

PSI

PEARLS



Volume 32 Issue 7

March 2023

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

Greetings Sorors!

Happy Women's History Month! This month gives us the opportunity to reflect on powerful, brilliant, and unstoppable women and learn from their resilience. Let's fill social media with information about our own great women. Psi Chapter Sorors worked tirelessly during the month of February to remind everyone of the contributions "our people" made to society. Iota Roses to Sorors Vee Jordan, Danielle Daniels-Young and the Public Relations Committee for the flyers on social media recognizing four black icons. Attorney Benjamin L. Crump, Judge Ketanji Brown Jackson, Serena Williams And Colin R. Kaepernick.

Iota Roses to Soror Shelia Fadipe and the Black History Committee for providing us with a month filled with black history activities. The annual Soul Food Festival was entertaining and had lots of delicious food. The FIL and Pelatis also had great programs.

Iota roses to Soror Mary Collier for inviting the Sorority to participate in her daughter's business anniversary party. Dr. Kera Collier is the owner of Indigo Dentistry, and she has done an outstanding job of growing her business. Check out Dr. Collier and her wonderful staff.

Sorors Deloris James, Martha Richmond and MOI Earl James participated in a Buy Black Bus Tour. This black owned business takes participants on an 8-hour tour of selected black owned businesses. They had a wonderful time and learned a lot.

Iota Roses to Soror Daphne Hornbuckle for arranging for Psi Chapter to have our February business meeting at Chocolate Secrets, a restaurant and art gallery owned by Psi's Outstanding Business Woman of the Year Ms. Pam Eudarc. The food and the chocolates were delicious! The month ended with a great program, Black Resistance, Disparity in Education. One of our Business Month honorees and daughter of Soror LeTitia Speed-Williams, Ms. Tasha Speed, gave us an outstanding presentation!

Psi Chapter you showed up and showed out!



President Beverly Moore

*Love and Blessings
Soror Beverly Moore
Psi Chapter President*



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.



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

PSI TABLE OF CONTENTS	PAGE #
President's Message	1
Message From Chapter Journalist, Psi Chapter Officers & Table of Content	2
Health News & Wellness	2
Black History: Annual Soul Food Festival	3
Spotlighting Indigo Dentistry, Dr. Kera Collier	4
Black History: Future Iota Leaders and Pelatis Black History & Founder's Day	5
Black History: Chocolate Secrets and Five Black-Owned Businesses	6
Black History: Black Resistance: Disparity In Education	7
Black History Icons, Women's History and Upcoming Events	8
What Does Robert Say?	9
2023 March Calendar and March Birthdays	10
Regional News, & National News	11
Informational Page	12

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



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 soy milk. (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.

Black History: Soul Food Festival Submitted By Soror Fadipe



Psi Chapter's Annual Soul Food Festival

Psi Chapter Sorors, MOI, Pelatis, and FIL celebrated Black History with a Soul Food Festival held on Saturday, February 11, 2023, at Soror Eddie Johnson's home. Sorority members and auxiliary members dined on soul food prepared by sorors and MOI from recipes that originated in the home cooking of the rural South.

Soul food, the foods and techniques associated with the African American cuisine of the United States. The term was first used in print in 1964 during the rise of "Black pride," when many aspects of African American culture-including soul music—were celebrated for their contribution to the American way of life. The term celebrated the ingenuity and skill of cooks who were able to form a distinctive cuisine despite limited means.

Those in attendance also enjoyed the movie "Emancipation." The film cast Will Smith, as Peter, who, after learning of Lincoln's Emancipation Proclamation, runs away to find Union troops. What a wonderful way to celebrate Black History Month with food, fellowship and fun!

Photo Gallery of Sorors, MOI, Pelatis, FIL, Family and Friends Enjoying Fellowship



Spotlighting Dr. Kera Collier
Submitted by Soror M. Collier



Psi Chapter Helps Celebrates Indigo Dentistry Three-Year Anniversary

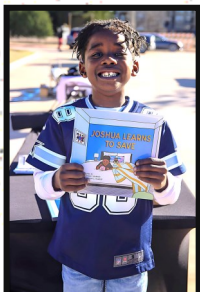
It was Super Bowl Sunday and, on that day, Sunday, February 12, 2023, another celebration was taking place! It was the Three-Year Anniversary of Indigo Dentistry. Indigo Dentistry is owned by Dr. Kera Collier, daughter of Psi Chapter 2nd Vice President, Soror Mary Ann Collier. After receiving her Doctor of Dental Surgery degree from Baylor College of Dentistry, Dr. Collier worked in several dental offices before opening her own practice in Cedar Hill, Texas in February, 2020. This was just prior to the onset of the Covid-19 pandemic. Fortunately, Indigo Dentistry survived the pandemic and has thrived ever since. So much so that in December 2022, Indigo Dentistry was recognized and awarded Best of Black Dallas Dental Practice by Dallas Weekly Magazine.

During the celebration, Dr. Collier was presented with a resolution from the office of the Mayor of Cedar Hill, Mr. Stephen Mason. Mr. Mason later visited her office to formally present the resolution. Psi Chapter President, Soror Beverly Moore, along with other members of Psi Chapter, also presented Dr. Collier with a resolution acknowledging her accomplishments and service to the community.

The anniversary overall was a festive celebration with family, friends, former classmates, teachers and patients. The event also included black owned business owners who showcased their businesses with a variety of food and merchandise.

Congratulations, Dr. Kera Collier, and continued success in your business!

PHOTO GALLERY: CELEBRATING 3-YEARS SERVING THE COMMUNITY



**Black History
Submitted by Soror Hodges**

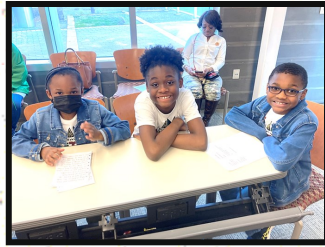


**Psi Chapter Future Iota Leaders (FIL)
In Action! Black History**



On February 19, 2023 the FIL meeting was called to order by FIL President Brandon Young followed by the reading of the minutes by Vice President Ariel Smith who presided as secretary. The FIL gave individual reports on their favorite African American person. The reports were insightful and we learned very good information about African American history. Soror Joyce Hodges recited a poem by James Weldon Johnson, entitled 'Go Down Death.' There were nine sorors in attendance who were given the opportunity to make remarks. Snacks were enjoyed by all and followed by fun and games. The meeting ended with the FIL singing the first stanza of the Negro National Anthem, Lift Every Voice and Sing.

FIL were provided a copy of the words, although many FIL knew the song already. The meeting was adjourned at 4:45 p.m. by the FIL President. There were a total of 13 FIL, 9 Sorors and one parent guest, Elsie Lengyon, mother of the Cox FIL. The next meeting is scheduled for March 19th. A special thanks to all who attended the Black History Month Presentation.



**2023 BLACK HISTORY MONTH &
FOUNDER'S DAY
SUBMITTED BY PELATI WILLIAMS**



**2023 PSI Chapter Pelatis Auxiliary
Founder's Day & Black History Month Observance**



The Pelati celebrated Black History Month on Sunday February 26, 2023 at Salem Missionary Church, Dallas, Texas. The Program opened with prayer by Pelati E. Louise Williams and the singing of the Negro National Anthem; Lift Every Voice and Sing, was sung by all in attendance. A welcome was given by Pelati E. Louise Williams and the history of the Pelatis Auxiliary was presented by Pelati Melba Clark.

Pelati Williams shared a brief synopsis of the 2023 National Black History Month Theme: Black Resistance. Refreshments were served and members enjoyed Black History Entertainment conducted by Pelati Flo Jimmerson with "Black History Bingo" and "Black History Trivia Who Am I?" Members enjoyed good food and fellowship while celebrating Black History Month. Remarks were given by Soror Joyce Hodges and Soror Collette Jones.



**Black History Month
Submitted by Soror Traylor**



Business Meeting At "Chocolate Secrets"

Iota Phi Lambda Sorority, Inc., Psi Chapter Monthly Business Meeting was held at "Chocolate Secrets" located at 3926 Oak Lawn, Dallas, Texas. Chocolate Secrets is owned by Psi Chapter's Outstanding Business Woman of the Year, Mrs. Pam Eudaric. Members enjoyed a buffet style brunch and indulged themselves in the sweetness of confectionery chocolate as they toured the facility as a part of our Black History Month Celebration. The true spirit of friendship and love filled the air!

Psi Chapter's Business Meeting at Chocolate Secrets



**Black History Month
Submitted by Soror James**



**Toured Five Black-Owned Businesses
To Celebrate Black History**

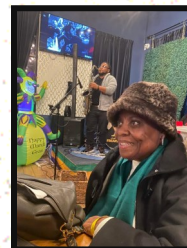
Sorors Martha Richmond, Deloris James and MOI Edwin James of Iota Phi Lambda Sorority, Inc., Psi Chapter Dallas, Texas took an 8-hour Buy Black Bus Tour through Dallas, Texas on Saturday February 18, 2023, celebrating Black History Month. They visited 5 Black-owned businesses, which included: Southern Gourmet Kitchen, African American Museum with guided verbal tour, Good Cycle/Unbranded Vintage fashions, 73rd Wine & Spirits and Daq's Luxury Daiquiri Lounge. Buy Black Bus Tour is owned by Danielle Roden, Founder/CEO and Ayanna Whitmore, VP of Activations. The transportation was a large motor coach, owned by a Black company Imperial Charter, Owner Jamar Tunstall and driver, John Tate. Security guard Jakolbhi Gillette, was provided by Live Out Loud! Owner Danielle Roden. Excellent services were given and all their vendors were friendly and professional. The group truly enjoyed this outing. They learned about the tour from radio host Dede McGuire on K104.



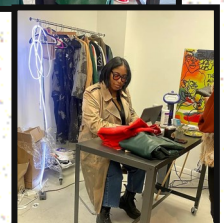
Edwin James (MOI) and Sorors James & Richmond



African American Museum



Soror Richmond enjoying the Daiquiri Lounge



2023 Black History Program Submitted by Soror Traylor



Psi Chapter Annual Black History Celebration BLACK RESISTANCE: DISPARITY In Education



Members of Iota Phi Lambda Sorority, Inc., Psi Chapter along with their Pelati, MOI and FIL culminated their Black History Month activities with their Annual Black History Month Program held February 25th at Ross Tower in the heart of downtown Dallas, Texas. The keynote speaker was Ms. Tasha Speed.

Ms. Speed is recognized as one of the most influential educators of our time as well as an African American History Master-Teacher. Ms. Speed shared her experiences of "Black Resistance: Disparity in Education". She is a business owner of Learning Tunes as well as one of the recipients of Psi Chapter's 2023 Dorethea N. Hornbuckle Business Entrepreneur Award. We commend the Black History Month Committee on a job Well done.

Theme: Black Resistance: "Disparity In Education"



Keynote Speaker Ms. Tasha D. Speed



Prayer by MOI Vice-President Williams



Occasion by Soror Fisher



Co-Chair Fadipe, Ms. Tasha Speed and President Moore



Pelatis: Clark & E, Williams



President Moore, Ms. Speed, 1st VP Traylor and 2nd VP Collier



Pelatis, President, FIL and Recording Secretary



Facilitator Soror Young

Psi Chapter Members and Vice President Man of Iota (MOI)



Future Iota Leaders and FIL Chair Hodges



Psi Chapter Members & Pelatis

2023 BLACK HISTORY ICONS

Did You Know In Black History.....
Psi Chapter recognizes and remembers important people and events during the Month of February for Black History Month.



Attorney Benjamin L. Crump Specializes in Civil Rights and more.



Judge Ketanji Brown Jackson Frist Black Woman on the Supreme Court.



Serena Williams-represents a generation of black players who saw a legend who looked like them.



Colin R. Kaepernick former football player and social activist.

2023 WOMEN'S HISTORY

CELEBRATING Women's HISTORY MONTH



Iota Phi Lambda Sorority, Inc., Mrs. Lola M. Parker, Founder



The Past Presidents of Psi Chapter have collaborated to produce a commemorative 70th Anniversary Book that provides a synopsis of Psi Chapter's History and shares the wisdom of its leaders as a roadmap to excellence for years to come.

In memory of Soror Dorethea N. Hornbuckle



Alpha Chapter



Upcoming Events

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

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

Honoring

Alvernon K. Tripp Hall of Fame Award

Outstanding Business Woman of the Year

Joyce M. Jones Community Service Award

Dorethea N. Hornbuckle Business Entrepreneur Award

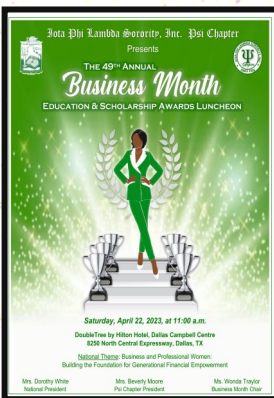
Sharon R. Thomas-Smith Youth Entrepreneur

SPRING & SUMMER FASHION SHOW

Saturday, April 8, 2023, at 4 p.m.
Courtyard by Marriott Dallas
Midlothian@ Midlothian
Conference Center
3 Community Drive
Midlothian, Texas 76065

FEATURING YOUTH DESIGNER

Ms. Dymecia Daniels

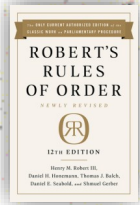


ROBERTS'S RULES OF ORDER
SUBMITTED BY
SOROR NONA FISHER, PRP



What Does Robert Say?

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



Motions Which Bring a Question Again Before the Assembly

A *motion which brings a question again before the assembly* either by adoption or by its introduction, allows the assembly to consider again the merits of a question that has previously been disposed of in some way.

There are two ways to bring a motion back before the assembly. One way is called renewing a motion: If a motion is made and disposed of without being adopted, and later allowed to come before the assembly after being made again by any member in essentially the same connection, the motion is said to be *renewed* (RONR (12th ed.) §38). The second way is by using a group of motions that are described below:

- **To Take from The Table - (To Take a Motion from the Table)**
Allows the assembly to resume consideration of a motion or a series of adhering motions previously laid on the table.
- **Reconsider - (To Reconsider the Vote on a Motion)**
Allows a question previously disposed of to come again before the assembly for further consideration, within a limited time and with out notice, as if it had not previously been considered.
- **Rescind or Amend Something Previously Adopted**
Rescind (Repeal or Annul) voids or cancels a motion previously passed.
Amend Something Previously Adopted is the motion that can be used if it is desired to change only a part of the text, or to substitute a different version

Discharge a Committee

By means of the motion to *Discharge a Committee* from further consideration of a question or subject, the assembly can take the matter out of a committee's hands after referring it to the committee and before the committee has made a final report on it, such that the assembly itself can consider it.

1 Corinthians 14:40

Let everything be done decently and in order.



RONR (12th ed.) 6:25-27, §34-§37

CALENDAR FOR MARCH 2023

DATE	NAME OF EVENT	TIME	LOCATION
Thursday, March 2	Education & Scholarship Committee Meeting	7 p.m.	Zoom
Friday, March 3	President's Meeting	Noon	
Saturday, March 4	Lomepas Community Service Event		
Sunday, March 5	Lomepas Church Services	9:30 a.m.	Friendship West
Sunday, March 5	Lomepas Lunch with the President	1 p.m.	Casserole Soul, Cedar Hill
Monday, March 6	Business Month Committee Meeting	7 p.m.	Zoom
Wednesday, March 8	Induction Run-Thru	7 p.m.	Zoom
Thursday, March 8	Technology & Public Relations Committee Meeting	2:30 p.m.	Zoom
Friday, March 10	News Articles Due	11:59 p.m.	By Email
Friday, March 10	President's Meeting	Noon	
Friday, March 10	Lomepas Fun Night	6 p.m.	
Saturday, March 11	Pelati Meeting	2 p.m.	Zoom
Saturday, March 11	Spring Induction Ceremony	2 p.m.	
Sunday, March 12	Daylight Saving Time		
Monday, March 13	Women of the Year Committee Meeting	7 p.m.	Zoom
Tuesday, March 14	Executive Committee Meeting	7 p.m.	Zoom
Saturday, March 18	Business Meeting	10 a.m.	
Sunday, March 19	Future Iota Leaders Meeting (FIL)	3 p.m.	
Friday, March 24-26	Southwestern Region Conference		Katy, Texas
Friday, March 31	President's Meeting	Noon	



- Happy Birthday -
SORORS' MARCH BIRTHDAYS



Soror Danielle Young
March 5



Soror Talmadge Jacques
March 18





Iota Phi Lambda Sorority, Inc. Southwestern Regional News

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



Soror Rosetta Davis
20TH SWR DIRECTOR

Upcoming Event

76th Southwestern Regional Conference
March 23-26, 2023
Host Chapter Epsilon Chi

In-Person Attendance Required For the Following:

Delegates & Reporting Chairs...Protocol,
Sergeant-At-Arms, Budget, Recommendations,
Bylaws, PROC, First-Timers, Technology,
Parliamentarian, etc.



Iota Phi Lambda Sorority, Inc. National HQ News

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



Soror Dorothy M. White
23RD NATIONAL PRESIDENT



Click below for this month's newsletter



[March Newsletter 2023.pdf](#)

Sisterly,
Soror Michelle Greene
National Journalist

Iota Phi Lambda Sorority, Inc.,

2022-2023 Essay & Scholarships Procedural Reminders

Dorethea N. Hornbuckle Scholarship applications are due postmarked by March 15, 2023 sent to the National President Elect. Male and Female applicants.

Award Amount - \$2000 one (1) winner

Alice P. Allen Scholarship applications are due postmarked by April 1, 2023 sent to the National President Elect. Female applicants only.

Award Amount - \$2000 one (1) winner

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

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

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