

PSI PEARLS



Volume 32 Issue 37

March 2022

Message from the President

Greetings Sorors!

It is time to celebrate Women's History Month honoring those women who have had an impact on your life, and while doing so let us reflect on our Black Heritage.

On Saturday February 26, Soror Juanda Wallace and her committee hosted an amazing Black History Program with the theme, "Untangling Our Roots: The History & Secrets of Black Hair." The presenters, Soror Renee Malena, Cheryl Wyatt, Judge Amber Givens and Dr. Linda Amerson took us on a journey, unfolding the history and secrets of Black Hair. This journey helped to broaden our knowledge and appreciation of our Black Hair and Heritage. Psi Pearls to Soror Wallace for another success story.

Then there was Trivia Night on Friday February 25. This event tested Sorors' knowledge of Black History. It was another fun filled night for Sorors to share their stories of past experiences during the Black Movement of the early 60's, and how they overcame adversity. This was truly a reminder of how far we have come but yet still have a long way to go.

Psi Pearls to Soror Juanda Wallace and her committee for an excellent journey.

The history did not stop here. On Saturday, February 5, the MOI, Pelatis and Fil hosted their Black History Program. it was

amazing to see the auxiliaries partnered together for the first time to host their Black History Program with the theme, "Yes We Can." This event was inspiring, with two poetic inspirational speakers, Mr. Karl Gatson and Dr. Tonya McGee. Psi Chapter is one of the few chapters with all three auxiliaries active and to see them working together was amazing. It is always gratifying to have the National President, Soror Dorothy White, present. There was a total of forty-eight in attendance.

Congratulations!! Men of Iota, Pelatis and FIL for a job well done.

After spending a whole month reflecting, I can say Black History is a Heritage of UNSHAKABLE FAITH.

There is more to come with the Leadership Forum which I am sure will be a huge success. Also, the 75th SWR Conference is fast approaching, which should be interesting.

Sisterly
Soror Judy Reeves
Psi Chapter President



"Building on a Solid Foundation, Empowering and Strengthening Sisterhood in Business".

PSI CHAPTER OFFICERS

PresidentJudy Reeves
1st Vice PresidentBeverly Moore
2nd Vice President..... Wonda Traylor
Recording Secretary.....Danielle Young
Corresponding Sec.Stevette Bauman
Financial Secretary.....Judy Jenkins
Treasurer.....Teresa Henderson
JournalistVee M. Jordan
Dean of Intake.....Collette Jones

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2022 Auxiliaries Black History Program
Submitted by Soror Reeves



2022 Auxiliaries Virtual Black History Event Theme: "Yes We Can"



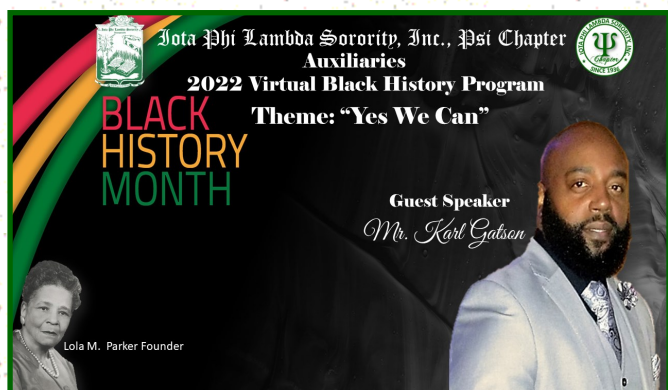
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Congratulations!! Men of Iota, Pelatis and FIL for a job well done.

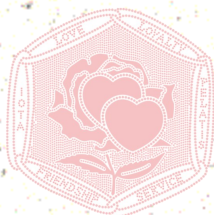
GUEST SPEAKERS



Dr. Tonya McGee
Topic: "Who I Am"



Mr. Karl Gatson
Topic: "Black History"



2022 Spotighting Former FIL
Submitted by Soror Hornbuckle



Psi Chapter Former FIL Franciel Ikeji Guest Lecturer @ Tufts University

On Thursday, February 24, 2022, at 5p.m. CST. Psi Chapter's former Future Iota Leader (FIL), Franciel Ikeji, was a guest lecturer at Tufts University, Friedman School as part of their Social Justice, Inclusion & Diversity Committee for Black History Month!

She shared information about "The Legacy of Black Food Sherioes from Farm to Health."



Psi Chapter Partnership with Spectrum Reach!

PARTNERSHIP: PAY IT FORWARD
SUBMITTED BY SOROR HORNBUCKLE



PSI CHAPTER PARTNERSHIP WITH SPECTRUM REACH

Psi Chapter will be partnering with Spectrum Reach, with their Pay It Forward program. This program is a great opportunity for small businesses (affiliated with Iota) based in the Dallas/Fort-Worth area and in the Spectrum Reach footprint. If you are ready to grow your business in 2022 with a solid partner, Spectrum Reach, then you are invited to sign up and apply for FREE advertising and marketing resources from Spectrum Reach. Spectrum Reach is offering this assistance to help local businesses grow and to support our community.

The recipient will receive the following:

Free 3-month television advertising schedule from Spectrum Reach (*April – June*) (valued up to \$15,000)

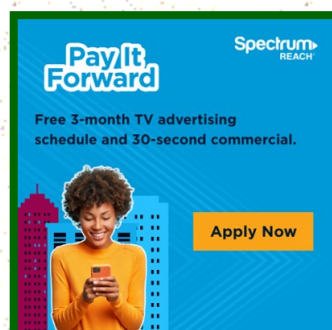
Creative consultation and FREE :30 commercial through Waymark

Support from local marketing experts during the 3-month period (Varies by market)

Access to on-demand educational content, expert industry insights and exclusive speakers' series and events
(not mandatory / owned at local market level)

50% value match offer with paid schedule following free schedule (*July – Sept*)

Click here for the [Business Qualifications](#). For more information or to apply click on this: [Spectrum Reach – Pay It Forward](#) link. This program ends on March 31, 2022 at 11:59pm ET



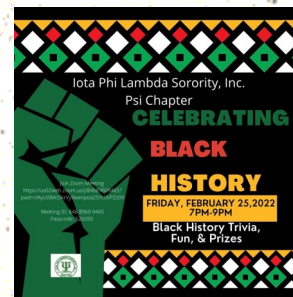
2022 Annual Black History Program
Submitted by Soror Wallace



IOTA PHI LAMBDA SORORITY, INC. PSI CHAPTER Annual Black History Celebration

Psi Chapter is proud to proclaim their Annual Black History Celebration a success for the month of February.

The observance began on Friday, February 25, 2022, with Black History Trivia Night with an invitation to all Soror, FILS, Pelatis and MOI's. A poetry oration by Soror Juanda Wallace entitled "I'm Not Giving My Black Back," written by Jewel Diamond Taylor, international motivational speaker, and author, opened the program. The evening continued with Sorors participating in three rounds of Black History Trivia. Winners were determined by the Sorors who had the most correct answers for 1st, 2nd, and 3rd place. The evening included Black musical selections that spoke of the troubled times of the fifties and sixties – ex. *A change Is Gonna Come*, *What's Going On* and *Glory*.



The culminating event of Psi's celebration was a virtual program on Saturday, February 26, 2022, centered around the theme: "Untangling Our Roots: The History and Secrets of Black Hair."

The Panelist & Their Topics



Renee Malena, **Business Entrepreneur**
Early History: Africa-The Beginning



Cheryl Wyatt, **Cosmetologist, Instructor**
The Influence of Mary Mcleod Bethune & Dr. Marjorie Joiner On Black Hair

2022 Annual Black History Program
Submitted by Soror Wallace

Continue The Panelist & Their Topics



Judge Amber Givens, 282nd Judicial District Court

Dallas, Texas

My Workplace Hair Story



*Dr. Linda Amerson, Doctor of Trichology, Holistic
Health Practitioner & Business Entrepreneur*

Intermission between speakers afforded the opportunity to share two YouTube videos highlighting the dilemma of hair discrimination in song and narration: "Love My Hair" a CMA performance by Mickey Guyton in honor of Faith Fennidy. YouTube video number two was an academy award winning animated film entitled "Hair Love" by Matthew A. Cherry, which tells the story of loving and normalizing black hair. A beautiful story of a father/daughter relationship working together to overcome the difficulties surrounding natural hair. If you like to view the videos just click on the link below.

[Meet the inspiring young girl behind Mickey Guyton's song 'Love My Hair'](https://youtu.be/kNw8V_Fkw28)

https://youtu.be/kNw8V_Fkw28



The last half of the program, Soror Wallace, committee chair, introduced an explanation of The Crown Act – Create a Respectful and Open World for Natural hair, a bill that is being introduced throughout the United States to prohibit discrimination based on hairstyle and hair texture.

As an organization, Iota Phi Lambda Sorority, Inc. is dedicated to continuing to highlight and tell the stories of African American History, its past and present in the days ahead.

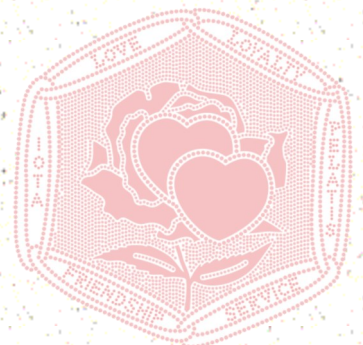
**2022 Pelatis Donated Blanks
Submitted by Pelati E.L. Williams**



**Psi Chapter's Pelatis Auxiliary Donated
To Remarkable Healthcare**

On February 26, 2022, members of Psi Chapter Pelatis Auxiliary, and Soror Helen Hurd presented to the Remarkable Healthcare facility lap blankets and throws (32) to be distributed to the residents. The donation was accepted with much gratitude. (The names of the recipients will be marked on the blankets with permanent markers.) A list will be compiled for the recipients of this donation. Later this year the Auxiliary will make another donation and those residents who did not receive blankets on this go round will receive blankets at that time. This act of kindness was done to show the residents that they are thought about and cared about. Due to the circumstances brought about by the pandemic and HIPPA, we could not take pictures with the residents.

Pelatis Donating Lap Blankets at Remarkable HealthCare

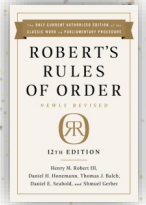


ROBERTS'S RULES OF ORDER
SUBMITTED BY
SOROR NONA FISHER, PRP



What Does Robert Say?

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



Organization of a Convention

Planning for a convention (Iota Regional Conferences or Iota National 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 (Regional Director or 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.

Reference: RONR (12th ed.) 59

“The Sounding Block Unit”

Psi Chapter has a history of effective parliamentarians including those who are currently members of the National Association of Parliamentarians (NAP), an organization whose mission states: “NAP is dedicated to educating leaders throughout the world in effective meeting management through the use of parliamentary procedure.”

Members of a local unit of NAP, “The Sounding Block Unit”



Soror Nona Fisher
Professional Registered
Parliamentarian



Soror Dr. Mary Nickson
Psi Chapter Parliamentarian
& Southwestern Region



Soror Daphne Hornbuckle



Soror Joyce Hodges

Let everything be done decently and in order.

1 Corinthians 14:40



CALENDAR FOR MARCH 2022

DATE	NAME OF EVENT	TIME	LOCATION
Tuesday, March 1st	Leadership Forum Meeting	6:30 p.m.	Via. Zoom
Thursday, March 3rd	85th Anniversary Marketing & Promotions Committee Meeting	6 p.m.	Via. Zoom
Tuesday, March 8th	Business Month Committee Meeting	6:30 p.m.	Via. Zoom
Thursday, March 10th	Psi Pearls Newsletter Due to Southwestern Region Journalist	11:59 p.m.	Email
Thursday, March 10th	85th Anniversary Committee Meeting	7 p.m.	Via. Zoom
Thursday, March 10th	National Journalist Committee Meeting	7 p.m.	Via Zoom
Saturday, March 12th	Leadership Forum Event	11 a.m.	Via. Zoom
Sunday, March 13th	Daylight Savings Time	2 a.m.	
Tuesday, March 15th	Executive Committee Meeting	7 p.m.	Via Zoom
Wednesday, March 16th	Founders Day Committee Meeting	7 p.m.	Via Zoom
Thursday, March 17th	Saint Patrick's Day		
Thursday, March 17th	85th Anniversary Marketing & Promotion Committee Meeting	6 p.m.	Via Zoom
Saturday, March 19th	Chapter Business Meeting	10 a.m.	Via Zoom
Sunday, March 20th	Future Iota Leaders (FIL)	3 p.m.	Via Zoom
Tuesday, March 22nd	Business Month Committee Meeting	6:30 p.m.	Via Zoom
Thursday, March 24-26	Southwestern Regional Conference		Via Zoom



Happy Birthday

SORORS' MARCH BIRTHDAYS



Soror Danielle Young
March 5

**HAPPY
SAINT
PATRICK'S
DAY**



Soror Talmadge Jacques
March 18

**HAPPY
SAINT
PATRICK'S
DAY**



FROM THE

Journalist



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

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.



HEALTH NEWS/WELLNESS

Submitted By
Soror Ross, RN



March Is Nutrition Awareness Month

Eating Right

Nutrient-rich foods provide energy for women's busy lives and help to reduce the risk of disease. A healthy eating plan regularly includes:

- At least three ounce-equivalents of whole grains such as whole-grain bread, whole-wheat cereal flakes, whole-wheat pasta, bulgur, quinoa, brown rice or oats.
- Three servings of low-fat or fat-free dairy products including milk, yogurt or cheese; or calcium-fortified soymilk. (Non-dairy sources of calcium for people who do not consume dairy products include calcium-fortified foods and beverages, canned fish and some leafy greens.)
- Five to 5-and-a-half ounce-equivalents of protein foods such as lean meat, poultry, seafood, eggs, beans, lentils, tofu, nuts and seeds.
- One-and-a-half to two cups of fruits — fresh, frozen, canned or dried without added sugars.
- Two to two-and-a-half cups of colorful vegetables — fresh, frozen or canned without added salt

Iron-rich Foods

Iron is important to good health, but the amount needed is different depending on a woman's stage of life. For example, iron needs are higher during pregnancy and lower after reaching menopause. Foods that provide iron include red meat, chicken, turkey, pork, fish, kale, spinach, beans, lentils and some fortified ready-to-eat cereals. Plant-based sources of iron are more easily absorbed by your body when eaten with vitamin C-rich foods. To get both these nutrients at the same meal, try fortified cereal with strawberries on top, spinach salad with mandarin orange slices or add tomatoes to lentil soup.

Folate (and Folic Acid) During the Reproductive Years

When women reach childbearing age folate (or folic acid) plays an important role in decreasing the risk of birth defects. The requirement for women who are not pregnant is 400 micrograms (mcg) per day. Including adequate amounts of foods that naturally contain folate, such as oranges, leafy green vegetables, beans and peas, will help increase your intake of this B vitamin.

There also are many foods that are fortified with folic acid, such as breakfast cereals, some rice and breads. Eating a variety of foods is recommended to help meet nutrient needs, but a dietary supplement with folic acid also may be necessary. This is especially true for women who are pregnant or breastfeeding, since their daily need for folate is higher, 600 mcg and 500 mcg per day, respectively. Be sure to check with your physician or a registered dietitian nutritionist before starting any new supplements.

Daily Calcium and Vitamin D Requirements

For healthy bones and teeth, women need to eat a variety of calcium-rich foods every day. Calcium keeps bones strong and helps to reduce the risk for osteoporosis, a bone disease in which the bones become weak and break easily. Some calcium-rich foods include low-fat or fat-free milk, yogurt and cheese, sardines, tofu (if made with calcium sulfate), tempeh, Bok choy, soybeans, sesame seeds, green leafy vegetables and calcium-fortified foods and beverages, such as plant-based milk alternatives, juices and cereals. Adequate amounts of vitamin D also are important, and the need for both calcium and vitamin D increases as women get older. Good sources of vitamin D include fatty fish, such as salmon, eggs and fortified foods and beverages, like milk, as well as some plant-based milk alternatives, yogurts and juices.

Announcements

Upcoming Events



Save the Date

IOTA PHI LAMBDA SORORITY, INC. – PSI CHAPTER
48th Annual Business Month Awards Luncheon
 Benefitting the Education and Scholarship Fund

Saturday, April 23, 2022 at 11:00am
 Hilton Dallas Lincoln Centre Hotel
 5410 Lyndon B. Johnson Freeway, Dallas, TX 75240
 Formal invitations will soon follow



Save the Date

Saturday, April 23, 2022 at 11 a.m.
 Hilton Dallas Lincoln Centre Hotel
 5410 Lyndon B. Johnson Freeway
 Dallas, Texas 75240

Psi Chapter will celebrate their 48th Annual
 Business Month Awards Luncheon

Benefitting the Education & Scholarship Fund.

We will honor business & professional women, community
 leaders and youth. More information coming soon!!

Save The Date

Let's Celebrate
85th Anniversary Gala
Saturday, June 4, 2022
at 7 p.m.

Hilton Dallas Lincoln Centre Hotel
 5410 Lyndon B. Johnson Freeway
 Dallas, Texas 75240



ENTERTAINMENT BY:
 The LEGENDARY
Don Diego Band

Iota Phi Lambda Sorority, Inc.
 Psi Chapter



"Looking Back and Celebrating
 85 Years of Service & Sisterhood,
 Moving Forward to Continue Our Legacy"

Save The Date

Let's Celebrate

Iota Phi Lambda Sorority, Inc., Psi Chapter

85th Anniversary Gala Saturday, June 4, 2022, 7 p.m.

Hilton Dallas Lincoln Centre Hotel
 5410 Lyndon B. Johnson Freeway
 Dallas, Texas 75240

ENTERTAINMENT BY THE LEGENDARY

DON DIEGO BAND

More Information Coming Soon!

Announcements

Upcoming Events



**To Soror Dr. Vicki (Claybon) Sellers of Psi Chapter
on her induction into the
Texas Black Sports Hall of Fame.**

25th Anniversary

Induction Luncheon will be held on
Saturday, April 2, 2022, at 11 a.m.

Dallas Renaissance Hotel
2222 North Stemmons Freeway
Dallas, Texas 75207



Dr. Vicki Sellers



2022 Texas Black Sports Hall of Fame Inductees

Baseball

Darren Oliver

Basketball

Chris Bosh

Andrea Riley

Kurt Thomas

Coach

Robert Oran Evans

Kurt Thomas

Football

Ray Crockett

Darrell Green

Michael Irvin

Rodeo

Cleo Hearn

Tennis

Dr. Vicki (Claybon) Sellers

Track

Leroy Burrell

Rube Foster Award

Gil Steinke (Posthumous)



Iota Phi Lambda Sorority, Inc. Southwestern Regional News

Southwestern Region Theme:

"Empowered Women: Together We Achieve the Extraordinary"

Upcoming Event

Iota Phi Lambda Sorority, Inc.,
75th Southwestern Region Virtual Conference
March 24-26 2022

CAMPAIGNING

RE-ELECT

Rev. LeTitia Speed, MBA

Southwestern Regional Treasurer

BACKGROUND

Inducted in Psi Chapter, 2015
MBA Strayer University, Business & Health Services
Administration, 2015
BBA Northwood University Business & Finance, 2012
Licensed & Ordained Minister, 2000
Certified Chaplain, 2017 / Cert. Police Chaplain, 2018
U.S. Veteran/ARMY Retired Comp/Pen)
CEO/Lady Veterans Outreach & Resource Group, Inc. 2018-Present

IOTA EXPERIENCE

Attended 5 Regional Conference 2016-2021
Attended 1 National Conference 2019
SWR Treasurer 2020-Present
SWR Budget Committee Chair 2020-2021
SWR Dean of Intake Committee 2020-2021
Psi Chapter Dean of Intake 2020-Present
SWR Chaplain Committee 2017-Present
SWR Registration Committee 2016, 2017
Psi Chapter Education/Scholarship Chair 2019-2020
Psi Chapter Business Month Committee 2016-Present
Psi Chapter Rules Committee 2020-2021
Psi Chapter Bylaws Committee 2019-2020

Vote

For

LeTitia R. Speed





Iota Phi Lambda Sorority, Inc.

National HQ News

Iota Phi Lambda Sorority, Inc., 2021-2022 Essay & Scholarships Procedural Reminders



Soror Charlotte Berry
National President-Elect

Dorethea N. Hornbuckle Scholarship applications are due postmarked by **March 15, 2022** sent to the National President-Elect.

Alice P. Allen Scholarship applications are due postmarked by **April 1, 2022** and sent to the National President-Elect.

ALL essay and scholarship applications **MUST** be submitted with complete documentation, recommendations and sponsorships from an active chapter in Iota Phi Lambda Sorority to the National President Elect with the designated postmark dates for each essay or scholarship with official postal marking dates.

Please make sure that your chapter and regional websites indicate those scholarships that are specifically awarded by them and not National Scholarships. There is no reason that scholarship applications should be sent from around the country if the information is posted with clear directions. **Again, no National essay and/or scholarship applications are accepted without chapter endorsement and submission.**

2021 Essay Theme ***“How Social Media Affects Teens”***

NOTE-The National Board has agreed that NO “test scores” will be a part of the 2022 Scholarship Evaluation packet due to continued erratic school interruptions and closures around the country from the COVID 19 Pandemic.



Iota Phi Lambda Sorority, Inc.

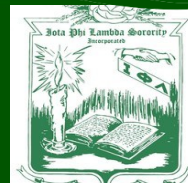
National HQ News

**“Business and Professional Women Building the Foundation
for Generational Financial Empowerment”**

IOTA BULLETIN

March 2022

Vol. 3



President's Message



Sorors, what a beginning for Women's History Month. We are watching history unfold before our very eyes with the nomination of Judge Ketanji Brown Jackson to become the 116th Associate Justice of the Supreme Court. With Judge Jackson, African American women have cracked one more glass ceiling. From Sojourner Truth, Harriet Tubman, Rosa Parks to Michelle Obama and Kamala Harris, the impact of African American women can be felt throughout history.

During the month of March, we pay special attention to the contributions of women to the economy and history of the United States and the world. As African Americans, we pay special attention to the contributions made by women of color.

The National Women's History Alliance designates a yearly theme for Women's History Month. The 2022 theme is **"Women Providing Healing, Promoting Hope."** This theme is "both a tribute to the continual work of caregivers and frontline workers and a recognition of the many ways that women have provided both healing and hope throughout history." Women have usually led the way in mending divisions, healing wounds, and finding peaceful solutions.

African American women have played a tremendous role in the care of our families and the community. From the time of the midwife to the doctors and scientists of today, African American women have led the way in offering support, healing and hope. They are the teachers, doctors, nurses, counselors, mothers, and grandmothers, who are always there to listen and offer hope for the future.

The National Women's History Alliance encourages us to use this month to honor those women in our communities who personify the theme of providing healing and promoting hope. So, during this month, let's identify and celebrate the women in your family and community, who serves as peacemakers and advocates for the underserved and neglected.

The planet does not need more "successful people". The planet desperately needs more peacemakers, healers, storytellers and lovers of all-kinds. -Dalai Lama.

Sisterly,

Dorothy M White

23rd National President



WOMEN
Providing Healing
Promoting Hope

Psi Chapter Information

If you would like to email President Judy Reeves, or Journalist Vee M. Jordan click on the highlighted links listed below.

Judy Reeves, Psi Chapter President

judyreeves4@att.net

Iota Phi Lambda Sorority, Inc.

Psi Chapter

P.O. Box 223871

Dallas, Texas 75222-3871

PSI CHAPTER WEBSITE

<https://iota-psi.org>

Chapter Theme:

"Building on a Solid Foundation, Empowering and Strengthening Sisterhood in Business"



You can Find us On



<https://twitter.com/psi1936>



<https://facebook.com/399587420118>

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

Rita White Ross

Shelia Fadipe

Beverly Moore

Rhonda Jones

Mary Ann Collier

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