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The Cultured Pearl

VOLUME 97, ISSUE 8

OCTOBER 2019

ALPHA KAPPA ALPHA SORORITY, INCORPORATED®
IOTA OMEGA CHAPTER
NORFOLK, VA

Basileus Message

My Dear Sorors,

October is breast cancer awareness month. Imagine treatments that could stop breast cancer before it ever gets a chance to take hold. They'll be so effective – and so readily available – that for most women, they'll be enough to stop the disease in its tracks. If it does spread, no one will have to cope with the devastating knowledge that it will one day take their life.

We have experienced the budding of life in spring and the flowerings and abundance of summer. Now the leaves fall and bare branches remind us of the fleeting nature of all things. As we watch leaves fluttering to the ground in Autumn, we are reminded that nature's cycles are mirrored in our lives and of the impermanence of everything.

HELLO
October



Autumn is the perfect season to reflect and give generously of your time and talents to others. Different from volunteering your time, talent giving is volunteering the unique and personal talents you have that others may not. Giving and caring are parts of our very nature. Without volunteers, many of our religious, social, and charitable institutions would be lost. You never know what impact your volunteering will have on your local community or even the world. This is the Alpha Kappa Alpha way!

Sisterly,
 Soror Kathy

Happy Birthday! October Birthdays

- 3 Brenda Lomax
- 5 Anita Holman
- 6 Lorna Bouldin
- 11 Doris Jones
- 16 JaNae' Taylor
- 17 Veleka Gatling
- 18 Carrie Snead



- 20 Sparkle Williams
- 20 Bianca Harmon
- 24 Jean Alexander
- 26 Demetrius Fowlkes
- 26 Shelly Mitchell-Jones
- 26 Eileen Varner
- 29 Kandi Hall

HBCU Spotlight Hampton University

Under a Simple Oak Tree

The year was 1861. The American Civil War had shortly begun and the Union Army held control of Fort Monroe in Hampton, Virginia at the mouth of the Chesapeake Bay. In May of that year, Union Major General Benjamin Butler decreed that any escaping slaves reaching Union lines would be considered "contraband of war" and would not be returned to bondage. This resulted in waves of enslaved people rushing to the fort in search of freedom. A camp to house the newly freed slaves was built several miles outside the protective walls of Fort Monroe. It was named "The Grand Contraband Camp" and functioned as the United States' first self-contained African American community.

In order to provide the masses of refugees some kind of education, Mary Peake, a free Negro, was asked to teach, even though an 1831 Virginia law forbid the education of slaves, free blacks and mulattos. She held her first class, which consisted of about twenty students, on September 17, 1861 under a simple oak tree. This tree would later be known as the Emancipation Oak and would become the site of the first Southern reading of the Emancipation Proclamation in 1863. Today, the Emancipation Oak still stands on the Hampton University campus as a lasting symbol of the promise of education for all, even in the face of adversity.

In 1984, after a nine-month study of Hampton Institute's rapid growth and development in quality of students, faculty and academic offerings, the recommendation was made to change the name to Hampton University.

While our roots reach deep into the history of this nation and the African-American experience, our sights – like yours – are set squarely on the horizons of the global community of the 21st century. Rich in history, steeped in tradition, Hampton University is a dynamic, progressive institution of higher education, providing a broad range of technical, liberal arts, and graduate degree programs. In addition to being one of the top historically black universities in the world, Hampton University is a tightly-knit community of learners and educators, representing 49 states and 35 territories and nations.

Hampton University is nestled along the banks of the Virginia Peninsula, near the mouth of the Chesapeake Bay. The surrounding city of Hampton features a wide array of business and industrial enterprises, retail and residential areas, historical sites, and miles of waterfront and beaches. Attractions such as Fort Monroe, NASA Langley Research Center, and the Virginia Air and Space Center add to the splendor – and just plain fun – of the HU campus.

Today, over 150 years after its inception, Hampton University continues to break new ground in academic achievement, staying true to General Armstrong's original promise of The Standard of Excellence, An Education for Life.

Motto:	"The Standard of Excellence, An Education for Life"	
Founded	April 1, 1868 as Hampton Normal and Agricultural Institute	
President	Dr. William R. Harvey	
Location	Hampton, Virginia, United States (Driving Directions)	
Campus Size	314 acres	
Number of Buildings	118 (Campus Map)	
Nickname	Pirates	
University Colors	Reflex Blue and White	
Conference	Big South	
Affiliation	NCAA Division I FCS	
Fall 2018 Headcounts (Unduplicated Student Counts)	4,321	
Undergraduate	3,672	
Graduate and Professional	649	
First-Time Entering Freshmen	922	
Total Men	33.44%	
Total Women	66.56%	



HAMPTON
UNIVERSITY
THE STANDARD OF EXCELLENCE

Source: www.hamptonu.edu



National HBCU Week

September 15-21, 2019



Battle of the States Fundraiser



**WE DID IT AGAIN
ONE MILLION
DOLLARS IN ONE DAY
FOR HBCUs!**

**IOTA OMEGA CHAPTER
EXTENDS TREMENDOUS
THANKS TO EVERYONE
WHO CONTRIBUTED.**

**IT WAS, INDEED, A TEAM
EFFORT AND WE
COULDN'T HAVE DONE IT
WITHOUT YOUR SUPPORT.**

9/16-HBCU Impact Day



9/19-HBCU Spirit Social Media Campaign

HBCU Week

- 9/16-HBCU Impact Day
- 9/17-HBCU NPS Spirit Door Decorating
- 9/18-HBCU Ambassadors Social Media
- 9/19-HBCU Spirit Social Media Campaign
- 9/20-HBCU Iota Omega Hidden Figures



9/18 HBCU Ambassadors Social Media

2019 Tidewater Cluster

September 28, 2019



The 2019 Tidewater Cluster was held at the Chesapeake Conference Center on Saturday, September 28, 2019. Iota Omega Chapter again set the standard with 75 registrants. “A New Thing: Renewing Our Commitment to Excellence!” was the largest Tidewater Cluster, ever! This was an opportunity to expand our knowledge and connect with sorors in our area.

The message from our Supreme Basileus, Glenda Glover, informed us that this retreat was an opportunity to reflect on our first year of the Exemplifying Excellence Through Sustainable Service program, share successes, identify strategies to build membership engagement, foster strong sisterly relationships, share creative ideas and best practices and identify ways to improve and expand our chapter’s impact in our community. Our conference training included:

- Community Service Drop Off
- Video Greeting Elizabeth City State University Chancellor
- Video Message from Madam Supreme Basileus
- “Committed To Serve With Excellence” from the Regional Director
- Roll Call of Chapters
- “Conflict Resolution” Workshop
- “Protocol: Precise, Prepared and On-Point” Workshop
- “Hazing and Sisterhood Don’t Mix” Workshop
- Connections Update
- Vendors



Alpha Kappa Alpha Sorority, Inc.® Makes Largest Vikings Care Food Pantry Donation Ever

The Alpha Kappa Alpha Sorority, Inc., made the largest food donation ever to the Vikings Care Food Pantry at their meeting in Virginia last month. ECSU’s own Janice Baker is an AKA and she had suggested the sorority adopt the pantry as a community service project, leading to what Dr. Brown has described as the largest food donation to-date. “It’s my estimation that it’s a minimum of \$4,000 worth (of food),” said Dr. Brown. “We’re still gathering donations from them. It’s the largest donation we have received from anyone.” It is also, she said, “the highest quality (food) and the greatest act of generosity I have ever seen.” Dr. Brown said Wednesday, Oct. 2, was a food pantry day at ECSU and judging from the students’ reaction to the donations, they would agree with her. “The students are extremely pleased,” she said. The event last Saturday did more than feed ECSU students, however, it also called ECSU students to action, creating a buzz around launching new food pantries in high-need areas.

Source: <https://newsroom.ecsu.edu/>

Undergraduate Round-Up

September 20-21, 2019

Concord, NC

“Embodying Excellence In Evert Endeavor”

The message from our Supreme Basileus, Glenda Glover, communicates that is imperative for our undergraduates to be equipped with the knowledge shared at conferences, like the Undergraduate Round-Up, to ensure we are operating effectively and serving at the highest possible level. Additionally, this and other learning opportunities offer so much that will help the undergraduates now and prepare them for the journey after graduation when they transition to a Graduate chapter.

As the undergraduates continue to walk the path of Alpha Kappa Alpha during their collegiate experience, they will encounter many opportunities to network and connect with other Undergraduate and Graduate Advisor Sorors. The weekend Round-Up presented further opportunity to do just such. Second Supreme Anti-Basileus Soror Kasey Coleman and Undergraduate Member-at-Large Hollye Weekes were present and interacted with the undergraduates. This provided an opportunity for undergraduates to share their thoughts on how they can make the upcoming year even better.

Congratulations Delta Epsilon Soror Briesha Rader (NSU Class of 2019), on receiving the award for a 4.0 GPA!

Delta Epsilon and Kappa Gamma chapters were in attendance. Iota Omega Graduate Advisors, Sorors Sandra Johnson, Shelly Jones, Sheila London, Sherry Menard, Allison Davis, Rhonda Steward and Basileus Kathy Moore attended the conference. Information was provided on opportunities to serve the Sorority, such as the annual Leadership Fellows Program.

The weekend included:

- Community Service Drop Off
- Graduate Advisors and Council Members Summit
- Undergraduate Roundtable
- Connections Committee Presentation
- Nominating Committee Presentation
- “Ten Things you Need to Know About MIP”
- “Snap Chat” with the Regional Director
- Sisterhood Social and Stroll Exhibition
- Video Message from Madam Supreme Basileus
- “Committed To Serve With Excellence” from the Regional Director
- Report from the International Undergraduate Activities Committee
- Roll Call of Chapters
- Chapter Operations
- Meet the 2019 Leadership Fellows
- Anti-Hazing Policy
- “Hazing and Sisterhood Don’t Mix”
- Soror Code of Ethics
- Undergraduate Chapter Evaluation Form
- Undergraduate Litany
- Vendors



*Alpha Kappa Alpha Sorority, Incorporated®
Iota Omega Chapter*



POETRY
OF THE
HARLEM
RENAISSANCE

*The Harlem
Renaissance Era!*

*Expressive
Poetry/Stories*

Creative Dance

Artistic Painting

Date: October 19, 2019

*Place: First Baptist Church Bute Street
Youth Center*

Time: 12 Noon – 3 p.m.

Youth: Ages 5 - 13

Snacks will be provided!



If you know of children ages 5 – 13 who would like to participate in this activity that is sponsored by Target IV-The Arts!, please contact: Soror Phyllis Johns at 467-3525



About Breast Cancer...

Breast cancer is the most common non-skin cancer among American women. An estimated 271,270 new cases of breast cancer will be diagnosed in women in the United States in 2019, according to the American Cancer Society. Breast cancer accounts for 15 percent of all new cancer diagnoses and 7 percent of all cancer deaths each year.

What causes breast cancer?

Breasts are made of a variety of different tissues, including ducts, lobes and lobules and glands that produce milk and carry it to the nipple. The breasts also contain lymph nodes and fatty tissue. Cancer develops when cells in the breast mutate and grow out of control, forming a tumor. Most breast cancers—about 80 percent—are ductal carcinomas, which begin in milk ducts. About 10 percent of all breast cancers are lobular carcinomas, which develop in the lobes or glands that produce milk. Other factors that may increase a woman's risk for developing breast cancer include:

- Obesity
- Breast density
- Menstrual history
- A sedentary lifestyle
- Heavy drinking
- Previous medical treatments

Who gets breast cancer?

The risk for developing breast cancer increases with age. According to the National Cancer Institute:

- The average age of a woman diagnosed with breast cancer is 62.
- The average age of a woman who dies from breast cancer is 68.
- Breast cancer is the most common cancer diagnosed in women between age 55 and 64.
- About 10 percent of breast cancers occur in women younger than 45.
- Women with a family history of breast cancer may be at a higher risk for developing the disease. For example:

Women whose mother, sister or daughter has or had breast cancer may have double the risk.

Women who have inherited mutations in the BRCA1 or BRCA2 gene are at higher risk.

Breast cancer also occurs in men, but is very rare. Approximately 2,670 American men will learn they have breast cancer in 2019, the American Cancer Society estimates. Male breast cancer accounts for 1 percent of all breast cancer diagnoses.

Treating breast cancer

Surgery is a common treatment option for breast cancer. Other treatment options include:

- Chemotherapy
- Radiation therapy
- Hormone therapy
- Targeted therapy

How You Can Prevent Breast Cancer

Taking preventative measures can reduce your risk of developing breast cancer:

Maintain a healthy body weight. Being overweight increases your risk of breast cancer. This is especially true if the weight gain occurred post-menopause.

- **Stay active.** An active lifestyle helps you maintain a healthy body weight, which reduces your risk of breast cancer.
- **Limit your alcohol intake.** Research confirms a link between breast cancer and alcohol consumption—the more you drink, the greater your risk. Limit yourself to less than 1 drink per day.
- **Stop smoking.** There are overwhelming amounts of evidence that suggest a relationship between smoking and breast cancer risk.
- **Avoid exposure to radiation and environmental pollution.** Some research suggests a correlation between breast cancer and radiation exposure. Limit your exposure to radiation by only getting x-rays when absolutely necessary.

Don't Worry, Be Happy

Breast cancer is a tough topic to talk about, but knowledge is power. Use this knowledge and take preventative measures to reduce your risk of developing breast cancer. Don't stress about things that may or may not happen—just take control now and be happy.

Source: <https://www.alert-1.com>



October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Let's defeat breast cancer together	1	2	3	4	5	Anita Holman Chapter Meeting 11:00 am Norfolk Vo-Tech
Lorna Bouldin 6:30 pm-Target 1 Teleconference Delta Epsilon Skee	Breast Cancer Awareness Community Impact Day Week 10/6-12/19	8	9	10	Doris Jones	TTCC- Norfolk 12 Marriott 7:00 pm 10:30am-#CAP Monthly ECSU College Tour
13	14	15	JaNae' Taylor	Veleka Gatling	Carrie Sneed	19
Delta Epsilon Chapter Meeting		8:00 pm-Sisterly Relations Teleconference	7:00 pm: Program Chair Teleconference Senior Fests-Norview High School & Lake Taylor High School	Executive Committee Mtg. 6:30 pm Norview High School	5:30 pm- Bra-ha-ha Awards Show	10:00 am-Target 3 Insurance & Starting Your Own Business 12:00 pm-Target 4: Poetry of the Harlem Renaissance
Bianca Harmon Sparkle Williams	21	22	23	Jean Alexander	25	26
20		7:00 pm SHARPC Meeting 7:00 pm-Target 2 Teleconference	7:00 pm Strategic Planning Committee Teleconference			Demetrius Fowlkes Shelly Mitchell-Jones Eileen Varner
27	28	29	30	31	FIRE PREVENTION WEEK™	
		Kandi Hall Sharon Phillips 7:00 pm-Sisterly Relations Salsa Dancing				

EVENTS

Breast Cancer Awareness Month

- October 5, 2019-Chapter Meeting
- October 7, 2019-Breast Cancer Awareness Day
- October 12, 2019-TTCC

- October 12, 2019-Susan G. Komen More Than Pink Walk 7:00 am
- October 12, 2019-ECSU College Tour

BREAST CANCER AWARENESS COMMUNITY IMPACT DAY
Monday, October 7, 2019
#AKABreastCancerDay
Wear pink to promote AKA Breast Cancer Awareness Day.
Plan a breast cancer awareness event to provide education and raise awareness of early detection.
Partner with a local healthcare organization in your community to provide screening mammograms.
Publish the American Cancer Society mammogram Guidelines on chapter websites and social media pages.
Encourage breast cancer survivors to share personal stories on social media.
Video personal stories and send to Regional Program Committee Representative.

VIRGINIA MARVELOUS NORTH CAROLINA
MID-ATLANTIC REGION
WEEKLY PRAYER CALL
Every Wednesday @ 6:45AM
For dial-in information
Login to the Member's Only Section
@ <http://aka1908.com/midatlantic>

susan g. komen
MORE THAN PINK
Virginia Beach WALK.

Iota Omega & Friends
What: Susan G. Komen More Than Pink Walk
When: October 12, 2019
Where: 24th Street Park
24th Street and Atlantic Ave
Virginia Beach, VA 23451

Not every hero wears a cape.
Plan and Practice your Escape™

Fire Prevention Week is October 6-12, 2019

ARE YOU READY FOR SOME SALSA!



SALSA DANCING THAT IS!

PLEASE JOIN SISTERLY RELATIONS AND TARGET 2 FOR A JOINT EVENT

WHAT: FREE SALSA LESSONS
WHEN: TUESDAY, OCTOBER 29TH
WHERE: DAVE & BUSTERS
701 LYNNHAVEN PKWY
VIRGINIA BEACH, VA 23462
TIME: BEGINS AT 7:00 PM

