

Beta Psi Happenings

VOL. 3 NOVEMBER 2019



From the President.....

November marks the month of Thanksgiving. Take the time to be thankful for what you have, who you are and for the little things in life we don't always appreciate.

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Beta Psi is thankful to continue our existence in the Southwestern Region. This past year has been a struggle but we managed to host a successful National Convention and started the new Sorority Year running. We have hosted two interest meetings (R.U.S.H.) with the last one producing 6 potential members, recognized American Education Week and submitted one essay. Beta Psi's focus is to promote growth in our chapter. Although we are a small chapter, we plan to do great things for Iota.



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"



Welcome Back Soror Tanesha Mosley!



On November 7, 2019, Soror Tanesha Mosley 's transfer request from Epsilon Chi Chapter - Katy, TX to Beta Psi Chapter - Shreveport, LA was approved by our Southwestern Regional Director, Soror Vahnita Loud. The news quickly travelled to members of Beta Psi that one of our own was returning home. Although the circumstances for Tanesha's return were due to a family emergency, her decision to move home was exciting to the Chapter and her mom. Tanesha brings to the Chapter a wealth of knowledge both internal and external, skills, and a willingness to work. Beta Psi is blessed to have Tanesha as a member. Members sent welcome wishes (below) to support in her move. This is a sudden

life changing decision for Tanesha and Kayla, but we want them to know that we are here for them. We are so looking forward to both Tanesha becoming actively involved in Beta Psi and Kayla with our FILs. It is our goal to be supportive of Tanesha in her future endeavors in Iota and to continue to thrive, grow and advance in Iota through Beta Psi Chapter. WELCOME HOME TANESHA!

Welcome and let us know what we can do to get you involved.
Sisterly & Love
Janie

Welcome back Soror T.
Willie Myers

WELCOME HOME WITH LOVE!
Vallie Mims

National Lights on Afterschool

In our last edition, it was noted that pictures of our National Lights on Afterschool activity would be displayed in this edition. Below are shots of President E. Mosley giving an overview of Iota and National Lights on Afterschool the students in FDDOC's afterschool program at Oak Park Elementary School.



American Education Week November 18-22, 2019

Beta Psi Chapter celebrated American Education Week by recognizing Educators and we even saluted our own, Soror Vallie Myers as a support staff. Members were asked to nominate an Educator they felt had gone above and beyond their call as an Educator and five individuals were received: Crystal Barnes, Principal of BTW High School; Katina Williams, Teacher at Oak Park Elementary; Teresa Williams, Teacher at Queensborough Elementary; and Dr. Norchia Lacy, Principal at Bossier Elementary and our very own Soror Vallie Mims, Bookkeeper at Broadmoor Middle School. Soror Myers and President E. Mosley visited each school and presented a certificate and an apple to each Educator. Using technology, we used Duo so Soror T. Mosley could participate in the presentation to her classmate, Dr. Norcia Lacy and Soror Mims. If you look closely, you can see Tanesha.



Below: Teresa Williams, Principal Marco French and students. (Students' faces are covered - no signed releases)



Crystal Barnes - Booker T. Washington High

Soror Vallie Mims - Broadmoor



Ms. Renata Mahoney,
Principal of Boardmoor and
Soror Vallie Mims

Katina Williams - Oak Park

Dr. Norchia Lacy, Princial of
Bossier Elementary

UPCOMING EVENTS

Christmas Gathering – December 23, 2019

Regional Conference Deadline – January 30, 2020

I pray that *December*
is the month filled with
Good News, Many Blessings,
New Opportunities,
Healing and Love.



Don't forget Iota
Thursdays!



Healthy Eating:

Recipe for: Easy Broccoli Salad

From the Kitchen of: Faithful Families

Servings: 8



Ingredients:

1 bunch of broccoli or 1/2 bunch of broccoli
and 1/2 head of cauliflower, washed and cut
into bite-sized pieces
2 slices of bacon, cooked crisp and crumbled
1/4 cup onion, chopped
1/2 cup raisins
1/2 cup low-fat mayonnaise (or plain non-fat
yogurt)
2 tablespoons apple cider vinegar
2 tablespoons sugar

Directions:

- Make dressing of mayonnaise or yogurt,
vinegar, and sugar.
- Combine broccoli, bacon, onion, and raisins.
- Stir in dressing.
- Cover and chill in the refrigerator.