

# Beta Psi Happenings

VOL. 7 APRIL 2020

## IN THIS ISSUE

**PG. 1**

National Financial Literacy Month  
Prayer Changes Things!

**PG. 2**

From the President

**PG. 3**

Black History Month  
Women's History Month

**PG. 4**

Prayer Calls

**PG. 5**

Youth Entrepreneur  
30-days of Green

**PG. 6**

Beta Psi Birthdays

**PG. 7**

Healthy Eating  
Inspirational Words  
COVID-19 Help

**PG. 8**

Census 2020  
Chapter Officers  
Regional Theme  
National Theme



Let's continue to pray for all of our nurses, doctors, aides, and first responders as we deal with the COVID-19 virus. Continue to pray for those that are sick and those that have gotten well.

## FROM THE PRESIDENT



Hello Sorors,

Time flies yet moves so slowly. Since we last met, so much has happened which caused the World to just stop! Our lives have taken a new turn. We're now living in Phases and that's where the time seems to move slowly. The COVID-19 pandemic affects each one of us differently. For me, it's making it to Phase 3. The Stay-At-Home orders have given us time to reflect on ourselves and focus more on God. The pandemic has shown us that we can survive without the "usual" hustle and bustle of what life used to be. Our meetings and conferences have been cancelled; Iota projects have been affected, yet we've found ways to stay connected. We are now about halfway through 2020 and are grateful we've made it this far.

We've resorted to Zoom and Messenger; Duo and the telephone as our means of connecting and conducting business. Beta Psi continues to do the work of Iota through technology. Our Business Month was different but we managed to pull off a few activities with the highlights of the month being our Iota Thursday Prayer Call. Prior to COVID-19, Beta Psi was actually working for Iota. In February, sorors attended various Black History programs in the community. The first half of March, members attended Women's History Month activities such as the Wiley College Women of Excellence breakfast. Many of the members enjoyed the time to chat, have a devotional and pray together that we decided to continue the call @ 7:29 pm (1929 hrs) on Thursdays. Life as we knew it has changed but as we have done so many times before, we will adapt. Be strong and be encouraged my sisters.

Evelyn S. Mosley, Ph.D.  
President

## BLACK HISTORY MONTH



Soror Dr. Evelyn Mosley participated in the Black History Month celebration at Peaceful Rest Baptist Church.

## WOMEN'S HISTORY MONTH: WOMEN EXCELLENCE WEEK



Members of Beta Psi Chapter participated in Wiley College's Women of Excellence Week in honor of Women's History Month and the phenomenal women at Wiley College.

## BETA PSI PRAYER CALLS



LET'S TAKE A MOMENT

# *Iota Day of Prayer Thursday*

Please join the ladies of Beta Psi Chapter as we pray for our Sisters, Families, Friends, and First Responders

*Time: 19:29 pm (7:29 pm)*

*Dial-in number (US): (712) 770-4035*

*Access code: 363112#*


Throughout the month of April, the members of Beta Psi Chapter held weekly prayer calls on Iota Thursday. We were very blessed to have National Officers, Regional Officers, MOI, FILS, and even LOMEPAS on the calls.




# YOUTH ENTREPRENEUR SPOTLIGHT

IOTA PHI LAMBDA SORORITY, INC.  
BETA PSI CHAPTER

Business Month  
Youth Entrepreneur Spotlight  
Tamia Bogan-Boston






*Bellissima*

*all glosses are \$3*  
*All are handmade*  
*Customizable lip*  
*gloss ARE available*  
*Instagram*  
*@bellissimabymia*  
*Bellissimabymia.com*

**Bellissima by Mia**

Tamia is 16 years old and attends C.E. Bryd High School (11th Grade). Tamia says, "I have always LOVED the World of cosmetics/make-up. My motto has always been "If you want something, don't wait...get it yourself".

"My favorite type of cosmetics is lip wear. My father helped me with relentless hours of research on how to make my own lip gloss and on February 21, 2020, I launched my BRAND...Bellissima by Mia."



Beta Psi Chapter congratulates our youth entrepreneur Tamia Bogan-Boston. Tamia has her own lip gloss line called Bellissima.



## BUSINESS MONTH ACTIVITY

April is Business Month in Iota. For April, the ladies of Beta Psi Chapter celebrated with 30-days of Green. Sorors wore the color green every day during the month of April.

# BETA PSI BIRTHDAYS



Soror Willie Myers -  
February 10th



Latreshia Payne -  
March 14th



Soror Gwen Barnes -  
April 9th



FIL Kayla Mosley -  
May 13th

Not pictured: Soror Rosie Mack - February 20th, Soror Jimmeka Batiste - May 20th

HAPPY BIRTHDAY





# INSPIRATIONAL WORD



# HEALTHY EATING

## Whole30 Shrimp and Cauliflower Grits



Recipe courtesy of Food Network Kitchen

Whether you're an avid follower of the Whole30 Program (a lifestyle that encourages you to choose whole food over processed, and eschews sugar, grains, dairy and legumes), or just looking to dip your toe in a new eating plan, this healthy twist on a Southern classic is a great addition to a weeknight line-up. Packed with protein and fiber -- and creamy faux grits made from cauliflower -- it's satisfying and delicious. ...

Level: Easy

Total: 35 min

Active: 35 min

Yield: 4 servings

### Ingredients:

- 1 large head cauliflower (about 2 pounds), trimmed and cut into small florets
- 1 1/2 cups plain unsweetened almond milk, without carrageenan
- 4 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 1/3 cup nutritional yeast, optional
- 6 collard green leaves, stems removed, halved lengthwise, and thinly shredded crosswise (about 4 cups)
- 1 1/4 pounds peeled and deveined tail-on medium shrimp
- 2 large cloves garlic, minced
- Pinch of cayenne pepper, optional
- 1/4 cup fresh flat-leaf parsley, roughly chopped
- Juice of 1/2 lemon, plus lemon wedges, for serving

### Directions:

- 1 Pulse about half of the cauliflower in a food processor until the florets break down to fine pieces about the size of rice grains (it's okay if they clump; think of this step as cauliflower "rice" gone wrong). Transfer to a medium saucepan, pulse the remaining cauliflower and add that to the pan too. Add the almond milk, 1 tablespoon of the oil, 1/2 teaspoon salt and several grinds of pepper and bring to a simmer over medium-high heat. Simmer, stirring frequently, until the mixture is soft, smooth and looks like grits, about 10 minutes. Remove from the heat, stir in the nutritional yeast, if using, and adjust the seasoning with more salt and pepper if you'd like. Cover and keep warm.
- 2 Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the collards, sprinkle with salt and pepper, and cook, tossing, until slightly wilted and tender, 2 to 3 minutes. Transfer to a bowl and keep warm. Wipe the skillet clean.
- 3 Sprinkle the shrimp with salt and pepper. Heat the remaining 2 tablespoons oil over medium-high heat. Add the shrimp, garlic and cayenne, if using. Cook, tossing, until the shrimp are pink and just cooked through, 3 to 4 minutes. Remove from the heat, add the parsley, lemon juice and 1 tablespoon water and stir to coat the shrimp with the sauce.
- 4 Divide the cauliflower grits among shallow bowls. Top with the collards and then the shrimp and sauce. Serve with lemon wedges.



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# COVID-19 HELP

## COVID CORONAVIRUS DISEASE

# CORONAVIRUS DISEASE

## 2019 (COVID-19)

### SYMPTOMS\* OF CORONAVIRUS DISEASE

**Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms can include**

- Fever
- Cough
- Shortness of breath

**\* Symptoms may appear 2–14 days after exposure. If you have been in China within the past 2 weeks and develop symptoms, call your doctor.**

[www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

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Iota Phi Lambda Sorority, Inc. has entered into a partnership with the United States Census Bureau. Through this partnership, Iota Phi Lambda Sorority, Inc. seeks to make an impact by ensuring that we have a complete and accurate count of the people in our community. We will support this effort on a national, regional and local level.

## CALENDAR OF EVENTS

Beta Psi Chapter Meeting - May 2, 2020  
Founder's Day - June 1, 2020  
Virtual Southwestern Regional Conference - June 6, 2020



Don't forget Iota  
Thursdays!

## BETA PSI OFFICERS

Soror Dr. Evelyn S. Mosley - President  
Soror Willie Myers - Treasurer  
Soror LaTreshia Payne - Financial Secretary  
Soror Tanesha Mosley - Journalist  
Soror Jimmeka Batiste - Correspondance  
Secretary  
Soror Janie Samuels - Dean of Intake  
Soror Vallie Mims - Chaplain

Beta Psi Chapter  
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Shreveport, LA 71109

### ***Southwestern Regional Theme:***

*"Affirming the Legacy, Bonding in Sisterhood, Committing to Business and Developing Leaders"*

### ***National Theme:***

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