



ALONG THE BYLINE

Alpha Kappa Alpha Sorority, Inc. Epsilon Omega Chapter
1908 1921



February 2009

Volume 42, Number 2

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Next Chapter Meeting
February 14, 2009

9:30 a.m.
Continental Breakfast

10 a.m.
Meeting



Epsilon Omega to Honor Founders on Saturday, February 21 and Sunday, February 22, 2009



On Saturday, February 21, 2009, Epsilon Omega will honor the founders of Alpha Kappa Alpha Sorority, Inc., with a tribute ceremony at Martin's Valley Mansion in Hunt Valley, Maryland, 12 noon - 4 p.m.

Vic Carter, news anchor of WJZ-TV Eyewitness News, will be the keynote speaker. Sorors are encouraged to invite family and friends. Tickets are \$75 and will be available at the February 14, 2009, Chapter meeting. For ticket information, please contact Soror Edna Y. Rich at 410-367-9017.

We will continue our Founders' Day Observance on Sunday, February 22, 2009, with a worship service at New Bethlehem Baptist Church (1354 N. Carey Street, Baltimore, Maryland). Sorors are asked to wear white and assemble at 11 a.m.

Epsilon Omega Executive Committee

Basileus

Soror Angela C. Gibson

Anti-Basileus (Program)

Soror Audrey M. Bennett

Anti-Basileus (Operations)

Soror Joanne 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 B. 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 Francine E. Stokes-McElveen

Anti-Parliamentarian

Soror Edmonia T. Yates

Historian

Vacant

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 Past Basileus

Soror Cheryl L. Frazier

Message from Basileus

Greetings to My Sorors:

I express my sisterly love to all of you during this month as we celebrate Black History Month, President's Day, Heart Health Month, Valentine's Day and Founders' Day for Alpha Kappa Alpha Sorority, Incorporated. Our Founders' Day Celebration and church service is one you will not want to miss.

This past month was busy with your Chapter leadership attending the Regional Director's Leadership Training in Cherry Hill, New Jersey. You will hear reports on the information and training that was presented by Regional Director Evelyn Sample-Oates. Our region is on the move to promote "service to all mankind."

Many thanks to all who participated in the National Day of Service, whether you helped with a donation, made telephone calls or traveled to the Bea Gaddy Center.

Finally, let us keep in our prayers our sick and shut-in Sorors, their families and their caretakers and those who are no longer with us. We especially extend condolences to the family of our former International Regional Director, Soror Gloria Dickinson.

Happy Pink Hearts Sorors!

With Sisterly Love,
Soror Angela C. Gibson

Message from Anti-Basileus of Program

Happy Valentine's Day, Sorors!

As you decide what role you will play this year in the life of Epsilon Omega, please remember that we are the "heart" of our Chapter.

Thank you to all who participated in our service project for the "National Day of Service" on January 19, 2009, as requested by our Supreme Basileus Barbara A. McKenzie.

Continued on Page 3

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.

Our Chapter was able to take numerous items of clothing, blankets and non-perishable food to Bea Gaddy's House on January 19, 2008. We will continue to have service projects monthly so please continue to be a blessing to someone else.

The project for February 2009 will be a visit to the Upton Day Care Center. We will read, tell stories and visit with the young people at the center. As we gather more specific information, you will be given notification.

Finally, I was blessed with the poem below in celebration of our 101st Founders' Day:

AND GOD SAID
I'll make a woman.
A woman of substance. A woman of pride.
A woman who is able to put petty things aside.
A woman of integrity. A woman of love.
A woman who is worthy of the treasures from above.
A woman who is genuine, a leader in every way.
GOD SAID
I'll make a woman and call her AKA.

Soror Terri Bundy, Delta Omicron, Northern Illinois University

Sincerely,
Soror Audrey M. Bennett

Message from Anti-Basileus of Operations

Sorors:

During the month of February, we show our love and express our deep affection for those who are important to us. As such, I extend sisterly love to each of you.

Happy Valentine's Day

Chapter operations is the vehicle we use to conduct our business and to successfully accomplish our goals. As we continue to establish our committees to facilitate this endeavor, I strongly encourage you to volunteer your talents. Our journey in 2009 will make many stops, but I feel confident that the following destinations will be reached:

- Improvements in the lines of communication via the telephone tree, an Epsilon Omega Web site and quarterly meetings of committee leaders;
- Establishment of a Committee Meeting Supply Station (pen, notepads, etc.);
- Enhancement of electronic presentations through PowerPoint training and a joint purchase of a wall-base screen projector with the Epsilon Omega Foundation; and,
- Publication of an Epsilon Omega History Book.

I hope that you share my sentiments in meeting these milestones. As always, I welcome your suggestions and comments.

Sisterly,
Soror Joann R. Barber

Scoop Sheet

To ensure the timely distribution of *Along the Byline*, no electronic scoop sheets will be accepted via e-mail later than **Monday, February 16, 2009**. Please e-mail your scoop sheet to Soror Shaletta D. Espie at shaletta76@hotmail.com.

News for "Along the Ivy Vine" is greatly appreciated. Please let me know about any awards received, promotions, family additions, marriages, graduations, etc. Photos are also appreciated.

Thank you!

January 2009 Chapter Minutes

The Epsilon Omega Chapter meeting was called to order at 10 a.m. by Soror Cheryl Frazier, former Basileus of Epsilon Omega. An inspirational opening was shared by Soror Barbara A. Robinson, followed by the pledge.

Correspondence – Soror Francina C. Spencer for Soror E. Francine Stokes-McElveen

- Seasons Greetings extended to the Sorority from: 1. Senator Catherine Pugh and family; 2. Soror Jacquita Wright-Henderson; 3. Soror Dorothy Buckhana Wilson, Supreme Grammateus; and, Upsilon Epsilon Omega, Catonsville, MD
- Soror Erma W. Barron, 27th North Atlantic Regional Director, stating that it was a pleasure for her to conduct our installation services.
- Invitations were extended to the Sorority from: 1. Baltimore Alumnae Chapter, Delta Sigma Theta Sorority, Inc., to their 96th Founders' Day Celebration and 87th Founders' Day of the Chapter, Saturday, January 31, 2009, 11 a.m., Martin's West, 6817 Dogwood Road, Subscription \$60, Contact: Rita Cooper, 4416 Wentworth Rd., Baltimore, MD 21207; and, Coyaba Dance Theater, Rennie Harris Puremovement Step Afrika, Friday, January 9, 2009 at 3 p.m. & 8 p.m., Harlem Center for the Arts/Lansburgh Theatre, Washington, D.C.
- Reginald F. Lewis Museum of Maryland African American History and Culture, thanking us for our belief in the institution and continued membership and support.
- Letter from Soror Emma J. Hamlin resigning from the position of Anti-Philacter since she will be serving in her new position of

Philacter.

Minutes – Soror Francina C. Spencer

The minutes were accepted as printed with the exception of correcting the spelling of Soror Marlene Greer-Chase's name. Corrections were also made for the day and date the Epsilon Omega bus will be leaving for New York. The date should be April 2, 2009. However, upon future review, this correction is not part of the minutes but the "Announcements and Tidbits" section of the *Along the Byline* January 2009 newsletter.

Officer's Reports

Basileus – Soror Cheryl L. Frazier for Soror Angela C. Gibson

- Soror Gibson asked Soror Frazier to conduct the Chapter meeting because the Basileus, Anti-Basileus for Operations and Program, Parliamentarian, Grammateus, and Graduate Advisors were attending a mandatory regional leadership meeting in New Jersey.
- A request was made from the floor for two more tellers to assist Soror Agnes S. Edwards and Vivian F. Holmes; Sorors Louise H. and Cecelia L. King volunteered.

Anti-Basileus of Program – Soror Audrey M. Bennett

- No report given.

Anti-Basileus of Operations – Soror Joann R. Barber

- No report given.

Pecunious Grammateus, Anti-Pecunious Grammateus and Tamiouchos – Soror Esther C. Bailey for Sorors Jan W. Carter and Geraldine

S. Curry and Sylvia J. Burke

- Soror Bailey reported on the receipts for December 2008. The report was accepted for audit.
- Soror Burke indicated her records were in agreement with Soror Bailey's. She reported on disbursements and ending balances for December 2008. The report was accepted for audit. However, Soror Nancy H. Bennett asked what happened to the Chapter's other monies? Soror Burke advised that she only reports on the actual spending funds from the checkbook and not the invested funds. Soror Virginia B. Vauls advised that it is the Tamiouchos' duty to report the Chapter's worth and value of the Chapter. Soror Burke stated that she misunderstood the instructions.

Members-at-Large – Soror Edna Y. Rich and Reather F. Green

- No report given.

Epsilon Omega Foundation President – Soror Shirley W. Johnson for Soror Evelyn C. McLeod

- Soror Johnson reported for Soror McLeod because she lost her voice. Soror Johnson requested the support of Sorors at the Foundation's Annual Meeting, Saturday, January 17, 2009, 9:30 a.m., at the Ivy Family Support Center.
- In addition, tickets are now available for the Afternoon of Jazz Show. See Soror Isabella Branch-

Please Don't Forget to
Wear Your Name Badge at
Chapter Meetings.

January 2009 Chapter Minutes

Graduate Reports

Alpha Delta – Soror Adrienne Stokes-Orange

- No report given.

Xi Tau – Soror Lois D. Knight-Harrison

- No report given.

Epsilon Kappa – Soror Karen P. Foster

- No report given.

Committee Reports

Founders' Day – Soror Jan W. Carter

- Founders' Day 2009 will be held at Martin's Catering, Valley Mansion, Hunt Valley, MD., February 21, 2009, 12-4 p.m., Subscription \$75.00. It is an open Founders' Day.
- The program will include a delicious sit-down, served meal, a tribute to our Founders, special presentation to our new Diamond, Golden and Silver Sorors and a message delivered by WJZ-TV Eyewitness News anchor Vic Carter.
- Please invite family and friends to celebrate with us. Tickets are available in the lobby today and tickets will be available at next month's Chapter meeting. Tickets will not be available at the door on February 21, 2009.
- Sorors put on your pink, green, or pink and green attire and join us Saturday, February 21, 2009, 12 noon, at Valley Mansion.
- Sunday services will be held at New Bethlehem Baptist Church, 1354 N. Carey Street, Baltimore, MD. Soror Lisa K. Weah is the pastor. Please wear

white and arrive at 11:15 to go in together. The church is preparing a repast for us. Therefore, let a Founders' Day committee member know if you are attending services.

- The Founders' Day committee asked Sorors for a monetary donation for the church. Make checks payable to Epsilon Omega.
- New Diamond, Golden, and Silver Sorors must give all their information in writing to Soror Heloise B. Frazier by January 30, 2009.

Nominating Committee– Soror Isabella Branch-Brown and Vivian E. Jackson

- Soror Jackson announced and introduced the candidates running for the following positions of: Anti-Philacter; Epistoleus; Nominating Committee member, and Delegates to NARC 2009.
- Soror Frazier presided over the election. Soror Frazier asked for nominations from the floor for each position. There were none. Soror Frazier advised that Epsilon Omega has a voting strength of 12 members to the NARC; six votes are assigned to the officers and the other six are elected by the Chapter members. Individuals that are not elected as delegates will serve as alternates. The following were elected: Epitoleus, Soror Ruby B. Coleman; Anti-Philacter, Soror Rita Johnson; Nominating Committee Member, Soror Ramona Green; NARC Delegates, Soror Esther C. Bailey; Soror Isabella Branch-Brown; Soror Jan W. Carter; Soror Crystal Cotton-

Faison; Soror Frances M. Parks; and, Soror Geraldine S. Curry. Alternate NARC Delegates: Soror Sylvia J. Burke; Soror Michelle Byers; Soror Carmen T. Maxwell; Soror E. Francine Stokes-McElveen; and, Soror Sheila E. Tidline

Old Business

None

New Business

None

Hodges – Soror Shirley S. Briscoe

- Soror Briscoe recognized birthdays in January 2009 with a pink and green or white and green piggy bank with nine pennies in it for 2009.

Philacter – Soror Emma J. Hamlin

- Soror Hamlin reported that there were 104 Epsilon Omega Sorors in attendance and two visiting Sorors.

50/50 Raffle

The raffle was administered by Soror Deidre Cherry. The winner of \$31.00 was Soror Jean B. Owens.

Directory Update

Soror Helena Hairston
4100 N. Charles Street
Unit 704
Baltimore, Maryland 21218
410-366-1915 (Phone)

Soror Ann L. Moore
10395-1 Iager Boulevard
Fulton, Maryland 20759
301-776-4704 (Phone)

Founders' Day Observance News

Announcements

Diamond, Golden and Silver Soror Recognition

All first-time Diamond, Golden and Silver Stars will be recognized at the Founders' Day Observance on Saturday, February 21, 2009. To qualify as a Diamond Soror, you must have been initiated in 1934, a Golden Soror in 1959 and a Silver Star in 1984. For more information, please contact Soror Heloise B. Frazier at 410-367-3957.

Founders' Day Observance Continues on Sunday, February 22, 2009

Epsilon Omega will continue its Founders' Day observance on Sunday, February 22, 2009, 11 a.m., at the New Bethlehem Baptist Church (1354 N. Carey Street, Baltimore, Maryland), where the pastor is Soror Lisa Kelly Weah. Sorors are asked to wear white to the worship service.

Directions to Martin's Valley Mansion

From I-83 North

- Take I-83 North toward York, PA
- Take Exit 17 Padonia Road
- Keep right at the fork, follow signs for Deereco Road/Padonia Road E and merge onto W. Padonia Road
- Make a slight left to stay on W. Padonia Road
- Turn left onto MD-45/York Road
- Turn right onto Cranbrook Road
- Martin's Valley Mansion is on the left

Martin's Valley Mansion
594 Cranbrook Road
Hunt Valley, Maryland 21030
Phone: 410-666-1234

From York Road

- MD-45/York Road toward Hunt Valley, MD
- Turn right onto Cranbrook Road
- Martin's Valley Mansion is on the left

For Specific Directions

Visit www.mapquest.com or www.maps.google.com/maps

Do You Know...

Answers on Page 10

- | | |
|--|--|
| <p>A. Anna Easter Brown</p> <p>B. Marjorie Hill</p> <p>C. Marie Woolfolk-Taylor</p> <p>D. Lillie Burke</p> <p>E. Lucy Diggs Slowe</p> <p>F. Lavinia Norman</p> <p>G. Ethel Hedge-man-Lyle</p> <p>H. Margaret Flagg-Holmes</p> <p>I. Beulah Burke</p> | <ol style="list-style-type: none"> 1. Who majored in French and English at Howard University? 2. Who taught at Morgan College in Lynchburg, Virginia? 3. Who studied at the University of Chicago and Columbia University to earn a degree in home economics? 4. Who was the first college-trained African American women to receive a Teacher's Life Certificate from the Oklahoma State Department of Education? 5. Who taught social studies for 31years at Booker T. Washington High School in Rocky Mount, North Carolina? 6. Who was recognized at the 1986 Convention of the National Association for Women Deans, Administrators and Counselors for their outstanding career achievements? 7. Who taught Latin and English in Baltimore, Maryland for nine years? 8. Who moved from Downingtown, Pennsylvania to Fayetteville, North Carolina in 1911? 9. Who attended Atlanta University before transferring to Howard University? |
|--|--|

Chapter News

Sorors Distribute Gifts at Rosewood Center on Christmas Day



(left to right) Sorors Shaletta D. Espie, Angela C. Gibson, Joan S. Stevenson, Beverly A. Reid, Marguerite C. Quarles, Virginia R. Clark, Cheryl L. Frazier and Heloise B. Frazier with Santa Claus at the Rosewood Center on Christmas Day 2008.

On December 25, 2008, several Sorors joined Soror Virginia R. Clark at the Rosewood Center in Owings Mills, Maryland to distribute Christmas gifts to residents.

The Sorors, along with Santa Claus, handed out more than 20 gifts, sang Christmas carols and brought smiles to the faces of residents and staff.

Sadly, 2008 marked the last time Sorors will journey to the center on Christmas day. The Rosewood Center will close in June 2009.

Sorors Volunteer on National Day of Service



(left to right) Sorors Angela Gibson, Audrey Parker, Sheila Tidline, Jaann Barber, Lisa Foust, Michelle Byers, Audrey Bennett, and Norma Scott.

A little snow did not stop several Sorors from participating in the National Day of Service on January 19, 2009. To celebrate the tremendous service Dr. Martin Luther King, Jr., dedicated to this country, Sorors delivered food, clothing and blankets to the Bea Gaddy Family Center in East Baltimore.

Epsilon Omega will continue to host a monthly service day. In February 2009, Sorors will volunteer at the Upton Day Care Center.

EO Foundation Host Reception to Introduce Young Women Soaring for Greatness



“Celebrating Young Women Soaring to Greatness” program participants: (left to right) Jasmine Owens, Erin Wilson, Morgan Glaze, Kimberly Williams, Kristina Makle, Jessica Clowney and Jessica Connor

The Epsilon Omega Foundation and Chapter have joined together to develop the “Celebrating Young Women Soaring to Greatness” program, which honors young women in Baltimore for their achievements, talents and accomplishments.

On January 18, 2009, the Foundation and Chapter hosted a reception to present the seven honorees and reveal program details, which include workshops on financial management, time management and self-esteem. The workshops are designed to prepare the honorees for their transition from high school to college.



Sorors listen intently at the reception as committee members introduce the honorees and discuss the program.

Announcements and Tidbits

Chapter Holds Elections

The following Chapter officers were elected at the January 10, 2009, Chapter meeting: Epitoleus - Soror Ruby B. Coleman; Anti-Philacter - Soror Rita Johnson; Nominating Committee Member - Soror Ramona R. Green; NARC Delegates - Soror Esther C. Bailey; Soror Isabella Branch-Brown; Soror Jan W. Carter; Soror Crystal Cotton-Faison; Soror Frances M. Parks; and, Soror Geraldine S. Curry. Alternate NARC Delegates: Soror Sylvia J. Burke; Soror Michelle Byers; Soror Carmen T. Maxwell; Soror E. Francine Stokes-McElveen; and, Soror Sheila E. Tidline.

Congratulations, Sorors!

All Aboard the Epsilon Omega Bus to New York

The Epsilon Omega bus to NARC will leave the Ivy Family Support Center on Thursday, April 2, 2009, at 8 a.m. The bus will make a stop for breakfast.

It will return to the Ivy Family Support Center on Sunday, April 5, 2009, time TBD.

The cost of the bus is \$70. Seating is limited on the 47 passenger bus, and currently there are 44 reservations available. All reserved seats will need to be paid by the February 14, 2009, Chapter meeting. There will be no refunds.

Committees are Forming, Sign-Up Now

If you are interested in serving on one of the following committees: AKA Connection, Archives, Audit, Awards, Bylaws, Courtesy, Cultural Arts, Eating Together, Education, Finance, Founder's Day, Health and Family Living, History, Holiday Activities, Inspirational Opening, Membership, Music, Protocol, Public Relations/

Publicity, Retreat, Technology and Telephone Contact, please complete the form on page 11 and return it to Soror Audrey M. Bennett or Soror Joann R. Barber at the February 14, 2009, Chapter meeting.

Journal Ad Information Available at February Chapter Meeting

Celebrating Young Women Soaring to Greatness will be held on Saturday, April 25, 2009. Sorors are asked to purchase tickets to the event and advertisements for the journal. Additional information will be provided at the February 14, 2009, Chapter meeting.

Foundation News

An Afternoon of Jazz Returns in March 2009

The Epsilon Omega Foundation will present, *An Afternoon of Jazz*, on Sunday, March 15, 2009, 4 p.m. - 7 p.m., at the Ivy Family Support Center.

The Rollex Band will once again be the afternoon's entertainment.

Tickets are \$40 and will be available at the January, February and March 2009 meetings. Please contact Soror Isabella Branch-Brown about purchasing tickets at 410-922-1002.



Scholarship Applications Available at February Chapter Meeting

The 2009 Epsilon Omega Foundation scholarship applications will be available at the February 14, 2009, Chapter meeting. If you know an eligible graduating high school senior, please complete the application by Friday March 20, 2009, and return it to Soror Shirley T. Hill.

The next meeting of the Scholarship Committee is Thursday, March 26, 2009, at 6 p.m. at the Ivy Family Support Center. The committee welcomes new members!

Foundation Holds Annual Meeting

The Epsilon Omega Foundation held its Annual Meeting on January 17, 2009. Major topics of discussion were the moisture problem in the meeting hall of the Ivy Family Support Center, which is causing damage to the floor and the development of Phase II, which will become a "warm vanilla" area.

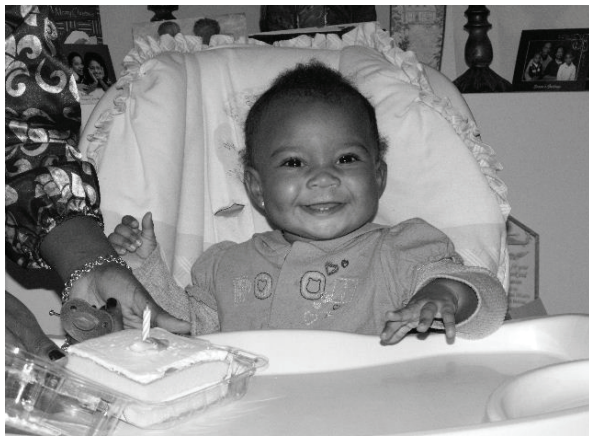
Foundation officers were also elected to the following positions: Vice President - Shirley W. Johnson; Recording Secretary - Michelle Byers; Treasurer - Yolanda Barber; Assistant Treasurer - Sylvia L. Johnson; Financial Secretary - Esther C. Bailey; and, Nominating Committee - June H. Dennis, Trebbie S. Dickerson, Odessa F. Dunston, Cinderitha Payton and Erica M. Waters.

Consider Making a Donation to the Epsilon Omega Foundation!

Your tax-deductible donations help us provide scholarships to qualified and deserving students living in the community and promote and sustain educational, cultural and health programs for the community.

Along the Ivy Vine

Future Soror Turns One!



Autumn Symone Hamlin Glover, daughter of Soror Denise Hamlin-Glover, turned 1-years-old on January 5, 2009. The future soror is also the granddaughter of Soror Emma J. Hamlin and the niece of Soror Deneen L. Hamlin.

Soror Receives Community Service Award

Congratulations to Soror Wynola W. Cunningham! She received the Valued Hours Award from The Fullwood Foundation, Inc., on January 10, 2009, for her service to the Epsilon Omega "Eating Together" program.

In Loving Memory of Our Ivy Beyond the Wall

It is with great sadness that we say goodbye to Soror Vashti C. Goldstein, who passed away on December 25, 2008. Soror Vashti will certainly be missed. The Courtesy Committee sent a sympathy card to her loving family to express Epsilon Omega's condolences.

Something Old, New, Borrowed and Blue!

Congratulations to Rev. and Mrs. Anthony H. Carpenter! Our Soror, the former Joanne Bryant, recently wed. The newlyweds will reside in Edgewater, Maryland.

Cards of Concern Sent

A card of concern was sent to Soror Chicora M. Lee, by the Courtesy Committee. Please keep our Soror in your prayers.

Please Offer Your Condolences

Soror Martha R. Lancaster's husband, George, passed away on January 6, 2009. Please keep Soror Lancaster in your prayers.

On the Platform

Alpha Kappa Alpha Platform #5 Health Resource Management and Economics

"Through health resource management and economics, Alpha Kappa Alpha will address the many health issues and crises that face the Black community"

Love Your Heart!

February is American
Heart Month



For African American women, the risk of heart disease is especially great. Heart disease is more prevalent among Black women than white women—as are some of the factors that increase the risk of developing it, including high blood pressure, overweight and obesity and diabetes. Studies have shown that African Americans do not get the same care for heart disease as whites because they do not get the same test and treatments.

So, what can you do to prevent heart disease? Well, you can take action and lower your chance of developing heart disease and its risk factors. In fact, Black women can lower their heart disease risk by as much as 82 percent just by leading a healthy lifestyle. Here are some guidelines to follow:

- **Don't smoke.** About one in five Black women smoke. Quit, and just one year later, your heart disease risk will drop by more than half.
- **Lower high blood pressure and cholesterol.** About 37 percent of Black women have high blood pressure and nearly half have high cholesterol.
- **Maintain a healthy weight.** Nearly 80 percent of Black women are overweight or obese, increasing the risk not only of heart disease but also a host of other conditions, including stroke, gallbladder disease, arthritis and some cancers.
- **Try to do at least 30 minutes of moderate-intensity activity** such as brisk walking on most, and preferably, all days of the week.

Happy Birthday, Sorors!



February 1

- Soror Lisa Kelly Weah

February 2

- Soror Diana L. Owens

February 3

- Soror Nicole S. Brown

February 4

- Soror Doris J. Levi

February 5

- Soror Melanie D. Delaney

February 7

- Soror Virginia B. Vauls

February 8

- Soror Cynthia Harvey Murray

February 10

- Soror Paula Roberts-Tolson
- Soror Margaret J. Shipley

February 12

- Soror Jerry D. Bentley

February 13

- Soror Marlene Greer-Chase
- Soror Linette Horsey-Fitten

February 15

- Soror Audrey M. Bennett
- Soror Cheryl L. Frazier
- Soror Elvenia C. Hopkins

February 22

- Soror Taryn Green

February 23

- Soror Reather F. Green

February 24

- Soror Lois B. Valentine

February 25

- Soror Addie J. Bland

February 28

- Soror JoEllen C. Lofton

February 29

- Soror Rose S. Sparks

Sick and Shut-In Sorors

Soror Etheline Barland
1 Hamill Court, #23
Baltimore, Maryland 21210

Soror Hermia Jordan
Future Care Cherrywood
12022 Reisterstown Road
Baltimore, Maryland 21136

Soror Ruth Land
1190 W. Northern Pkwy, #207
Baltimore, Maryland 21210

Soror Carolyn Peck
6802 Bonnie Ridge Drive, #101
Baltimore, Maryland 21209

Soror Theresa Sisco
3052 Hunting Ridge Drive
Owings Mills, Maryland 21117

Soror Anne L. Boone
3200 Howard Park Avenue
Baltimore, MD 21207

Along the Byline Proofreaders Needed!

If you are a grammar, word usage and punctuation wiz, the newsletter needs you! Become a proofreader. Please contact Soror Shaletta Espie at shaletta76@hotmail.com.

Don't forget to submit news for "Along the Ivy Vine." Announcements about awards received, promotions, family additions, marriages, graduations, etc., are welcome!

Send to Soror Shaletta Espie at shaletta76@hotmail.com.

Deadline: March 16, 2009

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.

Answers to "Do You Know..." 1.F; 2.B; 3.I; 4.G; 5.A; 6.E; 7.H; 8.D; and, 9.C

Epsilon Omega 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.

**EPSILON OMEGA CHAPTER
2009 COMMITTEE SIGN UP FORM**

Name:	
Address:	
City, State, Zip:	
Phone Number:	
E-mail:	

<input type="radio"/> AKA Connection	<input type="radio"/> Education	<input type="radio"/> Music
<input type="radio"/> Archives	<input type="radio"/> Finance	<input type="radio"/> Protocol
<input type="radio"/> Audit	<input type="radio"/> Founders' Day	<input type="radio"/> Public Relations/Publicity
<input type="radio"/> Awards	<input type="radio"/> Health and Family Living	<input type="radio"/> Retreat
<input type="radio"/> Bylaws	<input type="radio"/> History	<input type="radio"/> Technology
<input type="radio"/> Courtesy	<input type="radio"/> Holiday Activities	<input type="radio"/> Telephone Contact
<input type="radio"/> Cultural Arts	<input type="radio"/> Inspirational Opening	
<input type="radio"/> Eating Together	<input type="radio"/> Membership	

**Please complete this form and bring to chapter meeting or mail to
Soror Audrey M. Bennett or Soror Joann R. Barber.**

Sisterly Yours Group Repast Assignments

Group	Chairperson	Co-Chairperson	Month
1	Soror Jan Carter	Soror Lillian Jackson	Mar. 2009
2	Soror Joanne Bryant	Soror Geraldine Curry	Apr. 2009
3	Soror Venciedora Kane	Soror Courtney Suggs	May 2009
4	Soror Ivy Gates-Smith	Soror Ruby Coleman	Sept. 2009
5	Soror Erica Waters	Soror Pinkie Daniels	Oct. 2009
6	Soror Joan Stevenson		Nov. 2009
7	Soror Mary Ellen Smackum	Soror Adeline Hutchinson	Dec. 2009
8	Soror Edna Rich	Soror Karen Foster	Jan. 2010
9	Soror Virginia Clark	Soror Shirley Johnson	Jan. 2009
10	Soror Margaret Shipley	Soror Gwen Statham	Feb. 2009

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

Save-the-Date



- **Monday, February 2, 2009**
Executive Committee Meeting, 6:30 p.m., Ivy Family Support Center
- **Saturday, February 14, 2009**
Chapter Meeting, 9:30 a.m. (Continental Breakfast), 10 a.m. (Meeting), Ivy Family Support Center
- **Monday, February 16, 2009**
Along the Byline Scoop Sheets Due, Please Submit to Soror Shaletta Espie
- **Saturday, February 21, 2009**
Founders' Day Observance, 12 noon, Martin's Valley Mansion, Tickets \$75, Contact Soror Edna Rich
- **Sunday, February 22, 2009**
Founders' Day Worship Service, 11 a.m., New Bethlehem Baptist Church
- **Monday, March 2, 2009**
Executive Committee Meeting, 6:30 p.m., Ivy Family Support Center
- **Saturday, March 14, 2009**
Chapter Meeting, 9:30 a.m. (Continental Breakfast), 10 a.m. (Meeting), Ivy Family Support Center
- **Sunday, March 15, 2009**
Afternoon of Jazz, 4 p.m., Ivy Family Support Center, Tickets \$40, Contact Soror Isabella Branch-Brown
- **Monday, March 16, 2009**
Along the Byline Scoop Sheets Due, Please Submit to Soror Shaletta Espie
- **April 1-5, 2009**
NARC - New York; Epsilon Bus Leaves **Thursday, April 2, 2009**, 8 a.m.; Returns on **Sunday, April 5, 2009**, Time TBD
- **Saturday, April 25, 2009**
Celebrating Young Women Soaring for Greatness Gala