

# IOTA PHI LAMBDA SORORITY, INC.

National Theme: "Business and Professional Women Building the  
Foundation for Generational Financial Empowerment"

## THE EXPECTATIONS OF 2022

Sorors, as we continue our Iota journey, we look back to review the past before we look forward with expectations of the future. As we prepare for 2022, let's take a moment to look back at the year 2021. After the turmoil, disorder, and chaos of 2020, we entered 2021 with tremendous optimism. With the availability of the vaccine, we looked forward to the time when we could all go back to our normal lives with no need to constantly wear a mask to protect ourselves from the Covid-19 virus. We believed the rise of the "Black Lives Matter Movement" and the historic election of President Joe Biden and Vice President Kamala Harris would lead to criminal justice reform and more just society for everyone.



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President**

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Instead, we were confronted with an attempt to nullify the election by an insurrectionist mob attempting to shut down Congress to prevent them from certifying the election of President Joe Biden and Vice President Kamala Harris. We watched as many members of the country refused to take the vaccine or wear a mask. We watched with dismay as the Delta variant of the Coronavirus developed and swiftly began to spread across the country, bringing more hospitalizations and death. Not only did we have the Delta variant of the Coronavirus confronting us, but we also had to face, and still face, the threat to our democracy, our right to vote, our right to free and safe elections, all driven by a small vocal minority unhappy with the outcome of the election. We faced the demand of this minority to turn back the clock to a period, where we had book censorship, control of school curriculums, school boards, and a less diverse population.

As Iotans, we look back over 2021 with awe and appreciation of the fortitude of our members, as we dealt with the death of loved ones from COVID and other health issues, personal and professional turmoil, as well as issues of social justice. The coronavirus continued to significantly impact our ability to hold in-person meetings and events, but we persevered. We used our increased technical skills, Zoom and the Whova Platform to host

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**CONTINUATION: THE EXPECTATIONS OF 2022**

our first Virtual National Convention, a four-day convention that took care of Iota business, passed by-laws and entertained. This was a historic event with over 500 Members, Pelati, Men of Iota, and FIL in attendance. This landmark event also included a one-day Youth Summit hosted by our foundation, Lola Mercedes Parker Foundation for Economic Empowerment of Business and Professional Women.

After the convention and what finally appeared to a diminished effect of the virus, we gradually began to relax our guidelines for in-person meetings and events for vaccinated members. We participated in events virtually and in-person that celebrated our renewed interest in self-care and holistic health; we applauded, as many police officers were held accountable for their actions of police brutality; we continued to carry out Iota programs and projects and our unprecedented recruitment of new members. We continued to participate in Iota.Talks webinars, virtual regional conferences, and our first joint “Virtual Small Business Pop Up Vendor Mall” event with Gamma Phi Delta Sorority, Lambda Kappa Mu Sorority, and Eta Phi Beta Sorority. This event was a huge success, with over 40 vendors participating. We also served as an Affiliate Circle Leader for the 2021 National Council of Negro Women Virtual Affiliates Assembly.

As members, the medical authorities, and the public began to breathe a sigh of release and advocate for relaxing the guidelines, along comes the Omicron variant, a more contagious form of the Coronavirus, if not as deadly. So, today we are headed back to shutting down public events and large gatherings, and we still have people refusing to wear a mask or get the vaccine. This refusal offers a continual feeding ground for the virus to mutate into different variations.

Today, we enter 2022 with anticipation and the promise of a new beginning. A beginning filled with expectations; the expectation of finding a way to inspire more people to get vaccinated, so we can control the spread of the virus; the expectation of improved civility in this country; the expectation of a solution to saving our democracy; the expectation of developing strategies to improve the health and self-care of our members and our community; the expectation of continued prosperity for Iota and its members; the expectation of sustained membership growth and the expectation of participating in more organizational and social partnerships.

We pray that the year 2022 will be filled with love, friendship, happiness, tolerance, and empathy for each other and the expectation that civility and truth will once again be the normal expectancy for everyone.

So, as we continue this Iota journey, let's pray that each day brings success, gratification for a job well done, peace and harmony for each of us, and Iota Phi Lambda Sorority, Inc.

*Happy New Year!!!!*

Dorothy M. White  
23<sup>rd</sup> National President



## *In Memoriam*

Since Covid began in 2020, it seems that we have lost many members of our community, including celebrities, sports figures, members of our sisterhood, and friends and family members. This week has brought it home for me, not just losing my brother in 2020, but this week losing two very dear friends that I have known most of my life.

It reminds us to be thankful for the time we share because we never know when that time will end. It reminds us to value our friends and not take them for granted, thinking I have time to call them to connect with them. Life is not guaranteed, and we never know when the end will come, so let's take time to reach out and check on each other and to make time for friends and family.

Today, let's celebrate the lives lost to Omega Chapter during this past year. I am not going to list all the names because I do not want to miss anyone. But I do want to pay homage to Soror Evelyn Faulk, a member of the Kappa Chapter and a member of the Past National Officer's Council.

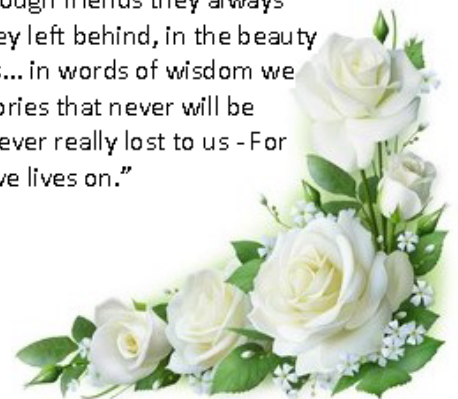


### **Evelyn Boyd Faulk**

**October 22, 1934 - December 25, 2021**

Soror Faulk was a dedicated member of Iota Phi Lambda Sorority, Inc. for over 54 years. She served Iota in many capacities, including Eastern Region Historian and Eastern Regional Director. For her work in the region, she was elected Eastern Region Soror of the Year in 1983 and was inducted into the Eastern Region Hall of Fame in 2003. Today, we celebrate the life of our dearly departed member, Soror Evelyn Boyd Faulk.

*In her poem, "Love Lives On," Amanda Bradley writes,*  
"Those we love are never really lost to us - we feel them in so many special ways-through friends they always cared about and dreams they left behind, in the beauty that they added to our days... in words of wisdom we still carry with us and memories that never will be gone... Those we love are never really lost to us - For everywhere their special love lives on."





**Iota Phi Lambda Sorority, Inc.**  
**IOTA Talks**  
**“Building Capacity To Lead”**

Sunday, January 30, 2022  
 Time  
 5:00 p.m. CDT (3:00 p.m. PDT & 6:00 p.m. EDT)

THEME  
 Membership Matters:  
 An External/Internal Look at Iota Phi Lambda

“If you want to lead you need to grow. Good Leaders are always good learners”. -John C. Maxwell



## *Breaking News*

As of January 1, 2022

National Headquarters: We have moved!!!!

Same building, new and improved office space. We were offered the opportunity to move into a larger office space for a small additional fee per month and we accepted.

### **New Complete Address:**

**Iota Phi Lambda Sorority, Inc.**

**1440 G Street NW Suite 7-191**

**Mailing Address: 655 15th St NW, Suite 800**

**Washington, DC 20005**

**Ph. 202-656-1690**

### **Vendor Liaison and Background Screenings**

Beginning January 1, 2022, all background screenings and vendor communications will be conducted by our National Recording Secretary, Tanesha Mosley. Please send all requests for background screenings and questions for vendor opportunities to Soror Tanesha Mosley at:

**Tanesha Mosley**

**National Recording Secretary**

**6252 Southcrest Dr.**

**Shreveport, LA 71119**

**Ph. (713) 516-5104**

**[ipl.nationalsecretary@gmail.com](mailto:ipl.nationalsecretary@gmail.com)**

## *Breaking News*

## JANUARY 2022

### DATES TO REMEMBER

**Cervical Cancer Awareness Month/National Birth Defects Prevention Month**

**January 1st      New Year's Day**

**January 1st      Emancipation Proclamation Day**

**January 11th    National Human Trafficking Awareness  
Day**

**January 15th    Martin Luther King Birthday**

**January 17th    Martin Luther King Day**

**January 22nd    Roe V Wade Day**

**January 30th    [Iota.Talks Webinar](#)**

**January 31st    [Fredda Witherspoon National Scholarship Due](#)**

There is  
Something Special About  
**IΦΛ**  
Prayer





## ADAPTING TO ZOOM MEETINGS

*How to plan, execute and close an effective chapter zoom meeting*

As we adapt to more Zoom meetings, it is important that we find a way to involve all members. Members must be encouraged to voice their opinions and share ideas. We must find ways to make our meetings more productive and interactive. We are aware of strategies for effective in-person meetings, but in some instances, we must make adjustments for Zoom meetings. According to Dillon Price, a Monster contributor these are the 8 effective strategies needed to run an effective meeting.

1. Establish an agenda with clear goals for the meeting
  - a. Make a list of topics and solutions to be discussed
  - b. Get input from other members of the executive committee
2. Prepare the logistics for the meeting
  - a. Log on early
  - b. Name a cohost in case of equipment failure
  - c. Practice sharing documents, if necessary
  - d. Know ahead of time who will need to share documents
  - e. Have backup copies of all documents, in case of malfunction
  - f. Make sure minutes and reports are sent in time for members to read before the meeting
3. Send meeting invites and reminders
  - a. Sending out timely notices are crucial
  - b. Because we are all busy, it is important to send out a reminder 1 day before the meeting
4. Follow your schedule, meetings must be timely
  - a. Send a reminder 15 minutes before the start of the meeting
  - b. Start on time
  - c. Presenter should not read reports only give highlights of important information and be prepared to answer questions
  - d. Make sure the agenda fit into time schedule
5. Encourage participation and brainstorming. Participation and brainstorming are vital to solve problems and generate new ideas. Every member has something of value to offer. It's just a matter of getting them to speak up.
  - a. Encourage members to read reports and prepare their own questions and concerns prior to the meeting.
  - b. Leave plenty of time during the meeting for questions and comments.
  - c. Create a non-judgmental and conversational atmosphere.
  - d. Address silence and non-participation during the meeting.
6. Add a humorous moment or activity during the meeting.
  - a. Keep members interests alive and active
7. Close meeting with clearly defined next steps. The conversation that takes place at a meeting must translate to action.
  - a. Make sure that commitments, assignments, and deadlines are clearly stated at the end of the meeting.
  - b. Send a list of next steps to each member after the meeting
8. Summarize the meeting in chapter minutes and send it to members no later than 2 weeks after the meeting.
  - a. Ask for corrections
  - b. Send out survey periodically asking for feedback on chapter meetings and what can be done to make them more efficient and engaging

# *I Am The Black Child*

*I am special, ridicule cannot sway me*

*I am strong, obstacles cannot stop me*

*I hold my head high, proudly proclaiming  
my uniqueness*

*I hold my pace, continuing forward through  
adversity*

*I am proud of my culture and my heritage*

*I am confident that I can achieve my every  
goal*

*I am becoming all that I can be*

*I am the black child, I am a child of God*

*-Michael Wynn*

## Black Girls...

Don't be afraid to use your voice. Your thoughts, opinions, and ideas are just as important as anybody else's. When you speak, speak with boldness and purpose. Have courage, be confident, and always be true to yourself! Live your life fearlessly!

Your voice has GREAT power; don't be afraid to utilize it when needed. You're NOT an angry Black woman; you're a woman who has something important to say. Your voice matters and so do YOU.

Stephanie Lahart  
about.me/stephanie.lahart

## Take the 52-Week Money Challenge

While we all recognize the importance of saving money, it can be hard to fit it in when your budget is already stretched thin. Consider trying the 52-Week Money Challenge. There are no complicated rules to remember. Week 1, you save \$1.00. Week 2 you save \$2.00, and it continues through the year, adding one more dollar to each week's savings goal. By Week 52, you'll set aside \$52.00, which will bring the year's total savings to \$1,378!



Week	Deposit	Balance	Week	Deposit	Balance	Week	Deposit	Balance
<input type="checkbox"/> 1	\$1	\$1	<input type="checkbox"/> 18	\$18	\$171	<input type="checkbox"/> 35	\$35	\$630
<input type="checkbox"/> 2	\$2	\$3	<input type="checkbox"/> 19	\$19	\$190	<input type="checkbox"/> 36	\$36	\$666
<input type="checkbox"/> 3	\$3	\$6	<input type="checkbox"/> 20	\$20	\$210	<input type="checkbox"/> 37	\$37	\$703
<input type="checkbox"/> 4	\$4	\$10	<input type="checkbox"/> 21	\$21	\$231	<input type="checkbox"/> 38	\$38	\$741
<input type="checkbox"/> 5	\$5	\$15	<input type="checkbox"/> 22	\$22	\$253	<input type="checkbox"/> 39	\$39	\$780
<input type="checkbox"/> 6	\$6	\$21	<input type="checkbox"/> 23	\$23	\$276	<input type="checkbox"/> 40	\$40	\$820
<input type="checkbox"/> 7	\$7	\$28	<input type="checkbox"/> 24	\$24	\$300	<input type="checkbox"/> 41	\$41	\$861
<input type="checkbox"/> 8	\$8	\$36	<input type="checkbox"/> 25	\$25	\$325	<input type="checkbox"/> 42	\$42	\$903
<input type="checkbox"/> 9	\$9	\$45	<input type="checkbox"/> 26	\$26	\$351	<input type="checkbox"/> 43	\$43	\$946
<input type="checkbox"/> 10	\$10	\$55	<input type="checkbox"/> 27	\$27	\$378	<input type="checkbox"/> 44	\$44	\$990
<input type="checkbox"/> 11	\$11	\$66	<input type="checkbox"/> 28	\$28	\$406	<input type="checkbox"/> 45	\$45	\$1,035
<input type="checkbox"/> 12	\$12	\$78	<input type="checkbox"/> 29	\$29	\$435	<input type="checkbox"/> 46	\$46	\$1,081
<input type="checkbox"/> 13	\$13	\$91	<input type="checkbox"/> 30	\$30	\$465	<input type="checkbox"/> 47	\$47	\$1,128
<input type="checkbox"/> 14	\$14	\$105	<input type="checkbox"/> 31	\$31	\$496	<input type="checkbox"/> 48	\$48	\$1,176
<input type="checkbox"/> 15	\$15	\$120	<input type="checkbox"/> 32	\$32	\$528	<input type="checkbox"/> 49	\$49	\$1,225
<input type="checkbox"/> 16	\$16	\$136	<input type="checkbox"/> 33	\$33	\$561	<input type="checkbox"/> 50	\$50	\$1,275
<input type="checkbox"/> 17	\$17	\$153	<input type="checkbox"/> 34	\$34	\$595	<input type="checkbox"/> 51	\$51	\$1,326
						<b>Success! ■ 52    \$52    \$1,378</b>		

For the Sorors who would like to save even more money, we have another challenge on the following page.



# THE \$5,000 SAVINGS CHALLENGE



Week	Deposit	Balance	Week	Deposit	Balance
1	\$20	\$20	27	\$190	\$2,590
2	\$35	\$55	28	\$200	\$2,790
3	\$45	\$100	29	\$195	\$2,985
4	\$50	\$150	30	\$180	\$3,165
5	\$55	\$205	31	\$170	\$3,335
6	\$60	\$265	32	\$155	\$3,490
7	\$65	\$330	33	\$150	\$3,640
8	\$70	\$400	34	\$130	\$3,770
9	\$75	\$475	35	\$125	\$3,895
10	\$75	\$550	36	\$105	\$4,000
11	\$80	\$630	37	\$100	\$4,100
12	\$80	\$710	38	\$95	\$4,195
13	\$85	\$795	39	\$90	\$4,285
14	\$90	\$885	40	\$85	\$4,370
15	\$95	\$980	41	\$80	\$4,450
16	\$100	\$1,080	42	\$75	\$4,525
17	\$105	\$1,185	43	\$70	\$4,595
18	\$110	\$1,295	44	\$65	\$4,660
19	\$115	\$1,410	45	\$60	\$4,720
20	\$120	\$1,530	46	\$55	\$4,775
21	\$125	\$1,655	47	\$50	\$4,825
22	\$130	\$1,785	48	\$45	\$4,870
23	\$135	\$1,920	49	\$40	\$4,910
24	\$140	\$2,060	50	\$35	\$4,945
25	\$165	\$2,225	51	\$30	\$4,975
26	\$175	\$2,400	52	\$25	\$5,000



## The Coffee Cure



The article below from (<https://blackhealthmatters.com/food-news/the-coffee-cure/>) is very interesting on your brain and caffeine. I learn a lot about drinking my favorite coffee. I hope you enjoy it as well.

~M. Greene~

### The Coffee Cure

#### *That morning cup of Joe might deliver unexpected health benefits*

Can't start your morning without that jolt of java? The good news is that daily cups might deliver unexpected health benefits. Studies show coffee may lower your risk for type 2 diabetes and certain types of cancer (colon, mouth, and throat), as well as protect against heart disease and depression. Though researchers aren't sure why coffee has these benefits—plus a host of others—they speculate that coffee may have antioxidant properties. Call it the coffee cure.

The coffee-diabetes link isn't new, but research presented at the 7th World Congress on Prevention of Diabetes and its Complications, held in Spain, offers further proof that coffee can curb your risk of the disease. "Drinking three to four cups of coffee daily helps lower the risk of type 2 diabetes because of the combination of chemicals contained in coffee beans that are involved in metabolism," Jaakko Tuomilehto, M.D., and co-director of the Congress said in a release.

Here are a few more reasons for you to grab a cup of coffee on your way out of the door in the morning:

- Researchers at the University of South Florida found that caffeinated coffee increases the levels of a hormone that helps produce new neurons, which may boost your memory and reduce your risk of developing Alzheimer's.
- According to a study published in *Circulation: Heart Failure*, moderate coffee consumption—two 8-ounce cups a day—was associated with a lower risk of heart failure.
- Drinking an espresso or cappuccino after a meal can help your body process that meal more slowly. Why? Caffeine decreases the rate at which the stomach deposits your food into the small intestine and it also increases your metabolism. It won't make you drop pounds, but a small post-dinner cup of coffee could help promote a healthy weight.

CONTINUE TO THE NEXT PAGE

**Continuation: The Coffee Cure**

- Of course, staying out of the sun and using sunscreen regularly are your best bets against skin cancer, but caffeinated coffee can reduce your risk of basal cell carcinoma, the most common type of skin cancer. A study out of Brigham and Women's Hospital in Boston found that women who drank more than three cups of coffee a day had a 20 percent lower risk for basal cell carcinoma, and men had a 9 percent reduced risk. The research didn't show a coffee defense against squamous cell carcinoma or melanoma, the deadliest form of skin cancer, and decaf didn't show any protection against skin cancer at all.
- Drinking coffee can ward off depression. A Harvard University study found that women who regularly drink caffeinated coffee are 20 percent less likely to become depressed than non-coffee drinkers. Researchers already knew a jolt of caffeine has mood-boosting effects; it turns on neurotransmitters that boost feelings of well-being right after you take a drink. But this study, which followed a group of women for 10 years, shows it also protects mental health over the long term.
- Caffeine may boost fertility in men. Studies have shown that caffeine has a positive effect on sperm's ability to move toward an egg. In fact, a study conducted at the University of Sao Paulo found that sperm motility was higher in coffee drinkers than in non-coffee drinkers.

Keep in mind that moderation is key to maximizing the benefits of coffee. Don't chug it all day. Diabetics, pregnant women, and people who have trouble sleeping should limit their coffee intake to one or two cups a day.

**Keep the smiles,  
Walk past the tears,  
Forget your worries,  
And look forward to the  
coming year,  
A very Happy New Year  
To You!**

## **HAPPY NEW YEAR**

**Hello Sorors,**

**I am so excited about the upcoming year for our wonderful Sorority. I look forward to all the new challenges that lie ahead.**

**My prayer for Iota Phi Lambda Sorority, Inc. is that we will arise daily and reach every goal set and that our health will be better than ever before.**

**Sisterly,  
Michelle Greene  
National Journalist**