Iota Phi Lambda Sorority, Inc.

Psi Chapter Monthly Newsletter
Dallas, Texas

ST PEARLS



Volume 32 Issue 8

April 2023

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



grateful!

Iota Roses to Dean Collette Jones and the membership Committee for bringing six new members into Psi Chapter. Welcome to new Sorors Stacy Peoples, Nicole Coleman, Jennifer Farrell, Katrina Arrington, Tina Mitchell and Sherrhonda Gayle. The induction ceremony provided lasting memories for all of us. Congratulations Psi Chapter! We showed up and showed out at the 76th Southwestern Regional Conference in Katy, Texas. Iota Roses to Madam SWR Director, Rosetta Davis and the SWR Executive Committee for a job well done. To the host chapter, Epsilon Chi Chapter, thank you for the great hospitality.

Soror Dorothy White, National President, Soror Charlotte Berry, NPE and Soror Rosetta Davis, SWR Director, delivered great messages during the SWR Conference. Thank you for inspiring us. National Convention here we come!

lota Roses to Soror LeTitia Williams for being installed as the SWR Treasurer for the 2023-2024 sorority year. To the 2023-2024 SWR Executive Committee members, you have our love and support. Thank you for your service to the SWR Executive Committee members that were installed into the Past Regional Officers Council, job well done. It's already April, the sorority's busiest month of the year!

Psi Chapter started off Business Month with a bang! We attended the book signing of 10-year-old author Zoe Cunningham. Her newly released book, I have Autism and I Hate it can be ordered on Amazon. 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 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.

Thank you, Minister Mia Lewis, for inviting Psi Chapter to be a part of your Sister's In Power podcast to talk about our sorority and the business month activities. Iota Roses to Sorors Wonda Traylor, Collette Jones, Joyce Hodges, and the business month committee for arranging a wonderful fashion show featuring the dynamic designs of one of our youth honorees Ms. Dymecia Daniels. She did an excellent job!

We celebrate Resurrection Sunday this month and I am so thankful that the grave of Jesus Christ is empty. Thank you, Lord, for all the sacrifices you made for mankind, we are eternally

Love and Blessings Soror Beverly Moore Psi Chapter President President Beverly Moore







All news articles are due the **25th of each month** or before. Email all written news articles and pictures to: <u>journalistiotapsi@gmail.com</u>

Please enjoy this edition of **Psi Pearls** and many more to come, and know it has ultimately been our pleasure to serve you.

Sisterly,

SOROR VEE M. JORDAN

PSI CHAPTER JOURNALIST/PUBLIC RELATIONS CHAIR IOTA PHI LAMBDA SORORITY, INC.



PSI CHAPTER OFFICERS

PresidentBeverly Moore
1st Vice PresidentWonda Traylor
2nd Vice PresidentMary Ann Collier
Recording SecretaryDanielle Young
Corresponding SecJoyce Hodges
Financial SecretaryLucille Tolliver
TreasurerMartha Richmond
JournalistVee M. Jordan
Dean of IntakeCollette Jones

PSI TABLE OF CONTENTS	PAGE#	
President's Message	- 158 - 1 .577	
Message From Chapter Journalist, Psi Chapter Officers & Table of Content		
Health News & Wellness	2	
2023 Induction	3	
Business Month Kick-off: Podcast & Spring & Summer Fashion Show		
"I Have Autism & I Hate It"		
76th Southwestern Regional Conference & IMP Recipient		
Upcoming Events		
What Does Robert Say?		
2023 March Calendar and March Birthdays		
Regional News, & National News	. 11	
Informational Page	12	

HEALTH NEWS/WELLNESS SUBMITTED BY SOROR R. JONES



April is Stress Awareness Month

April is Stress Awareness month and most of us are all too aware of stress in our lives. Recently The American Institute of Stress shared an important message about how stress and anxiety are not the same, and that stress is physiological. Learning how stress affects our bodies and how to manage it are essential to protecting our mental and physical health.

Managing stress can involve some preventive moves, but that does not necessarily mean cutting out the challenging parts of our lives-we can't always drop a class or quit a job to reduce stress. And because stress is the body's response to a perceived challenge, even good things-a new job, a baby, moving-can cause stress. What we can do is help the body and the brain reset.

There are many ways to do this, and finding habits that work for you is key. Sometimes we choose unhealthy approaches, such as alcohol and substance use, that often end up increasing our stressors in the long run. Regular and consistent healthy practices can aid in modulation and resilience. Just as a training regimen helps an athlete prepare for competition, regular relaxation efforts can ready your system to respond to and reduce the effects of stress and foster resilience.



2023 Spring Membership Submitted by C. Jones



Welcome Our Newest Members Of Iota Phi Lambda Sorority, Inc. Psi Chapter

The Induction Ceremony was held Saturday March 11, 2023, and Saturday, March 18, 2023. The Ceremony was completed for 6 of the Lomepa Club members. The ladies completed their Test of Lessons as they crossed over into Iotaland. The new Sorors were welcomed individually by each Soror. A celebratory toast was shared with all. Psi Chapter please join me in Welcoming our new Sorors Stacy Peoples, Nicole Coleman, Jennifer Farrell, Katrina Arrington, Sherronda Gayle and Tina Mitchell.



FROM LOMEPAS TO SORORS







Business Month: Podcast Show Submitted By Soror Traylor



Psi Chapter's Podcast: Hosted By "Sisters In Power"

lota Phi Lambda Sorority Inc., Psi Chapter kicked off their 2023 Business Month with a Podcast hosted by "Sisters In Power" on Saturday, April 8, 2023. Minister Mia Cox-Lewis, the founder and CEO of Sisters In Power was the host moderator.

Minister Mia Cox-Lewis shared her vision of "Sisters in Power" and inquired about the history of lota Phi Lambda Sorority, who we are and what we do. We shared the history of lota, provided an overview of our National Projects and Programs, our civic involvement, as well as an overview of our Business Month Activities. Our special guest, the 2023 Sharon R. Thomas-Smith Youth Entrepreneur, Ms. Dymecia Daniels, shared her story of how it all began. Members enjoyed a candid conversation about business and the importance of love, family and God in all that we do. A special thanks to Greater Memorial Missionary Baptist Church for their partnership with Sisters in Power in hosting a very informative session on the business of lota. Sorors present were, President Beverly Moore, 1st Vice President, Wonda Traylor, 2nd Vice President Mary Ann Collier and Soror Pamela Powell were in attendance along with our featured guest, our 2023 Sharon R. Thomas-Smith Youth Entrepreneur, Dymecia Daniels.







Business Month: 2023 Spring & Summer Fashion Show Submitted By Soror Traylor



2023 SPRING & SUMMER FASHION SHOW



Spring was in the air as members of Psi Chapter of Iota Phi Lambda Sorority Inc., hosted a Spring and Summer Fashion Show fundraiser honoring our 2023 Sharon R. Thomas-Smith Youth Entrepreneur, Ms. Dymecia Daniels. The opening act showcased models strutting down the green runway wearing amazing fashion designs of casual and street wear designed and made by our youth designer. Outfits were vibrant in color and displayed the style and warmth of the season for spring attire.

The final act showcased designs of evening and formal wear dazzled with sequins and fabulous designs that would light up any evening gala, a night out on the town or any special occasion. Special thanks to the Business Month Committee for making a dream come true and to our designer Ms. Dymecia Daniels, a student at the Design Institute in New York City, her models, makeup artist and stylist for making it an evening to remember!











2023 Spotlighting
New Author Zoë Cunningham
Submitted by Soror Traylor

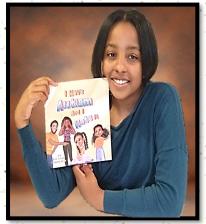


AUTHOR ZOË CUNNINGHAM'S NEW BOOK "I HAVE AUTISM AND I HATE IT" April Is National Autism Awareness Month

Zoë Amore Cunningham grew up in Norwalk, California. At the age of 9, she moved with her family to Newnan, Georgia and began writing her first book, "I Have Autism, and I Hate It", which debuts this April 2023 during Autism Awareness Month. As a teenager, Zoë enjoys writing, storytelling, and spending time with family. But she also enjoys making others laugh and a good nap! She's an: A Honor Roll Student, Citizenship Award, Mathematics Award, Reading Awards, Science Award and Social Studies Award.

Aside from reading and writing, Zoë is usually the voice who speaks up for those who don't (or won't) speak up for themselves. Her future aspiration is to become an activist, and she is inspired by her love of self and others. These acts of kindness (and self-love) helped to create Amore's Wonderland. Zoe stated she needed to reiterate that people should treat others the way that they want to be treated. People should also be able to embrace who they are no matter what their physical limitations are and focus more on their capabilities.

On Thursday, April 6, 2023, Psi Chapter members met the Author, Zoë Cunningham and her mother Donna Cunningham at the signing of her first book entitled "I Have Autism And I Hate It". In honor of National Autism Awareness Month April 1, 2023 to April 30, 2023. Zoë is the great-niece of Soror Eddie Johnson.



Zoë Amore Cunningham Author & Advocate



Book is Sold on Amazon.com

Amazon com: I Have Autism And I Hate It:

Amazon.com: I Have Autism And I Hate It: 9798218153731: Cunningham, Miss Zoe Amore, Mayo,



Photo Gallery of Book Signing With Author Zoë Amore Cunningham



















IMAP RECIPIENT SUBMITTED BY SOROR YOUNG



Congratulations! Tiara J. Crump IMAP Recipient

Iota Mother's Assistance Program (IMAP) Recipient

Tiara J. Crump, a firm believer and full-time college student at Texas Woman's University, pursuing a degree in Nutrition with an emphasis in Dietetics. Her hobbies include cooking, reading/learning, nature walks and spending time with loved ones. Ms. Crump states, "I am also a single mother to a lovely little girl. Each day I am working towards becoming the best possible version of myself to ensure that I am walking in my purpose and

leading by example. After graduating, I aspire to open a private-practice health and wellness business with the intention of helping others reach their fitness/ lifestyle goals through nutrition consultations and training.

I truly appreciate each of you at lota Phi Lambda Sorority, Incorporated for this amazing opportunity and for all that you do for the community!"

76th Southwestern Regional Conference

76th Southwestern Regional Conference Theme: "Grand Re-Opening of Emerald City on Southwestern Boulevard"

Years Of Service Awards







Psi Chapter's Southwestern Region Awards & First Timers

PELATI 3rd PLACE

MEN OF IOTA (MOI) 2nd PLACE

DWALA BROWN TECHNOLOGY AWARD 3rd PLACE

NEWSLETTER AWARD 3rd PLACE

SCRAPBOOK AWARD 3rd PLACE

COMMUNITY SERVICE AWARD 1st PLACE

CHAPTER GROWTH AWARD 2nd PLACE



Ms. Pam G. Eudaric
Southwestern Region 2023
Outstanding Business Woman of
the Year







7 . •

2023 76th Southwestern Regional Conference

76th Southwestern Regional Conference

Theme: "Grand Re-Opening of Emerald City on Southwestern Boulevard"

2024 Host Chapter Presentation Psi Chapter Dallas, Texas









2023 Conference Prayer Breakfast











Photo Gallery: 2023 Southwestern Regional Conference





Upcoming Events







Psi Chapter will celebrate their 49th Annual **Business Month Awards Luncheon** Benefitting the Education & Scholarship Fund.

> Saturday, April 22, 2023, at 11a.m. DoubleTree by Hilton Hotel, Dallas Campbell Centre

Honoring

Alvernon K. Tripp Hall of Fame Award

Outstanding Business Woman of the Year

Joyce M. Jones Community Service Award

Dorethea N. Hornbuckle Business Entrepreneur Award

> Sharon R. Thomas-Smith Youth Entrepreneur

Let's Support our Community Service Projects Attitudes and Attire – Community Project

Sorors, now is the time to clean out your closet for a good cause! World Trade Center (WTC) Attitudes and Attire, one of our designated Community Projects, in need of high-quality professional women's clothing, shoes, accessories, and new hosiery.

THE WISH LIST

Contemporary, interview-appropriate skirt and pant suits Attractive, crisp blouses

Beautiful business-casual separates

Trousers/dress pants and skirts

Blazers/jackets

Sharp, stylish jewelry, handbags & scarves

Cosmetics and toiletries (New only)

CLOTHING GUIDELINES

New or nearly new items

Any size

Workplace appropriate

On hangers (no bags or boxes)

Cleaned and pressed.

Free of strong odors (moth balls, smoke, body odor)

At this time, Attitudes and Attire cannot accept used cosmetics, used pantyhose, men's clothing or children's clothing. Wednesday, April 12, 2023, has been chosen as Psi Chapter Donation Day.

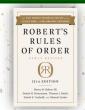
Sorors Dwala Brown and Rhonda Jones, Co-chairs





What Does Robert Say?

P.R.N. – Parliamentary Rules Noted The Parliamentarians of Psi



APRIL IS PARLIAMENTARY LAW MONTH

Parliamentary Law is a consistent system of rules which govern procedure in all deliberative assemblies; founded upon certain fundamental principles originated in the unwritten customs of the House of Parliament in England; first compiled for use in this country by Thomas Jefferson, whose manual has been the foundation for rules used in the United States House of Representatives and Senate.

Parliamentary Law Month is celebrated in April to coincide with the birth month of Thomas Jefferson, who wrote the first American manual of parliamentary procedure in 1801. His Manual is unchallenged as the first to define and interpret parliamentary principles for our democratic republic and to offer a basic pattern of rules and a measure of uniformity for the legislative processes of the United States.

The rules of parliamentary law are constructed upon a careful balance of the rights of:

- the majority,
- the minority, especially a strong minority (greater than one third),
- individual members,
- absentees, and
- all of these together.

Under the rules of parliamentary law, a deliberative body is a free agent—free to do what it wants with the greatest measure of protection to itself and of consideration for the rights of its members.

The application of parliamentary law is the best method yet devised to enable assemblies of any size, with due regard for every member's opinion, to arrive at the general will on the maximum number of questions of varying complexity in a minimum amount of time and under all kinds of internal climate ranging from total harmony to hardened or impassioned division of opinion.

Parliamentary procedure is parliamentary law as it is followed in any given assembly together with rules the assembly has adopted. The purpose of parliamentary procedure is for the assembly to conduct its business in the most efficient way possible while considering the rights of its members. Henry Martyn Robert was the original author of Robert's Rule of Order, which has become the most widely used manual of parliamentary procedure and remains today the most common parliamentary authority in the United States. Now in its 12th Edition, it is the Parliamentary Authority of lota Phi Lambda Sorority, Inc.

1 Corinthians 14:40

Let everything be done decently and in order.



RONR (12th ed.) xxix-xlix



CALENDAR FOR APRIL 2023

DATE	NAME OF EVENT	TIME	LOCATION
Saturday, April 1st	April Fools' Day		
Monday, April 3rd	Business Month Committee Meeting	7 p.m.	Zoom
Friday, April 7th	President's Meeting	Noon	
Saturday, April 8th	Pelatis Committee Meeting	2 p.m.	
Saturday, April 8th	Podcast	Noon	
Saturday, April 8th	Fashion Show	4 p.m.	Courtyard
Sunday, April 9th	Happy Easter		
Monday, April 10th	Woman of the Year Committee Meeting	7 p.m.	
Monday, April 10th	Newsletter to the Regional Journalist	11:59	By Email
Tuesday, April 11th	Executive Committee Meeting	7 p.m.	Zoom
Wednesday, April 12th	Founder's Day Committee Meeting	7 p.m.	Zoom
Thursday, April 13th	National Journalist Meeting	7 p.m.	Zoom
Saturday, April 15th	Chapter Meeting	10 a.m.	
Sunday, April 16th	Future Iota Leaders (FIL) Meeting	3 p.m.	
Tuesday, April 18th	Tax Day		
Saturday, April 22nd	49th Business Month Education & Scholarship Luncheon	11 a.m.	
Tuesday, April 25th	News Articles Due	医阴道 謝	
Friday, April 28th	President's Meeting	Noon	



- Happy Birthday-





Tangulon Gardner 4/1



Carolyn Parker 4/9



Dr. Mary Nickson 4/28



Jota Phi Lambda Sorority, Inc. Southwestern Regional News

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

Southwestern Region New Officers 2023-2024

Soror Rosetta Davis
20TH SWR DIRECTOR











Jota Phi Lambda Sorority, Inc. National HQ News

"Business and Professional Women Building the Foundation for Generational Financial Empowerment"



Soror Dorothy M. White
23RD NATIONAL PRESIDENT



Click below for April's monthly newsletter

lota Bulletin April 2023 revised with updates 4-3.pdf

Sisterly, Soror Michelle Greene National Journalist Click on the April monthly newsletter to learn more about our 94th National Convention Detroit, Michigan July 11, 2023





Psi Chapter Information

If you would like to email President Beverly Moore, or Journalist Vee M. Jordan

click on the highlighted links listed below.

Beverly Moore, Psi Chapter President

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Iota Phi Lambda Sorority, Inc.

Psi Chapter

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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!"



Vee M. Jordan, Journalist/ Public Relations Chair

journalistiotapsi@gmail.com

Public Relations Committee

Daphne Hornbuckle Dwala Brown
Jewel Hudson Judy Jenkins
Rita Heath Powell Wonda Traylor
Shelia Fadipe Beverly Moore
Rhonda Jones Mary Ann Collier
Collette Jones Rosma Newell
Rita White Ross Nona Fisher

STAY CONNECTED WITH US!

FOLLOW US ON OUR SOCIAL MEDIA NETWORKS

PSI CHAPTER WEBSITE: https://iota-psi.org



https://facebook.com/399587420118



https://twitter.com/psi1936



https://instagram.com/psi1936

Southwestern Region Information

If you would like to send an email to our Southwestern Regional Director, National President or visit the Southwestern Region or National websites. Click on the highlighted links listed below.

Rosetta Davis, Southwestern Regional Director

Southwestern Region Website, http://www.iotaswr.org

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

National Information

Dorothy White, National President

National Website, http://www.iota1929.org

National Theme:

"Business and Professional Women Building the foundation for generational Financial Empowerment"



Founder: Mrs. Lola M. Parker