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Next Chapter Meeting
December 12, 2009
9:30 a.m.
Continental Breakfast
10 a.m.
Meeting

Chapter Meeting Change
January 2010 Chapter Meeting
January 16, 2010
1 p.m.



Message from the Basileus



My Sorors:

Epsilon Omega Sorors are the “hardest working” Sorors in the North Atlantic Region, and I salute each and every one of you for your dedication and participation to our programs and activities.

Pink tea roses to Sorors Maxine Wood and Odessa Dunston and the Retreat Committee for their outstanding program, “Who’s Your Sistah?” Pink tea roses are also extended to Sorors Agnes Edwards and Karenthia Barber, as well as the Cultural Arts and Connection Committees from transforming our center into a shining and welcoming place for our guests who attended our ceremonial street naming and exhibit of the Baltimore Branch of the NAACP.

A special thanks to all of the Sorors who worked on the MIP for Alpha Delta Chapter, joined us for the Day of Hope service project, volunteered for the Eating Together program, assisted the History Committee in completing the history of Epsilon Omega for the first 100 years and designed our upcoming Web site.

Committee chairs and co-chairs are reminded that we must complete the requisite end-of-year reports so we can relax and enjoy the holidays. Your full cooperation is needed.

The months pass quickly. I have reached my one-year anniversary. It has truly been an honor and privilege to lead Epsilon Omega Chapter this year, and I look forward with pride to lead in 2010. Your support and participation have been heartwarming.

Seasons greetings to you and your families and may you have a happy, healthy New Year.

With Sisterly Love,
Soror Angela

Vision & Mission

Epsilon Omega Chapter will be recognized as a viable, dynamic, positive force in Baltimore that impacts the community educationally, politically and culturally. We will have an informed, committed, dedicated and spirited membership.

It is the mission of the Epsilon Omega Chapter to provide consistent and effective services to its members, civic organizations and local, national and international communities to improve the quality of life for all whom we serve.

Epsilon Omega Executive Committee

Basileus

Soror Angela C. Gibson

Anti-Basileus (Program)

Soror Audrey M. Bennett

Anti-Basileus (Operations)

Soror Joann R. Barber

Grammateus

Soror Sheila E. Tidline

Anti-Grammateus

Soror Francina C. Spencer

Tamiouchos

Soror Sylvia Burke

Anti-Tamiouchos

Soror Virginia B. Vauls

Pecunious Grammateus

Soror Jan W. Carter

Anti-Pecunious Grammateus

Soror Geraldine S. Curry

Epistoleus

Soror Ruby M. Bass-Coleman

Philacter

Soror Emma J. Hamlin

Anti-Philacter

Soror Rita Johnson

Hodegos

Soror Shirley S. Briscoe

Ivy Leaf Reporter

Soror Shaletta D. Espie

Parliamentarian

Soror E. Francine Stokes-McElveen

Anti-Parliamentarian

Soror Edmonia T. Yates

Historian

Soror Cardrienne P. Griffin

Standards

Soror Barbara A. Burgess

Graduate Advisors

Alpha Delta (Morgan)- Soror

Adrienne Stokes-Orange

Epsilon Kappa (Coppin)- Soror

Karen P. Foster

Xi Tau (Johns Hopkins) - Soror Lois

D. Knight-Harrison

Members-at-Large

Soror Isabella Branch-Brown

Soror Joanne C. Carpenter

Soror Reather F. Green

Soror Edna Y. Rich

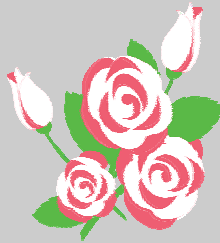
Foundation President

Soror Evelyn C. McLeod

Immediate Former Basileus

Soror Cheryl L. Frazier

Chapter Song



(Tune: "Moonlight and Roses," by
Lemare,
Black, Moret)

I

Epsilon Omega,
The chapter that we
all love.

Epsilon Omega,
The chapter we're
proudest of.

Alpha Kappa Alpha,
A sisterhood noble
and true.

Alpha Kappa Alpha,
Our hopes are in you.

II

We pledge devotion,
In all that we try to do.

From ocean to ocean,
We seek to honor you.

One thought, one purpose,
United in spirit we stand.

Epsilon Omega,
The best in the land.

Thank You Letters

Thank You from the Health and Family Living Committee

Sorors, thank you for completing the Health and Family Living Committee's survey at the November Chapter meeting.

Based on your input, the Committee will focus on the following health topics in 2010:

1. Fitness and nutrition
2. Cancer
3. Diabetes
4. Cardiovascular Disease
5. Medical Rights and Support

Thank You from the Cultural Arts Committee

The Cultural Arts Committee is most grateful to each Soror who helped in any way to make the NAACP Exhibition at the Ivy Family Support Center a success. Please know that we are very much aware that your presence and participation fostered the positive outcome that we wanted to achieve.

Inclement Weather Notice

Chapter meetings and meetings of the Executive Committee shall be postponed when Baltimore City places Phase II of the Snow Emergency Plan in operation.

Scoop Sheet Deadline

To ensure the timely distribution of *Along the Byline*, no scoop sheets will be accepted later than **Monday, December 14, 2009**. Please return your scoop sheet to Soror Shaletta Espie at shaletta76@hotmail.com or 5717 Willowton Avenue, Baltimore, Maryland 21239. Please remember to spell check and check the spelling of names before submitting your information.

2010 Founders' Day Celebration

Preserving Strength, Commitment and Exemplary Womanhood

Soror Karen Miller, Chair

Soror Adrienne Stokes Orange, Co-Chair

Saturday, February 20, 2010

11 a.m. - 3 p.m.

Hilton Baltimore

401 W. Pratt Street

Baltimore, Maryland 21201



**Live Performance from
National Jazz Recording Artist
Maysa Leak of Incognito**



**Chapter Awards and Soror
Recognitions Presented**



**Tickets - \$75
(Includes Parking)**



**Tickets Available
at the December, January
and February Chapter Meetings**

Founders' Day Worship Service

Sunday, February 21, 2010

9 a.m.

The City Temple of Baltimore Baptist Church

317 Dolphin Street

Baltimore, MD 21217

Announcements and Tidbits

Delegates for North Atlantic Regional Conference

If you are interested in serving as a delegate, please contact Soror Isabella Branch Brown of the Nominating Committee. To be considered, you must be financial and have paid the regional conference hostess fee.

Bus to NARC Regional Conference

If you are interested in travelling on the EO bus to the regional conference, please contact Ester Bailey by Thursday, December 31, 2009. Forty-five Sorors are needed to secure a bus.

Awards Nomination Forms are Now Available

The annual chapter and community awards will be presented at the Founders' Day Celebration on Saturday, February 20, 2010. Nomination forms for the Edna Over Campbell Second Mile Award, The Flossie Dedmond Spirit Award, The Vivian Johnson Cook Award and the Community Service Award are now available. Submission deadline is Saturday, December 12, 2009. Please give Sorors Delores Jones or Janet Williams your nomination form (see page 12).

Join the Chorale

A Metropolitan Founders' Day Chorale is being organized to sing at the Metropolitan Founders' Day Brunch on Saturday, January 24, 2010. A rehearsal is scheduled for Saturday, December 12, 2009, 1 p.m., at the Ivy Family Support Center. If you are interested in participating, please contact Soror Margaret Jackson at 410-664-7142.

Transition Meeting

All newly elected and outgoing Chapter officers and committee chairs/co-chairs, as well as executive board

members are requested to attend a mandatory meeting at the Ivy Family Support Center on Monday, December 14, 2009, at 6:30 p.m. All outgoing officers and chairs/co-chairs should bring their files and reports for transition into 2010.

Standards Committee Meeting

There will be a Meeting following the December Chapter meeting.

A Message to Committee Chairs

All committee chairs should communicate with the Anti-Basileus overseeing your committee, as well as the Basileus when meetings and activities are being planned and executed.

History Committee Update

Plans are moving forward for the release of the Epsilon Omega history book, which will be presented at the Founder's Day Celebration on Saturday, February 20, 2009.

Happy Birthday, Epsilon Omega!

The Chapter is celebrating its 88th birthday this month. Following the December Chapter meeting, the History Committee will present highlights of our history. Light desserts will be served.

Soror Recognition

If you are a first time Diamond, Golden or Silver Soror in 2010, please complete the form on page 15 and return it to Sorors Heloise Frazier, Bernice Beard or Reona Thomas by January 12, 2010.

Telephone Contact

The Basileus is the first contact when there is a death in a Soror's family. Sorors will be notified when there is a death of a Soror or a spouse, mother, father or child of a Soror.

Mark Your Calendars

- National Day of Service - January 15-18, 2010
- Metropolitan Founders' Day - January 24, 2010, 12 p.m. - 3 p.m.. The event will be held at the BWI Marriott. Tickets are \$60. No tickets will be available after the December meeting. To purchase tickets, please contact Soror Esther Bailey.

Award Judges Needed

If you are interested in serving as a judge for the North Atlantic Regional Awards, please email Dianel.Johnson@verizon.net. Awards judging will take place on Saturday, February 27, 2010, at Xi Omega Center, located at 4411 14th Street, Washington, D.C., 9 a.m.-5 p.m. The deadline to volunteer is Thursday, December 31, 2009. A maximum of five members per Chapter may serve.

Women's History Month

In celebration of Women's History Month in March 2010, the History Committee is planning with the theme, "Writing Women Back into History." The Committee will focus on the accomplishments of Soror Vivian Carter Mason, the first Basileus of Epsilon Omega Chapter and the third North Atlantic Regional Director. They are also giving Sorors the opportunity to "write" their fellow Sorors into history by nominating a Soror(s) in recognition of her community and sorority service. Please submit a description of the nominee's service and a photo to Sorors Sylvia Johnson or Lois Waters by Friday, December 11, 2009. Nominees will be displayed at the Ivy Family Support Center from December 2009 to March 2010.

Chapter News

The Votes Have Been Counted!

Congratulations to our new Chapter officer for 2010-2012:

- *Anti-Basileus for Program*
Soror E. Francine Stokes
McElveen
- *Grammateus*
Soror Sheila Tidline
- *Tamiouchos*
Soror Sylvia Burke
- *Epistoleus*
Soror Michelle Byers
- *Hodegos*
Soror Tonja Ringgold
- *Anti-Pecunious Grammateus*
Soror Barbara Howard
- *Anti-Philacter*
Soror Rita Johnson
- *Executive Committee (Members at Large)*
Soror Cecelia Carroll
Soror Odessa Dorkins
- *Nominating Committee*
Soror Esther Bailey
Soror Ruth Brown
Soror Geraldine Curry

Introducing the Epsilon Omega Web site, EpsilonOmega.ORG

Live Viewing and Presentation at December Chapter Meeting

Highlights:

- Two viewing sites—public and members only
- Members only section accessible with password
- Public site sections: history, events, programs and foundation information
- Members only sections: newsletter, directory, birthdays, reports, sisterly yours and chat room



Support the House of Ruth Women's Shelter



The History Committee will collect pennies, nickels, dimes and quarters at each Chapter meeting beginning in December to benefit the House of Ruth, the nation's leading domestic violence center that helps thousands of battered women and their children find safety and security that so many of us take for granted.

More than 70 Sorors Participated in the Day of Hope at the Code Blue Women's Shelter

Thank you to all the Sorors who donated and participated!



Sorors Cheryl Frazier, Nicole Brown, Michelle Byers, Audrey Moore Bennett, Adrienne Stokes Orange, Lois Knight Harrison and Jan Carter



Sorors Shirley Stills, Joanne Carpenter, Clarissa Price, Jean Robinson and Audrey Pinkney

Soror Audrey Moore Bennett at Code Blue

Chapter News

Ivy Center Way Unveiled

Baltimore City Council President Stephanie Rawlings-Blake and Baltimore City Council Member Sharon Green Middleton joined Soror Angela at the Chapter and Foundation's ceremonial street naming of "Ivy Center Way."



NAACP Exhibit Opener a Success

Dr. Marvin Cheatham, president of the NAACP Baltimore Branch delivered remarks at the Epsilon Omega opening of the NAACP Baltimore Branch exhibit, "97 Years and Counting." The exhibit's curator, Attorney Larry Gibson, spoke about the rich history of the nation's second oldest branch.



Who's Your Sistah? - Question Answered at Retreat

More than 90 Sorors, who attended the November 2009 Chapter Retreat, helped answer the question, Who's your Sistah? The two-day event was successful in fostering "sisterhood" among Epsilon Omega Sorors. Special attention was given to the "Sisterly Yours Groups," a concept exclusive to the Chapter that was developed by the late Soror Flossie Dedmond in 1957.



AKA News

Position Available on EAF Board

The Nominating Committee of the Alpha Kappa Alpha Educational Advancement Foundation (EAF) is seeking nominations for the position of At-Large Director of the Board of Directors.

In accordance with Article IV Section 2C of the Foundation's Bylaws, the EAF Board is comprised of eleven (11) voting members. Five (5) At-Large Directors are elected biennially by a majority vote of the regular members of the Foundation. The Directors shall be elected for a two-year term and may be elected for one additional two-year term.

Please check the EAF Web site at www.akaeaf.org (click on "In the News" on the home page) for additional information and nomination forms. The deadline is Wednesday, December 30, 2009.

AKA Trivia Game

The International Diamond, Golden and Silver Sorors' Anniversary Committee presented the AKA History Trivia Game at the 2009 Leadership Seminar in Anchorage, Alaska. The AKA History Trivia Game was created to add another dimension of involvement for Sorors at the 2010 Boule.

Sorors who were initiated in 1934-35 (Diamond), 1959-60 (Golden) and 1984-85 (Silver) and who will be eligible for recognition at the 2010 Boule are eligible to participate in this competitive initiative. Undergraduate Sorors who were initiated in 2008 and 2009, are active in their chapters and who have a 3.0 GPA are also eligible to participate.

The game will be played at the Chapter, Regional and International levels and finals at 2010 Boule.

If you are eligible, please contact Soror Angela by Saturday, January 9, 2010.

Alpha Kappa Alpha Sorority, Incorporated
79th North Atlantic Regional Conference
 The Gaylord National Resort & Convention Center • National Harbor, Maryland • 20745
 March 24 - 28, 2010

"The North Atlantic Region: A Tradition of Excellence, Success, and Progress"

SOROR CONFERENCE REGISTRATION FORM

PLEASE TYPE OR PRINT LEGIBLY, COPIES ARE AVAILABLE ELECTRONICALLY

LAST NAME:											FINANCIAL CARD NO.											
FIRSTNAME:																						
ADDRESS:																						
CITY:																STATE:						
ZIP CODE:																						
TELEPHONE NUMBERS:	HOME:											CELL:										
E-MAIL ADDRESS:											CHAPTER:											

Check all that apply:

- | | | | | |
|--------------------------------------|--|---------------------------------------|---|--|
| <input type="checkbox"/> Delegate | <input type="checkbox"/> Undergraduate | <input type="checkbox"/> Diamond | <input type="checkbox"/> Current Directorate Member | <input type="checkbox"/> First Time Attendee |
| <input type="checkbox"/> Alternate | <input type="checkbox"/> General Member | <input type="checkbox"/> Golden Soror | <input type="checkbox"/> Former Directorate Member | <input type="checkbox"/> Honorary Member |
| <input type="checkbox"/> Graduate | <input type="checkbox"/> Graduate Advisor | <input type="checkbox"/> Silver Star | <input type="checkbox"/> Basileus | |
| <input type="checkbox"/> Life Member | <input type="checkbox"/> Special Guest/VIP (Invited by the Regional Director Only) | | | |

Please indicate your meeting selection(s):

- | | | | | | |
|---|---|------------------|------------------------------|------------------------------|------------------------------|
| <input type="checkbox"/> First Timer's Forum | <input type="checkbox"/> Basilei / Graduate Advisor's Chat & Chew | Workshops | <u>1st choice</u> | <u>2nd choice</u> | <u>3rd choice</u> |
| <input type="checkbox"/> Graduate Advisor Institute | <input type="checkbox"/> Ethel Hedgeman Lyle Academy | Session 1 | _____ | _____ | _____ |
| | | Session 2 | _____ | _____ | _____ |

Data for Transportation Planning Purposes
 (Please check a box for all 5 sections)

- Transportation Mode:** Car Plane Bus Train
- Arrival Day:** Wed. Thur. Fri. Sat. **Departure Day:** Fri. Sat. Sun.
- Arrival Time:** morning afternoon evening **Departure Time:** morning afternoon evening

REGISTRATION /ACTIVITY FEES	Price	Qty	Amt. Remitted
Graduate (Includes ONE of these events, please select → <input type="radio"/> Awards Gala OR <input type="radio"/> Pink Tea Rose Lounge)	\$150.00		
Undergraduate (Includes Undergraduate Luncheon Ticket)	\$ 85.00		
Undergraduates ONLY (please select → <input type="radio"/> Awards Gala OR <input type="radio"/> Pink Tea Rose Lounge)	\$100.00		
Champagne Bus Tour	\$ 30.00		
Marjorie H. Parker Leadership Luncheon (open to public)	\$ 75.00		
EAF Casino Night (open to public)	\$ 50.00		
Moonlight Cruise / AKA Boat Ride	\$ 60.00		
Undergraduate Luncheon (open to public)	\$ 75.00		
Comedy/Talent Step Show (maximum of 3 tickets)	\$ 30.00		
Effervescent SophistAKA Ted Party – After Step Show (open to public)	\$ 35.00		
Diamond, Golden, & Silver Star Luncheon (open to public)	\$ 75.00		
Gospel Brunch (open to public)	\$ 80.00		
Hard Copy of Souvenir Journal (Note- A NARC Souvenir Journal CD is included in the Registration Fee)	\$ 25.00		
Graduate Advisor's Certification Materials	\$ 50.00		
Emerald Club Partnership (Please complete enclosed form)	\$500.00		
Pink Pearls Club Partnership (Please complete enclosed form)	\$300.00		
NARC Short Sleeve Tee-Shirt (indicate quantity for each size)	\$ 20.00		
COLOR: BLACK (S) ___ (M) ___ (L) ___ (XL) ___ (2X) ___ (3X) ___ (4X)___	(S,M,L,XL)		
COLOR: PINK (S) ___ (M) ___ (L) ___ (XL) ___ (2X) ___ (3X) ___ (4X)___	\$ 22.00		
	(2X, 3X, 4X)		
NARC Long Sleeve Tee-Shirt (indicate quantity for each size)	\$ 21.00		
COLOR: BLACK [ONLY] (S) ___ (M) ___ (L) ___ (XL) ___ (2X) ___ (3X) ___ (4X)___	(S,M,L,XL)		
	\$ 23.00		
	(2X, 3X, 4X)		
Late Registration Fee: For Registrations postmarked after January 30, 2010. Late Registration closes on February 15, 2010. Registrations postmarked after this date will be returned to the sender.	\$ 75.00		
TOTALS			

ON-LINE REGISTRATION, CERTIFIED CHECK, CASHIERS CHECK, OR MONEY ORDER ONLY

MAKE PAYABLE TO: Alpha Kappa Alpha North Atlantic Region

MAIL TO:

2010 NARC
 Registration Committee
 P.O. Box 366
 Oxon Hill, MD 20750

Alpha Kappa Alpha Sorority, Incorporated
79th North Atlantic Regional Conference
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Conference Hotel Information

- Hotel Registration Opens on **December 17, 2009 at 9:00am EST.**
- All Registrations made before **December 17, 2009** will be cancelled.
- Be sure to request the rates and availability for the **AKA** or **Alpha Kappa Alpha** Conference.
- If interested in a suite, you **MUST** contact the Regional Director between December 17, 2009 and January 15, 2010

Hotel I

The Gaylord National Resort & Convention Center

201 Waterfront Street
National Harbor, Maryland 20745
<http://www.gaylordhotels.com/gaylord-national>
1-301-965-2000
A Non Smoking Hotel

Rates (plus taxes and fees)

Single/Double	\$272.00 per night
Triple	\$292.00 per night
Quad	\$312.00 per night
*Gaylord Parking	\$ 16.00 per day
Check-In Time	3:00 p.m.
Check-Out Time	12:00 noon

**In and Out Parking Allowed*

Hotel II - Undergraduate Sorors ONLY

Marriott Residence Inn

192 Waterfront Street
National Harbor, Maryland 20745
<http://www.marriott.com/hotels/travel/wasnh-residence-inn-national-harbor-washington-dc/>
1-301-749-4755
A Non Smoking Hotel

Rates (plus taxes and fees)

Single/Double	\$ 169.00 per night
Check-In Time	3:00 p.m.
Check-Out Time	12:00 noon

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Pink Pearls Club Partnership Form



Benefits:

- VIP Registration
- One (1) free ticket to either the EAF Casino Night or the Comedy Step Show
- Special Seating at Luncheons and Plenary Sessions*
- A Pretty Pink Pearl Pin
- Name to be included in the Souvenir Journal on the Emerald & Pearl Page

Name:

Address:

Chapter Affiliation:

Cluster:

Contribution Amount

\$300.00

Method of Payment

Check #: _____

Gratis Ticket
(choose one):

- Step Show Ticket
 EAF Casino Night Ticket

Due January 30, 2010

Mailing Address:

2010 NARC

c/o Corporate Sponsorship Committee

P.O. Box 366

Oxon Hill, MD 20750-0366

Alpha Kappa Alpha Sorority, Incorporated
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 The Gaylord National Resort & Convention Center • National Harbor, Maryland • 20745
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Emerald Club Partnership Form



Benefits:

- VIP Registration
- One (1) free ticket to any luncheon
- Special Seating at Luncheons and Plenary Sessions*
- An Extraordinary Emerald Pin
- Name to be included in the Souvenir Journal on the Emerald & Pearl Page

Name:

Address:

Chapter Affiliation:

Cluster:

Contribution Amount:

\$500

Method of Payment

Check # _____

Gratis Luncheon Ticket
(Select One Only):

- Leadership Luncheon
- Diamond, Golden & Silver Star Luncheon
- Undergraduate Luncheon

Due January 30, 2010

Mailing Address:
 2010 NARC
 c/o Corporate Sponsorship Committee
 P.O. Box 366
 Oxon Hill, MD 20750-0366

Corporate Sponsorship Challenge “Every Soror Can Participate”

Total Amount of Corporate Sponsorship Dollars (\$s) Obtained:	Reward(s)
\$1,000-\$4,999	A \$50 gift certificate to the Relache Spa (Gaylord)
\$5,000	A \$100 gift certificate to the Relache Spa (Gaylord)
\$7,500	Free Conference Registration
\$10,000	<ul style="list-style-type: none"> • Free Conference Registration • One (1) free night at the Gaylord for the conference
\$15,000	<ul style="list-style-type: none"> • Free Conference Registration • Two (2) free nights at the Gaylord for the conference
\$25,000	<ul style="list-style-type: none"> • Free Conference Registration • Three (3) free nights at the Gaylord for the conference.
\$50,000	<ul style="list-style-type: none"> • Free Conference Registration • Four (4) free nights at the Gaylord for the conference. • Invitation to Regional Director’s Dinner
\$75,000	<ul style="list-style-type: none"> • Free Conference Registration • Four (4) free nights at the Gaylord for the conference • Invitation to the Regional Director’s Dinner • A Recognition Award (Presented at the Awards Gala)

Along the Ivy Vine

Congratulations to Soror Ieesha Gillis!

Soror Gillis passed the Maryland Bar Examination in July 2009 and has been recommended for admission to the Bar of the State of Maryland. The bar admission ceremony will be held in mid-December 2009.

Congratulations to Soror Tonja Ringgold

Soror Ringgold will be inducted into the Ethel Hedgeman Lyle Leadership Academy Hall of Fame at the Regional Conference.

Congratulations to Soror Edna Rich

Soror Edna Rich will receive an award for her service at the Howard Cornish Chapter of the MSU Alumni Association Breakfast on January 23, 2010, at Martin's West.

Congratulations to Our 82 New Sorors of Alpha Delta Chapter

Pink Tea Roses to Sorors Adrienne Stokes Orange, Lois Knight Harrison, Tonja Ringgold, Caprisa Hooper and the others who served on the Graduate Advisory Council and assisted with the MIP process.

Everyone worked especially hard to ensure a smooth process.

We welcomed our North Atlantic Regional Director Soror Evelyn Sample-Oates, who attended the Saturday evening and Sunday sessions.

Our Condolences

Please whisper a prayer for the following Sorors:

- Soror Roslyn Wood lost her sister, Phyllis Green. The viewing was held on Wednesday, December 2, 2009, and funeral services were held on Thursday, December 4 at St. James Episcopal Church. You can send your condolences to Soror Roslyn at 3900 N. Charles Street, #211, Baltimore, MD 21218.
- Soror Florence Blair Lewis Rainey passed on November 28, 2009. Soror Florence was a member of Epsilon Omega's 1994 Intake. An Ivy Beyond the Wall service was held on Saturday, December 5 at the Church of the Redeemed. You can send your condolences to her husband, Robert Rainey, and her mother, Soror Melba Lewis, at 3358 Old Line Avenue, Laurel, MD 20724.

2010 Awards Nomination Form

Name:	
Address:	
Phone#:	
E-mail:	

I would like to nominate

for the following award:

(Please check one)

- | | | | |
|-----------------------|---|-----------------------|----------------------------------|
| <input type="radio"/> | Edna Over Campbell
Second Mile Award | <input type="radio"/> | The Vivian Johnson
Cook Award |
| <input type="radio"/> | The Flossie Ded-
mond Spirit Award | <input type="radio"/> | Community Service
Award |

Briefly describe the Soror's accomplishments (a more detailed description will be required):



See Sorors Delores Jones or Janet Williams for more info.

Improving Your Memory

Tips from the Health and Family Living Committee

No matter your age, it's not too late to prevent memory loss. A good place to start is with the strategies for improving your memory described below. In addition, good health habits can reduce the risk of illnesses that might affect your memory, as well as the likelihood that you'll need medications that could have adverse side effects.

Research shows that the following strategies may help preserve your memory:

- | | |
|-------------------------------------|--|
| 1. Get exercise | especially B and E |
| 2. Continue to stimulate your mind | 7. Get a good night's sleep, 6 to 8 hours per night is recommended |
| 3. Stop smoking | 8. Remain social and active |
| 4. Drink alcohol only in moderation | 9. Manage stress |
| 5. Maintain a healthy, low-fat diet | 10. Protect your brain from trauma and toxins |
| 6. Consider taking multivitamins, | |

2010 Chapter Dues

- Regular Members - \$250
- Golden Sorors - \$230
- Life Members - \$160
- Golden and Life Members - \$140
- North Atlantic Regional Conference Assessment - \$75
- Foundation Assessment - \$200 (A separate check must be written payable to the Epsilon Omega Foundation.)

82 Initiated in the Alpha Delta Chapter of MSU

By Sorors Adrienne Stokes Orange

On November 15, 2009, under the direction of Graduate Advisors Adrienne Stokes Orange and Lois Knight Harrison, the Alpha Delta Chapter initiated 82 Exquisite, Splendid Pearls.

The Fall 2009 line, named *The Resurrection: 82 Pearls of Perfection*, was lucky enough to have our illustrious North Atlantic Regional Director Evelyn Sample-Oates preside over the MIP ceremony and provide an inspirational message during the MIP luncheon.

Alumni Sorors Benita Swindell and Nancy Gaskins presented the Chapter with a monetary donation and items for the Chapter's archives.

Their charge to the new Sorors was to "rebuild the chapter, keep it going and make the alumni proud." Other alumni Alpha Delta Sorors were in attendance, including Sorors from the 1945 and 1950 lines.

In less than one week after initiation, the new Alpha Delta Sorors participated in four community service projects.

They collected canned goods in partnership with MSU's chapter of Kappa Alpha Psi, volunteered for Habitat for Humanity, participated in a campus clean-up and participated in the North Atlantic Region's Day of Hope.

On December 5, 2009, 50 Sorors volunteered a day working with children in the community to assist them with arts and crafts at Morgan's Kwanza Celebration. The new Alpha Delta Sorors will be attending the December Chapter meeting.

If you have not done so, please volunteer to serve as their mentors. Our new Sorors are eager to learn. Also if you have any new or gently-used conference bags or paraphernalia that you would like to donate to our new Sorors, please bring it to the December Chapter meeting.

A special "thank you" to all of the Sorors that volunteered their time to make Alpha Delta's MIP a success.

As the Fall 2009 Alpha Delta's motto goes, **"I am because we are!"**



Happy Birthday!



December 2

- Soror Louise Owens

December 4

- Soror Lillian Jackson
- Soror Roslyn Wood

December 5

- Soror Elizabeth Dyett

December 8

- Soror Estella Grant
- Soror Doris Holmes
- Soror Idell Pugh

December 14

- Soror June Dennis
- Soror Reba Robbins

December 20

- Soror Alice Quarles

December 21

- Soror Leona Carpenter

December 27

- Soror Doris Johnson

Tips for Submitting Articles to Along the Byline

1. Please keep the word count to 100 words or less
2. Electronic submissions should be forwarded in a Word doc with the following font style: Times New Roman, 11 and black.
3. Always remember to check spelling, grammar and punctuation and check the spelling of Soror names.
4. Strive to meet deadlines. When deadlines are missed, the newsletter will not be mailed in a timely matter and the cost of printing increases.

Foundation News

Priorities for the Remainder of 2009

The Board of Directors has set the following priorities for the remainder of the year: (1)submit Form 990s for 2007 and 2008, (2)conduct audits for 2007 and 2008, (3)submit estimates for external and internal repairs to the Ivy Family Support Center and (4) select a contractor(s) for Phase II.

Save the Date: Pink and Green Gala

Get ready for the Foundation's 2010 fundraising activities: Pink and Green Gala, Afternoon of Jazz and Card Party. The gala will be held on Saturday, June 19, 2010. More information will be provided in the January 2010 newsletter.

Plan to Attend the Foundation's Annual Meeting

Elections will be Held for Several Key Officers

The Annual Meeting of the Foundation will be held at the Ivy Family Support Center on Saturday, January 20, 2010, beginning with a continental breakfast at 9:15 a.m. and the business meeting following at 10:00 a.m.

Election and installation of officers will take place. The officers to be elected are president, treasurer, assistant recording secretary, corresponding secretary, assistant financial secretary and general directors.

The nominees are listed below. If you wish to place your name on the ballot or nominate someone, please contact Odessa Dunston, chair of the nominating committee. Nominations will also be taken from the floor.

Ballot for Election of Foundation Officers

President

Cheryl Frazier

Assistant Secretary

Carol Robinson

Assistant Financial Secretary

Barbara C. Robinson

Corresponding Secretary

Marcia Martin

Treasurer

Lisa Foust

Two-Year Directors

Audrey Bennett

Crystal Cotton Faison

Shirley Hill

Vivian Holmes

Three-Year Directors

(Serving One-Year of Unfinished Term)

Tonja Ringgold

Gwendolyn Statham

2010 Soror Recognition Form

**Please Complete and Return to Soror Heloise Frazier by Tuesday, January 12, 2010 at
4803 Tamarind Road, #105, Baltimore, Maryland 21209.**

Name:	
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Address:	
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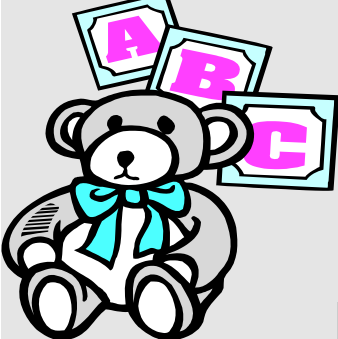
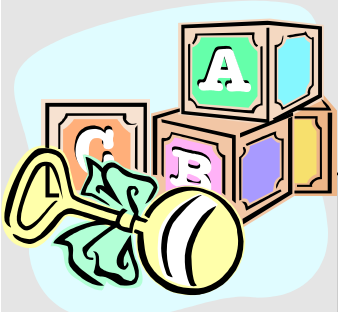
City, State and Zip:	
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Phone Number:	
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E-mail:	
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(Please Check) I would like to be recognized as a:

<input type="radio"/> Diamond Soror (1934—1935)	<input type="radio"/> Golden Soror (1959-1960)	<input type="radio"/> Silver Soror (1984-1985)
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You're Invited!

Baby Shower for My Sister's Place

Date: Saturday, December 12, 2009

Location: Lobby, Ivy Family Support Center

Wish List: For Children: pampers (all sizes), baby wipes, diaper bags, onsies, new baby clothes (all sizes) and new baby blankets
For Mothers: new bras and underwear (all sizes)

About My Sister's Place

The women and children who come to My Sister's Place frequently reside in night shelters or on the streets of Baltimore. They face constant hardship, struggling to survive a system that is unable to provide adequate and affordable housing, medical care or support services. The women who come to the shelter are unemployed, marginally employed or employed but confronted with serious obstacles, such as being physical abused, having chronic disabilities, being teenage mothers, serving as single heads of households or facing addictions. All the women who are provided services are poor and homeless. Staff work to restore hope and rebuild lives by providing resources from donors.

For more information, contact Sorors Odessa Dunston or Annamaria Joyner.

Alpha Kappa Alpha Sorority, Inc.
Epsilon Omega Chapter
P.O. Box 67006
Baltimore, Maryland 21215-0005

Save the Date



- **Saturday, December 12, 2009**
Chapter Meeting, 9:30 a.m. (Continental Breakfast), 10 a.m. (Meeting), Ivy Family Support Center
- **Monday, December 14, 2009**
Chapter Transition Meeting for Officers and Committee Chairs/Co-Chairs, 6:30 p.m., Ivy Family Support Center
- **Monday, December 28, 2009**
Foundation Executive Committee Meeting, 6 p.m., Ivy Family Support Center
- **Monday, January 4, 2010**
Chapter Executive Committee Meeting, 6:30 p.m., Ivy Family Support Center
- **Saturday, January 9, 2010**
Regional Director's Leadership Training for Chapter Officers
- **Sunday, January 10, 2010**
Chapter Leadership Meeting, 2:30 p.m., Ivy Family Support Center
- **Tuesday, January 12, 2010**
Soror Recognition Forms are Due
- **January 15-18, 2010**
National Day of Service
- **Saturday, January 16, 2010**
Annual Meeting of the Epsilon Omega Foundation, 9:15-9:45 a.m. (Continental Breakfast), 10 a.m. (Meeting) Ivy Family Support Center
Chapter Meeting, 1 p.m., Ivy Family Support Center (Special Meeting Date and Time Change)
- **Saturday, January 24, 2010**
Metropolitan Founders' Day, 12 p.m. - 3 p.m., BWI Marriott (More information on page 4)
- **Saturday, February 20, 2010**
Chapter Founders' Day Celebration, 11 a.m. - 3 p.m., Hilton Baltimore (More information on page 3)
- **Sunday, February 21, 2010**
Chapter Founders' Day Worship Service, 9 a.m., The City Temple of Baltimore Baptist Church (More information on page 3)