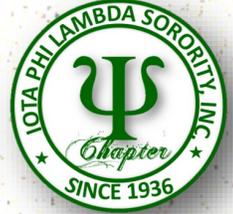


PSI

PEARLS



Volume 32 Issue 17

March 2020

Message from the President

Greetings Sorors!

March is designated Women’s History Month. It commemorates the history of women’s impact in the world and raises awareness of issues women are facing worldwide. So, get ready, because this month is about honoring magnificent ladies such as you. Let’s celebrate it to the fullest!

Psi Pearls to Soror Joyce Hodges and the FIL for partnering with our sister chapter Epsilon Tau to attend the Escape Room. This was just the beginning of our partnership.

The President’s orientation for new sorors was phenomenal. Psi Pearls to Sorors Wonda Traylor, Vicki Sellers, Vivian Jordan, Jewel Hudson and LeTitia Speed for their presentation and support. The objective was to encourage, empower, motivate and share a wealth of information which covered chapter rules, policies and procedures, chapter finance, how to become an officer, committee preferences, social media and scholarship. This was a day of sharing and bonding in sisterhood.

Sorors, at the beginning of this sorority year we decided to participate in seventeen community projects. I am

happy to announce we have completed eleven so far. Not bad.

Psi Pearls to Soror Rita Powell for taking leadership in organizing the 85th Anniversary. With much planning and working together this should be an evening to remember.

Get ready, Business Month is next month. Soror Vicki Sellers and Wonda Traylor along with their committees are working very hard to make this the best month ever.

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

Sisterly

Soror Judy Reeves

Psi Chapter President



PSI CHAPTER OFFICERS	
President	Judy Reeves
1st Vice President	Vicki Sellers
2nd Vice President.....	Wonda Traylor
Recording Secretary.....	Rhonda Jones
Corresponding Sec.	Stevette Bauman
Financial Secretary.....	Lucille Tolliver
Treasurer.....	Dwala Brown
Journalist	Vee M. Jordan
Dean of Intake.....	Linda Cole

PSI TABLE OF CONTENTS		PAGE #
Message From the President		1
Future Iota Leaders (FIL) Black History Month		2
Phi Chapter Future Iota Leaders-In the Spotlight		3
Escape Rooms-Black History Month (FIL)		4
2020 President’s Orientation - Sister 2 Sister		5
Women’s History Month		6
2020 Census		7
Journalist Message & Health Tips		8
Calendar of Events/Birthdays		9
Regional News		10
National News		11
Psi Chapter, Regional, and National Information		12

BLACK HISTORY MONTH

PSI CHAPTER FIL

REMEMBERING BLACK DALLAS (RBDALLAS)

A LIVING MUSEUM PLAY



RBDALLAS BY SOROR YOUNG



On February 1, 2020, Psi Chapter Future Iota Leaders (FIL) and sorors attended the "Remembering Black Dallas: A Living Museum Play" at the South Dallas Cultural Center; a living Museum that portrays noteworthy little unknown makers and shakers of the 19th & 20th centuries in Dallas in celebration of Black History Heritage Month. After the play the FIL had an opportunity to walk through the various art exhibits that showcased Black History.

Sorors Fadipe, Traylor, FIL Chair Young and FIL

Psi Chapter FIL



A LIVING MUSEUM IN THE LATE 1800's-1960's

BLACK HISTORY MONTH

PSI CHAPTER FIL

BLACK HISTORY PROGRAM FUTURE IOTA LEADERS (FIL) MONTHLY MEETING



Psi Chapter FIL wrapped up their Black History Month Programs with "Black History in America". FIL had an opportunity to learn and honor the triumphs and struggles of African Americans throughout U.S. History, including the civil rights movement and their artistic, cultural, and political achievements through Pictionary, Trivia, and Jeopardy.



FIL SPOTLIGHT

BEAUX & DEBS
BY SOROR YOUNG



FIL Andre Young Jr.



DR. E.K. BAILEY
Beaux & Debutantes
FOR CHRIST



This hallmark event in the life of Concord began over 38 years ago under the leadership and vision of founding pastor, Dr. E.K. Bailey along with Sister Mae Frances Smith, Sister Peggy Caldwell, and Sister Frances Riley.

Pastor Bailey's vision was to highlight the accomplishments of our youth and prepare and present them to Christian society. At Concord, we not only present them to Christian society, but we also present them to the Lord! On March 28, 2020, at Hyatt Regency Hotel Dallas, Texas @ 5 P.M. FIL Andre Young Jr. will be presented to the Christian society. *Congratulations!!*

FIL SPOTLIGHT

NATIONAL HONOR SOCIETY
BY SOROR YOUNG



Future Iota Leaders (FIL) Denim Jones holds the Secretary position for Psi Chapter FIL. She currently attends Faith Family Academy and she is in the 7th grade. Denim Jones, is a member of the National Honor Society. Her career plans for the future is to become a teacher. Her favorite things to do, draw and listen to music.

Congratulations !!

FIL Denim Jones



BLACK HISTORY MONTH

PSI CHAPTER FIL

ESCAPE ROOM
BY SOROR C. JONES



ESCAPE ROOMS

Escape rooms are private experiences and are built just for your team. Enjoy the private and fun environment at Breakout Games.

Psi Chapter Future Iota Leaders (FIL) had an opportunity to attend Epsilon Tau Black History Program on February 8, 2020. The FIL had a chance to collaborate and team build with the FIL from Epsilon Tau through adventures of an Escape Room. After the Escape room the FIL had a chance to participate in a rapid-fire Black History Trivia.



PHOTO GALLERY



PRESIDENT'S ORIENTATION

**2020 PRESIDENT'S ORIENTATION
SISTER 2 SISTER**

PRESIDENT'S ORIENTATION
BY SOROR SELLERS



On Saturday, February 25, 2020, President Judy Reeves presented to Psi Chapter's new Sorors the policies and procedures of the organization. The purpose of the meeting was to empower and encourage the sorors to be active in the Sorority. Presenting vital information were Sorors Judy Reeves, Dr. Vicki Sellers, Vivian Jordan, Danielle Young and LeTitia Speed. They presented key points and explanations for acquiring important

organizational information and procedures within the chapter. Most important was highlighting effective leadership skills and standards that would inspire new sorors to work together in the achievement of common goals on behalf of Psi Chapter. Thus, creating a path to success and equipping new sorors with tools they need to be successful in a leadership role.

**Learning More About
Iota Phi Lambda Sorority, Inc.**

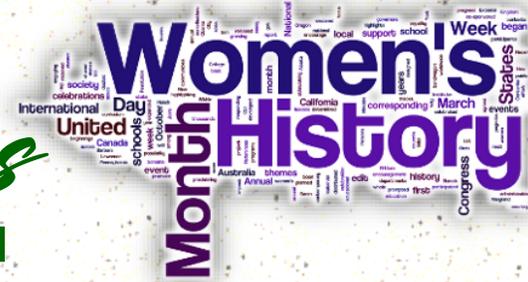


Women's History Month

CELEBRATING WOMEN'S HISTORY MONTH BY SOROR VEE JORDAN



CELEBRATING Women's HISTORY MONTH



Iota Phi Lambda Sorority, Inc., 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 Our First National President from Psi Chapter

D. Brown 1982-1985



H. Clark 1985-1989



J. Wallace 1991-1995



C. Berry 1995-1999



T. Jacques 1999-2003



V. Loud 2003-2005



N. Fisher 2005-2008



2020 CENSUS

What Is the 2020 Census?

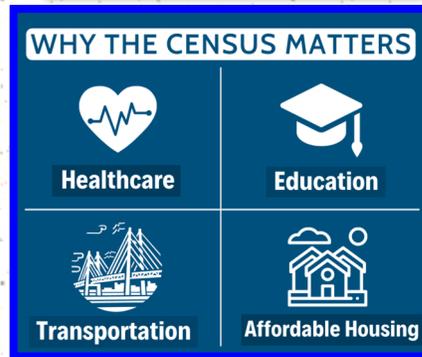
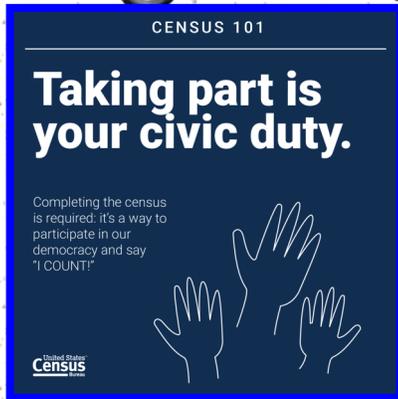
2020 CENSUS
BY VEE JORDAN



The 2020 Census counts every person living in the 50 states, District of Columbia, and five U.S. territories.

To learn more about the 2020 Census click on the link below.

<https://youtu.be/Eq-FMB4epyw>



IMPORTANT DATES

- **March 12 - 20:** Household will begin receiving official Census Bureau mail with detailed information on how to respond to the 2020 Census online, by phone, or by mail.
- **March 30 - April 1:** The Census Bureau will count people who are experiencing homelessness over these three days. As part of this process, the Census Bureau counts people in shelters, at soup kitchens and mobile food vans, on the streets, and at non-sheltered, outdoor locations such as tent encampments.
- **April 1:** Census Day is observed nationwide. Once the invitation arrives, you should respond for your home in one of three ways: online, by phone, or by mail. When you respond to the census, you'll tell the Census Bureau where you live as of April 1, 2020.
- **April:** Census takers will begin visiting college students who live on campus, people living in senior centers, and others who live among large groups of people. Census takers will also begin following up with households that have not yet responded in areas that include off-campus housing, where residents
- **May - July:** Census takers will begin visiting homes that haven't responded to the 2020 Census to help make sure everyone is counted
- **December:** The Census Bureau will deliver apportionment counts to the President and Congress as required by law.



FROM THE

Journalist



All news articles are due the **25th of each month** or before. Email all written news articles and pictures to: journalist@iota-psi.org

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 TIPS

CLEAN OUT YOUR MIND
BY SOROR ROSS



DECLUTTERING CAN CLEAN OUT YOUR MIND

Decluttering is an essential task to clear your head of **anxiety**, stress, and other issues going on in your life. You could be going through some toxic relationship/friendship issues that are causing other problems in your life. This is never a good thing, which means it can be wise to get out of them or re-evaluate your friendship and relationship choices.

When you're dealing with stress and anxiety from work or other things, they can lead to negative thoughts and other **depression issues** after some time. The best thing for you to do is to talk to someone and get help. Therapy can be a major step in the right direction for your mental health.

RESTRUCTURING YOUR TIME:

This is a crucial part of starting fresh. It can be a struggle to get out of a bad routine but writing down a schedule with some room for change is a healthy way to prioritize creativity working on what matters most in life.

FOCUSING ON PHYSICAL HEALTH:

Physical health can play a role in your mental health state. If you're looking to spring clean your mental health, one way to do this is to **start exercising** again. Getting out to the gym or participating in sports will help to alleviate stress and anxiety. It can give you a boost of energy and happiness in your life.

SO, HOW DOES EXERCISE BOOST YOUR MOOD?

It Works Like an Antidepressant – Increases levels of neurotransmitters (serotonin and norepinephrine in the brain)

Releases Endorphins

Distracts from Thoughts and Stressors

Enhances Your Motivation

CALENDAR OF EVENTS FOR FEBRUARY

DATE	NAME OF EVENT	TIME	LOCATION
SATURDAY, 3/14/2020	PELATIS	11 a.m.	Highland Hills Library
SATURDAY, 3/15/2020	DORETHEA N. HORNBUCKLE SCHOLARSHIP		Due to National President-Elect
SATURDAY, 3/21/2020	BUSINESS MEETING	10 a.m.	Meadows Conference Center
Sunday, 3/22/2020	FUTURE IOTA LEADERS MEETING	3 p.m.	TBD
WEDNESDAY, 3/26/2020	SWR CONFERENCE , SPRING, TEXAS		



Happy Birthday!



SORORS MARCH BIRTHDAYS

Danielle Daniels-Young 3/5



Hellen Clark 3/26



Talmadge Jacques 3/19





Iota Phi Lambda Sorority, Inc. Southwestern Regional News

**73rd Southwestern Regional Conference
March 26-29, 2020**

Host Chapter: Epsilon Phi

"Committing To Business"

Greetings Sorors,

As we approach the 73rd SWR Conference in Spring, TX, the days are swiftly moving by. March 26 -29, 2020 are the dates. The chapter presidents and delegates are expected to check in by Thursday evening, March 25 for the Presidents as well as Delegates meetings beginning at 7:30pm. (that agenda will be sent separately)

The 3rd theme of my administration "Committing to Business" includes Iota Nuts and Bolts, a combination of what we do, how we do it and who we are. The conference Business Agenda, Leadership Forum, Opening Welcome, Education Luncheon, Awards Night and Prayer Breakfast are being

finalized and participants are being notified and confirmed. The host Chapter, Epsilon Phi and the Southwestern Region Executive Committee are planning and preparing a wealth of information and business as well as plenty of fun and sisterhood time to be shared by all, Sorors, Pelati, FIL and MOI. I know by now your registration has been paid and your room reservation has been confirmed. Do a last check with your sister sorors and make sure they are planning to attend.

All Aboard this train of Nuts and Bolts as we commit to Iota business, the "LOVE TRAIN!" Don't miss this train!

I look forward to seeing each of you there!

Serving Iota.

Sisterly,
Soror Vahnita D. Loud

19th Southwestern Regional Director
Iota Phi Lambda Sorority, Inc.

All Aboard The Love Train



Thank You

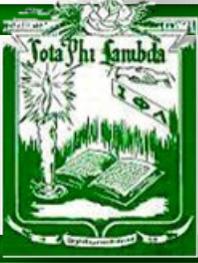
Psi Chapter would like to say thank you, to our Southwestern Regional Director Vahnita and Southwestern Regional Treasurer Wonda K. Traylor. For your passion, unconditional commitment, enduring dedicated, leadership and unrelenting guidance that helped in leading our path to success.

Thank You



Thank You

L to R: Sorors Wonda K. Traylor and Vahnita D. Loud



Iota Phi Lambda Sorority, Inc. National HQ News



Calendar Dates and Reminders from the National President-Elect

Iota Scholarship Programs

I want to encourage each chapter to participate in our national scholarship programs. **Chapters may submit only one applicant for each scholarship except the FIL scholarship, where you may submit multiple entries.** The same applicant may apply for more than one scholarship if they meet the qualifications. **Do not include the acceptance form with the applications, only the winners need to sign this form and it will be sent to them with their notification letter.** Please adhere to the deadlines and the guideline clarifications listed below

ALL NATIONAL SCHOLARSHIP APPLICATIONS ARE TO BE SENT DIRECTLY TO THE NATIONAL PRESIDENT ELECT:

Alice P. Allen Scholarship - The applicant must be a H.S. Senior who is a teen mother. **Postmarked by: 4/1** .

Dorethea N. Hornbuckle Memorial Scholarship - The applicant can be either a female or male H.S. Senior or undergraduate interested in business, business administration, science, or engineering. **Postmarked by 3/15**

In Sisterly Service,

Charlotte D. Berry , M.Ed.

National President Elect



E-Store

Support the Lola Mercedes Parker Foundation by purchasing through the Amazon Smiles program. Amazon donates .5% of the price of eligible Amazon Smile purchases to the Lola Mercedes Parker Foundation. Go to: smile.amazon.com



Psi Chapter Information

If you would like to email President Judy Reeves, Journalist Vee M. Jordan or visit Psi Chapter's website 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
<http://www.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>

Vee M. Jordan, Journalist
journalist@iota-psi.org

Editorial Staff/Public Relations Committee

- Daphne Hornbuckle
- Jewel Hudson
- Judy Jenkins
- Rita Heath Powell
- Wonda Traylor
- Rita White Ross
- Shelia Fadipe

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.

[Vahnita Loud](#), Southwestern Regional Director

Southwestern Region Website, <http://www.iotaswr.org>

Southwestern Region Theme: "Affirming the Legacy, Bonding in Sisterhood, Committing to Business and Developing Leaders"

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

"Upward and Onward in Efficient Service"