



# PSI PEARLS



Volume 32, Issue 16

February 2024

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 Soror Beverly Moore



Hello Sorors,

Black History Month is an important time to honor and celebrate the achievements and contributions of Black individuals throughout history. Psi Chapter has planned several celebrations and opportunities to spotlight and celebrate the achievements that African Americans have accomplished in this country. Thank you, Dr. Martin Luther King, Jr. for helping to lead the way.

We also celebrate American Heart Month in February. Psi Chapter Sorors filled social media with "Green goes Red" pictures to focus on our cardiovascular health. The most important Valentine's Day gift that you can give is to make sure you are doing your part to help establish long-term, healthier habits.

Iota roses to Soror Dr. Pamela Randolph and the wellness committee for the health and wellness articles provided to the Sorors and Auxiliaries.

Psi Chapter continues to grow. Welcome to our new Sorors, the 11 Pearls of Wisdom. The induction ceremony was beautiful. Iota roses to Dean Collette Jones and the Membership Committee for preparing and mentoring these fantastic members for membership in our Sorority.

Iota roses to National President Charlotte Berry for bringing the National Board members to Dallas for your board meeting. Psi members were so happy to join the board for lunch and give them a big warm Texas welcome!

Sorors please remember to pray for our Sorors who are ill and those recuperating from health conditions. Send cards, text, and call to check on them. We never know when we will need that extra "Love." But now faith, hope, love, abide by these three; but the greatest of these is love. (1 Corinthians 13:13, NASB)

Love and Blessings,  
Soror Beverly Moore  
Psi Chapter President

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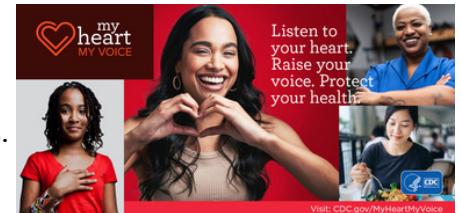


PSI Health & Wellness  
Submitted by: Soror Dr. Pamela J. Randolph, PhD, MSPH, LCDC



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

Accounting for 1 in every 4 deaths, heart disease is the leading cause of death for women in the United States. The WISEWOMAN (Well-Integrated Screening and Evaluation for WOMen Across the Nation) program was created to help women understand and reduce their risk for heart disease and stroke by providing services to promote lasting heart-healthy lifestyles.



Working with low-income, uninsured, and underinsured women aged 40 to 64 years, the program provides heart disease and stroke risk factor screenings and services that promote healthy behaviors. The WISEWOMAN program currently is administered through CDC's Division for Heart Disease and Stroke Prevention (DHDSP).

Blood pressure is the pressure of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of your body. Blood pressure normally rises and falls throughout the day, but it can damage your heart and cause health problems if it stays high for a long time. Hypertension, also called high blood pressure, is blood pressure that is higher than normal.

### Facts About Hypertension in the United States

- In 2017, the American College of Cardiology and the American Heart Association published new guidelines for hypertension management and defined high hypertension as blood pressure at or above 130/80 mmHg. Stage 2 hypertension is defined as a blood pressure at or above 140/90 mmHg.
- Having hypertension puts you at risk for heart disease and stroke, which are leading causes of death in the United States.
- In 2021, hypertension was a primary or contributing cause of 691,095 deaths in the United States.

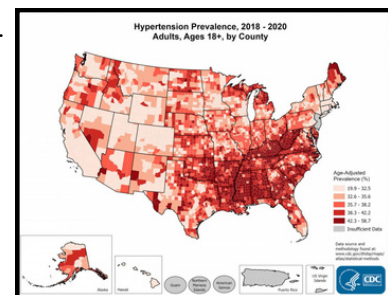
### Rates of High Blood Pressure Control Vary by Sex and Race

Uncontrolled high blood pressure is common; however, certain groups of people are more likely to have control over their high blood pressure than others.

- A greater percentage of men (50%) have high blood pressure than women (44%).
- High blood pressure is more common in non-Hispanic black adults (56%) than in non-Hispanic white adults (48%), non-Hispanic Asian adults (46%), or Hispanic adults (39%).

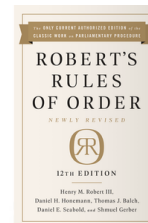
### Rates of High Blood Pressure Vary by Geography

High blood pressure is more common in some areas of the United States than in others. A map is included showing the rate of hypertension by county. However, this map likely underreports the true effect of hypertension in each state, because about 1 in 5 adults with high blood pressure is unaware of it and would not report having it.





What Does Robert Say?  
Submitted by: Soror Nona Fisher, PRP



## ADVENTURES IN PARLIAMENTARY PROCEDURE COMMITTEES

A **committee**, as understood in parliamentary law, is a body of one or more persons, elected or appointed (or by direction of) an assembly or society, to consider, investigate, or take action on certain matters or subjects, or to do all of these things. A committee is not itself considered to be a form of assembly. Thomas B. Reed, a famous parliamentarian, once said, "The committee is the eye, ear, and hand, and very often the brain of the assembly. Free from the very great inconvenience of numbers, it can study a question, obtain full information, and put the proposed action into proper shape for final decision." Committees are the working machinery of an organization that handles both routine and complex tasks. It is in and by committees that the work of Iota is done.

### Why do we have committees?

When members are selected carefully, instructions are specific and accurate reporting can be anticipated, referring matters to committees provides an alternative for long debate in meetings of the assembly. Precious time can be saved, and overall operation of the assembly can be enhanced. Serving on committees also provides basic training for future leaders and offers an excellent means of drawing new or shy members into the true spirit and programs or projects of an organization. Do you want to be more involved in your chapter or learn more about the workings of Iota? Join the various committees in which you have an interest and work.

There are two types of ordinary committees: standing committees and special committees. There is also a method by which the entire assembly can act with the freedoms of a committee known as the committee of the whole with two alternate forms. Review Robert's Rules of Order in Brief, 3rd edition, chapter 19 or RONR (12th ed.) 50 and RONR(12th ed.)52 for more information about committees.

### Matching Exercise: \*

Place the appropriate letter in the parenthesis beside the number.

1. [ ] Chairman	A. A committee created to serve a particular purpose, and which automatically ceases to exist when its work is done, and its report has been given.
2. [ ] Standing Committee	B. A device through which the members of the entire assembly may debate a main motion as often and as many times as they can obtain the floor.
3. [ ] Special Committee	C. A permanent committee that performs a continuing function and remains in existence for the life of the assembly which established it; usually created by a specific provision of the bylaws.
4. [ ] Committee of the Whole	D. A person elected or appointed to be in charge of a committee.

\* Pointers on Parliamentary Procedure Workbook, National Association of Parliamentarians

Matching Answers: 1 D, 2 C, 3 A, 4 B



Congratulations to The 11 Pearls of Wisdom!



On January 13, 2024, Iota Phi Lambda Sorority, Inc., Psi Chapter welcomed The 11 Pearls of Wisdom to Psi Chapter. Jasmine Thomas, Brenda King Murphy, Alisha Jones, Kamren Jones, Rhonda Dillard, Kamilah Thompson, Tamara Sadler, Angela Hale, Marlow Shields Talton-Jones, and LaMonica Brown. Welcome to Iota Land!





After-School Tutorial Program  
Submitted by: Soror Stevette Bauman

### AFTER SCHOOL TUTORIAL AT SAINT ANTHONY ACADEMY

On January 22, 2024, Soror Jasmine Thompson volunteered at the Saint Anthony Academy school after-school program where she read to the students and helped with homework assignments. The staff was presented with a \$25.00 gift card to assist in the purchase of snacks for the after-school program. As one of Psi Chapter's National Programs, our tutorial initiatives continue to show support in the communities we serve.

Also during the month of January, Soror Brenda Napier put together personal hygiene bags that were donated to our Adopt-A-School students at Christa McAuliffe Learning Center.

Kudos to Sorors Jasmine Thompson and Soror Brenda Napier for a job well done!



### Fundraisers Team Winners



Congratulations and turtle hugs to the White Team "**Team PEARLfection**" for bringing home the "Gold" in our SW Region Host/Planning Fundraiser Contest. Iota Roses to Team Captain Soror Eddie Guane Johnson and Co-Captain Soror Stacy Peoples for leading the team effort.

A special shout out and thanks to the Green Team "**The Green Money Makers**" led by Team Captain Soror Stevette Bauman and Co-Captain Soror Tina Mitchell for their contributions to the success of our fundraiser.





Future Iota Leaders (FIL)  
Submitted by: Soror Joyce Hodges

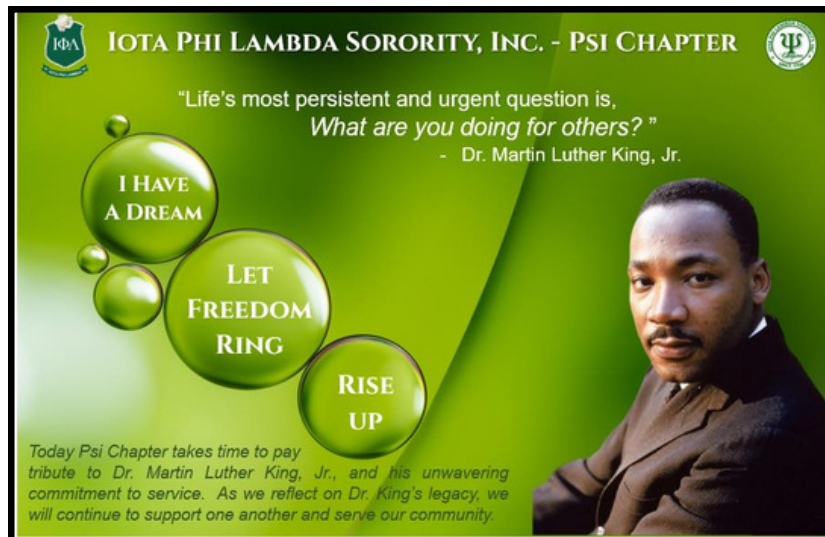
On January 21, 2024, the Future Iota Leaders (FIL) had a meeting where they attentively listened to guest speakers.

Professional Barber, Rorey Ross from Arkansas, and Soror Juanda Wallace shared valuable insights. Mr. Rorey Ross emphasized that excellent customer service is crucial for success, highlighting three key factors: (1) punctuality for appointments, (2) attentiveness to customers' haircut preferences, and (3) enhancing customer satisfaction to build a strong service reputation.

Soror Juanda Wallace introduced "**Toys U Can't Return**" and offered essential self-esteem tips: (1) an eraser symbolizing the chance to correct mistakes, (2) a pencil representing the opportunity to right wrongs, and (3) a penny signifying self-worth awareness. Both presenters gifted the FIL members a bag of useful tools.



## Remembering Dr. Martin Luther King, Jr. JANUARY 15, 1929-APRIL 4, 1968



We celebrate the life and legacy of Dr. Martin Luther King, Jr., in recognition of Martin Luther King, Jr. Day.

Click here to watch video

<https://www.youtube.com/watch?v=fgq61-owOG8>

Martin Luther King, Jr. (born Michael King Jr.; January 15, 1929 – April 4, 1968) was an American Baptist minister and activist who became the most visible spokesperson and leader in the civil rights movement from 1955 until his assassination in 1968.



### Sorors Spotlights

### The Sounding Block Unit National Association of Parliamentarians



The Sounding Block Unit - National Association of Parliamentarians appointed Soror Nona Fisher, a Professional Registered Parliamentarian, as the Unit's Parliamentarian for 2024-25.

Congratulations Soror Nona Fisher on your new position!



On January 17, 2024, Soror Judy Dossman-Jenkins was working and not shirking as she helped to register voters at Collin College - Wylie Campus. This event was sponsored by Battle Ground Texas. Registering people to vote is the first step to creating lifelong voters says Soror Jenkins. Thank you, Soror Judy, for supporting our community!



Congratulations!!  
Soror Judy Reeves is Celebrating 40 years of Sisterhood.





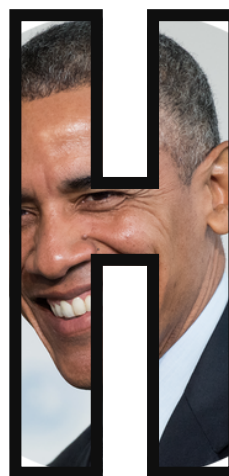
## WHEN GREEN GOES RED



Psi Chapter Displays Solidarity for National Wear Red Day On February 2nd, 2024, Psi Chapter proudly demonstrated support for Women's Heart Day by participating in National Wear Red Day. Our chapter showed solidarity for the women in our lives, as well as all women across the nation. Losing even one woman is unacceptable, and we stand with those fighting for change.



**Bessie Coleman**  
The world first licensed black pilot.



**Barack Obama**  
44th President of the United States and the first Black President.



**Shirley Chisholm**  
First Black women elected to Congress and first black to seek nomination for President in 1972.



## Sorors February Birthdays

# Happy Birthday!



Soror Kamren Jones  
2/2



Soror Tina Mitchell  
2/9



Soror Alisha Jones  
2/10



Soror Rhonda Broden Dillard  
2/25



## 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 FEBRUARY



- 2/1: Business Month Meeting
- 2/5: Health & Wellness Committee Meeting
- 2/6: SWRC Planning
- 2/7: President's Chapter History Meeting
- 2/8: SWR Helpline
- 2/9: Black History Committee Meeting
- 2/10: Soul Food SmackDown
- 2/10: Pelati Meeting
- 2/12: Crazy Hat/Scrapbook Committee Meeting
- 2/13: Psi Executive Committee Meeting
- 2/15: 50th Annual Business Month Committee Meeting
- 2/16: Membership monthly meeting
- 2/17: Psi Monthly Business Meeting
- 2/17: Black History Lunch Meeting
- 2/18: Future Iota Leaders (FIL) Meeting
- 2/20: SWRC Planning
- 2/21: Iota Talks New Membership Process
- 2/24: Black Health & Wellness High Noon Tea
- 2/25: News Articles Due



IOTA PHI LAMBDA SORORITY, INC.  
PSI CHAPTER

Save the Date

*Celebrating*

**50<sup>th</sup>**  
ANNIVERSARY

*50th Annual Business Month Awards Luncheon*  
Benefiting the Education and Scholarship Fund

Saturday, April 27, 2024  
11:00 a.m.

Renaissance Dallas North Hotel  
1590 LBJ Freeway Dallas TX 75234

Formal invitations will soon follow



Iota Phi Lambda Sorority, Inc.

77th SWR  
Community Service  
Project 2024

**Helping Us Help Her**

Donations: toiletries, soap, deodorant, lotion, body sprays, journals, and pens.

During the conference, we will accept monetary donations. A designated drop-off location will be provided for your convenience.

<https://huhh.org>  
Monetary donations can be sent to the SWR  
Zelle: ipswrtreasurer@gmail.com

**SOUTHWESTERN REGION CHAPTERS LINE DANCE COMPETITION**

PUT ON YOUR PEARLS AND SNEAKERS AND LET'S DANCE

We are soliciting your chapter's support for the SW Regional Fundraiser  
By  
Signing up your chapter to showcase your pearls, put on your dancing sneakers and compete in our Chapter Line Dance Competition  
Date: March 22, 2024 Time: 7:30 P.M.  
Location: Doubletree by Hilton Dallas Campbell Centre

Please register your team by January 31, 2024  
To register your team - Please email Soror Rita Heath Powell at [heathpowell@aol.com](mailto:heathpowell@aol.com)

Ticket Price - \$40.00 (For All in Attendance)  
To purchase tickets - Please Zelle your funds to [psichapters@gmail.com](mailto:psichapters@gmail.com) by March 10, 2024

Proceeds will benefit the Southwestern Region and Psi Chapter



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>



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

<https://iota1929.org>

Dear Sorors,

We hope this message finds you well. Due to unforeseen circumstances, we must inform you of a date change for our upcoming meeting, "New Year New Membership Process New Date."

Old Date: January 31, 2024  
New Date: February 21, 2024

Time:

6:00 PM PST  
8:00 PM CST  
9:00 PM EST

We understand the importance of your time and apologize for any inconvenience this change may cause. However, we believe that the new date will allow more Sorors to participate and benefit from the valuable information shared.

Join Soror Wendy B. Jacques, National President-Elect, and the National Board for our latest Iota.talk series, where we will delve into the exciting developments in our new membership process. This event is open to all Sorors, and we encourage each one of you to attend.

You won't want to miss this opportunity to connect, learn, and contribute to the growth of our beloved sorority. Your presence and participation are invaluable.

Thank you for your understanding, and we look forward to seeing you on February 21, 2024.



## Iota Phi Lambda Sorority, Inc. National News

National Theme:

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



**Click below for the flyer:**

<https://app.box.com/s/dqrbtx65skvwgxs04us79k3f3wif54b4>

Don't forget to connect with us using  
<https://linktr.ee/IotaPhiLambdaSorority>

National FIL Scholarship

**Deadline:** February 28, 2024

Dorethea N. Hornbuckle Memorial Scholarship

**Deadline:** March 15, 2024

Alice P. Allen Scholarship

**Deadline:** April 1, 2024

## 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://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.

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**