

PSI

PEARLS



Volume 32 Issue 22

OCTOBER 2020

Message from the President

Greetings Sorors!

During these uncertain times, Psi Chapter has wasted no time adapting to the necessary changes to move its programs forward. Throughout the month of September, various committees were actively working to define their goals, and focused on meeting them through virtual meetings.

Psi Pearls to Membership Chair Soror Letitia Speed, Co-Chair Soror Wonda Traylor and the entire committee for planning and executing the first Virtual Rush Program. It was Effective, Efficient and Timely, with a total of 48 in attendance.

The SWR Digital Planning Meeting was another huge success. Sorors gained a wealth of information and knowledge from the National and Regional Board. Psi Pearls to SWR Director Soror Vahnita Loud and her staff for an informative meeting.

Our sorority is really capitalizing on all features of technology available. We are zooming, zooming, zooming all the way to the end of the month. October is National Breast Cancer Awareness Month. Use this time to spread the word about taking steps to detect breast cancer through annual

mammograms and self-examinations.

Also, remember those survivors and their struggles to fight, defeat and overcome the disease. Let us not forget it is also Domestic Violence Month.

Reach out to those affected by this disease by encouraging them to seek help through counseling, support groups and shelters.

Get ready! The "President's Workshop" is fast approaching. I hope to see you there.

Sisterly

*Soror Judy Reeves
Psi Chapter President*



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

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

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**PSI CHAPTER FIL SCHOOL
SUPPLY PICK UP
BY SOROR TRAYLOR**



**2020 PSI CHAPTER FIL BACK
TO SCHOOL SUPPLY PICK-UP
DRIVE**



Members of Iota Phi Lambda Sorority Inc., Psi Chapter, gathered for their Annual Back to School Supply Pick-up Drive on Saturday, September 12, 2020, at Polk Wisdom Library parking lot. The School Supply drive-by pick up was a success as members of Psi Chapter gave out several back packs filled with school supplies to our Future Iota Leaders (FIL) and members of the community. Kudos to FIL Chair Soror Danielle Young and the members of Psi Chapter. We are looking forward to another successful school year!



**PSI CHAPTER FIL VIRTUAL MEETING
BY SOROR YOUNG**



**FUTURE IOTA LEADERS
FIRST VIRTUAL MEETING**



Motto: "Youth in Pursuit of Excellence".

Iota Phi Lambda Sorority Inc., Psi Chapter, Future Iota Leaders (FIL) held their first Virtual meeting of the sorority year on Sunday, September 27, 2020. Soror Danielle Young welcomed the FIL back with a brief Meet and Greet as she provided them with the necessary tools and resources they needed to conduct virtual meetings. Future Iota Leaders shared their experiences in dealing with COVID-19 during their summer break, and how it has affected them since returning to school virtually or in person classroom. Members gave suggestions of virtual activities to assist in adapting to a virtual environment.

The 2020-2021 officer roles were discussed, and the officers were selected as follows:

- President: Daniel Young
- Vice President: Brooke Stewart
- Secretary: Denim Jones
- Treasurer: Lailah Rylander
- Historian/Journalist: Kelson Gardner
- Photographer: Brandon Young

FIL Virtual Meeting and Meet and Greet



"Building on a Solid Foundation, Empowering and Strengthening Sisterhood in Business"

PSI CHAPTER FORMER FIL
BY SOROR HUDSON



FORMER FIL OWNER OF SLIMPICKINS OUTFITTERS



Psi Chapter is so proud of former FIL (Future Iota Leaders) Jahmicah Dawes, son of Soror Cheryl Dawes and Men of Iota (MOI) Locksley Dawes, who was featured in the September issue of Men's Journal magazine. Jahmicah is the proprietor of the first Black-owned outdoor gear shop in the United States. SlimPickins Outfitters in Stephenville, TX, is equipping and inspiring adventures in the great outdoors. You can read the entire article at www.mensjournal.com.



Former FIL Jahmicah Dawes

COMMUNITY SERVICE

2020 5K VIRTUAL WALK
BY SOROR NAPIER



Celebrating Life

WE'RE IN THIS TOGETHER!

Due to the effects of the COVID-19 pandemic, the 19th Annual Sister to Sister Fitness Festival will take place virtually. Normally held as an in-person race at the Alan E. Sims Cedar Hill Recreation Center, this year's move to a virtual event will allow participants to run or walk anywhere. The theme is "We're in this Together." Studies have shown that walking can help maintain a healthy body weight. For women, walking

lowers hormone levels that increase the risk for breast and endometrial cancers. Participants can walk in the park, in the community, or at home, alone or with friends. The race time honors the memory of George Floyd. They are encouraged to take pictures and post them on their social media site with the hashtag #sistertosister2020. Saturday, October 3, 2020

Psi Chapter Sorors: Stevette Bauman and Brenda Napier participated in the 5K VIRTUAL WALK



Soror Stevette Bauman
on the right



Soror Brenda Napier

AWARENESS MONTH

**WE ARE SURVIVORS
BY SOROR HORNBUCKLE**



**WE ARE SURVIVORS AND
VICTORIOUS!!**



In the U.S., approximately 1 in 8 women will be diagnosed with breast cancer in her lifetime. Psi Chapter knows this all too well, having several breast cancer survivors in her membership.

Many would look at a breast cancer diagnosis as a death sentence and that held true for Soror Daphne Hornbuckle. Upon receiving her diagnosis, she immediately began writing her last will and testament. "I felt like my life was over and was ready to give up, but after the fourth opinion, I was determined to fight back." She conquered and won her first battle only to find herself fighting once again 12 years later. "During my second bout with cancer I prayed to God and asked Him to see me through this journey, and He was with me every step of the way" says this 27-year survivor.

Trusting and leaning on God's word is what gave our SWR Director, Soror Vahnita Loud, comfort and peace throughout her many years of surgeries, treatment, and adjuvant therapy. "When you have God's favor upon you and you profess those promises as they are written, you know you are going to be victorious" states Soror Loud. 23 years later, she truly is victorious.

Soror Martha Richmond, a 15-year survivor, believes it was an early diagnosis that saved her. She wants others to know that we should not let fear grip us to the point that we do nothing. "It's important that we open up and share what we are going through. Someone else may be able to help you through it, provide referrals, and/or offer good information" says Soror Richmond.

Many may not realize that breast cancer is the most commonly diagnosed cancer among African-American women. According to the American Cancer Society, an estimated 266,120 new cases of invasive breast cancer are expected to be diagnosed in the U.S., in 2018. New guidelines propose that all women, especially women of color, be evaluated for breast cancer risk no later than age 30 and have your first mammogram by age 40.

Early detection is a major key to survival and this continues to be the best weapon when battling breast cancer. This includes:

- Performing routine self-breast exams,
- Having annual breast exams performed by your medical doctor,
- Scheduling annual mammograms,
- Examining any breast changes or issues immediately by your medical doctor

As survivors, we may have endured incredible pain and anguish, but we have since been inducted into a life-long sisterhood, unlike any other. A sisterhood that has allowed us to shed a tear, share our testimonies, and provide support for other survivors following in our footsteps; who are fighting for their lives. Our personal cancer journeys have made us stronger and as a result we are victorious!

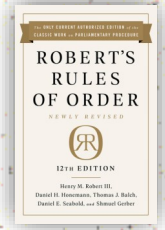


Sorors: Richmond, Loud and Hornbuckle

ROBERTS'S RULES OF ORDER
BY SOROR FISHER



What Does Robert Say? The Parliamentarians of Psi



Do you ever attend meetings that are time-wasting, unproductive or disorderly?

Chances are you have been subjected to meetings that make you want to not attend another meeting ever again! This is exactly why parliamentary procedure and parliamentarians are needed. Parliamentary procedure is the set of rules that allow an assembly (e.g. an Iota local chapter) to efficiently consider and decide on actions to be taken. A parliamentarian assists the presiding officer to manage meetings and advises on parliamentary procedure.

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"

include: Sorors Dr. Mary Nickson, Psi Chapter Parliamentarian, Daphne Hornbuckle, Joyce Hodges and Nona Fisher, Registered Parliamentarian & Southwestern Region Parliamentarian.

On August 28, 2020 at the National Association of Parliamentarians Virtual 2020 National Training Conference, attended by Sorors Dr. Mary Nickson and Nona Fisher, the 12th Edition of *Robert's Rules of Order Newly Revised* (RONR) was issued. As the parliamentary authority of Iota Phi Lambda Sorority, Inc., this edition should be acquired now for use by all levels of the organization. The 3rd Edition of the *Robert's Rules of Order Newly Revised In Brief* was also issued.

NAP has developed a Body of Knowledge that outlines what every member and leader of any organization should know about parliamentary procedure and what they should be able to do. In future monthly issues of *Psi Pearls*, parliamentary tips will be provided to increase your knowledge and skills.

Let everything be done decently and in order.

1 Corinthians 14:40

"The Sounding Block Unit"



Soror Dr. Mary Nickson
Psi Chapter Parliamentarian



Soror Daphne Hornbuckle



Soror Joyce Hodges



Soror Nona Fisher
Registered Parliamentarian &
Southwestern Region Parliamentarian



VIRTUAL
NAP TRAINING
CONFERENCE
AUGUST 27-30, 2020



Soror Dr. Mary Nickson
Psi Chapter

Soror Nona Fisher
Psi Chapter

Soror Nona Fisher

Soror Dr. Mary Nickson
Psi Chapter

LIFE MEMBER
By SOROR BERRY



NATIONAL PRESIDENT-ELECT BERRY . . . LIFE MEMBER-IOTA PHI LAMBDA SORORITY, INC.



Soror Charlotte Berry has been a member of Iota Phi Lambda Sorority, Inc. for 35 years. National President-Elect (NPE) Berry was inducted into Psi Chapter Dallas in 1985. She recently became a Life Member in the sorority. She has been a continuous active member for the 35 years. During those years

her work commitment and dedication has served the local chapter, Southwestern Region and National Board. On the local level Soror Berry has served as Dean of Intake, 1st Vice President, and President of Psi Chapter. She served as Assistant Regional

Director and Regional Director/National Board member for the Southwestern Region. Soror Berry has had many accolades and honors bestowed on her during the years, such as Outstanding Chapter President and Outstanding Regional Director but states her most prestigious honor in Iota Phi Lambda Sorority, Inc. (IPL) was being selected as the 1999 National Soror of the Year. During the July 2019-90th Anniversary Convention held in Shreveport, LA., Soror Berry was elected as National President-Elect. She shares this esteemed status of Life Membership in IPL with two other Psi Chapter members—Soror Talmadge Jacques and Soror Dwala Brown.

Congratulations!!! Soror Berry

INTRODUCING NATIONAL
LEADERSHIP
By SOROR TRAYLOR



INTRODUCING IOTA PHI LAMBDA SORORITY, INC. NATIONAL LEADERSHIP



VAHNITA LOUD
SOUTHWESTERN REGIONAL DIRECTOR
2019 - 2021



Congratulations!!

To Psi Chapters own Soror *Vahnita D. Loud*



CALENDAR OF EVENTS FOR OCTOBER

DATE	NAME OF EVENT	TIME	LOCATION
SATURDAY, 10/10/2020	2020 VIRTUAL PRESIDENT'S WORKSHOP	11AM	VIRTUAL
SUNDAY, 10/18/2020	FIL/TOY'S U CAN'T RETURN	3PM	VIRTUAL
TBA	MEMBERSHIP PINNING CEREMONY	TBA	VIRTUAL



Happy Birthday!



SORORS' OCTOBER BIRTHDAYS

Vee Jordan 10/3



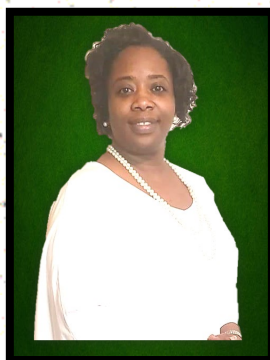
Eddie Johnson 10/14



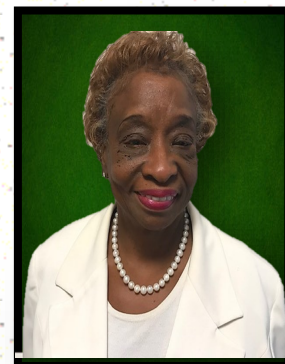
Teresa Henderson 10/15



Newtonia Hemphill 10/18



Joyce Hodges 10/24





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

SEASONAL FLU VS. PANDEMIC FLU BY SOROR FADIPE



How Is Pandemic Flu Different from Seasonal Flu?

Seasonal Flu vs. Pandemic Flu

How often does it happen?

Seasonal Flu: Happens annually and usually peaks between December and February

Pandemic Flu: Rarely happens (three times in 20th century)

Will most people be immune?

Seasonal Flu: Usually some immunity from previous exposures and influenza vaccination

Pandemic Flu: Most people have little or no immunity because they have no previous exposure to the virus or similar viruses

Who is at risk for complications?

Seasonal Flu: Certain people are at high-risk for serious complications (infants, elderly, pregnant women, extreme obesity and persons with certain chronic medical conditions)

Pandemic Flu: Healthy people also may be at high risk for serious complications

Where can I get medical care?

Seasonal Flu: Health care providers and hospitals can usually meet public and patient needs

Pandemic Flu: Health care providers and hospitals may be overwhelmed
Alternate care sites may be available to meet public and patient needs

Will a vaccine be available?

Seasonal Flu: Vaccine available for annual flu season

Usually, one dose of vaccine is needed for most people

Pandemic Flu: Although the US government maintains a limited stockpile of pandemic vaccine, vaccine may not be available in the early stages of a pandemic

Two doses of vaccine may be needed

Will antivirals be available?

Seasonal Flu: Adequate supplies of antivirals are usually available

Pandemic Flu: Antiviral supply may not be adequate to meet demand

Content source: [Centers for Disease Control and Prevention](#), [National Center for Immunization and Respiratory Diseases \(NCIRD\)](#)

HEALTH TIPS

NATIONAL BREAST CANCER
FOUNDATION BY SOROR ROSS



National Breast Cancer Foundation Dense Breasts Q&A Guide



Do you know if you have dense breasts?-According to the National Cancer Institute, nearly 50% of all women age 40 and older have dense breasts. Knowing whether you have dense breasts is important because women with dense breasts have a higher risk of developing breast cancer, and often need supplemental screenings to a mammogram.

What are dense breasts? - Broadly, breast tissue may be referred to as non-dense (more fatty) and dense (less fatty with more fibroglandular tissue). **Dense breast** tissue simply means there is more fibroglandular tissue, which appears white on a mammogram. When a patient has dense breasts, a mammogram will show that a greater amount of the breast is filled with dense breast tissue than fatty tissue.

- **How do women know if they have dense breasts?** Having a mammogram is the best way to find out if dense breast tissue is present
- **How common are dense breasts?** According to National Cancer Institute, nearly half of all women age 40 and older undergoing mammograms have dense breast.
- **What contributes to having dense breast tissue?** Genetics, Low Body Mass Index, Hormonal Therapy.
- **Do dense breasts feel different when performing a breast self-exam?** Only a mammogram can show if women have dense breast.
- **Does having dense breasts increase the likelihood of developing breast cancer?** Breast density can have a masking effect on detection of underlying cancer on a mammogram. Breast density is an independent risk factor for breast cancer.

Is additional screening needed if a patient has dense breasts? If you have dense breast, please review your breast cancer risk factors with your doctor & consider options for supplemental screenings.

WHEN IT COMES TO YOUR HEALTH, YOU ARE YOUR OWN BIGGEST ADVOCATE.

***RESOURCE: NATIONAL BREAST CANCER FOUNDATION INC. DENSE BREAST Q&A**

2020 VOTING & COVID-19

VOTING & COVID-19
BY SOROR NICKSON



Voting & COVID-19

Texas

Texas COVID-19 Election Information:

- Early voting for the general election has been extended. It will begin on Oct. 13 and run through Oct. 30.

[Coronavirus Disease 2019 \(COVID-19\)](#), Texas Department of State Health Services [Vote.org Texas Election Center](#): information and deadlines for absentee voting, early voting, and election day

[Texas's State Elections Website](#)

[Request an absentee ballot from Texas »](#)



AWARENESS MONTH

DOMESTIC VIOLENCE AWARENESS MONTH



NATIONAL COUNCIL OF JUVENILE AND FAMILY COURT JUDGES



Throughout the month of October, NCJFCJ and communities across the country will observe Domestic Violence Awareness Month. Activities in honor of victims and survivors of domestic violence will be as varied as the communities and individuals who organize them. NCJFCJ has chosen to observe DVAM by challenging the public to learn

more about the prevalence and consequences of domestic violence. Here, NCJFCJ has highlighted a significant research finding or relevant statistic for each day in October. According to the National Council of Juvenile & Family Judges (NCJFCJ).



Iota Phi Lambda Sorority, Inc. Southwestern Regional News

**74th Southwestern Regional Virtual Digital Planning Meeting
SATURDAY, September 26, 2020
9AM-2:30PM**

"Theme: Developing Leaders"

Conference Focus: Leading by Serving

Conference Challenge: Where Do Serve: Locally? Regionally? Nationally?



Vahrita Loud,
19th SWR Director

Iota Phi Lambda Sorority, Inc.
74th Southwestern Regional Virtual Planning Meeting
2020-2021
"Leadership Charge"

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

Soror Vahrita D. Loud
Southwestern Regional Director

National Theme:
"BUSINESS AND PROFESSIONAL WOMEN BUILDING THE FOUNDATION
FOR GENERATIONAL FINANCIAL EMPOWERMENT"

Saturday, September 26, 2020 "Upward and Onward in Efficient Service"



Soror Loud, Southwestern Region Director

National Speaks

SOROR DILWORTH, DIRECTOR/CHAIR LMPF



SOROR WHITE NATIONAL PRESIDENT

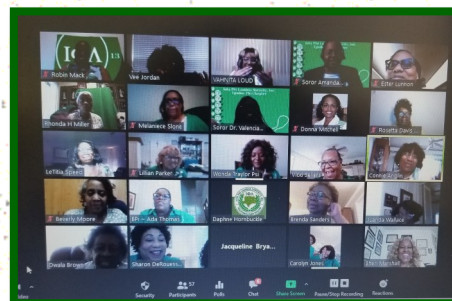


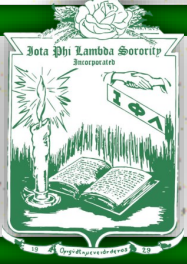
SOROR BERRY, NATIONAL PRESIDENT-ELECT



A Few of our SWR Chapter Journalists

- Soror Vivian Jordan
Psi Chapter
- Soror Linda Cannon
Alpha Kappa Chapter
- Soror Tanesha Mosley
Beta Psi Chapter
- Soror Callida James
Epsilon Tau Chapter
- Soror Audrey Davis
Epsilon Phi Chapter
- Soror Carmen Charles
Epsilon Omicron Chapter





Iota Phi Lambda Sorority, Inc. National HQ News



Iota Scholarship Programs

IOTA PHI LAMBDA SORORITY, INC.

Soror Charlotte Berry
NATIONAL PRESIDENT-ELECT

2020 – 2021 Essay and Scholarships Procedural Reminders



Evelyn D. Wilkey National Essay - essays are to be postmarked by **December 30, 2020** sent to the National President Elect.

Fredda Witherspoon National Scholarship - scholarships are to be postmarked by **January 31, 2021** sent to the National President Elect.

National FIL Scholarship applications are due postmarked by **February 28, 2021** sent to the National President Elect.

Dorethea N. Hornbuckle Scholarship applications are due postmarked by **March 15, 2021** sent to the National President Elect.

Alice P. Allen Scholarship applications are due postmarked by **April 1, 2021** sent to the National President Elect.

ALL essay and scholarship applications **MUST** be submitted with documentation, recommendations and sponsorships from an active chapter in Iota Phi Lambda Sorority to the National President Elect with the designated postmark dates for each essay or scholarship with official postal marking dates.

Please make sure that your chapter and regional websites indicate those scholarships that are specifically awarded by them and not National Scholarships. There is no reason that scholarship applications should be sent from around the country if the information is posted with clear directions. **Again, no National essay and/or scholarship applications are accepted without chapter endorsement and submission.**

Evelyn D. Wilkey Essay
2020 American Education Week Theme
“How Social Media Affects Teens”

GOOD LUCK IN YOUR SUBMISSIONS!

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



Iota Phi Lambda Sorority, Inc. National HQ News



“Business and Professional Women Building the Foundation for Generational Financial Empowerment”

Soror Dorothy M. White

23RD NATIONAL PRESIDENT



National President Message~ Loss of Supreme Court Justice Ruth Bader

We Mourn the Loss of Supreme Court Justice Ruth Bader Ginsburg

We, the National Executive Board of Iota Phi Lambda Sorority, Incorporation and our membership offer our sincere condolences to the family and friends of Justice Ruth Bader Ginsburg, a champion of women’s rights and gender equality.

Ruth Bader Ginsburg, an associate justice of the Supreme Court of the United States was nominated by President Bill Clinton and confirmed in 1993. As the high court’s second female justice, she was known as a fierce fighter for equal justice for all, especially for women.

Justice Ginsburg changed the lives of many, as she championed the rights of women, beginning with her job as the first director of the A.C.L.U.’s Women’s Rights Project in 1972. For many years, even before being named to the Supreme Court, she led the fight in the courts for gender equality. By the time she was named to the bench, she had worked to change many state and federal laws that restricted the rights of women, including a woman’s right to choose. One quote from her on equality, “I said on the equality side of it, that it is essential to a woman’s equality with man that she be the decision-maker, that her choice be controlling.”, acknowledged that a woman has the right to govern her own body and not have it legislated by laws.

She was also instrumental in the passing of the Ledbetter Act in 2009, after writing the dissenting opinion in the Ledbetter v. Goodyear employment discrimination case in 2007. According to Linda Greenhouse, writer for The Times, “Justice Ruth Bader Ginsburg, the Supreme Court’s feminist icon, also known as “Notorious RBG”, not only changed the law, she also transformed the roles of men and women in society”.

We honor her memory and her contributions to the cause of social justice and equality.

Dorothy M. White
23rd National President
Iota Phi Lambda Sorority, Inc.



RUTH BADER GINSBURG
1933-2020

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

Public Relations Committee

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

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"

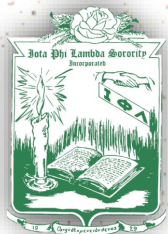
National Information

[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"