



JEAN TOLBERT NEWSLETTER AWARD

PHI IOTA OMEGA

BIRMINGHAM, ALABAMA





Celebrating 100 Years:  An Explosion of Excellence

Awards Entry Form

Note: Make copies of this form and submit with each award entry. An image of this form should be the first slide following the title page. Please complete all requested information.

Name of Award: Jean Tolbert Newsletter Chapter Name: Phi Iota Omega

☒ Graduate ☐ Undergraduate

Chapter Size: ☐ S ☒ M ☐ L ☐ XL

Number of Sorors in Chapter as of 12/31/2020: 118

Chapter Location (City/State): Birmingham, Alabama

College or University (If undergraduate chapter): _____

Chapter Basileus' Name: Betty Wells Basileus' Phone: 205.529.2102

Basileus' Email: wells.betty@gmail.com

Soror's Name (if individual award): _____

Important!

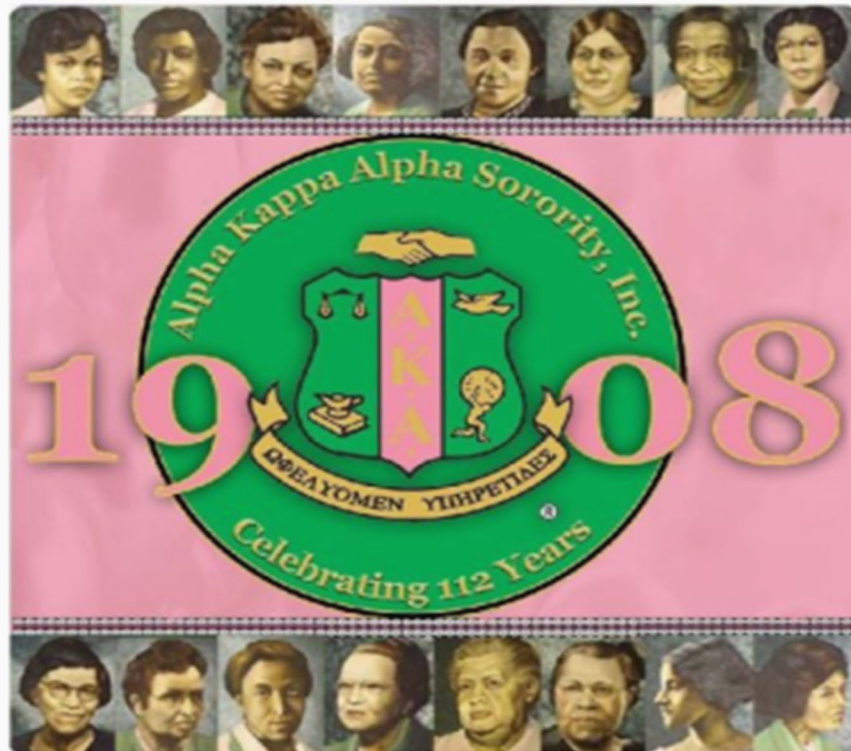
Include an image of this Awards Entry form on the first slide after the title page.

*Chapter size is based on number of members at the end of 2020.

Judges must review this form before judging takes place.

Note: The award will be disqualified if this page is not the first page of award entry.

Phi Iota Omega



The Pearl Journal

Alpha Kappa Alpha Sorority, Incorporated
Jan. 2020 edition



A message from our Basileus
always sets the tone for the
quarterly newsletter.



A Message from the Basileus



Dear Sorors:

As we move through 2020, "The Roaring Twenties," I am optimistic that we will reach new heights as individuals and as a chapter.

Continuing with A is for Attitude by Soror Patricia Russell-McCloud, I want to explore "X is for X-ray". X-rays have the unique ability to illuminate what's below the surface. Imagine using an x-ray with all individuals you cross each day! Looking below the surface, you learn that most people genuinely mean well, and it does not take long

to find their soft spot. Once you find a Soror's soft spot, hold on to that knowledge and keep it in mind on their bad days.

We all have baggage: some more than others. Even the sweetest, kindest, cheeriest Sorors have bad days. If someone is less than sisterly, please do not take it to heart. Accept that her actions were likely unintentional. On the flip side, once you step back and realize your own unsisterly actions, I am asking that you reach out with an apology. A simple "I apologize" can be a source of comfort to the receiver and relief for the giver. Remember, we all have good and bad, so when you disregard a Soror without getting to know her, you are not using your x-ray to see what "good" she has to offer.

The year has begun, but there is still time to add another resolution: turning on our internal X-ray to always see the good in our Sorors. Remembering others' bad days are not to be taken personal, and criticism only hinders our work of providing service to all mankind, lovingly.

With Sisterly Love

Sundra S. Smith



AKA Caregivers Day
This event was just one way we
showed our love to our
community.



112 Years of Service to All Mankind

AKA Caregiver Day

The last AKA National Impact Day for 2019 was AKA Caregiver Day: November 17. In recognition of Caregiver's Day, PIO chapter members were invited to identify a person who is a primary caregiver. And the chapter provided Caregiver basket to two caregivers to help show them they are appreciated and to care for themselves.



Florence Perry has Alzheimer's and needs constant care. Bertram Perry cooks, cleans, baths and transports Florence to various MD appointments. He does this with a smile and does not ask for help. I have volunteered to sit with his wife so he can have a brief respite to go to the movies, dinner or a moment for himself. But he refuses, and says no, he will stay with Florence. He says "if something happens to me, I do not want Florence to go to a nursing home." Thus, he saves a portion of his retirement check for her care. As her primary caregiver, he has set the bar high for others who are caregivers. This nomination was submitted by Soror Sundra Smith.

Soror Shaesa Lewis shared that Ms. Cheryl Henderson's daughter, Soror Sherita Henderson, has been in a vegetative state for about eight years. Sherita fell into a coma shortly after the birth of her daughter. Her mother Cheryl has been taken care of her since then. Although Sherita is in a rehabilitation/nursing home her mother still cares for her. She washes all her clothing, visits her daily, and monitor her condition. All while caring for her grandchildren. These are just a few reasons why I believe that Ms. Cheryl Henderson would be a great recipient for this nomination.

Henderson would be a great recipient for this nomination.



PIO chapter's 'AKA Caregiver Impact Day' activity was coordinated by Soror Corlene Morrow.



#CAP and HBCU 4 Life



College Admissions Process (#CAP)

For the 2019 school year, several Sorors have volunteered their time to conduct college admissions process workshops for Jackson Olin high school juniors. These workshops were conducted every third Thursday of each month from 9:30-10:45am. Through #CAP, we have impacted approximately 60 students from September-November of 2019. We also set up a college informational table at a Jackson Olin home football game in October to answer parent and student questions regarding the college admissions process.



We have also given the students an opportunity to submit practice essays on a variety of common application and scholarship questions for a chance to win a gift card. We will continue our partnership with Jackson Olin for the remainder of the 2020 school year..

Phi Iota Omega Chapter Donations to HBCU for Life

Sorors, thank you for your generous donations. At the close of 2019 we were able to donate a total of \$1,802.50 to EAF. This includes the donation you made to your HBCU of choice. In addition to a \$100 HBCU for life raffle donation. Listed below are the amounts donated per HBCU. The winners of the \$35 pledge are highlighted in green: 1st place - Miles College, 2nd place - Alabama A&M University, and 3rd place - Tuskegee.

Alabama A&M University	\$ 528.50
Alabama State University	\$ 50.00
Alcorn State University	\$ 75.00
Benedict College - Columbia, SC	\$ 283.50
Bethune Cookman University	\$ 28.50
Miles College	\$ 585.00
Stillman College	\$ 133.50
Talbot College	\$ 85.00
Tuskegee University	\$ 258.50
Xavier University	\$ 85.00



Global Impact ...we continue to give shoes and eyeglasses to Soles 4 Souls



Target 5 - Global Impact



Sorors of Phi Iota Omega Chapter ended the year on a high note. During the last quarter of 2019, we partnered with local schools to collect 540 pairs of shoes and 282 pairs of eyeglasses. The shoes were donated to Soles 4 Souls and the eyeglasses were donated to the Lions Club International. Both organizations expressed their gratitude for receiving the donations and will look forward to future contributions and collaboration with our chapter.



We're excited to work in conjunction with organizations that assist people who are underserved in international communities. A special thank you to everyone who donated items and volunteered to prepare them for shipment. We can proudly say that our chapter has helped to make a Global Impact. We're pleased to engage in activities that are beneficial to our communities and remain committed to be of service to all mankind.



Grace House and First Light are local shelters we have been supporting for many years.



PIO Wraps Gifts for Grace House

Phi Iota Omega sorors, and guest helped make gift wrapping hassle free and raised funds for Grace House during our annual Grace House Gift Wrap on December 01st at the Riverchase Galleria. As the song goes "It's the most wonderful time of the year".

A total of 30 Sorors and 8 guests assisted shoppers with what some of us love and others, not so much, by wrapping gifts for our loved ones. There were two booths on each end of the mall available to help raise funds for a great cause and that's to help

young Alabama women who've survived turmoil and seek sisterhood. Because of our efforts we were able to raise a total of \$222.00 which included donations.



PIO has been a part of this non-profit annual fund-raising for over 15 years. This is an event where all sorors and friends interact, share laughs and take pictures for memorable moments. We all enjoy doing something we have a passion for and that's helping others along with each other.

First Light Shelter

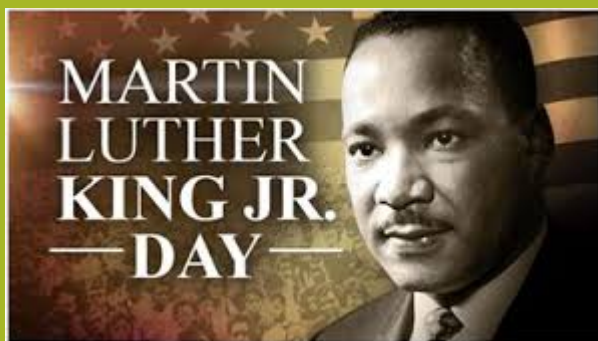
On November 17, 2019, members of PIO and guests gathered in the kitchen of the First Light Shelter to prepare meals for the homeless youth of Birmingham, Alabama. This quarterly event is a part of the Operation AKA Assist initiative under Target 3: Building your Economic Legacy.



Through these efforts, PIO were able to provide seven gallon-size bags of taco soup, eight gallon-size bags of vegetable soup and bags of bread to accompany the soup.

Members of PIO delivered the food to the Project HOPE Day Shelter for Homeless Youth along with items to aid the homeless youth in the winter months. Among these items were coats, blankets, sleeping bags, socks, and backpacks collected during October and November chapter meetings. A total of 391 items were collected for the youth.

Ashley Harvey, Chair of Target 3, appreciates the participation of all sorors and guests in making this event a success. These events will continue into 2020.



IMPACT Day:
Dr. Martin Luther King, Jr. had a
spirit of service and we continue
to live out his legacy in
everything we do.



MLK Day of Service Impact Day

By Soror Crystal Alston



Dr. Martin Luther King Jr. said, "Everybody can be great because anybody can serve." On January 20, 2020 Phi Iota Omega (PIO) Chapter provided an hour of service at South Health and Rehabilitation LLC. PIO Sorors assisted the residents with one of their favorite activity BINGO, coordinated by Soror Crystal Alston. PIO Chapter had an overwhelming number of sorors-30 and guests-14 to help serve. PIO gave goodie bags to the BINGO winners. Goodie bags were left for the residents who could not play BINGO. The goodie bags included (apples,

oranges, cozy white socks, and soft peppermint). Although it was the coldest day of the year, our hearts were warmed by smiles from the residents.



Care for the Caregivers

Phi Iota Omega Chapter recognized the awesome work done by the caregivers at the South Health and Rehabilitation Center during our MLK Day of Service visit. Chapter members presented goodie bags to the Director of Nursing recognizing the efforts of the staff in providing quality care for the residents of the facility.

Walking With the Supreme



The PIO Walking Team had its first walk of 2020 on January 14th at the Brookwood Mall. The Sorors who attended walked for 45 minutes with an average 2.5 miles (6000 steps).

Please join us every 2nd Tuesday of the month as we get moving toward Improved health. Our next Walk will be February 11th at 545pm.



J15 is time for us to SET IT OFF
and reclaim our lost pearls



PIO Sets it Off for J15



Phi Iota Omega Chapter set off a flurry of activity on January 15, reclaiming lost pearls and Igniting energy among sorors gathered at Iron City Grill on 6th Avenue South. More than 100 sorors attended, including six who reactivated with Phi Iota Omega on the spot.

The event, coordinated by the Membership Committee, has become a "gotta-be-there-affair" for sorors each year who look forward to paying tribute to our founders by celebrating sisterhood in Alpha Kappa Alpha Sorority, Inc.

Soror Nikki Seaborn, Membership Committee chair, welcomed the crowd and encouraged sorors to enjoy ice-breaker games coordinated by Sorors Natalie Conwell and Na'Dia Agee. Co-chairs Gabrielle Smith and Crystal Alston helped keep the event program flowing.

Throughout the evening sorors enjoyed good food and sisterly bonding, which was a lot easier this year because Phi Iota Omega filled the entire restaurant. When the speakers pumped up with "Set It Off," sorors celebrated the day with a sassy stroll.

Everyone topped off the two-hour event with sweet treats – pink and green cupcakes.

At least 10 sorors reactivated in January, including the six who were reclaimed on J15. Phi Iota Omega Basileus Sundra Smith said the chapter is looking forward to an exciting year of service, that will include the contributions of the all sorors.





We take our awards seriously.
We work hard to submit award
winning books to highlight our
chapter's hard work and
accomplishments.



AKA PIO Newsletter - Awards Committee



Members of the Awards Committee met several times in December 2019 and January 2020 to review progress on the award scrapbooks for competition at the 88th South Eastern Regional Conference in Knoxville TN. Sorors are assigned or volunteer to gather the resources and to prepare one or more books. They can choose to use a regular binder or a scrapbook. There are four individual Soror books for the Basileus, Entrepreneur, Soror of the Year, and Silver Star. We have five

chapter award books that were prepared in cooperation with committee chairmen: Graduate Achievement, Connection, Collaboration, African-American History, and Reactivation.

We have some really creative sorors. Others are great at gathering and organizing the materials. Still other are great at editing the materials. Most of the work is done at home where sorors have easy access to the Internet, including the PIO website and Flickr website, and their own computers and printers, and scrapbooking tools and materials.

Scrapbooking sessions were scheduled on Sunday afternoons at St Mark's Episcopal Church in Birmingham and Michael's Craft Store in Hoover. During those sessions, we reviewed previous year's books, reviewed the progress of each current book, exchanged materials, purchased new materials, and requested the printing of photos and documents. The Epistoleus and Ivy Leaf Reporter were always present and helpful.

All nine books were ready for shipping on January 17, 2020 deadline. Please thank members of the Awards Committee, Sorors Valaida Gentry, Samuella Nesbitt, Gabrielle Smith, Sonja Smith, Sundra Smith, Catherine Stanley, Sherrel Stewart, Rena Ramsey, Carlessia Seaborn, Cherise Thomas, Betty

Wells, and Deborah Huff, Chairman, for the use of their time, resources, and creativity in sharing the good news about the plentiful good works of Phi Iota Omega Chapter in 2019





Proud to celebrate 20 years of service to the Birmingham community



20th Anniversary Celebration



On December 21, Sorors, family and friends stopped to celebrate the chartering of Phi Iota Omega Chapter, Alpha Kappa Alpha. The Emeralds of Excellence was the theme to represent the 20 years of serving the Birmingham community.



The chapter can be proud of its rich accomplishments in its relatively short history. Phi Iota Omega has provided more than \$150,000 in scholarships to deserving students in the area, adopted schools and provided supplies, mentored students in high schools throughout the area, registered hundreds to vote



and feed many hundreds of homeless people. Additionally, members of the chapter have served on various South Eastern and International Committees.

The Boutwell Exhibition Hall was decorated with Emerald and pink using live greenery and candles of various heights. Members and family danced, strolled, line-danced to the sounds provided by the DJ and dined on a deliciously catered meal.

As we stopped to bask in our sunshine of accomplishments, we were re-energizing our bodies as we continue our commitment toward working to improve the quality of life for all mankind.



Educating chapter members on Parliamentary Procedure so we can handle the business of Alpha Kappa Alpha efficiently and effectively.



Parliamentary Corner

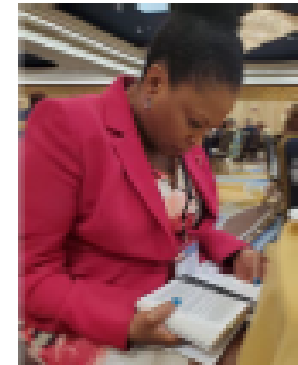
Point of Order



The parliamentarian corner of the Phi Iota Omega's newsletter is titled "the Point of Order." It will provide tips to the readers on various rules and parliamentary procedures. You can refer to these guidelines for any meetings that follow Robert Rules of Order. Rules of Debate provided by the latest Graduate MIP Manual (April 2019)

Rules of Debate

- A soror may not speak until recognized by the Basileus/Chairperson.
- All remarks should be germane to the motion. (germane is defined as being relevant to the subject matter under consideration)
- Only one motion may be considered at one time.
- Sorors should speak loudly and clearly and stand when speaking.
- The soror who makes the motion has the right to speak first.
- Verbal attacks of a personal nature are not permitted.



- All remarks should be addressed to the Basileus.
- Each soror should be allowed to speak once on the question before being allowed to speak a second time.
- The Basileus has the right to vote, but usually refrains from voting unless breaking a tie.
- The Basileus must always call for the negative vote regardless of near enmity of the affirmative.
- No soror may speak to a question after the voting has been completed.
- A main motion, once defeated, cannot be re-introduced at the same session.
- Minutes should contain a record of what was done at a meeting, not what was said by the members.

If you have any questions, you can always feel free to contact me via email: attycaln@yahoo.com, phone: 203-218-2675 and or text 203-261-1469. I will be more than happy to help.



Taking the time to get to know our new chapter members. They reclaimed their pearls on J15.



Member Spotlight

PIO-Membership Committee (Soror Tiffany Henderson Mullins)



1. When and where were you Initiated? Lambda Eta Chapter (Mississippi State University), February 25, 2001
2. Family/Pets Husband Charles, daughter Kennedy (age 6). Our 16-year-old Yorkie recently passed away, so no pets now (RIP Taz!)
3. Occupation: Physician (Anatomic and Clinical Pathologist)
4. Hobbies/Hidden Talent(s): I play(ed) several musical instruments.
5. Favorite thing to watch or do is ... Favorite things to watch are

historical documentaries and the National Geographic Channel. Favorite thing to do is spend time with my family.

6. Do you have a bucket list and if so what's on it? I want to travel to Greece and Italy, Bora Bora/French Polynesia and Alaska.

7. Who or what motivates you and why? I believe in leading by example, so having a daughter who looks up to me really motivates me and keeps me going.

8. Guilty Pleasures? Chocolate, and video games.

9. How do you unwind/relax? Listening to music, taking a long scenic drive.

10. Your favorite sport(s) and the team you cheer hardest for is ... ?

Mississippi State Bulldogs! Hall State!!! Football

PIO-New Member Spotlight (Soror Vanessa S. White)



1. When and where were you Initiated? Theta Sigma (UA) 1980
2. Family/Pets: Married to Clifton; we have a son, Brandon No pets.
3. Occupation: Retired.
4. Hobbies/Hidden Talent(s): Sudoku
5. Favorite thing to watch or do is ... Hallmark movies and MSNBC.

6. Do you have a bucket list and if so what's on it? no bucket list

7. Who or what motivates you and why? attempting to live up to my late mother's legacy of love and kindness

8. Guilty Pleasures? Daytime soaps and Blue Bell Homemade Vanilla Ice cream

9. How do you unwind/relax? Reading the book selections for the library book club

10. Your favorite sport(s) and the team you cheer hardest for is ... ? I cheer for the UA football team and the UAB basketball team.



Attendance Matters:
Being present allows your voice
to be heard not only locally but
also at conferences.



Philacter's "AKA-Roll" for 2019 By Soror Ashley Weaver

Philacter's "AKA-Roll" for 2019

"Pearl"fect Chapter Attendance (*attended all 10 Meetings*)

Linda Allen-Jackson

Tanita Cain

Subrena Cox

Ashley Harvey

Stephanie Miller

Nikki Seaborn

Angela Shelley

Gabrielle Smith

Sundra Smith

Sherrel Stewart

Cherise Thomas

Ashley Weaver

Chapter Meetings with the Highest Attendance (*Top 3*)

March (74)

April (67)

January (66)

Conference with the Highest Attendance

South Eastern Regional Conference (54)

Activities with the Highest Attendance by Chapter Members (*Top 5*)

#J15 Reactivation Activity, *Membership* (60)

Retreat, *Sisterly Relations* (56)

MLK Day of Service, *Programs* (45)

Pink Goes Red, *Programs* (37)

PIO Leadership Seminar, *Standards* (35)—*Tied*

Founders' Day Celebration (35)—*Tied*

Awesome job Sorors on a great year of participation! Let's continue to increase those numbers for 2020.

Phi Iota Omega

News Journal

Alpha Kappa Alpha Sorority, Incorporated

February - April 2020 Edition





Our Basileus reminds us that a positive attitude goes a long way



A Message from the Basileus

Sorors:

My how time flies! Just seven (7) weeks ago we were at Shades Valley Middle School (Jefferson County) celebrating Black History Month, rewarding students at Bumpus Middle School (Hoover) for working with our Global Impact project collecting shoes and glasses, and registering new voters at the Boutwell Auditorium for Project Homeless Connect and Abrams Elementary School (Bessemer) during their Black History Month/Women's Suffrage spotlight. We were guiding Jackson-Olin High School (Birmingham) students through the college application process and presenting our annual Interview Skills

Workshop at Lawson State Community College.

In previous newsletters, I have been reviewing the book, *A Is for Attitude* by Soror Patricia Russell-McCloud. We have examined several letters (A=Attitude, E=Effort, G=Genius, K=Know How, L=Life and X=X-ray). Today, I will cover "M for Meditation."

Meditation gives you the opportunity to slow down and spend time in quiet reflection. This quiet reflection will help clarify your thoughts to provide direction, serenity, and ultimately, joy. MindWorks Meditators have established [Five Essential Points of Meditation](#):

1. Awareness of the Present Moment
2. Subduing the Negative Mind
3. Mindfulness of the Meditation Object
4. Dawning Awareness
5. Unwavering Commitment

I expect the toughest will be Step 1: Awareness of the Present Moment. If you're anything like me, this is hard, because the moment you close your eyes, your mind races with all the things you need to do: going to the cleaners, making important phone calls, what you're cooking for your family, scheduling meetings, and on and on. Hang in there. It takes practice to reach your peaceful meditative state. Set a goal and be easy on yourself. Use your meditative time as "me time" that allows you to relax, clear your mind, and calm your spirit.

Sorors, you must make time to recharge. We are the CEOs of our homes, which means we are mothers, sisters, daughters, wives, nurses, therapists, accountants -- and that's all before we have left for work each day, much less done anything for ourselves! Self-care is important, so put the devices aside and meditate for your health.

Sisterly,

Soror Sundra S. Smith, Basileus Phi Iota Omega



Joint Founders' Day brought all four chapters in the greater Birmingham-metro area together to fellowship and praise God.



2020 Joint Founders' Day Service



The Birmingham area chapters of Alpha Kappa Alpha worshiped together at Trinity Baptist Church in their pink and green on February 9, 2020 at 8am. Rev. John King opened the house of worship to all four Birmingham graduate chapters, and local undergraduate chapters to worship together in observance of Founders' Day. A spirit filled message entitled "Influence" was spoken by Reverend King, and encouraged us all to be mindful of the responsibility we have to influence lives. The chapter presidents presented a donation of \$1,400 to assist with Trinity's college scholarship fund. We had approximately 220 total sorors with 40 members from Phi Iota Omega in attendance for worship. We thank Rev. King and the Trinity members for their hospitality!





At the 88th Regional Conference, we left Knoxville with trophies, new connections and a wealth of knowledge.



88th South Eastern Regional Conference

The 88th South Eastern Regional Conference was held February 27, 2020-March 1, 2020 in Knoxville, Tennessee. The theme for this year's conference was "2020 Vision: The Pinnacle of Excellence." There were over 2,800 sorors that registered. Sorors kicked off the conference by participating in the South

Eastern Regional Conference Service Project on Thursday, February 27, 2020. Conference attendees were asked to bring items to donate for Soles for Souls and Lions Club International Collection. PJO collected and donated four pairs of shoes. In total, the region collected: 5,359 pairs of shoes for Soles4Souls, 2,005 eyeglasses for the Lions Club International, 100 Pillowcase Dresses, and 32 Mammograms were performed.



That evening, the Sisterly Relations Committee hosted a sisterly dinner at Calhoun's-Bearden Hill. This event was led by Soror Gabrielle Smith. Sorors enjoyed laughter and fellowship with one another.

Soror Subrena Cox and Soror Carlessia (Nikki)

Seaborn were highlighted and recognized as our newest Silver Stars (both were beautiful in their Silver Attire) at the Diamond, Golden, and Silver Sorors Luncheon. The luncheon's speaker, the 25th Supreme Basileus, Norma Solomon White, reminded sorors that they are an essential part of the sorority. "Hard work and diligence make you a dedicated jewel of AKA."



During the First Plenary Session, our chapter's 2nd Basileus, the late Soror Angela Jenkins, was recognized and remembered during the Ivy Beyond the Wall Ceremony.

Phi Iota Omega Chapter received several awards and accolades, both for individual and chapter achievements. This included:

- Reva Aliman Name that Soror—Soror Carlessia (Nikki) Seaborn
- Phi Iota Omega Silver Star—Soror Cynthia Rena Ramsey
- Johnetta Walker Kelso Basileus of the Year—Soror Sundra Smith
- Jo Celeste Pettway Graduate Achievement
- Savannah C. Jones African American Heritage



Time for our monthly Soror Spotlight, new Sorors to perform the work of Phi Iota Omega and Alpha Kappa Alpha.



Soror Spotlights

Meet Soror Tamara Varner



1. When and where were you Initiated? Gamma Mu, Spring 2006
2. Family/Pets Dog- Apollo Creed Varner
3. Occupation: Higher Education
4. Hobbies/Hidden Talent(s): Videography
5. Favorite thing to watch or do is . . . Go to the gym
6. Do you have a bucket list and if so what's on it?

Travel the world

7. Who or what motivates you and why? The women in my family

8. Guilty Pleasures? Cake and lots of icing!

9. How do you unwind/relax? Read

10. Your favorite sport(s) and the team you cheer hardest for is . . . ? Football, Alabama A&M University

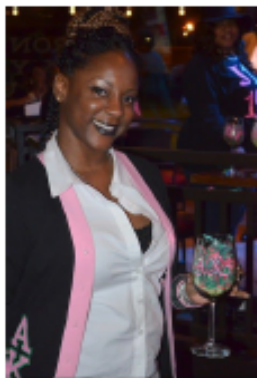
11. I knew Alpha Kappa Alpha was the sorority for me when- I would see my mom and aunt, who are AKAs, out in the community doing service

12. In one word, what does Membership in Alpha Kappa Alpha Sorority mean to you? Commitment

Meet Soror Alandra Hudson

I was Initiated In Fall 1999 Into the MuMu Chapter at the University of Montevallo. I am married to Hershel Blue, and we have two children, Mya and Landon. They both attend our alma mater, A. H. Parker High School. We also have a little doggy, named Leo, and he has anger management issues that we are constantly working to overcome.

My employer is a government agency that regulates financial institutions, and my title is Bank Examinations Specialist, Senior. I enjoy cooking, shopping, doing physical activities, watching movies and marching band competitions, and most of all, I love spending time with my family. I am self-motivated and strongly believe the only person anyone should compete with is oneself. Yet I choose to surround myself with people who challenge me to perform to the best of my abilities.



My husband and I cook and listen to music to unwind and relax. While I enjoy physical activities, I don't really have a favorite sport. However, I cheer for the Ohio State Buckeyes during the football season, and I enjoy watching the sports my children participate in and seeing them have fun.

I knew Alpha Kappa Alpha Sorority Incorporated and I were meant to unite when I met my mentor, Soror Janice Drake, during my time as a band member at A. H. Parker High School. She is a phenomenal woman and great representative of our sorority. While there were several sorors who assisted in my education during this time, her guidance and encouragement helped shape me into the woman I was to become. The one word

I use to describe Membership in Alpha Kappa Alpha is Fellowship.



Women's Health is important,
especially during a pandemic.
We must stay active despite
being socially distant.



Pink Goes Red Day for Heart Health

On February 7, 2020, Alpha Kappa Alpha Sorority, Incorporated was proud to join the American Heart Association in the fight against heart disease in order to improve the health of all women. On this special day, Alpha Kappa Alpha women took off their pink and wore red for the day to raise awareness of this deadly disease and promote life changes which increase the longevity and quality of the lives of women around the globe.



Phi Iota Omega Chapter members helped to raise awareness in our community by sponsoring "Line Dancing for Fitness". Blood Pressure checks and Heart Healthy recipes and diet tips were also provided.

The event was attended by 30 PIO Sorors, 8 Guest Sorors, and 34 Guests. We were able to raise \$309.20 toward support of the efforts of the American Heart Association.

Special thanks to Sorors Na'Dia Allen and Angela Eldridge for leading the line dancing. Sorors

Courtney Edwards and Ashley Weaver checked participants' blood pressures and provided information to help participants reach and maintain healthy blood pressure.

We are also greatly appreciative to the Central Park Recreation Center for hosting this event.

Women's Healthcare and Wellness

Tips for Staying Healthy

COVID-19 Prevention

1. Wash your hands often
 2. Use hand sanitizer if soap and water are not available
 3. Avoid close contact with people who are sick
 4. Stay home if you are sick
 5. Cover coughs and sneezes
 6. Clean and disinfect frequently touched surfaces daily
- Visit the Center for Disease Control and Prevention for more information. <https://www.cdc.gov/coronavirus/2019>





Virtual meetings have begun,
time to educate sorors on ways
to care for themselves and their
family.



Self-care for Caregivers

Remember, it is not selfish to focus on your own needs and desires when you are a caregiver— it's an important part of the job. You are responsible for your own self-care.

1. Learn stress reduction techniques
2. Get adequate rest and nutrition
3. Exercise regularly
4. Seek and accept the support of others
5. Seek counseling when you need it

For more information visit <https://www.caregiver.org/>

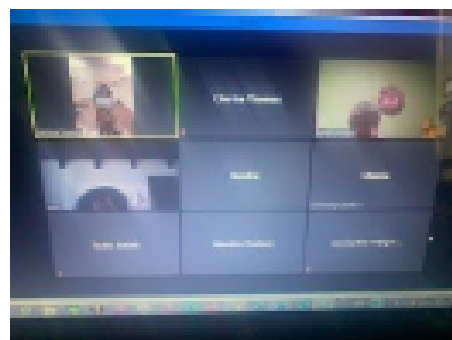
Call for Blood Donations

The Red Cross needs the help of blood and platelet donors and blood drive hosts to maintain a sufficient blood supply for weeks to come. This is the time to take care of one another. If you are healthy and feeling well, please make an appointment to donate mid-April and after by using the **Red Cross Blood Donor App**, visiting [RedCrossBlood.org](https://www.redcrossblood.org) or calling 1-800-RED CROSS (1-800-733-2767)

Staying Active during the COVID-19 Pandemic

The Physical Activity Guidelines for Americans recommends 150-300 minutes per week of moderate intensity aerobic physical activity and 2 sessions per week of muscle strength training. For more information visit: <https://www.ymcabham.org/blog/posts/exercise-is-medicine-staying-active-during-the-corona-virus-pandemic>

Women's Health and Wellness



Stay Active and Healthy – Don't let social distancing keep you from continuing or starting a fitness program. In fact, now may be the best time to start. If you are working from home and have more flexible work commitments or you need to help the children burn off excess energy since they are out of school, this opportunity maybe this will help you to get started toward your fitness goals.

Join the PIO Zoom workout led by Soror Jazmine Coffee-Dunning, certified personal trainer. The workout is scheduled for Tuesdays at 6pm. Soror Jazmine has planned a low impact workout that is suitable for all fitness levels.



Soror Catherine Stanley turned her shirt-making business into a mass production of masks for non-profit organizations and sorors.



Supporting Minority Businesses during COVID-19



The Center of Disease Control (CDC) released new guidelines recommending that everyone in U.S. wear homemade cloth mask coverings to help prevent the spread of COVID-19. This gave Phi Iota Omega chapter member, Soror Catherine Stanley, owner of 'Chic Greek Designz', another opportunity to provide service to all mankind, while also promoting her small business. Soror Catherine, well known for creating fashionable items put her creativity to work to help meet the high demand for face masks. Her company has received requests from companies/non-profits, chapter members and other sorors, and family and friends. Some of the companies ordering masks includes but not limited to The Alethia

House, J R Powers, Sunshine Residential Homes, TSR LLC Inc, A&K Heavenly Homes which serves several other non-profits. She along with her team have made over 300 cloth face masks and still have orders to fill. PIO is committed to helping our sorors grow their businesses and supporting minority businesses overall. I think we agree that wearing face masks is fast becoming our new norm for people in the United States. As such, this should help to create a new market for Soror Catherine's Chic Greek Designz company and other many small businesses making cloth face masks – a good positive.



Financial education is more important than ever. With a pandemic, loss of jobs and people unsure of their future, we used this article to share some financial tips.



5 Financial Lessons to Share with your Kids

It's never too early to be financial literate. As you make financial decisions in your daily lives, find ways to convey the importance of those decisions with your children. The five lessons below are simple to share and can be frequently put into practice.

1. Share the difference of wants vs needs

The first step in making financial decisions is knowing what a necessity is and what is not. Identifying the differences in essentials such as food, water, and shelter and nonessentials such as toys and fashionable clothes allows children to learn how to satisfy needs before their wants.

2. Explain where money comes from

I'm sure you have heard (and may have even said) that "Money doesn't grow on trees." Provide children with explanations of where money comes from. Take it a step further by giving them jobs (chores or activities) and paying them an allowance.

3. Teach them what things cost

Knowing the cost of items is important in making financial decisions. The cost can be related to quality, market value, or quantity. When grocery shopping, invite your children to assist in making choices of the best items based on cost.

4. Explain how credit works

Children should know the pros and cons of credit. While it can be a valuable tool for the future success of buying homes or cars, your overall financial behavior can shape those same successes.

5. Share the importance of saving

Money doesn't have to go as quickly as it comes. Teaching kids the importance of saving can form behaviors that will have the biggest impact for their future!



Target 3: AKA Assist
and
Target 5: Global Impact
Little dresses, masks and
collecting dolls as part of this
target was important and fulfilling
for our chapter.



PHI IOTA OMEGA CHAPTER 2020 GLOBAL IMPACT DAY

Despite that most states are being "sheltered-in-place" including Alabama, every chapter in the South Eastern Region was asked to implement at least one (1) of the recommended service projects for National Global Impact Day to help raise awareness for COVID-19.

As we know, COVID-19 is affecting people all around the world as well as locally. To honor the request in recognition of the 2020 Global Impact Day, some of our chapter sorors partnered with JoAnn Fabric Store to make cloth masks – to be provided to First Responders. See pictures below



When we all work together to implement a common goal, we can make a greater impact, thereby Exemplifying Excellence Through Sustainable Service. Sorors have continued to make face masks every week since to be donated for COVID 19 use.

We shared our Global Impact Day activities and pictures on PIO's social media using #AKAPIO and #AKAGlobalImpactDay and #AKASouthEastern.

We are making a difference!

Please stay safe and continue to practice social distancing and wear cloth masks.

Target 5, Global Impact, Target 3, AKA Assist

Target 5, Global Impact



During the month of February, Sorors of Alpha Kappa Alpha Sorority, Incorporated, Phi Iota Omega Chapter (PIO), collected dolls in support of children who are underserved and live in international communities. The dolls will be donated to the Birmingham Sister Cities Commission (BSCC), led by Soror Gwen Amamoo. The BSCC will present the dolls to children in Ghana during their next visit. The BSCC visits the country on an annual basis, along with students from the Birmingham area, to build international and cultural relationships. While in Ghana, they also visit local schools and meet the country's leaders. The students are able to interact with each other and gain an understanding and appreciation of

other cultures. The BSCC has a dedicated partnership with the Ghana community. The members of PIO are always eager to assist in their global efforts.

***Please note that the doll collection is ongoing. We'll provide a final collection date in our Weekly Announcements.

Phi Iota Omega

News Journal

Alpha Kappa Alpha Sorority, Incorporated

August 2020 Edition





COVID-19 is real and our Basileus continues to encourage us to stay positive during these unprecedented times.



A Message from the Basileus

As we move through the remainder of the year, it has become obvious that we will shift all activities, meetings and service projects, to a virtual platform. I will be the first to admit, I had hoped we would resume "normal" activities after the summer. Nonetheless, we have had to adjust to doing things differently. It's been a learning process for all. Thank heavens for the technology available that has allowed us to continue with chapter activities. Thanks to all who have looked outside the box so we can continue to serve and advance the chapter.

Our summer activities have included the Leadership Seminar led by the Standards Committee, weekly exercises to keep us physically fit and the Health Fair, both led by the Health Committee, Target II. Sisterly Relations is busy preparing the Chapter Retreat and we will observe an Impact Day, International Day of Prayer, August 23rd. Session I of the 69th Boule has illustrated that we can conduct business including holding elections as well as singing the Sorority hymn with the virtual choir. All of these were done virtually! It goes to show what we can accomplish when we exercise adaptability and flexibility.

In the weeks ahead, we can expect more directives from the Connection Committee re: the upcoming elections. In this COVID-19 environment, we will need to be creative as we perform voter registration and mobilization efforts in the months to come. This is an important election and we must seize the opportunity presented to us.

As we continue to Review an alphabet in *A is for Attitude* by Soror Patricia Russell-McCloud, I want to cover "R" is for risk. Webster defines risk as taking a chance. If you are glued to your old routine or insist that we continue to stick to "the way we have always done it," you will be left behind. You must work or try out new and different approaches. In short, we must take a chance to try something different.

Risk requires courage and faith to go outside our comfort zone. It's the first step that is the hardest to take. But taking that first step can lead to rewards. We will not know if something works or not if we do not take the risk to try it.

Six months ago, we were forced to try something most were not familiar with. It was a risk to try anything virtual. It has and still requires flexibility, adaptability and patience. If we are to be successful in life, it will require us to do something we are not familiar with and learn to use it. To get ahead or stay even, we must venture beyond what we have always done. Risk Reaps Rewards!

"When the winds of change blow, some build walls, others build windmills." Chinese proverb

Continue to be safe,

Soror Sandra



We are stronger together.
Physical distancing doesn't mean
that we must socially distance.
Brunch and prayer together kept
us all positive and connected.

Basileus Brunch



COVID-19 did not dampen our spirits on August 1st !

Twenty-eight (28) Sorors came together on a Zoom call to attend the Basileus Brunch. It was a morning of sharing our favorite brunch foods and drinks. Several Sorors indicated that they would include their recipes for food. (Check out the Red Velvet Waffle with Cream Cheese Glaze recipe on page 9!)

Sorors Millie, Nicole and Sekelya lead the group with games. Whether it was the Black Card Revoked, This or That or the icebreaker to share something about yourself with a little rhyme, it was an hour of fun. There was no official business, just a time to chat and chew, see each other from afar and have well-earned fun with our Sorors!

International Day of Prayer, 2020

When Soror Glenda Glover was installed as Supreme Basileus, she implemented her theme Exemplifying



Excellence Through Sustainable Service. One of her Impact Days was the Fourth Sunday in August which has been designated as the International Day of Prayer. This has been a time for chapters to worship together and pray for the peace and for our sisterhood. COVID-19 did not deter PIO sorors from worshipping and praying together. Soror JaVonda Williams coordinated and organized a meaningful and spirit filled morning. More than 30 sorors were on the Zoom call. We heard scripture and prayers from former Basilei and other sorors. Soror Sherell Stewart gave an impromptu homily. All on the call were blessed.

Immediately following the call, members of the South Eastern Region were invited to participate in a Regional Prayer service, 11:00-11:45 AM that was led by Soror Inetta Rogers, Spiritual Oversight Chair.



New Member Spotlights

Getting to know and introducing our reactivated sorors through Q&As since we can't meet in person.



Soror Spotlights

Meet Soror April Fox Owens



1. When and where were you initiated? Epsilon Upsilon, University of South Alabama, Spring 2000
2. Family/Pets: Husband - K. Brian Owens and 2 fur babies: Abee and Kosh
3. Occupation: Healthcare IT, Sr. Account Manager
4. Hobbies/Hidden Talent(s): I love to read, travel and host gatherings for family and friends!
5. Favorite thing to watch or do is: ... I am addicted to watching TLC and HGTV!
6. How have you spent your quarantine time? Have you made any new discoveries about yourself? Wow, quarantine! I am grateful that during this time, I have continued to work full time with no disruption to the "career" life. I have traveled for work for the last 19 years almost every month! Quarantine slowed it all down, allowed time to BE STILL and reflect on what REALLY MATTERS! I have learned to prioritize what matters, bypass the things that do not and

embrace and honor the time with family and friends because it is an ESSENTIAL blessing to never take for granted.

7. When the world reopens, what are you hoping for or what take away from all of this would you like to see going forward? A better world with more compassionate people.

8. With all the protests here and nationwide, what should our priority be as a black community and as a service-orientated organization? Education is key. We can not create a forward-thinking plan without including all in the black community. It is important for us to understand the root cause of the challenges, clearly articulate the next steps forward and unify as a community. Lack of knowing many details of black history, misrepresentation of black history and socioeconomic oppression are real issues that need to be addressed in the black community. I know the women of Alpha Kappa Alpha are ready to serve and move the community forward in these areas.

9. Do you have a bucket list and if so what's on it? I do! To visit the best wineries in the world!

10. Who or what motivates you and why? Young people motivate me because I know the power of having a village that is there to invest, love, support and protect you.

11. Guilty Pleasures? Vinos, sushi and a good handbag!

12. How do you unwind/relax? I find my comfortable place and I get still. Silence is golden for me and meditation is therapeutic.

13. Your favorite sport(s) and the team you cheer hardest for is: ... FOOTBALL! Please go away Covid! Wear Eagle and Geaux Saints!

14. I knew Alpha Kappa Alpha was the sorority for me when... I was first introduced to the concept of black greek letter organizations. There is something about the presence of a member of Alpha Kappa Alpha that demands attention. I was intrigued... and the rest is NOW SISTERHOOD!

15. In one word, what does Membership in Alpha Kappa Alpha Sorority mean to you? PERPETUAL.



Meet Soror Whitney Moore

1. When and where were you initiated? 2008 Epsilon Gamma Omega in Huntsville

2. Family/Pets: No husband or kids. I have a maltree

3. Occupation: Mortgage Fulfillment Specialist BBA

4. Hobbies/Hidden Talent(s): Hobbies: Traveling, shopping, reading

5. Favorite thing to watch or do is: ... I love watching Netflix, Hulu. I rarely watch cable television. Favorite thing to do is travel.

6. How have you spent your quarantine time? Working remotely and spending quality time with my family. Made any new discoveries about yourself? During the quarantine, I have discovered a new level of patience.

7. When the world reopens, what are you hoping for or what take away from all of this would you like to see going forward? I hope that people will be more aware of their surroundings. I would like to see more social distancing going forward.

8. With all the protests here and nationwide, what should our priority be as a black community and as a service-orientated organization? To continue to stand together, exercise our rights, and help the community.

9. Do you have a bucket list and if so what's on it? Going to Greece

10. Who or what motivates you and why? My mom and grandma motivate me to be the best woman I can be. They help me realize my true talent and purpose.

11. Guilty Pleasures? Watching extractions

12. How do you unwind/relax? Hot shower following a nice glass of wine and my favorite show.

13. Your favorite sport(s) and the team you cheer hardest for is: ... Football! Tennessee Titans and Alabama, "Go Tide!"

14. I knew Alpha Kappa Alpha was the sorority for me when... I realized I was extraordinary, designed not to fit in, but stand out!

15. In one word, what does Membership in Alpha Kappa Alpha Sorority mean to you? Commitment



Providing health education via Zoom to 9th – 12th graders at Grace House.



Turn Up the H.E.A.T. Project



Classic Pearls, Inc., the non-profit foundation of Phi Iota Omega Chapter of Alpha Kappa Alpha, Sorority Inc., in collaboration with Grace House Ministries, Inc., developed and implemented a health education program, titled, H (health) E (education Curriculum) A (addressing) T (teenage girls), that centered on the needs of adolescent girls in the Birmingham Metropolitan Area. Grace House Ministries, Inc. provides a residence for Alabama girls in foster care, and strides to end the cycles of poverty and abuse through education and empowerment. This program was made possible by funding received from the Alabama Nurse Foundation. The H.E.A.T. initiative focused on increasing the health knowledge and life skills of this high-risk group, while decreasing risky behaviors through health promotion.

Teenagers, who have experienced homelessness, are at a greater risk of facing several health-related issues including, but not limited to nutritional deficiencies, poor dental health, reproductive health complications, grief, and depression.

Participants consisted of ten (10) female students, ages 9th-12th grade.

Each session was divided into three (3), 1 ½ hour virtual Zoom sessions because of COVID-19.

Topics included:

Session One: Reproductive Health with a focus on Menstrual Cycle Health

Date: July 6, 2020

Presenters: Subrena Cox, Dr. Courtney Edwards, Stephanie Miller, Ashley Weaver, and Betty Wells

Session Two: Oral Health and Nutritional Wellness

Date: July 9, 2020 Presenters: Bobbie Datcher, Dr. Monique Hill, Marlena B. Smith, and Dr. Tedra Smith

Session Three: Mental Health and Awareness

Date: July 15, 2020

Presenters: Dr. Eliza Belle, Alexis-Long Daniels, and Dr. DeAnna Minard.



Pretty Girls use the Perk system to reduce expenses and save more. This allows members to eliminate and reduce debt while keeping more funds to build financial wealth.

Financial Nugget



Pretty Girls PERK Up

While 2020 may not have gone the way we expected, we can use the last 4 months of the year to perk up! While reading an article on Forbes, I ran across a great system for getting our finances in check. The PERK system (Postpone, Eliminate, Reduce, Keep) allows you to reduce expenses and save more.

To begin the PERK process, write down your expenses, add them all up, and highlight the total.

Organize each item on your expense list by the following categories:

Postpone

If the pandemic hasn't already postponed a lot of your plans, look through your list for items that can be put on hold. Examples include vacations, home remodeling projects, and big-ticket purchases.

Eliminate

Some expenses on your list may be things that you are not taking advantage of. These items, such as gym memberships or unused entertainment subscriptions, can be eliminated and gives you money back in your pocket and savings account.

Reduce

Reducing the amount you are willing to spend on certain budget items can also save you more. Instead of getting dinner delivered, consider reducing your restaurant budget by having more home-cooked meals.

Keep

There are some expenses that we have to keep the same. For example, rent/mortgage and insurance are necessities that we will need to keep.

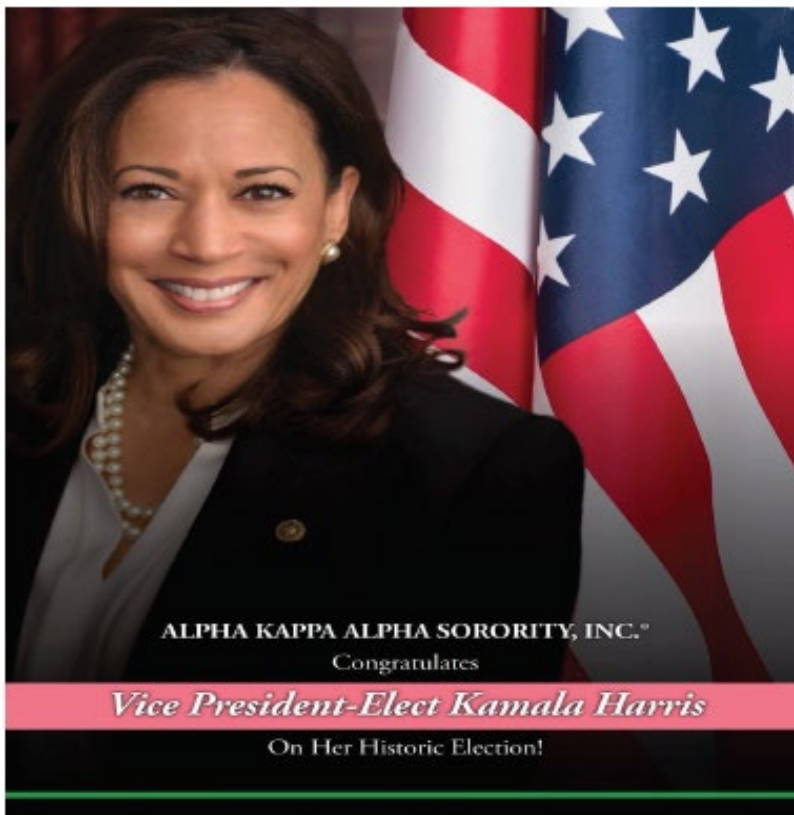
Tally up your revised list to see your new monthly expense total. Hopefully, your new total will give you a reason to perk up!

Phi Iota Omega

News Journal

Alpha Kappa Alpha Sorority, Incorporated

December 2020 Edition

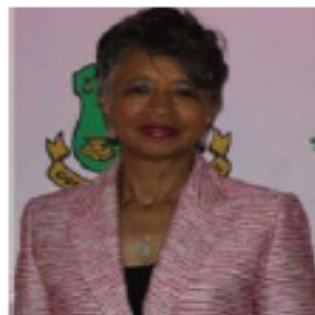




Final message from our Chapter Basileus



A Message from the Basileus



Sorors,

This will be my last newsletter as your Basileus and there is much to say.

First, thank you. Four years ago you trusted me to serve as your Anti-Basileus/Program Chair. As such, I was privileged to implement the remainder of the Launching New Dimensions Program and the Buckhanan-Wilson administration's signature program, ASCEND. We had success working with Lawson State's Upward Bound Program and we were able to provide many hours of useful information for eager young minds. 2018 brought the Glover administration and with it a new programmatic thrust as we began Exemplifying Excellence Through Sustainable Service. Under that program we are currently serving our community with five target areas along with #CAPS.

My service as Anti-Basileus was a memorable training ground on my path to Basileus. While I had previously worked with many of you on various projects, serving as Anti-Basileus was an opportunity for all of us to really know one another better.

Second, I must be transparent, as in any position, there will be days that are more challenging than others. For the most part, being your Basileus has been rewarding. Despite the rough days, seeing the impact that we, Phi Iota Omega, has had in the community for the last two years has warmed my heart. Specifically, our scholarship fundraising activities have allowed young people to continue their education, our voter education & registration efforts have given a voice to the disenfranchised, and providing meals at First Light and the Birmingham Community Work Center has served as a sign of hope for women in those facilities.

Third, I continue to encourage our younger Sorors to stand up, speak out, and most importantly not allow themselves to be deterred by intimidation tactics used by some in our chapter. To those who did not seek an office this year, begin planning for 2022 now. Start studying what position YOU desire to pursue. Take the necessary courses/workshops offered at Regionals, Leadership, and/or Boule. In short, prepare to lead.

As I pass the gavel to our new Basileus, Soror Betty, I pledge to work with her. I will respect the position she holds as Basileus and will continue to support the progress and goals of Phi Iota Omega. In order for organizations like Alpha Kappa Alpha Sorority, Incorporated to thrive for over 112 years, there must be only one leader at a time. I understand this and accept that my time will end December 31, 2020. Best of luck, Soror Betty.

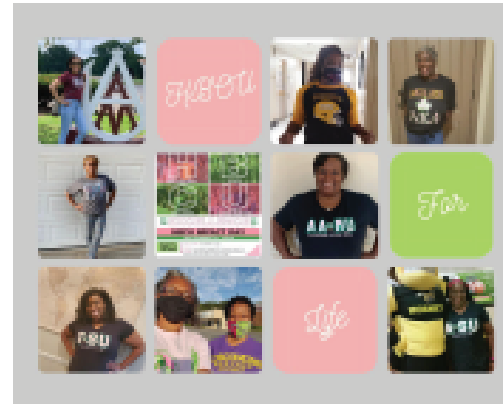
Have a wonderful holiday season,

Soror Sundra

Basileus



**One Million Dollars...
AKAs care for our HBCUs**



AKA HBCU Impact Day / \$1 Million Dollar Day

This Impact Day is observed annually on the third Monday in September during National HBCU Week. Phi Iota Omega sorors having a heart for HBCUs was ready and excited to help support this initiative. PIO sorors HBCU Alums showed their support by highlighting their HBCU on social media. Sorors shared their HBCU experience and wore their HBCU attire with pride. As a matter of fact, HBCU Alum sorors from everywhere could be seen all over social media during HBCU week including Madam President and some of other past

Supremes.

In addition to that we did it again! On September 21, 2020 and for the 3rd year in a row Alpha Kappa Alpha raised over \$1 million dollars on this day for HBCUs and whereas PIO donated over \$2500, reported to date.

Phi Iota Omega Chapter

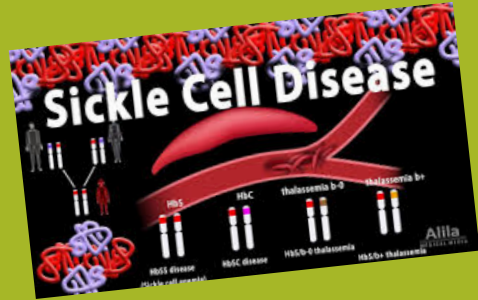
2020 HBCU Queen



SOROR MONICA JONES

Phi Iota Omega Sorors that contributed to EAF/HBCU were asked to provide receipts for our HBCU reporting and then be entered into a drawing for PIO's first HBCU Queen. At PIO's October chapter meeting Soror Monica Jones was selected as our 2020 HBCU Queen. Soror Monica is a graduate of Alabama A&M University in Huntsville, Alabama.

Phi Iota Omega Sorors congratulate Soror Kamala Harris, Vice President Elect of the United States, and graduate of an HBCU, Howard University in Washington, DC.



Self Care while giving back to local organizations



PIO Walk a Mile or More for Sickle Cell and Breast Cancer Awareness

A gigantic THANK YOU to the members of Phi Iota Omega Chapter of Alpha Kappa Alpha Sorority, Inc who participated in two virtual walks in September which supported our mission of providing "Service to all mankind". Because of your generosity, we were collectively able to donate more than \$600 to the Central Alabama Sickle Cell Foundation and near \$300 to Brenda's Brown Bosom Buddies "The Sistah Strut".

Sickle Cell

The Central Alabama Sickle Cell Foundation (SCF) located in the Birmingham Ensley area is a community funded program. The state of Alabama, United Way of Central Alabama, and other community resources and private donations provides most of its funding. This supports the foundation's efforts in more than 13 counties in central and eastern Alabama. The SCF provides counseling service to parents whose children receive a diagnosis of sickle cell or a sickle cell trait, works to raise awareness about sickle cell disease through seminars, health fairs, workshops, in-service training and other educational offerings in the service area. The Sickle Cell Foundation also provides free transportation to persons with sickle cell for medical appointments and social service support for clients as needed.

Breast Cancer Awareness

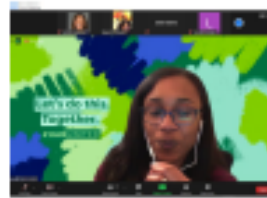
Brenda's Brown Bosom Buddies (BBBB) is a non-profit 501(c)(3) organization tailored to speak life into primarily women of color. The organization is the amazing results of one woman's (Brenda Brown) passion and pursuit to conquer a disease and inspire a culture of women to do the same. The mission is to provide increased awareness about early detection of breast cancer. The proceeds from the annual walk are used to provide free mammograms, scholarship assistance to a nursing student who has special interest in breast cancer, transportation to local breast cancer treatment appointments, light housekeeping for chemotherapy patients, community health forums and other assistance programs to increase awareness and provide support to survivors and those undergoing treatment for breast cancer. BBBB says that it's their way of coming together with kindred spirits to share life experiences and gather with like minds to address the needs of the community as it relates to Breast Cancer. PIO shares in this community goal.



Recognizing our Frontline Heroes and Caregivers



Phi Iota Omega Chapter Recognizes Nurses for AKA Caregivers' Day Observance



In observance of AKA National Caregivers' Day, this year Phi Iota Omega (PIO) wanted to focus on healthcare staff, particularly nursing front line workers. As such PIO recognized these caregivers for their dedication and risk taken during the COVID-19 Pandemic. To help accomplish this and stay in compliance with social distancing, we recruited chapter sorors (Ashley Weaver and Tedra Smith) who are also members of the Birmingham Black Nurses Association (BBNA). This helped us to identify and include nurses from throughout Birmingham the chance to receive a gift card for our AKA National Caregivers Day.

During BBNA's November monthly meeting, PIO awarded a \$25 gift cards to the following front line workers:

Javier Davis, RN (Brookwood Baptist Medical Center)

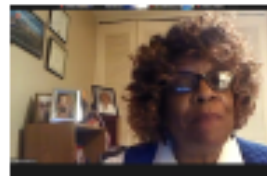
Myra Holifield-Naylor, RN (UAB Highlands)

Dr. Cheryl Lane (UAB Spain Rehabilitation Center)

Taylor Washington, RN (UAB Hospital)



PIO extends our special thanks and blessings to all nurses for their continued compassion and the quality care that they provide daily in their profession and community and especially in the ongoing fight against COVID-19.



Under the current leadership of Deborah Thedford-Zimmerman, RN, MSN, WOCN, President, the Birmingham Black Nurses Association was founded in 1989, and incorporated in 1992 and currently has over 160 members that come from a diversity of nursing backgrounds. The organization advocates for high quality, culturally relevant

health care for African Americans and other ethnic groups.

Soror Corlene Morrow, Caregivers Day Chair

Submitted by Soror Ashley Weaver



Service to All Mankind
... even during a pandemic



Breakfast for First Light Women and Children in Shelter



Phi Iota Omega Sorors continue to be a beacon of light for First Light shelter despite a year filled with the challenges of COVID-19 and adapting to virtual service. On October 3rd and November 7th of this year, we provided breakfast for 25 women and children at the shelter. These numbers were consistently lower than prior years 70 adults and 10 children. The shelter's volunteer director, Debra Everson, has stated they are complying with Covid-19 guidelines and

therefore can only provide shelter for the lower number, the in house residents. Since we also could not go into the shelter to cook, serve breakfast, and fellowship with the residents as is our custom, breakfast was prepared and delivered on both Saturdays by Mr. Tim Sheffield of Sheffield's Catering. It was prepackaged for each of the residents and consisted of generous amounts of bacon or chicken, eggs, grits, biscuits and jelly, fruit, and orange juice. Soror Phoebe Davis, Chairperson for First Light Shelter activity and Soror Betty Wells, Anti Basileus and Program Committee Chairperson were there to meet the caterer and deliver the meals to the shelter staff for the residents. The meals were received with thankfulness each time they were dropped off and continued our goal to serve those in the community.

Operation AKA Assist: Project HOPE Day Shelter for Homeless Youth



In spite of the pandemic, PIO continued to service the Homeless Youth Shelter during their quarterly Operation AKA Assist event under Target 3: Building your Economic Legacy. Instead of a prepared meal, the PIO provided the Project HOPE Day Shelter for the Homeless Youth with nonperishable groceries.

Through these efforts, 760 items were purchased to serve as "go-to" lunches that will get the youth through the day since the shelter is operating on limited hours.

Members of PIO can also drop off winter clothing and personal hygiene items to assist the youth through the winter months.



BOOKS.
WINE.
FRIENDS.



Target V: The Arts



The Arts and Sisterly Relations Host Virtual Book Club

Target 4, The Arts and the Sisterly Relations Committee partnered to offer a Virtual Book Club activity for PIO Sorors and guest Sorors. Below is a snapshot of book readings, respectively and for sorors who were not able to join us. Special thanks to Soror Chandra Sparks Splond for coordinating this joint committee activity On October 14th.

Soror Vanessa Riley visited with Phi Iota Omega to discuss her book, *A Duke, The Lady and a Baby*.

A Duke, the Lady and a Baby tells the story of headstrong West Indian heiress Patience Jordan who questioned her English husband's mysterious suicide and lost everything: her newborn son, Lionel, her fortune—and her freedom. Falsely imprisoned, she risks her life to be near her child—until The Widow's Grace gets her hired as her own son's nanny. But working for his unsuspecting new guardian, Busick Strathmore, Duke of Repington, has perils of its own. Especially when Patience discovers his military strictness belies an ex-rake of unswerving honor—and unexpected passion . . . A wounded military hero, Busick is determined to resolve his dead cousin's dangerous financial dealings for Lionel's sake. But his investigation is a minor skirmish compared to dealing with the forthright, courageous, and alluring Patience. Somehow, she's breaking his rules, and sweeping past his defenses. Soon, between formidable enemies and obstacles, they form a fragile trust—but will it be enough to save the future they long to dare together?

Soror ReShonda Tate Billingsley visited with Phi Iota Omega on November 14 to discuss her book, *More to Life*.

Freshly forty-five, Aja James knows that her life is good, complete with a loving, wealthy husband, well-adjusted children, and a beautiful home. Yet the truth is, she feels painfully unfulfilled, stuck in the present, haunted by a painful past. When a friend suggests a girls' trip to a tropical paradise, Aja hopes a change of scene will also change her perspective. On vacation, filled with fun and freedom, Aja is relieved to find her spirits lifting. But her good time also shines a light on what's troubling her: from her siblings to her husband and kids, she's spent nearly her whole life taking care of everyone—except herself. She's lost her spark. She's lost her identity. Desperate to turn things around, Aja makes an impulsive decision—one that outrages her family and stuns her friends. But it may also be her wisest choice. Because it's only through learning what she could lose—and what's truly worth keeping—that Aja can transform this temporary fix into real, lasting happiness.

*We are confident, yes, and well
pleased rather to be absent from
the body is to be present with
the Lord.*

2 Corinthians 5:8
NKJV

A special dedication to our
beloved Ivy Beyond the Wall,
Soror Cathy Walthall



Ivy Beyond the Wall

Soror Cathy Walthall

Sunrise-August 7, 1957

Sunset- September 14, 2020

A Rose Beyond the Wall

A.L. Frink

*A rose once grew where all could see sheltered beside the garden wall.
And as the days passed swiftly by it spread its branches straight and tall
One day, a beam of light shone through a crevice that had opened wide.
The rose bent gently towards its warmth then passed beyond the other side.
Now you who deeply grieve its loss be comforted-the rose blooms there.
Its beauty is even greater now Nurtured by God's loving care.*





2018- 2020
Chapter Officers



Alpha Kappa Alpha Sorority, Inc.
Phi Iota Omega Chapter



2020 Chapter Officers

Sundra Smith, Basileus
Betty Wells, Anti-Basileus
Bobbie Datcher, Grammateus
Cherise Thomas, Epistoleus
Melinda Mitchell, Pecunious Grammateus
Cynthina R. Ramsey, Tamiouchos
Ashley Weaver, Philacter
Shaesa Lewis, Hodegos
Tanita Cain, Parliamentarian
Subrena Cox, Historian
Sherrel Stewart, Ivy Leaf Reporter

