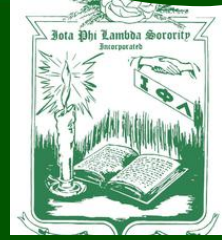


# IOTA BULLETIN

March 2022

Vol. 3



## *President's Message*



Sorors, what a beginning for Women's History Month. We are watching history unfold before our very eyes with the nomination of Judge Ketanji Brown Jackson to become the 116<sup>th</sup> Associate Justice of the Supreme Court. With Judge Jackson, African American women have cracked one more glass ceiling. From Sojourner Truth, Harriet Tubman, Rosa Parks to Michelle Obama and Kamala Harris, the impact of African American women can be felt throughout history.

During the month of March, we pay special attention to the contributions of women to the economy and history of the United States and the world. As African Americans, we pay special attention to the contributions made by women of color.

The National Women's History Alliance designates a yearly theme for Women's History Month. The 2022 theme is **"Women Providing Healing, Promoting Hope."** This theme is "both a tribute to the continual work of caregivers and frontline workers and a recognition of the many ways that women have provided both healing and hope throughout history." Women have usually led the way in mending divisions, healing wounds, and finding peaceful solutions.

African American women have played a tremendous role in the care of our families and the community. From the time of the midwife to the doctors and scientists of today, African American women have led the way in offering support, healing and hope. They are the teachers, doctors, nurses, counselors, mothers, and grandmothers, who are always there to listen and offer hope for the future.

The National Women's History Alliance encourages us to use this month to honor those women in our communities who personify the theme of providing healing and promoting hope. So, during this month, let's identify and celebrate the women in your family and community, who serves as peacemakers and advocates for the underserved and neglected.

The planet does not need more "successful people". The planet desperately needs more peacemakers, healers, storytellers and lovers of all kinds. -Dalai Lama

Sisterly,

*Dorothy M White*

23<sup>rd</sup> National President



# Black Women's History 15 Question Challenge

Created by **Margaret Zierdt**, *National Women's History Project Board Member*

1. Who was head of the National Council of Negro Women for 40 years and received the Presidential Medal of Freedom and the Congressional Gold Medal for her work for social equality?
2. Who was an advocate for civil rights, a fundraiser for NAACP, and the first black person to sign a long-term Hollywood contract in 1942?
3. Who was a member of the Harlem Renaissance, an anthropologist, and the author of many books, including "Their Eyes Were Watching God"?
4. Who was the first American woman to win three gold medals in track and field – in the 1960 Olympics for the 100 and 200 meters and the 400-meter relay?
5. Who was denied permission to sing in the Daughters of the American Revolution (DAR) auditorium because of her race in 1939, but later became the first black person to perform at the Metropolitan Opera in 1955?
6. Who is the dancer, singer, actor, fundraiser, author, and poet who read a specially composed poem at President Bill Clinton's inauguration in 1993?
7. Who was a nightclub and cabaret idol of Paris in the 1920s and a freedom fighter during World War II?
8. What black woman chemist developed an extract from the Awa Root which relieved leprosy symptoms when injected and which was widely used until sulfa drugs were invented in the 1940s?
9. Who was a civil rights activist and President of the Arkansas NAACP who advised the nine high school students who integrated the Little Rock public schools in 1957?
10. Who founded the college that became the Bethune-Cookman University in Florida and founded the National Council of Negro Women in 1935?
11. Who was the first black female newspaper publisher and editor in North America (in Ontario, Canada), and the first black woman to enroll in law school (Howard University)?
12. Who was the first black woman in the world to earn a pilot's license, and was a barnstorming aviator who performed daredevil tricks?
13. Who was the first black Congresswoman, beginning in 1968; and who in 1972 ran for President and won 151 delegates at the Democratic Convention?
14. Who was America's first great black choreographer, dancer, and teacher who formed the first black dance troupe in the 1940s?
15. Who founded the Children's Defense Fund in 1973, a group focusing on helping millions of children living in poverty?



March 2022  
Women's History Month  
IMPORTANT MARCH DATES TO REMEMBER

The birthstone for March is aquamarine, which symbolizes youth, health, and hope.

March 1, 2022 - Fat Tuesday (Mardi Gras)  
March 2, 2022 - Dr. Seuss's Birthday  
March 2, 2022 - National Read Across America Day  
March 2, 2022 - Ash Wednesday  
March 8, 2022 - International Women's Day  
March 10-13, 2022 - Central Regional Virtual Conference  
March 13, 2022 - Daylight Saving Times Begins  
March 15, 2022 - Dorethea Hornbuckle Scholarship Application Due  
March 17, 2022 - St. Patrick's Day  
March 17-20, 2022 - Southern Regional Hybrid Conference  
March 20, 2022 - Equinox Earth Day, First Day of Spring  
March 24-27, 2022 - Southwestern Regional Virtual Conference  
March 31, 2022 - Site Visit to Detroit, MI



Answers to the Black Women's History 40  
Question Challenge

1. Dorothy Height (1912 - 2010)
2. Lena Horne (1917 - 2010)
3. Zora Neale Hurston (1891 - 1960)
4. Wilma Glodean Rudolph (1940 - 1994)
5. Marian Anderson (1897 - 1993)
6. Maya Angelou (1928)
7. Josephine Baker (1906-1975)
8. Alice Ball (1892- 1916)
9. Daisy Lee May Bates (1914 - 1999)
10. Mary Jane McLeod Bethune (1875 - 1955)
11. Mary Ann Shadd Cary (1823 - 1893)
12. Bessie Coleman (1892 - 1926)
13. Shirley Chisholm 1924 - 2005)
14. Katherine Dunham (1909 - 2006)
15. Marian Wright Edelman (1939)





# MoneyPPL

## Things people foolishly waste their money on:

Different socioeconomic classes spend their money on different things. The poor will often spend more money on bills than anything else. At the same time, all groups waste their money, but they do so on different items. The point of the article is not to make you feel guilty about the way you spend your money. It's to make you think about how you spend your money. When you know what you can afford, you may find yourself climbing up the socioeconomic ladder. So, take a moment to learn about where you waste your money and how you can fix it in our list below.

### 1. **Junk Food:**

There is a myth that healthy foods are too expensive. But, have you stood back and looked at the price of fresh fruits and vegetables compared to chips, ice cream, and cookies? When it boils down to it, junk food is more expensive as it doesn't last as long as a bag of carrots or a head of lettuce. Plus, the way your body feels simply isn't worth the price of junk food.

### 2. **Credit Cards:**

Credit cards can become a great way to pay for an emergency if you can handle the payments and paying the amount off sooner. For instance, if you need to put a \$500 on your credit card and your minimum payment is \$25 with an interest rate of 21%, you will pay more on interest than your principal every month. This can take you at least two years to pay off, and that's only if you don't use your credit card again. The moral of the story is to use a savings account to put away a little money each month, even if it is only \$10 to \$20. Use this money for emergencies only, and you don't need to worry about credit cards.

### 3. **Homes Beyond Budget**

Buying your home is one of the biggest days of your life. It's a place that you go to every day for comfort, relaxation, and the safest building you know. Because of this, you spend months trying to find the perfect home. With so much that you believe you need to have in your home, it's easy to lose sight of your budget. Focus on what you can afford.

### 4. **Impulse Shopping**

How many times are you in the checkout lane and you look at all the candy bars, lighters, and other items? These are known as impulse purchases and are placed strategically so you buy them on an impulse.

### 5. **Beautification:**

We all want to be beautiful and, unfortunately, people (especially women) feel the need to schedule regular visits to the beauty salon and nail shop. They desire to wear the best makeup, clothes and shoes. It's all about prioritization when it comes to spending money. Let go of the need to be glamorous through the beauty salon.





## **6. Wasting Food:**

It's not that you want to waste food. It's difficult to know when your family is starving, and when a smaller meal would be best. So, you end up throwing food away. The best way to decrease waste is use leftovers in different dishes or create a different side, so it's like a mixed meal in the next few days to a month, providing you can freeze the leftovers.

## **7. Giving Children Fancy Toys:**

While it is nice to treat your kids every now and then, giving in every time they want an expensive new toy, game, or device will run your finances dry. Plus, children will only focus on most of these items for a few weeks or months, and then they sit there collecting dust. The best option is to keep their fancy devices and toys to a minimum and wait until a special occasion, such as Christmas, to give it to them. The wait will be worth it.

## **8. Miracle Weight Loss Diets:**

You want to lose weight and do it quickly. Instead of focusing on eating healthy and finding yourself losing a couple of pounds a week, you decide to purchase the new miracle diet pill and a couple of fitness products that will help you exercise. But, the chances of these items working as you want are slim. Because you don't have an exercise or weight loss plan, you will soon find your products collecting dust or selling them at your next garage sale for not even half of the price.

## **9. New Trends:**

Fashion and trends change quickly and often overnight. If you start buying one item, you will need to purchase the next thing because you need to keep up with the style. However, you can't afford the latest purse, dress or shoes. You have other priorities for your finances, and it's not a fancy pair of pants that you can find for cheaper in a few months.

## **10. Going Out:**

We all need to go out and enjoy ourselves from time to time. It's great to go out with your friends for a drink or go out with your partner to a movie, but you don't need to do it every Friday night or every payday. Take one day a month and go out with your friends or invite them over to your house for a movie night.

## **11. Newest Technology:**

In some ways, this is another way of keeping up with your friends. You want the newest and greatest technology because of all the features it gives you. On your phone, you get a better camera, thinner or bigger phone, and something that looks new and what other people want. But, if you think about it, there is very little difference from one phone to the next. Even if you have the money to pay for a new phone, it doesn't mean you can afford it.



Excerpts from Money PPL Business Stories





# EPSILON PSI



November 2021 - January 2022 Quarterly Email Newsletter created by our Journalist

## NOVEMBER



Congratulations to our newly elected National Journalist Soror Michelle Greene from the Southern Region!

## DECEMBER



Epsilon Psi presents and welcomes the Elements of Epsilon Psi!! Sorors Dr. Katherine Y. Brown, Traci Cochet, Hope Oliver, Furtasha Woods, Kashonda Smith, Dr. Paris Love, Lisa Johnson, Dr. Donna Goodrich, Tiara Talley, and Alisa Richardson



EP was one of the sponsors for Humble Beginnings Pitch Contest. EP's donation assisted with all kids having money to pour back into their own businesses! Humble Beginnings is a non profit organization that offers mentoring and educational support with an emphasis on financial literacy to students in underserved communities. Our FILS attended this event with Soror President Millhouse and Sorors Perry, Adams and Bowers. Congratulations to the winner, Kandles by Kierra!



Soror Goodwin (pictured left) assisting parents with toy choices.



Iota Community Service in Action for Toys for Tots! Volunteers for the event were Sorors Ross, Clinton, Smith, Perry, Bowers and Soror President Millhouse.

## Spotlight on Southern Region



# EPSILON PSI



November 2021- January 2022 Quarterly Email Newsletter created by our Journalist

## DECEMBER



Our former FIL DJ Harris and MOI Doug Harris delivered diapers that the Chapter collected for Portico's Holiday giveaways. Portico is an agency that offers a safe place of hope and restoration and believes that every story matters when dealing with unexpected pregnancy.



## JANUARY



We would like to wish you a happy, prosperous and safe New Year!!



FIL's Are on the Move!! Our recent virtual FILS meeting featured Guest Speakers who were former FIL's, Soror Tiara Talley and Corey Adams. The two speakers spoke how the FILS program made them feel like a family unit that enjoyed fun activities. Key takeaways from the speakers were to listen to your parents and be creative.



Don't let Glaucoma darken your life!!!



January is Cervical Cancer Awareness Month

13,000 Women in the U.S. are diagnosed with Cervical Cancer each year.





# Spotlight on Southwestern Region

## EPHI PARTICIPATES!

### Regional Health and Wellness Committee Power Word Activity

For the month of January, our Assistant Southwestern Regional Director, Soror Wendy Jacques, asked each chapter to have members to submit their "Power Word" for 2022 to her by January 15, 2022. The Epsilon Phi Chapter Sorors had a few Sorors to submit their word and were able to be a part of the photo collage below by Soror Jacques. Thank you to Madam President, Soror Cynthia, Soror Andrea, Soror Jo Ann, Soror Audrey and Soror Kelli for representing our chapter with your submissions. We encourage all Sorors to write your Power Word down or place it somewhere that you can see it daily to have a constant reminder.



### POWER WORDS

Responsible  
Efficient  
Caring  
Altruistic  
Inspire  
Love  
Eminent  
Persistence  
Perseverance  
Take Care of Your Mind



### 75th SOUTHWESTERN REGIONAL CONFERENCE

March 24 - 27, 2022

Conference Theme:

"Women, Power, & Leadership"

LOCAL ACTIVITIES  
JANUARY 2022 INFO

## EPHI CELEBRATES!

### Epsilon Phi Chapter 6th Year Anniversary

The Epsilon Phi Chapter is excited to celebrate another year of outstanding service to our community. According to the Eternity Rose website, "In America, the theme for the 6th anniversary is Iron, representing the strength in a relationship, as well as natural truth and good luck for the future." As we build on strengthening our relationships, we decided to have some virtual fun together. During the week of Sunday, January 9, 2022 through Friday, January 14, 2022, we participated in EPhi Anniversary Week to celebrate our 6th Anniversary via social media and with each other. Below is a description of each day and on the next few pages are photos of a few of our activities throughout the week.



Sunday - Chapter 6th Anniversary Virtual Vision Board Party on ZOOM using Canva.com, Microsoft Word, or Physical supplies. Please share on GroupMe after the event.

Monday - Share additional Motivational quotes or phrases in the comment section of our Social Media posts, share via GroupMe, and share to a sick & shut-in Soror.

Tuesday - Turtle "Turn-Up" Tuesday, we will wear green, white, turtles, or EPhi/Iota gear and share.

Wednesday - "Wednesday Wisdom" - Share business or professional tips in the comment area of our Social Media posts and feel free to share on GroupMe.

Thursday - Throwback Thursday: We will share past photos of ourselves such as youth photos, for a Guess who type of share. You can add a comment to say where it was from as well.

Friday - Financial Friday: Let's stick to the National Theme and Empower each other and our audiences with Financial tips during the pandemic via our social media platforms.

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## Business Tips & Fun Mindfulness Activities

Celebrating Six Years!!!



Can You Solve This???

<https://im-a-puzzle.com/share/118a8c72d73c2a4.jpg>

Word Search Fun

Epsilon Phi Celebrates Six Years...

TYEOWNCTWENTYFTHETID  
NWEAFIYADGGKEHEZDL  
VDIEMHHCACWICIC  
SENGISELOOOPUMWIA  
PCINIKAFORPHIBVUS  
SHOLEXSEFFICIENTGLG  
IQPNFJESORORITYTBL  
LLPTUDLOKAVADOLIV  
OROWNAMAYVAFICA  
NZRLREASDFLTAKASA  
PCADABIOCTWENTYINT  
HETZOSPROFESSIONALSD  
IWEQIUYRGIKESRZSG  
BNDGDIJZKQMSROUVM  
MDARYAORRFXPUXALIV  
BAUNHINALFUREUSGQI  
GRLPYAILTSIJZMAYV  
FIRSTINCTENDFVRHFP  
RWCYVFGILETAFJYNS  
JXJOKZAUZBUSINESSY

Professionals	Epsilon Phi	Incorporated	Leta's Girls
Twenty-Nine	Efficient	Business	Nineteen
January	Sixteen	Sorority	Twenty
Eminent	Lambda	Humale	First
TEXAS	Iota	June	Phi

### Business Tips

10 Successful Tips for Starting a Business  
for Beginners - Cermati.com



<https://xoloconsulting.com/10-successful-tips-for-starting-a-business-for-beginners-cermati-com/>

Marketing Guide for Beginners,  
Pros, and Business Owners

<https://www.delegated.com/resources/marketing-guide>

Get your marketing off the ground

- Learn from your competitors
- Start with one or two channels at a time
- Start with measurable budget topics and trends
- Track efforts to put on your marketing fun
- Measure, measure, measure

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# Spotlight on Far Western Region

FWR UNIVERSE

## Gamma Mu



Gamma Mu celebrated 60 years during the 2021-2022 Sorority Year.

Charter Member of Gamma Mu Chapter, Iota Phi Lambda Sorority, Inc.



Happy 103rd Birthday  
Gamma Mu Chapter  
charter member  
Bernadine Baker

Zeta Kappa set up a special Lunch with Past National President, Stephanie Dilworth, and Central Regional Director Dr. Cheryl Scott. Included in the photo is Soror Dilworth's daughter and he mother of both Soror Dilworth and Soror Scott.



Zeta  
Kappa

Lunch with New Sorors

[www.iotafwr.org](http://www.iotafwr.org)

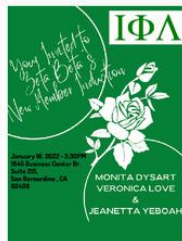


FWR UNIVERSE

## ZETA Beta



The Zeta Beta Chapter was proud to adopt this lovely family of seven after a horrific accident. It truly takes a village and we are better off being able to friend them for the holidays. Their smiles say it all.



Although we are busy, membership remains one of the chapter's highest priority. On January 16, 2022, Monita Dysart, Jeanetta Young and Veronica Love joined the Sisterhood.

[www.iotafwr.org](http://www.iotafwr.org)

FWR UNIVERSE

## Beta Nu

Beta Nu chapter presenting  
a giftcard to a group home  
for Thanksgiving



Pajama donation to a local  
elemenatry



Holiday Party 2021

[www.iotafwr.org](http://www.iotafwr.org)



# Spotlight on Central Region

## EPSILON NEWS



Celebrating the legacy of Mary McCleod Bethune with the Cuyahoga County Chapter of National Council of Negro Women.



The lovely Ladies of Iota Phi Lambda Sorority, Inc. Chapter participated in at Channel Fox 8 "Stuff the Bus". We donated school supplies to assist students with ensuring that they will have what they need.



## Alpha Chapter Christmas Celebration Gift Drive For Vital Bridges



Gifts were provided to 11 children who are clients of Vital Bridges. The Facilitators of this project were Soror Carolyn Wortham and Soror Deborah Mayfield of our Alpha Chapter Community Service Committee. Due to COVID19 restrictions and client privacy we could not be pictured with the children or their families. Pictured are some of the gifts and some of the Alpha Chapter Sorors who participated.



Soror Sharon Kirby White, Alpha Chapter President is pictured with James Hogkins of Vital Bridges.



Soror Carolyn Wortham



Soror Aja Winding



This scarf was handcrafted by Soror Allie Thompson.



Soror Tyonne Anderson



## Alpha Chapter Christmas Celebration Gift Drive For Vital Bridges continued



Soror Tyonne Anderson is pictured with James Hogkins of Vital Bridges.



Soror Tyonne Anderson



This scarf was handcrafted by Soror Allie Thompson.



Gifts were donated by the following

Alpha Chapter Sorors:  
Soror Tyonne Anderson  
Soror Corrine Compton  
Soror Lolita Ford- Eubanks  
Soror Kanacia Gayden  
Soror Yolanda Jeffries  
Soror Dr. Fonda Karin  
Soror Naomi Kilpatrick  
Soror Shanaya Capo Kolaras  
Soror Sharon Kirby-White  
Soror Deborah Mayfield  
Soror Andrea Montgomery-Sabazan  
Soror Ann Terrell  
Soror Allie Thompson  
Soror Kimberly Walters  
Soror Nedra Washington  
Soror Dorothy White  
Soror LaShaunda Williams  
Soror Aja Winding  
Soror Carolyn Wortham

Alpha Chapter Community Service Committee  
Soror Dorothy M White, Chairperson  
Soror Shanaya L. Capo Kolaras, Assistant Chair  
Soror Tyonne Anderson  
Soror Lolita Ford- Eubanks  
Soror Aretha Hughes  
Soror Deborah Mayfield  
Soror Shannon Seals  
Soror Kimberly Walters  
Soror Carolyn Wortham  
Soror LaShaunda Williams





# Spotlight on Eastern Region



Iota Phi Lambda Sorority, Incorporated  
Zeta Mu Chapter and Men of Iota (MOI)

## BOOKDRIVE



HELP CHILDREN IN OUR COMMUNITIES HAVE  
ACCESS TO BOOKS AND EXPERIENCE THE  
JOY OF LEARNING AND READING.

Please drop-off or ship NEW children's books from Kindergarten to 5th Grade level to the locations below on March 12-13, 19-20, and 26-27 from 12 p.m. to 5 p.m. Drop-off box will be provided on the front porch of locations.

### DROP-OFF LOCATIONS:

THOMAS LAW  
1828 PEACHTREE LANE  
BOWIE, MD 20721  
(301) 602-8832

JAMES BELTON  
1825 PEACHTREE LANE  
BOWIE, MD 20721  
(240) 535-9820

### Types of Books to purchase:

- Generic Workbooks
- Activity Workbooks
- Children's Books
- African American Fiction and Nonfiction Books
- African American Authored Books

Deliveries will be made to the participating elementary schools below on Friday, April 1, 2022.

### Participating Elementary Schools:

- Concord Elementary School
- William Beane Elementary School
- Suitland Elementary School

If you have any questions, please contact the Zeta Mu Chapter at [ipizetamu@gmail.com](mailto:ipizetamu@gmail.com).

THANK YOU  
FOR YOUR  
SUPPORT

## Understanding Your Credit Score

### IMAP FINANCIAL LITERACY

The IMAP Committee hosted a Virtual Financial Education Seminar on January 27, 2022, titled "Understanding Your Credit and Your Credit Score". Virginia Credit Union Senior Financial Education Specialist, Sylvia Watford, was the guest speaker for the seminar and provided information on personal credit and credit scores.

Ms. Watford was presented with a certificate and a token of appreciation of a \$50 eGift Card. Non-Soror participants were gifted with certificates of participation and eGift cards in the amount of \$25.

Fifteen Sorors, along with invited guests, attended the seminar.

The IMAP committee purchased items in the amount of \$75, via Amazon Smile, to donate to the East End Pregnancy Center.

#### How to improve your FICO score

- Always pay on time
- Pay down existing debt
- Diversify your credit
- Check your reports for errors
- Keep your old accounts
- Limit balance transfers
- Avoid excess credit applications
- Be patient

#### 3 STEPS TO REBUILD YOUR CREDIT

Step 1: Find the old debts and pay them off

- Pull a free credit report and review for any delinquent payments

Step 2: Open up a loan and make consistent payments

- Pay loan payments consistently and have a variety of loans to build a credit score

Step 3: Be Patient

- Rebuilding credit is a slow process, but no matter how bad your score, you can still build it back

FOR MORE INFORMATION VISIT [WWW.VACU.ORG](http://WWW.VACU.ORG)

Gamma Delta

