly half of those diagnoses are breast, prostate, lung, pancreas, or colon cancers. And yet, more than 40 percent of all cancer diagnoses can be linked to a preventable cause – nearly half.

National Cancer Prevention Month focuses on the things we can control to lessen our odds of developing cancer. Five of the top recommendations for lessening our risk include:

- Regular exercise
- Maintaining a healthy weight
- Eating healthy foods
- Quitting or never starting smoking
- Limiting alcohol use

Working Up a Pretty Sweat!





ALPHA KAPPA ALPHA SORORITY, INCORPORATED®
Gamma Kappa Omega Chapter





AFRO FUSION DANCE CLASS

Saturday, February 5th, 2022
10:08 AM - 11:08 AM
\$5 Entry Fee
Via Zoom



INSTRUCTED BY STACY 'JUKEBOXX' LETRICE
MINNESOTA'S DANCEHALL QUEEN OF '17
DANCE & CHOREOGRAPH EXTRAORDINAIRE
SHE HAS PERFORMED WITH ARTISTS SUCH
AS CARDI B, BUSTA RHYMES, LES TWINS,
AND MORE!

RSVP by February 3rd, 2022





ALPHA KAPPA ALPHA SORORITY INCORPORATED ®

Gamma Kappa Omega Chapter



This February we are arranging Teen Survival Kits to donate to the Southern Illinois Boys & Girls Club for Teen Dating Violence Awareness Month

Join us in supporting our youth by making monetary donations
All proceeds will be used to purchase items for the Teen Survival Kits
Last day to donate is Wednesday, February 9th, 2022



Payment Methods for Donations:
Cash App - \$GammaKappaOmega
Google Pay and PayPal - aka1908gko@gmail.com
Converge Pay w/ Debit or Credit Card - Link Will Be Provided





ALPHA KAPPA ALPHA SORORITY, INCORPORATED ®

Gamma Kappa Omega Chapter

A PRETTY AWESOME READ BOOK CLUB



Sunday, February 27th, 2022

3:08 PM

Free

Via Zoom



JOIN US THIS BLACK HISTORY MONTH
AS WE SPOTLIGHT AFRICAN AMERICAN AUTHORS

YOU'RE INVITED TO A DISCUSSION OF RANDI PINK'S
HISTORICAL FICTION NOVEL *ANGEL OF GREENWOOD*

FOR QUESTIONS EMAIL: AKA1908GKO@GMAIL.COM



ALPHA KAPPA ALPHA SORORITY, INCORPORATED ®

Gamma Kappa Omega Chapter



SAVE A PRETTY PENNY

BI-WEEKLY SAVINGS CHALLENGE

PAYCHECK	DATE	AMOUNT	BALANCE
1	1/14	\$3	\$3
2	1/28	\$7	\$10
3	2/11	\$11	\$21
4	2/25	\$15	\$36
5	3/11	\$19	\$55
6	3/25	\$23	\$78
7	4/08	\$27	\$105
8	4/22	\$31	\$136
9	5/06	\$35	\$171
10	5/20	\$39	\$210
11	6/03	\$43	\$253
12	6/17	\$47	\$300
13	7/01	\$51	\$351
14	7/15	\$55	\$406
15	7/29	\$59	\$465
16	8/12	\$63	\$528
17	8/26	\$67	\$595
18	9/09	\$71	\$666
19	9/23	\$75	\$741
20	10/07	\$79	\$820
21	10/21	\$83	\$903
22	11/04	\$87	\$990
23	11/18	\$91	\$1,081
24	12/02	\$95	\$1,176
25	12/16	\$99	\$1,275
26	12/30	\$103	<u>\$1,378</u>

AKA1908GKO@GMAIL.COM

20

22

Finance

Don't procrastinate. You should begin to plan your financial life, starting right now. Here are the highlights from Bankrate.com's top 100 financial for the next 12 months.



SAVING
Get into the habit of savings by yourself first with a direct deposit to savings from your paycheck

1



MORTGAGE
Make an extra house payment each year to shorten the repayment time on your mortgage loan.

2

DEBT
Never co-sign a loan unless you are willing and can afford to pay the loan yourself.

3

INVESTING
If your employer matches your payments to a 401(k), then invest enough to meet the company's match.

4

10 Personal Finance tips



CREDIT CARDS
Don't waste a ding to your credit score by applying for a card that's beyond your credit reach.

5

COLLEGE SAVINGS
Start saving early to maximize the compound interest and to ensure you're able to meet rising college costs.

6



REAL ESTATE
Buyers of short sale and auction homes should research several properties since there may be other suitors.

7

BANKRUPTCY
Apply for a secured credit card and make sure the lender reports the new credit line to all the credit bureaus.

8

AUTOS
Don't visit a dealership in search of a car until you've researched the best rate you can get

9



TAXES
If you took the first-time homebuyer credit on your tax return, you must start paying it on your Form 1040

10



List your assets and debts

Include credit cards and loans that you each bring into the marriage.



Decide how you will own assets

Jointly or individually? Some couples prefer a yours, mine, and ours arrangement.

You're starting a new life together. Time to

GET ORGANIZED



Make a plan to tackle debt

Even if one spouse is coming in with more debt, develop a strategy together.



Start following a budget

Consider the 50/15/5 budget. Be sure to set aside money for an emergency fund.



Update your paperwork

Make any needed updates if your name has changed or for accounts moving to joint ownership.



Decide if you want to consolidate

Consider the convenience of having all of your accounts at one financial institution.



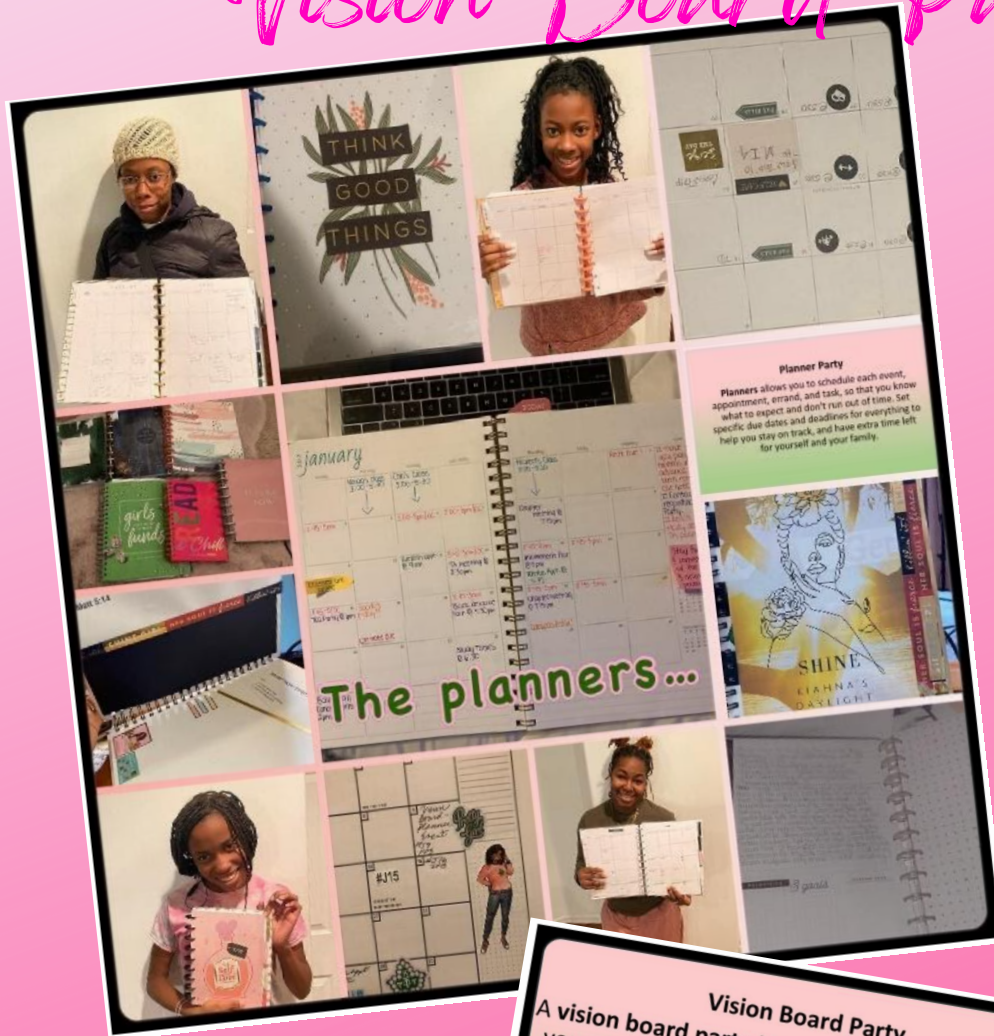
Make a plan for spending decisions

Talk about how you'll handle day-to-day expenses and big-ticket purchases.

NAACP Breakfast



Vision Board Party



MLK Day of Service



Chaplain's Corner



You Are a Masterpiece, Favored and Loved

February is known as the month of love; we have Valentine's Day and Galentine's Day and all of that is great. During this time, I want you to remember regardless of who you might be sharing these "love days" with that God loves you every day.

We are blessed to receive agape love from God, for we are His masterpiece, regardless of our flaws or shortcomings. Because we are loved by the Father, He grants us mercy, grace and favor. Take the time to look back over your life, examine every moment, every situation, and every circumstance where God's hand has been there, and you will truly see how much He loves you. Acknowledge God's goodness and the great plans that He has for you, and, as you acknowledge Him, may the favor of the Lord rest upon you as God establishes your hands for the work you will do in this season.

Remember you are a masterpiece, and agape love is the love that God has for us and the love that He asks us to show Him and others.

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

Ephesians 2:10

GKO Prayer Line

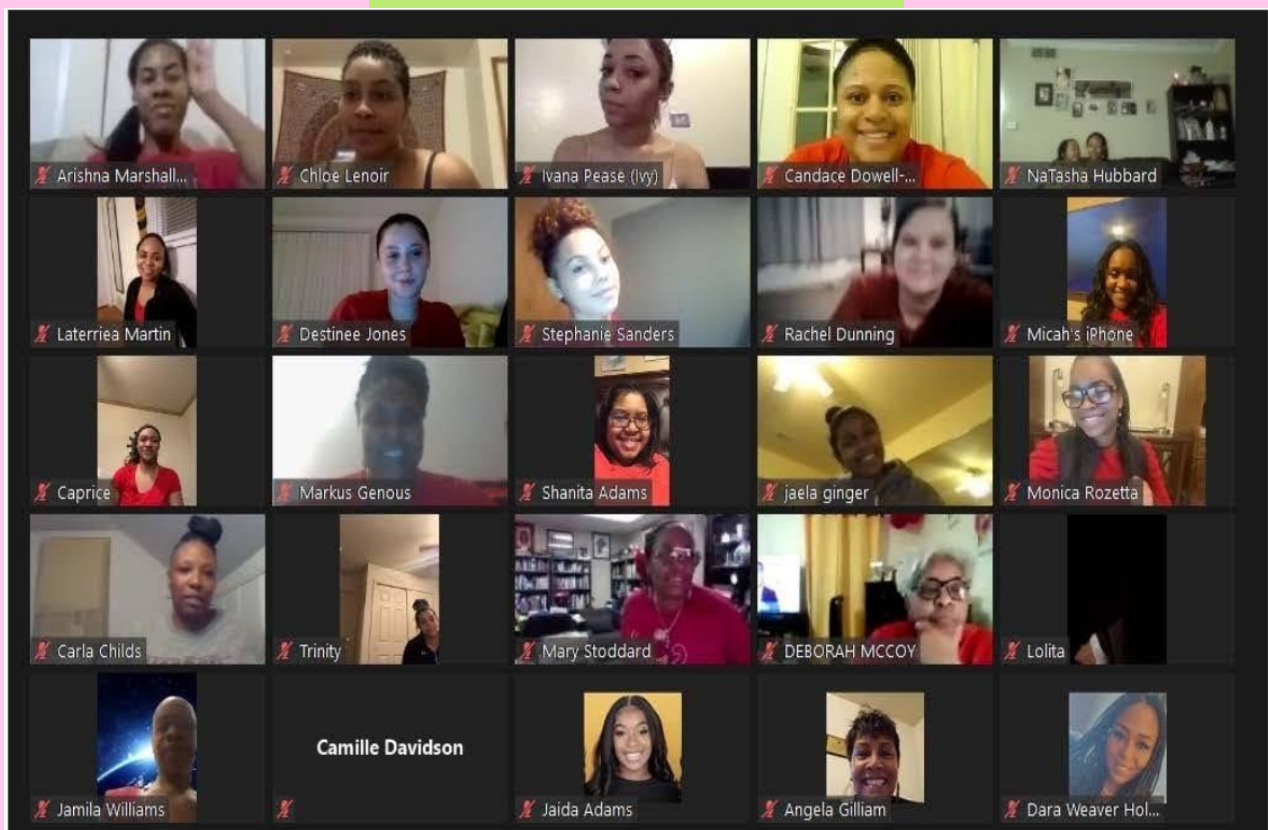
Dial-in number

(605) 313-4464; access code 680232

From the GKO ArchIves



From the GKO ArchIves



AKA Sorority Protocol Quiz

1. **True or False:** You may wear your AKA[®] Emblem on a jacket or on either the right or left side of your body.
2. How many regions of AKA[®] are there?
3. Which region of AKA[®] covers the International areas?
4. Which parliamentary procedures govern AKA[®] business meetings?
5. What is the policy-making body Alpha Kappa Alpha Sorority, Inc.?[®]

BONUS: Which GKO member(s) celebrate(s) an AKAAversary this month?

Serious Matters



Pink Goes Red: Friday, Feb. 5, 2022

Trap Cardio: Friday, Feb. 4, 2022

Afro Fusion Dance Workshop: Saturday, Feb. 5, 2022

CAP Workshop: Feb. 8, 2022

Prayer Call: February 11, 2022

Chapter Meeting: Saturday, February 12, 2022

SuperBowl Sunday: February 13, 2022

Prayer Call: February 25, 2022

Book Club Read: February 27, 2022

February Newsletter Deadline: February 27, 2022

SIU Spring Break: March 11-19, 2022

March Chapter Meeting: Saturday, March 12, 2022

Greek Sisterhood Luncheon: March 27, 2022 (virtual)

88th Central Regional Conference: March 17-20, 2022 (Chicago)

March Newsletter Deadline: March 27, 2022

Newsletter Submissions

We'd love to hear your news for GKO Ivy Newsletter!

The deadline to submit an item to the GKO Ivy Newsletter is the 27th of the month for the next issue. If submitting photos, please identify the event and each person in the photo (from left to right).

Submitted items are to be emailed to: 20PearlsPink@gmail.com.