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 Kathy W. Moore, Basileus

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The Cultured Pearl



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OCTOBER 2020

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

Basileus Message

My Dear Sorors,

The Breast Cancer Awareness Month, marked in countries across the world every October, helps to increase attention and support for the awareness, early detection and treatment as well as palliative care of this disease. Join the October Breast Cancer Awareness month campaign to raise awareness about breast cancer and support women to reduce their breast cancer risks, be screened and seek medical attention, if a suspicious lump is detected.

"The only constant is change." We have had to drastically adjust our lifestyle since March of this year. Think about all the thoughts, worries, work and affirmations you've experienced these last few months. Autumn reminds us that our bodies, minds, and surroundings are always developing. Autumn is a beautiful time to reset and honor yourself and all that you have done these past few months. The season of Autumn is here to slow things down and lead you to what you need. This is a time of HARVEST. You're changing and releasing things you no longer need as you progress into the end of the year. Sorors continue to harvest the energy in you. Stay encouraged as you stay home, stop the spread and save lives. This is the Alpha Kappa Alpha way!

Sisterly,

Soror Kathy

Happy Birthday! October Birthdays

- 3 Brenda Lomax
- 6 Lorna Bouldin
- 11 Doris Jones
- 16 JaNae' Taylor
- 17 Veleka Gatling
- 18 Carrie Snead
- 20 Sparkle Williams



- 20 Bianca Harmon
- 21 Khadijah Brown
- 26 Demetrius Fowlkes
- 26 Shelly Mitchell-Jones
- 26 Eileen Varner
- 29 Kandi Hall
- 29 Sharon Phillips



AKA ASSIST

As part of the AKA Assist objective review the flyer below mentioning Sentara and the purchase of PPE. The link presented on the flyer(<https://www.sentara.com/hampton-roads-virginia/covid-19-information/covid19-donations.aspx>) goes directly to Sentara Norfolk General's website allowing sorors to make a personal donation should they choose vs. the chapter asking for contributions.



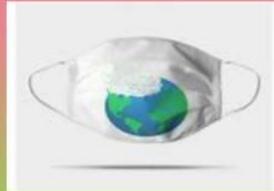
ALPHA KAPPA ALPHA SORORITY, INCORPORATED®
IOTA OMEGA CHAPTER



AKA ASSIST

COVID -19 PPE NORFOLK GENERAL HOSPITAL

 SENTARA®



The spread of coronavirus (COVID-19) in our community requires immediate action to support those on the front lines. Charitable contributions to the Sentara COVID-19 Community Relief Fund will provide critical resources and services to help us stop the spread of this virus. You can assist by reaching out to



<https://www.sentara.com/hampton-roads-virginia/covid-19-information/covid19-donations.aspx>




INFORMATIONAL SESSION
WITH NORTH CAROLINA CONGRESSIONAL MEMBERS
MON., OCT. 5, 7:30 P.M. ET

Register: <http://bit.ly/mar-town-hall>

Upcoming Events

Our Mid-Atlantic Regional Director has sent a reminder of the Legislative Informational Session with NC Congressman GK Butterfield and other legislators slated for Monday, October 5th at 7:30 pm. Please don't forget to wear your pink for Breast Cancer Awareness Impact Day. See the flyer below for more information. To register, please go to the link below.

<http://bit.ly/mar-town-hall>



Target IV The Arts!

Target IV The Arts! is collaborating with Ms. Mary Lauderdale of the Black History Museum & Cultural Center of Virginia in Richmond to present a Zoom discussion of African American Art of the Harlem Renaissance Era.

The presentation will be open to the chapter and will occur on Saturday, October 24, 2020 at 1 p.m. If you are interested please forward your email to Soror Phyllis Johns at gardengirl1908@gmail.com by October 17 to receive an invite.

Election Runner-Vote Training



Chapter virtual training has been scheduled for the following dates:

- Friday, October 9, 2020
 - 3:00 pm
 - 4:30 pm
 - 6:00 pm
- Friday, October 16, 2020
 - 3:00 pm
 - 4:30 pm
 - 6:00 pm
- Saturday, October 17, 2020
 - 3:00 pm

A link for the training will be sent out to members shortly. For questions contact Soror Tourean Johns (tourean.johns@gmail.com) or Soror Bertha Escoffery (btescoffery@aol.com).

VIRTUAL VOTING

E2V2 EXHIBITING EXCELLENCE IN VIRTUAL VOTING

Save the Date!

09.22.2020
7pm

VIRTUAL VOTING FOR CHAPTERS

MID-ATLANTIC REGION OF ALPHA KAPPA ALPHA SORORITY, INC.

VIRTUAL VOTING

The Mid-Atlantic Region Bylaws Committee, lead by Mid-Atlantic Region Parliamentarian Gayle Terry, conducted a webinar on “Virtual Voting For Chapters” on September 22, 2020.

As fall approached, we knew that it was time to get back to the business of our chapter operations and service which included voting! Despite the circumstances of our new normal, we can still execute Excellence in our upcoming elections virtually. The virtual presentation centered on executing elections virtually in chapters. The speakers shared tips and guidance on Officer Nominations, Elections and Virtual Voting. It was an important discussion.

Recommended participants: Chapter Basilei, Chapter Anti-Basilei, Parliamentarian, Nominating Committee Chairman, Tellers Chairman

Although certain officers and appointees were asked to attend, participation of all chapter members was both welcomed and appreciated.

AKAs L.E.A.D. GOTV Initiatives 2020

Voter Education ~ Registration ~ Mobilization ~ Participation

1. Alpha Kappa Alpha members will mobilize and host voter engagement activities in every city, town and community where there is a chapter throughout the country from July through November 3, 2020.
2. Alpha Kappa Alpha members will leverage relationships with our GOTV partners (WWAV, NAACP, League of Women Voters) to meet our desired goal of registering more than 25,000 new voters.
3. Alpha Kappa Alpha members will encourage and promote the utilization of vote by mail ballots, early voting and day of voting to ensure that voter turnout is maximized.

DECISION 2020



AKAs L.E.A.D. Pledge



AKAs L.E.A.D. Pledge



I, Soror _____, commit to be of service to my community, family, and self influencing 20 or more people to vote in the 2020 elections.

I Will and Can:

- Register & Vote
- Register at least 8 new voters
- Text at least 20 people and encourage them to vote
- Organize and Sponsor safe rides to the polls for early voting & election day
- Safely assist in the return of vote by mail ballots
- Provide registration and education information

And together with Sorors, friends and family, we will **Learn, Empower, Advocate** and **Decide** in this critical election.



Alpha Kappa Alpha Sorority, Incorporated® - AKAs L.E.A.D. International Connection Committee



ALPHA KAPPA ALPHA SORORITY, INCORPORATED®
IOTA OMEGA CHAPTER



EMPOWER THE COMMUNITY SUPPORT BLACK BUSINESS

WWW.BUYBLACKHAMPTONROADS.COM
<https://officialblackwallstreet.com>

Breast Cancer Awareness Day

Monday, October 5, 2020

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

Hormone 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 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Let's defeat breast cancer together	FIRE PREVENTION WEEK™ October 4-10, 2020			1	2	Brenda Lomax Virtual Chapter Meeting 11:00 am
6:30 pm-Target 1 Teleconference	4 Anita Holman Breast Cancer Awareness Community Impact Day 7:00 pm Target 2 Webinar/Speaker	5 Lorna Bouldin 7:00 pm -Target 5 Teleconference	7	8	9	10 Susan G. Komen Virtual More Than Pink Walk
Doris Jones 11	12	13 VIRGINIA VOTER REGISTRATION DEADLINE 7:00 pm -Target 2 Teleconference	14 7:00 pm: Program Chair Teleconference	15 Virtual Executive Committee Mtg. 6:30	16 Ja'Nae Taylor Mammogram Awareness Day	17 Veleka Gatling 3:00 pm SHARPC Get Out The Vote
Carrie Snead 18	19	20 Bianca Harmon Sparkle Williams Meeting	21 Khadijah Brown	22	23 VIRGINIA ABSENTEE BALLOT REQUEST DEADLINE	24 1:00 pm- Target 4: Zoom Discussion African American Art of the Harlem Renaissance Era
25	26 Demetrius Fowlkes Shelly Mitchell-Jones Eileen Varner	27 7:00 pm SHARPC	28	29 Kandi Hall Sharon Phillips	30	31 VIRGINIA EARLY VOTING ENDS

EVENTS

Breast Cancer Awareness Month

October 3, 2020-Chapter Meeting
 October 5, 2020-Breast Cancer Awareness Day
 7:00 pm-Rethink Pink: Breast Cancer Awareness in 2020

October 10, 2020-Susan G. Komen More Than Pink Walk 7:00 am

Alpha Kappa Alpha Sorority, Incorporated®

Breast Cancer Awareness

Impact Day

Women's Healthcare and Wellness continues to make an impact in the fight against Breast Cancer through early detection.

Embrace the fight against breast cancer in a passionate way because THIS IS A SERIOUS MATTER!

Monday, October 5, 2020

#AKABreastCancerDay

MAKING STRIDES Against Breast Cancer

susan g. komen
MORE THAN PINK
 Virginia Beach WALK.

Iota Omega & Friends

What: Susan G. Komen More Than Pink Walk
When: October 10, 2020
Where: Virtual