

GKO IVY TIMES

The Official Newsletter of AKA Gamma Kappa Omega Chapter

RELAX. REJUVENATE. REPEAT.

September is Self-Care Month

~ Take Care of yourself! ~

Happy September!!

Please check out our August-September newsletter, which informs you on all that Gamma Kappa Omega Chapter has been doing and has planned.

As we reconvene our meetings this month, in September, we stop and acknowledge the lives lost and that were forever impacted by 9-11 ~ which occurred 20 years ago. *(Continued, next page)*



UPCOMING EVENTS

HBCU Week: Sept. 19-25
HBCU Game Night: Sept. 16

REPEAT!

We hope you thoroughly
enjoyed our Virtual
Retreat in August!
We know we did!

LEADERSHIP

How was your
experience at the virtual
69th Boule and
Leadership Meeting?

PRESIDENT'S SEPTEMBER MESSAGE

(Continued from Page 1)

In August, we celebrated National Black Business Month, Wellness Month and International Peach Month.

This month, we highlight this country's Historically Black Colleges and Universities (HBCUs), focus awareness on suicide prevention for Suicide Awareness Month and celebrate National Hispanic and Latino Heritage Month.

As always, we continue to work together to set goals for ourselves, as we plan to end the year strong.

Remember, September is a month full of opportunities to engage, educate yourself, take care of your mental health advocate on the behalf of others. This September, GKO will be highlighting several topics focusing on raising awareness about HBCUs and on suicide. Suicide is a serious matter and now is the time to stand and advocate with those struggling with mental health issues. I also encourage us all to continue to support our brown brothers & sisters as they celebrate the strides and success of the Hispanic and Latino communities. *These are serious matters!*

Happy September!

Jacari Henderson
GKO President



Correction: The GKO Ivy Times incorrectly reported Soror Kayce's birthday, which is July 9.

REMEMBERING 9-11

On September 11, 2001, 19 militants associated with the Islamic extremist group al Qaeda hijacked four airplanes and carried out suicide attacks against targets in the United States. Two of the planes were flown into the Twin Towers at the World Trade Center in New York City, a third plane hit the Pentagon just outside of Washington, D.C., and the fourth plane crashed in a field in Shanksville, Pennsylvania. Almost 3,000 people were killed during the 9/11 terrorist attacks, which triggered major U.S. initiatives to combat terrorism.

Twenty years later, Gamma Kappa Omega Chapter joins with this country and the world in remembering those lives lost and the ways many of us were touched by those traumatic acts.



Sorors On The Move

for August 2021



Congratulations, Soror Jaylen, was recently hired as a Hospital Social Worker. Let's congratulate Soror Jaylen on her new accomplishments and aspirations. Soror Jaylen, kudos for stepping out on faith in your professional endeavors! We're so Godly proud of you!

Congratulations, Soror Mia, on obtaining your first professional position after graduating in May.

Soror Mia has recently re-located to the Chicago area.

Let's congratulate Soror Mia on her new accomplishments and aspirations. Soror Mia, we commend you for stepping out on faith in your professional endeavors!

Keep up the great work!



Sorors On The Move

for September 2021



Congratulations, Soror Jordan, who has started a Life Coaching business and recently accepted a new position. Soror Jordan, we wish you the best in your professional and business endeavors!

Kudos, Soror Ashley, who recently held a successful business venture. We are proud of you, Soror Ashley.



Congrats to Soror Darryelle on passing her nursing exams. Soror Darryelle, we wish you luck in your professional endeavors!

Congratulations, Soror Monica, on the purchase of her new beautiful home.



Happy BIRTHDAY

August Ivies



Soror Monica ~ 8.4



Soror Raven ~ 8.8



Soror Natasha ~ 8.16



Soror Desiree ~ 8.19



Soror Mia ~ 8.30

Happy BIRTHDAY

Soror Nicola ~ 9.19



September
Ivies

Soror Regina ~ 9.6

Soror April ~ 9.11



Soror Sheila ~ 9.14



Soror Donna~ 9.1

Soror Charna~ 9.2

Soror Felicia ~ 9.9

SEPTEMBER IS SELF-CARE MONTH

Time to 'Focus on Self'

<input type="checkbox"/> Day One	<input type="checkbox"/> Day Two	<input type="checkbox"/> Day Three	<input type="checkbox"/> Day Four
Pick one to do each day: <input type="checkbox"/> Meditate <input type="checkbox"/> Yoga <input type="checkbox"/> Go outside <input type="checkbox"/> Journal	Make a to-do list (add the little things!) See how much you get done in a day!	Research a new DBT/ CBT/ACT coping skill.	Intentionally make the time to pamper yourself. Schedule it and stick to it.
<input type="checkbox"/> Day Five	<input type="checkbox"/> Day Six	<input type="checkbox"/> Day Seven	<input type="checkbox"/> Day Eight
Put some extra love and time into your relationships.	Choose an affirmation to repeat through out the day.	Plan a date night for yourself that's all about self-care.	Focus on your morning and evening self-care routines.
<input type="checkbox"/> Day Nine	<input type="checkbox"/> Day Ten	<input type="checkbox"/> Day Eleven	<input type="checkbox"/> Day Twelve
Clean up your online spaces. Unfollow, block, or unsubscribe.	Have a rest day. Rest in physically but also mentally.	Make a list of all the things you're grateful for.	Write down what you most enjoyed or what was helpful to you!

Self-Care Awareness Month in September is a time to remind us that taking care of ourselves, first and foremost, is essential. Self-care is often neglected in our everyday lives. We all tend to put others' needs before our own, and it is crucial to remember that we cannot fill another person's cup from our own empty vessel. While getting a massage or taking a walk are beautiful examples of taking time for our well-being, self-care can be more expansive than that. Self-care knows no boundaries. It is something that everyone, without any exclusions, can benefit from practicing on a daily basis. True self-care is not self-centered or selfish; it is simply keeping yourself the focus of your own life. It's about paying attention to how you feel in each moment, communicating clearly, speaking up for yourself and saying yes or no...*guilt free*.

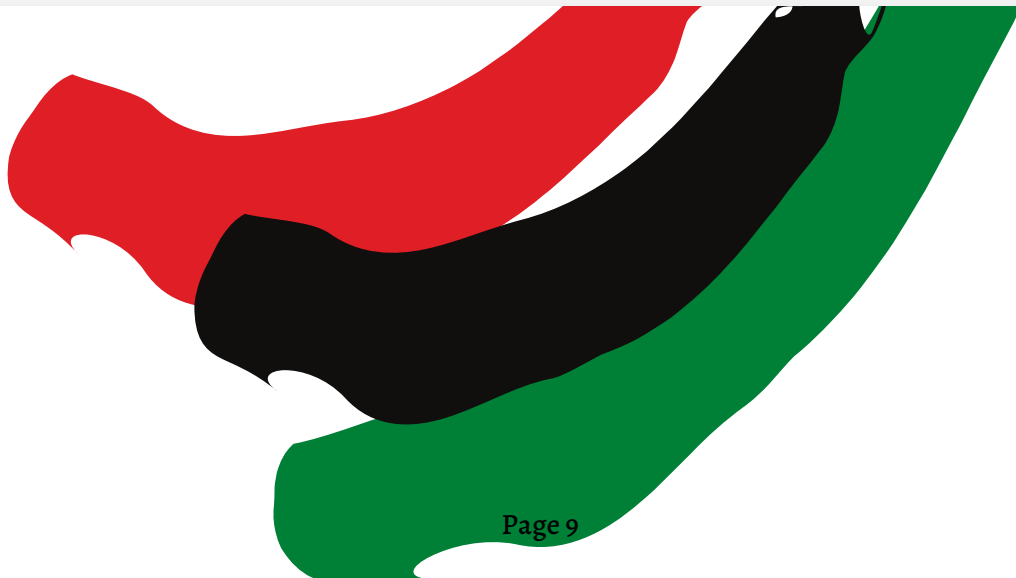
**IN AUGUST, WE OBSERVED
NATIONAL BLACK BUSINESS MONTH**
The Power of Black Enterprise



Historian John William Templeton and engineer Frederick E. Jordan Sr founded National Black Business Month in August 2004 to “drive the policy agenda affecting the 2.6 million African-American businesses.”

Support and encourage African American-owned businesses in your community. Learn more about business opportunities for the African American community. Use

#NationalBlackBusinessMonth in social media correspondence. |

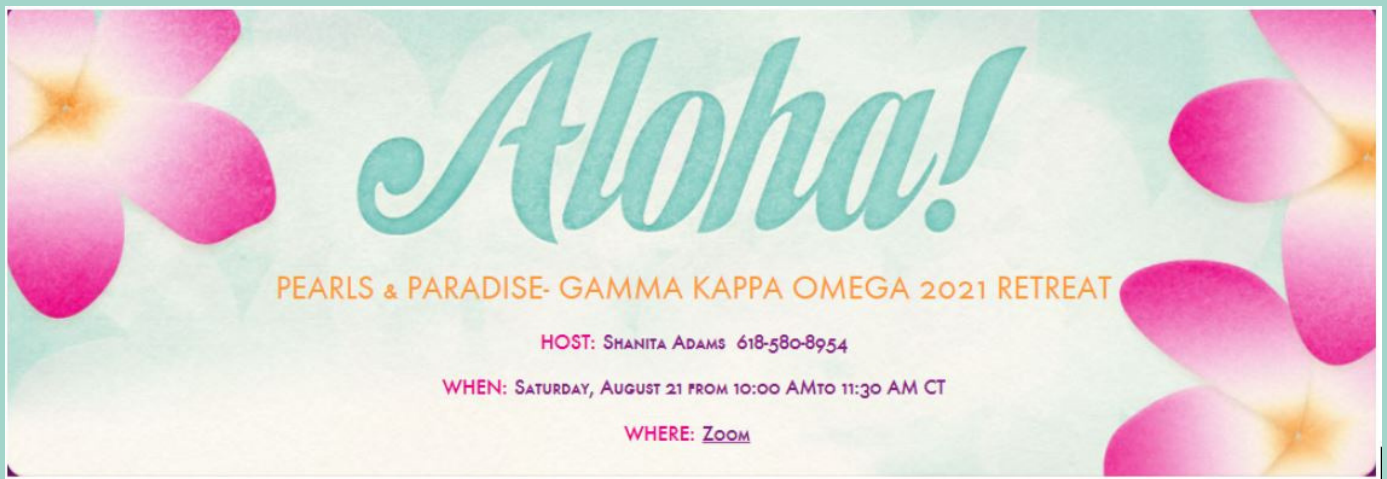


RETREAT

Pearls & Paradise

Gamma Kappa Omega 2021 Retreat

August 21, 2021 @ 10 A.M.
(Via Zoom)



Sign up here:

<http://evite.me/5j1QC17Qj4>

*Congratulations,
Madam Basileus!*



*President Jacari Henderson was recently profiled by her alma mater,
Southern Illinois University.*

Read her story here @ <https://blog.news.siu.edu/20210708-saluki-pride-jacari-hendersonadvocates-for-diversity-equity-and-inclusion-in-athletics/>

MONEY MATTERS



SIMPLE ADVICE TO BECOMING A MILLIONAIRE

- 1 Live below your means
- 2 Invest in good debt
- 3 Build credit
- 4 Delayed gratification
- 5 Take advantage of free or discounts
- 6 Put away in retirement
- 7 Diversify your income
- 8 Don't skimp on quality
- 9 Give back



MILLENNIAL
MONEY WOMAN





MINDING OUR MONEY



It's a different kind of money challenge: Build your financial confidence in four weeks with this expert-approved guide.

DAY 1 Set your <u>goals</u>	DAY 2 Track your spending from the <u>last 3 months</u>	DAY 3 Identify <u>spending areas</u> to address	DAY 4 Audit your <u>subscriptions</u>	DAY 5 Establish your <u>budget</u>	DAY 6 Start an <u>emergency fund</u>	DAY 7 Update your <u>resume</u>
DAY 8 Check your <u>credit score</u>	DAY 9 Create a <u>"fun and BS"</u> account	DAY 10 Organize <u>tax-and work-related</u> receipts	DAY 11 Set up automated <u>bill payments</u>	DAY 12 Set a <u>cal reminder</u> to check your <u>bank account</u>	DAY 13 Update all your <u>financial passwords</u>	DAY 14 Have a <u>money date</u>
DAY 15 Evaluate your <u>credit card options</u>	DAY 16 <u>Categorize</u> your savings	DAY 17 Set up an <u>automatic transfer</u> from your checking to savings account	DAY 18 Increase your <u>401(k)</u> contribution	DAY 19 Make <u>savings stretch</u> goals	DAY 20 Consider meeting with a <u>financial advisor</u>	DAY 21 Have a <u>money date</u>
DAY 22 Explore a <u>high-yield</u> savings account	DAY 23 Set an <u>investment budget</u>	DAY 24 Listen to a <u>financial podcast</u>	DAY 25 Do " <u>market research</u> " on your <u>salary</u>	DAY 26 Find your " <u>budget buddy</u> "	DAY 27 Tackle a <u>financial hurdle</u> you've been putting off	DAY 28 Have a <u>money date</u> —and set up <u>recurring ones</u> every month

August is
INTERNATIONAL
PEACE
MONTH



August

Find the peace,
Make the peace,
Keep the peace.

August is
INTERNATIONAL
PEACE
MONTH




INTERNATIONAL
PEACE MONTH

August is
INTERNATIONAL
PEACE
MONTH



~ GKO Chapter Retreat ~



The Incorporators of Alpha Kappa Alpha Sorority, Incorporated
Minnie Smith • Nellie Pratt Russell • Nellie Mae Quander • Ethel Jones Mowbray • Julia Evangeline Brooks • Norma Boyd



Nellie Mae Quander
Alpha '10 – First Supreme Basileus
protected the name, colors, symbols and integrity of AKA

Ethel made us; Nellie saved us.
We will always be known as Alpha Kappa Alpha.

Forever grateful

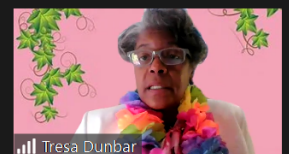


Leading Through Program Leading for the Long Run


December 1st is the deadline date for all Chapter Program Reports. But we are in this for the long haul. Our programs will continue after this date.

How do **WE** make them meaningful?

1. Gamma Kappa Omega Chapter has not and does not plan to “get it checked off”
2. Gamma Kappa Omega Chapter does not do programming to just “show what they are doing”
3. Gamma Kappa Omega Chapter wants to leave a legacy of excellence in the community
4. What does the Gamma Kappa Omega brand mean?
5. Do you believe your brand is strong? **TELL** me why?
WHAT is the evidence?



~ GKO Chapter Retreat ~



**GAMMA KAPPA
OMEGA**

Branita

B I N G O oohhhhhh


So pretty

Gamma Kappa Omega


B	I	N	G	O
Attended the event	Have 1000+ 1 shapies	Attended Founder's Day 2020	Currently a Pled Soror	Been a member of 2 or more Regions
Currently a Silver Star	No signs in 2000	Served as a Committee Chairman	Graduated from an HBCU	Have 1000+ 1 shapies
Have an AKA throughout the year for your life	Have 1000+ 1 shapies	FREE!	Have 1000+ 1 shapies	The only AKA in
You have been retired for more than 5 years	Your Mom is	Served As the Blesssus	Has 1000+ 1 shapies	Currently a Diamond Soror
Have been retired after 2015	Spouse is a member of a Fraternity	You are a Life Member	One room in your home is Pink & Green	Have a daughter who is AKA



19



Gamma Kappa Omega



WHY DOES THE WORK OF GAMMA KAPPA OMEGA MATTER?

“There is nothing more beautiful than someone who goes out of their way to make life beautiful for others.”
 - Mandy Hale

~ Enhancing Our Sisterly Relations ~

Sisterly Rejuvenation and Relaxation Week

Mediate & Mentored Monday- Mentor Check-in(Read a book, watch a movie)

Turnt Tuesday- Physical Activity with a Soror/virtual activity with Soror(s)

Warm Wishes Wednesday- Send positive affirmations/reach out to a Soror

Thoughtful Thursday- Do something thoughtful for a Soror

Fabulous Friend Friday- Go to lunch with a Soror or meet-up with a Soror

Sisterly Saturday- Attend retreat and relax

Pick an activity to do with one mentor to relax and get to know one another.

- Reading a book
- Fishing with a friend
- A picnic in the park
- Walking along the beach
- Taking a drive in the country
- Spa
- Golfing
- Photography
- A movie
- Window shopping
- Lunch with friends
- Drinks with friends
- Watching sports
- Swimming

National WELLNESS MONTH

National Wellness Month:

All during August, National Wellness Month focuses on self-care, managing stress and promoting healthy routines. Create wholesome habits in your lifestyle all month long and see how much better you feel!

Research has shown self-care helps manage stress and promotes happiness. Whether you challenge yourself to a new yoga pose or try a different spa treatment, make a small change and impact your health in positive ways.

There are numerous ways to make those small changes, too.

- Increase your water intake.
- Add more fruits and veggies to your meals.
- Monitor your sleep and make adjustments for better sleep habits
- Join a yoga, walking, or aerobics class.
- Learn to meditate.



MENTAL HEALTH TIPS

Mind

Reach Out

Social support networks help keep you grounded

Build Relationships

Connect with peers through shared experiences

Mindfulness Exercises

Focus on the moment, not the past

Body

Eat

Fuel your body with proper food intake to keep you focused

Sleep

7-9 hours every night to wake up feeling alert and ready for the day

Exercise

Get up and move for 20 minutes a day to release excess energy and tension

Spirit

Engage with Faith

Practice at-home prayer; read scripture; reignite your connection to your religion (if you have one)

Escape from Tunnel Vision

Remind yourself there is a whole world outside of Salus

How can you relax your mind and body?

There are lots of ways to relax. Some ways are designed to relax your mind and some to relax your body. But because of the way the mind and body are connected, many relaxation methods work on both the mind and the body.

You may want to try one or more of the following relaxation tips to see what works best for you.

Relaxing the mind

- Take slow, deep breaths. Or try other breathing exercises for relaxation.
 - Stress Management: Breathing Exercises for Relaxation
- Soak in a warm bath.
- Listen to soothing music.

Practice mindful meditation.

- The goal of mindful meditation is to focus your attention on things that are happening right now in the present moment. For example, listen to your body. Is your breathing fast, slow, deep, or shallow? Do you hear noises, such as traffic, or do you hear only silence? The idea is just to note what is happening without trying to change it.
- **Stress Management: Doing Meditation**
- **Write.** Some people feel more relaxed after they write about their feelings. One way is to keep a journal.



ALPHA KAPPA ALPHA SORORITY INCORPORATED ®
Gamma Kappa Omega Chapter



HBCU GAME NiGHT!

September 16th, 2021
7:08 p.m. - 8:08 p.m.
Via Zoom

\$4 Entry Fee
Proceeds will be
donated to HBCUs



ALPHA KAPPA ALPHA SORORITY, INCORPORATED ®

Gamma Kappa Omega Chapter



AKA HBCU WEEK

Sept. 19 - 25, 2021

**SUNDAY
SEPT. 19TH**

Soulful College Sunday
Shout out your favorite HBCU band
College Application Process Workshop
#HBCUforLife

**MONDAY
SEPT. 20TH**

Money Monday AKA HBCU Day
Donate to a HBCU | Text to give at AKAHBCU 44321
#HBCUforLife

**TUESDAY
SEPT. 21ST**

T-Shirt Tuesday
Wear your favorite HBCU shirt
#HBCUforLife

**WEDNESDAY
SEPT. 22ND**

Why HBCU Wednesday
#HBCUforLife

**THURSDAY
SEPT. 23RD**

Take Me Back Thursday
#HBCUforLife

**FRIDAY
SEPT. 24TH**

Fun Friday
#HBCUforLife

**SATURDAY
SEPT. 25TH**

Showcase Saturday
#HBCUforLife

ALPHA KAPPA ALPHA SORORITY INCORPORATED ®

Gamma Kappa Omega Chapter



COLLEGE APPLICATION PROCESS WORKSHOP

*Prepare for your future with information on
how to properly apply for college. Learn how
to complete the FAFSA, college and
scholarship applications accurately.*

SUNDAY, SEPTEMBER 19TH, 2021
3:08 PM | FREE ADMISSION | VIRTUAL

We encourage all juniors and seniors to attend so they have a better
chance of getting into their college of choice.

Chaplain's Corner



'Be still and know
that I am God; ...'

~ Psalm 46:10a

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

From the Arch-Ives



AKA Sorority Protocol Quiz

1. Which Greek letter alphabet (word) is part of all Graduate AKA chapters?
2. Which chapter position was added last year?
3. How many chapter meetings and conferences must a Soror attend to be eligible to sponsor or co-sponsor a woman for membership?
4. What is the name of the chapter officer whose responsibilities include monitoring entry into the meeting after chapter sessions have started?
5. How many Sorors must be present at a GKO meeting before it can start and be considered a legal meeting, according to AKA bylaws?
6. **BONUS:** How often must the GKO Bylaws be updated?

Serious Matters



GKO Summer Sabbatical: No meetings in July and August

GKO Retreat: Saturday, August 21, 2021

National Prayer Day: August 22, 2021

Chapter Meeting: Saturday, September 11, 2021

GKO HBCU Game Night: September 16, 2021 (7 p.m.; \$4; via Zoom)

College Application Process Workshop: September 19, 2021

HBCU Week: September 19 to 25, 2021

Prayer Call: September 24, 2021

Newsletter Submission: September 27, 2021

Cluster Retreat (Virtual): October 22 and 23, 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.