

June 2022, Vol 2. Issue 6

# GKO IVY TIMES

The Official Newsletter of AKA Gamma Kappa Omega Chapter

## Saluting Dads on Father's Day

**Juneteenth Game  
Culture Night**  
June 16, 2022

**Black Fathers Matter  
Roundtable**  
June 14, 2022

**Juneteenth**  
June 19, 2022

**Father's Day**  
June 19, 2022

**BLACK  
FATHERS  
MATTER**

**Coming Soon!**  
GKO Retreat:  
August 26-28  
*Stay tuned for more details!*



# PRESIDENT'S JUNE MESSAGE

## *Happy June, Sorors!*



*Can you believe we are at the half-way mark for this year? Take a look at how much we have done and accomplished thus far this year. Please check out our newsletter to stay informed of all that Gamma Kappa Omega Chapter has in the works.*

*During June, we will celebrate World Sickle Cell Day and Month, National Cancer Survivor Day, Autistic Pride Day and Father's Day. During this month, we also observe Juneteenth, an annual celebration of freedom of African Americans in the United States. This is the time we reflect and stand in solidarity with the continuing discriminatory acts against our people, the social unrest and police brutality. Let's embrace the strides that African Americans have made in this country and all that is in store for us in the future.*

*June is a month full of opportunities to engage, educate yourself and make a difference in your community. This June, GKO hosts several workshops that bring awareness to diseases and encourages us to build positive relationships with Men: We celebrate Fathers and acknowledge them for all the ways they have supported our families.*

*This is also the time to take charge of your physical health, fatherhood and advocate for those suffering from disabilities, health disparities and disease. This is a serious matter!*

*As always, continue to let your voices be heard and your actions seen. Watch documentaries concerning various issues, gain knowledge by reading books and spend time volunteering with those who need the assistance. Embrace the greatness that comes with challenges and differences.*

*Happy June!*

**Jacari Henderson**  
GKO President

*Scan to read the  
GKO Ivy Times for 2022!*





# Sorors

## ON THE MOVE



*Congratulations to Soror Carla, who recently started a new job as an investigator for DCFS, the Department of Children and Family Services.*



*Congratulations to Soror Candice for launching her new business, Love & Gifitness. We can't wait to watch your progress and growth!*





# Sorors of the Month

*Soror Carla*



*Soror Carla has been present and actively serving on the Hodges's Committee. She has been doing a phenomenal job in stepping up and volunteering to assist Soror Cheryl and Madam Basileus with MIP. Carla GKO appreciates you! Keep up the great work. We see you, admire you and acknowledge you!*



*Soror April has stepped in the gap and excelled in her Sisterliness with all Sorors. She has continued to be an example of our genuine sisterhood. April takes the initiative to assist in providing her expertise with technology with MIP and virtual activities. April GKO appreciates your sacrifices and efforts.*

*Soror April*



# Soror Birthdays

## June Beauties



Soror Micah, June 8

Soror London, June 15

Soror Ava, June 26

Soror Vivian, June 17

Soror Candace D-J, June 18

Soror Jennifer, June 26



# Happy AK Aversary



**Soror Marjorie**  
*June 5*  
**40th AK Aversary**

# Sickle Cell Awareness Month



## What is sickle cell anemia?

Sickle cell anemia, or sickle cell disease (SCD), is a genetic disease of the red blood cells (RBCs). Normally, RBCs are shaped like discs, which gives them the flexibility to travel through even the smallest blood vessels. However, with this disease, the RBCs have an abnormal crescent shape resembling a sickle. This makes them sticky and rigid and prone to getting trapped in small vessels, which blocks blood from reaching different parts of the body. This can cause pain and tissue damage.

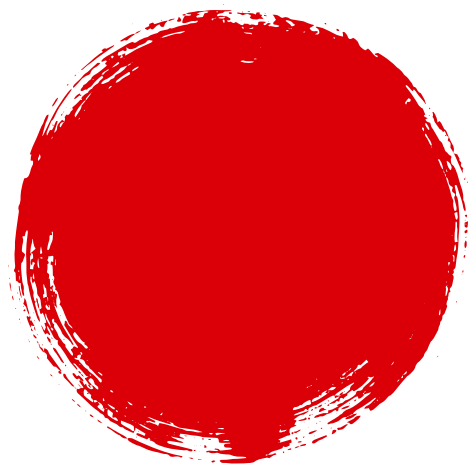
SCD is an autosomal recessive condition. You need two copies of the gene to have the disease. If you have only one copy of the gene, you are said to have sickle cell trait.

## What are the symptoms of sickle cell anemia?

Symptoms of sickle cell anemia usually show up at a young age. They may appear in babies as early as 4 months old, but generally occur around the 6-month mark.

While there are multiple types of SCD, they all have similar symptoms, which vary in severity. These include:

- excessive fatigue or irritability, from anemia
- fussiness, in babies
- bedwetting, from associated kidney problems
- jaundice, which is yellowing of the eyes and skin
- swelling and pain in hands and feet
- frequent infections
- pain in the chest, back, arms, or legs



## Who is at risk for sickle cell anemia?

Children are only at risk for sickle cell disease if both parents carry sickle cell trait. A blood test called a hemoglobin electrophoresis can also determine which type you might carry.

People from regions that have endemic malaria are more likely to be carriers. This includes people from:

- Africa
- India
- the Mediterranean
- Saudi Arabia





**MARK YOUR CALENDAR!**  
**National Cancer**  
**Survivors Day®**  
**June 5, 2022**



## **What are the types of sickle cell disease?**

Hemoglobin is the protein in red blood cells that carries oxygen. It normally has two alpha chains and two beta chains. The four main types of sickle cell anemia are caused by different mutations in these genes.

### **Hemoglobin SS disease**

Hemoglobin SS disease is the most common type of sickle cell disease. It occurs when you inherit copies of the hemoglobin S gene from both parents. This forms hemoglobin known as Hb SS. As the most severe form of SCD, individuals with this form also experience the worst symptoms at a higher rate.

### **Hemoglobin SC disease**

Hemoglobin SC disease is the second most common type of sickle cell disease. It occurs when you inherit the Hb C gene from one parent and the Hb S gene from the other. Individuals with Hb SC have similar symptoms to individuals with Hb SS. However, the anemia is less severe.

### **Hemoglobin SB+ (beta) thalassemia**

Hemoglobin SB+ (beta) thalassemia affects beta globin gene production. The size of the red blood cell is reduced because less beta protein is made. If inherited with the Hb S gene, you will have hemoglobin S beta thalassemia. Symptoms are not as severe.

### **Hemoglobin SB 0 (Beta-zero) thalassemia**

Sickle beta-zero thalassemia is the fourth type of sickle cell disease. It also involves the beta globin gene. It has similar symptoms to Hb SS anemia. However, sometimes the symptoms of beta zero thalassemia are more severe. It is associated with a poorer prognosis.

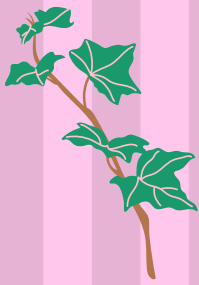
### **Hemoglobin SD, hemoglobin SE, and hemoglobin SO**

These types of sickle cell disease are more rare and usually don't have severe symptoms.

### **Sickle cell trait**

People who only inherit a mutated gene (hemoglobin S) from one parent are said to have sickle cell trait. They may have no symptoms or reduced symptoms.





# Autistic Pride Day

June 18



Autistic Pride Day is celebrated on June 18 of every year and is a day dedicated to individuals with ASD for them to be autistic and proud and celebrate who they are. It is celebrated by all autism organizations worldwide to join each other through events and to show that individuals with ASD are unique.

Autistic Pride Day is characterized by the rainbow infinity symbol. This symbol signifies the diversity of individuals with ASD and the endless opportunities and differences within the autistic community.



*Black Fatherhood is an incomparable gift to Black men that truly comprehend what it means to be called dad, daddy, father, or pops. What a privilege it is to raise a child with patience, understanding, communication, support, encouragement, friendship, guidance, and unconditional love. It is an absolute honor!*

**BLACK  
FATHERS  
MATTER**

—Stephanie Lahart—

**BLACK  
FATHERS  
MATTER**

# Black Fathers Matter Roundtable

Tuesday, June 14, 2022

7:08 to 8:08 p.m.



ALPHA KAPPA ALPHA SORORITY INCORPORATED ®  
*Gamma Kappa Omega Chapter*



## Black Fathers Matter Roundtable

JOIN US TO DISCUSS THE IMPORTANCE OF  
BLACK FATHERS IN THE FAMILY AND COMMUNITY

Tuesday, June 14th, 2022

7:08 PM - 8:08 PM

Via Zoom



*Father's Day is  
Sunday,  
June 19, 2022.*



# Juneteenth

Sunday, June 19, 2022

***The freedom of African Americans from slavery in the United States in 1865 is celebrated on the holiday Juneteenth ~ on June 19 ~ which is made up from the words 'June' and 'nineteenth.'***

**JUNETEENTH**  
DREAM LIKE MARTIN  
LEAD LIKE HARRIET  
FIGHT LIKE MALCOLM  
WRITE LIKE MAYA  
SPEAK LIKE FREDERICK  
DARE LIKE SHIRLEY  
THINK LIKE GARVEY  
RECLAIM LIKE MAXINE  
EDUCATE LIKE W.E.B.  
CHALLENGE LIKE ROSA  
INSPIRE LIKE OBAMA  
WIN LIKE KAMALA

More than 155 years old, Juneteenth celebrates the liberation of African Americans from slavery in the U.S. The reason for it being celebrated on June 19 is because, on this day in 1865, when Major General Gordon Granger of the Union Army landed in Texas, he brought the news that the Civil War had ended and all slaves were free.

The proclamation declaring the abolishment of slavery was issued by President Abraham Lincoln on January 1, 1863, in the nation's third year of an ongoing civil war. Known as the Emancipation Proclamation, it declared that 'all persons held as slaves within any State or designated part of a State [...] shall be then, thenceforward, and forever free.' Granger's arrival at Texas was to enforce this decree, which had originally gone into effect two years earlier.

The news had come as a shock to more than 250,000 slaves in Texas who were unaware of it.

On June 19, in the city of Galveston, Granger publicly read General Order No. 3, which stated: 'The people of Texas are informed that, in accordance with a proclamation from the Executive of the United States, all slaves are free.'

As to why the news of the abolition of slavery reached Texas so late, there are varying accounts. One story states that the messenger bearing the news was assassinated on his journey. Some historians believe that the report on the Emancipation Proclamation was withheld by slave owners in Texas on purpose so that they can go about their business as usual and keep the labor force working. Historians also note that, until 1865, Texas remained a Confederate State, so Lincoln's proclamation could not have been enforced until Robert E. Lee surrendered to the Union Army and they took over.

Either way, Granger's arrival with the grand news stirred the air with jubilation and massive celebrations across the state. A former slave named Felix Haywood gave his recount of the first celebration in 1865 in the book "Lone Star Past: Memory and History in Texas" — 'We was all walkin' on golden clouds [...] Everybody went wild [...] We was free. Just like that, we was free.'



# *Juneteenth Culture Game Night*

Thursday, June 16, 2022

7:08 p.m. @ \$5



ALPHA KAPPA ALPHA SORORITY INCORPORATED ®  
*Gamma Kappa Omega Chapter*



# **JUNE TEENTH**

**FOR THE CULTURE  
GAME NIGHT**

Cash App  
\$GammaKappaOmega

Google Pay and PayPal  
aka1908gko@gmail.com

Thursday, June 16th, 2022  
7:08 PM - 8:08 PM | \$5 | Zoom







ALPHA KAPPA ALPHA SORORITY, INCORPORATED ®  
*Gamma Kappa Omega Chapter*



# A TWIST OF GRIEF



Join us for a forum on how to deal  
with the numerous facets of grief

**Wednesday, June 29th, 2022**  
**7:08 PM - 8:08 PM**  
**Via Zoom**

SCAN HERE  
TO REGISTER



# Retreat

(Be sure to RSVP!)

## Alpha Kappa Alpha

Gamma Kappa Omega

### 2022 Summer Retreat

August 26-28, 2022

(St. Louis) Fairview Heights, Illinois

#### Friday, August 26, 2022: Day 1

##### ShowTime With My Sorors

7:00pm

Making Memories @ the Movies

Movie & Time TBA

\$10.00 per Soror

Attire: Pink & Green Paraphernalia

PINK MOVIES



#### Saturday, August 27, 2022: Day 2

##### Pretty with the Pins: Brunch & Bowling

11:00am-3:00pm

Brunch, Games, Activities, & Bowling

Attire: White GKO TShirt & Jean Bottoms

(3:00pm-6:30pm Free Time)



##### Pillows & Pinkies Pajama Party

Food, Games, Music, Slides &  
Strolling, Matching PJ's Contest!!

Attire: Pink & Green Pajamas



#### Sunday, August 28, 2022: Day 3



##### Praising in our Pearls: Sunday Church Service

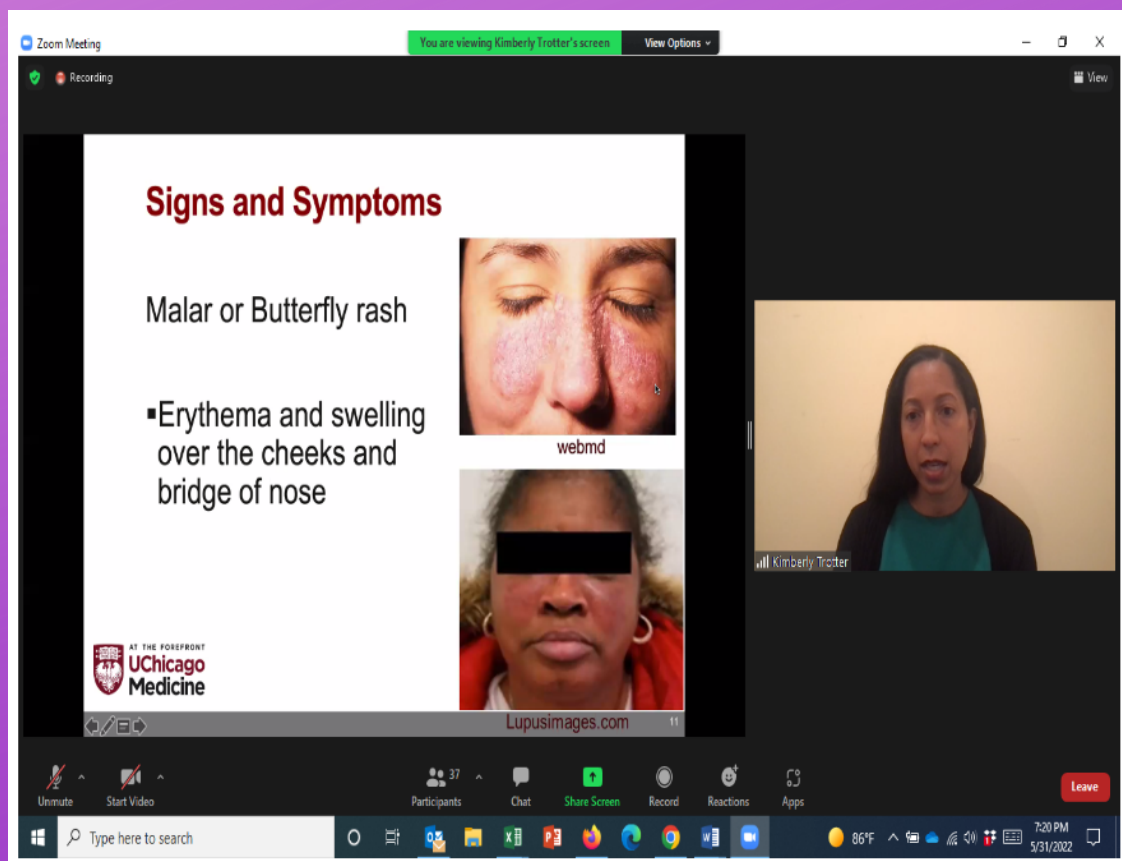
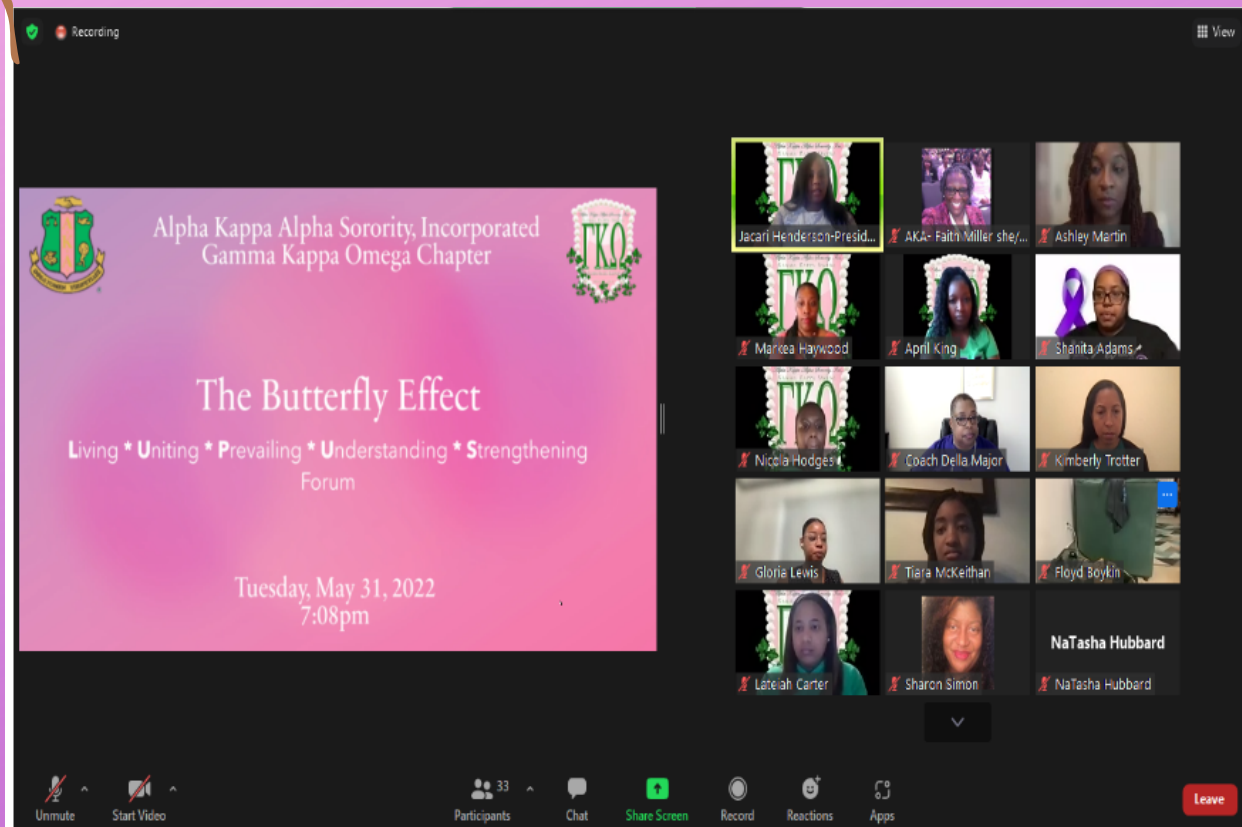
10:00am

Lunch Arrangements can be made for Sorors who

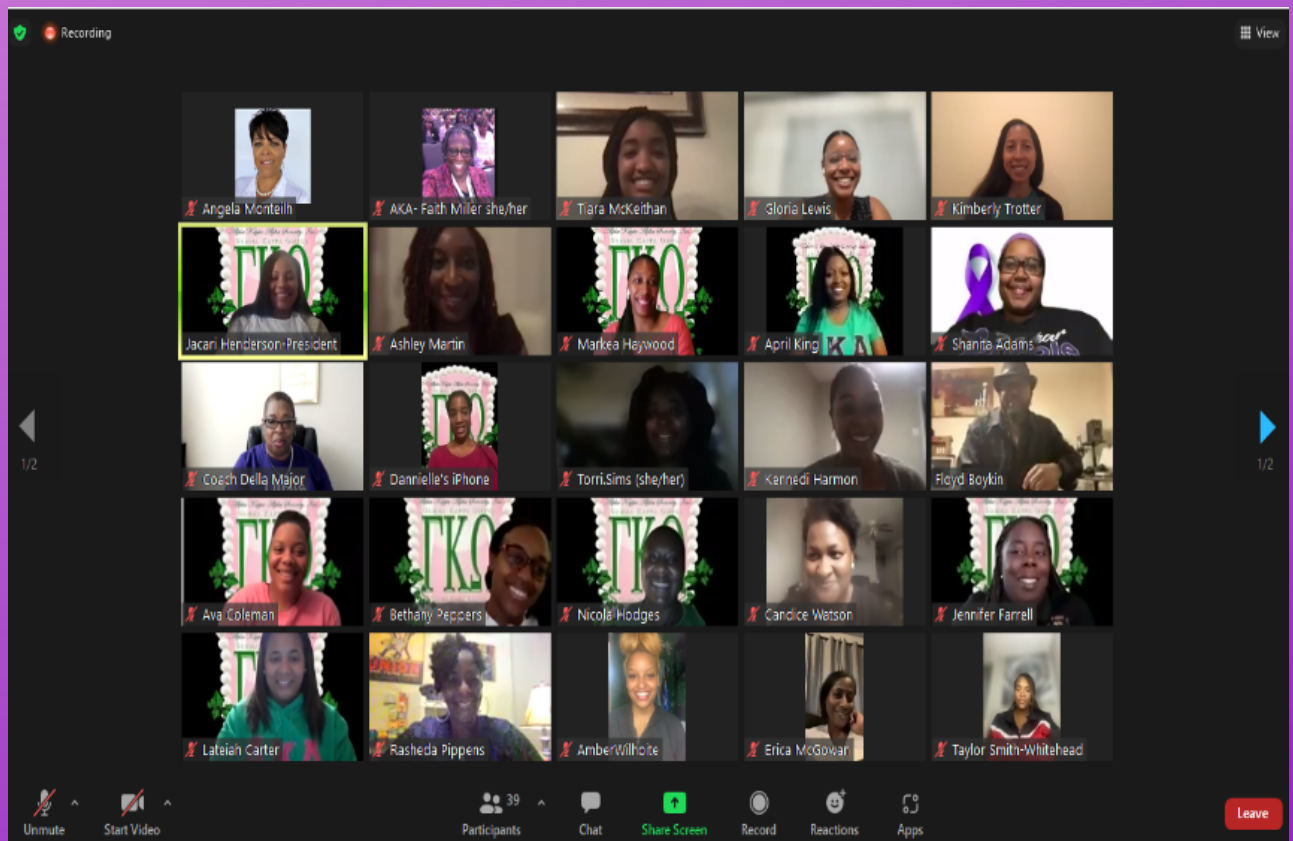
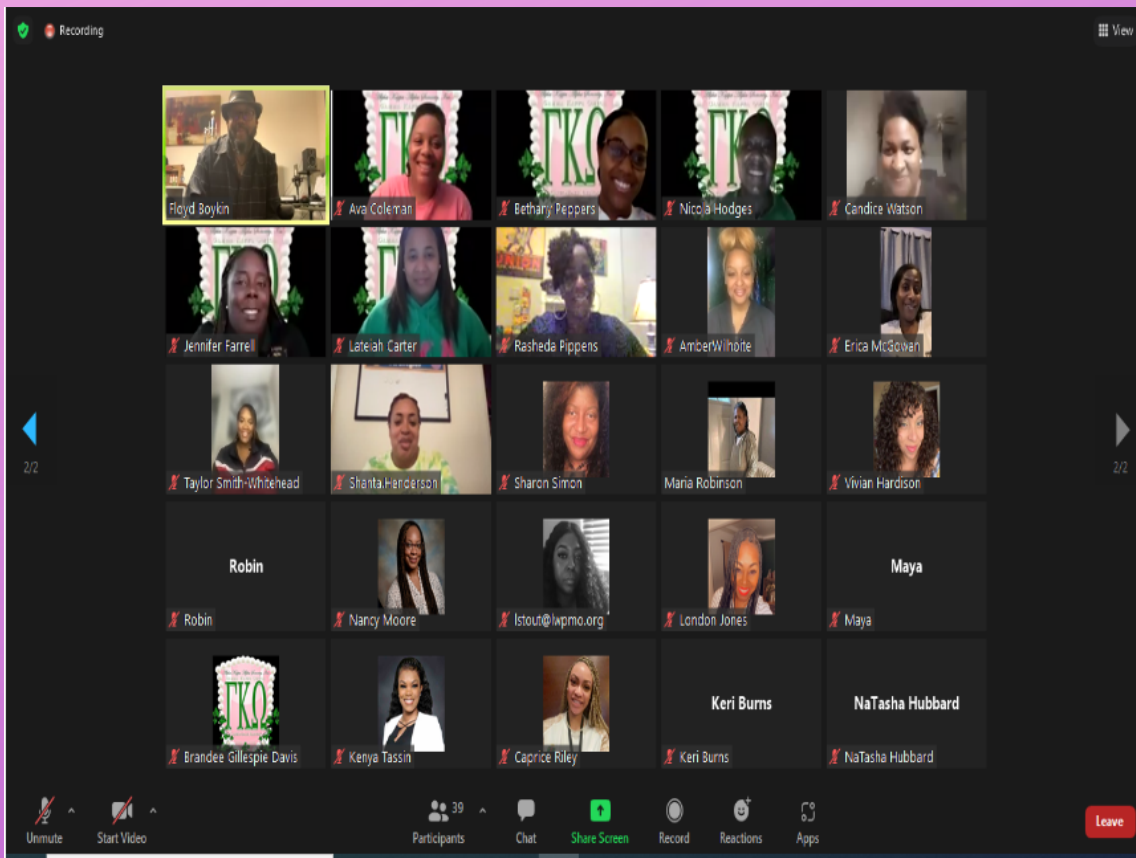




# Lupus: *The Butterfly Effect*



# Lupus: The Butterfly Effect





# Mentoring Matters!

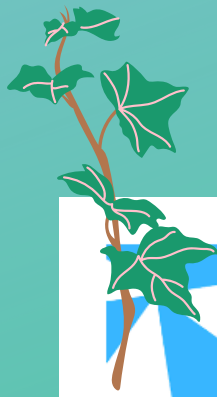


A new session of ***Mentoring Matters*** has kicked off in Gamma Kappa Omega, with two to four chapter members grouping up to learn and glean from one another.

On June 2, the Mentor/Mentee Meet-Up met virtually, in groups coordinated by the Mentoring Matters Committee ~ Soror Latisha, Soror Cheryl W. and Soror Christina W. The pairings were based on the results of chapter members' Myers-Briggs personality test assessments.

Interested in learning more?  
*Please contact Soror LaTisha for details.*

# Money Matters



DIVE INTO SAVINGS

## BEAT THE HEAT & STICK TO YOUR BUDGET

#FINANCIALTIPFRIDAY



### TIPS FOR A COST EFFECTIVE SUMMER VACATION

Summer vacation is a time for fun and carefree attitudes. It is important however not to be too carefree with your vacation budget or you might end up with more debt from the summer than you anticipated. A great summer vacation can be had that won't break the bank if you just use a few smart financial moves as you plan your summer time fun.

#### DEVELOP A VACATION BUDGET

- ✓ Include transportation and lodging
- ✓ Don't forget meals and entertainment

#### FLEXIBLE TRAVEL SCHEDULE

- ✓ Going early can often be the most cost effective
- ✓ Don't book until the last minute to get best deals

#### DRIVE INSTEAD OF FLYING

- ✓ Driving can be less costly for larger families
- ✓ Avoid extra baggage fees and car rental fees

#### LOOK FOR FREE/ LOW COST ACTIVITIES

- ✓ Music festivals and fairs can be relatively low cost
- ✓ Parks and other free nature attractions are good choices

#### USE YOUR GOOD MONEY SKILLS

- ✓ Don't spend more just because you are on vacation
- ✓ Look for deals on activities and meals

#### PLAN WITHOUT A PLAN

- ✓ Let the deals determine the destination
- ✓ Free and no cost should drive the activity plan

#### GO OFF THE BEATEN PATH

- ✓ Visit destinations out of season
- ✓ Do two mini vacations and avoid weekend booking

#### LOOK FOR EXTRAS

- ✓ Hotels with free continental breakfast
- ✓ Resorts that include free amenities and activities



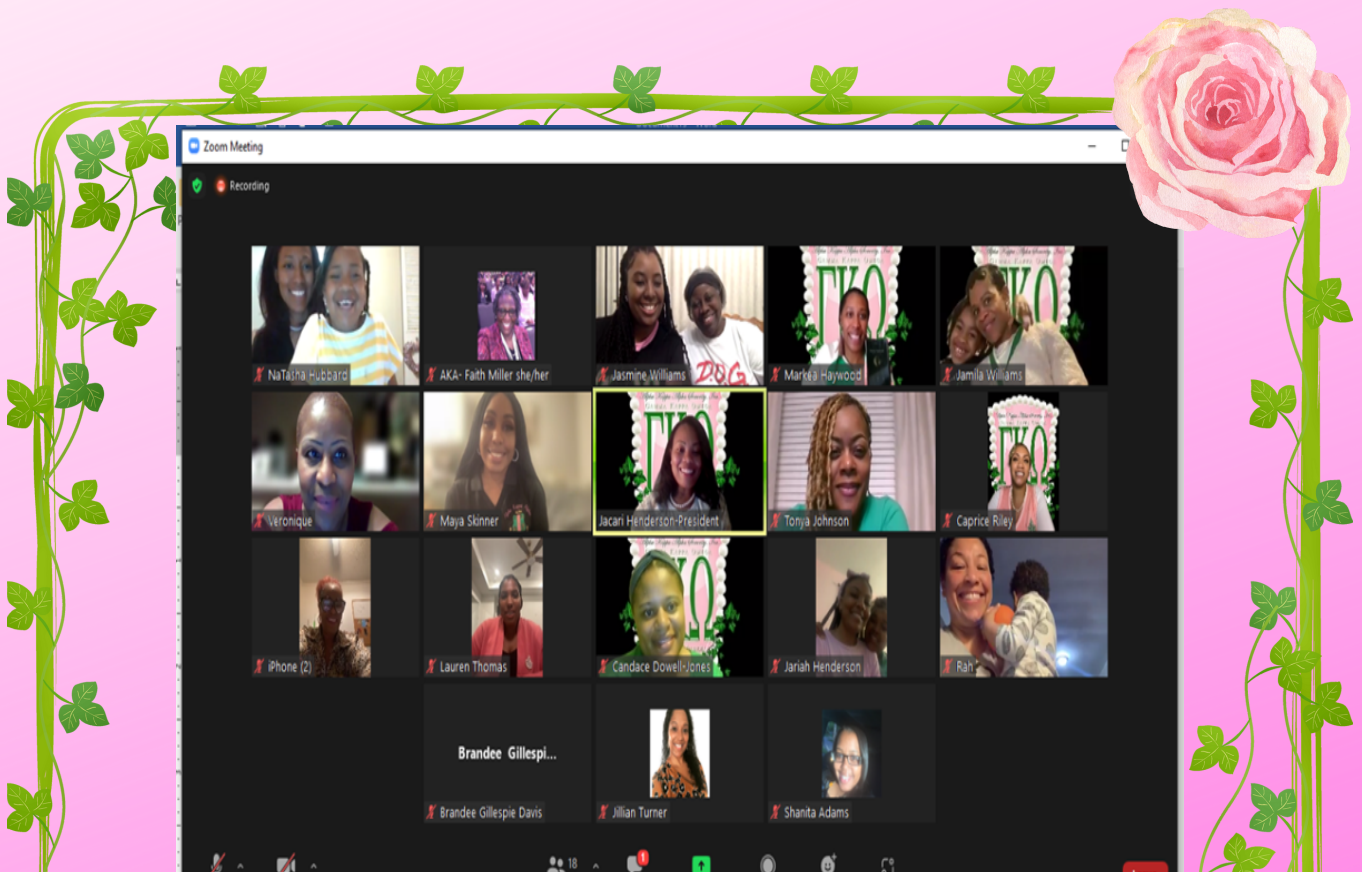


# #SummerSelfCare

## Summer Self-Care Challenge

<b>Day 1</b> Make a list of goals for the month	<b>Day 2</b> Sit outside and meditate	<b>Day 3</b> Make lemonade or lemon water. Sip slowly + savor	<b>Day 4</b> Go on a hike or nature walk	<b>Day 5</b> Spend time in water or sprinklers!
<b>Day 6</b> Water guns bubbles sidewalk chalk	<b>Day 7</b> Have a picnic or take your lunch in the park	<b>Day 8</b> Unplug from technology for the day	<b>Day 9</b> Intentionally drink 8+ cups of water today	<b>Day 10</b> Make a fruit salad
<b>Day 11</b> Go out for ice cream	<b>Day 12</b> Relax to the sounds of nature	<b>Day 13</b> Body love! Wear what makes you feel pretty	<b>Day 14</b> Listen to your favorite summer songs	<b>Day 15</b> Ask yourself "What do I need today?"
<b>Day 16</b> Wake up early and watch the sunrise	<b>Day 17</b> Make your own popsicles	<b>Day 18</b> Eat watermelon or your fav summer fruit	<b>Day 19</b> Take a nap in the middle of the day	<b>Day 20</b> Make plans to visit a Farmer's Market
<b>Day 21</b> Roast marshmallows/ make smores	<b>Day 22</b> Have a BBQ	<b>Day 23</b> Stay inside + read your fav book	<b>Day 24</b> Try squirt gun painting Get creative!	<b>Day 25</b> Take tons of pictures today
<b>Day 26</b> Outside Yoga practice or simple stretches	<b>Day 27</b> What do you need to walk away from?	<b>Day 28</b> Do a bit of re-organizing	<b>Day 29</b> Write something beautiful	<b>Day 30</b> Go stargazing (Delta Aquarid meteor shower)
<b>Day 31</b> Revisit your goals from Day 1	<b>Use the hashtag #summerselfcare</b> For more self-care challenges visit <a href="http://BlessingManifesting.com">BlessingManifesting.com</a>			





In May, Gamma Kappa Omega Chapter celebrated the Mother-Daughter relationship in a forum entitled *"A Mother's Legacy: Celebrating Pearls of Wisdom."*

**Strengths of Healthy Communication**

- **Mindful Speaking:** relinquishes judgment, unconscious bias, establishes empathy, and become more present.
- **Non-Verbal Cues:** establishes eye contact, tone of voice, good body language and posture.
- **Self-Confidence:** builds self-image, autonomy, aids in self-regulation, and self-reflection.
- **Problem solve** increases engagement, builds resilience, adaptable, prevents future problems.
- **Receptive:** actively listen, less defensive, open-minded, establishes better relationships.

Gamma Kappa Omega (ΓΚΩ) logo and Gamma Kappa Omega Excellence badge are visible on the slide.



# Chaplain's Corner



## **"Cast Your Cares"**

***"Cast all your anxiety on him because he cares for you."***

*~ 1 Peter 5:7 (NIV)*

*The television news, the next telephone call, that message that just popped up in your social media feed ... can we even, ever get a break from all the cares of this world? While we might not be personally affected by the latest shooting, sickness, job loss or other non-too-pleasant news we receive, we can still feel overwhelmed or stressed just by hearing it.*

*This is when we must remember the words of Jesus telling us to 'cast our burdens' ~ our cares, our worries, our stresses, our concerns. One of my favorite new songs ~ "Jireh" by Elevation Worship & Maverick City ~ reminds us that just as God clothes the lilies of the valley and looks after the sparrow, He surely looks after, clothes, cares for, and is ready to strip of us all of our worry and stress and anxiety . ... So, cast your cares upon Him, into His big and mighty hands, into the waiting and open arms of our Mighty Lord!!*

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



# AKA GKO ArchIves





# ***AKA Sorority Protocol Quiz***

1. What is AKA's signature program? What does the acronym stand for?
2. AKA will email/snail-mail each member the promotional materials for each candidate running for an International position by July 1: True or False?
3. What is the Ivy Center? Where is it located?
4. How many candidates are running for the position of First Supreme Anti-Basileus?
5. Which position handles the business of correspondence for the chapter?

**BONUS:** *Name one of the candidates for the position of First Supreme Anti-Basileus.*

**ANSWERS:** 1.) CAP ~ College Admission Process 2). False; AKA is prohibited from doing that. Members can access candidate info via the AKA wesite portal. 3). The Ivy Center is the name for the corporate headquarters of AKA; it is based on Stoney Island Avenue in Chicago. 4). Four. 5). Epistoleus

**BONUS:** Carrie J. Clark; Joy Elaine Daley; Charletta Wilson Jacks; and Chelle Luper Wilson



# Serious Matters



## JUNE 2022

- \* **Prayer Call:** June 10, 2022
- \* **Black Father's Roundtable Matters:** June 14, 2022
- \* **Juneteenth Game Night:** June 16, 2022
- \* **Father's Day:** Sunday, June 19, 2022
- \* **Juneteenth:** June 19, 2022
- \* **Prayer Call:** June 24, 2022
- \* **June Newsletter Deadline:** June 27, 2022
- \* **Twist of Grief:** June 29, 2022 (*via Zoom*)

## JULY 2022

- \* **Chapter Sabbatical:** No meeting in July (*REST!*)
- \* **Boule:** July 10-15: Boule, Orlando, Fla.
- \* **July Newsletter Deadline:** July 27, 2022

## AUGUST 2022

- \* **Chapter Sabbatical:** No meeting in August (*REST!*)
- \* **Prayer Call:** Friday, Aug. 12
- \* **Prayer Call:** Friday, Aug. 26
- \* **Retreat:** August 26-28 (*Fairview Heights/St. Louis area*)

## SEPTEMBER 2022

- \* **Prayer Call:** Friday, Sept. 9
- \* **Chapter Meeting:** Saturday, Sept. 10
- \* **Prayer Call:** Friday, Sept. 23

## 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](mailto:20PearlsPink@gmail.com).