

Pearls of Wisdom

PEΩ

A publication of Rho Xi Omega Chapter
Alpha Kappa Alpha Sorority, Incorporated

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Rho Xi Omega's Sister Circles Sorors Connected by Ivy-An Invitation to all Sorors

Submitted by: Soror Avonnee Brown

Rho Xi Omega Chapter created *Sister Circles* at the April 9, 2005 Chapter Mini-Retreat. The theme was "Sorors Connected by Ivy" thus setting the stage for the *Sister Circles* as soror groups bound by unique and common interests (definition of a circle taken from Webster's New World Dictionary). The Circles have grown from four in 2005 to fourteen as of the September 13, 2008 Chapter Retreat. The *Sister Circles* are a function of the Membership Committee.

Soror Avonnee E. Brown, Soror Janet Cooper and Soror Elizabeth Burkes who served as chair, co-chair and committee member respectively for that April Retreat, are serving as Co-Coordinators of the Circles today.

The aim for 2009 is to encourage all Rho Xi Omega members to join a *Sister Circle*. Sorors are welcome to participate in more than one Circle. Please contact Soror Avonnee if you are interested in creating a new *Sister Circle*. New ideas, suggestions and input are welcome.

The Sister Circles of Rho Xi Omega Chapter are designed to:

1. Strengthen the bonds of sisterhood and feelings of belonging.
2. Promote positive sisterly interactions and increased rapport among sorors.
3. Create a time to *play* and to have *fun* around a shared interest.
4. Meet at least four (4) times a year.

Sister Circles and their points of contact are listed on Page 11 of Pearls of Wisdom as well as the Chapter Website.



Platform V Co-Coordinators Debra Shannon & Tanisha Adams-Dixon with Membership Co-Chairman, Michelle Davis-Adams during a chapter community service project.



Celebrating Women's History & Heart Health Month

The theme put forth by the National Women's History Project for 2009's Women History Month is "Women Taking the Lead to Save our Planet". While many chose to honor this theme by showcasing women in science, engineering and Green-based careers, as African-American women, we must acknowledge that in order to save the planet we must first preserve ourselves. Today, African-American women rank on the high end in health care disparity in categories such as HIV/AIDS, heart disease and obesity. In celebrating our History, we must take notice and change when necessary to preserve for our future. Please read the article "HeartFelt – Black Women and Heart Disease" by Soror Gina McKnight-Smith, Pharm. D., on page 11 as well as the Heart Health Tips presented by Platform V.

Background on National Women's History Month - <http://www.nwhp.org/whm/history.php>

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Message from the Basileus

Spring forward Sorors!

Have your thoughts shifted to gardens, baseball, Spring break, spring cleaning, walking outdoors and finally reduced heating bills? Admittedly, mine have. This is definitely, my favorite time of year. Lest I forget March Madness! Congratulations to the Lady Terps – the 2009 ACC Champions!

March is National Women's History Month and the theme is "Women Taking the Lead to Save Our Planet". President Obama's Proclamation can be found at the following site: http://www.whitehouse.gov/the_press_office/Womens-History-Month-2009/

Women are lauded for their efforts to care for the environment and other facets of making the world a better place. As a chapter, we are making strides to "Go Green" and welcome suggestions to reduce waste and operate more efficiently.

Alpha Kappa Alpha women, who are naturally history makers, will certainly be a part of several commemorations. Locally, sorors are encouraged to participate in the book discussion with Judge Rohulamin Quander. The discussion will focus on his book, Nellie Quander, An Alpha Kappa Alpha Pearl (The Story of a Woman Who Saved an International Organization). I hope to see many of you at the Reginald Lewis Museum on March 14, 2009 from 2- 3:30 p.m.

I want to extend a special note of appreciation to a great group of women, our Executive Committee who participated willingly and openly in our first Leadership meeting on Saturday morning. We had an ambitious agenda that will have to be continued in a second session. The purpose of the meeting was to assess leadership traits, discuss expectations while in office, set the tone for sisterly teamwork, and to foster a strong leadership team. I believe the morning was productive and fun. As usual, Cleatress was a gracious hostess.

During the Lenten season, as we set aside time for reflection and sacrifice, please be mindful that the recession is real and there may be sorors or family members in your midst who are impacted by the economy. Look for signs of struggle, because pride sometimes keeps us from seeking help. This is a perfect time to serve and lift someone else up. This is the true essence of what Alpha Kappa Alpha women do.

Yours in the Sisterhood,

Soror Sheryl



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Elizabeth A. Williams

North Atlantic Regional News

NARC Service Project – *excerpt from Regional Director's Message on www.akanorthatlantic.org*

"Cluster III has developed a marvelous project for the 78th North Atlantic Regional Conference- "Think Pink and Speak Green!" Sorors now is the time to give out of an abundance that many of us have; to donate eyewear and cell phones to women in need." Sorors who are attending NARC may bring these items to New York. Sorors not attending and desiring to make donations should bring donations to the March chapter meeting.

Regional Director's Itinerary

March 2009

4th - 8th - Directorate Meeting (*Office Closed*)
9th - 13th - *Office Closed*
21st - Iota Lambda Omega Founder's Day Luncheon Columbia, Maryland

April 2009

1st – 5th – North Atlantic. Regional Conference (*Office Closed*)
16th – 19th – Central Regional Conference (*Office Closed*)
23rd – 26th – Great Lakes Regional Conference (*Office Closed*)
30th – South Atlantic Regional Conference (*Office Closed*)

Economics, **S**ervice and **P**artnerships - Year 3

Soror Tracey Barbour, 1st Anti-Basileus

Let's Make "A Powerful Noise" Through ESP!

- 75 million children who should be in school are not;
- 2/3 of the world's illiterate adults are women;
- Of the 1 billion poorest people in the world, 60% are female;
- Around the world, 1.4 billion people live on less than \$1.25 a day;
- An additional 1.5 billion live on less than \$2 a day.

Alpha Kappa Alpha was one of the national partners for the March 5 screening of "A Powerful Noise," a documentary that followed the struggles, triumphs and challenges faced by three remarkable women in three different parts of the world: Mali, Vietnam, and Serbia. 450 theaters around the country aired the film in a special, one night only screening. Visit www.apowerfulnoise.org to learn more about the film.

Soror L'oreal Edmondson and I attended the movie, and both left feeling a mix of emotions: grateful for all that we have been blessed with; saddened that so many women around the world have such difficulties to overcome in their day to day lives; and inspired by the three women in the story for their tenacious efforts to help improve their communities and their countries.

As we continue to see the stock market on a roller coaster ride, and hear about thousands of Americans losing their jobs, as we worry about our own futures, I challenge you to think about what it might be like to live on less than \$2 a day; or to not be able to read or even have access to schooling. We are all so blessed to live in a country where we can go to school and we can live comfortably. Through our programs of service, we work to raise all boats - for each other and for others in Baltimore.

Take advantage of the following activities, and spread the word to your friends and family about the public events they can attend!
Empower and Support with a Purpose!

SEED School of Maryland

The SEED School needs our help! Soror Anna Williams is calling on sorors individually and our program committees collectively to assist her with: Tutoring; Conducting a class of some type for the girls-beauty, self esteem, etc.; Sponsoring a fun night for students-pizza party, movie night, ice cream Sunday night, etc.; Donating items to the SEED store (candy, toys, nail polish, etc.); Talking to the students about college experiences; Talking about one of SEED's character values.

Contact Soror Anna Williams to discuss how you can help in more detail.

March 18, 6:30-8:00 pm – Platform I Committee meets at the home of Soror Donna Stevenson Robinson. Contact Sorors Sherry Armstead or Sheila Rolack for more information.

March 21, 2009 – Money Power Day at Baltimore Polytechnic Institute. This is a Platform II activity. Soror Donna Stevenson Robinson will be leading a small business workshop (Platform I); Platform III has recruited the young men of Male Minds Moving to volunteer throughout the day; Sorors and their children are also able to volunteer. Thanks to those of you who have signed up and who participated in the volunteer orientation!

Coming Soon – The Biggest Loser

Join Platform V and the Membership Committee in this effort to increase our chapter's fitness. Look for more information at the March chapter meeting.

May 16 – She Matters Conference

Join Platform III for this day long conference designed to inspire instill confidence and excellence in girls and young women. Contact Soror Tonee Lawson for more information.

Continued from page 3

July 6-31 – Camp Font-Tastic

The planning for this year's camp is underway! Contact Soror Vanessa Sims to join the planning committee or to learn more about how to enroll your middle school aged camper.

Program Committee Updates

Platform I – Due to a scheduling conflict, the committee will now meet on the third Wednesday of each month, with this month's meeting being changed to **March 18th**. An exception is April, when the committee will meet on the second Wednesday (*April 8th*). The meeting time remains 6:30 – 8 p.m. Subsequent dates for the meetings are: May 20th and June 17th. The April, May and June meetings will take place at BCCC. Platform 1 tentative program activity plan is as follows:

- Spring '09 – Pink & Green pages will be expanded to include Cluster 1 Sorors
- Fall '09- Akatude Workshop to coincide with Women's Business Month
- Spring '10 – Networking session
- RXO Non-Traditional Entrepreneur Monthly Spotlight

If you have a business or have entrepreneurial interests, then Platform 1 would love to have you join us. If you are interested in joining or learning more about Platform 1, please contact Sorors Sheila Rolack and Sherry Armstead, the Co-Chairs.

Platform V - Platform V Sorors will be traveling to Washington, DC on April 25, 2009 to see the stage play "Crowns." "Crowns" will be playing at the Arena Stage, 1101 6th Street, SW at 2:00 p.m. *'Crowns: Portraits of Black Women in Church Hats'* is a play Based on Photo Anthology Celebrates a Festive Tradition and tells the story of six African-American women through the hats they wear to church. Chapter tickets for this event are **SOLD OUT!!** However Sorors still wishing to attend the performance may purchase tickets at the box office or ticket master. For more information regarding tickets, please contact Soror Avonnee Brown.

AKA Night in AnnapolisLet's Legislate. Cluster I Sorors participated in the Annual event hosted by Maryland State Senators and Sorors Delores Kelly and Verna Jones on *Thursday, March 12, 2009*. Under the leadership of the new Maryland State Connection Coordinator, a day activity was added to this year's event. Sorors from Cluster I were invited to participate and give testimonies on various bills. Soror Karren Pope Onwukwe testified in favor of a bill sponsored by Sen. Delores Kelley., SB 150 - Uniform Power of Attorney Act – Loretta's Law in February and updated the day group. Bills that were testified on during the March 12 session were: SB 546 – End of Life Counseling Legislation and SB 421 – Social Services Administration - Children at Substantial Risk of Abuse or Neglect - Identification and Notice.

Look for Rho Xi Omega's Connection Committee article on AKA Night in Annapolis in the April edition of *Pearls of Wisdom*. Sorors interested in participating on the Connection Committee should contact Soror Katherine Carter, Chairman or Soror Deanna McCray-James, Co-Chairman.



Rho Xi Omega –2008 Year in Review

Spring

The Inaugural Class of the Ethel Hedgeman Lyle Leadership Academy graduated at the conference, which was held in Philadelphia. Of the 343 graduates, 20 of them were members of Rho Xi Omega.



**Elizabeth Arnold Williams
Edith Aydlett-Whitmore
Tracey Barbour
Judith Britton
Karen Brooks
Jestine Brown*
Linda Brown**

**Damiane Cain
Linda Jones Coxson
Denise Curbean*
Yvonne Davis-Robinson
Irma Johnson
Monica King
Robin Ott**

**Vanessa Ray
Alison Riddle-Fletcher
Doris Terry
Juanita Tynes Tillery
Tilwana Walker-Griffin
C. Maria Weems
* not pictured**



Also, of all the graduates, 19 Sorors received the highest honor: the “SERVANT LEADER AWARD!” Rho Xi Omega’s Juanita Tynes Tillery (*left*), and Dr. Linda Brown (*right*), were two of the 19.

Submitted by: Soror Juanita Tynes Tillery



Platform I – *Entrepreneur Sorors Prevailing*

Soror Spotlight



Soror Nicole Moore Waddell is the Founder & President of Virtual Link, LLC located in Baltimore, Maryland. Virtual Link is an Information Technology Project and Program Management Consulting firm. Her clients have included many companies across several sectors such as: the Centers for Medicare and Medicaid (*Federal Government*); MD Department of Human Resources (*State Government*); University of Virgin Islands (*Higher Education*) T. Rowe Price (*Financial Services*); and XO Communications (*Telecommunications*), to name a few.

Nicole has more than 18 years of Information Technology experience and has had the opportunity to work for several Fortune 50 companies. She has managed multi-million dollar projects of various scopes and has experience in marketing, business development, and finance. She also serves as an Adjunct Professor at Strayer University, Baltimore City Community College, and Prince Georges' Community College.

Why did you decide to start your own business?

Since a little girl I always wanted to start my own business. It started with me selling candy at school and freeze cups in my parents' driveway. My father was and still is a "serial entrepreneur". So, I guess I caught the bug from him after working in several family businesses.

I launched my current business in 2000 when my oldest son was 18-months old. Before going on maternity leave I worked for a consulting firm. The intent was to return on a part-time basis, but the firm did not honor their agreement. I knew that this was God's way of letting me know that it was time to begin my own consulting business.

What were some of your challenges or obstacles, and how did you overcome them?

One of my primary challenges was making the decision of transitioning from being an independent consultant to taking my business to the next level. This required that opportunities and capacity would meet at the same time. I have always depended on solid strategic alliances and relationships for growing my business.

At certain points I let fear of the unknown slip through. But, I had to once again trust that God's timing would be perfect. A friend reminded me: "*Where there is vision, God gives provision*".

What advice would you give to other aspiring entrepreneurs?

- Write the vision and make it plain (keep a notebook with you at all times to jot down ideas and thoughts)
- Reach out to others to form partnerships and strategic alliances
- Prepare for where you want to be tomorrow...TODAY
- Keep a good filing system
- Hire an accountant
- Join networking groups that relate to your industry and your client's industry
- Get all of the business certifications that your business qualifies for
- Take business management and financial management courses
- Meet new people continuously
- Schedule rest and relaxation
- Laugh as often as possible
- Pray daily

Calendar of Events

March 2009

1st - Beginning of Women's History Month

3rd - Finance Committee⁵

4th - Fundraising Committee³

Step Show packets available

Connection Committee⁶

5th - Membership Committee Meeting²

International Women's Day Activity⁷

Make a Powerful Noise

7th - Executive Board Leadership Retreat¹

9th - Platforms III & V Meetings⁵

10th - Executive Committee Meeting¹

Fall 2006 MIP Meeting¹

Step Show packets available

12th - AKA Night in Annapolis

18th - Scholarship Committee²

Platform I Meeting⁸

21st - Money Power Day

23rd - Chapter Meeting*

Step Show packets available - FINAL



April 2009

1st - 5th - North Atlantic Regional Conference

1st - Connection Committee⁶

1st - Fundraising Committee³

Step Show packets available

7th - Finance Committee⁵

8th - Platform I Meeting

13th - Platforms III & V Meetings⁵

14th - Executive Committee Meeting¹

Step Show packets available

15th - Scholarship Committee²

23rd - Membership Committee Meeting²

25th - Tinina Q. Cade Foundation Outreach Seminar²

27th - Chapter Meeting*



Platform V presents.....

Health Resource Management and the Arts

Platform V has partnered with the **Tinina Q. Cade Foundation, Inc.** (www.CadeFoundation.org) to promote women's health. To raise awareness and provide outreach, Platform V Sorors will attend the foundation's seminar, which will be held at Northwest Hospital Center on Saturday, April 25 from 10 a.m. - Noon. Sorors are encouraged to support this partnership by participating in the outreach seminar. This foundation is a "national non profit organization committed to informing communities about infertility and related issues as well as financially helping affected families

seeking to bring children into their homes with the help of fertility treatment or adoption". The Tinina Q. Cade Foundation, Inc. was founded by Soror Camille Hammond, M.D. following her struggle with infertility. She was previously the director of cancer survivorship disparities at the University of Maryland School of Medicine before deciding to run the Tinina Q. Cade Foundation full-time. Due in large part to the foundation's namesake, Soror Hammond and her husband are the proud parents of 4-year-old triplets.

Please contact Soror Debbie Shannon or Soror Tanisha Adams-Dixon for more information at platformfive@yahoogroups.com

Exhibiting Superior Participation...



“Catch the Excitement of Our Operations Committees”

Soror Juanita Tynes Tillery, 2nd Anti-Basileus

As is the tradition in Rho Xi Omega, Sorors join minimum of one Operations Committee and one Program Committee. I ask that each of you please SIGN UP for, at least, ONE Operations Committee. You may sign up by contacting the committee leaders directly. E-mails and telephone numbers may be found in the Members Only Section of Rhoxiomega1988.org. You may also contact me directly.

ARCHIVES COMMITTEE MEETINGS: This committee meets when Chapter displays are needed for Regionals, Anniversaries, Celebrations and other events. **Our most IMMEDIATE and most PRESSING NEED is PREPARATION of the NARC '09 Chapter Display.** Therefore, please send your ideas for a theme and/or design for this display ASAP to *Soror Cecile Matthews!*

FUNDRAISING COMMITTEE MEETING: This committee will meet on the first Wednesdays. Contact Soror Jeri Bentley, Chairman or Keisha Thomas, Co-Chairman.

MEMBERSHIP COMMITTEE MEETINGS: This committee will meet on the first Thursday of the month, at Northwest Hospital. For more information, contact *Co-Chairmen, Soror Michelle Davis-Adams* or *Soror Elizabeth Williams*.

FINANCE COMMITTEE MEETINGS: This committee will meet on the first Tuesday monthly. Contact Soror Marjorie Edmonds, Chairman, for more information.

COURTESY COMMITTEE MEETINGS: This next committee meeting is Thursday, April 16, 2009, via conference call. Contact Soror L'Oreal Edmondson, Chairman, for the “call-in” information.

PROTOCOL COMMITTEE MEETINGS: This committee will meet on Tuesday, March 17th at the home of Soror Judith Britton, Chairman. Contact her for directions or additional information

TECHNOLOGY COMMITTEE: Contact Soror LaKeisha Coleman, Chairman or Soror Shawn Mullin, Co-Chairman for more information about this committee.

*****PUBLIC RELATIONS COMMITTEE:** If you signed up for this committee at the January Chapter Meeting, the list was misplaced. Please contact Soror Vanessa Ray or the 2nd Anti-Basileus if you are interested and/or previously signed up for this committee.



To be in compliance with our *international operating procedures*, **ALL REPORTS** from Chapter Meetings and Executive Board Meetings **MUST BE** bound at the end of each year. Reports should be typed and **printed on paper without holes** for secure binding. If you wish, you may email your reports to me and I will print the copies I need. Thank you, in advance!



There will be a **mandatory meeting** of all **Delegates for NARC '09**, prior to Chapter Meeting, from **6:00-6:30pm** on **Monday, March 23rd** at Epworth Chapel



There will be a meeting of all *Operations Chairs, Co-Chairs & Vice-Chairs*, at 6:30pm on **Wednesday, March 25th** at the Liberty Resource Center. Directions will be emailed.



PLEASE NOTE: There is now a fee to park at Poly. Therefore, I must receive requests for permits 30 days prior to your departure date. **An email will be sent to you outlining the cost!**



Step Show Reminders:

- * *Soror Avonnee Brown* will be taking orders for **Chapter Shirts** at the March Meeting.
- * Please plan to **sign up** for **committees for the day of the show**. The tasks will be many and varied, so there is ample opportunity for **Exhibiting Superior Participation**. Contact *Soror Monica White* or *Soror Kim S. Williams* to sign up **as soon as possible**. Sorors may also indicate their volunteer task preferences by participating in this survey -

Soror Juanita (Nita) Tynes Tillery

HeartFelt – Black Women and Heart Disease

According to the American Heart Association, African-American women face a greater threat of death from heart disease than women of other races. In 2002, their death rate from coronary heart disease was 169.7 compared to 131.2 for white women. Heart disease is the No. 1 killer of women in the U.S. But you can do a lot to help protect yourself from this deadly enemy.

You must know your numbers and what they mean. Please use the following Heart Health Checklist:

A = Hemoglobin A1c (for persons with diabetes). This blood test looks at how well your body handles blood sugar over a three or four month time span. Normal is 6 or less.

Abdomen (waistline) is considered a measurement of health. Waist circumference and abdominal fat is now considered a separate factor for increased risk of heart disease and diabetes.

Age is non-negotiable. No matter what you say or how well we age, being over age 40 is a risk factor.

B = Blood Pressure reflects how hard your heart must work, even at rest, to pump blood throughout your body. The higher the numbers, the harder your heart must work to pump blood. There are two numbers, systolic (top) and diastolic (bottom). Systolic measures the force of the heart to push blood out of the heart (Normal is < 120). Diastolic measures the rate when the heart is at rest (Normal is < 80).

Blood Sugar measures how much glucose is floating in your blood (normal is < 100 when fasting).

BMI (Body Mass Index) is a measurement of healthy weight calculated by dividing weight by height (kg/m^2).

C = Cholesterol measures how much fat deposits are circulating in the blood. Bad cholesterol (LDL) deposits fat in the blood vessels while good cholesterol (HDL) removes fat from the blood vessels and takes it back to the liver. Triglycerides are another type of fat that circulates in the body and can be used to create cholesterol or other fatty substances. Normal levels are as follows: LDL (under 130); HDL (40 or higher for men; 50 or higher for women); Triglycerides (under 150); Total Cholesterol (under 200).

D = Diet is important because what you put in your body can and does affect various components of your health. Good health does not always mean weight loss, but it is important to be mindful of what we eat.

E = Exercise is great for good health. Again good health does not always mean weight loss, but a healthy lifestyle that includes adequate physical activity is important for many aspects of positive health.

F = Family history of adverse health outcomes (e.g. high blood pressure, high cholesterol, diabetes) increases your risk for these diseases. If an immediate family member (siblings, parents, grandparents) had an early death (men under age 55 and women under age 65) due to heart disease, your risk is also increased.

Race, age, gender and family are things that may predispose us to adverse health outcomes so we must take an active role early to ensure that we do everything that we can to live long, healthy lives.

Top 10 tips for a Healthy Heart

There are many steps people can take to try to prevent heart disease. You can start by concentrating on key lifestyle areas such as eating, exercise, smoking and drinking, and considering other factors like family history, diabetes and stress.

1. **Stop smoking**
2. **Cut down on salt**
3. **Watch your diet**
4. **Monitor your alcohol**
5. **Get active!!!!**
6. **Manage your weight**
7. **Get your blood pressure and cholesterol levels checked by your General Practitioner**
8. **Learn to manage your stress levels**
9. **Check and know your family history**
10. **Make sure you can recognize the early signs of coronary heart disease**

Rho Xi Omega Sister Circles....continued from page 1

Twenty Pearls (20's sorors)

Soror LaToia Walker

Tre Chic (30's sorors)

Soror Tanisha Adams-Dixon

Soror Monica White

Fabulous 40's (40's sorors)

Soror Debra Shannon

Soror Martina Washington

Pink & Green Divas (Sorors 50 +)

Soror Avonnee E. Brown

Soror Helena Davis

Aged to Perfection: Retired and Loving It!

Soror Geraldine Barbour

Book Club #1

Soror Phyllis Watkins

Book Club # 2

Soror Keisha Thomas

Scrap Booking

Soror Julia Cayette-Lawson

Soror Rose Monroe

5 .A.M. Walkers

Soror Carol Foreman

Pinochle, Card Games and Board Games

Soror Shawn Braxton

Call and Response (Loss, Illness and other family matters)

Soror Yvonne Davis Robinson

Aging in Place (caring for elderly family members)

Soror Anna M. Williams

Spirituality

Soror Doris Terry

Pamper Me Beautiful

Soror Deanna McCray James

Sister Circle Coordinators, Consultants, Cheerleaders & Coaches

Soror Avonnee E. Brown

Soror Elizabeth P. Burkes

Soror Janet L. Cooper

Being a Succulent Woman

Author Unknown

- 1. Marry yourself fist, promise never to leave you*
- 2. Buy yourself gorgeous flowers*
- 3. Practice extravagant lounging*
- 4. Cradle your wounded places like precious babies*
- 5. Be rare, eccentric and marvelous*
- 6. Weave your life into a net of love*
- 7. Celebrate your gorgeous friendships with women*
- 8. Discover your own goodness*
- 9. Let your creative spirit flow, rush, tumble, leak, spring, bubble, stream and dribble out of you*
- 10. Shout, I'm here, I'm succulent and I'm loud*



Submitted by: Soror Nicole Williams, Ph.D.

Hodegos Report

Soror L'oreal Edmondson

March Birthdays

2nd - Linda Jones
4th - Juanita Tynes Tillery
9th - Patricia Robinson-Sharp
11th - Barbara Forrest
11th - Wanda Pace-Richardson
12th - Michelle Davis-Adams
13th - Edith Aydlett-Whitmore

13th - Judith Britton
15th - Deborah Clay
15th - Donna Stevenson-Robinson
24th - Elizabeth Burkes
27th - Barbara Nash-Bailey
27th - Shelia Whitaker



April Birthdays

5th - Helena Davis
8th - Tanzania Tompkins
15th - Sheila Rolack
22nd - Alison Riddle-Fletcher

25th - Nicole Williams
26th - Sheryl Nelson
29th - JoAnn Jolivet



Condolences & Prayers

Soror Karen Barland on the passing of her mother, **Soror Etheline Barland**
Soror Jestine Brown on the passing of her son.

Soror Arlisa Ledbedder will be undergoing surgery later this month.

Soror Sandra Edmonds is recovering from surgery related to her ongoing battle against breast cancer.

Please remember all these sorors in your prayers and reach out to them via phone, e-mail or USPS.



Congratulations to.....

Sorors Rose Monroe for being accepted in to the 2009-2010 Ethel Hedgeman Lyle Leadership Academy as well as her invitation to present at the Oxford Round Table Symposia which will be held at Harris Manchester College; University of Oxford in Oxford, England this March.

Soror Kimberly S. Williams for her byline in Urbanite Magazine and her volunteer work with the Writing Program at Jessup Correctional Facility.

Soror Autumn Anderson on the purchase of her first home.



Sorors, please submit birthdays, condolences or congratulations to the Hodegos.

Reminders & Notes.....

- 1) **Chapter dues**, including the chapter late fee and 10% late fee assessed by Corporate, should be forwarded to Soror Shanika Solomon, Pecunious Grammateus. You may find her contact information in the online Member directory – <http://www.rhoxiomega1988.org>.
- 2) **AKA License Plates** - Sorors interested in obtaining NAR-AKA Log License Tag for Maryland Send two checks one in the amount of \$25.00 made payable to MVA and one in the amount of \$20.00 made payable to Rho Xi Omega Chapter. Submit a copy of current vehicle registration card and a copy of current financial card. Please allow 45 days to receive tag. Please send documents and payment to Soror Mary E. Mason; ATTN: AKA TAGS
- 3) Please review **2010 NARC Invitational rehearsal dates** on the chapter website. All rehearsals will be held in Washington, DC. 2010 NARC Committee sign up sheets will be included in the Basileus' weekly update.
- 4) Budget templates, provided by the **Finance Committee**, are now available on the chapter website. Submission deadline is Monday, April 6, 2009.

Sorors please feel free to submit any of the following to the Newsletter Committee for upcoming editions at rxoakanews@gmail.com:

- Any original poems, short stories, artwork or photography you'd like to share.
- Committee meetings, conference calls, Sister Circles, deadlines or events
- Trivia Questions

Calling all writers and photographers, the Newsletter could use your talents. If you'd like to contribute to any the upcoming cover themes, please contact Soror Deanna at rxoakanews@gmail.com. The submission deadline for all issues is the 8th of each month.

Pearls of Wisdom – Cover Stories & Themes

April - North Atlantic Regional Conference & Platform I

May - Rho Xi Omega Annual Step Show, Scholarships & Platform II



Did you know???

1. In 2009, Michael Steele became the first African-American Chairman of the Republican National Committee. What statewide office did he previously hold?
2. Founder Ethel Hedgeman-Lyle served in what Directorate position for more than 20+ years?
3. How many Program Committees does Rho Xi Omega currently have?

Pearls of Wisdom is published ten times a year.

Contributed to this Issue: Sorors Sherry Armstead, Avonnee Brown, Tracey Barbour, Katherine Carter, Tanisha Adams-Dixon, L'oreal Edmondson, Deanna McCray-James, Gina McKnight-Smith, Sheryl Nelson, Sheila Rolack, Debra Shannon, Juanita Tynes Tillery, Kimberly S. Williams & Nicole Williams

Thank You Sorors
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