



PSI PEARLS



Volume 32, Issue 12

October 2023

Theme: "Business and Professional Women Empowering Others by Reflecting on Our Accomplishments, Upholding Our Legacy, and Celebrating What Is To Come!"



Message from the President



President Beverly Moore

Greetings Sorors!

September was a busy month for Psi Chapter. We were so glad to see each other at our first chapter meeting. Psi Sorors we have lots of work to do this sorority year and we are honored to collaborate on ideas that will implement successful programs and projects for Psi Chapter.

Iota roses to the Social Committee for the grand reception held to honor our National President, Soror Charlotte Berry. We had a wonderful time and thanks to the Community Leaders and other Iota chapters that joined Psi for the celebration.

Iota roses to Dean Collette Jones and the Membership Committee for the Informational, and RUSH activities held to introduce Psi Chapter to over 20+ ladies in the community. Looks like Psi The chapter will be growing!

October is Domestic Violence Awareness Month. Purple Thursday or "Go Purple Day" is a National Day of Action each October during Domestic Violence Awareness Month. Everyone is encouraged to wear all things purple as a symbol of peace, courage, survival, honor, and personal dedication to domestic violence awareness. On Thursday, October 19, 2023, put on your purple and stand up against family violence.

October is also Breast Cancer Awareness month. Let us all "think pink" this month and make a concerted effort to support breast cancer awareness. We have all been impacted by this disease whether it be ourselves, mothers, grandmothers, daughters, sisters, aunts or other female relatives and friends.

We also want to honor our survivors and remember the Sorors and family members who are not with us anymore due to breast cancer. We admire each of you for your bravery, inner strength, hope, courage, and determination. The Fight continues!

We are truly saddened by the passing of our beloved Soror Vahnita Loud. During this difficult time Sorors, let us cherish the memories of her excellent leadership and strength. The good times that we had with her will live in our hearts forever. Soror Wallace and family members we will always be here for you.

Love and Blessings,

Soror Beverly Moore
Psi Chapter President

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Reminder A Note from the Journalist



All news articles are due to the journalist by the 25th of each month.
Email all written news articles and pictures to: psijournalist87@gmail.com
Please enjoy another great edition of the Psi Pearls Newsletter.



Sisterly,
Soror Rosma Newell, M.A.
Psi Chapter Journalist/Public Relations Chair
Iota Phi Lambda Sorority, Inc.

Health News & Wellness
Submitted by: Rhonda Jones



Depression and Anxiety

Depression affects the whole body. This involves one's body, mood, and mind. With this said, depression is more than feeling blue or unhappy and it is not a sign of personal weakness. It is important to recognize that depression is an illness and just like any other illness, depression often requires treatment.

While there is no clear cause, depression has been linked to chemical imbalances in the brain. In addition to this, environmental, mental health, physical, and inherited factors can play a role in the causation of depression.

According to Jyoti Sachdeva, MD, director of women's mental health at UC Health's West Chester Hospital and associate professor in the Department of Psychiatry and Behavioral Neuroscience at the UC College of Medicine, women have one-and-a-half to three times higher rates of depression.

This means women are about twice as likely to have depression than men, as many hormonal factors and potential additional stresses may add to this increased rate in women. Dr. Sachdeva explains that women are specifically at risk during times of hormonal changes such as puberty, menopause, pregnancy, and postpartum.

Anxiety is a natural part of the body's defense system. In fact, normal anxiety can be helpful as it works to alert your body of a threat. In this state, an individual's feelings can often range from a vague sensation of worry to physical sensations such as a racing heartbeat. However, when an individual has an anxiety disorder, this response can happen at inappropriate times when there is no apparent threat.

[For more information on depression and anxiety, please click here.](#)

Celebration of Our 24th National President, Charlotte D. Berry

Psi Chapter honored and celebrated our 24th National President, Charlotte Berry, on September 8, 2023, at Doubletree By Hilton in Dallas, TX. The reception included community leaders, Sorors from throughout the Southwestern Region, family, and friends.



FIL Seminar Submitted by Soror Joyce Hodges



Psi Chapter Future Iota Leaders (FIL)

On September 17, 2023, our eager Future Iota Leaders (FIL) got off to a great start of the year. FIL enjoyed a skating party sponsored by "The Band Of Hope", an all-day seminar with the main topic of discussion emphasizing what high school students need to do in preparation for college or other vocation opportunities. FIL selected October to meet at Alley Cats for a night of skating that Kids Bowl sponsors.

The guest speaker was Mrs. LaRethia Prince-Woods, Director of Community Housing of HUD, who engaged the youth with pertinent information on how higher education is a choice which they should invest in themselves now with topic on: "Character is built by what you stand for---Reputations is built what you fall for." As Mrs. Prince-Woods ended her topic, she engaged the FIL to repeat these words, "I can do it; I can get it done because I am the ONE."



Mrs. LaRethia Prince -Wood speaking to the FIL Group



Josephine MaKil Tea
Submitted by Soror Joyce Hodges



Josephine MaKil Tea

Six Sorors attended the annual “Josephine MaKil Tea” on September 24, 2023. These Sorors are members of “Women of Courage” which operates as a helpful resource for widows in the community. Sorors pictured left to right.



- Soror Annelda Crawford
- Soror Eddie Johnson
- Soror Nona Fisher
- Soror Dwala Brown
- Soror Joyce Hodges
- Soror Mary Collier



Fall Rush 2023
Submitted by Soror Collette Jones



Psi Chapter Fall Rush 2023

Membership is working and not shrieking!

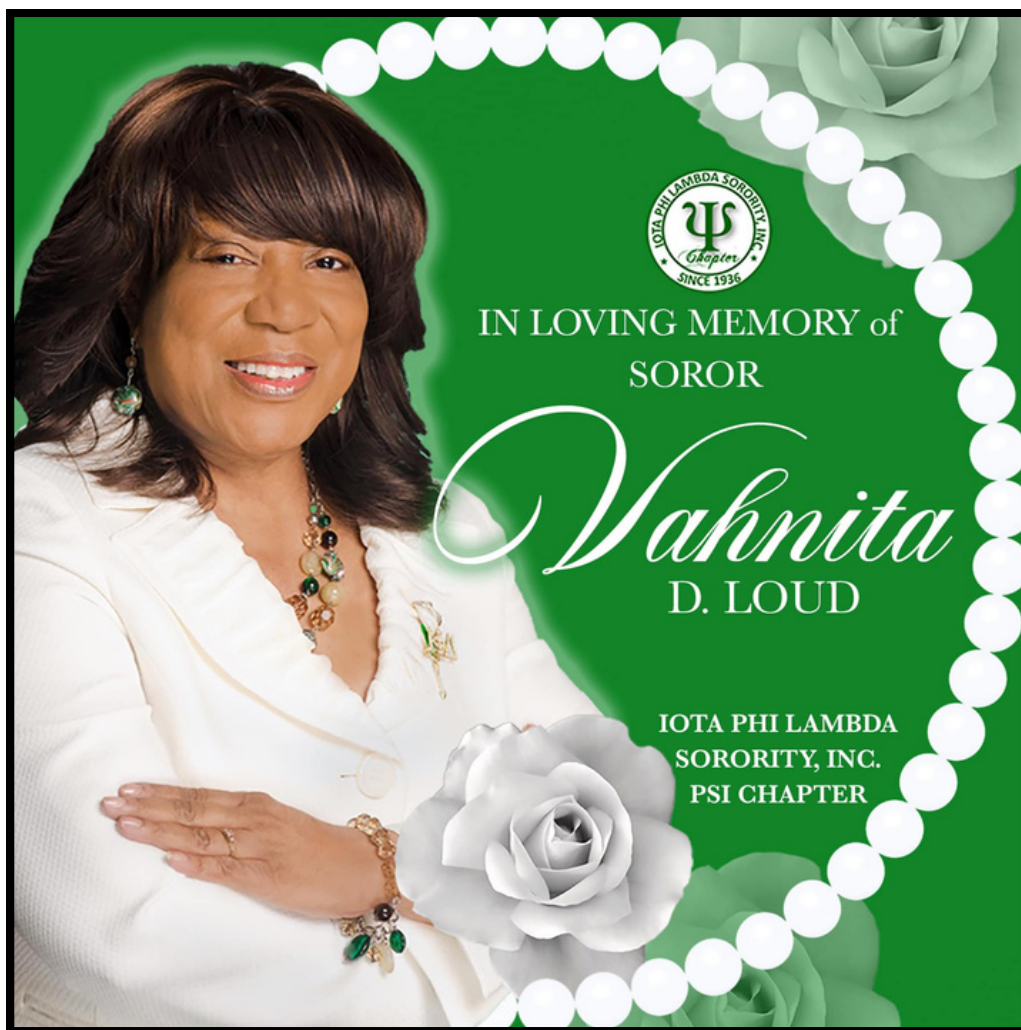
On September 23, 2023, Psi Chapter held our Fall Informational. The Fall Informational was held at The Golf Club of Dallas, 17 ladies and 30 Sorors in attendance. The Executive Committee provided information about Iota Phi Lambda Sorority, Inc., and Psi Chapter.

On September 30, 2023, Psi Chapter held the 2023 Fall RUSH Program. There were 10 potential candidates in attendance with 20 Sorors in attendance. The ladies shared their educational backgrounds and professional achievements. On October 1, 2023, Psi Chapter held a virtual Informational/RUSH. There were 6 potential candidates in attendance, along with 15 Sorors. Psi Chapter, we’re off to a great start for potential candidates!



Rose Beyond The Wall  

Soror Vahnita D. Loud was an outstanding leader and professional; and her commitment to helping others was unwavering. After four years as our Southwestern Regional Director, she was honored with the National Outstanding Regional Director award at the National Convention in July 2021. Soror Vahnita Loud's legacy and work will continue on through Psi Chapter and beyond. Please continue to keep her family, friends, and Sorors in your thoughts and prayers.



President's Workshop



The President's Workshop was held on October 7, 2023. Sorors came together with strategies on how to move the chapter goals forward!



Sister to Sister Fitness Festival

Psi Chapter members were honored to volunteer and serve at the Sister to Sister Fitness Festival on October 7, 2023, at Alan E. Sims Cedar Hill Recreation Center in Cedar Hill, TX.





CALENDAR OF EVENTS

hello OCTOBER

October 2023

- 10/7- Sister to Sister Fitness Festival
- 10/7- President's Workshop
- 10/8- FIL Meeting
- 10/11- Soror of the Year Planning Meeting
- 10/12 - Psi SWR Fundraising Committee Meeting
- 10/14- Pelati Meeting
- 10/14- Soror of the Year Celebration
- 10/15- FIL Meeting
- 10/16- Health & Wellness Committee Meeting
- 10/ 17 - Psi Executive Committee Meeting
- 10/18- Psi SWR Committee Meeting
- 10/21- Psi Monthly Meeting & Chapter Picture
- 10/22- Holiday Evening at the Gallery: 3D Virtual Virtual Fundraiser
- 10/28- Make A Difference Day: Supporting Cancer Research
- 11/11- Feast of Sharing
- 11/13-17- American Education Week
- 11/18- Bands of Hope 10th Annual Charity Gala

Iota Phi Lambda Sorority, Inc.
Psi Chapter Presents
Holiday Evening at the Gallery
3D Virtual Art Gallery and Fundraiser

Bring your favorite holiday treat and/or cocktail!

Pie Giveaway! Best Festive Attire!

Join Us SUNDAY OCTOBER 22ND @ 6 p.m. CST Join by Zoom

Featuring Artist Talk, Music & More!

Register Today!

Purchase Until November 5th
Visit Gallery www.artgallerycia.com

Holiday Evening at the Gallery. Sunday, October 22, 2023 @ 6 pm. CST
Join by Zoom

Central Market
REALLY INTO FOOD
FEAST OF SHARING
Saturday, November 11th
FUN FOR THE FAMILY!
11am-3pm
Central Market will be hosting 17th Annual Holiday Dinner!
This is a Free Event with Live Music, Entertainment and Kids will be able to meet SANTA!
1010 1st Ave, Dallas, TX, 75210
www.CentralMarket.com

Feast of Sharing
Saturday, November 11, 2023, from 11 am- 3 pm

The Bands of Hope
November 18, 2023

YOU'RE INVITED TO THE
Bands of Hope
10th Annual Charity Gala
November 18, 2023
SEMI-FORMAL ATTIRE (BLACK TIE OPTIONAL)
DINNER & DANCING
LIVE ENTERTAINMENT
CASH BAR
DONOR PRIZES & ONLINE AUCTION
Hilton Hotel Richardson
7010 CAMPBELL RD, RICHARDSON, TX
TICKET PRICE \$500
A CHARITABLE EVENT BENEFITTING THE J. MCRAE FOUNDATION & THE BOYIE BOYS
to pay via Zelle: bandsofhopc2012@gmail.com
WWW.BANDSOFOHOPE.ORG
Supporting Mothers & Children

The Bands of Hope Gala event allows us to help provide much needed resources, for both of our benefactors that will serve the needs of the children and teachers in our communities.

Save the Date

Celebrating
Mrs. Danielle Daniels-Young
2023-2024 Soror of the Year October 14, 2024
6:00 PM
@The Golf Club of Dallas
2200 W. Red Bird Lane
Dallas, TX 75232





Sorors October Birthdays



Happy
BIRTHDAY



Vee Jordan
10/3



Eddie Johnson
10/14



Newtonia Hemphill
10/18



Joyce Hodges
10/24

We would like to wish all our Sorors a very Happy Birthday. Thank you for your contributions to Psi Chapter. We wish you peace, love, and blessing on your special day and more birthdays to come!



Iota Phi Lambda Sorority, Inc. Southwestern Regional News

Southwestern Region Theme:

"Empowered Women: Together We Achieve the Extraordinary"



Rosetta Davis
Southwestern Regional Director

UPCOMING
EVENTS



"National Make a Difference Day" October 28, 2023
A walk/run for cancer event for cancer research.



Iota Phi Lambda Sorority, Inc. National News

National Theme:

"Professional Business Women Propelled by Ingenuity: Intentional Purpose
#Designed1929 #Driven2023-2027 #Distinction2029"



Soror Charlotte D. Berry, M. Ed
24th National President



Iota Bulletin



Evelyn D. Wilkey Essay Contest & National Scholarships

Deadline:

December 30, 2023

Fredda Witherspoon National Scholarship

Deadline:

January 31, 2024

National FIL Scholarship

Deadline:

February 28, 2024

Dorethea N. Hornbuckle Memorial Scholarship

Deadline:

March 15, 2024

Alice P. Allen Scholarship

Deadline:

April 1, 2024

Greetings Sorors,

I trust this newsletter finds you in good spirits and high energy! In this edition, prepare to be delighted as we unveil a special surprise, and introduce fresh email addresses for our National Executive Board. As we step into October, let's embrace the promise of this new month and all the opportunities it brings. Stay tuned for an extraordinary journey ahead!

Sincerely,

Michelle Greene
National Journalist
Email: natLjournalist@iota1929.org

Click below for this month national newsletter
[October newsletter](#)

Psi Chapter Contact Information

*If you would like to email President Beverly Moore,
or Journalist, Rosma Newell,
click on the highlighted links listed below.*

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Psi Chapter Journalist
Public Relations Chair
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Chapter Theme:
***“Business and Professional Women
Empowering others by Reflecting on Our
Accomplishments, Upholding Our Legacy,
and Celebrating What Is To Come!”***

STAY CONNECTED WITH US!

FOLLOW US ON OUR SOCIAL MEDIA
NETWORKS

PSI Chapter Website: <https://iota-psi.org>

 <https://facebook.com399587420118>

 <https://twitter.com/psi1936>

 <https://intagram.com//psi1936>

Southwestern Region Information

If you would like to send an email to our Southwestern Regional Director or visit the Southwestern Region websites, click on the highlighted link listed below.

Rosetta Davis
SWR Director
<https://iotaswr.org>

National Information

If you would like to send an email to our National President or visit Iota Phi Lambda Sorority, Inc., national websites, click on the highlighted link listed below.

Charlotte D. Berry, M.Ed
National President
<https://iota1929.org>



Founder: Mrs. Lola M. Parker