

# PSI

# PEARLS



Volume 32 Issue 10

JUNE 2023

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



**G**reetings Sorors!

## Message from the President

It's already June, and the Sorority year is almost over. We have elected and will install Psi's new officers at the next business meeting. We plan to celebrate with each other at the Soror Recognition program at the end of the month. Let the laughter echo, the bonds of Sisterhood strengthen, and the victory be ours!

Iota Roses to the Founder's Day Chair, Soror Stevette Bauman, and the Founder's Day Committee for an outstanding program. Sorors rededicated themselves to the Sorority and the love and Sisterhood was felt by everyone in the room. The dinner and fellowship after the ceremony was truly on point.

Iota Roses to Soror Rita Heath-Powell and her committee for coordinating the Buckner Shoes for Orphan Souls Community Service Project. It was truly an awesome turnout that included Sorors, MOI, Pelati and FILS (30 Volunteers Total). Through Psi Chapter's efforts, and donations, hundreds of underprivileged children around the world will be blessed with a new pair of shoes, food and an encouraging message of hope and love.

Iota Roses to Soror Judy Jenkins and her committee for coordinating the Minnie's Food Pantry Community Service Project. Over 500 families received food due to the efforts of several volunteer groups including Psi

Chapter's Sorors and Men of Iota. Great Job!

Sorors thank you for showing your confidence in me by re-electing me as your President for another year. Welcome to the new members of the Executive Committee and Iota Roses and thank you to the EC members that are not a part of us this year. Your service, talents and hard work is very much appreciated.

Sorors we all hold the power to transform Psi Chapter into a legendary force to be reckoned with! It's not just about being the best, but about uplifting each sister, celebrating our unique talents, and creating an atmosphere of love and support. Together, we can accomplish anything and everything.

Now we are preparing to attend the 94<sup>th</sup> Anniversary National Convention in July. I look forward to embarking on an unforgettable adventure full of work, fun, food, and fellowship. We will truly be "Honoring our past as we step into the Future!" See you there!

*Blessings,*

*Soror Beverly Moore,  
Psi Chapter President*

President Beverly Moore



# Thank You FROM THE Journalist Thank You



**Greetings Members of Psi Chapter,**

It is indeed an honor and a privilege to have served as your journalist & public relations chair for the past five years.

I want to thank the public relations team of reporters, writers (parliamentarians news and health news), social media team, proofreaders, and committee chairs who contributed greatly to the success of Psi Pearls.

Let the records show that Psi Pearls Newsletters placed on the Regional

Level 2-1st, 2-2nd and a 3rd place awards during my tenure. I have worked on the Regional Level & National Level as well.

It has truly been a labor of love sharing with you the "news of who we are and what we are do."

Serving Iota,  
Vee Jordan, Journalist & Public Relations Chair  
Psi Chapter

**PSI CHAPTER OFFICERS**

President .....Beverly Moore  
 1st Vice President .....Wonda Traylor  
 2nd Vice President..... Mary Ann Collier  
 Recording Secretary.....Danielle Young  
 Corresponding Sec. ....Joyce Hodges  
 Financial Secretary.....Lucille Tolliver  
 Treasurer.....Martha Richmond  
 Journalist .....Vee M. Jordan  
 Dean of Intake.....Collette Jones

<b>PSI TABLE OF CONTENTS</b>	<b>PAGE #</b>
President's Message	1
Message From Chapter Journalist, Psi Chapter Officers & Table of Content	2
Health News & Wellness	2
New Members Workshop	3
Buckner Shoes for Orphan Souls	4
2023 Founder's Day Ceremony	5
Minnie's Food Pantry & National FIL Scholarship Award	6
Juneteenth Freedom Day, Happy Father's Day & Happy 4th of July	7
What Does Robert Say?	8
2023 May Calendar, June & July Birthdays	9
2023 July Birthday's Continue & Tamron Hall Show-Dallas Wise Cookies	10
Regional News, & National News	11
Informational Page	12

**HEALTH NEWS/WOMEN WELLNESS SUBMITTED BY SOROR R. JONES**



**How Many Steps a Day Should You Take to Improve Your Heart Health?**

Walking is a simple action with many benefits — including improving heart health. For many years, 10,000 steps per day was a widely shared benchmark but it originates from a 1960s Japanese marketing campaign for a pedometer called Manpo-kei, which translates to "10,000-step meter." A 2023 Northwestern Medicine study found that older adults (people aged 60 and older) who walk 6,000 to 9,000 steps per day had a 40% to 50% lower risk of cardiovascular disease, such as heart attack or stroke, compared to those who took 2,000 steps per day. Overall, the study showed that any amount of walking — powerwalking or leisurely strolls — can improve heart health and lower the risk of cardiovascular disease in older adults. Walking 6,000 steps is roughly 2.5 miles and 9,000 steps is a little more than 4 miles.

The study didn't find a connection between the number of steps taken and cardiovascular disease for younger adults. However, staying active is key to your overall health and well-being, no matter your age. Not getting enough physical activity can increase the risk for obesity, Type 2 diabetes and high blood pressure.



According to Northwestern Medicine Study  
Mercedes Carnethon, PhD

**2023 New Members workshop  
Submitted By Soror C. Jones**



# NEW MEMBERS WORKSHOP Saturday, May 6, 2023

New Members workshop was an opportunity for members 2 years or less to learn more about the Sorority and Psi Chapter. The atmosphere was relaxed, and our new members got to know us on a personal level. They were provided with a leadership interest form so that the Executive committee could learn what their interest was in providing the correct mentoring. Workshop topics included:

- So, you're a Soror now,
- Basic parliamentary procedures,
- Iota Tools, committee assignments, and chapter yearbook,
- Soror financial obligations,
- Officers local/regional/national,
- Sorority's Programs and Projects,
- Protocol



## Photo Gallery of the Presenters & Attendees



2023 Buckners Shoes For Orphan Souls Submitted By Soror R. Powell



BUCKNER SHOES FOR ORPHAN SOULS COMMUNITY SERVICE PROJECT

On Saturday, May 27th, Psi Chapter Sorors, MOI, Pelatis, and FIL volunteered and supported the Buckner Shoes for Orphan Souls Community Service Project. This project involved helping to sort and prepare shoes to be shipped to children in underprivileged countries around the world. This year, we had an awesome turnout that included 30 volunteers.

Special thanks and much love to all who participated in making this one of our largest combined community service efforts. Because of your support, hundreds of children will be blessed with a new pair of shoes and an encouraging message of hope and love.



Buckner Centers for Humanitarian Provides the following Aid To Families



Photo Gallery of Sorors, MOI & FIL Working and Not Shirking



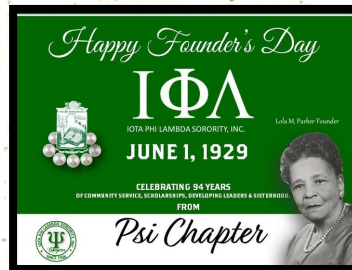
2023 FOUNDER'S DAY CEREMONY  
SUBMITTED BY SOROR BAUMAN



## 2023 Founder's Day Ceremony Celebrating 94-Years of Sisterhood

Psi Chapter celebrated our Founder, Lola M. Parker and 94 years of Service and Sisterhood at the Crowne Plaza Hotel in Dallas, Texas. It was wonderful seeing sorors in person in their all white and white hats after being virtual for the past 3 years. Sorors reflected on the principles of Intelligence, Friendship, Courage, Honesty, Loyalty, Truth and Work and the importance of having these principles visible in our daily lives as we carry on the programs and projects of Iota Phi Lambda Sorority, inc.

We all participated in a special Ode to Omega honoring our sister Mary Simpson by Soror Joyce Hodges and Soror Mary Ann Collier. Members ended the celebration with a toast pledging our friendship, love and loyalty always and a wonderful Italian dinner. Chair, Soror Stevette Bauman, thanks the committee for their hard work and members for making Thursday, June 1, 2023, Founders Day a warm success.



## 2023 Founder's Day Photo Gallery



2023 Minnie's Food Pantry  
Submitted By Soror Jenkins



## MINNIE'S FOOD PANTRY



For the first time since the pandemic, Psi Chapter was able to resume in-person participation with one of our long-time Community Service Projects in support of Minnie's Food Pantry.

Minnie's Food Pantry (MFP) is a nonprofit organization headquartered in Plano, Texas. Their goal is to provide numerous programs that help families gain long-term food security and to break the generational curse of people (especially children) in low-income areas not having access to fresh fruits and vegetables.

Our participation included: Sorting through a pallet of can green beans and corn; loading bags of produce for distribution and storage; sorting through nonperishable food items and children's snacks.

The families we fed and the staff at Minnie's Food Pantry were grateful for our participation and contributions. We feed over five hundred families. Thanks to everyone who served and to those who donated financially.

## Sorors, MOI, & FIL Help Feed Over 500 at Minnie's Food Pantry

TODAY is a great day  
to make a DIFFERENCE



## Congratulations!



*FIL Daniel Young*

Recipient of the  
2023 National Future Iota Leaders  
(FIL) Scholarship Award

2023 JUNETEENTH FREEDOM DAY

# Juneteenth Freedom Day

Juneteenth is a federal holiday in the United States commemorating the emancipation of enslaved African-Americans. It is also often observed for celebrating African-American culture. Originating in Galveston, Texas, it has been celebrated annually on June 19 in various parts of the United States since 1865. [Wikipedia](https://en.wikipedia.org/wiki/Juneteenth)

## Why Do They Call It Juneteenth?

Juneteenth honors the emancipation of enslaved African Americans in the United States. The name "Juneteenth" is a blend of two words: "June" and "nineteenth." It's believed to be the oldest African-American holiday, with annual celebrations on June 19th in different parts of the country dating back to 1866.

On June 17, 2021, Mrs. Opal Lee saw the fulfillment of one of her dreams by being present at the presidential signing of the bill that would make celebrating freedom from slavery a law. She was able to witness President Joe Biden sign the **Juneteenth National Independence Day Act**.

Sunday October 17, 2021, Psi Chapter Sorors participated in Glen Oaks United Methodist Church's celebration of 65 years in the ministry. The highlight of this celebration was the guest speaker, Mrs. Opal Lee, educator, activist, and advocate for Juneteenth as a National United States Holiday. Mrs. Opal Lee received her bachelor's degree from Wiley College and her master's from North Texas State University.



Psi Chapter stopped and pose for a picture with Rev. Crawford & Ms. Opal Lee.



Juneteenth **NOW** a Holiday as Opal Lee joins President Biden for signing (Ft. Worth Telegram)



2023 HAPPY FATHER'S DAY



**Father's Day is celebrated** worldwide to recognize the contribution that **fathers** and father figures mean in the lives of their children.

This **day** celebrates fatherhood and male parenting. Although it **is celebrated** on a variety of dates worldwide, many countries observe this **day** on the third Sunday in June.

2023 HAPPY 4TH OF JULY



## The Declaration of Independence

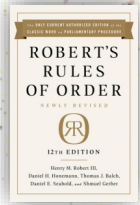
We celebrate American Independence Day on the Fourth of July every year. We think of July 4, 1776, as a day that represents the Declaration of Independence and the birth of the United States of America as an independent nation.

ROBERT'S RULES OF ORDER  
SUBMITTED BY  
SOROR NONA FISHER, PRP



## What Does Robert Say?

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



## Organization of a Convention

As we prepare to attend and celebrate Iota's 94<sup>th</sup> Anniversary National Convention next month, let us review the mechanics of organizing a convention.

Planning for a convention begins weeks, months or even years before the opening session and involves many committees, under the general direction of the officers and the board of the association. Maximum effort toward a well-organized convention is essential.

The principal parliamentary functions most directly connected with the formal organization of the convention itself are performed by three committees, each of which has been appointed by the president (Iota National President) or the board as prescribed in the bylaws. These three committees are:

1. The **Credentials Committee**, which prepares and certifies to the convention the list of officers, delegates, and alternates that it has registered after finding them entitled to accreditation.
2. The **Committee on Standing Rules**, which drafts rules of operating procedure specially required for the particular convention.
3. The **Program Committee**, which works out a convention program combining a suitable *order of business* with special features (e.g. social, informational and/or educational engagements), designed to promote and develop the association or society as a whole.

Before a convention can transact any other business, it must officially form itself into a single voting body – which is done at the first business meeting. The official organization of the convention is brought about by the separate consideration and adoption of the reports of the three committees mentioned above – the Credentials Committee, the Committee on Standing Rules, and the Program Committee, in that order.

Let everything be done decently and in order.

1 Corinthians 14:40



Reference: RONR (12<sup>th</sup> ed.) 59



**CALENDAR FOR JUNE 2023**

DATE	NAME OF EVENT	TIME	LOCATION
Thursday, June 1st	Founder's Day Ceremony	6 p.m.	Crown Plaza Hotel
Friday, June 2nd	President's Meeting		
Saturday, June 3rd	Minnie's Food Pantry	7:45 a.m.	
Saturday, June 5th	Rules Committee Meeting	7 p.m.	Zoom
Thursday, June 8th	77th SWR Planning Committee	7 p.m.	Zoom
Friday, June 9th	President's Meeting		
Saturday, June 10th	Newsletters Due	11:59 p.m.	By Email
Saturday, June 10th	Pelati Meeting	2 p.m.	
Monday, June 12th	Recommendations Committee Meeting	7 p.m.	Zoom
Tuesday, June 13th	Executive Committee Meeting	7 p.m.	Zoom
Thursday, June 15th	Membership Committee Meeting	7 p.m.	Zoom
Saturday, June 17th	Psi Monthly Meeting	10 a.m.	J. Erik Jonasson Library
Sunday, June 18th	Father's Day		
Sunday, June 18th	Future Iota Leaders Meeting (FIL)	3 p.m.	
Tuesday, June 20th	Soror Recognition Program Overview	7 p.m.	Zoom
Friday, June 23rd	President's Meeting		
Saturday, June 24th	Soror Recognition Program	11 a.m.	Celebration Restaurant

*- Happy Birthday -*  
**SORORS' JUNE BIRTHDAYS**



**Rosma Newell 6/6**



**Nona Fisher 6/23**

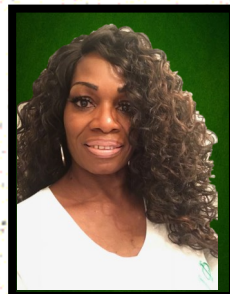


**SORORS' July Birthdays**

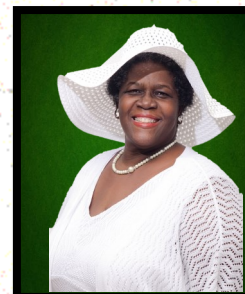
**Brenda Napier 7/4**



**LeTitia Speed 7/6**



**Cheryl Dawes 7/13**





*Happy Birthday*  
**SORORS' July Birthdays**



**Collette Jones 7/16**



**Annelda Crawford 7/20**



**Rhonda Molett 7/21**



**Juanda Wallace 7/23**



**Stacy Peoples 7/26**



**Daphne Hornbuckle 7/28**



**Charlotte Berry 7/29**



**Psi Chapter's 2023  
Sharon R. Thomas-Smith Youth Entrepreneur  
on The Tamron Hall Show**



DallasSizedCookies!

Dallas Wise our 2023 Business Month Youth Entrepreneur was the special guest on the Tamron Hall Show that aired on May 15, 2023, for "National Cookie Day". Dallas began his interest in baking at 4 years old when he would help his Mother and Grandmother bake Christmas cookies. His love, passion and dedication led

to what is now Dallas Sized Cookies. He specializes in gourmet cookies, brownies, cake pops and cookie cakes. This year Dallas Sized Cookies will celebrate 3 years in business and service to the South Dallas Community, in Dallas, Texas.



**PASTRY  
CHEF  
DALLAS WISE**

CLICK ON THE LINK TO SEE  
DALLAS ON THE TAMRON  
HALL SHOW



[DALLAS WISE SIZED  
COOKIES - Google Search](#)



Dallas Wise and his mother  
on the Tamron Hall Show



Dallas Wise receiving his award  
during Psi Chapter's 49th  
Business Month Awards Luncheon



# Iota 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



76TH SOUTHWESTERN REGIONAL CONFERENCE  
Iota Phi Lambda Sorority, Inc.

Soror Dr. Valencia Hall  
Assistant SWR Director



76TH SOUTHWESTERN REGIONAL CONFERENCE  
Iota Phi Lambda Sorority, Inc.

Soror Bettina McKinney  
SWR Journalist



76TH SOUTHWESTERN REGIONAL CONFERENCE  
Iota Phi Lambda Sorority, Inc.

Soror Dorita Hatchett  
SWR Financial Secretary




# Iota Phi Lambda Sorority, Inc. National HQ News

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

June 1, 2023



*Soror Dorothy M. White*  
23RD NATIONAL PRESIDENT

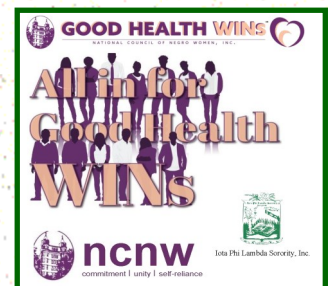



Click below for June monthly newsletter

[June Newsletter 2023.pdf](#)

Click on the June monthly newsletter  
to learn more about our  
94th National Convention  
Detroit, Michigan  
July 11, 2023

Sisterly,  
Soror Michelle Greene  
National Journalist



**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

[beverlyj5850@gmail.com](mailto:beverlyj5850@gmail.com)

Iota Phi Lambda Sorority, Inc.

Psi Chapter

P.O. Box 224891

Dallas, Texas 75222-4891

**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](mailto: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://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