

Beta Psi Happenings

VOL. 2 OCTOBER 2019

INSIDE THIS ISSUE



PG. 1

President's Message
Susan B. Komen Race for the Cure



PG. 2

Spotlight: Honorary Soror Lydia Jackson
National Lights on Afterschool
Girls Empowerment Summit



PG. 3

Domestic Abuse Month
Healthy Eats
Upcoming events

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"



Sorors, I want to take this opportunity to thank you for your thoughts and prayers in the recovery of my husband MOI Henry L. Mosley. Each day is a new day and the road to recovery will be a long trying one. I am trusting in God to pull him and us through this. Please continue to pray for healing and recovery.

Another Sorority year has rolled around and Beta Psi has hit the ground running. We have great things planned for the chapter with our #1 focus on growth. We are using every avenue possible outside of the normal methods to recruit and attract members. We're enforcing the each one reach one initiative as an effort to increase membership. Members are engaging in more Iota conversations when in social settings and promoting Iota Thursdays. We recently partnered with a local non-profit group, Level Up 2 LLC, who hosted a Girls Empowerment Summit at a local school. Beta Psi sponsored 10 young ladies 2 of which were FIL. Beta Psi seized the opportunity to recruit FIL during the summit. Plans are in the making to host a FIL round up as a result of the summit. Beta Psi also celebrated National Lights on Afterschool at a local elementary school and supported the Susan B. Komen race for the cure. We are excited about our next big program, American Education Week, as we are diligently working to solicit writers for the Evelyn D, Wilkey Essay Contest as well as honor our Educators.

Sisterly,

Evelyn S. Mosley, Ph.D.

Susan B. Komen Race for the Cure

Dear Evelyn,

Thank you for registering for this year's 2019 Komen Northwest Louisiana Race for the Cure®.

We can see that you're passionate enough about the breast cancer cause to take action. For supporters like you, it's not enough to wear a pink ribbon and talk about the cause; you're jumping right into the fight. You, and your fellow racers, are proving that you are **More Than Pink™**.

Soror LaTriesha Payne also participated in the race. No photos available. Soror E. Mosley worked the election polls and was unable to walk.

Honorary Soror Lydia Jackson



Lydia P. Jackson
Vice President, CRA Business Development Officer

Lydia P. Jackson is a Vice President and CRA Business Development Officer for Capital One Bank. She works primarily in the bank's South Central Region which includes markets in Louisiana and Texas.

Ms. Jackson is responsible for initiating partnerships with community-based organizations, government agencies and other groups to facilitate opportunities for the expansion of bank products and services and the production and rehabilitation of affordable housing. She also coordinates the bank's development activities in rural communities across the nation. Additionally, she manages the operations of the Capital One CDC, a nonprofit bank subsidiary that provides construction financing for affordable, single family development projects in LA and TX.

With over 25 years of experience in public policy, community advocacy, and planning, Ms. Jackson served on the Washington staff of former U.S. Sen. J. Bennett Johnston where she handled legislative matters related to education, health, commerce, and labor.

She has served as a board member and committee chair for a host of civic activities. Lydia is a board member of the Southern University Community Development Corporation and serves as an advisor to Hope for the Homeless. In addition, she is a member of the Board of Directors of Rural LISC, Shreveport's Downtown Development Authority and Chair of the Shreveport Home Mortgage Authority. She has recently joined the Board of Directors for Providence Community Housing.

Ms. Jackson was named as one of the "Outstanding Young Women in America" and has twice been selected as a "Rising Young Community Leader" by the Shreveport Chamber of Commerce. In November 1999, she became the first African-American woman to be elected to represent House District Two in the Louisiana Legislature. She concentrated in Government at Harvard-Radcliffe University.

As a State Representative, Ms. Jackson served as a member of the House Committees on Health and Welfare, Joint Capital Outlay and Ways and Means. In November 2003, she was elected by the people of Senate District 39 to represent them in the Louisiana Senate. There, she chaired a citizen Task Force that initiated major reforms in Louisiana's Indigent Defense System. Ms. Jackson is a strong advocate for families and children and in 2007 she authored legislation authorizing a State Earned Income Tax Credit providing more than \$40 million in tax relief to Louisiana's working families. Ms. Jackson was proud to represent the citizens of Senate District 39 for eight years from 2004 to 2011.

Ms. Jackson has been a strong supporter of Iota – Beta Psi Chapter for several years. She was instrumental in securing a \$5000 grant to support Beta Psi's Toys U Can't Return program and is willing sponsor Beta Psi events. She has been recognized as Beta Psi' Outstanding Business Woman and has now joined the ranks of Iota as an Honorary Member. Ms. Jackson was inducted into Beta Psi Chapter Shreveport at Iota's 90th National Convention in Shreveport, Louisiana by President Stephanie Dilworth.

Nationals Lights on Afterschool

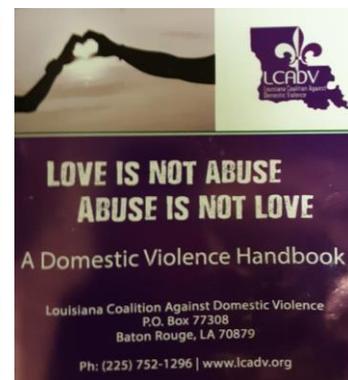
Beta Psi Chapter once again partnered with a local afterschool program, FDDOC, at a local elementary school. President Evelyn S. Mosley attended the event and provided an overview of Iota, Beta Psi Chapter and National Lights on Afterschool. Soror Mosley solicited the help of potential member, Lisa Clinton, to present a life skills workshop on eating healthy and exercise. Ms. Clinton used the “Simon Says” game to engage students into exercising without them realizing they were doing so. Pictures of the event will be featured in next month’s newsletter.

Level Up2 Girls Empowerment Summit

The Girls Empowerment Summit was sponsored by a non-profit organization, Level Up2, LLC which focuses on self-esteem for young ladies. Beta Psi accepted the challenge of sponsoring 10 girls to attend the summit.



Beta Psi members Myers, Samuels, Mosley & Samuels manned a table at the Summit to recruit FILs. As a result, 11 young ladies showed interest in becoming a part of the FIL. Featured at the table is a potential FIL.



Featured above are Sorors Janie Samuels, Evelyn Mosley and FIL Morianna Mosley. Owner/Operator of Jewel Premium Sanitary Products sponsored a table as well as the Louisiana Coalition Against Domestic Violence (not pictured). Topics discussed: Self-Esteem; Setting Personal Standards; Becoming an Entrepreneur and Personal Hygiene.

UPCOMING EVENTS

National Assessments – November 15, 2019

American Education Week – November 18-22, 2019

R.U.S.H. – November 23, 2019

FIL Roundsup – November 30, 2019



October is
**domestic
violence
awareness
month**

Domestic Violence Awareness Month. October is nationally recognized as Domestic Violence Awareness & Prevention Month; a time to celebrate survivors, honor those who have died, raise awareness, and confirm our commitment to preventing intimate partner violence in our

Don't forget Iota
Thursdays!



Healthy Eats:

Recipe for: Easy Lasagna

From the Kitchen of: Faithful Families

Servings: 6



Ingredients:

Non-stick cooking spray
1/2 lb lean ground beef or ground turkey
1 (14.5 ounce) can unsalted diced tomatoes, not drained
1 1/4 cup water
1/2 teaspoon parsley
1/2 teaspoon oregano
1/2 tablespoon Italian seasoning
8 ounces whole wheat egg noodles, uncooked
12 ounces fat-free cottage cheese
2 cups reduced-fat mozzarella cheese, shredded and divided

Directions:

-Spray skillet with non-stick cooking spray.
-Brown ground meat. Drain and return to skillet.
-Stir in diced tomatoes, water, parsley, oregano, and Italian seasoning. Bring to a boil.
-Add uncooked pasta. Cover and cook on medium heat for 15 minutes.
-Stir in cottage cheese. Cover and cook for 5 minutes.
-Stir in 1 1/2 cups of mozzarella cheese. Sprinkle the remaining cheese on top.
-Cover and remove from heat. Let stand for 5 minutes to melt cheese. Be sure to use a thermometer to check that the temperature has reached 160 degrees for ground beef and 165 degrees for ground turkey.