

PSI PEARLS



Volume 32 Issue 39

May 2022

Message from the President

Greetings Sorors!

Wednesday, April 20, 2022, Psi Chapter witnessed the induction & chartering of Zeta Xi Chapter now located in Rowlett Texas. Congratulations to them and much success!

The Educational Scholarship Award Luncheon was held Saturday, April 23, 2022. This year's event spotlighted ten Business Entrepreneurs as well as the 2021-2022 Woman of the Year. Endless hours were spent meeting to plan this special event. Psi Pearls to Soror Beverly Moore, Business Month Committee Chair, with Co-Chair Soror Wonda Traylor, and their entire Business Month Committee for getting the job done. In attendance were MOI, Pelatis, Future Iota Leaders, Zeta Xi Chapter, and several top dignitaries.

The Future Iota Leaders Auxiliary hosted their Business Month program Sunday April 24, with guest speaker Soror Rosma Newell. Psi Pearls to Soror Joyce Hodges for stepping up to keep the FIL active and engaged.

The virtual Induction Chartering Ceremony Installation of officers for the Zeta Lambda Chapter, Little Rock, Arkansas, was Sunday, May 1, 2022, at 5:00 P.M. Members of the SWR were in attendance to pledge their friendship, love, and loyalty for all times.

There is still much more to come. Founder's Day June 1, 2022 and the 85th Anniversary Gala is fast approaching. Soror Rita Heath-Powell, Chair, Judy Jenkins, Co-Chair, along with their team are working hard to make this the most elegant and exciting event ever.

As we come near the end of this Sorority year, there is still much work to be done.

*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.....Dwala Brown
JournalistVee M. Jordan
Dean of Intake.....Collette Jones

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2022 Business Month Celebration
Submitted by Soror Moore



48th Business Month Education & Scholarship Celebration

Iota Phi Lambda Sorority's Business Month is one of the Sorority's most important programs and celebrations observed during the month of April.

Psi Chapter planned activities during "**Business Month**" to focus on efforts to stimulate interest in business education, to recognize women and youth who have made outstanding achievements in the field of business and to provide a progressive network of talent, skills, knowledge, and resources that are accessible to all sorority members to help each one achieve their professional and or personal objectives.

Psi Sorors started the month of April visiting African American owned restaurants and businesses. We believe people do business with people they know, like and trust. We provide a forum for those relationships to build.

Next Psi's first annual Green-a-thon motivated us to wear green and the name of a business we wanted to highlight while we walked or ran all month.

The entire month of April 1-30, 2022, Psi Chapter hosted our first Green-a-thon Challenge. Members of Psi Chapter chose to walk, run, or cycle throughout the month of April while doing the activity. Members wore green t-shirts advertising their favorite African American owned business, to raise funds for Psi Chapter's Business Month Education and Scholarship fund.

Psi Chapter's own Vice President Beverly Moore showcased "Zoom Queen Marquesa and Simply Marva" as her favorite African American owned businesses. Psi Chapter's 2nd Vice President, Wonda Traylor, showcased her favorite African American owned business "Coco Luxe Candle Co." Members also posted selfies to all social media platforms. Psi Chapter making business moves while getting fit. Thanks to all who participated.

GREEN-A-THON CHALLENGE PHOTO GALLERY



Soror Wonda Traylor at Summer Meadows Park doing her 1-mile walk



Soror Moore walking her miles inside of Costco.



Soror Etheleen Lengyon 1-mile today



Sorors: Jones & Hodges teamed up to take the challenge



Sorors: Richmond, Hodges and Young at the Dallas Arboretum. Walked 1 hour & 15-minutes

**2022 Business Month Activity
Podcast Showcase
Submitted by Soror C. Jones**



Business Month Moves-Podcast Showcase

On April 9th, several Psi members were guests on The Word UP W/T-NU Show's podcast. The podcast streamed live on Facebook and Streamyard. Sorors: Beverly Moore, Wonda Traylor, Daphne Hornbuckle, Joyce Hodges, Colléte Jones, and Mary Collier informed the audience about Psi's business month activities and information on the Sorority.

Podcast-Showcase The Ladies of Psi Chapter Iota Phi Lambda Sorority, Inc.,



**2022 Business Month Activity
African American Establishment
Submitted by Soror C. Jones**



PATRONIZED & AFRICAN AMERICAN ESTABLISHMENT

Psi Chapter Members patronized Earnest B's BBQ on Saturday April 9th. Sorors had an opportunity to meet and fellowship with our Business Month Honorees Mr. Earnest B. Morgan and his wife, Ms. Cicely Morgan. Mr. Morgan was so surprised and honored that Psi Chapter patronized his establishment. The food was tasty, plentiful, and just knee slapping good. The restaurant and atmosphere were above board. We also presented the owners with a certificate for operating an African American Owned Eatery. The Earnest B. Morgan family is full of excitement and looking forward to our Business Month Luncheon.



2022 Business Month Activity Support
African American Business
Submitted by Soror Moore



Supporting African American Establishment

D'Hawkins Salon Studio

Beverly presented Ms. Derricka Thorne owner of **D'Hawkins Salon** with a certificate of appreciation from Psi Chapter. Sisters, Derricka Thorne and Tineesha Sherley decided to name their business after their late father, Mr. Derrick Hawkins. The all-new D'Hawkins Salon Studio has been open for over 2 years and has an amazing staff of 8 creative stylists.



D'Hawkins
SALON STUDIO

Lena Maes Country Café

Beverly presented Chef Efrim DeHart and Mrs. DeHart of Lena Mae's Country Café with a certificate of appreciation from Psi Chapter. Like many Masters, **Chef Efrim's** interest in cooking began in his mom's kitchen. In **Miss Lena Maes** kitchen, he learned and developed recipes and techniques he still uses today!



2022 Spotighting
Pay it Forward Winner
Submitted by Soror Hornbuckle



Psi Chapter Partnership with Spectrum Reach Pay It Forward Program



It Takes A Community To Build A Business

Spectrum Reach continues to invest in their Pay It Forward campaign. The program was introduced last year as a way to boost multicultural owned businesses through advertising and creative support across 40+ markets. Spectrum Reach is committed to \$15 million advertising and services to support small and medium-sized businesses across Spectrum's footprint.

Last month Psi Chapter partnered with Spectrum Reach as part of their #PayItForward campaign. The chapter promoted this campaign via email, website and Social Media. As a result, we had six women-owned businesses to submit their application; and there were two winners. (Note: only one winner harms been notified to date)

Psi Chapter is excited to congratulate Ms. LaToya Moppins, owner of Glorious Gherkins.

Each of the winners will receive:

- A three-month television advertising schedule
- A free 30 second Waymark-produced commercial
- Support from local marketing experts through the three-month period
- Access to on-demand educational content and expert industry insights
- Invitations to exclusive marketing events and expert insights

By the end of 2022, Spectrum Reach expects to have offered creative and advertising support to more than 1,300 multicultural and women-owned businesses. Congratulations to all winners.

On April 25, 2022, Psi Chapter is excited to congratulate LaToya Moppins, owner of Glorious Gherkins!! She is one of the recipients through our partnership with Spectrum Reach Pay it forward program. Glorious Gherkins received \$115k for TV advertising!! Psi Chapter is working toward the success of our local businesses.



2022 The Gathering
Submitted By Soror Hudson



The Gathering

COMMUNITY SERVICE

On Friday, April 22, 2022, Sorors Judy Jenkins and Jewel Hudson attended The Gathering Luncheon at Gleneagles Country Club in Plano, TX. The luncheon featured Actress/Producer Roma Downey and was hosted by Dr. Cheryl Jackson, founder of Minnie's Food Pantry, one of Psi Chapter's community service project recipients. Each attendee received a copy of Roma Downey's newest book, *Unexpected Blessings*.



Left to Right: Soror Jenkins,
Dr. Cheryl Jackson and Soror Hudson



2022 SPOTLIGHTING PELATI
SUMMITTED BY L. WILLIAMS



**New Mount Giles's Baptist Church Honored
Sis. Melba Clark "Woman Of The Month"**

The month of April, 2022, Pelati Melba Clark was honored as the Woman Of The Month at New Mount Giles's Baptist Church. "Sis. Melba Clark, a member of New Mount Giles's Baptist Church (NMGMC) for 28-years. She is a widow and has been blessed with 86-years if life. A blessed mother of two sons. Retired, 60-years working in the service of others. She was a sewing instructor for Dallas Independent School District's Pearl C. Anderson High School, where she taught night classes. She enjoys cooking, swimming, and traveling."

Congratulations Pelati Melba Clark!



2022 Business Month Annual Awards Luncheon Submitted By Soror Moore



48TH ANNUAL BUSINESS MONTH AWARDS LUNCHEON BENEFITING THE EDUCATION & SCHOLARSHIP FUND

On April 23, 2022, Psi Chapter's 48th Annual Business Month Education and Scholarship Awards Luncheon was held to recognize several women and youth in business and those women and youth who have made outstanding contributions in the community. We also recognized our Outstanding Woman of the year and Hall of Fame Business honoree. The proceeds from this luncheon funds our many scholarships that Psi Chapter offers to the youth in the DFW metroplex.

Dorethea N. Hornbuckle Business Entrepreneurs Awards



Nikki Reece
Allure Faces by Nikki



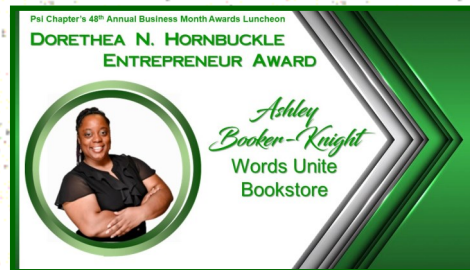
Lalanii Wilson-Jones
Mogul 247



Sherlene Anderson-Jones
Betty-Lin Early
Childhood Learn Center



Cicely Miller
Cicely's Jazzy Art



Ashley Booker-Knight
Words Unite Bookstore



Madison Denise
Clothing Designer of Esined XOXO

Sharon R. Thomas-Smith Youth Entrepreneur Award



Angelia Dunbar
Dunbar Enterprises

Joyce Jones Community Service Award

2022 Business Month Celebration
Submitted by Soror Moore



48th Annual Business Month Education
& Scholarship Awards Luncheon

Corporate Achievement Award

Donna White
Vice President of Investor Accounting at, PrimeLending

Youth Community Service Award

Kennedi Newson
Kennedi Kares Feeding the Homeless

Woman Of the Year

Joyce Daniels
Director of Hamilton Park Learning Center

Alvernon K. Tripp Hall of Fame Award

Earnest & Cicely Morgan
Earnest B'S BBQ & Catering Company

Mackey-Tillman Scholarship Winner & Evelyn D. Wilkey Essay Winners

MACKEY-TILLMAN
SCHOLARSHIP RECIPIENT



Mya Peyton
Texas State University
Business Marketing

Mackey-Tillman Scholarship
Winner Mya Peyton
Texas State University

PSI CHAPTER'S
HIGH SCHOOL ESSAY WINNER



Daniel Young
Red Oak High School

Evelyn D. Wilkey Essay
Winner Daniel Young
Red Oak High School

PSI CHAPTER'S
MIDDLE SCHOOL ESSAY WINNER



Ethan Young
Red Oak Middle School

Evelyn D. Wilkey Essay
Winner Ethan Young
Red Oak Middle School

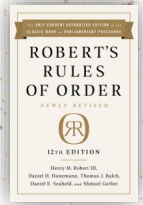
ROBERTS'S RULES OF ORDER
SUBMITTED BY
SOROR NONA FISHER, PRP



What Does Robert Say?

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

Nominations from the Floor



In our nominations process, after the Nominating Committee has completed its report, the chair calls for nominations from the floor. Nominations from the floor is a procedure which is sometimes referred to as "open nominations." Do you know the rules related to this procedure?

- Ideally, a member should know beforehand if the person she wishes to nominate is both eligible and willing to serve.
- A member does not have to get recognition.
- A member should rise to make nominations in large meetings and conventions but often in small assemblies, a member can call out a name while still seated.
- A member can nominate herself.
- A member can be nominated for more than one office.
- A member cannot nominate more than one person for an office until everyone has had the opportunity to make nominations.
- Nominees do not have to leave the room during the nominations, when the vote is taken, or when the vote is counted.
- The presiding officer can continue presiding, even if she is one of the nominees for the office.
- A member can rise and decline the nomination during the nominating process.
- After each nomination, the presiding officer repeats the name to the assembly.
- A motion to close nominations is usually not necessary unless it is apparent that members are nominating people just to honor them, and that the nominees have no intention of serving.
- Usually, the presiding officer closes nominations when no further nominations come forward from the assembly.

Reference: RONR (12th ed.) 46:6,46:18-21

"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 MAY 2022

DATE	NAME OF EVENT	TIME	LOCATION
Tuesday, May, 3rd	85th Marketing & Promotion Committee Meeting	6 p.m.	Zoom
Thursday, May 5th	Cinco De Mayo		
Saturday, May 7th	ADS Due for the 85th Anniversary Gala		
Sunday, May 8th	Mother's Day		
Tuesday, May 10th	Newsletter Due to Regional Journalist	11:59 p.m.	
Wednesday, May 11th	Business Month Committee Meeting	6:30 p.m.	Zoom
Sunday, May 15th	Deadline to Purchase 85th Anniversary Gala Tickets		
Sunday, May 15th	Future Iota Leaders	3 p.m.	Zoom
Tuesday, May 17th	Executive Committee Meeting	7 p.m.	Zoom
Friday, May 20th	Chapter Meeting	10 a.m.	Zoom
Monday, May 23rd	Turtle Day		
Monday, May 23rd	Founders' Day Rehearsal	7 p.m.	Zoom
Tuesday, May 31st	Founders' Day Rehearsal -2	7 p.m.	Zoom



Happy Birthday
SORORS' MAY BIRTHDAYS



Beverly Moore 5/8



Brigitte Perry 5/15



Mary Ann Collier 5/7



Deloris James 5/26





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



Osteoarthritis vs. Rheumatoid Arthritis

Rheumatoid arthritis and osteoarthritis are different types of arthritis. They share some similar characteristics, but each has different symptoms and requires different treatment. So an accurate diagnosis is important.

Osteoarthritis is the most common form of arthritis. Rheumatoid arthritis affects about one-tenth as many people as osteoarthritis. The main difference between osteoarthritis and rheumatoid arthritis is the cause behind the joint symptoms. Osteoarthritis is caused by mechanical wear and tear on joints. Rheumatoid arthritis is an autoimmune disease in which the body's own immune system attacks the body's joints.

OSTEOARTHRITIS

VS

RHEUMATOID ARTHRITIS





 DR. Madhu Thumu
Joint Replacement Surgeon

+91 91000 90957
www.drmadhuthumu.com

**2022 WOMEN'S WELLNESS
SUBMITTED BY
SOROR RHONDA JONES**



Women's Health

SOURCE: University of California, San Diego, news release

It's a fate many older women fear: loneliness and isolation as they age. Now, new research suggests those feelings may also predispose them to heart disease.

The findings may be especially relevant now because of social distancing required by the pandemic.

"We are social beings. In this time of COVID-19, many people are experiencing social isolation and loneliness, which may spiral into chronic states," said study first author Natalie Golaszewski, a postdoctoral scholar in the Herbert Wertheim School of Public Health and Human Longevity Science at the University of California, San Diego.

"It is important to further understand the acute and long-term effects these experiences have on cardiovascular health and overall well-being," she added in a university news release.

The study included nearly 58,000 postmenopausal women in the United States who responded to an initial questionnaire assessing social isolation in 2011-2012, followed by another questionnaire in 2014-2015 that assessed loneliness and social support.

The women were followed through 2019 or until they were diagnosed with heart disease. During that follow-up, nearly 1,600 were diagnosed with heart disease.

Social isolation and loneliness independently increased heart disease risk by 8% and 5% respectively. Women with high levels of both had a 13%-27% higher risk than those with low levels of social isolation and low levels of loneliness.

The researchers pointed out that socially isolated people are not always lonely, and that lonely people are not necessarily socially isolated.

"Social isolation is about physically being away from people, like not touching or seeing or talking to other people. Loneliness is a feeling, one that can be experienced even by people who are regularly in contact with others," explained senior author John Bellettiere, assistant professor of epidemiology at the Wertheim School of Public Health.

"We do not yet know whether the increased risk of cardiovascular disease is due to acute exposure to social isolation and loneliness, or whether prolonged exposure accumulated over a lifetime is the culprit. Further studies are needed to better understand that," Bellettiere said in the release.

One-fourth of adults 65 and older report social isolation, while one-third of adults 45 or older report being lonely. Previous research shows that social isolation is more common among women than men.

Heart disease is the leading cause of death for U.S. women, accounting for 1 in every 5 deaths, according to the U.S. Centers for Disease Control and Prevention.

"Measures of social isolation and loneliness -- even with brief questions as was done in our study -- should be incorporated into standard care," Golaszewski said.

"We monitor our patients' blood pressure, weight and temperature, and it might also be beneficial to capture the social needs that individuals may be lacking to better understand cardiovascular risk and develop solutions," she added.

Announcements

Upcoming Events



FOUNDERS DAY IS COMING
Wednesday, June 1, 2022, 6 p.m.



Let's Celebrate

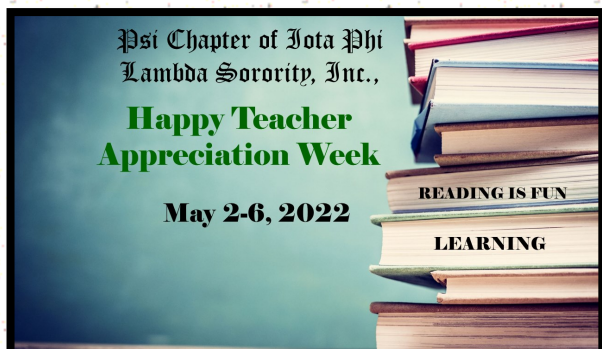
Iota Phi Lambda Sorority, Inc., Psi Chapter

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

Congress declared **March 7, 1980, as National Teacher Day**. The National Education Association continued to observe Teacher Day on the first Tuesday in March until 1985 when the National PTA established Teacher Appreciation Week as the first full week of May.



Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. Memorial Day 2022 will occur on Monday, May 31.



Iota Phi Lambda Sorority, Inc. Southwestern Regional News

Southwestern Region Theme:

“Empowered Women: Together We Achieve the Extraordinary”

Two New Chapter's Chartered

New Chapter Zeta Xi –April 20, 2022

New Chapter Zeta Lambda –May 1, 2022

Congratulations to the New Chapters



Soror Rosetta Davis
20TH SWR DIRECTOR

April Is Parliamentary Law Month

Parliamentary Law Month is celebrated in April to coincide with the birth month of Thomas Jefferson, who wrote the first American Manual of Parliamentary Procedure in 1801. His Manual is unchallenged as the first to define and interpret parliamentary principles for our democratic republic and to offer a basic pattern of rules and a measure of uniformity for the legislative processes of the United States.



The National Association of Parliamentarians (NAP), District 6 team and Sorors Donna Mitchell, Epsilon Chi and Southwestern Region Parliamentarian, Mary Nickson, Psi Chapter will be providing training on basic parliamentary procedures to help prepare people to take the NAP membership exam. NAP, two new members from Psi Chapter

Sorors: Vee M. Jordan and LeTitia Speed. *Congratulations!!*

Soror Vee M Jordan



Soror LeTitia Speed





Iota Phi Lambda Sorority, Inc.

National HQ News

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

April 2022

Soror Dorothy M. White

23RD NATIONAL PRESIDENT



IOTA BULLETIN

May 2022 Vol. 5

Hello Sorors,

Inside our May edition of Iota Bulletin is the following:

- Message from our National President, Soror Dorothy White
 - Lebrum, Hati
 - Ukraine Crisis Relief Fund
 - Important May Dates To Remember
 - Salute Mothers From Around The World
 - National Small Business Week
 - Iyanah Scarbrough Member of Delta Rho
 - 7 Saving Strategies To Inflation
- The Fitness Trend We've Been Craving: Exercise Snack
- Spotlight on the Far West Region

[Click here to open our latest edition!](#)

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

Sisterly,
Michelle Greene
National Journalist

"Business and Professional Women Building the Foundation of Generational Financial Wealth"

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 224891

Dallas, Texas 75222-4891

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

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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