



Iota Phi Lambda Sorority, Incorporated

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

Sorors, when joining Iota, your first order of business was to learn the purpose, mission and aim of Iota, because they define who we are as an organization. They also determine the type of programs we present to members of our communities. We, as an organization of business and professional women view our obligation as one of empowering women and youth through education, financial literacy, leadership training and entrepreneurship. When we raise the status of women through financial and social awareness, we empower them to become leaders in their communities.

As we look back in history, we see that women have always been the driving force in our communities. They have made incredible contributions to the economic, social, educational and political policies of this country and the world. As an organization, we seek to empower women with the tools necessary to make decisions that will enhance the lives of their families and their communities. When you educate and empower a woman, you educate an entire generation. As Melinda Gates stated, *"What I learn from talking to so many women around the world: If you can empower them with the right things, the right tools. They can lift up their family. And that ultimately lifts their community and their society."*

The turmoil and chaos across the globe, especially in Ukraine and Haiti, are having a tremendous effect on the stability of families in these countries. As the men are either leaving to protect their homeland or being killed by gangs, it becomes necessary for the women to assume the role of major breadwinner for the family in their country or as refugees in a neighboring country.

During this time of crisis, Iota Phi Lambda, Incorporated will join with other organizations to help provide assistance to these families. We will strive to fulfill our mission of empowering women to become self-sufficient through entrepreneurial endeavors by initiating a national humanitarian partnership in the village of Lebrum, Haiti. We hope to make a difference in the lives of the women in this village by sponsoring several of them, as they train to become entrepreneurs to support their families. *"Success isn't about how much money you make, it's about the difference you make in people's lives."* – Michelle Obama

We are also providing information for any member or chapter who wish to support the women and children of Ukraine. We have identified an organization working to support the Ukrainian refugees displaced by the war. The organization, "Save The Children" is working in partnership with Amazon to provide immediate relief in Ukraine. If you wish to support the Children's Emergency Fund, you may do so by donating to the fund through Amazon or donating directly to **Save the Children's Emergency Fund**.

For more information on both initiatives, please see the attached articles.

Sisterly,

Dorothy M. White

23rd National President

Iota Phi Lambda Sorority, Inc.

Business and Professional Women Building the Foundation for Generational Financial Empowerment

LEBRUM, HAITI



Sorors, several weeks ago, I approached the National Board with the idea of sponsoring a national humanitarian initiative by supporting the people of Ukraine. After careful consideration and discussion with members of the Board and other Sorority members, we have decided to switch targets and focus on the opportunity to develop a relationship with the village of Lebrun, Haiti.

I have found that Haiti is still in dire need of basic needs to educate, house and care for its people. Because of her connections, I asked our National Executive Director Vonetta Martin to identify charities in Haiti that work directly within the communities. She contacted Mr. Serge Bellegrade, a respected member of the Organization of American States, who teaches Haitian Creole to volunteers traveling to Haiti and lives in Silver Springs, Maryland to recommended several organizations working in Haiti.

After reading information about the two organizations that he recommended, we have selected to partner with **HavServe**, a nonprofit organization operating in the village of Lebrum. HavServe comes from the understanding that is you have, you can serve. If you have time, you can serve. If you have compassion, you can serve. If you have resources, you can serve. If you have knowledge, you can serve. Its motto is: If you Have, you too can Serve.

HavServe is a 501© (3) nonprofit organization, Tax ID 27-2525894, founded by Carline Brice-Mesilus, a native of Haiti, who works as a Training and Development Consultant in Maryland. It was established after the earthquake of 2010. HavServe is a volunteer service network incorporated in Maryland, dedicated to partnering with targeted communities in rural Haiti to rebuild and provide sustainable basic services primarily in the areas of education and youth development. They support community-led developments through volunteerism, by empowering villagers with education, training and basic services necessary for them to play a role in determining their own future. Their technical experts are all 100% per bono, thereby reducing the cost of operation. I encourage you to read more about this organization, including their HavServe Shop: A Sustainable Gift Catalog, on their website, HavServe.org.

You may purchase items, such as school supplies, textbooks, sewing machines, or purchase sponsorships for individuals. Purchases cost varies from \$2 to \$300.00. There were several

Continuation

sponsorships and items listed in the catalog that relate to our mission, one in particular, addresses the needs of women engaged in business vocations.

After viewing the catalog, the sponsorship of a woman entrepreneur seems to best fit our purpose and mission. As we prepare to celebrate Founder's Day, what better way to honor the memory and vision of our founder than to encourage entrepreneurship that will benefit the survival of the family and the village. So, we have decided to purchase a sponsorship for several women entrepreneurs as a national humanitarian initiative. The cost is \$200.00 per year per entrepreneur.

We are asking our members and chapters to support this national initiative for Founder's Day, with a goal of engaging in a long-term partnership with the village of Lebrum, Haiti. As we celebrate 93 years of service, we applaud the work that each chapter has provided within their individual communities. This national humanitarian initiative will give us the opportunity to expand our service on a global level, to actively participate in a way that will have a positive impact on an entire village.

We are asking each chapter to support the goal of raising \$5,580 to empower the women of Lebrum, by donating \$93 to this national initiative. This will allow us to sponsor 20 women entrepreneurs and buy at least 20 goats. This important sponsorship program will allow for self-sufficiency and empowerment for the women of Lebrum. But we can only achieve this goal with the help of our members. If you would like to participate in this initiative, please submit your chapter donation to our national financial secretary by May 28th.

The National Executive Board thank you for participating in this humanitarian initiative as we strive to make a difference in the global community by empowering women across the globe.

"Behind every successful woman is a tribe of other women who have her back." Written by Anonymous

Sisterly,

Dorothy M White

Dorothy M White
23rd National President

"One of the lessons that I grew up with was to **always stay true to yourself** and never let what somebody else says distract you from your goals."

- Michelle Obama



**Save the
Children®**

Amazon is partnering with its global humanitarian partners to provide immediate relief in Ukraine. Customers who wish to support the people of Ukraine can do so by donating cash to the following humanitarian organization.



Save the Children.

EMERGENCY ALERT

**Ukraine Crisis
Relief Fund**

Photo by: Oksana Parafeniuk / Save the Children

Save the Children's Ukraine Crisis Relief Fund supports humanitarian programs aiming to reach 3.5 million children and their families with immediate aid and recovery such as, food, water, hygiene kits and dignity kits, psychosocial support, safe spaces and cash assistance in Ukraine and neighboring countries.

Save the Children has been operating in Ukraine since 2014, including in the conflict-impacted regions of Donetsk and Luhansk. They offer services that includes supporting their access to safe, inclusive, quality education, providing psychosocial support, distributing winter kits and hygiene kits, and providing cash grants to families so they can meet basic needs such as food, rent and medicines, or so they can invest in starting new businesses.

If you wish to support the Children's Emergency Fund, you may do so by donating to the fund through Amazon or donating directly to **Save the Children's Emergency Fund** to help children in crisis in Ukraine and around the world grow up healthy, educated and safe.

“Self-esteem means knowing you are the dream.”

– Oprah Winfrey

IMPORTANT MAY DATES TO REMEMBER



Celebrating our Founder May 29, 2022

May Observances

May 2022 is Observed as	National Blood Pressure Month Teacher Appreciation Week - May 1 - 7 National Nurses Week - May 6 - 12 National Women's Health Week - May 8 - 14
May 1	May Day
May 1	Law Day
May 3	National Teacher Day
May 5	Cinco de Mayo
May 5	National Day of Prayer
May 5	African World Heritage Day
May 7	Kentucky Derby
May 7	National Fitness Day
May 8	Mother's Day
May 12	National Fibromyalgia Awareness Day
May 20	Malcolm X Day
May 21	National Armed Forces Day
May 23	Turtle Day
May 25	National Missing Child Day
May 29	Memorial Service for our Founder, Lola M. Parker All Chicago area sorors are invited to participate, information will be sent to chapter presidents
May 30	Memorial Day
May 30	National Multiple Sclerosis Day



We Salute Mothers From Around The World

We celebrate Mothers around the globe for their spirit and their gifts to the world. We honor the mothers in Ukraine as they protect their children. We celebrate the mothers in Haiti, as they strive to keep their children safe and healthy, we celebrate all mothers who sacrifice so that their children can have a better life. Mothers come in all colors, shapes, and sizes with many different characteristics. But, no matter what, we love them for their generosity, their care, and their unconditional love.

A Mother's Love

By Jodi L. Landes

A mother loves right from the start,
No matter if her children are near or far apart.
A mother gives never-ending love.
She gives us comfort and peace like a beautiful dove.
For us she will always do her best,
Even when we put her patience to the test.
She wipes our tears,
Chases away our fears,
Encourages us to follow a dream,
No matter how farfetched it may seem.
Her gifts can never compare to any other.
I am so honored to call her my mother.
Looking back on another year,
I was so lucky to have a mother so dear.
So Mom, on your special day, relax and enjoy
And always know that I couldn't have asked for any other
More incredible person to call my mother.
I love you, Mom!

So, on Sunday, May 8, we say thank you to all the mothers who spent their lives nurturing and raising us.
Happy Mother's Day!

NATIONAL SMALL BUSINESS WEEK - MAY 2 TO MAY 6, 2022

Theme: "Building a Better America Through Entrepreneurship"



NATIONAL SMALL BUSINESS WEEK VIRTUAL SUMMIT

May 2-5, 2022

Hosted by:



For more than 50 years, the U.S. Small Business Administration (SBA) has celebrated National Small Business Week, which recognizes the contributions of America's entrepreneurs and small business owners. National Small Business Week 2022 celebrates the resiliency and tenacity of America's entrepreneurs who are doing their part to power our nation's historic economic comeback.

NSBW is sponsoring a 4-day virtual summit to share tools and information that entrepreneurs need to further power our economic growth, strengthen our supply chains, and deliver the products and services Americans depend on every day. This virtual summit is free and will give information on how to access online federal resources and present educational sessions. If you are a small business owner and would like more information, please go to the Small Business website to register for this summit.

5 FACTS ABOUT SMALL BUSINESSES

(According to National Today.Com)

1. Small businesses constitute 99% of all businesses in the U. S.
2. Millennials and Generation Z are 188% more likely to start their own businesses than baby boomers
3. Half of all small businesses fail during the first year.
4. 42% of those businesses fail because there is no demand for their product or services
5. Since the pandemic, 31% of all small businesses have become non-operational

Let's continue to celebrate small business owners in our communities by highlighting them on our social media pages.

"Success is liking yourself, liking what you do,
and liking how you do it"

- May Angelou



Iyanah Scarbrough Member of Delta Rho Chapter

Wells Fargo/TMCF Scholarship Awarded to Student at Alabama State University

By Kenneth Mullinax/ASU

An Alabama State University honor student who has worked numerous jobs to help her stay in school full-time has received a scholarship that will lessen her financial burden as she prepares to graduate in May and fulfill her dream of helping at-risk kids have a brighter future.

Iyanah Scarbrough, a native of Birmingham, is the recipient of the 2022 Wells Fargo HBCU College Completion Scholarship Program, which is sponsored by the Thurgood Marshall College Fund (TMCF). Scarbrough, a Criminal Justice major who holds a 3.8 GPA, said winning the scholarship gives her "peace of mind."

"To win this scholarship means the world to me because I am now assured that all of my bills to ASU will be taken care of and I can take part in my upcoming graduation program," Scarbrough said. "This also enhances my faith in humankind because it shows me that there are people who care about advancing the college careers of students just like me. I have to thank Wells Fargo, the Thurgood Marshall College Fund staff and ASU's Office of Career Services, which made me aware of this scholarship opportunity."

The Criminal Justice major is presently working part-time as a substitute teacher in Montgomery, which allows her to help educate and by example, influence at-risk youth, which she says is her 'calling' in life. "I hope to one day make a difference in the lives of others, especially our youth. At some point, I want to start my own nonprofit organization to cater to the advancement of underprivileged youth," she said.

Scarbrough stated that attending Alabama State University has not only given her a great education, but it has also opened many doors for her. "Our ASU and this scholarship are playing a key role in shaping me into being a successful person in the future. Because of all the wonderful things that ASU has provided me, I can only hope that one day I will be in a position to also bring help, encouragement, and assistance to another student in need of a hand up. I cannot express my gratitude enough to the University and to its office of Career Services," Scarbrough explained.

Watch Scarbrough's TMCF acceptance video by clicking here: <https://www.youtube.com/shorts/s2aKOW2AMQ0>

7 Savings Strategies to Inflation - Proof Your Vacation

By Tracy E. Hopkins
Form

<https://www.sistersletter.com/work-money/7-savings-strategies-to-inflation-proof-your-vacation>

Economists predict that everything our families bought last year may set us back an extra \$5,200 more this year. These tips can help keep travel in your budget.

1. Park it. During the pandemic, it was a godsend for many of the city slickers among us to escape our urban surroundings and explore the great outdoors. So, keep those nature girl vibes going and map out an itinerary that includes a visit to one or more of the 63 official national parks in the U.S. (In total the National Park Service oversees 423 sites, including many that are far less visited than big-name parks). A lifetime park pass, \$80 for those over 62, gets you into all of them.

2. Save on Sundays. Are you ready to fly the friendly skies again? As an incentive, a study by the Airlines Reporting Corp. showed that Sunday was the best day to get the lowest airfares. But Sunday may not be the only day to save on airfare. A separate study by Expedia showed flight discounts on Thursdays and Fridays. Whenever you decide to jet set, consider getting a second booster, and be sure you pack face coverings, antibacterial wipes and hand sanitizer.

3. Fly from hubs. Insider tip: If you want to save some of your hard-earned coin, it might make sense to drive or take a taxi or a car share to a big-city hub. Airlines use hub airports to consolidate planes and cut costs. That means fares are cheaper and stopovers rare when you fly between hubs.

4. Be on alert. Whether you're the type of traveler who can pack and be ready to roll in a jiffy or someone who likes to plan trips well in advance, you can keep track of discounts on flight fares by subscribing to websites like Kayak, Skyscanner or Airfarewatchdog. These trip-savvy and time-saving sites will also notify you when destinations reopen to travelers and alert you to entry restrictions and quarantine requirements.



5. Eat like a local. Oftentimes, the concierge will point you to pricey restaurants near your hotel, and it's a given that you may find more affordable and authentic dining options outside of the tourist trap zone. So do yourself a favor, sis, and chat up that local shopkeeper or do a little web browsing on where to find cheap eats and Black-owned restaurants.

6. Find free attractions. Free is our favorite four-letter word. So why pay admission to chase waterfalls, swim at a beach or go on a scenic hike if you can explore similar sightseeing highlights free of cost? Before you pay to play, check online maps or chat with a local to find a similar activity that's safely off the beaten path. Search "free attractions" and your destination. While planning, you can compare destinations based on which offer the best freebies. For instance, Washington, D.C., with dozens of free museums and outdoor spaces, is a bargain for culture lovers. You can even enjoy free boat tours on the Anacostia River.

7. Bottle up! That same bottle of water you can pick up for a dollar at a drugstore or street cart can run you \$2 to \$4 per bottle at the airport! But here's a penny saver tip — tote your reusable water bottle with you, which can get through a TSA checkpoint, as long as it's empty. And once you're through security, simply fill it up at a water station and stay hydrated before you board and on your flight. Plus, you can save money on beverages throughout your trip.

To stretch your budget further, look for ways to save on home, food, auto, insurance and more before you go.

The Fitness Trend We've Been Craving: Exercise Snacks

Got 12 minutes? Short intervals of exercise can benefit metabolic health, muscle tone, mood and more.

When I turned 40, I was also newly expecting. Throughout the pregnancy, I was sure to stay healthy by continuing my daily workout routine of walking, yoga and resistance training. Although I showed myself grace when I didn't have enough energy to complete a full workout, I was consistent. Each workout, usually taking up to 30 minutes or an hour, was a small sacrifice to pay for keeping myself and my unborn child healthy.

While the labor and delivery went well, the postpartum period presented challenges I wasn't quite ready for. About two weeks after giving birth, I was hospitalized (twice) for blood clots in the deep veins of my right leg, or deep vein thrombosis (DVT). The clot was a massive full blockage from groin to ankle. The DVT left my entire right leg swollen and heavy, and it left me unable to walk. Throughout a proposed six-month recovery, my doctor said that walking and movement was actually the best way to help dissolve the clot over the coming months.

But how was I going to work out with a pain so great that I couldn't be on my feet for an extended period of time? Cue exercise snacks.

What are exercise snacks?

The second my doctor and physical therapist suggested I get back to moving by incorporating exercise snacks throughout the day, I immediately thought, "Wait, they want me to eat during workouts?" But that's not what they meant. Exercise snacks are short intervals of movement as opposed to longer, more formal workouts. For instance, an accumulated day of exercise snacks might include a few 10-minute walks in between longer bouts of sitting or stretching periodically during the day. According to the American Heart Association and the U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion, adults should get at least 150 minutes of moderate exercise or 75 minutes of high intensity exercise per week. These numbers can be overwhelming if you are super busy. Traditional workouts like a resistance training session or 3-mile walk can take anywhere from thirty minutes to an hour to complete.

Incorporating exercise snacks into your daily routine doesn't have to be difficult. Ashley Brailsford, 38, founder of a nature-based family experiences program, Unearthing Joy, naturally works short intervals of exercise into her day seamlessly. "If we use children as the model for how exercise snacks work, we see that allowing individuals to engage in free play outside is the catalyst for movement," says Brailsford. "Playing tag and throwing objects to each other is just as important as a planned workout."

In addition to outdoor play, there are many exercise snacks to try at home or on the go, including:

- Marching or jogging in place
- Jumping jacks, squats or lunges
- Parking your car further away or taking the stairs
- Tending to your garden
- Cleaning the house
- Stretching or yoga poses
- Using a floor pedal exerciser while working
- Taking a brisk walk during a break

Exercise snacks for the win! Spending less time working out doesn't have to mean sacrificing your health.



THIS ARTICLE IS BY **BY TONYA ABARI**
[HTTPS://WWW.SISTERSLETTER.COM/
HEALTH/THE-FITNESS-TREND-WEVE-
BEEN-CRAVING-EXERCISE-SNACKS](https://www.sistersletter.com/health/the-fitness-trend-weve-been-craving-exercise-snacks)

FAR WESTERN REGIONAL CONFERENCE



Far Western Regional Activities



Don't Forget to Connect With Us At:
<https://linktr.ee/iotaphilambdasorority>