



The Ivy Vine

December 2020



Exemplifying Excellence During HBCU Week



Alpha Kappa Alpha Sorority continued its focus on education and emphasis on historically black colleges and universities (HBCUs) with another successful fundraising challenge as a sustainable measure of support through the Educational Advancement Foundation, Inc. This initiative addresses the AKA national program *Target 1: HBCU for Life: A Call to Action*. Roses, pearls, hugs and kisses (all virtual) to the CDO HBCU Committee, chaired by Soror Michelle Vernet and the EAF Committee Chaired by Soror Yolanda Pino, for exemplifying excellence during the *September 20 - 26, 2020 HBCU Week* of activities to benefit HBCUs and EAF. The week began with a national virtual brunch in which several HBCUs were recognized and awarded thousands of dollars by Supreme Basileus, Dr. Glenda Glover. The Impact Day challenge, raised over \$1.3 million in ONE DAY to benefit HBCUs and EAF. This amount exceeded funds raised in 2019, even under a national economic crunch. Chi Delta Omega members also rose to the challenge by donating over \$1,800.00. Sorors of Alpha Kappa Alpha Sorority, Inc. are educated, professional, sophisticated women who value education as a source of power that can be a positive life change. CDO also celebrated with social media posting and members wore paraphernalia as a visual sign of support. This was indeed a grand week of “service to all mankind!”

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THE PRETTY GIRL TAG IS FINALLY HERE!!

Help Support EAF and scholarships in Florida, by purchasing your \$35 voucher starting October 16th, from your local Tax Collectors Office.

HEART TO HEART

Basileus Hazel Lockett

Notes to Sorors



reetings my dear sorors,

In my first address to you in this space, I expressed the following:

“Growing Together, Growing Stronger” is the theme of this administration. Growing together should be understood as growing closer as well as growing at the same pace. Recognizing that there is always room for growth, we wanted to emphasize our intentional purpose to set that in motion. We also recognize that if our growth is intentional, our strength will automatically increase. We are looking forward to a stronger chapter.



Today, there is no more appropriate time to add substance to that statement. Growing together, growing stronger embodies the vision I have for our beloved chapter, and we have been endeavoring to establish the foundation necessary to ensure that this vision becomes a perpetual reality in the years to come. In this section, I wish to share additional information to the framework of that vision.

Because I have been an active soror for several years, I have been around long enough to observe the same kind of growth in the national organization. I have watched as Alpha Kappa Alpha has developed and nurtured the vision that is in evidence today. How so, you ask.

- ◆ Alpha Kappa Alpha has experienced exceptional growth in active membership in the last decade. It was not accidental.
- ◆ Alpha Kappa Alpha has experienced exceptional growth in the knowledge among sorors of its structural, operational, and programmatic procedures. It was not accidental.
- ◆ Alpha Kappa Alpha has experienced greater evidence of sisterliness in the decades that outlaw various kinds of hazing and other forms of anti-sisterly behaviors. No accident.
- ◆ Alpha Kappa Alpha has experienced greater visibility within the small communities it serves and world-wide within the last few decades. This, too, has not happened accidentally.

The foundational cornerstones of our sorority—membership, institutional knowledge, sisterliness, and visibility—have been built into the fiber of our sorority to give it strength and resilience for years to come. In so doing, the visionaries of the successive Directorates have created a blueprint for chapters to do the exact same thing to make sure they, too, are perpetual entities.

Plans are underway for Chi Delta Omega to follow the blueprint more closely. Taking our lead from the international organization, we will intentionally work to increase the knowledge base of all sorors. This will be reflected in our new Strategic Plan and in the actions we take as we begin implementation. We will work to increase the strength of our membership by making sure we invite women with critically needed skills and resources. We have already begun to increase the leadership capabilities of our existing sorors by taking up the mantle of well-executed committee meetings and chapter planning sessions. Workshops designed to review, refresh, and clarify the specific duties and responsibilities of officers and committees are being planned for the near future.

Growing together, growing stronger is intentional indeed.





A first: South Atlantic Regional Virtual Conference

After the Covid-19 pandemic canceled any hopes of an in-person regional conference as planned for the April 2020 gathering in Charleston, SC, South Atlantic Regional Director Carolyn Randolph and her staff planned and implemented the first AKA South Atlantic Region's virtual conference. Not only was it well planned but those attending expressed amazement at the completeness of the experience. There were workshops, celebrations, general meetings, and vendors to shop, all during a two-day event in which Sorors did not have to travel any further than their electronic device. Specific reports will be shared by the delegates. Comments received from CDO Sorors attending are as follows:

Dora: "The 67th Virtual SARC was an amazing and informative experience."

Geri: "This awesomely organized and creative virtual conference provided the many offerings of a face to face conference without the exhaustion afterwards."

Jackie: "Awesome production! Just what I expected from the South Atlantic Region."

Olivia: "I enjoyed the excellent platform and ability to visit a variety of experiences, on demand, including vendors, workshops and MY GOLDEN SOROR RECOGNITION."

Marva: "It was well done and informative."

Robbie: "The conference was refreshing and professional in every way!"

Thea: "The virtual 67th SARC experience was fantastic!"

Small Chapter Award



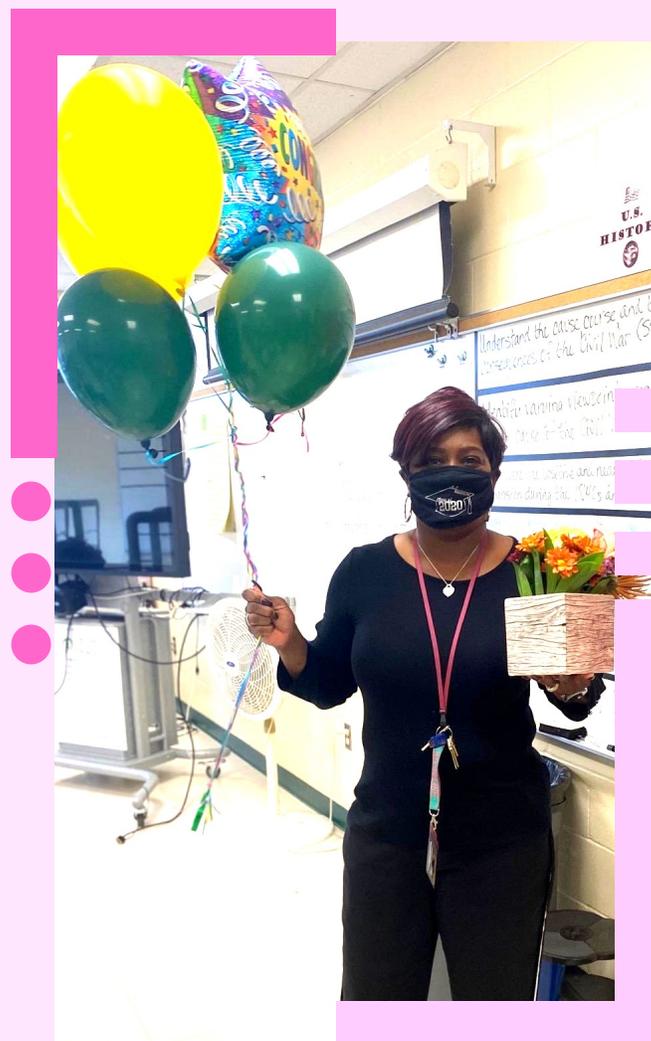
Second Place Silver Star Community Service and Leadership





*Proud of
Chi Delta Omega
Sorors in the
News*

Soror Jacqueline Williams is the 2020 ASA Philip Randolph Career Academy Teacher of the Year! Our congratulations to an outstanding and dedicated Soror who plays a critical role in the lives of future leaders. Soror Jackie, a 15-year educator, embodies characteristics and skill sets necessary to represent teachers throughout Duval County. As a teacher she is highly respected by colleagues and by her students as she consistently delivers game-changing and quality instruction. On numerous occasions her students' performance on district, state and national assessments have been recognized and sets an example for others to reach high. Equally impressed by her commitment to teaching is her service as the School Activities Director, After School Tutor, Shared Decision-Making Committee, and the APR Leadership Team. Soror Jackie was initiated into CDO in 2017 and hit the ground running as a dedicated, resourceful, and contributing member who currently serves as the chapter's Pecunious Grammateus and ICF Ways and Means Co-chair. She is married to Honey-Do Craig Williams.



Soror Katrese Berry had her own personal impact day by hosting 60 high school girls through the TIAA Bank's Junior Achievement "Girls at Work" program in the downtown Jacksonville office. As a TIAA Bank Financial Solutions Center Manager, she leads by example. She took part in providing mock interviews and spoke to the girls about their resume writing and future goals. Her involvement can be seen in a video through the bank. The job shadowing experience, the connection between Soror Katrese and the girls was described as "heartwarming." In addition, for her volunteerism, Soror Katrese was able to obtain a monetary award from the Black Board Giving Program in the amount of \$500 which she presented to the Ivy Community Foundation, Inc. TIAA Bank's motto is, "Created to Serve – Built to Perform." This speaks to the attributes of our Soror Katrese Berry and we salute her for spreading the works of Alpha Kappa Alpha Sorority's initiative on economics.

View Katrese during this impact day by going to the following link in your browser: https://players.brightcove.net/5348771467001/By06Lhs2M_default/index.html?videoid=6145002206001



The Putnam County School District is pleased to announce **Soror Yolanda Brady** as the PCSD Assistant Principal of the Year for 2020-2021!

Yolanda is a product of the South Putnam community as a graduate from Crescent City High School. After receiving her education credentials, she came back to South Putnam to serve our community and raise her family.

She has worked in the capacity of ESE teacher, reading teacher, CRT, guidance counselor, TOSA, and assistant principal. Under her leadership, the achievement of all subgroups in South Putnam has increased.

She continues to place an emphasis on academic achievement and opportunities for all students in Putnam County, and we are so proud to recognize her for her efforts on behalf of our community!



#ProudtobePCSD

Pearl Party Power & Passion

On Sept. 28th, CDO Sorors - adorned in pearls of course, brought energy and excitement during a 90-minute virtual gathering celebrating "The Pearls that Bind Us." The Sisterly Relations and Membership Committees executed a well thought out time of fellowship and fun via Zoom. The combined efforts of passions and purposes yielded opportunities for CDO Sorors to learn more about fellow chapter members through thoughtful expressions, responses to tailored questions and creative displays.

plays fortified the power of CDO's passion for sisterhood in fellowship and fun. Post activity survey responses indicate that a good time was had by ALL! The evening ended with a perfectly precious **pearl poem and prayer** by Soror Flagg.

Soror Alma Dixon virtually checked the **Pearl Passport** of CDO Sorors. During this segment, Sorors reflected upon how their favorite set of pearls made its way to them. One of the most popular Pearl Passport responses was, "My pearls were given to me by my Honey Do." Soror Marva Jones polled the attendees and tallied the votes to find out what style of pearls was most preferred by each CDO Soror. Based on the **Pearl Preference Poll**, the single short strand of pearls is the tops in pearl world for CDO members. Soror Linda Oliver tested the sorors' knowledge of pearl formation and variety during **Pearl Trivia**. Sorors D'Arcy Miller, Susan Crockett and Michelle Vernet displayed high intellect in that activity. By the way ... Do you know how long it takes a pearl to form? The first Sorors to strut the virtual runway were those who had designed a pearl mask for Category 1 of the CDO **Pearl Parade**. The "Best Made Mask Category" winners were Soror Olivia Bereal - 1st Place, Soror Anita Jackson-2nd Place and Pearl Soror Robbie Johnson-3rd Place. Strolling down the virtual runway of the Pearl Parade next, were sorors who competed for the right to have their pearl item declared "Most Unique." There were 3 winners in this second category of the Pearl Parade. Sorors Thea Hines-Jones was the 1st Place Winner with a mini pearl purse for her granddaughter - *A Future AKA*. Soror Jacqueline Williams garnered the 2nd Place slot with her pearl studded clothes hanger. The third place winner was Soror Mary Jennings who displayed a wooden ivy shaped desk topper outlined with precious pearls. The **Grand Marshalls for the Pearl Parade** were none other than our very own Pearl Sorors - Soror Gloria Wilkins and Soror Robbie Johnson. Soror Jacqueline Williams led the sorors in sentimental reflection of the time they clutched their pearls during the **Your Pearls, Your Past** segment.

Special thanks to Soror Emelda Kennerly for keeping Sisterly Relations lively. Special thanks to Soror Thea Hines-Jones for being the Pearl Party Navigator. Three guests were in attendance at the Pearl Party. Two of them were the legacy duo Soror Mischell and Dzestinee Bland, members of Pi Eta Omega chapter (Orange Park) who judged the Pearl Parade. The third guest was a soror from Tampa, Soror Sheryl Diane Brown, who provided cadence for the Pearl Parade with a soulful serenade of "Twenty Pearls". She was initiated into the Gamma Tau chapter at Bethune-Cookman College in 1985 with Sorors Carol Coffie, Terricena Flagg and Dora Giddens as her "Big Sisters". Comments, activities and dis-



1 st Place
Pearl Parade

A Tea For Our Times

Beautiful sorors, stylish hats and an online presence equals a tantalizing tea party. Because of Covid-19, this was not your traditional tea party. The virtual tea, via zoom, was held on October 24, 2020 by Chi Delta Omega's EAF/ HBCU Tea Committee, a sub-committee of Target I - HBCU for Life Committee.

The event presented an opportunity for sorors to celebrate the chapter's awards at the South Atlantic Regional Conference, which included small chapter EAF contributions on Impact Day 2019. Soror Yolanda Pino, EAF Captain, also acknowledged the success of the 2020 Impact Day efforts made by sorors. Chi Delta Omega is indeed a winning chapter!

The Tea focused on keeping in mind the international program targets of Alpha Kappa Alpha Sorority, Inc. Highlights of the Tea included a video of a choir made up of 105 students who attend various HBCUs, singing "Lift Every Voice" arrangement by Roland M. Carter; Soror Sue Fray's meditation, and Soror Thea Hines-Jones' introduction to "Sip and Listen" to jazz from the Harlem Renaissance era. Basileus Hazel Lockett introduced the program's guest artist, Tariq Touré, an award-winning poet and author. He presented several of his poems and his new book for youth titled, David's Dollar, which focuses on the economics of a dollar in their neighborhood. Mr. Toure' is also a former HBCU Top 30 - Under 30 Honoree.

There was plenty of soror participation when Soror Geraldine Dillon kept us guessing in a self-created game called "What's your CDO/HBCU IQ?" Sorors Carol-Wilson Jones and Cassandra Stephenson shared their HBCU story going back some 50 years at Cheney State College. The fun continued with teapot stories from several sorors.

Yes, there was singing, along with pinkies in the air, to the new song "AKA the Best Sorority" written by Soror Sheila Brown from the Mid-Western Region. Soror Hazel had heard the song at the virtual SARC.

Committee Members: Hazel Lockett, Kowanna Johnson, Yolanda Pino, Michelle Vernet, Carol Wilson -Jones, Geraldine Dillon, Sue Fray, Thea Hines-Jones, La Shonda Simmons.



Special thank you to the committee and all sorors who attended the virtual tea.



SMART AKADEMY

“ZOOMS” INTO FALL WITH PROJECTS ON FRIENDSHIP, GOTV, & HEALTHY EATING HABITS



Wearing their Chi Delta Omega Chapter T-shirts, the SMART Girls mentors, commenced the fall season of the SMART AKAdeMy on October 8, 2020, via Zoom. The young ladies of the Boys and Girls Club of Flagler County were wholeheartedly greeted and welcomed by our illustrious Basileus, Soror Hazel Lockett. The "SMART Girls" said their pledge and participated in "getting to know you" activities. Among the activities was a "Concentration" memory board game. The virtual game had the youth trying to match where their names were on an electronic board for fun and a means for the mentors to learn the girls' names. The session ended with time for a SMART Girls chat, allowing time for sharing the week's ups and downs of the past few months.

Meeting twice a month this fall, the SMART AKAdeMy convened again on October 22, 2020. The youth participated in a session centered around the word "SMART". The girls played a Jeopardy game with answers that began with the letters of the word *SMART*, receiving points for correct answers. The game was developed to help build confidence and friendship. The two sessions in the month of November included a political parties bingo game and discussion of the importance of voting on November 3, 2020 as a US citizen. The second session of the month, November 19th centered on eating healthy, diabetes and being thankful. Closing 2020 on December 3rd the youth had an end of the year gingerbread house party and scavenger hunt.

Special thanks and kudos go out to the hardworking, dedicated and creative SMART AKAdeMy team: Sorors Olivia Bereal, Gwen Dunn Carroll, Gerri Dillon, Myra Middleton-Valentine, and Cassandra Stephenson, who develop and lead the activities virtually, twice a month.

COMMUNITY SERVICE DONE SAFELY



Members of Chi Delta Omega are dedicated to community service and are observing safety guidelines in the process. In October, several members who attend the same church, participated in a prayer walk for CANCER AWARENESS. The picture may not illustrate it but the walk was done with social distancing. During the same time period, several CDO members joined members of Delta Sigma Theta, other sororities and fraternities, in a drive thru to remind citizens in the Flagler community to VOTE. Two important tasks completed safely.



Sorors participate in *Mt. Calvary Women's Cancer Prayer Walk*

L to R: Sorors Carol Coffie, Gerri Dillion, Myra Valentine and Vanessa Brown

Target 4: The Arts – Design & Digital Arts Presentation (Act Two)

Act Two of “Exploring a Career in Design and Digital Arts” was presented virtually by Soror Anita Jackson to select students at Flagler Palm Coast High School. This command performance, previously delivered in May 2020, was presented October 30th to three different classes in which she discussed careers in the art and design discipline, a list of Florida colleges and universities that offer art and design curriculum, scholarship websites and expectations of college life.

Soror Anita explained that Art and Design focuses on any kind of design that appears in a digital format (an app or website), rather than in print. Careers include digital artists who create videos, gaming platforms; or



support motion picture or television industries. As a precursor to college, the students will create a portfolio of their work -- whether paintings, poetry, sculpture, or other art forms, as a means for showing their skills, experiences, and interests. The class instructor assigned a follow up assignment and an end of year project. Congratulations to Soror Anita for sharing information with high school students on possible career options in Design and Digital Arts.



When We All Vote

More than any other election in the history of our country, people went out to vote. The message was “Your Vote, Your Voice.” This was an unprecedented time as we dealt with challenges of Covid-19, divisiveness, and economic challenges, but the people did not let that stop them from voting. This was also an exhilarating time for Sorors as we celebrated the nomination of our Soror, Senator Kamala Harris, the first Black and female candidate for Vice President. On election day we wore our pearls with pride and volunteered to assist in some way at the polls or in the community during days prior to election day. It is indeed a new day. We are done with the election, but the fight to preserve this democracy continues. Thank you to all who worked so hard to ensure that voter rights were not blood that was shed in vain.



FOR YOUR HEALTH: Soror Gwen Dunn-Carrol

REASONS FOR WALKING RESEARCH REPORT

Give Your Ideas Some Legs: The Positive Effect of Walking on Creative Thinking
Marilyn Oppezzo and Daniel L. Schwartz
Stanford University*

In this study the authors found that walking at a self-determined pace increased creative thinking. Creative ideas were measured by how many unique and appropriate ways subjects could come up with in four minutes for an object. The examples they gave were a tire or a button. Answers for the tire could be a replacement car part or a ring for a giant. This is called divergent thinking.

The scoring for creative thinking was made while sitting, walking on a treadmill or walking outdoors where the subjects were tested while sitting-sitting (two sessions of sitting), sitting-walking, walking-sitting, walking-walking, first walking on treadmill then outdoors. All sitting sessions were indoors. Then to separate the outdoor experience as a stimulator of increased creativity from walking outdoors, they tested being pushed outdoors in a wheelchair rather than walking.

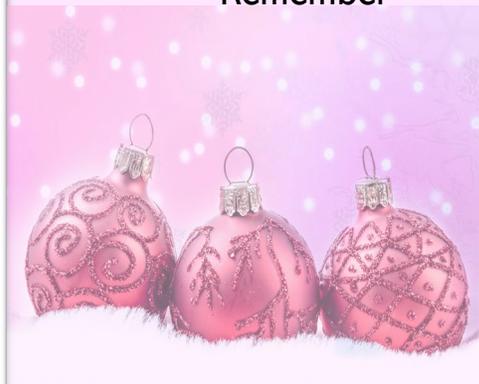
Results: walking increased divergent creative thinking in every setting where walking was present and was greatest when the walking was outdoors. The effects on creative thinking was increased in both outdoor exposures, in wheelchair and walking with walking having the greatest effect. The increase for those pushed in the wheelchair indicates the wheelchair bound will benefit from going outside. The outdoor setting as a variable required the disqualification of subjects due to distraction because of the uncontrolled environment.

Take a walk to stimulate your creative juices and remember to report your steps to Soror Kowanna at the end of each month.

* Journal of Experimental Psychology:
Learning, Memory, and Cognition
2014, Vol. 40, No. 4, 1142-1152



"A Christmas to Remember"



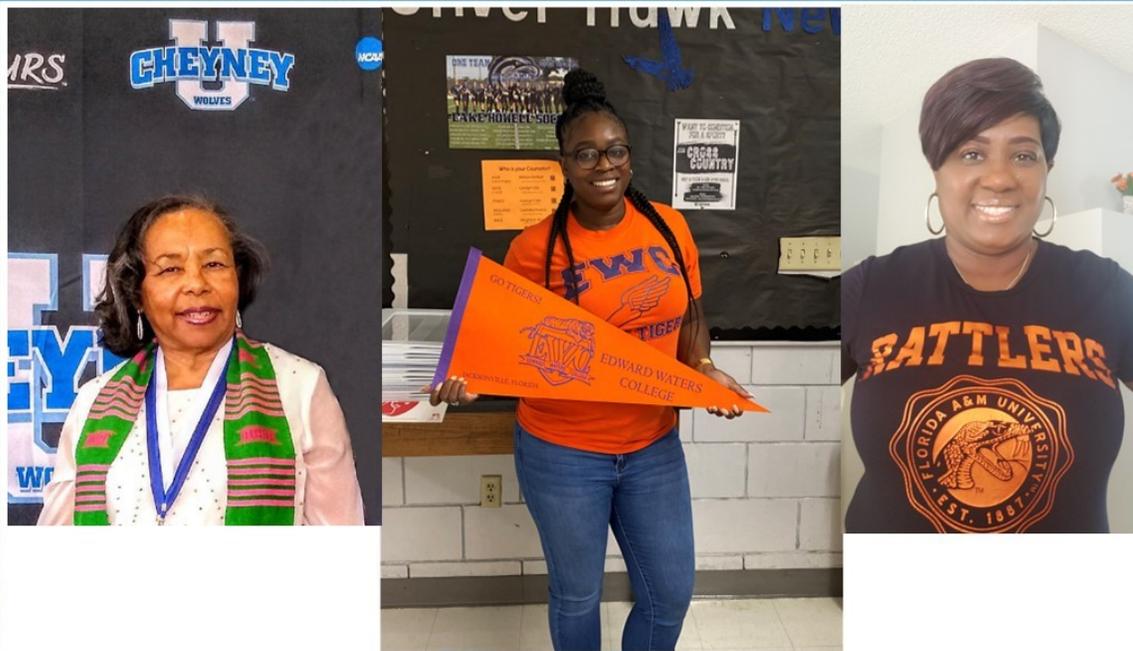
Donation of dolls for children in foster care under the supervision of Community Partnership for Children, Inc.

Thank you sorors!

(Continued from page 1)

CDO Members Celebrate HBCU Week in Style





CDO Members Show Support for HBCUs



To Your Health! The Importance Of Vitamin D

Contributed by Dr. Gwendolyn Dunn Carrol
Target II Health Committee Chairman

Sorors, there are enough scientific studies to support the recommendation to take Vitamin D as an additional public health intervention to lessen COVID-19's devastation while we wait for a vaccine. African Americans are known to be deficient in vitamin D because melanin in darker skin blocks the body from producing sufficient vitamin D. While completing research on the topic, Soror Gwen discovered this statement by Dr. Fauci, which was posted on Instagram, when asked about immune-boosting supplements: *"If you are deficient in vitamin D, that does have an impact on your susceptibility to infection. So, I would not mind recommending, and I do it myself, take vitamin D supplements."*

In 2017 before the COVID-19 outbreak, a study that used the data from 25 randomized double blind placebo studies where vitamin D was given to some subjects and cases of acute respiratory infection that occurred thereafter were noted. 'This type of study is the gold standard in determining causation and the results mean that this study proved that supplementation with vitamin D will reduce the risk of acute respiratory tract infection among all participants. The protection was found to be graded, with the most reduction of cases found among the subjects with the greatest deficiency in blood level of vitamin D (25-hydroxyvitamin D), with diminishing protection for those with higher circulating blood level of the vitamin. In other words, Black people will benefit more from taking vitamin D because we have the highest deficiency. Vitamin D given daily or weekly was shown to be protective, but no such protection was derived when a large bolus dose was given alone or with daily or weekly doses.

On October 31, 2020, a news release reported that doctors at the University of Cantabria in Spain found 80% of their hospitalized Covid-19 patients had vitamin D deficiency and recommend giving supplements. COVID-19 is an infection, and the preceding study makes it clear that a population taking vitamin D would have prevented some of these cases.

The CDC and Georgia Department of Public Health reported on findings from COVID-19 patients in eight hospitals in the Atlanta area. Their findings from a patient sample of 305 were: 29% were over 65 years of age, 83.2% were black, and only 26% did not have comorbidities. In an examination of the comorbidities, (which we have heard was the cause of Black patients high number of cases) the findings were: neither diabetes, chronic lung disease, cardiovascular disease, asthma, or severe obesity was significantly different between races. Blacks did have a higher BMI---31.4 Blacks to 29.6 non-Blacks, and Hypertension---69.6% Blacks to 54% non-Blacks (but hypertension was never considered a comorbidity). In other words, this study shows that comorbidities that we have heard are the reasons we are more highly represented in COVID-19 cases are not data supported.

More a case of blaming the victim. ²

A large study (191,779 patients) that included patients from all 50 states of the USA, grouped in Northern, Middle, and Southern zones, has shown that higher latitude decreased the amount of circulating vitamin D, as did age, and most importantly the amount of melanin in the skin (race). The subjects were given tests for COVID-19 from March to June 2020 and their prior blood level for vitamin D (25-hydroxyvitamin D) was extracted from medical records collected within the prior year. Those that tested positive for COVID-19 (9.3% of subjects) were compared to those that tested negative. Afro-Americans had the lowest circulating vitamin D (therefore they had the largest number of COVID-19 infections). While the population with the least melanine predictively had the highest vitamin D and lowest number of positive tests. The lighter brown population was in the middle for both cases and circulating vitamin. When the circulating blood level of vitamin D, 25-hydroxvitamin, was charted against the number of positive cases there was an inverse relationship. The number of positive tests was greatest when the circulating vitamin was least.³ (This explains the news that Afro-Americans have more COVID-19 case with more serious outcomes) We need vitamin D now and the need will grow as the winter sun gets less.

This information is presented to share research studies that show the COVID-19 virus may be made less threatening by taking vitamin D. It is suggested that individuals consult with their physician to discuss the need and

(Continued on page 15)

(Continued from page 14)

dosage. Lab work may be needed to ascertain the level. Pass the word along, vitamin D works best for the most deficient. Vitamin D is an inexpensive over the counter supplement and a daily dose from 2000 – 3000 international units is considered safe.

(1, 2, 3 - References provided upon request)

CONGRATULATIONS SOROR KAMALA HARRIS!

Alpha Kappa Alpha Sorority member makes history, continuing a legacy of FIRST.



Soror Harris is a graduate of Howard University (HBCU), the site of AKA's founding in 1908.

Happy Holidays



STAY SAFE.



Post Office Box 351268

Palm Coast, Florida

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Editor: Myra Middleton-Valentine

Layout: Yolanda Pino

Copy Editor: Cerrito King

Edition Contributors: Olivia Bereal,
Carol Coffie, Geraldine Dillon, Gwendolyn

Dunn- Carroll, Anita Jackson, Cerrito King, Hazel Lockett,
Yolanda Pino, Cassandra Stephenson,