

VOLUME 32, ISSUE 18

APRIL 2024

## PSI PEARLS



## MESSAGE FROM THE PRESIDENT

Greetings Sorors!

Congratulations to my phenomenal sisters of Psi Chapter! As the host chapter, we provided exceptional hospitality and we showed up and showed out at the 77th Southwestern Regional Conference at home in Dallas, TX. Iota Roses to the chair, Soror Nona Fisher, and co-chair, Soror Rita Heath-Powell, your leadership was outstanding. Psi Chapter, we brought home the GOLD!!! We followed our green print for success, and we were awarded the title of Outstanding Chapter for the SWR and Outstanding Chapter President. We also received numerous other awards. Iota Roses to Psi's Committee Chairs and officers past and present who contributed to our success. Our hard work paid off. Psi's awards are listed in the newsletter.

Soror Charlotte Berry, National President, Soror Wendy Jacques, NPE, and Soror Rosetta Davis, SWR Director, delivered great messages during the SWR Conference. Thank you for your presence and your inspiring words.

Iota Roses to Madam SWR Director, Rosetta Davis and the SWR Executive Committee for a job well done. Iota Roses to Soror LeTitia Williams and thank you for your four years of service to the SWR Executive Committee as Treasurer. Congratulations on being installed into the Past Regional Officers Council, job well done. It's already April, the sorority's busiest month of the year! Psi Chapter has lots of activities planned for Business Month. Stay tuned.

Iota Roses to National President, Charlotte Berry who was honored by Texas Metro News along with five other influential women leaders who are trailblazers in the DFW area. Hailing from diverse backgrounds these women have left indelible marks in their respective fields, embodying resilience, excellence, and empowerment.

Iota Roses to Dean Collette Jones for helping with the re-activation of Epsilon Epsilon Chapter in Prairie View, Texas. Your leadership as SWR Dean to the new members helped them learn the operations of the Sorority. The induction and re-activation ceremonies were wonderful. Welcome new Sorors.

Iota Roses to Soror Tangelon Gardner on receiving the Ollie V. Green Humanitarian Award from Sigma Gamma Rho Sorority, Inc. April is also Autism Awareness Month. This is a time of year for us to educate local communities and raise public awareness about autism. My grandson and MOI Dylan Bailey has autism, and our family and friends have united to try to make the community a more accessible place for Dylan and future generations.

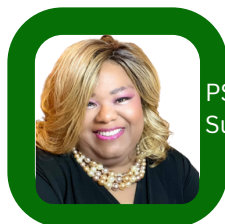


President  
Soror Beverly Moore

Love and Blessings,  
Soror Beverly Moore  
Psi Chapter President

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**GOOD HEALTH WINS**  
NATIONAL COUNCIL OF NEGRO WOMEN, INC.

PSI Health & Wellness: Alcohol Awareness Month  
Submitted by: Soror Dr. Pamela J. Randolph, PhD, MSPH, LCDC



APRIL'S  
ALCOHOL  
AWARENESS  
MONTH

Excessive alcohol use is linked with a number of short- and long-term public health problems, including cancers, mental health concerns, injuries, violence, unintended pregnancy, and social and employment problems.

Drinking too much can harm your health. Excessive alcohol use led to about 178,000 deaths and 4 million years of potential life lost (YPLL) each year in the United States from 2020 – 2021, shortening the lives of those who died by an average of 23 years. Further, excessive drinking was responsible for 1 in 5 deaths among adults aged 20-49 years. The economic costs of excessive alcohol consumption in 2010 were estimated at \$249 billion, or \$2.05 a drink.

### Data on Excessive Drinking

- Excessive alcohol use is common and costly. Learn more about its impact.
- Excessive alcohol use includes binge drinking (drinking 5 or more drinks on an occasion for men or 4 or more drinks on an occasion for women), heavy drinking (drinking 15 or more drinks per week for men or 8 or more drinks per week for women), and any alcohol use by people younger than 21 or pregnant women.
- Excessive alcohol use is associated with an increased risk of injuries, chronic diseases such as liver disease and heart disease, several cancers, and poor pregnancy outcomes.
- According to the Behavioral Risk Factor Surveillance System, more than half of US adults report drinking alcohol in the past 30 days. Approximately 17% of adults binge drink and 7% report heavy drinking. Nearly all adults who drink heavily also binge drink.
- According to the ARDI application, during 2020–2021, excessive alcohol use was responsible for about 178,000 deaths and 4 million years of potential life lost each year, on average. More than one-third of these deaths and nearly half of the years of potential life lost were due to binge drinking.
- The prevalence of binge drinking, the number of drinks consumed (intensity), and how often people binge drink (frequency) affect the risk for injury, disease, and death.



### How Can I Contribute to the Prevention of Excessive Alcohol Use?

Everyone can contribute to the prevention of excessive alcohol use.

- Choose not to drink too much yourself and help others not do it.
- Check your drinking, and learn more about the benefits of drinking less alcohol.
- If you choose to drink alcohol, the Dietary Guidelines for Americans recommends that adults of legal drinking age can choose not to drink, or to drink in moderation by limiting intake to 2 drinks or less in a day for men or 1 drink or less in a day for women, on days when alcohol is consumed.
- Not serve or provide alcohol to those who should not be drinking, including people under the age of 21 or those who have already drank too much.
- Talk with your healthcare provider about your drinking behavior and request counseling if you drink too much.



Drink Less, Be Your Best



## PSI GOES ORANGE FOR MULTIPLE SCLEROSIS SUBMITTED BY: SOROR ASHANTA TOLLIVER

I would like to express my gratitude for your participation in Green Goes Orange for Multiple Sclerosis Awareness Month. Living with this disease has been quite challenging for me.

I appreciate your engagement and willingness to ask questions. I have been living with MS since 2005, but it took until 2008 for me to receive a proper diagnosis. Although there has been significant progress in developing medications to help combat MS, there is still no cure. I hope and pray that one day, a cure will be found. Until then, I will continue to push through and live every day to the fullest.



## NEW MEMBERSHIP WORKSHOP



March 10th, 2024, the new member workshop of Psi Chapter was a great success. The experienced Sorors led insightful discussions that were well-received by the new members. Great job to our Dean, Colette Jones, and all the presenters.



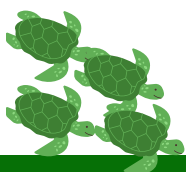
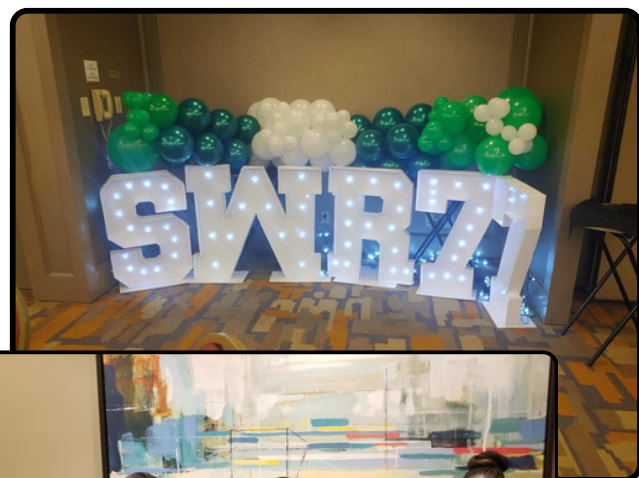


## 77th Southwestern Regional Conference



Members of Iota Phi Lambda Sorority, Inc. held their 77th Southwestern Regional Conference in Dallas, Texas from March 22nd to 24th 2024. The host chapter for the conference was Psi Chapter, which was the first organized chapter in the Southwestern Region. The Regional Director, Rosetta Davis, and the Executive Committee did an exceptional job in organizing the conference.

The conference was full of excitement and frenzy of sisterhood, and all business sessions and workshops were executed with great precision. The Men of Iota and Pelati, our auxiliaries, worked tirelessly throughout the conference, providing support and assistance wherever needed. Psi Chapter would like to express their heartfelt gratitude to all the attendees who contributed to the success of the conference.



## 77th Southwestern Regional Conference cont.





## 77th Southwestern Regional Conference cont.



### SERVING THE COMMUNITY- SPRING COMMUNITY EVENT COMMUNITY SERVICE PROJECT SUBMITTED BY: SOROR MARY COLLIER

On Saturday, March 30, 2024, members of Psi Chapter served as volunteers in a community event sponsored by Glen Oaks United Methodist Church, where Rev. Soror Annelda Crawford serves as pastor. The event included an Easter egg hunt, garage sales, face painting, health and service information, and various other vendors. It was a perfect day for the event benefiting children and families who came by to participate in the festivities.





## TEXAS METRO NEWS HONORS SUBMITTED BY: SOROR WONDA TRAYLOR



On April 2, 2024, members of Iota Phi Lambda Sorority Inc., recognized and honored six dynamic women in leadership hosted by Cheryl Smith with Texas Metro News. These extraordinary women included Iota Phi Lambda Sorority Inc., International President, Charlotte D. Berry along with Margarette Galloway, National President of the National Sorority of Phi Delta Kappa, Inc., Dr. Yolanda Lawson, President of the National Medical Association, Dr. Terri O'Neal Ford, National President National Association of Negro Business and Profession Women's Club, Inc., Elsie Cooke Holmes, International President, and CEO Delta Sigma Theta Sorority, Inc., and Danette Anthony Reed, International President, and CEO Alpha Kappa Alpha Sorority, Inc. Congratulations to all our outstanding leaders who are proud to call Dallas Home!



Kudos and Iota Roses

77th Southwestern Regional Conference Host Planning Committee  
Beverly Moore, President; Nona Fisher, Chair; Rita Heath Powell, Co-Chair  
Sorors,

THANK YOU! WE DID IT!

My heartfelt gratitude to Co-Chair Rita Heath Powell and all of the members of the 77th Southwestern Regional Conference Host Planning Committee for your leadership, "can do" spirit, ingenuity, commitment, sacrifice, HARD WORK and love demonstrated on this project. I am so proud of you, for all of the success of the conference that can be attributed to Psi as host chapter.

Let's hear it for the Outstanding Chapter in the Southwestern Region!!!

- Auxiliary Coordination
- Budget & Finance
- Chapter Fundraiser & Regional Fundraiser
- Community Service Project
- Courtesies/Gifts
- Educational Luncheon
- Health Services
- Memorial Service
- Publicity/Communication/Tour
- Registration/Tickets
- Souvenir Packets/Kits
- Technical Team
- Vendors

# 77TH SOUTHWESTERN REGIONAL CONFERENCE AWARDS NIGHT WINNERS PSI CHAPTER BROUGHT HOME GOLD!!!!



Our Asst. Southwestern Regional Director, Dr. Valencia Hall, hosted a fantastic “Boots & Bling” Awards Night. Sorors and Auxiliary members dressed in blinging western wear.

Award night went a little like this...



## Auxilliary Award

- Pelati: 2nd Place- Psi
- Men of Iota (MOI): 2nd Place-Psi
- Future Iota Leaders (FIL): 1st Place-Psi

## Communications Awards

- Newsletter Awards: 2nd Place-Psi
- Technology Award: 2nd Place-Psi
- Scrapbook: 1st Place-Psi
- Crazy Hat: 1st Place-Psi

## Chapter Growth (New, Transfer & Reinstated)

- 1st Place-Psi

## Achievement Award

- Community Outreach: 3rd Place-Psi
- Business Month: 1st Place-Psi
- Outstanding Chapter President-Psi
- Outstanding Chapter-Psi

*Congratulations to the Psi chapter winners!!*





**Future Iota Leader (FIL) Spotlight**

Congratulations to Psi Chapter's Future Iota Leader (FIL), Brooke Steward, on being crowned the 2024-25 Grambling State University Activities Calendar Cover Girl. Brooke competed with 11 other young ladies in Talent, Interview, Swimsuit, and Daywear. Brooke received first place in Talent and Interview! Brooke will be responsible for organizing monthly events at GSU through the FAVROT Student Union Board. She is extremely excited and up to the challenge! Congratulations Brooke!



Congratulations, Soror Tangulon Gardner on receiving the Ollie V. Green Humanitarian Award from Sigma Gamma Rho Sorority, Inc.

*Happy Birthday!*

## Sorors April Birthdays



Soror Tangulon Gardner  
4/1



Soror, Dr. Mary Nickson  
4/1



## 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](mailto:psijournalist87@gmail.com)

Hope you enjoyed 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.



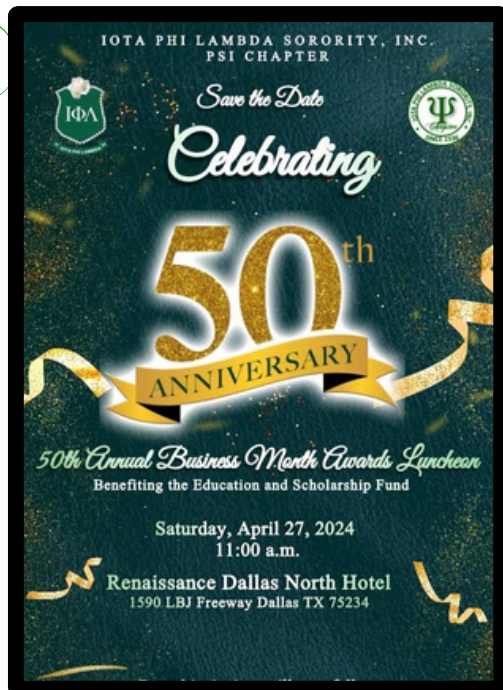


## CALENDAR OF EVENTS FOR APRIL

- 4/4... Membership Monthly Meeting
- 4/6...What's Your Biz Presentation(Virtual)
- 4/9...Founders Day Committee Meeting
- 4/10...Newsletter Due to Regional Journalist
- 4/10...Leadership Meeting
- 4/11...SWR Helpline
- 4/11...Call Meeting for Business Month
- 4/13...Good Health Wins Cultural Disparities
- 4/13...Pelati Meeting
- 4/13...Pinning of LOMEPA
- 4/15...DFW Founders Day Meeting
- 4/16...Psi Executive Committee Meeting
- 4/17...50th Annual Business Month Committee Meeting
- 4/18...SWRC Planning Recap
- 4/20...Psi Business Meeting
- 4/21...FIL Meeting
- 4/25...News Articles are due/ Leadership Meeting
- 4/27...Psi Business Month Luncheon
- 4/30...Small Business Presentation

### Business Month Activities:

- Ticket sales for the 50th Business Months Luncheon ends April 16, 2024
- Visit Smokey John's BBQ & Soul Food- April 20, 2024.



50th Annual Business Month Luncheon  
Saturday, April 27, 2024 at 11:00 am



Presentation by Inspirational Author,  
Terry Cooper, April 17, 2024, at Glen Oak  
Methodist Church from 1-3 pm.



Soror Rosetta Davis  
Southwestern Regional Director

## **Iota Phi Lambda Sorority, Inc. Southwestern Regional News**

*Southwestern Region Theme:*  
*"Empowered Women: Together We Achieve the  
Extraordinary"*

<https://iotaswr.org>



## **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  
<https://iota1929.org>

Dear Sorors,

As we embark on the celebration of Business Month, Iota Phi Lambda Sorority, Inc. is thrilled to initiate a series of projects, events, and programs dedicated to fostering entrepreneurship, professional growth, and business success within our community.

Throughout the month, we aim to empower each other through education, collaboration, and support, emphasizing the importance of entrepreneurship and economic empowerment. By engaging in various activities and initiatives, we hope to inspire and equip our members with the tools and knowledge needed to thrive in their entrepreneurial endeavors.

In line with this, we are excited to announce a special Canva training class scheduled for Thursday, May 9th at 8 pm EST via Zoom. Canva is an incredibly powerful tool for design and marketing, and mastering it can significantly enhance your business's visual presence and branding. Whether you're just starting your entrepreneurial journey or looking to refine your skills, this training session promises to be valuable for all. Please use the following link to join the Canva training class:

<https://tinyurl.com/CanvaTrainingMay>

Let's make this Business Month a time of inspiration, collaboration, and growth. Together, we can empower each other to reach new heights of success in our entrepreneurial endeavors.

Sisterly,

Soror Michelle Greene  
National Jourlist

Click below for this month's newsletter:  
[April 2024 Iota Newsletter.pdf](#)

## PSI CHAPTER CONTACT INFORMATION

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

Soror Beverly Moore  
Psi Chapter President  
Email: [beverlyj5850@gmail.com](mailto:beverlyj5850@gmail.com)  
Iota Phi Lambda Sorority, Inc.  
P.O. Box 75222-4891

Soror Rosma Newell, M.A.  
Psi Chapter Journalist  
Public Relations Chair  
Email: [psijournalist87@gmail.com](mailto:psijournalist87@gmail.com)



### 2023-2024 Psi Executive Committee

Soror Beverly Moore- President  
Soror Mary Nickson- 1st Vice President  
Soror Eddie Johnson- 2nd Vice President  
Soror Jewel Hudson- Recording Secretary  
Soror Joyce Hodges- Corresponding Secretary  
Soror Nadia Robinson- Financial Secretary  
Soror Ashanta Tolliver- Treasurer  
Soror Rosma Newell- Journalist  
Soror Collette Jones- Dean of Intake

**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://instagram.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.

Soror 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.

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



**Founder: Mrs. Lola M. Parker**