



# PSI PEARLS



Volume 32, Issue 15

January 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

Happy New Year Sorors!

It's a new year with new opportunities. It feels good to step into something new knowing that God's got your back. In December I was ill with covid for a couple of weeks and spent very little time on my phone and laptop. This allowed me more time to rest quietly before God and heal. Technology is great and I appreciate all the apps and information that is available for me to use. I just need to learn to make sure that I get that quiet time that I need to empower my mind and body. Remember that we are dependent on "HIS" power and grace for effectiveness in everything we do, not our own. Lord here I am, use me!

The Sorors and Auxiliaries of Psi Chapter are working and not shirking. Iota roses to the MOI Chair Soror Nadia Robinson and co-chair Soror LeTitia Williams for an outstanding MOI dinner and game night. The event was well attended by Sorors, Pelatis and FIL and we had a wonderful time.

Iota Roses to FIL Chairperson Soror Joyce Hodges and the FIL committee. The FIL had a wonderful time at the Dallas Arboretum. Thank you, FIL, for also participating in the national essay contest.

Iota roses to Dean Collette Jones and the Membership Committee for continuing to grow Iota. The Pinning Ceremony was moving and well attended. The LOMEPA Club is so excited about learning and serving and becoming members of Psi Chapter.

Iota Roses to Social Chair, Soror Collette Jones, and the Committee for Psi's Christmas luncheon. We played games, exchanged gifts, sang Christmas songs and the food was delicious. The Social Committee also planned a movie night for Psi Chapter. The Color Purple was outstanding!

Iota Roses to Soror Eddie Johnson and the Sorors that volunteered at the Coalition of Churches in Prison Ministry event, one of Psi's community service projects. Psi Chapter is always serving the community and trying to make a difference no matter what the circumstances are.

Iota Roses to the Career Exploration Chair Soror LeTitia Williams for an outstanding Career Exploration virtual program. The speakers and topics were great and very informative. Job well done!

Psi Chapter was saddened to hear that former Congresswoman, Eddie Bernice Johnson, passed on December 31, 2023. She was a trailblazing woman and one of Texas' most powerful leaders in Congress until she retired. Ms. Johnson was a past Businesswoman of the Year for Psi Chapter, and we will forever celebrate her life and legacy.

Happy Birthday, Dr. King! This month we will celebrate the birthday of a great leader, Dr. Martin Luther King, Jr. One of his great quotes is, "The greatness of a man is not in how much wealth he acquires but, in his integrity, and in his ability to affect those around him positively." Sorors let's honor Dr. King on his birthday by serving others with our time and talents and positive attitudes.

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.

Content source: [Division of Diabetes Translation, National Center for Chronic Disease Prevention and Health Promotion](#)

## PSI HEALTH & WELLNESS: DON'T LET GLAUCOMA STEAL YOUR SIGHT!

### Know the Facts About Glaucoma

- Glaucoma is a group of diseases that damage the eye's optic nerve and can result in vision loss and even blindness.
- About 3 million Americans have glaucoma. It is the second leading cause of blindness worldwide.
- Open-angle glaucoma, the most common form, results in increased eye pressure. There are often no early symptoms, which is why 50% of people with glaucoma don't know they have the disease.
- There is no cure (yet) for glaucoma, but if it's caught early, you can preserve your vision and prevent vision loss. Taking action to preserve your vision health is key.

### Know Your Glaucoma Risk

Anyone can get glaucoma, but certain groups are at higher risk. These groups include African Americans over age 40, all people over age 60, people with a family history of glaucoma, and people who have diabetes. African Americans are 6 to 8 times more likely to get glaucoma than whites. People with diabetes are 2 times more likely to get glaucoma than people without diabetes.

### Take Action to Prevent Vision Loss

There are many steps you can take to help protect your eyes and lower your risk of vision loss from glaucoma.

- If you are in a high-risk group, get a comprehensive dilated eye exam to catch glaucoma early and start treatment. Prescription eye drops can stop glaucoma from progressing. Your eye care specialist will recommend how often to return for follow-up exams. Medicare covers a glaucoma test once a year for people in high-risk groups.
- Even if you are not in a high-risk group, getting a comprehensive dilated eye exam by the age of 40 can help catch glaucoma and other eye diseases early.
- Open-angle glaucoma does not have symptoms and is hereditary, so talk to your family members about their vision health to help protect your eyes—and theirs.
- Maintaining a healthy weight, controlling your blood pressure, being physically active, and avoiding smoking will help you avoid vision loss from glaucoma. These healthy behaviors will also help prevent type 2 diabetes and other chronic conditions.



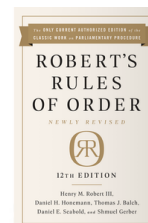
### Manage and Treat Glaucoma

Vision loss from glaucoma usually affects peripheral vision (what you can see on the side of your head when looking ahead) first. Later, it will affect your central vision, which is needed for seeing objects clearly and for common daily tasks like reading and driving. Glaucoma is treated with eye drops, oral medicine, or surgery (or a combination of treatments) to reduce pressure in the eye and prevent permanent vision loss. Take medicine as prescribed, and tell your eye care specialist about any side effects. You and your doctor are a team. If laser or surgical procedures are recommended to reduce the pressure in your eye, make sure to schedule regular follow-up visits to continue to monitor eye pressure.

Learn more information about glaucoma and eye diseases, go to <https://www.cdc.gov/visionhealth/index.htm>



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



## ADVENTURES IN PARLIAMENTARY PROCEDURE: WHAT SHOULD MEMBERS KNOW AND BE ABLE TO DO?

**For Rules:**

Members should know how to read the rules of the organization and be able to demand enforcement of those rules.

A member should know:

- The role of bylaws and other custom rules, the role of the parliamentary authority, and the distinction between them.
- The vote needed to adopt or amend bylaws, special rules of order, and standing rules.
- The standard organization of bylaws.
- The role of bylaw provisions in nominations and elections.

A member should be able to:

- Raise a parliamentary inquiry.
- Raise a point of order.
- Appeal the decision of the chair.

*\*NAP Body of Knowledge, National Association of Parliamentarians*

Consult Iota's parliamentary authority, *Roberts Rules of Order Newly Revised (12th ed.)* 2:1-25 to enhance your knowledge and skills on Rules of an Assembly or Organization.

**Matching Exercise: (Selected parliamentary concepts regarding rules)**

Place the appropriate letter in the parenthesis beside the number.

1. [ ] Bylaws	A. Written rules which relate to the details of administration of a society.
2. [ ] Rules of Order	B. Something done in the same way over and over again until it comes to be followed as if it were a written rule.
3. [ ] RONR	C. Written rules of parliamentary procedure found in the adopted manual of parliamentary authority.
4. [ ] Special Rules of Order	D. Robert's Rules of Order Newly Revised (12th ed.) –Iota's parliamentary authority.
5. [ ] Standing rules	E. Basic rules by which an organization governs itself.
6. [ ] Custom	F. Written rules which supersede the rules contained in the manual of parliamentary procedure

Matching Answers: 1.E, 2.C, 3.D, 4.F, 5.A, 6.B

**Christmas Game Night with Men of Iota (MOI)**



The Men Of Iota hosted a Christmas Game Night on December 2, 2023. The Christmas holiday was joyfully celebrated with games, food, and prizes during the successful Christmas Game Night hosted by the Men of Iota and in addition to the MOI; Psi Sorors, Pelati, and Future Leaders of Iota (FIL) also joined in on the festivities.



Community Service Project  
Coalition of Churches in Prison Ministry  
Submitted by: Soror Eddie Johnson



The Coalition of Churches in Prison Ministry was founded by Rev. Isaac "IKE" Cottrell Johnson (Past Hall Of Famer), brother of Soror Eddie Johnson, who devoted his adult life in helping others, notably as a minister to prisoners and the homeless.



Rev. Isaac "IKE" Johnson  
Founder: Coalition Of Churches In Prison Ministry

**Psi Chapter Working Not Shirking!**

December 14th and 15th 2023, Psi Chapter joined the Coalition of Churches in Prison Ministry to prepare gifts for 7500 residents in the Tennessee Colony Prisons. In the spirit of going from "Good to Great," Psi Chapter doubled their contributions in 2023 by donating \$1060.00 to support the men in white.

The gift includes 1 bar soap, 1 tooth paste, 1 deodorant, hard candy, apple, and orange, also an encouraging scripture from God's Word. Psi Chapter continues to be blessed because we are a blessing to others!



Floristene Johnson (Past WOY), Dajah Taylor (daughter of Soror Pam Powell), and Soror Eddie Johnson.



Soror Eddie Johnson, Soror Helen Hurd, Justin, and Derrick Johnson (sons of the founder Rev. Ike Johnson) and Cousin Bishop Cooper.



Sorors: Helen Hurd, Annelda Crawford, Eddie Johnson & Floristene Johnson (Past WOY).

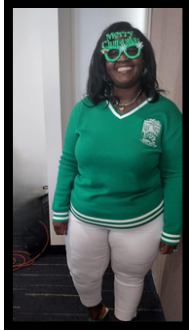


The Truck being filled with gifts to support The Coalition of Prison Ministry.



### 2023 Psi Christmas Celebration

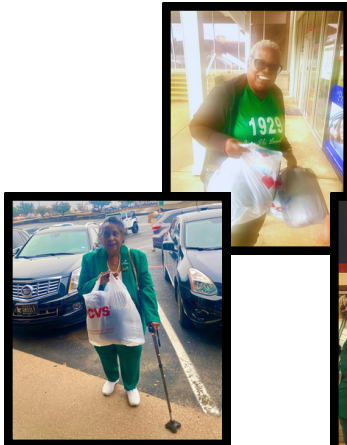
Psi Chapter ends 2023 December Business Meeting with a festive holiday celebration. The monthly business meeting concluded on December 16, 2023, with a joyous holiday celebration infused with the spirit of Christmas.



### Community Service Project Donation for the Homeless



Psi Chapter has partnered with Ernie Williams Insurance Agency on December 22, 2023, to donate blankets and socks to support the homeless community. Lola's Girls are also involved in community service initiatives, working and not shirking, while working diligently without interruption.





### Movie Night with Psi Chapter

Fun night with Epsilon Omicron and Epsilon Tau on December 27, 2023. Psi Chapter had a wonderful evening with Sorors for a movie night and a screening of "The Color Purple."



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

### Future Iota Leaders (FIL) Future Iota Leaders Christmas at the Dallas Arboretum

Future Iota Leaders (FIL) rings in Christmas with a festive outing at Dallas Arboretum on December 17, 2023. The group enjoyed exploring the 12 Days of Christmas displays, while FIL mom Lorri, along with Sorors Etheleen and Joyce, provided a delicious picnic spread. Thanks to Sorors Dwala Brown, Rita Powell, and Annelda Crawford, who generously donated passes to the arboretum, the day was a huge success!





2024 Career Exploration Program  
Submitted by: Soror Dr. LeTitia Speed-Williams

### CAREER EXPLORATION VIRTUAL PROGRAM

PSI CHAPTER PRESENTS  
**CAREER EXPLORATION**  
A VIRTUAL EVENT

**SATURDAY  
JANUARY 6, 2024  
11 AM CST**

RSVP FOR THIS EVENT  
Zoom Link Will Be Provided  
<http://tinyurl.com/2da4597y>

**IOTA PHI LAMBDA SORORITY, INC.**

On Saturday, January 6, 2024, Psi Chapter hosted the 2023-2024 Career Exploration Virtual Event. It was a very good and successful day for the Future Iota Leaders (FIL) of Psi Chapter. There were four very superb speakers who would demonstrate their wisdom, knowledge, and skill in packaging uniqueness, during each virtual presentation.

Our FIL were engaged and asked various questions during the question and answer period. Each FIL participation received a certificate and gift card. Those FIL members were Olivia Cox, Ethan Young, A'Myia Shaw and Kamden Speed, who served as a co-host.

Speakers for the event, included the Honorable Judge Vonda Bailey-Shaw, who is the 255th Family District Court Judge of Dallas County, who spoke on, "Decisions One Should Make."

Soror Tonnia Q. Cotton, is an Human Resource Account Executive, Certified Life Coach, and Author spoke on, "Career Readiness."

Soror Sheri A. Mashall, Multi-Business Owner & Entrepreneur, Top Ladies of Distinction Regional Officer spoke on, "Entrepreneurship, and Top Teens of America Opportunities."

Tasha D. Speed, High School Teacher/Development Coordinator and Business Owner of Learning Tunes Academy spoke on, "Educational Careers in Technology & Success Stories."

Thank you to everyone who came, and acknowledgements to special guests in attendance: Iota Phi Lambda Sorority Inc., National President, Charlotte D. Berry, Southwestern Regional Director, Rosetta Davis, Members of Top Ladies of Distinction, City of Dallas, Chrystle Cobbins, and Iota Phi Lambda Chapters: Beta Pi, Epsilon Chi, Zeta Phi, and Psi.

**Mrs. Sheri A Marshall**

As President, of Top Ladies of Distinction in the Capital City Chapter of Austin Texas, Soror Sheri Marshall is a proud member of the Epsilon Chi Chapter, in Katy Texas. She is a Distinction and LPA member of NCFW Greater Austin Chapter and serves as a Board of Directors Member of the Phi Kappa Phi, Texas Chapter of Commencement. Soror Marshall was born and raised in our Austin, Texas, and is a Graduate of the University of Alaska Anchorage, and later received her Master's Degree in Entrepreneurship from Saint Edwards University in Austin, Texas. Soror Marshall is retired from the Alaska National Guard after serving twenty-two years.

As an entrepreneur, Soror Marshall is the CEO and proud owner of Unleash-WeClass! Commercial (professional services where she serves in the community as a top Choice Employee, who believes everyone deserves a second chance. She and her husband David (her high school sweetheart), work as a team and have spent 22 years creating jobs for those who have been recently released from incarceration. She loves working with children and plays an integral part with Top Teens of America! Soror Marshall is the Founder of Best Choice Mobile Notary and Best Choice Notary Academy, where she is a certified Notary Trainer for the State of Texas. She has been featured in the Austin Women's Magazine numerous times as a go-to resource and is featured in the Austin Business Journal.

Her favorite saying comes from Philippians 4:8  
*I can do all things through Christ which strengthens me!*

Psi Chapter  
Career Exploration Virtual Event  
January 6, 2024

**Honorable  
Judge Vonda Bailey-Shaw**  
Dallas County Judge (of)  
The 255th Family District Court

Judge Vonda is, an outstanding Judge and Attorney who is highly respected for her work in and out of the courtroom and is a judge who is known for getting the job done! Judge Vonda Bailey Shaw was born in Dallas, Texas under the parenting of Charles and Cynthia Bailey. She graduated from David W. Carter, and immediately went to Dallas Community College, earning her AAS Degree, and years later attended the University of Texas at Arlington earning her Bachelor's and Master's degree in Criminal Justice. Years later she received her Law Degree from Thurgood Marshall School of Law at Texas Southern University in Houston, Texas.

Judge Vonda sees the need to educate more people about child support issues, thus creating her own YouTube show in February 2018, entitled Support Court with Judge Vonda! It. Focuses on how to get ahead over 84 million views.

Judge Vonda has a passion for her children, and is a frequent guest yearly, at many Independent School Districts, in our North Central Texas area. You may find her giving their "Career days" at these schools, talking honestly to them while honestly challenging their young minds to do well in school and pursue their dreams. Judge Vonda has been known to provide pro-bono legal services to those who have become victims of family law issues. Judge Vonda has won numerous awards for her legal abilities, and is often recognized by her peers as

**Ms. Tasha D. Speed**

She has been recognized as one of the most influential divines of our time. She has been named as an African American history maker, a woman of influence, a woman of faith, and a woman of courage. She has been named as one of the most influential divines of our time. She has been named as an African American history maker, a woman of influence, a woman of faith, and a woman of courage.

IOTA SWR PSI S...

**Mrs. Tonnia Q. Cotton**

Soror Tonnia Q. Cotton is a member of Iota Phi Lambda Sorority, Incorporated, and is President of The Zeta Phi Chapter in Tomball, Texas. She has over 25 years of diverse Human Resources experience and is the Human Resources Account Executive at Integrity Companies located in Kingwood, Texas. Soror Cotton holds a Master's degree in project management from the University of Phoenix and is a published author of two (2) books, entitled:

(1) Position Yourself, (2) Understanding Your Assignment (which is her latest book that can be purchased at Amazon.com)

Soror Cotton is a motivational speaker and CEO/Founder of Position Yourself Ministries. She volunteers with the "Texas Women-Greater Houston Mentor Program" and serves on various committees and organizations. Her second passion can be found at Kites Independent School Advisory Board and serving on the Fall Brook Community Development Center, Board of Directors. Soror Cotton is the wife of Claude E. Cotton and is a mother and grandmother.

## Remembering Congresswoman, Eddie Bernice Johnson



Congresswoman (and Psi Chapter's Past Woman of the Year) Eddie Bernice Johnson, was an incredible leader and visionary.

Johnson entered electoral politics in 1986, when she was elected as a Texas State Senator. She was the first woman and the first African American from the Dallas area to hold this office since reconstruction.

May her legacy continue with those following in her footsteps. Our deepest sympathy to her family and friends.

## Remembering Dr. Martin Luther King, Jr.

JANUARY 15, 1929-APRIL 4, 1968

### HAPPY BIRTHDAY DR. KING

The Reverend Martin Luther King, Jr., is a civil rights legend. In the mid-1950s, King led the movement to end segregation and counter prejudice in the United States through the means of peaceful protest. His speeches—some of the most iconic of the 20th century—had a profound effect on the national consciousness. Through his leadership, the civil rights movement opened doors to education and employment that had long been closed to Black America.

“I Have a Dream” is a public speech that was delivered by American civil rights activist Dr. Martin Luther King, Jr. during the March on Washington for Jobs and freedom on August 28, 1963, in which he called for civil and economic rights and an end to racism in the United States.

Thanks to the efforts of a Baptist preacher, Martin Luther King, Jr., U.S. law upholds equal rights for all people across the country regardless of race, color, or creed.

We celebrates 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=fgg61-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 January Birthdays

Happy  
*Birthday*

Soror Lucille Tolliver  
1/1



Soror Dawnette Adkins  
1/2



Soror Ashanta Tolliver  
1/11



Soror Crystal Lotterberry  
1/11



Soror Nadia Robinson  
1/23



Soror Angela Carter  
1/31

## 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 JANUARY

- 1/1: New Year's Day
- 1/4: Black History Committee Meeting
- 1/6: Career Exploration Virtual Event
- 1/6: LOMEPA Club Community Service
- 1/7: LOMEPA Club Church Service
- 1/7: President's Lunch
- 1/8: Health & Wellness Committee Meeting
- 1/9: LOMEPA Club Meeting
- 1/11: SWR Conference Educational Luncheon Meeting
- 1/12: President Hotel Tasting
- 1/12: LOMEPA Fun Night
- 1/13: Pelati Meeting
- 1/13: Fall Induction 2023 (@The Golf Club of Dallas)
- 1/15: Martin Luther King, Jr. Day
- 1/15: Healthy Living Expo (@The African American Museum at Fair Park)
- 1/16: Executive Committee Meeting
- 1/17: SWRC Memorial Service Team Meeting
- 1/18: Business Month Meeting
- 1/20: Chapter Monthly Business Meeting
- 1/21: FIL meeting(@Dallas Police Department-South Central Division)
- 1/22: Crazy Hat/Scrapbook Committee Meeting
- 1/23: Technology Meeting
- 1/26: Informational/RUSH (virtual)
- 1/27: New Members Workshop
- 1/31: SWRC Publicity Subcommittee Meeting



*Happy  
New Year*



Soror Rosetta Davis  
Southwestern Regional Director

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



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

Upcoming Coming Event:  
77th Southwestern Regional Conference  
March 21-24th 2024  
Location: DoubleTree by Hilton-Campbell Center

<https://iotaswr.org>



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



## Iota Phi Lambda Sorority, Inc. National News

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

<https://iota1929.org>

Happy New Year Sorors!

As we welcome the dawn of 2024, may the coming year bring you joy, success, and countless moments of sisterhood. Your resilience and dedication continue to inspire us all.

Save the Date: Training Meeting on January 11, 2024  
Time: 8:00 PM (EST) Location: Zoom

Let's kick off the new year with knowledge and unity!  
All Sorors are invited to attend our training meeting.  
Your participation enriches our shared journey.

Meeting ID: 829 5231 5779  
Passcode: 633362

Looking forward to seeing your smiling faces on the screen as we embrace the opportunities that 2024 has in store for us! Wishing you a year filled with love, laughter, and sisterly support!

Michelle Greene  
National Journalist

Click below for this month's newsletter:

<https://app.box.com/s/fp29rcw0y7afshcwsdqwygnv9ge9qqy4>



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

## 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



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!”***

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

## 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**