

GKO IVY TIMES

The Official Newsletter of AKA Gamma Kappa Omega Chapter

President's Message

Happy April!!

Please check out our newsletter to stay informed of all that Gamma Kappa Omega Chapter has going on.

During April will celebrate Financial Literacy Month, Sexual Assault Awareness, Stress Awareness, World Autism Awareness Day, and Alpha Kappa Alpha Sorority, Inc.'s Global Impact Day.

April is a month full of opportunities to engage, educate yourself and advocate on the behalf of others. This April, GKO will be highlighting several workshops focusing on financial literacy topics to equip us and others with the knowledge, skills and access to fiscal responsibility. This is the time to take charge of your finances, start your business and pay off debt. *This is a serious matter!*

(Continued on Page 2)



April is
Financial
Literacy
Month!!!

Join with us this month as we take a more conscious stock of our own finances and the community dollars.

Learn more ways to save on pages 15 and 16 and join us for virtual Zoom sessions on April 1, 2 and 18.

GKO IN ACTION

Economic Legacy: April 1

Chapter Meeting: April 3

Black Business Expo: April 18

Scholarship Deadline: May 5

WHAT'S YOUR ECONOMIC LEGACY

Learn how you can pass on wealth and financial knowledge to those following you:: Join us April 1!

GLOBAL IMPACT

Soror, remember that April 9 is Alpha Kappa Alpha Sorority, Inc.'s, Global Impact Day.

SORORS ON THE MOVE

Sorors On The Move "celebrates our Sorors who have gained recognition or accomplishments on their jobs or in their respective careers.



This month, we celebrate **Soror Jacari Henderson**, who was promoted to Director of Compliance. She was also selected as one of 15 local residents to the Southern Illinois Leadership Institute to participate in social advocacy, leadership for local organizations. She also just received her Financial Counseling Certification and plans to roll out her financial business soon. Stay posted!

Soror Faith Miller, who was selected to be one of 15 local residents to join the Southern Illinois Leadership Institute to participate in social advocacy, and leadership for local organizations.



Soror Jessica Edmond, who hosted GKO's phenomenal panelist of African-American women in politics. She was able to secure Illinois Lt. Governor Soror Juliana Stratton. Her leadership throughout the event made the event memorable, successful and impactful.

President's Message *(continued)*

I challenge you all to dig deep into some areas you would like to grow, serve, and communities that you want to advocate in. Let your voices be heard and your actions are seen. Watch documentaries concerning these various issues, read some books, spend time volunteering with these groups and embrace all the greatness that comes with challenges and differences.

Happy April!

Sisterly,
Jacari Henderson, President

SPOTLIGHT

Sorors of the Month

Soror Cerra Goree works diligently behind-the-scenes to assure that GKO's sisterly relations are fun and sisterly and allow Sorors to bond. Cerra, GKO appreciates your sacrifices and efforts. Keep up the great work. We see you, admire you and acknowledge you!

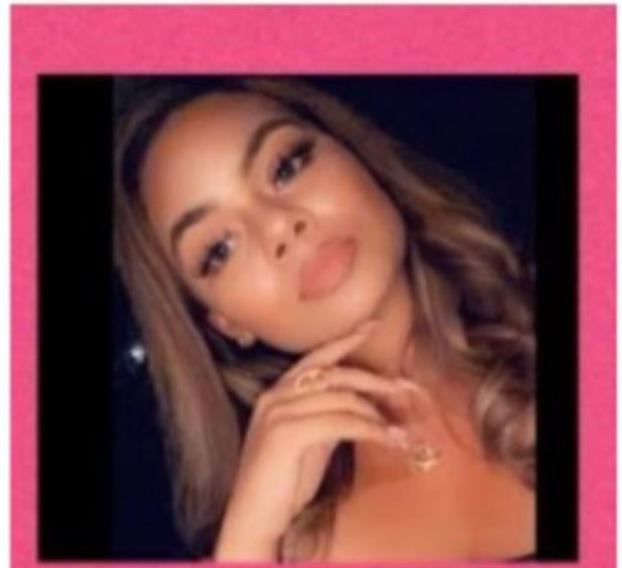
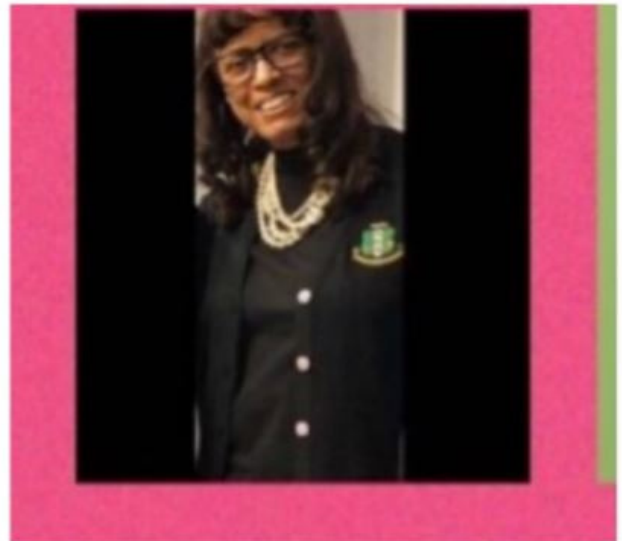


Soror Phyllis Khalliq has done a superb job serving in her role on the Standards/Protocol committee. She ensures that GKO is following proper AKA protocol, is educated in areas and works effortlessly to ensure all Sorors are included in the process. Soror Phyllis, GKO appreciates you ~ keep up the great work! You are seen, needed and treasured!



Happy BIRTHDAY

April Beauties



Soror Shanita ~ April 8

Soror Phyllis ~ April 9

Soror Magan ~ April 25

Global Impact Day

April 9, 2021



Alpha Kappa Alpha
SORORITY, INCORPORATED®



GLOBAL IMPACT DAY - APRIL 9, 2021

Global Impact of the COVID-19 Pandemic & Exemplifying Excellence Thorough Sustainable Service Response

The COVID-19 Pandemic has had an Impact Globally, even on programs for community service, but Alpha Kappa Alpha chapters have responded to sustain programs of Excellence



Proposed Target areas and suggestions for chapters

Signature Program #CAPSM – COVID-19 effect on #CAPSM

- Host webinar/seminar for #CAPSM students and their parents and share COVID-19 #CAPSM fact sheet ([Here](#))
- Provide revised #CAPSM program application and schedule to prospective Juniors and Seniors
- Collaborate with colleges and universities to provide changes due to COVID-19

Women's Health Care and Wellness – COVID-19 effect on African American Women's health

- Distribute the COVID-19 vaccine hesitancy survey ([Here](#))
- Walk with the Supreme Basileus wearing global attire and post on AKA1908.com
- Encourage women to get a mammogram especially if it was delayed during the pandemic
- Distribute *Effects of COVID-19 on Women's Health* ([Here](#))

AKAAssist – During COVID-19

- Distribute "Wear A Mask: It's A Serious Matter!" video ([Here](#))
- Donations for healthcare organizations and workers for needed pandemic supplies (masks, hand sanitizer etc.)
- Donate to homeless shelters, women's shelters and other organizations in need during the COVID-19 pandemic

Entrepreneurship and the Black Dollar 365 – effect of COVID-19

- Support Black business and Soror businesses especially those with a global market
- Publicize chapter support of Black businesses and Soror-owned businesses

Target 5 – COVID-19 effect globally

- Sew pillowcase shirts for boys and mail to Soles 4 Souls
- Begin the Global Pen Pal Program ([Here](#))



#AKAGLOBALIMPACTDAY

Happy AKAVERSARY

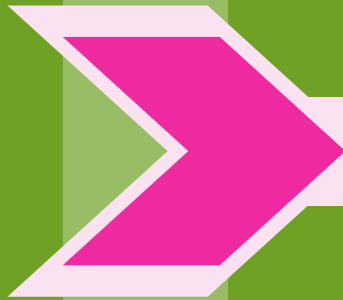
**Soror Nicola
Soror Jordan
April 10th
5th AKAVersary**



**Soror Rodnisha &
Soror Mia
April 21
2nd AKAVersary**



Sexual Assault Awareness Month



Sexual Assault Awareness Month

Sexual Assault Awareness Month: Forms Of Violence

Dating Violence: Dating violence is violence committed by a person who is or has been in a social relationship of a romantic or intimate nature with the victim. The existence of such a relationship shall be determined based on the reporting party's statement with consideration of the following factors: the length of the relationship, the type of the relationship, and the frequency of interaction between the persons involved in the relationship. Dating violence includes, but is not limited to, sexual or physical abuse, or the threat of such abuse.

Domestic Violence: Domestic violence is any act of violence committed a) by a current or former spouse or intimate partner of the victim; b) by a person with whom the victim shares a child in common; c) by a person who is cohabitating with or has cohabitated with the victim as a spouse or intimate partner; d) by any person who is or has been engaged in a dating relationship with the victim or does or has shared a residence with the victim; or e) by any other person against an adult or youth victim who is protected from that person's acts under Illinois law. Domestic violence includes violence occurring between roommates regardless of gender or nature of the relationship.

Retaliation: Any act of reprisal, including negative or otherwise unwarranted treatment, related to the reporting of, or participation in a complaint of sexual assault, dating violence, domestic violence, or stalking.

Sexual Assault: Sexual assault is any sexual act directed against another person forcibly and/or against a person's will or where the person in question does not or is unable to give consent for any reason.

Sexual Harassment: [Sexual harassment is defined in Board of Trustees Policy 7.D.2.](#)

All forms of sexual misconduct identified in this policy are also prohibited forms of sexual harassment. For more information about sexual harassment, please see the Sexual Harassment Policy.

Stalking: Stalking is engaging in a course of conduct, involving two or more independent actions, which threatens or endangers the health, safety, emotional welfare, or access to academic resources or employment of another person or which would cause a reasonable person to be fearful for his or her safety, health or emotional well-being and which does cause another person to be fearful for his or her health, safety or emotional well-being.

Source: Southern Illinois University (?)

Surviving A Global Pandemic?

Stop, Breathe, Relax



April is Stress Awareness Month

Tips for Managing Fears and Anxiety around Coronavirus

As information about Coronavirus (COVID-19) unfolds, there can be a wide range of thoughts, feelings and reactions. Feeling anxiety is normal when situations are uncertain and our anxious minds can go into “panic mode.” During these times, we tend to underestimate our ability to cope. **Be mindful that you are more resilient than you think!**

The following is a checklist of reactions that you may experience: increased anxiety, worry, or panic; depressive symptoms; social withdraw; difficulty concentrating; sleep difficulties; anger or noticeable changes in personality; hyper-vigilance to your health and body; helplessness or hopelessness; maladaptive coping (e.g., engaging in risk behaviors, substance use).

Ways to Manage Fears & Anxieties:

- **Get the facts.** Stay informed with the latest health and campus information through the dedicated CDC website, the World Health Organization website, and SIU's website: <https://shc.siu.edu/coronavirus/>
- **Keep things in perspective.** Limit worry and agitation by lessening the time you spend watching or listening to upsetting media. Taking a media break can be helpful in reducing anxiety. Pay attention to positive news as well. This is also true for how and what you communicate about the Coronavirus! Speak up if you hear, see, or read misinformation. Spread good news as well.
- **Avoid stigmatizing or generalizing.** Someone who has a cough or a fever does not necessarily have coronavirus (avoid generalizing). Be aware of your behavior and attitude change toward others. Examine any irrational or rigid thoughts that exist.
- **Reduce anxiety by reducing your risk.** Follow the safety advice from the CDC, such as: frequent hand washing, cover your mouth and nose with a tissue or your sleeve when coughing or sneezing, avoiding touching your face, and staying home when sick.
- **Keep connected.** Maintaining social networks can relieve stress and anxiety. Resist withdrawing and isolating yourself from the care and support that others can provide. Show compassion and support.
- **Practice self-care.** Take a walk, get fresh air, meditate, eat well-balanced meals, get plenty of sleep... do what you enjoy and take care of yourself.
- **Challenge yourself to stay present in the current moment.** Notice the sights, sounds, tastes and other sensory experiences in your immediate moment and name them. Engaging in mindfulness activities is one way to help stay grounded when things feel beyond your control.
- **Focus on what you can control.** There are things you can do and it's helpful to focus on those to maintain your sense of safety. One way to do that is to say no to social gatherings if attending makes you worry about getting sick or worsens your anxiety. Other ways include utilizing this list.


Source: Harvard University (?)

"Build and Protect Your Economic Legacy"



Thursday, April 1, 2021

6 to 7 p.m.

Via Zoom



Alpha Kappa Alpha Sorority, Inc.
Gamma Kappa Omega Chapter



BUILD & PROTECT YOUR ECONOMIC LEGACY

VIRTUAL WORKSHOP

4/01/2021 6:00 PM



Little Girls for Big Dollars

Friday, April 2, 2021

6 to 7 p.m.

Via Zoom



Black Business Expo

Sunday, April 18, 2021

3 to 4:30 p.m.

Via Zoom



*Alpha Kappa Alpha Sorority, Inc.
Gamma Kappa Omega Chapter*



BLACK BUSINESS EXPO



PANDEMIC Q&A

PANELISTS WILL DISCUSS
CHALLENGES THEY FACED
DURING THE PANDEMIC AS
BLACK BUSINESS OWNERS

APRIL 18, 2021

3:00 PM - 4:30 PM
ZOOM



April is World Autism Awareness Month

~ World Autism Awareness Day, April 2 ~

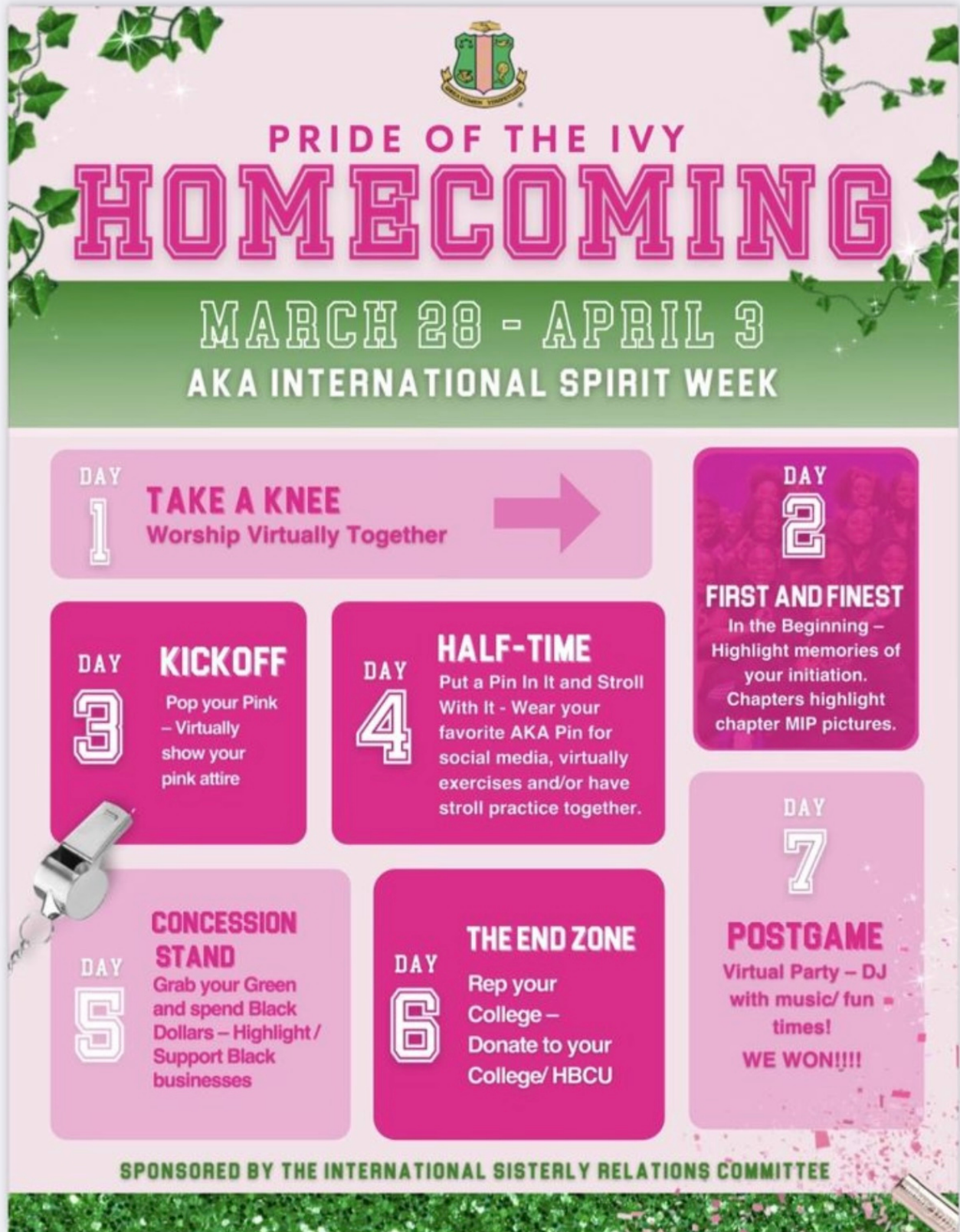


Learn more @
<https://www.autismspeaks.org/world-autism-month>



Pride of the Ivy Homecoming

March 28 to April 3, 2021



PRIDE OF THE IVY
HOMECOMING
MARCH 28 - APRIL 3
AKA INTERNATIONAL SPIRIT WEEK

DAY 1 TAKE A KNEE
Worship Virtually Together

DAY 2 FIRST AND FINEST
In the Beginning – Highlight memories of your initiation. Chapters highlight chapter MIP pictures.

DAY 3 KICKOFF
Pop your Pink – Virtually show your pink attire

DAY 4 HALF-TIME
Put a Pin In It and Stroll With It - Wear your favorite AKA Pin for social media, virtually exercises and/or have stroll practice together.

DAY 5 CONCESSION STAND
Grab your Green and spend Black Dollars – Highlight / Support Black businesses

DAY 6 THE END ZONE
Rep your College – Donate to your College/ HBCU

DAY 7 POSTGAME
Virtual Party – DJ with music/ fun times!
WE WON!!!!

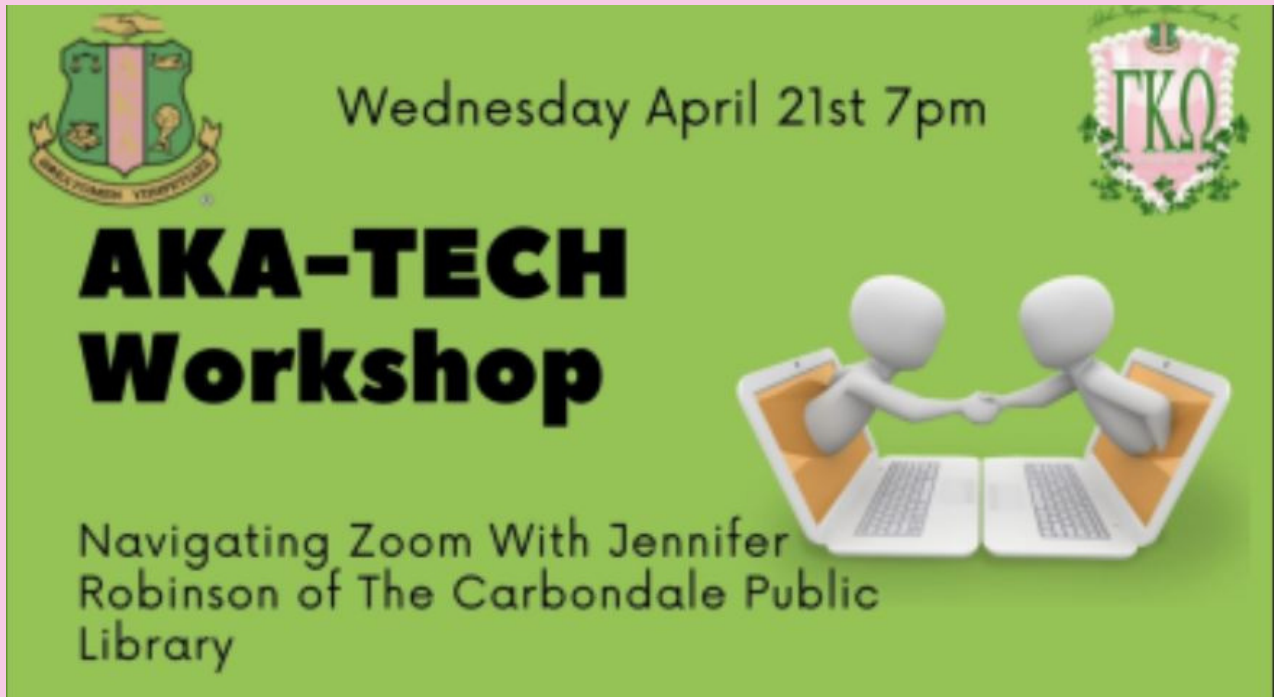
SPONSORED BY THE INTERNATIONAL SISTERLY RELATIONS COMMITTEE

AKA Tech Workshop

April 21, 2021

7 p.m.

Via Zoom



Tech Tip:

How to reopen a closed browser tab

It happens all the time. You have a dozen tabs open in your browser and accidentally close the wrong one.

You could open up your browser's history and reopen the tab from there, or you can do it with a couple of keystrokes.

Hit Ctrl+Shift+T on your PC or Command+Shift+T on your Mac to automatically reopen the tab you just closed.

~ Soror Markea Haywood

Money Saving BINGO

MONEY SAVING BINGO

SAVE \$300 IN 24 DAYS

PICK AN AMOUNT TO PUT IN SAVINGS EACH DAY.
ONCE ALL AMOUNTS HAVE BEEN CROSSED OUT
BINGO!!

YOU HAVE SAVED \$300

\$6	\$5	\$13	\$9	\$15
\$12	\$7	\$24	\$2	\$23
\$16	\$14	FREE	\$10	\$4
\$11	\$19	\$21	\$18	\$17
\$20	\$8	\$1	\$22	\$3

MAKING MONEY MATTER!

Financial Goals

- Set 3 Financial goals you would like to achieve this year.
 - 1 Short-term goal
 - 1 Long-term goal
 - One financial challenge
- Start a savings challenge.
 - Aim to save at least a minimum of $\$50 * 12 = 600$
- Start an emergency fund account.
 - Aim to save $\$500$ before the end of the year by saving $\$50 * 12 = 600$
- Get an accountability partner.

Finance Tips

- Credit Cards
 - Minimize applying for additional credit cards.
 - 3 Credit Cards should be maximum
 - Credit card usage should remain under 30% on each card
- Debt:
 - Debt to Income Ratio (DTI)
 - Amount of Debt you Owe / Amount of Your Earnings = Debt-to-income ratio
 - Debt- Student Loans, Credit Cards, Car, Mortgage
- Budgeting
 - Create a monthly Budget
 - Use the cash envelope system
 - Create a debt payment schedule/plan

ECONOMIC LEGACY: AKANTABLE

2022 AKAREADY Dues Plan

Sorors, let's start 2021 off right and hold ourselves accountable to be fiscally responsible in preparing for next year's dues. We can do it together! Let's start by paying \$50 each month for our 2022 dues. Sorors, paying \$50 per month will get you to \$400.

2022 Dues Payment Plan								
March	April	May	June	July	August	September	October	
\$50.00	\$50.00	\$50.00	\$50.00	\$50.00	\$50.00	\$50.00	\$50.00	\$400.00

Chaplain's Corner

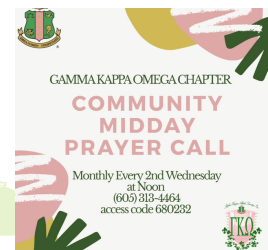


As we celebrate the resurrection of Jesus, let us remember His goodness and all that the resurrection means.

In the New Testament of the Bible, the event is said to have occurred three days after Jesus was crucified by the Romans and died, roughly 30 A.D. The holiday concludes the "Passion of Christ," a series of events and holidays that begins with Lent — a 40-day period of fasting, prayer and sacrifice — and ends with Holy Week, which includes Holy Thursday (the celebration of Jesus' Last Supper with his 12 Apostles, also known as "Maundy Thursday"), Good Friday (on which Jesus' crucifixion is observed) and Resurrection Sunday.

*"Oh, give thanks to the Lord For He is Good! For His mercies endure forever."
Psalm 107:1*

***Join us on the GKO Prayer Call at 9:08 a.m.
Friday, April 9 and 23, and the
Community Prayer Call on April 13.***



Ramadan

This month is also the start of Ramadan, which starts the evening of April 12, 2021, and ends the evening of May 12, 2021.

Ramadan is a holy month of fasting, introspection and prayer for Muslims, the followers of Islam. It is celebrated as the month during which Muhammad received the initial revelations of the Quran, the holy book for Muslims. Fasting is one of the five fundamental principles of Islam.

Muslims believe fasting and prayer is a fundamental way of deepening their relationship with God and denying their flesh of unnecessary desires.

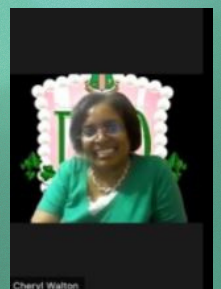
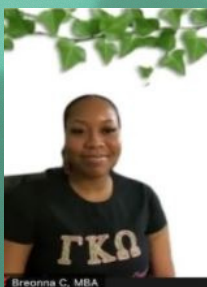
GKO Prayer Line
Dial-in number
(605) 313-4464; access code 680232

GKO 80th Anniversary Celebration

Effervescent



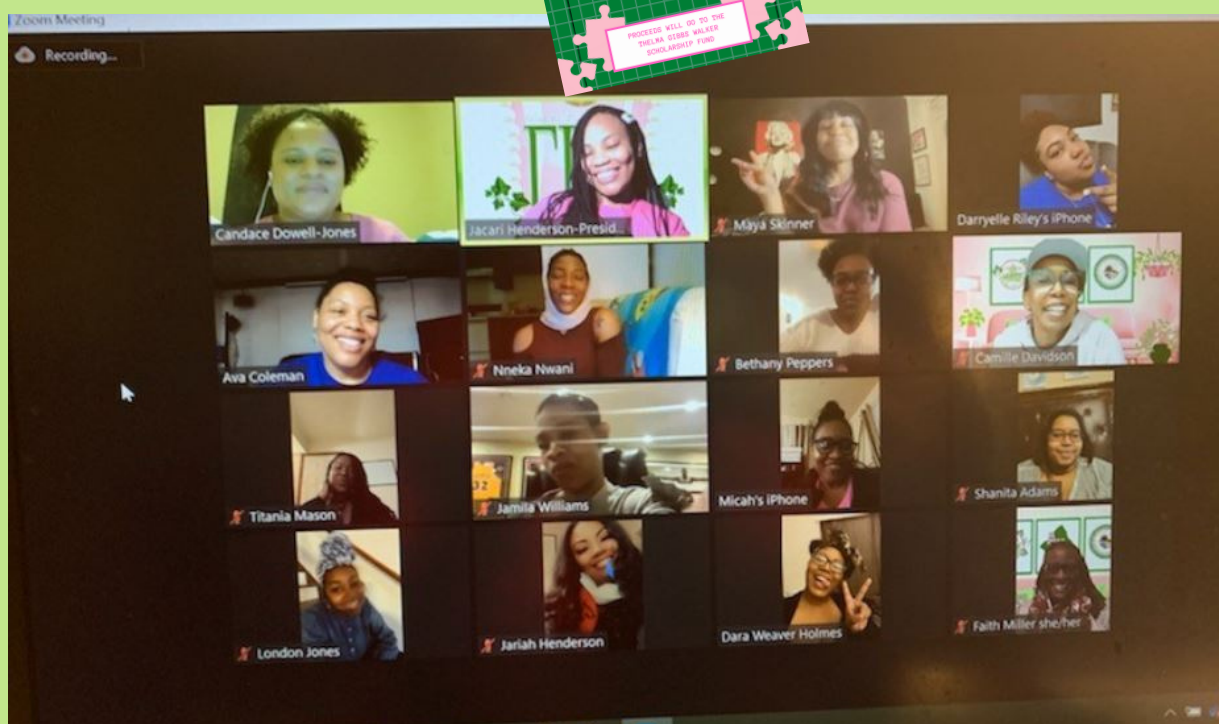
GKO 80th Anniversary Celebration



Pretty Girl Game Night

The Sorors of Gamma Kappa Omega want to thank everyone who supported our Thelma Gibbs Walker scholarship fundraiser, Pretty Girl Game Night.

We had a great time full of fun and laughter!



"Politics In Pink"

With Illinois Lt. Governor Juliana Stratton

GKO thanks all of the viewers who joined with us for our virtual "Politics In Pink" event in March 2021 hosted by Soror Jessica Edmond.

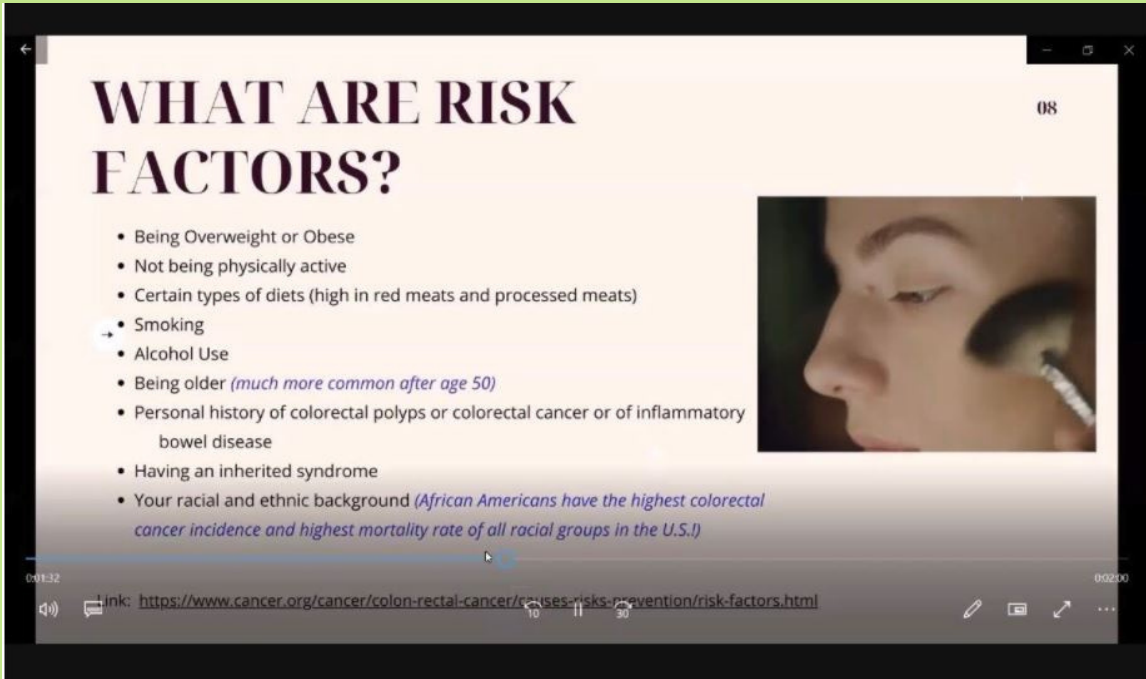


Colon Cancer Awareness Month Observance

GKO thanks all who supported our Colorectal Cancer Awareness Chat & Nutrition & Wellness event highlighting symptoms, testing, statistics and impact on the Black community during Colorectal Cancer Awareness Month.

We heard Registered Dietician Alyssa Solomon and her assistant Kaylee Allen share about nutrition tips and resources. We also heard from Shawna Rhine, Community Outreach Coordinator for the Southern 7 Health Department, sharing about screening and offering a free kit that the health department.

What an informative and educational event! Kudos to Soror Stephanie Esters, event chairman.



WHAT ARE RISK FACTORS?

- Being Overweight or Obese
- Not being physically active
- Certain types of diets (high in red meats and processed meats)
- Smoking
- Alcohol Use
- Being older (*much more common after age 50*)
- Personal history of colorectal polyps or colorectal cancer or of inflammatory bowel disease
- Having an inherited syndrome
- Your racial and ethnic background (*African Americans have the highest colorectal cancer incidence and highest mortality rate of all racial groups in the U.S.!*)

08

00:03:32 00:20:00

Link: <https://www.cancer.org/cancer/colon-rectal-cancer/causes-risks-prevention/risk-factors.html>



NUTRITIONAL CONSIDERATIONS

- Eat a variety of fruits, vegetables, and whole grains
- 5-9 servings of fruits and vegetables per day
 - 1 large banana, 1 cup of grapes, 1 large orange, 1 cup of 100% fruit juice
 - 1 cup of broccoli, 1 cup of baby carrots, 1 cup of green beans, 1 cup of white potatoes
- 3-6 oz whole grains per day
 - 1 slice of bread, 1 cup of ready to eat cereal, 1/2 cup cooked rice, cooked pasta, or cooked cereal

Takeaway? #GetScreened

Note to Self:

YOU CAN'T CONTROL HOW OTHER
PEOPLE RECEIVE YOUR ENERGY.
ANYTHING YOU DO OR SAY GETS
FILTERED THROUGH THE LENS OF
WHATEVER PERSONAL SHIT THEY
ARE GOING THROUGH AT THE
MOMENT, WHICH IS NOT ABOUT YOU.
JUST KEEP DOING YOUR THING WITH AS
MUCH INTEGRITY AND LOVE AS POSSIBLE.

POSITIVITY.COM

50 Self Care IDEAS FOR A BAD DAY

1. DRINK HERBAL TEA
2. TRY AFFIRMATIONS
3. WRITE 10 THINGS GRATEFUL FOR
4. TAKE A DETOX BATH
5. TRY A FACE MASK
6. BREATHE DEEPLY
7. LIGHT YOUR FAVORITE CANDLE
8. WATCH A MOTIVATIONAL TEDTALK
9. EXERCISE
10. WALK IN NATURE
11. BUY YOURSELF FLOWERS
12. WRITE 5 THINGS YOU LOVE
13. JOURNAL
14. MAKE A VISION BOARD
15. DECLUTTER 10 ITEMS
16. READ A PERSONAL GROWTH BOOK
17. GO FOR A LONG WALK
18. LISTEN TO YOUR FAVORITE MUSIC
19. DO SOMETHING TO LAUGH
20. PLAN A GETAWAY
21. COOK YOUR FAVORITE MEAL
22. WATCH YOUR FAVORITE SHOW
23. HAVE A NIGHT WITH FRIENDS
24. DO A BRAIN DUMP
25. GO OUT FOR A DATE NIGHT
26. DO SOMETHING NEW
27. GIVE YOURSELF A MANICURE
28. CALL OR TEXT SOMEONE YOU LOVE
29. DO YOGA POSES
30. LISTEN TO YOUR FAVORITE PODCAST
31. SPEND TIME WITH SOMEONE INSPIRING
32. STRETCH
33. DO A SPA DAY
34. DO A DIGITAL DETOX
35. EAT A SALAD OR SMOOTHIE
36. GO OUT IN SUNSHINE
37. GO TO YOUR FAVORITE PLACE
38. TAKE SOME PRETTY PHOTOS
39. GET A MASSAGE
40. HUG SOMEONE
41. DRINK A FULL GLASS OF WATER
42. READ INSPIRATIONAL QUOTES
43. PUT ON NICE CLOTHES & MAKEUP
44. SLEEP
45. WATCH THE SUNRISE
46. REFRESH YOUR MORNING ROUTINE
47. CHANGE YOUR SHEETS
48. DIFFUSE ESSENTIAL OILS
49. DO SOMETHING NICE FOR SOMEONE
50. GO OUT FOR A COFFEE

WWW.HEALTHYHAPPYIMPACTFUL.COM

Beautiful
Days
begin with
Beautiful
Mindsets

WWW.CALMINSPIRATION.COM

Emergency Care Wall

EMERGENCY CARE WALL

for sadness



for loneliness



best friend's
phone #

for self-doubt



list of reasons
why you can

for anger



calming
music

for worry



comfort
blanket

for other



free
hug

stress
ball

bear

fav.
books

Protocol Quiz

- 1.) What is the Non-Greek title for Second Supreme Anti- Basileus?
- 2.) Who should be addressed first at the regional conference?
- 3.) What is the rank order at the chapter level if the Supreme Basileus is in town?
- 4.) Which Sorors serve on the Graduate Council?
- 5.) How many members are in the directorate?
- 6.) When reciting the pledge is there an 'S' at the end of the word 'strength'?

Bonus Question:

What's the proper terminology to use when you want to make a motion?

From the Arch-Ives



Soror Deb McCoy with another Soror at CRC 2019 in Indianapolis



Sorors Micah, Breonna, Madlynn, Jacari and Jordan at Soror Cheryl's wedding in July 2019



Soror Marilyn with the Haiti Dress Project at the Sewing Room



Sorors Jordan, Cheryl and Shanita at CRC 2019 in Indianapolis



ATTENTION HIGH SCHOOL SENIORS

ALPHA KAPPA ALPHA SORORITY, INC.

GAMMA KAPPA OMEGA CHAPTER

IS AWARDING THE
THELMA GIBBS WALKER SCHOLARSHIP
FOR QUALIFIED STUDENTS
FOR THE 2021 – 2022 ACADEMIC YEAR



APPLICATION REQUIREMENTS

- * Full-time African American male or female high school senior
- Resides in Southern Illinois (Jackson/Williamson) counties
 - * Minimum GPA of 2.5 of 4.0

* Demonstrate community service involvement

- Identify honors and awards

1. Completed application form including a typed Personal Essay
(See Section D of application).
2. Two (2) letters of recommendation.: One (1) academic and one (1) professional or personal (non relative/family member).
Letters must include the recommender's contact information.
3. Official transcript from high school and **MUST** include cumulative GPA.

Applications can be obtained from the counselor's office or downloaded from our website:

akagko41.com

Completed applications must be mailed to :

AKA/GKO

P.O. Box 519

Carbondale, IL 62903

ATTN: Scholarship Committee

**Deadline for Submission is
May 5, 2021**

Recipient will be awarded with two semester allotments for the academic year in which they are enrolled.

*For more information about this scholarship or Alpha Kappa Alpha, Gamma Kappa Omega Chapter,
please visit www.akagko41.com.*

Serious Matters



Building & Protecting Your Economic Legacy: April 1, 2021

Little Girl Big Dollars: Friday, April 2, 2021

Chapter Meeting: April 3, 2021

Alpha Kappa Alpha Sorority, Inc. Global Impact: April 9

Prayer Call: Friday, April 9, 2021, @ 9:08 a.m.

Community Prayer Call: Friday, April 13, 2021, @ 9:08 a.m.

Black Business Expo: Sunday, April 18, 2021

AKA Tech Workshop: April 21, 2021

Prayer Call: Friday, April 23, 2021, @ 9:08 a.m.

87th Central Regional Conference: April 22 to 25, 2021

Newsletter Submission: April 27, 2021

Thelma Gibbs Walker Scholarship Deadline: May 5, 2021

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.