

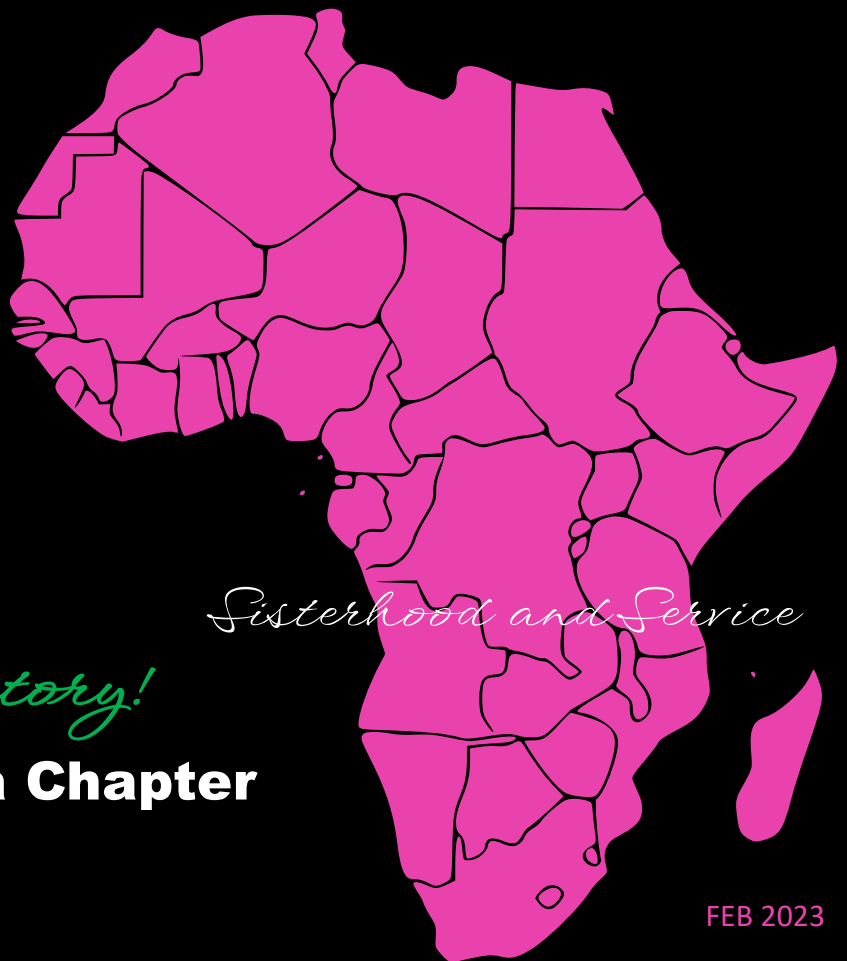


Alpha Kappa Alpha Sorority, Incorporated®

2023

IVY

Chronicle



Sisterhood and Service

*We are **HER**story!*

Beta Delta Omega Chapter

Jackson, MS

FEB 2023

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Be Our Sweet Heart

Boots & Brims

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MESSAGE FROM THE BASILEUS

Beta Delta Omega Chapter continues in February with “Service and Sisterhood”. During the month of February, we recognize Black History Month as well as Heart Health Month. The Ivy AKAdemy provided Black History activities to the students at the Bethlehem Center. There were activities each week and the students thoroughly enjoyed them. The month-long weekly activities were concluded with the Cardozo Middle School Choir who provided old Negro spirituals to the students.

The Enhance Our Environment and the Strengthen Our Sisterhood Committees held a Paint, Sip and Plant that was enjoyed by all. The sorors and guests used their creative minds to make beautiful pots to plant tulip bulbs. Over 80 residents of Harmony Court were the recipients of those potted plants.

The 91st South Eastern Regional Conference was one to remember. The execution of the events was flawless, with exciting activities and star-studded entertainment. We painted Rocket City Pink and Green. Beta Delta Omega Chapter was well represented with over 90 sorors attending and leaving with several awards and recognitions. Let’s not forget our Undergraduate Chapters, Gamma Omicron of Tougaloo College who won the 3rd Highest GPA in the Region, and Gamma Rho of Jackson State University who won The Legacy Award and the New Soror of the Year. Congratulations to all Winners.

Heart Health Month is a time for us to commit to living a better lifestyle. Women’s Health will always be at the forefront of society, especially in the African American Community. The “Be Our Sweet Heart” event, sponsored by the Health and the Mental Health Awareness Committees, helped us to focus on our health. I hope each of us is making an effort to care for ourselves, mentally, physically, emotionally, and spiritually. Blessing to you all.

February was indeed a busy month with activities. We kicked off the AKA Soror Squads!!! There are over 30 intergenerational groups and sorors are encouraged to mix and mingle often. Have fun getting to know each other.

In Sisterly Service,
Sharron U. Williams, Basileus
2023-2024



91st South Eastern Regional Conference

The 91st South Eastern Regional Conference was held February 23-26, 2023, in the Rocket City also known as Huntsville, AL. The sorors of Cluster II rolled out the pink carpet that set the tone and foundation for a wonderful conference experience for over 6,000 registered sorors to Soar to Greater Heights, Igniting the Power of US.

Traveling by Beta Delta Omega's chartered bus, plane or car, Beta Delta Omega sorors enjoyed reconnecting with their sisters from all over the three-state region. Electronic check-in processes made registration 'easy breezy' and without a hitch. Sorors started the event by strutting and donning pretty cowgirl boots and hats at the Sisterhood Day Party before getting down to business later at the public meeting. Workshops, plenary sessions, and various forums kept sorors engaged during the 4-day conference. Madam Regional Director, Soror Tracey Morant Adams captivated the audience as she gave an exhilarating state of the region at her inaugural regional conference.

Many agreed that the highlight of the conference was the Regional Director's Awards Gala. In pink and green sophisticated formal attire, sorors arrived to a beautifully and elegantly decorated ballroom. In addition to the presentation of awards, the entire evening was festively filled with music, food and great conversations.

As the 91st SERC came to a close, during the Ivy Beyond the Wall ceremony, sorors remembered sorority members that had passed on and reflected on why Alpha Kappa Alpha remains supreme and even more relevant today. Congratulations Soror Tracey Morant Adams, South Eastern Regional Director!



 **Alpha Kappa Alpha Sorority, Incorporated.** 

91st South Eastern Regional Conference

Huntsville, AL
February 23-26

"Soaring to Greater Heights, Igniting the Power of Us"

Tracey Morant Adams
South Eastern Regional Director



AND THE WINNER IS....

Beta Delta Omega Chapter!

**GRADUATE CHAPTER
AWARD WINNERS**

**South Eastern Basilei Award
South Eastern Newsletter Award
Jo Celeste Pettway Graduate Achievement Award
Mary B. Conner Sisterly Relations Award**

**GRADUATE INDIVIDUAL
AWARD WINNER**

Soror Tasha McCullar

**UNDERGRADUATE INDIVIDUAL
AWARD WINNERS**

Mitzi Dease Paige Legacy Award
Soror Kayla Carter – Gamma Rho
Jackson State University

Velma Lois Jones New Soror of the Year Award
Soror Naomi Harris – Gamma Rho
Jackson State University

**GRADUATE INTERNATIONAL
PROGRAM AWARDS**

Excellence in Education
Beta Delta Omega Chapter

Soaring Now Award
Beta Delta Omega

40 UNDER 40 AWARD
Soror Alilia Price

REGIONAL CONFERENCE RECAP



THE LOOK OF WINNERS...





ENHANCE OUR ENVIRONMENT



Paint, Sip & Plant

The Enhance Our Environment, Membership and Strengthen Our Sisterhood Committees sponsored a "Paint, Sip & Plant" event. Sorors and invited guests experienced a fun-filled end to their work week with a Friday night painting and sisterly fellowship event. Friendly competition erupted between attendees as they colorfully painted flower pots, planted tulips and enjoyed refreshments. The evening also consisted of an African American trivia team game, which added an extra 'punch' to the evening. This was a fun way to reconnect with inactive sorors.



Harmony Court Plant Donation

Over 80 cheerfully painted flower pots were filled with tulips and donated to the Harmony Court Assisted Living facility. Residents will certainly have beautiful flowers to enjoy this spring.



Be Our Sweet Heart!



In an effort to raise awareness for heart health and in recognition of February being Women's Heart Health Month, Beta Delta Omega Chapter held its "Be Our Sweet Heart" event on Sunday, February 19, 2023, at the BDO Center. This free event was critically necessary because heart disease is the leading cause of death among women in the United States and is the number one cause of death in Mississippi.

Sorors and guests got a chance to get their hearts racing with a Zumba class and then cooled down to a smoothie demonstration. Participants were also engaged with mental meditation and listened attentively to a candid heart health discussion. Attendees were reminded that stroke and heart disease can be prevented by simply getting active, eating smart and getting regular checkups.



HEART HEALTH IS A SERIOUS MATTER

Candace Holloway, APRN, NP-C

You can love your heart by controlling your cholesterol, reducing your blood sugar, managing your blood pressure, becoming active, eating a heart-healthy diet, managing your weight and stop smoking. See your primary care provider to start your journey to a healthier heart and a healthier life.



Tanyonisha Dale, MSN RN

Snacking on the right foods can be an important part of a healthy diet. Instead of reaching for snacks that have a lot of sugar, salt, and saturated fats which can raise the risk for heart disease, let's try choosing some healthier options. Here are some heart healthy snack options to consider:

- Apples with nuts or nut butter
- Roasted Chickpeas
- Energy balls
- Whole grain crackers with hummus
- Roasted carrots with avocado dip
- Roasted spiced nuts or roasted pumpkin seeds
- Green Smoothie or Greek yogurt with blueberries
- Edamame



Let's keep a healthy heart!



BOOTS & BRIMS

BDO SORORS SUPPORT SCHOLARSHIP FUNDRAISER

Beta Delta Omega sorors supported Delta Sigma Theta Sorority, Inc. and Omega Psi Phi Fraternity, Inc. chapters by attending their 2023 Annual Boots and Brims Scholarship Fundraiser. The western-themed and fun-filled event takes place every year at the Canton Multi-Purpose Center in Canton, MS.

AKA sorors along with members of the divine nine fellowshipped and enjoyed the comradery of their fellow National Pan-Hellenic Council members. The evening was filled with dancing, listening to music and great food!



We are so glad that you are here!

WELCOME TO BETA DELTA OMEGA

The Membership Committee and all chapter members are pleased to welcome all of the sorors who have chosen to make Beta Delta Omega their new chapter home. The following sorors have transferred and/or reactivated with the chapter since January 2023:

Patricia S Daniels	Alexandria Morgan
Jorri Davis	Arnita Ford Norwood
Terrica Gray	Ena Scott
Stephanie Holt	Xhana Thompson
Damasia Jordan	Zuri Williams
ReJohnna Brown Mitchell	Foslesshia Winston
Shanderia Minor	Tameka Winston

The committee is proud to spotlight the following sorors:

Soror Jorri S. Davis

Soror Jorri S. Davis is a Spring 2000 initiate of the Gamma Phi Chapter at Alcorn State University. She completed her undergraduate degree at Alcorn State University. She attended nursing school at the University of South Alabama, and she received her Doctor of Nursing Practice from Wilkes University in 2020. Soror Jorri is a native of Canton, MS, and she is currently a Family Nurse Practitioner and Assistant Professor for the UMMC School of Nursing. She is also a charter member of Omega Beta Omega. Her favorite book is *When Women Pray* by T.D. Jakes, and one of her hobbies is gardening.





Soror Alexandria Morgan

Soror Alexandria Morgan is a Fall 2019 initiate of Gamma Omicron Chapter at Tougaloo College. She is a native of Jackson, MS, and she is currently a graduate student at Brown University (MPH). Soror Morgan is a lover of all books written by Colleen Hoover. She enjoys traveling, shopping, and spending time with family & friends.

Soror Foslesshia Winston

Soror Foslesshia Winston is a 2021 initiate of the Omicron Iota Omega Chapter in West Monroe, Louisiana. Soror Winston is from Bastrop, LA and she is currently a teacher. She attended the University of Louisiana at Monroe and Grand Canyon University. Her hobbies include shopping, watching movies, vacationing, bike riding and cooking.



Soror Tamika Winston

Soror Tamika Winston is a 2021 initiate of the Omicron Iota Omega Chapter in West Monroe, Louisiana. She is a teacher who is originally from Bastrop, LA. She attended the University of Louisiana at Monroe and Grand Canyon University. Her hobbies include cooking, painting, exercising, traveling, volunteering, and volleyball.

Happy Birthday Sorors!



Golden Soror
Mary E. Peoples

Golden Soror
Dorothy Palmer Williams

Felicia Gavin	2-Feb
Rashida Warren	4-Feb
Dorothy P. Williams	5-Feb
Pamela Smith Self, PhD	5-Feb
Sara Coleman	10-Feb
Terryce N. Walker	10-Feb
Jillian Burt	12-Feb
Geneen Russell	13-Feb
Michelle Owens	15-Feb
W. Miranda Freeman	16-Feb
Shirley Christian	17-Feb
Junoesque Leggette Jacobs	18-Feb
Krystle Eichelberger	19-Feb
Vershun L. McClain	19-Feb
Audrey Hall	22-Feb
Rhonda Sullivan-Ford	22-Feb
Candice Beasley	23-Feb
Jessica Strahan	23-Feb
Shunda Bogan	24-Feb
Tritresher Sizer	24-Feb
C. Denise Wright	25-Feb
Kayla Green	25-Feb
Tosha Garner	25-Feb
Althea Davis	26-Feb
Pamela Burney-Wilson	26-Feb
Stacey Mathews	26-Feb
Dolores Williams	28-Feb
Jasmine Haynes	28-Feb

