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

Basileus Message



My Dear Sorors,

Season's Greetings! It's December, and the holiday season is upon us with celebrations like Christmas, Hanukkah, Kwanzaa, Mid-winter or Yule, and New Year all approaching.

December, being the last month of the year, cannot help but make us think of what is to come. I challenge you to think Surprises! Elevation! Peace! Breakthroughs! Joy! Unspeakable

Favor! Success! Prosperity!

May this month of December bring many opportunities your way as you strive to attain every happiness and success of life. May your estimations and intentions for the days ahead stay firm. Turn all your dreams into reality and all your efforts into great achievements. Let us continue to *Exemplify Excellence Through Sustainable Service!*

As you proceed with your get-togethers with friends and family, remember to take time to love, appreciate, share stories, celebrate and be thankful for all of the blessings you have received throughout the entire year. My warmest thoughts, prayers and best wishes for a wonderful Christmas, and for health, happiness, peace and a prosperous New Year.



Sisterly,

Soror Kathy

December Happy Birthdays!



- | | |
|-------------------------|------------------------|
| 2 Kathy Moore | 17 Odetta Bryant |
| 2 Leslie Murray Torbert | 17 Jamillah Silver |
| 2 Melanie Patterson | 20 Rhonda Steward |
| 5 Carla Perry | 23 Faith Fitzgerald |
| 5 Kindel Holloman | 23 Alexis Thornton |
| 9 Ardaith Brown | 26 Sheila Ward |
| 10 Krystal Belfield | 26 Rodawn Chavez |
| 14 Violet Hoyle | 29 Chauntrell Guilford |

“Pro-to-col Point”



Point #4

Alpha Kappa Alpha Communications USE OF OFFICIAL ALPHA KAPPA ALPHA SYMBOLS

The official version of Alpha Kappa Alpha Sorority, Incorporated symbols can be obtained from the Corporate Office. Only the official version of the Coat of Arms (shield), the Ivy Leaf Crest, and the administration's seal should be used when creating chapter correspondence, written communication, reports, programs, flyers or the like.

1. The Coat of Arms and The Ivy Leaf Crest are trademarked symbols of Alpha Kappa Alpha Sorority, Incorporated. The term Fashionetta® is also trademarked.
2. Refer to AKA Brand Guidelines for instructions on use of symbols.
3. Over the years, local customs have been created and spread throughout the Sorority but have no significance or association with Alpha Kappa Alpha Sorority, Incorporated and should not be used. These include, but are not limited to: frogs, bunnies, mice, pink panthers, K's, and being the little sisters to members of any fraternal organization.
4. Official symbols of Alpha Kappa Alpha should not be tattooed on the body.

Point #5

Protocol Pertaining to Rituals

- Rituals are conducted with dignity and reverence
- Closed to public except for the Ivy Beyond the Wall Ceremony and Installation of Officers
- Inactive sorors may participate in all ceremonies except Membership Intake Rituals, Chapter Chartering, and Induction of Honorary Members
- Rituals should never be printed or posted on websites
- Photos must not be taken during rituals



SOLES 4 SOULS

WEARING OUT POVERTY™

12 Days of Christmas WORKOUT

Start at the top, do the 1st exercise once. Then the 2nd twice & the 1st once. Then the 3rd three times, 2nd twice, 1st once. And so on.

- 1 Burpee
- 2 Shoulder Presses
- 3 Tricep Dips
- 4 Push Ups
- 5 Bicep Curls
- 6 Alternating Lunges
- 7 Hip Thrusts
- 8 Front Raises
- 9 Squats
- 10 Mountain Climbers
- 11 High Knees
- 12 Deadlifts

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#chooseu

HBCU Spotlight

NORTH CAROLINA CENTRAL UNIVERSITY

“Eagle Pride...Amplified!”



NC Central
UNIVERSITY

Discover what's Central to you.

Our Heritage-A Tradition of Growth

Let's start at the beginning—a century and nine years ago to be precise. It was a time when Black Wall Street in Durham, North Carolina, was at its peak; colleges open to educating African Americans in North Carolina were few; and a prosperous pharmacist and religious educator had a vision and acted on his dream.

Dr. James E. Shepard, a successful businessman who was thought to be one of the wealthiest African Americans in the United States during the early 1900s, opened the doors of the National Religious Training School and Chautauqua for the Colored Race on July 5, 1910. In doing so, he boldly declared its purpose to be “the development in young men and women of the character and sound academic training requisite for real service to the nation.”

The institution was sold and reorganized in 1915 as the National Training School. The first four-year class graduated on June 6, 1929. In 1923, the North Carolina state legislature converted the institution into the North Carolina College for Negroes and dedicated it to liberal arts education and the preparation of teachers and principals. The college thus became the nation's first state-supported liberal arts college for black students.

In 1938, the General Assembly authorized North Carolina College to start offering several new programs, including graduate degrees in liberal arts and professional programs including history, art, law, and library science. In 1939, the college offered its first graduate-level courses in the arts and sciences. The School of Law opened in 1940.

Johnson O. Akinleye, Ph.D., was elected as the 12th Chancellor of North Carolina Central University on June 26, 2017. Chancellor Johnson O. Akinleye serves as the chief executive officer for NC Central University, a community of 8,011 students, 1,400 faculty and staff, and more than 37,000 alumni. As the university's leader, the chancellor charts a visionary course for the university and leads a team of senior administrators in promoting the university's mission as well as directing and sustaining the intellectual, fiscal, and physical health of NCCU.

On-Campus Life

At NC Central, we envision on-campus life as a nest in which you can live, learn and grow. Come find a new home in one of our 11 residence halls or explore the First-Year Residential Experience (FYRE) program. The First-Year Residence Experience (FYRE) is committed to creating supportive living and learning environments to ensure a smooth transition to NC Central. With FYRE, students can socialize and access resources to successfully navigate the verdant green and sloping hills of our campus.

Academics & Undergraduate Programs

As part of “The Eagle Promise,” we promise our students four outcomes upon graduation: completing a degree program on-time, becoming socially and globally engaged, demonstrating proven leadership and graduating market ready. We offer bachelor's degrees in nearly 100 fields of study. From options that range from jazz studies, mass communication and criminal justice to psychology, business administration and pharmaceutical sciences, academic programs at NC Central University prepare you to make a difference in the world. As an Eagle, you will receive a strong academic background, encouragement, and support to take flight and soar at North Carolina Central University. *With a dedication to quality education, North Carolina Central University holds both regional and programmatic accreditation. In addition, five administrative units at the university are accredited by their respective accrediting agencies.*



Source: www.nccu.edu

12 Health Tips for the 12 Days of Christmas



There's no doubt that the festive season is a challenging time if you are trying to stay healthy and reduce body fat. It usually revolves around food (and not always healthy choices), large portions and lashing of alcohol to wash it all down. Christmas celebrations can last for weeks, so there are some things you need to watch out for. There are also some simple steps you can take to stay on track while still enjoying this special time of the year.



A Partridge in a pear tree

Forget the partridges, but focus on the pear. Fruit is a convenient snack choice, and can even be used as a healthy dessert option

2 Turtle doves

Doves symbolise peace, and you can maintain the peace by staying calm. Christmas can be a time of anxiety and heightened family tension, so have a plan to keep your stress at bay.

3 French hens

If poultry is on the menu, try to have it without the skin, which can dramatically reduce the saturated fat content.

4 Calling birds

Calling may not be so bad, but getting in a shout can make it hard to say no to a few extra drinks. Consume alcohol in moderation, and balance out your drinks by having water in between, and doing a little extra exercise.

5 Golden rings

To avoid getting dark rings under your eyes, make sure you get enough sleep. We need a certain amount of sleep every night to stay healthy, so try to get to bed early some nights if you need to catch up.

6 Geese are laying

While those 6 Geese are busy laying, make sure you get busy having at least 6 large glasses of water a day. It will help you stay hydrated and make you feel fuller when you eat. Drink a little extra if it's very hot, if you're very active, or if you work in an air conditioned environment.

7 Swans are swimming

This a great time of year to do a little water based exercise such as swimming. It keeps you cool while you workout, and you'll feel refreshed and energised afterwards

8 Maids are milking

If you consume milk and other dairy products, try to choose the lowest fat option such as skim milk and low fat yoghurt. You'll get all the protein and calcium, but without the kilojoules

9 Ladies dancing

Use some of your time with friends and family to engage in fun and social activities such as dancing, soccer, golf, tennis, or beach volleyball. It doesn't have to all be about food.

10 Lords are leaping

Make like one of those 10 lords, and leap into the New Year with a positive health and fitness goal. Think about one or two small changes that can make a big difference over time, such as to cut out butter, or eliminate sugar in your coffee.

11 Pipers piping

Musical pipes aren't so bad, but the smoke from tobacco pipes and cigarettes is enough to make Santa run in the opposite direction. Be aware of the dangers of passive smoke, and do your best to avoid it while out celebrating.

12 Drummer's drumming

If you wake up after your office Christmas party with the sound of 12 drummers drumming in your head, drink plenty of water, and make yourself a healthy breakfast. Avoid bingeing on junk food when you have a hang-over.

Source: <https://www.blackmores.com>

12 Days of Holiday Safety

It's easy to make safety a part of your holiday with these tips. Tackle one a day and you're well on your way to a safe New Year!

ESFi
Electrical Safety Foundation International



Day 1

What's that noise?

Test your smoke and carbon monoxide alarms. Make sure everyone knows what to do if they hear them.

Day 5

Ouch! Prevent trips and falls by keeping cords safely along walls and out of doorways and high traffic areas.

Day 9

Nice and warm. Keep space heaters at least 3 feet away from anything that can burn—decorations, trees, gifts, and curtains.

Day 2

What a shocker!

Before use, inspect all electrical lights, decorations, and extension cords for damage.

Day 6

Kids eat the darndest things! Avoid putting lights, metal hooks, breakable ornaments, and other small decorations within reach of young children.

Day 10

Can't touch this! Consider installing tamper-resistant outlets/receptacles to prevent kids from inserting objects into the slots.

Day 3

Two's company, three's a crowd. Do not overload outlets with too many decorations or devices.

Day 7

Thirsty? Keep your Christmas tree stand full of water. A fresh, green tree poses less of a fire hazard than a dry tree.

Day 11

Escape Route:

Share your family fire escape plan with overnight guests.

Day 4

Is it working? Test your ground fault circuit interrupters (GFCIs) and arc fault circuit interrupters (AFCIs) to make sure they're protecting you.

Day 8

Make a wish! Blow out the candles before leaving a room or going to bed.

Day 12

Hot stuff! Keep children away from cooking areas; use back burners and turn pot handles in away from little hands.

There's no greater gift you can give your family than a safe and happy holiday! Learn more at holidaysafety.org.

Use Winter Break to Search for Colleges



The holidays bring a break from school that provides a good time for high school students to make progress in their college searches. The following tips for high school juniors on making the most of this opportunity:

- 1. Make an appointment with your college counselor** to [build a list of colleges](#) you should consider. Already have a list? Sit down with your counselor to narrow that list so you can plan visits over the spring term or summer break.
- 2. Research the colleges you will visit.** Many schools require advance notice and scheduling an appointment to take a tour and attend an information session. Do they have any upcoming open house dates?
- 3. Find the right fit for you!** Take a college selection assessment at cfnc.org or collegeboard.org. Also, make plans to attend a college fair near you in the spring. Check out nacacnet.org to see if a national college fair will be held in your area.
- 4. It's not too early to start your scholarship search!** Check out fastweb.com, scholarsnapp.org, and cfnc.org to learn about the variety of scholarships available and to apply. Scholarship search engines may require you to create a profile. Creating a profile is worth the time!
- 5. Have you signed up for the SAT or ACT?** Do so at sat.collegeboard.org or actstudent.org. Plan to take the SAT or ACT up to three times – spring and/or summer of your junior year and early fall of your senior year.
- 6. Think about classes you'll take in your senior year.** For many colleges, the most important aspect of your application will be the rigor of your curriculum and the grades you have earned in those courses. Be careful not to overreach or underestimate your abilities. Your coursework AND your grades are important.
- 7. Plan your summer.** Look for summer programs that match your interests – a summer academic camp, a community camp, or volunteer experiences in the community. Meaningful experiences like these are a great addition to any college application.

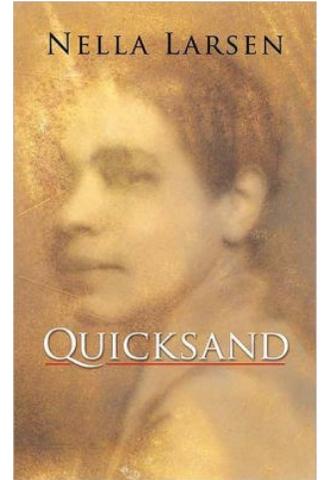
Take just a little time out from holiday fun to make some progress toward finding your best college fit - you'll enjoy your break more knowing you've taken charge of your college search!

Source: Meredith College Admissions Team

Book Club Novel Quicksand

Quicksand is a novel by American author Nella Larsen, first published in 1928. This is her first novel and she completed the first draft quickly. The novel was out of print from the 1930s to the 1970s. Quicksand is a work that explores both cross-cultural and interracial themes. Larsen dedicated the novel to her husband.

The book club meeting date will be announced soon! **Get your copy today!**



BLOOM WITH
US!
#GIVINGTUESDAY

donate at www.npfv.org/donate
on Tuesday, December 3, 2019.



THE IOTA OMEGA SISTERLY RELATIONS COMMITTEE
FORMALLY INVITES YOU TO OUR

HOLIDAY SOCIAL

Let's all get together for a merry
good time!

Dec. 7th @ 4 PM
321 E. Main St, Norfolk, VA 23510
Please RSVP to clsakarita@outlook.com

Holiday Attire Requested
Heavy Hors d'oeuvres Will Be Served
Angel Tree Gifts Will Be Collected





December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Kathy Moore Leslie Murray Torbert Melanie Patterson	3 Black Friday, Cyber Monday. #GIVINGTUESDAY December 3, 2019 Target 1 & #CAP Teleconference 7pm	4	5 Kindel Holloman Carla Perry	6	7 Chapter Meeting 11:00 am Norfolk Vo-Tech Holiday Party 4:00 pm
8	9 Ardaith Brown	10 Krystal Belfield	11	12	13 SHARPC Christmas Social 6pm	14 Violet Hoyle NSU Commencement 9am
15	16	17 Odetta Bryant Jamillah Silver	18	19 Rhonda Steward	20 Executive Committee Mtg. 6:30 pm Norview High School	21
22 Faith Fitzgerald Alexis Thornton Target 2 Teleconference 7pm	23	24 Twas the Night Before CHRISTMAS	25 Merry Christmas	26 Rodawn Chavez Sheila Ward	27	28
29 Chauntrell Guilford	30	31 NEW YEARS EVE	WINTER BREAK			

EVENTS

- Iota Omega Holiday Party 12/07/2019-4:00 pm
- SHARPC Christmas Social 12/13/2019-6:00 pm
- Norfolk State University Commencement 12/14/2019-9:00 am
- NPS Winter Break-12/23/2019-01/03/2020 (School reopens 01/06/2020)

