



The Eastern Region Narrator

Fall 2024

“Achieving Excellence with Intentional Purpose”



Regional Director Corner •

Dr. Audrey Douglas-Cooke, Eastern Regional Director

Dear Esteemed Members of the Eastern Region of Iota Phi Lambda Sorority, Inc.

As we approach the end of another year, I want to take a moment to express my heartfelt gratitude for your unwavering dedication and hard work throughout the year. Each chapter has been working and not shirking! Your commitment to our shared values and goals has been nothing short of inspiring.

We have experienced several losses. However, we know that God makes no mistakes, and we must celebrate and not mourn the homegoing of our dear sisters as well as our loved ones. For death leaves a heartache no one can heal, but love leaves a memory no one can steal. Indeed, those who touch our lives, stay in our hearts forever.

As we look to the future, resources are scarce, and costs are rising. I encourage each of you to continue seeking ways to meet the needs of your respective communities. Our strength lies in our ability to make a positive impact, and together, we can achieve great things. Let us remain steadfast in our mission to uplift and support those around us.

With the holiday season upon us, I extend my warmest wishes to you and your loved ones. May this festive season bring you joy, peace, and cherished moments with family and friends. It's a time for reflection, gratitude, and celebration of the bonds that unite us as the Eastern Region.

As we usher in the New Year, let us carry forward the spirit of hope, resilience, and unity. May 2025 be a year filled with new opportunities, growth, and continued success both personal and professional, for all of us. Together, we will overcome any challenges that come our way and emerge stronger and more united.

Thank you for being an integral part of the Eastern Region and for your continued efforts to make a difference. Wishing every Soror, Pelati, Fil, MOI, Vendor & guest, a wonderful holiday season and a prosperous New Year.

With heartfelt gratitude and warm regards,

Your ERD,
Soror Dr. Audrey Douglas-Cooke





Announcements

DATE: December 6, 2024

TO: The Outstanding Chapter Presidents & Sorors in the Eastern Region

FROM: Soror Dr. Audrey Douglas-Cooke

SUBJECT: Conflict with date of upcoming 88th ER Conference - 2025

Greetings Chapter Presidents. As you are aware, our upcoming Eastern Regional Conference will be held in the beautiful Williamsburg, VA at an outstanding hotel whose new Conference Center will give us an opportunity to have an excellent conference. The dates are April 24, 2025 - April 27, 2025

Unfortunately, Pharrell Williams will be having his 'Something in the Water' - 2025 Music Festival on April 26 & 27. The hotel has informed me that they will be holding us to the cut-off date for reservations for our conference as they are already getting requests to reserve rooms.

Chapter presidents, it is critical that you repeatedly encourage your sorors who are planning on attending the conference to register and book their hotel rooms no later than February 15th, 2025. I will not be able to find any additional rooms if a soror misses the registration & hotel reservation window.

We will open registration in the next couple of weeks to ensure each Soror who is planning on attending has a room at the newly renovated Doubletree Hotel in Williamsburg, VA. If you have any additional questions, please reach out to your chapter president. Thank you Sorors.

National Theme: - Professional Businesswomen Propelled by Ingenuity: - Intentional Purpose #Designed1929 #Driven2023-2027 #Distinction2029

ER Theme: - Achieving Excellence with Intentional Purpose



Welcome New Sorors



C.Y.P.H.E.R

Delta Phi Chapter, Howard University Fall 2024



F8thful Pearls of Wisdom

Gamma Chapter, Washington DC Fall 2024



Welcome New Sorors



Kappa Chapter, Baltimore, MD Fall 2024



Gamma Delta, Richmond, VA, MD Fall 2024



Welcome New Sorors



First Row (Left to Right):

Janet Brooks, Dawn Kennedy, Ayanna Young, Chandra Coleman-Truitt, Dana Jiles, Monette Russell-Ward, Janeale Gottlieb-George, Dr. DeArndra Hendricks, Khadyne Augustine, Amina Brown, Sheena Foster, Victoria Richardson, Leila Dickerson

Second Row (Left to Right):

Moriah Terry, Makeda Terry, Sharice Edwards-Rutherford, Anginette Browder, Sandiel Thornton, Shalanda Stephens, Tameka Taylor, Ngina Jackson, Kayla Brown, Arial Pegues, Janice Hall, Kandice Collier





Omega Sorors

EPSILON ZETA ANNOUNCES THE PASSING OF SOROR IVY BRATHWAITE WILLIAMS

It is with profound sadness that we announce the passing of Soror Ivy Brathwaite Williams, a cherished charter member of Epsilon Zeta Chapter in St. Thomas, U.S. Virgin Islands on Monday, December 2, 2024. She bravely fought a brief battle against breast cancer. Soror Ivy was a remarkable leader, a dedicated friend, and an inspiration to us all. Her unwavering commitment to our values and mission has left an indelible mark on our organization and the community at large.

As we mourn her loss, we celebrate her legacy of service, compassion, and sisterhood. Ivy was not just a sorority sister; she was a beacon of strength and positivity, and her passing leaves an unforgettable mark on our lives.

While we mourn the loss of Soror Ivy, we also celebrate her life - a life filled with love, courage, and an unwavering commitment to making the world a better place. Let us remember her not just in our grief, but in our actions, our kindness, and our dedication to one another. Ivy may be gone, but her spirit will continue to guide us as we move forward together, united in sisterhood.

Rest in peace, Soror Ivy. You will be deeply missed, but never forgotten.





Upcoming Events & Important Dates



88th Eastern Regional Conference
Doubletree by Hilton
Williamsburg, VA
April 24-27, 2025



Dr. Audrey Douglas-Cooke
Eastern Regional Director

*“Navigating a Changing
Landscape with
Intentional Purpose”*



Donna Osborne
President, EH Chapter
Conference Co-Host





Beta Chronicles



12.01.2024

Hartford, CT

Volume2 Issue1



Welcome Message from Chapter President, Ms Joyce Balfour



Welcome back to Beta Chronicles, the official newsletter of Beta Chapter, located in the Eastern Region. The sisters of Beta Chapter have been busy planning, implementing programs, and engaging in activities that reflect our commitment to sisterhood, service, and scholarship. As we embark on another exciting sorority year, I want to take a moment to express my gratitude for the dedication and hard work each member brings to our chapter.

This past year has been filled with challenges and triumphs, and I am incredibly proud of how we have come together as a sisterhood to support one another and our community. Our recent events have not only strengthened our bonds but have also made a positive impact on those around us. From our community service projects to our social gatherings, every moment spent together has reinforced the values we hold dear.

Looking ahead, we have a variety of programs planned that will foster personal growth, deepen our connections, and enhance our leadership skills. I encourage each of you to get involved, share your ideas, and take advantage of the opportunities that lie ahead. Your voice matters, and together, we can continue to make Beta Chapter a place where everyone feels valued and empowered.

As we move forward, let us remember to support one another, celebrate our achievements, and embrace the challenges that come our way. Together, we can create an environment where every sister feels inspired and uplifted.

Thank you for your unwavering commitment to Beta Chapter. I am excited to see all that we will accomplish together this year. Here's to a successful and fulfilling journey ahead!

In sisterhood,
Joyce Balfour
President, Beta Chapter

In this issue...

1. Chapter President's message
2. Eastern Regional Summit
3. Beta's first annual sisterhood retreat
4. Community involvement - Back-to-school drive and adopt a classroom
5. Breast Cancer Awareness Month
6. induction of New Soror
7. American Education week (Tea Party & Luncheon
8. Thanksgiving Food drive

Check us out on

 Iota Phi Lambda Sorority, Inc.
Beta Chapter

 [iotaphilambda_betachapter](https://www.instagram.com/iotaphilambda_betachapter)

BETA ATTENDS EASTERN REGIONAL SUMMIT



100% of Beta Members Attended the 2024 Eastern Regional Leadership Summit

On Saturday, August 10th, 2024 Beta Chapter members actively participated in the Eastern Regional Leadership Summit. The summit was held virtual and all Beta chapter members were in attendance. It was an enriching experience that allowed us to connect with sisters from across the Eastern Region and learn from some of the most inspiring leaders in our organization. Numerous speakers and topics centered on leadership development, community participation, chapter growth, and personal growth

BETA'S FIRST ANNUAL RETREAT

Setting Goals and Objectives for the Upcoming Sorority Year

Beta Chapter held the first sisterhood weekend overnight retreat. Mrs. Darlene Klase, LMSW, Director of the University of Connecticut's Organization & Skills Development Division, in partnership with the State of Connecticut's Department of Social Services, held a workshop to kick off the event. In her present position, Mrs. Klase is also the Town of Windsor, Connecticut's Deputy Mayor. As we established goals and objectives for our upcoming sorority year, she guided the group in a SWOT analysis. The energy and originality that our members brought to the conversations was amazing.

A mindfulness workshop followed and was led by Ms. Tanesha Harris and Ms. Kimone Reid. Ms Harris is a former FIL. This exercise in mindfulness was a lesson on how to unwind and ease tension by learning to employ methods like guided imagery and appropriate breathing.

Next, sorors participated in a 10-minute fun chair cardio workout using a YouTube instructional video. Chair exercises have been shown to increase functional strength and mobility, preserving independence as one ages. They are an excellent choice for those who are new to exercising and have limited mobility. The rest of the weekend was focused on encouraging sisterhood via enjoyable activities and camaraderie.

Welcome to...

Beta Chapter's 1st Sisterhood Retreat

"Refresh, Renew, Reset - Beta sisters driven by commitment, engagement and goals."

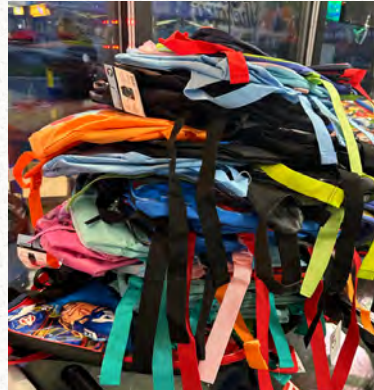
BETA CHAPTER
IOTA PHI LAMBDA SORORITY INC.

Refresh, Renew, Reset - Beta sisters driven by commitment, engagement and goals

RETREAT ITINERARY

4:00pm - 4:15pm	Greetings by Joyce Balfour, President, Beta Chapter
	Welcome & Purpose by Geraldine McHugh-Williams
	Introduction of Workshop Facilitator by Judy Williams
4:15pm - 5:45pm	Workshop Facilitated by Mrs. Darlene Klase
5:45pm - 6:00pm	Mindfulness by Tanesha Harris, Former FIL and Scholarship Recipient
6:00pm - 6:15pm	Chair Aerobics
	Dinner
7:00pm - 7:30pm	Retreat Wrap-Up
	Fun Night of bonding and sisterhood Begins

COMMUNITY INVOLVEMENT AND DONATIONS



Beta chapter donated to Seek Therapy/AllXity's back-to-school campaign in August in order to help children living in Hartford's North End. The event, which is in its tenth year, was held on August 25, 2024. For school supplies, backpacks, clothing, shoes, toiletries and feminine products, hundreds of children (Pre-K to High School) and their parents lined up. The children also got free haircuts and braids from on-site hair stylists and barbers in the area.

When a fire truck including first responders stopped by the event, the children had the opportunity to explore and learn about fire safety and the fire service.

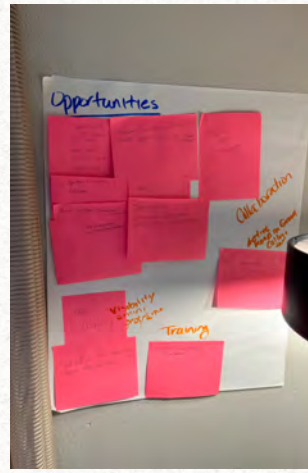
Families also waited in line for meals, health and wellness advice and inquire about tutorial services.

On the day of the event, Beta chapter members were in charge of one of the numerous booths.

BETA CHAPTER ADOPTS A CLASSROOM

In August 2024, Ms. Smith's eighth-grade class at Thurman L. Milner Middle School in Hartford, Connecticut, was the recipient of generous school supplies from the Beta chapter. Ms. Sarsha Smith, a previous honoree and recipient of the Apple for the Teacher award, shared her heartfelt appreciation for the sorority's thoughtful donations. In addition to the school supplies, Beta also provided the school nurse with essential feminine products for the female students. Furthermore, the sorority has committed to using the eighth-grade classroom as a designated space for their activities throughout the current academic year.





**BETA'S RETREAT
August 31-September 1, 2024**



THEME: "REFRESH, RENEW, RESET... BETA SISTERS DRIVEN BY COMMITMENT, ENGAGEMENT AND GOALS"



BREAST CANCER AWARENESS MONTH



The members of Beta Chapter participated in the annual Making Strides Against Cancer Walk on October 6th, 2024 at Dunkin' Donut Park, home of the Hartford Yard Goats professional baseball team. Team leader, Soror Janet Falconer-Crawford reported that the chapter tripled its donations as compared to last year. Sorors, MOIs, former FILs along with family and friends all came out for this worthwhile cause. As the teams walked they were cheered on by high schools cheerleaders from Hartford and surrounding towns.

BETA CHAPTER WELCOMES A NEW MEMBER



On Saturday, October 19, 2024 Soror Andrea Grant was officially welcomed into the sisterhood during a heartfelt induction ceremony. After the event, she was celebrated with an abundance of welcome gifts and warm wishes from her new sisters.

AMERICAN EDUCATION WEEK ACTIVITY



TEA PARTY

On Saturday, September 14, 2024, Soror Wendy Lee hosted a welcoming Tea Party at her home for the seven educators who will be celebrated at the upcoming 34th annual Apple for the Teacher Luncheon in November. During the gathering, the teachers were briefed on the details of the event.



AMERICAN EDUCATION WEEK ACTIVITY

34TH ANNUAL APPLE FOR THE TEACHER LUNCHEON



In observance of American Education Week, Beta Chapter presented the apple, a distinction award, to seven exceptional educators from the Greater Hartford area on Saturday, November 16, 2024. The State Legislature also congratulated the teachers on their achievements and gave them citations. Dr. Audrey Douglas Cooke, our esteemed guest and Eastern Regional Director, was available to help with the presentations. The bios were delivered by Ms. Marilyn E. Rossetti, the majority leader of the City of Hartford council.

ST. MONICA'S CHURCH THANKSGIVING TURKEY & FOOD DRIVE GIVE AWAY ON NOVEMBER 26TH

For their Thanksgiving giveaway, the women of Beta Chapter were available to help the parishioners of St. Monica's church package food goods and turkey. More than 125 families registered in advance for the packages. The Greater Hartford area has one of the highest rates of food insecurity in the state, with about 20% of Hartford households classified as food insecure.



Gamma Chapter of Washington, DC | Iota Phi Lambda Sorority, Inc.

The GAMMA GAZETTE

VOLUME 36 | ISSUE 2

SEPTEMBER-NOVEMBER 2024

Fall
2024
Special Edition

POWER OF SHE
Sneaker Ball &
Community Awards

MENTORSHIP
Delta Phi Chapter
Howard University

WELCOME
FALL 2024
New Members

2024
AMERICAN
Education Week



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MESSAGE FROM THE CHAPTER PRESIDENT

Season's Greetings from the Gamma Chapter President

As we approach the close of another remarkable year, I extend my warmest wishes to you all. This year has brought its share of challenges, triumphs, and growth, and together we have navigated it all with grace, determination, and sisterhood.

We began this service year with a strong kickoff, launching the Power of She: Community By Our Side with Every Stride, and have since achieved many milestones. Our efforts have aligned with the National Executive Board and Eastern Regional Leadership as we prepare for the monumental 96th National Anniversary Convention in July 2025. Locally, we've strengthened our connections within Washington, D.C., and the surrounding areas through collaborations with chapters like Zeta Mu and Delta Phi Undergraduate Chapter (DC). Under the guidance of our National President, we continue to expand our membership, ensuring our beloved sisterhood grows even stronger.

As we finalize the first half of the 2024-2025 service year, I am overwhelmingly proud of our chapter's accomplishments. Through perseverance and dedication, we have consistently met the needs of our target audiences. Yet, as we celebrate these successes, I present a challenge to each of us: Let us deepen our connections on a personal level. Beyond the work we do, let us strive to reach out to one another—whether it's a call or a text—simply to check in and share in our bond as sisters.

Let us also remain steadfast in nurturing our partnerships, such as those with Turner Elementary, while expanding our impact into middle and high schools in Washington, D.C. By fostering these relationships, we ensure our legacy of service continues to thrive.



To every member of Gamma Chapter, I am inspired by the dedication and professionalism you bring to our mission. Let us continue to embrace each other's strengths, supporting one another to achieve even greater heights in the new year.

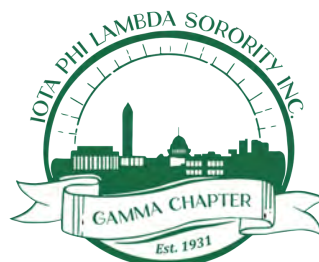
Wishing you and your loved ones a joyful holiday season filled with peace, love, and renewal.

Warm regards,

A handwritten signature in black ink that reads "Vonetta B. Martin".

Vonetta B. Martin

Gamma Chapter President (DC)
Iota Phi Lambda Sorority, Incorporated
Past National Executive Director, 2015-2023



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[facebook.com/IPLGammaChapter](https://www.facebook.com/IPLGammaChapter)

COMMUNITY

School Connect

Soror Angela Homer holding it down at the Alfred Street Annual HBCU Festival as an official volunteer. Gamma in the community to help elevate our youth.

REACHING OUR YOUTH



PRIORITIZING EDUCATION IS KEY!

It's never selfish to love, prioritize, and adore your journey in education or continue to support it like our Gamma sorors, Homer (l), Dorsey (m), and Morgan Craft (r) at the Alfred St. Baptist Church HBCU Fair.

Soror Leona Nicholas (l) attended the Alfred Street Baptist Church HBCU Fair with her nephew, Joel Nicholas (shown on the next page), introducing him to the world of education through historically black colleges and universities. He visited all the way from New Jersey. She got a chance to pose with her line sisters, Sorors Dorsey (m) and Harris (r).



Iota Phi Lambda Sorority, Inc.

EVELYN D. WILKEY NATIONAL YOUTH ESSAY CONTEST



American Education Week Observance- November 2024

National Essay Theme: "Why is Diversity, Equity, and Inclusion Important in Education?"

COMPLETED

Show off your writing skills and compete for the National title in this competitive essay contest.

REQUIREMENTS

- Essay Application
- 500-Word Essay
- Typed double-spaced
- 8 1/2 x 11 size white paper (white)
- Declaration of Originality properly signed



Gamma chapter's Youth & Education Taskforce did outreach with the Executive Committee and received applications for the essay contest that were submitted to the Eastern Region on Nov. 30th.



Middle & High School Contest

APPLICATION

[Essay Contest Details](#)



Congratulations!

LOCAL WINNERS!

GAMMA MIDDLE SCHOOL SUBMISSIONS:
GRAYSON BESS, 8TH GRADE

GAMMA HIGH SCHOOL SUBMISSIONS:
ZORA ACOFF, 9TH GRADE

BACK TO SCHOOL *Jam*

Sorors Virginia Jones, Chapter President Vonetta Martin, and past Eastern Regional Treasurer and Gamma member, Soror Nicole George held it down in a crowd of over 500 attendees at the Fall 2024 Turner Elementary Back to School Jam open house. They connected, talked, and collected names of families and local educators for the essay contest.



GAMMA MAKING NEW FRIENDS

Soror Nicole George stood near a fellow table for the Back to School Jam at Turner Elementary, only to find out that she met a fellow Virgin Islander and long time DC resident Alena Plasket of DKG.



GAMMA GIVES 30 SCHOOL BACKPACKS AT BACK TO SCHOOL JAM

Soror Virginia (l), Program Manager Danielle Battle (m), and Chapter President Vonetta Martin (r).



THE
Power of
SHE
SNEAKER
BALL
Awards



THE LADIES OF IOTA PHI LAMBDA SORORITY, INC. GAMMA CHAPTER OF WASHINGTON, DC
& THE IOTA PHI LAMBDA SORORITY GAMMA ENRICHMENT & EMPOWERMENT FUND INC.
PRESENT



THE
Power of
SHE
SNEAKER
BALL
Awards



12
OCT

1:00 PM EST
DOORS OPEN AT 12 PM
DOUBLETREE BY HILTON
WASHINGTON DC CRYSTAL CITY
300 ARMY NAVY DRIVE
ARLINGTON, VA 22202

TICKETS ON SALE NOW \$120* | LINK IN BIO
*EVENTBRITE FEES NOT INCLUDED
TAX DEDUCTION NOTICE: DONORS CAN DEDUCT CONTRIBUTIONS
UNDER IRC SECTION 170



SCAN
ME



Scan the QR code for the official program booklet.



CHAIRWOMAN, SOROR TANGILA BROGDEN
AWARDING POS 2024 AWARDEE SLOAN.

POWER OF SHE
Honorees

Gamma welcomed and congratulated an outstanding group of women as their Power of SHE 2024 awardees. This is event synonymous with Iota's national Business Woman of the Year program, but unique to the DC chapter. Kudos our women making an impact in the DMV and show above -1) Danette Sloan, 2024 POS Style Icon Awardee ; 2) Tashira Halyard Wellness Warrior Awardee; 3) Shaquetta Hassell, 2024 POS Empowerment Awardee ; 4) Angela "Angie Ange" Hailstorks, Media Maven Awardee; 5) Chef Huda Mumin. 2024 POS Entrepreneurial Excellence awardee; 6) Marjuan Canady , the first ever 2024 POS awardee of the newly conceptualize Kendra Gibson Youth & Community Award. We closed out with a special tribute to Soror Kendra Gibson who was the original chairwoman for the 2024 POS until her passing.

Welcome Faithful Pearls of Wisdom



1. Noah-Simone Blackwell "Speak LPhife";
2. Michelle Bunny Turner "BesT-in-Class";
3. Ayoka Fajardo "TrAnquil Storm";
4. Teila Gonzalez "Audacity DePhined";
5. Caniece Bynum "Effervescent Emerald";
6. Jasmine Matthews "Hidden Phigure";
7. Shaunta' Mitchell "Phoever Resilient";
8. Denaya Simmons "Persistent Pearl"





IOTA PHI LAMBDA SORORITY GAMMA

Enrichment Empowerment

FUND, INC.

Gamma chapter is proud to have created its 501 (c)(3) charitable arm in 2015 and revived it in Fall 2023 while achieving tax deductible status through the IRS. The chapter as a 501 (c)(6) entity and its charitable arm continues its building blocks towards a brighter future. The GEEF is compliant and based in Washington, DC. It aims to:

- (1) make financial distributions to organizations that qualify as exempt organizations under Section 501(C) (3) of the Internal Revenue Code for education and charitable purposes;
- (2) promote interest in business, professional, & entrepreneurial education among high school and college students, young adult and adults through planned educational programs;
- (3) give or grant scholarships to individuals;
- (4) support by funding planned and executed educational programs by Gamma Chapter;
- (5) work in-tandem with Gamma chapter of Iota Phi Lambda Sorority, Inc. organized since April 28, 1931 to provide the aforementioned community support and services.



contactus@iota-gammadc-eef.org



<https://www.iota-gammadc.org/eefund>



2024 DONORS SPOTLIGHT



Major Donors

Donations of \$1,000 and more

Nicole & Preston Ford

Teresa Gonzalez and the Capital Group

Booster Donors

Donations under \$100

Eugene Hildebrand III Genesis Zimmermon

Marjuan Canady Michelle Contee Turner

Power Donors

Donations of \$100 to \$500

- Alisha Charleston-Acoff Angela Homer
Barbara Redden Bridget Turner Camille Tillar
Cherwana Harris Christine Garrett Cory
Darden Milam Crystal Jones Denise Filien
Eric Wood Genitra Andrews-Hypolite Imani
Panton-Blake Iolene Goode Jasmine Frazier
Jerime Garvin Judy Belton Karleshia Dorsey
KaShauna Spratley Kenneth Hawkins Khalila
Lomax Lakeisha Wilson Lakeshia Hurling
Lynette Queen Maxine Samms Washington
Melissa Resil Michelle Lewis Nadase
Proctor Peaches Hassell Rachel Hall Rick
Martin Stephanie Polk Tangila Brogden
Teresa Gonzalez Towana Gooch
Virginia Jones Vonetta Martin**

Upcoming EVENTS

WINTER / SPRING 2025

President Martin's Sisterhood Brunch
Celebrating 21 Years Iota Young
January 11, 2024 @ 4 PM, Baltimore, MD



Gamma IMAP /Service Day Project
in Partnership with DC Diaper Bank
January 15-19, 2025

E-Committee & Membership Teams Sponsors
Winter Retreat | New Year Level Set / Game Night
January 2025 - Date TBD

Gamma Black History Month
Showcase of African Americans and Labor
February 2025

Gamma March Madness Gathering
MOI & Gamma Soror Partnership
March 2025

Gamma.TALKS! Return
Protecting Your Peace Kick-Off
January to April 2025 Series

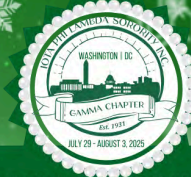


Gamma Golf Tournament Fundraiser
May 2025



SUMMER 2025

Iota Phi Lambda Sorority, Inc. 96th National Annual Convention:
Host Chapter Tentatively Planned Events/ Activities



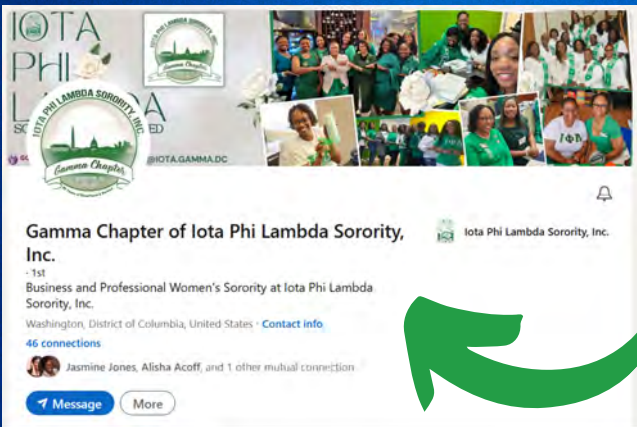
July 29th to August 3rd
Convention Hospitality Suite

Homecoming Hype Bowling/Game Night Party
July 30, 2024

Gamma Turtle Trot @ Convention
Self &/or Group Driven & Virtual

Gamma DC Scavenger Hunt @ Convention
Self &/or Group Driven & Virtual

Delta Phi & Gamma Chapter
Service Activity @ Convention



Don't forget to connect with us on our NEW LinkedIn page!

<https://www.linkedin.com/in/plgammachapter/>



Have questions about Slack?

Join Soror Angie for

TECH TUESDAYS

Every Tuesday @ 12PM-1PM

Email techteam@iota-gammadc.org to schedule time with Soror Angie





CELEBRATE

BIRTHDAYS, ANNIVERSARIES, & MORE NOVEMBER / DECEMBER

Sorors & MOI/FIL Birthdays

Nov. 2024

Soror Alisha Charleston Acoff - 1st
Soror Lakeisha Wilson - 14th
MOI Cedric Wilson Nov 17th
FIL Liyah Filien Nov 19th

Dec. 2024

Melissa Resil - 6th
Jasmine Frazier - 13th

Anniversaries

Nine Legends of the Fall - 14th
New D.A.W.N - 20th
Wedding - Soror Tira and MOI Lindsay Stephens

Celebrating Years of Service to Iota Phi Lambda Sorority, Inc.

Nov. 2009 (15 Yrs)

Nicole Ford
Tira Oliver Stephens
Angela M. Homer

Cory Milam

Nov. 2020 (4 Yrs)

Fatou Drammeh

Dec. 2022 (2 Yrs)

Isha Charleston-Acoff
Cherwana Harris
Denise Johnson
Kendra Gibson - Omega chapter
Lakeisha Wilson
Leona Nicholas
Lorelle Langhorne
Virginia Jones
Khalila Lomax
Karleshia E. Dorsey
Natalie P. Davis
Stephanie A. Polk

Let's
Celebrate



Recurring Dates

Chapter Meetings - 3rd Saturday of every month*
Youth & Education Committee- 4th Monday
Membership - 1st Wednesday
Finance/Treasurer - 1st Thursday
Programs - 2nd Tuesday
PR/Marketing/Journalist - 4th Monday
National Convention Planning - 4th Tuesday
Correspondence/Sunshine - 4th Wednesday



Connect with us on our socials: (clickable links!)



www.iota-gammadc.org



[@iota-gamma.dc](https://www.instagram.com/iota-gamma.dc)

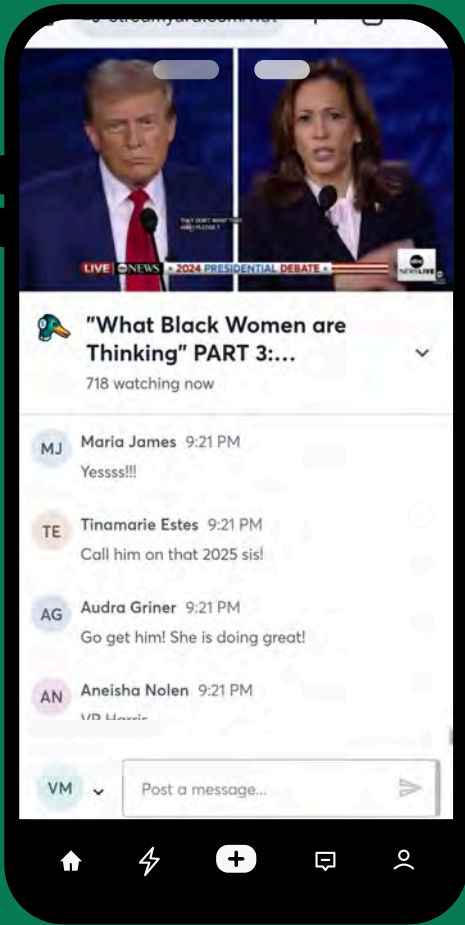


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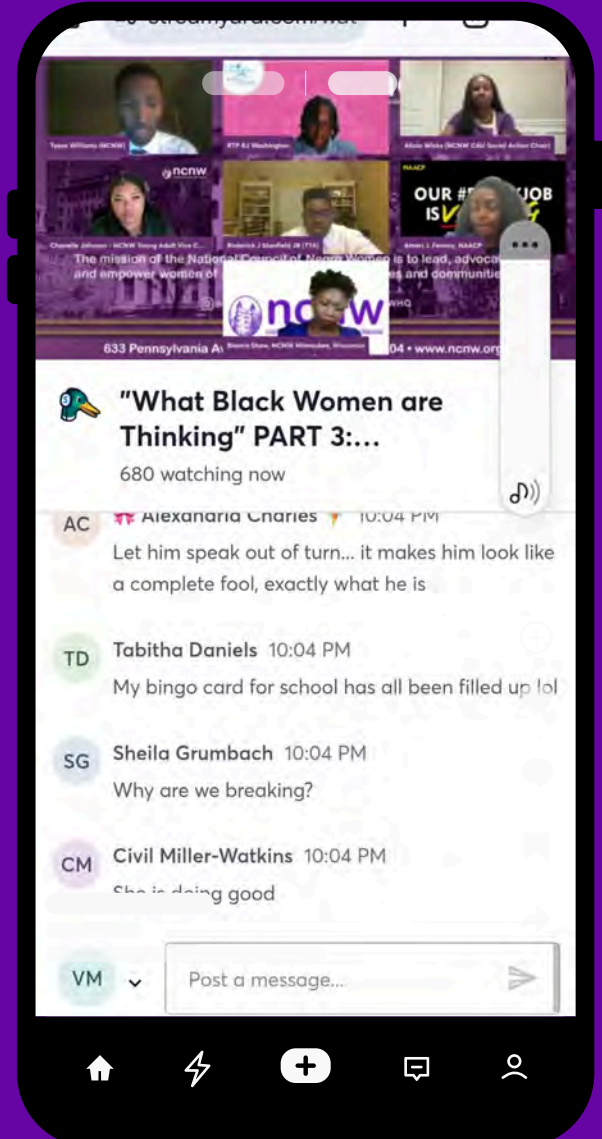
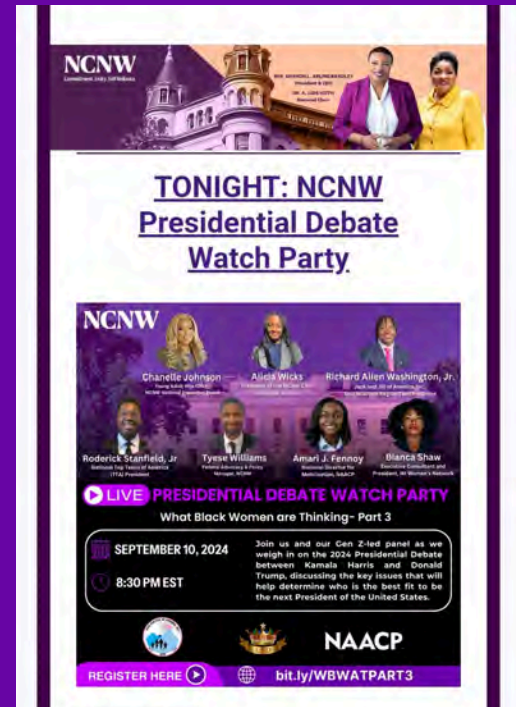


[@GlamGammaIPL](https://www.x.com/GlamGammaIPL)

Look out for correspondence via email and Chapter Google Calendar for up-to-date events and deadlines



Tuesday, Sept. 10, marks the first Presidential Debate between Kamala Harris and Donald Trump and will discuss issues that will determine which candidate is the best fit to be President of the United States of America. Join us 8:30 p.m. EST for the "What Black Women are Thinking" (PART 3): Presidential Debate III, Watch Party. NCNW YACA, Collegiate Section, and the National Social Justice Committee are pleased to partner with Jack and Jill of American, Inc. and Top Teens of Top Ladies of Distinction, Inc.



LIVE

"What Black Women are Thinking" PART 3: Presidential Debate Watch Party



SEPTEMBER 10, 2024



5:00 PM



96TH NATIONAL ANNIVERSARY CONVENTION | HOST CHAPTER

Happy Holidays



GAMMA CHAPTER & THE GAMMA ENRICHMENT & EMPOWERMENT FUND



www.iota-gammdc.org



[@iota-gamma.dc](https://www.instagram.com/@iota-gamma.dc)



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IOTA PHI LAMBDA SORORITY INCORPORATED OMICRON CHAPTER

Omicron Observer



WHATS IN THIS ISSUE:

- EXECUTIVE BOARD ANNOUNCEMENT
- MAKING STRIDES AGAINST DOMESTIC VIOLENCE AND BREAST CANCER
- VOLUNTEER WORK
- AMERICAN EDUCATION WEEK AND HONORING EDUCATORS
- SISTERLY RELATIONS



OMICRON CHAPTER NEW SITE

NOW LIVE AT [[HTTPS://WWW.IOTA-OMICRON1935.ORG/](https://www.iota-omicron1935.org/)]

A MESSAGE FROM OUR PRESIDENT

I bring you a warm sisterly greeting from the Omicron Chapter here in New York City. While the weather may be cooling down, our sorority year is just starting to heat up. Over the past few months, we've had the opportunity to collaborate with various organizations and enjoy some fun sisterhood moments. We've also launched a brand-new, improved website—be sure to check it out!

Sisterly,

Soron Minti Alfred

President





MEET OUR 2024-25 *Executive Board*



IOTA PHI LAMBDA SORORITY INC. *Omicron Chapter - Executive Board 2024-25*

THE OMICRON CHAPTER OF IOTA PHI LAMBDA SORORITY, INC. IS PROUD TO ANNOUNCE OUR EXECUTIVE BOARD FOR THE 2024-2025 SORORITY YEAR! LEADING US AS PRESIDENT IS NINTI ALFRED, WITH NICOLE RICHARDS SERVING AS 1ST VICE PRESIDENT AND AALIYAH SHARIF AS 2ND VICE PRESIDENT. JENNIFER GUMBS WILL MANAGE OUR FINANCES AS TREASURER, WHILE MONIFA MORGAN SERVES AS FINANCIAL SECRETARY. JAEALYN MADDREY TAKES ON THE ROLE OF CHAPTER JOURNALIST, AND EBONI BRUNSON WILL GUIDE OUR SISTERHOOD AS MEMBERSHIP CHAIR. TOGETHER, THIS DYNAMIC TEAM IS READY TO UPHOLD OUR LEGACY AND LEAD US INTO AN IMPACTFUL YEAR AHEAD!



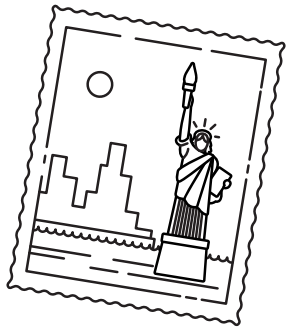
BREAST CANCER AWARENESS MONTH

IN OCTOBER, WE SPREAD LIGHT ON BREAST CANCER AWARENESS BY SHARING INFORMATIVE GRAPHICS AND RAISING AWARENESS THROUGH OUR INSTAGRAM. WE HIGHLIGHTED IMPORTANT FACTS ABOUT BREAST CANCER AND SHARED WAYS TO GET INVOLVED, INCLUDING OUR PARTICIPATION IN THE MAKING STRIDES AGAINST BREAST CANCER WALK. TOGETHER, WE'RE WORKING TOWARDS A FUTURE WITHOUT BREAST CANCER!



DOMESTIC VIOLENCE AWARENESS MONTH

IN HONOR OF DOMESTIC VIOLENCE AWARENESS MONTH, WE SHARED AN INFORMATIVE VIDEO TO SHED LIGHT ON THIS CRITICAL ISSUE AND PROVIDED RESOURCES TO SUPPORT THOSE IN NEED. TOGETHER, WE CAN RAISE AWARENESS, SPREAD HOPE, AND EMPOWER CHANGE.



MAKING STRIDES

ON OCTOBER 27TH, OMICRON CHAPTER PROUDLY JOINED THE FIGHT AGAINST BREAST CANCER BY PARTICIPATING IN THE MAKING STRIDES AGAINST BREAST CANCER WALK IN THE BRONX, NY. THIS IMPACTFUL EVENT, HOSTED AT THE BAY PLAZA MALL, BROUGHT TOGETHER SURVIVORS, SUPPORTERS, AND ADVOCATES FOR A POWERFUL CAUSE. WE TOOK PART IN THE 1.5-MILE WALK TO RAISE AWARENESS AND CRITICAL FUNDS FOR BREAST CANCER RESEARCH, TREATMENT, AND PREVENTION. THROUGH OUR COLLECTIVE EFFORTS AND THE GENEROSITY OF OUR SUPPORTERS, WE WERE ABLE TO CONTRIBUTE \$292 TO THE AMERICAN CANCER SOCIETY. WE ARE HONORED TO STAND IN SOLIDARITY WITH THOSE AFFECTED BY BREAST CANCER AND REMAIN COMMITTED TO SUPPORTING THE JOURNEY TOWARD A CURE.

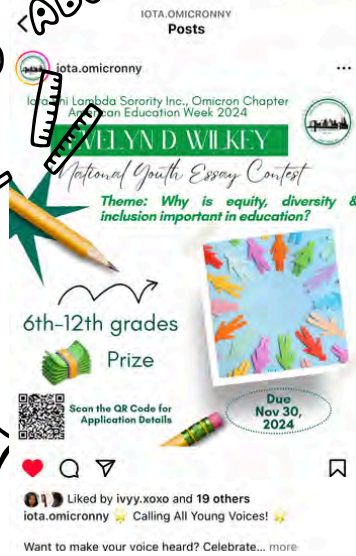


VETERAN'S DAY

ON NOVEMBER 11TH, OMICRON CHAPTER HAD THE DISTINCT PRIVILEGE OF VOLUNTEERING AT THE JAMES J. PETERS VETERANS AFFAIRS MEDICAL CENTER FOR THEIR HEARTFELT VETERANS DAY LUNCHEON. DURING THIS SPECIAL EVENT, WE WERE HONORED TO SERVE LUNCH AND PERSONALLY DISTRIBUTE WINTER COATS AND BOOTS TO OVER 100 VETERANS AND THEIR FAMILIES. ENGAGING WITH THESE COURAGEOUS INDIVIDUALS AND EXPRESSING OUR GRATITUDE FOR THEIR SACRIFICES WAS A TRULY HUMBLING AND MEANINGFUL EXPERIENCE. THIS OPPORTUNITY ALLOWED US TO GIVE BACK TO THOSE WHO HAVE DEDICATED THEIR LIVES TO SERVING OUR COUNTRY, AND WE ARE GRATEFUL TO HAVE BEEN PART OF SUCH AN IMPACTFUL DAY OF RECOGNITION AND SUPPORT.



AMERICAN EDUCATION WEEK 2024



DURING AMERICAN EDUCATION WEEK, OMICRON CHAPTER CELEBRATED THE POWER OF EDUCATION BY OPENING APPLICATIONS FOR OUR ANNUAL EVELYN D. WILKEY SCHOLARSHIP, AVAILABLE TO 6TH-12TH GRADE STUDENTS STRIVING FOR ACADEMIC EXCELLENCE. IN ADDITION, WE HONORED EDUCATORS ACROSS NEW YORK CITY WHO ARE MAKING A DIFFERENCE BOTH IN AND OUTSIDE THEIR CLASSROOMS. EACH EDUCATOR WAS SPOTLIGHTED AND ASKED, "HOW DOES YOUR ROLE CONTRIBUTE TO MAKING SCHOOLS SAFER AND MORE INCLUSIVE FOR ALL STUDENTS?" THEIR INSPIRING RESPONSES SHOWCASED THEIR UNWAVERING COMMITMENT TO FOSTERING POSITIVE, INCLUSIVE, AND SECURE LEARNING ENVIRONMENTS. WE ARE PROUD TO UPLIFT BOTH STUDENTS AND EDUCATORS AS WE CONTINUE TO SUPPORT AND CELEBRATE THE TRANSFORMATIVE POWER OF EDUCATION.



HARVEST CELEBRATION

WE HAD THE PRIVILEGE OF VOLUNTEERING AT THE HARVEST CELEBRATION HOSTED BY IS 219, ALSO KNOWN AS NEW VENTURE ACADEMY. DURING THIS HEARTWARMING EVENT, WE SERVED A DELICIOUS THANKSGIVING-STYLE MEAL TO OVER 150 STUDENTS AND FACULTY MEMBERS, SPREADING JOY AND GRATITUDE THROUGHOUT THE SCHOOL COMMUNITY. THE CELEBRATION PROVIDED A WONDERFUL OPPORTUNITY TO CONNECT WITH THE STUDENTS AND STAFF, SHARE IN THE SPIRIT OF TOGETHERNESS, AND GIVE BACK IN A MEANINGFUL WAY. WE ARE GRATEFUL TO HAVE BEEN PART OF THIS EVENT AND LOOK FORWARD TO CONTINUING TO SUPPORT INITIATIVES THAT BRING PEOPLE TOGETHER AND MAKE A POSITIVE IMPACT.





New York City

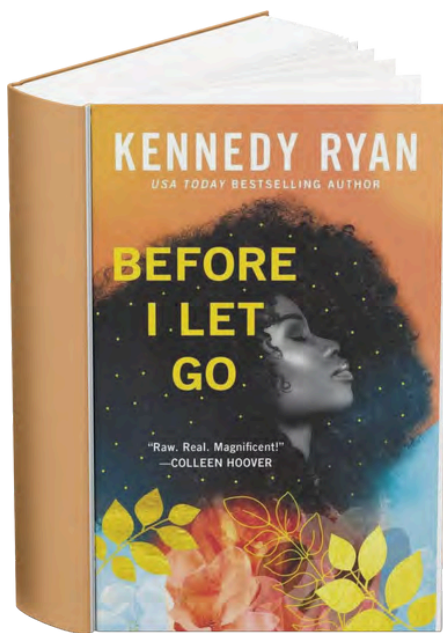
SISTERLY RELATIONS



ON OCTOBER 26TH WE ENJOYED A CHAPTER SISTERLY RELATIONS BRUNCH THAT WAS HELD AT ROW HOUSE IN HARLEM, NY.



ON NOVEMBER 16TH, WE TRAVELED TO WASHINGTON, D.C. TO ATTEND THE NEW MEMBER PRESENTATION AT THE DELTA PHI CHAPTER AT HOWARD UNIVERSITY. IT WAS A JOYFUL AND CELEBRATORY OCCASION AS WE WELCOMED 12 NEW SORORS INTO OUR SISTERHOOD AND REUNITED WITH SORORS FROM GAMMA AND ZETA MU. CONGRATULATIONS TO THE FALL 2024 LINE!



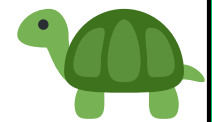
BOOK CLUB

WE'RE EXCITED TO ANNOUNCE THE LAUNCH OF THE OMICRON CHAPTER BOOK CLUB! ORGANIZED BY OUR MEMBERSHIP COMMITTEE, THIS INITIATIVE IS DESIGNED TO FOSTER CONNECTION AND MEANINGFUL CONVERSATIONS AMONG OUR MEMBERS THROUGH A SHARED LOVE OF READING. FOR OUR INAUGURAL SELECTION, WE CHOSE THE CRITICALLY ACCLAIMED NOVEL *BEFORE I LET GO* BY KENNEDY RYAN, A DEEPLY MOVING STORY OF LOVE, LOSS, AND HEALING. DURING OUR FIRST MEETING, WE DIVED INTO CHAPTER 1, SETTING THE STAGE FOR A THOUGHTFUL AND ENGAGING DISCUSSION. WE'RE LOOKING FORWARD TO CONTINUING THE JOURNEY TOGETHER AT OUR NEXT MEETING IN JANUARY.



DECEMBER IS AIDS AWARENESS MONTH.

AS WE OBSERVE AIDS AWARENESS MONTH, IT'S IMPORTANT TO REMEMBER THE SIGNIFICANCE OF GETTING TESTED AND STAYING PROTECTED. REGULAR TESTING AND PRACTICING SAFE BEHAVIORS ARE ESSENTIAL STEPS IN TAKING CONTROL OF OUR HEALTH AND PREVENTING THE SPREAD OF HIV. TOGETHER, WE CAN MAKE A POSITIVE IMPACT IN THE FIGHT AGAINST HIV/AIDS.



THE TURTLE TIMES

NORFOLK, VIRGINIA

MESSAGE FROM THE PRESIDENT

More than ever, we must practice self-care, reflect on our resilience, and be grounded in our faith. In the revised words of the poet Donna Ashworth's poem:

"There Will Be. Days"

There will be days, my Sorors...
When you feel like you just can't go on.
Just keep swimming.
Breathe in and breathe out and wait for the light of a new day to dawn.

There will be days, my Sorors...
When nothing seems to be making sense.
It's not supposed to.
Clear your mind and open your heart, the answer will come in time.

There will be days, my Sorors...
When the pain rises up and engulfs you.
Be kind to yourself.
Lay low and let the tears flow like a river, release, open the floodgates, and let it out.

There will days my Sorors...
When it feels like the whole world is against you. When it feels like you cannot do right for doing wrong.
Just sit it out.
Tomorrow is a new day and these feelings will pass. I promise.

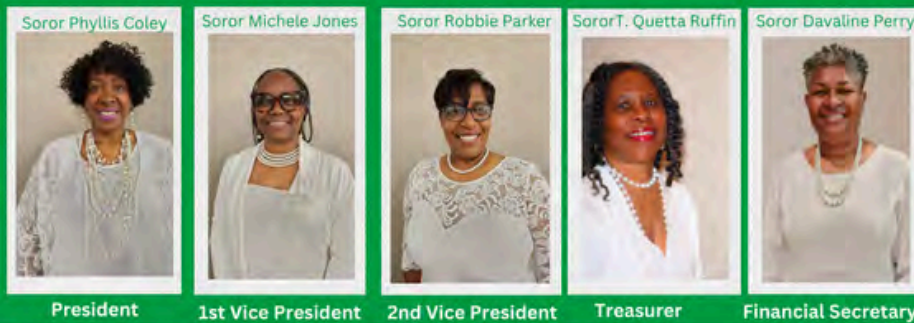
You see, life is all things, from one day to the next.
It is beautiful at times, wondrous, amazing, and joyful - then it is awful, miserable, and heartbreaking.
And the cycle goes around.

It is as it should be.
Everything is as it should be and you, you will be okay.
Have Faith.
Keep hope in your heart.
Tomorrow is a new day.

"This keeps your Mental Health in Tack!"



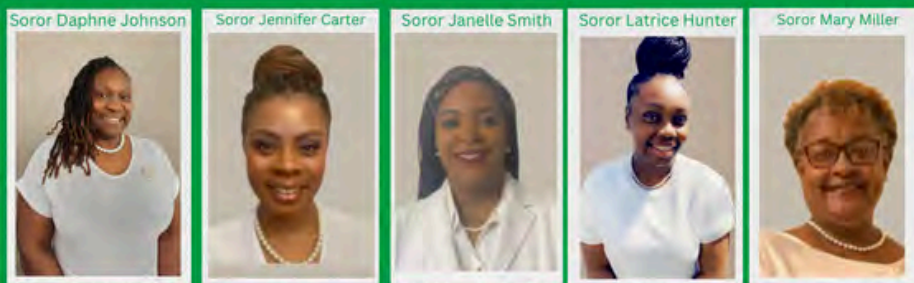
PHYLLIS COLEY



President 1st Vice President 2nd Vice President Treasurer Financial Secretary

2023 - 2025 ALPHA CHI CHAPTER

Executive Committee



Recording Secretary Corres. Secretary Dean of Intake Journalist Chaplain

IN LOVING MEMORY OF OUR BELOVED SOROR, DR. LA FRANCIS RODGERS-ROSE, PH.D.

HER LEGACY OF LEADERSHIP, DEDICATION, AND SERVICE TO OUR COMMUNITY WILL FOREVER INSPIRE AND UPLIFT US. SOROR RODGERS-ROSE WAS NOT ONLY AN EXCEPTIONAL SCHOLAR BUT ALSO A GUIDING LIGHT WHOSE CONTRIBUTIONS HAVE MADE A LASTING IMPACT ON ALL WHO KNEW HER. AS WE HONOR HER MEMORY, WE CELEBRATE THE LIFE SHE LIVED—A LIFE FILLED WITH PURPOSE, PASSION, AND A COMMITMENT TO MAKING THE WORLD A BETTER PLACE. WE WILL CONTINUE TO CARRY HER SPIRIT OF EXCELLENCE AND SERVICE IN EVERYTHING WE DO, AND HER INFLUENCE WILL FOREVER BE A PART OF OUR CHAPTER'S JOURNEY. REST IN POWER, SOROR. YOU WILL BE MISSED, BUT NEVER FORGOTTEN.



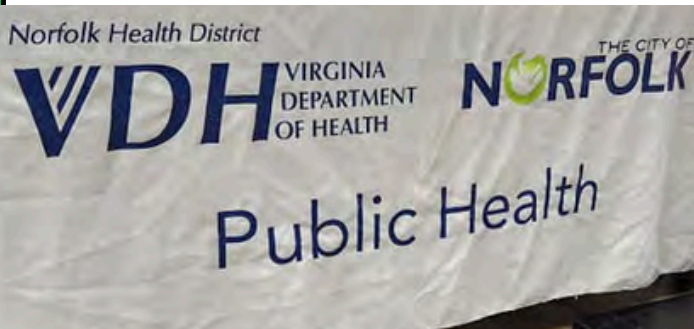
COMMUNITY INVOLVEMENT



A BIG THANK YOU TO THE SORORS OF ALPHA CHI FOR THEIR AMAZING SUPPORT AT THE 31ST ANNUAL SICKLE CELL WALK AT NORFOLK STATE UNIVERSITY! FROM ASSISTING WITH WALK REGISTRATION TO PROMOTING GOOD HEALTH WINS, YOUR EFFORTS HELPED RAISE AWARENESS AND MADE A REAL IMPACT. WE APPRECIATE YOUR DEDICATION TO SERVICE AND COMMUNITY!



FROM VOLUNTEERING TO STUFFING BOOKBAGS TO VENDING TO SHARE INFORMATION ON IOTA & GOOD HEALTH WINS - THE SORORS OF ALPHA CHI ARE PUTTING IN WORK AND STANDING ON BUSINESS!



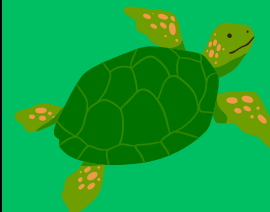
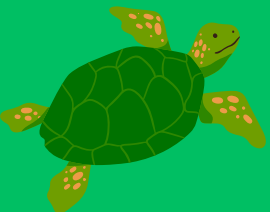
OUR SORORS WORKING UNITY IN THE COMMUNITY !!! BECAUSE THE MISSION IS COMMUNITY, WE ARE COMMITTED TO THE WORK AND SHARING THE GOOD HEALTH WINS INITIATIVE!



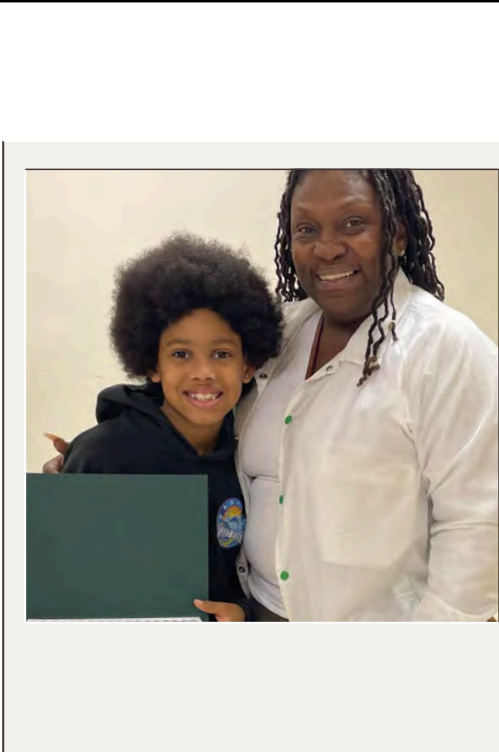
RETREAT



In August, the Sorors of Alpha Chi gathered for a rejuvenating chapter retreat to kick off the upcoming sorority year. It was a time for reflection, bonding, and setting the stage for all the impactful work ahead. And we've got exciting things in store! From community outreach to efforts designed to support and engage those around us, our chapter is ready to make a meaningful difference.



CAREER EXPLORATION



AT OUR RECENT EVENT, WE HAD THE PLEASURE OF HOSTING A DYNAMIC VIRTUAL CAREER EXPLORATION SESSION FEATURING GUEST SPEAKER JACKIE E. BROWN. SORORS AND ATTENDEES GAINED VALUABLE INSIGHTS INTO VARIOUS CAREER PATHS AND HAD THE OPPORTUNITY TO HEAR FROM AN EXPERT IN THE FIELD. WHETHER YOU'RE JUST BEGINNING YOUR CAREER JOURNEY OR CONSIDERING A CHANGE, THIS EVENT WAS DESIGNED TO INSPIRE, INFORM, AND OPEN NEW POSSIBILITIES FOR YOUR PROFESSIONAL FUTURE. IT WAS A FANTASTIC OPPORTUNITY TO CONNECT, LEARN, AND EXPLORE! STAY TUNED FOR MORE EVENTS LIKE THIS TO SUPPORT YOUR GROWTH AND SUCCESS.



Career Exploration
Speaker: Jackie E. Brown

Author of *Queen's Da Heel*, CEO of Healing on Purpose and Hearty full of Shine LLC

5 OCT
SATURDAY **2024**
4PM

REGISTER NOW!

Link
<https://www.facebook.com/healingonpurpose/2986149176362296>



FIRST CHAPTER MEETING OF THE NEW YEAR



The first chapter meeting of the new sorority year is always exciting, filled with anticipation and fresh beginnings. As sorors gather, there's an undeniable buzz in the air, a mixture of familiar faces and perhaps a few new ones eager to contribute. This meeting serves as an opportunity to reflect on the past year's achievements and set ambitious goals for the months to come.



Voter's Registration



Sorors gathered at South Norfolk Library to help the community register to vote.

AMERICAN EDUCATION WEEK

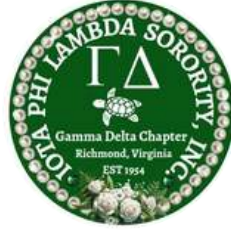


The American Education Week Committee hosted a Continental Breakfast on Tuesday, November 19, 2024, at 7:30 a.m. to support the teachers and staff of Coleman Place Elementary School.



IOTA PHI LAMBDA, SORORITY, INC.

Gamma Delta Chapter



Greetings from the Gamma Delta Chapter of Iota Phi Lambda Sorority, Inc.!

As we kick off the 2024-2025 sorority year, we're thrilled to share the incredible moments and achievements that have already marked our journey. From impactful community initiatives to unforgettable sisterhood events, Gamma Delta Chapter has been busy making a difference and building stronger connections.

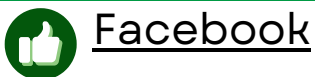
We invite you to explore our highlights and celebrate the energy and dedication of our chapter. Stay tuned for more updates as we continue to serve, uplift, and inspire throughout this sorority year!

Sisterly,

Soror Gail E. Davis, President



FOR MORE INFORMATION, FOLLOW US ON SOCIAL MEDIA AND VISIT OUR WEBSITE:



www.iota-gammadeltarva.org/

Sight & Sound Theatre

[CLICK HERE](#)



On October 11-12, 2024, the Gamma Delta Chapter of Iota Phi Lambda Sorority, Inc. enjoyed a memorable bus trip to Lancaster, PA. Highlights included shopping at an Amish Farmer's Market, the stunning Daniel performance at Sight & Sound Theatre, and a delicious dinner at Miller's Smorgasbord.



The next day featured breakfast, a scenic Amish countryside tour, and a visit to Smucker's Gourd Farm. The trip ended with a joyful reunion at Arundel Mills Mall, welcomed by Zeta Psi Chapter sorors. The trip was an amazing experience by all.



On October 19th, the Gamma Delta Chapter of Iota Phi Lambda Sorority participated in the Making Strides Against Breast Cancer Walk at Monroe Park. It was a beautiful day, and we proudly surpassed our \$1,000 goal, raising \$1,034.40!



Thank you to everyone who supported us in making a difference!



Gamma Delta Chapter Turns

70 YEARS

[CLICK HERE](#) 

Iota Phi Lambda Sorority, Inc.
Gamma Delta Chapter's

70th Anniversary

NOVEMBER 17, 2024 • 2 PM

BRAMBLY PARK RESTAURANT
1708 BELLEVILLE STREET
RICHMOND, VA 23230

This invitation is open to all Sorors, MOI, Pelati, and FIL.



ACHIEVING EXCELLENCE WITH INTENTIONAL PURPOSE



The Gamma Delta Chapter of Iota Phi Lambda Sorority Inc. marked its 70th Anniversary with a celebratory brunch on November 17, 2024, at Brambly Park, Richmond, VA, starting at 2:00 PM. The event honored the dedicated leadership of both past and current chapter presidents. The honored Sorors included:

Soror Winnie Dixon (1992–1994)
Soror Rhonda Pleasants (1994–1998, 1999–2002)
Soror Lillian Owens (1998–1999, 2014–2015)
Soror Virginia Johnson (2002–2009, 2012–2014)
Soror Valerie Mills (2009–2012)

Soror Kim Henderson (2015–2017)
Soror Jean Pittman (2017–2019)
Soror Cynthia Stinchcomb (2019–2022)
Soror Gail Davis (2022–present)

Each guest received a goodie bag. Historical GDC photos were passed around. The original chapter charter signed in 1954 was displayed, and the afternoon ended with green and white cupcakes as the festive dessert. Co-chairs Sorors Kim Henderson and Valerie Pullen expertly organized the event, focusing on every detail to ensure a delightful and memorable celebration for all.



Ride to the Polls

The Gamma Delta Chapter (GDC) partnered with the Buffalo Soldiers Motorcycle Club of Richmond, VA, and other organizations to provide voter transportation to polling stations. Announced by Clovia Lawrence of Radio One 105.7, GDC members volunteered as drivers or escorts, ensuring a smooth process. The Buffalo Soldiers, led by President Chester L. Davis, secured the venue, provided meals, and coordinated additional polling locations, including South Richmond. GDC members also used their 501(c)(3) status to obtain chairs and signage for elderly voters. Participants included GDC members, Delta Sigma Theta, and other community groups, highlighting a collaborative effort to support voter engagement.



Energize & Unite: Gamma Delta Chapter's Circuit Training Success

[CLICK HERE](#) 



On November 9, 2024, the Gamma Delta Chapter of Iota Phi Lambda Sorority, Inc. enjoyed an energizing circuit training session at A New You Wellness Center in Richmond, VA. Led by Soror Chanette Hawkes, the workout promoted strength, endurance, and wellness for all fitness levels. Thank you, Soror Chanette, and all participants for supporting health and wellness!

Gamma Delta Chapter Celebrates



American Education Week



[CLICK HERE](#) 

On November 18, 2024, the Gamma Delta Chapter of Iota Phi Lambda Sorority celebrated American Education Week by honoring teachers and staff at Richmond Technical Center. Partnering with Ms. Sheri, manager of local Wendy's, the sorority distributed gift bags containing snacks, coupons, a chicken sandwich, and personalized thank-you cards. Special thanks to Principal Dr. Barbara Davenport and Dr. Tabatha Spurlock for their support. The event, featured in RPS Direct, highlighted the chapter's community partnership and increased its visibility across Richmond Public Schools.



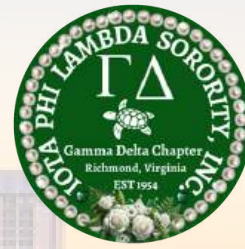
Sorors Hanging Out

On July 17, 2024, sorors gathered at the Varina Library for an evening of charcuterie board creation, sampling unique foods like cheese spreads from the Black-owned Bite by Bite & Company and fresh produce from Soror Kim Henderson's garden, including pickled watermelon rinds. The evening ended with lively line dancing. Later, on September 7, 2024, the Gamma Delta Chapter held a Sisterly Retreat at the Empathy Wellness Center, beginning with affirmations and a shared lunch, followed by mocktails from Cocogin Juice and a soothing sound bath led by Nurse Practitioner Ine Saka. Sorors received gift bags featuring affirmations, tea, treats, and custom Iota 1929 mugs from Sun Inspired Designs. The day ended with sorors supporting young entrepreneur Inga Wolfe's handmade jewelry, making it a heartwarming day of fellowship and rejuvenation.





Gamma Delta Chapter *Welcomes* Pearls of Wisdom



[CLICK HERE](#)



Soror Natasha Brown Stokes
"Intellectual Gem"

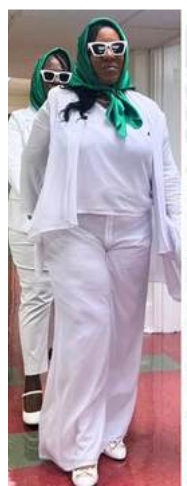


Soror Dr. Tereesha Sanders Patterson
"Influential Gem"

On November 23, 2024, the Gamma Delta Chapter of Iota Phi Lambda Sorority, Inc. welcomed the "Pearls of Wisdom" line:

- Soror Natasha Brown Stokes, "Intellectual Gem," a Truist Bank Branch Leader inspiring young women in business through service.
- Soror Dr. Tereesha Sanders Patterson ("Dr. T."), "Influential Gem," a mentor at Western Governors University fostering growth in the community.

The induction, attended by family, friends, and special guests, featured a scholarship fund donation of \$340 from the Pearls of Wisdom and their successful "Coats for Kids" drive, collecting 35 coats for children in need. We are proud to call these accomplished women our Sorors.



Happy THANKSGIVING

[CLICK HERE](#)



The Gamma Delta Chapter of Iota Phi Lambda Sorority, Inc. was honored to provide a Thanksgiving meal to the residents of The CARITAS Center, located on Stockton Street in Richmond, Virginia. Our Sorors not only shared this festive meal but also enjoyed socializing with the residents, fostering a warm and inviting environment. We had the pleasure of socializing with the brothers of the Omega Psi

Phi Fraternity, Phi Phi Chapter of Richmond, and Lambda Zeta Chapter of Charlottesville, Virginia.



Through the generous monetary contributions of our members, we were able to offer a selection of sweet and unsweetened iced tea, various delicious desserts like pies and cakes, and small gifts. These gifts, including gloves, manicure sets, hats, and other useful items, brought an extra layer of joy to the celebration.



GAMMA DELTA

Christmas

CELEBRATION

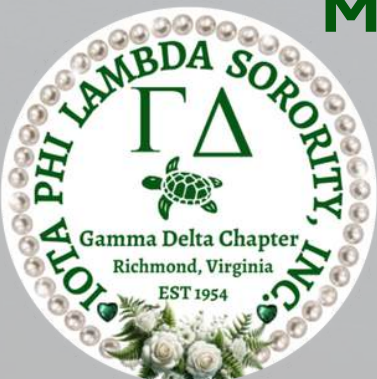
[CLICK HERE](#)

On December 2, 2024, the Gamma Delta Chapter celebrated the season at Jackie's Restaurant with festive activities, including a holiday-themed word scramble and gift exchanges. The chapter also supported the YMCA Sprout Schools and DVSA Survivor Services through donations led by Sorors Debora Holliday and Patricia Mills. Contributions included school supplies, socks, gloves, hats, scarves, and earmuffs, delivered to the YMCA on December 23. The staff expressed heartfelt gratitude and excitement for future collaborations, as the chapter shared Iota spirit with thoughtful holiday gestures and connections.



GAMMA DELTA CHAPTER CELEBRATES A MODERNIZED LOGO DESIGN

The Gamma Delta Chapter is excited to reveal our updated logo, showcasing our chapter name, Gamma Delta, alongside a turtle, pearls, emeralds, roses, and ferns. This refreshed design reflects our values and traditions while being versatile for use on green or white backgrounds.



ACHIEVING EXCELLENCE WITH INTENTIONAL PURPOSE

Newsletter



GAMMA ZETA



BUSINESS STUDIO

PRESIDENT'S MESSAGE

Dear Sorors of Gamma Zeta, Thank you for electing me as your Gamma Zeta Chapter President. I am honored and humbled to lead our award-winning chapter into the 2024-2025 sorority year. As we begin this new year, I am confident Gamma Zeta will reach new heights of success in all of our endeavors as we strive to serve our communities and Iota Phi Lambda Sorority Inc. As we move forward, this year will be an important and pivotal year for our nation and Iota Phi Lambda Sorority. The year will bring new opportunities and challenges and I am confident that we will continue to succeed and grow. I look forward to working with everyone to serve our communities and Iota Phi Lambda Sorority. Sorors, let us work together to grow Gamma Zeta Chapter, our affiliates, and to fully engage in all Iota Phi Lambda Sorority programs. Chartered in April of 1956 by 7 forward-thinking women, the Gamma Zeta Chapter has consistently made a positive impact in our local communities for over six decades. As an award-winning chapter, let us pledge to continue our legacy of growing a sisterhood of qualified business and professional women who will encourage, inspire, nurture, and assist persons engaged in business vocations.

Sorors, I am so proud of all of you and are truly humbled to lead Gamma Zeta Chapter into our Sixty-Ninth year of service. Let us join together and with God's blessings make this our best year ever!

Sisterly,

Dr. Linda W Canady, President





Iota Phi Lambda Sorority Inc. Gamma Zeta Chapter



2024-2025 Executive Officers

Treasurer
Diane Bowser



Financial Secretary
Catherine C. Winston



President
Dr. Linda Canady



Recording Secretary
Shenelle Jones-Cardwell



Corresponding Secretary
Ericka Spratley



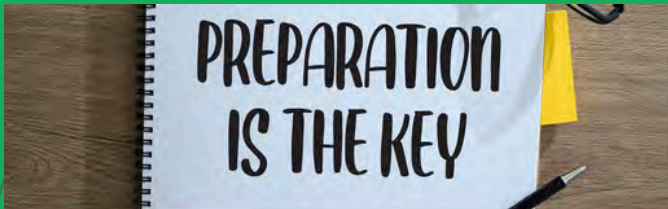
"Professional Business Women Propelled by Ingenuity: Intentional Purpose"
#Designed1929 #Driven2023 #Distinction2029

Eastern Region Tagline: Achieving Excellence with Intentional Purpose



YOUTHFEST 2024

Gamma Zeta joined the 3rd Annual Youth Fest as a community partner. We proudly promoted Gamma Zeta Chapter of Iota Phi Lambda Sorority Inc. , membership, scholarships, our FIL Auxilliary, and vaccine schedules for school age children.
[#iotaphilambdasororityinc](#)
[#GoodHealthwins](#)



STRATEGIC PLANNING MEETING

READY FOR THE FUTURE?

Next Chapter: Gamma Zeta Retreat

An inward and outward journey for chapter members

AUGUST 24, 2024
10:00 AM - 1:00 PM
QUEEN STREET NORTH WORSHIP CENTER REAR ENTRANCE
98 NORTH ARMISTEAD AVENUE, HAMPTON, VA 23669

(We will start promptly at 10:00 am)

For some the next steps can be daunting. This retreat is designed to help our members, plan, build, and find the clarity to move forward.

President Dr. Linda Canady kicked off the Sorority year with a strategic planning meeting, where plans were discussed for all upcoming programs, projects, and chapter events.





Free Drive-thru Flu Vaccine Clinics

OPEN TO THE PUBLIC

RIVERSIDE COLLEGE OF HEALTH SCIENCES
316 MAIN ST,
NEWPORT NEWS, VA 23601

SATURDAY
OCTOBER 26, 2024
9:00 AM - 1:00 PM

RIVERSIDE HEALTH CARE CENTER
10510 JEFFERSON AVE
NEWPORT NEWS, VA 23601

WEDNESDAY
OCTOBER 30, 2024
9:00 AM - 1:00 PM

CHARLIE W & GOLDEN BETHUNE HILL COMMUNITY HEALTH CLINIC
727 25TH ST
NEWPORT NEWS, VA 23607

WEDNESDAY
NOVEMBER 6, 2024
9:00 AM - 1:00 PM



Drive-Thru Flu Vaccine Clinic

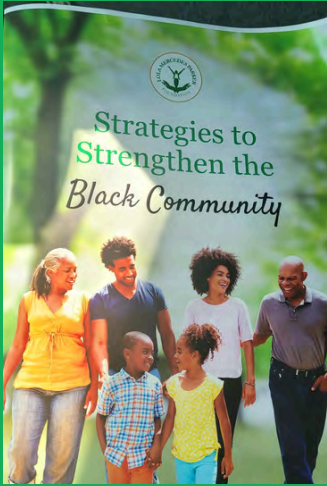
Drive-Thru Flu vaccine clinic With the flu season around the corner and other respiratory illnesses like RSV and COVID-19 still circulating, getting vaccinated is one of the most effective ways to protect yourself and your loved ones.

BLACK WOMEN'S AGENDA 2024

Gamma Zeta Chapter President Soror Dr. Linda Canady and Soror Catherine Winston attended the 47 th Annual Black Women's Agenda in Washington, D. C. on October 13, 2024, at the Omni Shoreham Hotel. They were among 20 Sorors who attended from Eastern and Central Regions. Our National President Soror Charlotte Berry represented us well and was seated on the Diaz. We attended the Symposium in the morning and the Luncheon in the afternoon. The theme for the Symposium was "Securing, Advancing and Protecting the rights and wellbeing of Black women and their families".



LMPF: 13 SYMPOSIUM



Strategies to Strengthen the Black Community. aimed to provide insights to maintain and improve your health, build financial awareness, explore career opportunities and inspire professional growth. A great time was had at the LMPF 13 Symposium. Congratulations FIL Josiah Jones, who was a panelist discussing, Shaping the Future of AI, and to the Year of the Woman recipient and honorees!



BREAST CANCER AWARENESS

Breast Cancer Awareness Month offers a chance for survivors and their loved ones to celebrate friendship and family. It's dedicated to promoting awareness and emphasizing the importance of research, early detection, and prevention. This month aims to unite communities globally, bringing the issue to our collective focus. However, for many, it also serves as a poignant reminder of those we lose—over 42,000 in the U.S. each year, primarily to metastatic disease. It's a call to action for increased funding in research to save lives and improve outcomes.





VOTE LOUD!

VOTE PROUD!

VOTE



FOR ELECTION DETAILS IN YOUR LOCAL AREA:
WWW.VOTE.GOV

SOULS TO THE POLLS: VOTE LOUD, VOTE PROUD

Gamma Zeta Votes!
As we marched along NAACP Souls to the Polls in Hampton, VA, we stressed the importance of exercising your right to vote. Whether it's local, state or federal, every election is important to ensuring our laws and policies reflect the values and beliefs of our communities. First time voter Sara Grahm understood the assignment!
[#VoteLoud](#)[#VoudProud](#)
[#2024Elections](#)



VOTE



Election Day November 5, 2024



GAMMA ZETA NEWSLETTER CHRISTMAS EDITION



Hi there,

*Check out 8 ways
to support the
Black community
this holiday season*



The holiday season is such a magical time! It's a great chance to hang out with loved ones and make some awesome memories. Making time for family and friends during this special season really helps strengthen our bonds and brings everyone closer together

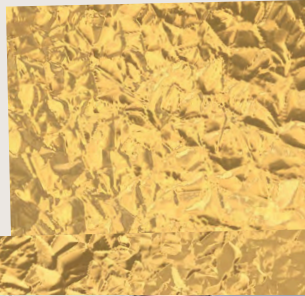
Contributor: Soror Diana Davis.



Continue Reading



What's new



Gamma Zeta supporting our national affiliate, the NAACP. Congratulations to all the new lifetime members.



We show gratitude for educators and staff, who ensure that our schools are filled with hope and possibilities.

A special thank you goes to Principal Ernreikus Williams, and Mary Jackson Fundamental Elementary School for being a community partner! Gamma Zeta treated the teachers and staff with continental breakfast, and donated books for the students and families.

What's new



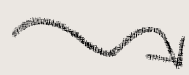
Gamma Zeta once again partnered with Queen St Baptist Church, Hampton VA, to distribute Thanksgiving food bags to those in need. Sorors Catherine Winston, Pamela Barber, and Shenelle Jones-Cardwell, along with MOI, Douglas Winston, and Damon Cardwell assisted in the distributions.



Stay Informed, so that you can make the best decisions to maintain a healthy family.

November is American Diabetes Month, and 1.4 million people will be diagnosed with diabetes this year. With early detection and awareness, there are steps you can take to prevent or delay the onset of type 2 diabetes. Small changes to your lifestyle can help to prevent or delay diabetes, even if diagnosed with prediabetes.

Source: www.Diabetes.org



Continue Reading

Here's How Black-Owned Businesses Can Sleigh This Holiday Season

From inventory management to digital marketing, these strategies will help Black entrepreneurs turn holiday shoppers into year-round supporters.



Continue Reading



Commentary: How to Legally Prepare Your Business for the Holidays

Continue Reading

"Professional Business Women Propelled by Ingenuity: Intentional Purpose"

#Designed1929 #Driven2023 #Distinction2029

Eastern Region Tagline: Achieving Excellence with Intentional Purpose

Say Hello!



There is no gift like Sisterhood. Just in time for the holidays, we welcome back Sorors Pamela Barber, and Diana Davis.

Merry Christmas & A Happy New Year!



"Professional Business Women Propelled by Ingenuity: Intentional Purpose"
#Designed1929 #Driven2023 #Distinction2029

Eastern Region Tagline: Achieving Excellence with Intentional Purpose



EZ NEWS

Iota Phi Lambda Sorority, Inc. Epsilon Zeta Chapter

St. Thomas, U.S. Virgin Islands

December 2024



EPSILON ZETA ANNOUNCES THE PASSING OF SOROR IVY BRATHWAITE WILLIAMS

It is with profound sadness that we announce the passing of Soror Ivy Brathwaite Williams, a cherished charter member of Epsilon Zeta Chapter in St. Thomas, U.S. Virgin Islands on Monday, December 2, 2024. She bravely fought a brief battle against breast cancer. Soror Ivy was a remarkable leader, a dedicated friend, and an inspiration to us all. Her unwavering commitment to our values and mission has left an indelible mark on our organization and the community at large.

As we mourn her loss, we celebrate her legacy of service, compassion, and sisterhood. Ivy was not just a sorority sister; she was a beacon of strength and positivity, and her passing leaves an unforgettable mark on our lives.

While we mourn the loss of Soror Ivy, we also celebrate her life - a life filled with love, courage, and an unwavering commitment to making the world a better place. Let us remember her not just in our grief, but in our actions, our kindness, and our dedication to one another. Ivy may be gone, but her spirit will continue to guide us as we move forward together, united in sisterhood.

Rest in peace, Soror Ivy. You will be deeply missed, but never forgotten.





THE JOURNALIST'S CORNER

As busy women, most, if not all of us, have spent our lives up until this point juggling many hats and trying to balance the many roles of our lives. Working, parenting, being a spouse, caring for parents, community service work, supporting others and finding time for our families and friends are only a few.

*Elma V. Brathwaite Curtis
Journalist*

Although many of us continue to juggle and balance various roles as we are older, we may find that we now have the ability to take some time to do things for ourselves. I believe that there are some "must dos" for busy women to help us manage our time and maintain balanced lives:

Prioritize Self-Care - Block out time for relaxation, whether reading, or enjoying a favorite hobby. Schedule a manicure and pedicure or a massage.

Maintain Healthy Relationships - Schedule quality time with family and friends. Be open about your schedule and your needs with loved ones so they can offer their support.

Stay Flexible - Adjust your plans if necessary. Understand that all will not go as planned, and that is okay. Flexibility reduces stress.

Take Time to Practice Being Still - Try to set aside time each day, even if it's only 5 minutes, to just be still. Put your phone in another room, sit outside, and listen to the sounds of nature.

Get Outside - Find time to enjoy nature by taking walks or start gardening.

Many of us continue to balance many of life's roles after 50. We are no good to our loved ones if we don't take the time to care for ourselves.

EPSILON ZETA GEARED UP FOR FIL COTILLION

*Debbie Brathwaite
EZ News Writer*

As part of Epsilon Zeta's ongoing commitment to the youth of our community, we are excited about the commencement of the annual FIL Cotillion. The Cotillion aims to provide a formal social experience for high school teens, fostering skills in etiquette, social interaction, and community involvement. The Cotillion will take place on Sunday, March 23, 2025. A formal induction of the Future Iota Leaders Auxiliary is scheduled for Sunday, December 15, 2024.

The FIL Cotillion will include a series of workshops and a formal dance, allowing teens to learn essential social skills, such as proper dining etiquette, dance techniques, and effective communication. All workshops are geared to preparing our participants for life after leaving high school. The program also encourages volunteerism among our participants and completing a community service project is a mandatory criteria of being involved in the Cotillion.

Epsilon Zeta's annual Cotillion serves as more than just a social event; it plays a vital role in the development of teens in our community. By participating, young adults gain confidence and learn valuable life skills that will benefit them in various social settings. Moreover, the event fosters connections among participants, encouraging friendships and a sense of community.

EZ is committed to creating a memorable and impactful experience for all participants. We look forward to a successful four months with the participants and we know that Epsilon Zeta has proven over the years to make a difference in the lives of our teens and foster a brighter future.

Epsilon Zeta Hosts Estate Planning Workshop

*Elma V. Brathwaite Curtis
Journalist*

On Saturday, November 9, Epsilon Zeta Chapter hosted an Estate Planning Forum designed to educate members and the wider community about the importance of estate planning. Entitled, "Securing Your Legacy: Creating Your Living Wills, Trusts, Deeds etc.," this chapter initiative aimed to provide valuable insights into the processes of creating wills, trusts, and other essential documents necessary for effective estate management. The event was well-attended with about 140 attendees, reflecting the community's growing interest in financial literacy and planning for the future.

The workshop was facilitated by an experienced estate planning attorney, who covered key concepts and legal requirements. Attorney Richard Bourne-Vanneck presented on the fundamentals of estate planning, including wills, trusts, and powers of attorney. He motivated attendees to consider their own estate plans and the implications for their families.



The forum attracted approximately a wide array of community members, including sorority members. Feedback from participants indicated a strong interest in the topic and an appreciation for the information provided. Attendees reported a greater understanding of estate planning and its importance.

"I am so happy I came and brought my mother with me," Arnelle Comissiong told EZ News. "I wanted my mom to hear from Attorney Bourne-Vanneck because my co-worker just completed her will with him and it is time for Mom to work on hers," she concluded.

Elesta Peters-Morton, a retired educator also attended and sent EZ News a text about the workshop.

"Today's presentation was very informative. Although it was much information, Attorney Bourne-Vanneck simplified the information to a level of my understanding which was awesome." She finalized her text with, "I want to thank Iota Phi Lambda Sorority, Epsilon Zeta Chapter for hosting this workshop for our community. Awareness and knowledge are keys to good planning. Thank you."

Light refreshments of sandwiches, juice, water were provided after the workshop.

The Estate Planning Forum organized by the Business Month Committee successfully met its objectives, providing valuable information and resources to attendees. Epsilon Zeta continues to strengthen the sorority's ties with the community by offering another valuable resource. The feedback received suggests that such events are beneficial for promoting financial literacy and community engagement.

The sorority plans to host similar events in the future, focusing on various aspects of financial planning and well-being. Chairperson of the Business Month Committee, Soror Imogene Hodge Ottley spoke with EZ News. "Due to the overwhelming response from the community, it is evident that they were hungry for the information. As a result, we have decided that the need for another forum is necessary and this will be conducted in 2025," she stated.

"As Chair, I really want to thank the Business Month committee for their hard work in executing a very successful forum."



Man of Iota Avery Lewis Elected as Senator

By EZ News Staff Writer

Man of Iota, Avery Lewis was elected to the 36th Legislature of the Virgin Islands on November 5.

The St. Thomas/Water Island Administrator in the Bryan Roach Administration, MOI Lewis has been a staunch advocate for the people of the Virgin Islands and community development. His platform focused on revenue generation initiatives, health services, crime prevention, clean community initiatives, educational opportunities, sustainable developments and energy improvements.

In a statement, Lewis said, “I want to take a moment to express my deepest gratitude to each and every one. Words can hardly capture the depth of my thanks, but I need you to know that this journey would not have been possible without your incredible generosity, support, and dedication.” He added, “I also want to give thanks to Father God for His endless love, grace, and support. We are all blessed, and I am grateful beyond measure for this opportunity.”



The Avery Lewis Campaign Team was comprised of a number of Sorors of Epsilon Zeta Chapter who played important roles in his campaign and were instrumental in the victory. Soror Elma Brathwaite Curtis served as Fundraising/ Events Chairperson, while Sorors Luanne Roberts, Nadja Harrigan, Debbie Brathwaite, Rahkiya Benjamin and Sherilyn Hodge volunteered to get our Man of Iota elected.

“I want the team to remember that this is a collective achievement - a testament to our shared effort and love for St. Thomas and what we do. We’ve made it this far because of the amazing team I’m surrounded by, and I truly couldn’t have asked for better people to walk this path with,” Lewis told EZ News when asked about his team. “The team’s unwavering belief in me has carried through every challenge, and I’m so very grateful.”

The election of Epsilon Zeta’s Man of Iota Avery Lewis to the Senate marks a significant milestone in the political landscape of the Virgin Islands. His victory reflects the need for effective representation in the legislature and someone who genuinely cares about others. As he embarks on this new role, stakeholders will be closely watching his initiatives and contributions to the legislative process.

Soror Hendricks Elected to 6th Constitutional Convention

The 2024 Virgin Islands general election took place on Tuesday, November 5, 2024, to elect the delegate to the United States House of Representatives, all 15 seats in the Legislature of the Virgin Islands, members of the Virgin Islands Board of Elections, Board of Education, and the 15 delegates to the Sixth Constitutional Convention.

Our very own, Soror Lydia Hendricks, an elected member of the Board of Election decided to run a write-in campaign for the constitutional convention and was successful in her bid.

The convention is set to begin in January 2025 and produce a proposed Constitution by October 31, 2025. That will be the subject of a binding referendum in November 2026 and, if passed, become the fundamental law of the land as of March 31, 2027 – roughly half a century after the U.S. Congress formally authorized the Virgin Islands to create its own territory constitution.



Currently, Guam and the U.S. Virgin Islands are the only United States territories without a constitution.

Epsilon Zeta Participates in Double Good Popcorn Fundraiser for the Eastern Region

Elma V. Brathwaite Curtis
Journalist

From October 20-24, the Epsilon Zeta Chapter participated in the Eastern Region’s fundraising efforts to raise funds for the Anna J. Steen Scholarship Fund. It was our first time participating in the fundraiser after passing last year because Double Good does not ship to the Virgin Islands.

Double Good is known for its ultra premium popcorn and unique fundraising model, which allows organizations like Iota Phi Lambda Sorority to raise money while offering delicious snacks to supporters, and keeping 50% of the profits.

Double Good Popcorn’s fundraising model allows organizations to sell popcorn without upfront costs. Participants set up virtual pop-up shops, promoting their sales through social media and word of mouth.

Epsilon Zeta relied heavily on Facebook and Whatsapp messaging to spread the word of our fundraiser and we were very successful.

The total sum raised by the Eastern Region was \$12,472 with 216 persons purchasing from the Anna J. Steen Turtles. Epsilon Zeta Chapter sold a total of \$1,835 and finished as the third highest seller among the chapters that participated.

Feedback from persons who supported our fundraiser indicated high satisfaction with the quality of the popcorn and the ease of the fundraising process. "The popcorn is always a hit with my family. My sisters and I love it and we support each time we see a Double Good fundraiser," Soror Erma Brathwaite LaMotta said from Orlando, FL.

Ruth Warren, who lives on St. Thomas ordered over \$200 in popcorn. "After Elma introduced me to Double Good popcorn, I try to always have some in stock." "I ordered and sent them to Atlanta and I will retrieve them when I travel for Christmas," she told EZ News.

While the fundraising campaign was largely successful, some EZ Sorors were reluctant to order because Double Good does not ship to the Virgin Islands.

"I ordered and shipped the popcorn to my son’s college. I won’t enjoy them until November when Qian returns home for Thanksgiving weekend," Soror Nadja Harrigan stated.

Soror LuAnne Roberts had her daughter in Florida order her popcorn for her and said that she will get them when she travels for her daughter’s graduation in a few weeks. "I know I won’t be disappointed." she said.

The partnership with Double Good Popcorn proved to be a successful fundraising initiative for the Eastern Region as scholarships continue to have a funding source as the region endeavors to assist students seeking tertiary education.




Anna J. Steen Turtles

October 20 - October 24


Event Summary

EVENT TOTAL	# OF SUPPORTERS
\$12,472	216


TOP SELLERS

	Zeta Rho Chapter ...	\$4,047
	Zeta Mu Chapter l...	\$2,745
	EPSILON ZETA CHAP...	\$1,835

EPSILON ZETA
CHAPTER STT



\$1835 / \$600



Epsilon Zeta Bids Farewell to Soror Ealsie Turnbull

*Elma V. Brathwaite Curtis
Journalist*

Epsilon Zeta has been blessed with dedicated and faithful members and none so more than Soror Ealsie Turnbull, who we lost to relocation to the mainland. Soror Ealsie left the Virgin Islands after 60 years of calling it home.

Soror Ealsie moved to St. Thomas in 1964 with her late husband, Edward Turnbull and worked in the public school system as an elementary school teacher. Soror Ealsie taught the third grade and then the 6th grade until her retirement in 2000.

Soror Turnbull became a member of Iota Phi Lambda Sorority in 1989 when she was inducted into Epsilon Zeta Chapter.

“I was looking for sisters when I joined the sorority,” Soror Ealsie said in our chapter meeting. “I appreciate the sorority, I am so proud to work with all the Sorors, and I hope I was a good Soror,” she added.



Soror Ealsie has been one of Epsilon Zeta’s best Sorors, who came out to assist, support and participate in the chapter’s activities. She is everyone’s friend and Epsilon Zeta is saddened of Soror Ealsie’s relocation.

Speaking with Soror Ealsie from Mississippi, she indicated that she is with her brother. She told EZ News that she was very appreciative of the sendoff she received from Epsilon Zeta and some individual Sorors. “I am thankful for the assistance from Sorors who drove me around since I don’t drive anymore.” She added, “I truly appreciate the care and concern by my Sorors of Epsilon Zeta.”

Epsilon Zeta and Soror Ealsie have had great times and we have cherished our time together. She is the epitome of sisterhood and she will be severely missed but we look forward to her visiting us regularly.



Former FIL Testifies to Raise Tobacco Buying Age to 21

*E.V. Brathwaite
EZ Journalist*

On Wednesday, October 2, former FIL member, Micah Crawford and Health officials testified in support of a proposed law to raise the legal age to purchase tobacco from 18 to 21, telling the Virgin Islands’ senators that it would help limit access for people most susceptible to the drug’s well-documented adverse health effects and addictive qualities.

Micah Crawford, chair of the Youth Health Equity Project appeared at the hearing and agreed that raising the age to purchase tobacco was a good idea, and stated that he warned friends about the dangers of tobacco, which can stunt physical and mental growth.

“As a youth coalition, we target tobacco use because of the significant amount that is generally used in the youth population. More youth, ranging in ages from 12-17 generally use fonta and marijuana as an escape from their reality,” Crawford said. “Considering that the brain isn’t fully developed until 25 years of age, using tobacco could interfere with comprehension skills, which I often see occurring.”

Micah was a member of the 2024 FIL Auxiliary as a participant in EZ’s FIL Cotillion. He is now a freshman at the University of the Virgin Islands, studying political science.

Senators voted to advance the tobacco bill, Bill No. 35-0289.



Micah Crawford, chair of the Youth Health Equity Project, told the Senate’s Committee on Health, Hospitals, and Human Services of his support for raising the age limit to buy tobacco.

NATIONAL DAY OF REMEMBRANCE FOR MURDER VICTIMS COMMEMORATED

*By Debbie Brathwaite
EZ News Writer*

On September 25th, the Victim Services Unit of the Virgin Islands Department of Justice (DOJ), the Family Resource Center (FRC) and the Virgin Islands Police Department (VIPD) held a special ceremony to remember persons lost to homicide.

In 2007, Congress designated September 25 as the National Day of Remembrance for Murder Victims. Robert and Charlotte Hullinger, of Cincinnati, formed Parents of Murdered Children following the 1978 murder of their 19-year-old daughter, Lisa, while she was studying in Germany. The annual day of observance is on the date Lisa was murdered. The annual National Day of Remembrance for Murder Victims gives communities the opportunity to remember those lost to homicide, and honor their memories.

Soror Elma Brathwaite, Coordinator of Victim Services at the DOJ, who organized the annual event spoke to EZ News about the event. “On this day every year, the



DOJ and its partners join the families of murder victims who have tragically lost their lives to homicide to remember their loss. During the National Day of Remembrance for Murder Victims, we are reminded of the many cherished lives taken by violence.”

The Remembrance Ceremony featured speeches from the VI Attorney General, Gordon Rhea, the Lieutenant Governor of the Virgin Islands, the Honorable Tregenza A. Roach, Esquire. The most emotional speaker had to have been Andrea Hamilton, who told the audience the trauma of losing her 14-year old son, Aaron to gun violence four years ago.

The evening also featured performances from Soror Merida Gumbs and Man of Iota, Eljhaie Brathwaite.



Sorors attend Beach Church Service with Chapter President

It is customary for the members of Epsilon Zeta to attend the church of the president to begin the new sorority year.

On September 15th, Sorors joined Chapter President Dawn Milliner and the Lutheran Church of the Reformation in a special service on Magens Bay.



What's Happening

Community Events

August 2024

17 - ER Leadership Summit
24 - EZ Planning Meeting - 9am
28 - Iota Talks - 8pm

September 2024

11 - EZ to the movies - The Forge
14 - EZ Chapter Meeting - 12noon

October 2024

3 - FIL Informational Mtg - 5:30pm
9 - Iota Talks - 8pm
12 - EZ Chapter Meeting - 12noon
20-24 - ER Double Good Fundraiser

November 2024

5 - Election Watch Party
7 - FIL Participants Meeting
9 - Estate Planning Forum
9 - EZ Chapter Meeting
9 - Dues to Chapter Due
15- National Per Capita Taxes
18-22 - American Education Week

December 2024

5 - FIL Auxiliary Meeting for All
14 - EZ Chapter Meeting - 12noon
15 - FIL Auxiliary Induction
20 - IFA Activity - Boujee Bingo
28 - Soror Ivy's Funeral

January 2025

1 - Regional Assessment
5 - ER Conference Registration
5 - IEKHS Student Presentation
11 - EZ Chapter Meeting - 12noon
20 - Dr. Martin Luther King Parade
25 - Toys "U" Can't Return Workshop

February 2025

1 - Career Exploration Workshop
2 - Mother/Daughter Affair
8 - EZ Chapter Meeting - 12noon
15 - Chapter Report due to ER
15 - FIL Cotillion Community Service & Design a Tee Day
16 - Cotillion to Church for BHM
22 - Black History Month - WSTA

March 2025

8 - EZ Chapter Meeting - 12noon
22 - EZ Charter Day
23 - FIL Cotillion - 4:00pm
29 - FIL Cotillion Beach Party

April 2025

12 - EZ Chapter Meeting - 12noon
24-27 - 88th ER Conference
Williamsburg, VA

May 2025

10 - EZ Chapter Meeting - 12noon

June 2025

1 - Founder's Day
14 - EZ Chapter Meeting - 12noon

July 2025

28 - Aug. 3 - National Convention
Washington, DC

ZETA MU IN THE KNOW

ZETA MU CHAPTER | UPPER MARLBORO, MD

FALL NARRATOR 1

THE FINAL FLOURISH THE LAST CHAPTER OF A REGAL JOURNEY

Back to School

Providing support for teachers and students.

Information Session

Exploring new member opportunities in the Zeta Mu Chapter.

SCCM Care Packages

Supporting our sickle cell warriors.

American Education Week

Honoring our dedicated teachers and spotlighting our Future Iota Leaders.



Website: www.iplzetamu.org Email: iplzetamu@gmail.com

EXECUTIVE COMMITTEE

PRESIDENT

Soror Erica Belton

1ST VICE PRESIDENT

Soror Camille Tillar

2ND VICE PRESIDENT

Soror Morgan Williams

RECORDING SECRETARY

Soror Stephanie Mason

CORRESPONDING SECRETARY

Soror Yolanda Haywood

FINANCIAL SECRETARY

Soror Rachel Hall

MEMBERSHIP CHAIR

Soror Barbara Redden

JOURNALIST

Soror Sydney Williams

TREASURER

Soror Mildred Ballenger

President's Message

As I enter my last year of presiding over this amazing chapter, I'm still overjoyed at the amazing work of the Zeta Mu Chapter.

Representing many different professional backgrounds and ethnicities, we are an emerald star team that envelops sisterhood and professionalism.

Please enjoy our newsletter and our continued journey in giving life to friendship and love.

Erica Belton, Madame President



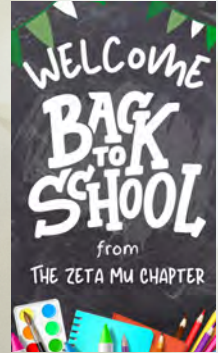
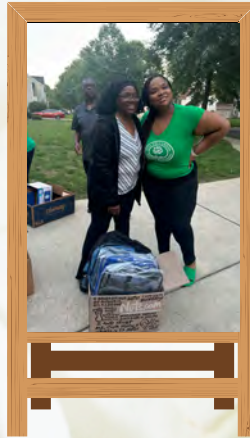
MOI Back To School Drive

By Soror Veronica Tillar and Soror Morgan Williams



The Zeta Mu Chapter's Marvelous Men of Iota once again demonstrated their commitment to community service by hosting their exciting annual Back to School Drive.

Thanks to the outpouring of donations, the Men of Iota were able to gather an impressive array of essential items, including notebooks, backpacks, pencils, scissors, binders, and so much more. Their hard work and dedication translated into a significant impact for the community, as they provided vital support to their sponsor school, Thomas Johnson Middle School, along with assistance for other families and students throughout Prince George's County.



SCCM Care Packages: Support for Sickle Cell Warriors

By Soror Camille Tillar



The Zeta Mu Chapter conducted their 2nd Annual Sickle Cell Disease Warrior Care Package donation drive from September 1 - October 5, 2024. The chapter received monetary donations and physical item donations through Amazon from our Sorors, MOI, family and friends. We also received a \$250 donation from our partner, the Sickle Cell Coalition of Maryland (SCCM), based out of Prince George's County! These donations helped us reach our goal of 100 care packages to be donated to sickle cell disease patients and their caregivers. Packages included hygiene products like deodorant, toothbrush and toothpaste, body wash, shampoo and conditioner, etc. We also added silk pillowcases, slipper socks, and adhesive remover wipes that help them at their hospital visits. With the number of packages purchased and assembled by Sorors, we donated 50 packages to the Capital Region Medical Center in Largo, MD, and the other 50 packages went to Children's National Medical Center in Washington, DC. The Zeta Mu Chapter does not take this partnership lightly and takes pride in being able to create some type of comfort for a disease that heavily affects African Americans, especially in Prince George's County, MD. We look forward to continuing to help these patients and caregivers, any way that we can!!



Sparking Interest with a New Member Information Session

By Soror Yolanda Haywood



On a vibrant Saturday afternoon, the South Bowie Library buzzed with excitement as the Zeta Mu Chapter of Iota Phi Lambda Sorority, Inc. hosted a lively new member information session. The event drew in over 30 aspiring professional and businesswomen eager to explore the opportunities and camaraderie that the sorority offers.

Attendees were greeted with warm smiles and a welcoming atmosphere, as Zeta Mu Sorors shared their personal journeys and the impactful role the sorority has played in their lives. The event featured an engaging program that included interactive discussions, inspiring testimonials, and networking opportunities. Participants had the chance to ask questions and gain valuable insight into the sorority's mission to empower women in business and leadership.

The air was filled with motivation and ambition as prospective members connected with established Sorors, forging new friendships and professional relationships.

With its commitment to excellence and community service, the Zeta Mu Chapter of Iota Phi Lambda Sorority, Inc. is poised to continue its legacy of empowering women for years to come. The future looks bright, and the possibilities are endless for those who choose to embark on this transformative journey.



Zeta Mu Chapter Welcomes New Prospects at Thrilling Fall 2024 Virtual RUSH

By Soror Yolanda Haywood



On September 21, 2024, the Zeta Mu Chapter of Iota Phi Lambda Sorority, Inc. hosted an electrifying virtual RUSH event that drew the attention of 53 distinguished prospective candidates. This engaging online gathering was designed to showcase the sorority's mission and values, and it certainly delivered!

Amidst lively discussions and inspiring presentations, the excitement was palpable as members shared their experiences and the powerful impact of sisterhood.

As the Zeta Mu Chapter prepares to embrace this new cohort, the anticipation is high for the positive energy and fresh perspectives the new group of women will bring. The chapter is poised to continue its legacy of excellence, and the future looks promising with new prospective members ready to make their mark!



Hitting The Polls

By Madam President Soror Erica Belton



On November 4, 2024, members of the Zeta Mu Chapter took to the voting polls to make their voices heard in the 2024 Presidential Election. Their presence at the polls served as a powerful reminder that voting is not just a right, but a privilege.



CFC: A Time for Giving

By Soror Rachel Hall and Soror Nayrovis Canela



It's that time of the year again where the Federal employees are given the opportunity to donate to many different charities through the Combined Federal Campaign (CFC). Federal employees help to support different charitable organizations under the CFC monetarily or through volunteer work.

Zeta Mu Chapter's very own, Soror Rachel Hall, the CFC Ambassador for the United States Census Bureau, and Soror Nayrovis Canela, the CFC Ambassador for the United States Patent and Trademark Office, will work to raise funds and solicit volunteer support to help sponsored charitable organizations in need.



Fundraising With a Sweet Treat

By Soror Syd Williams



The Zeta Mu Chapter is thrilled to announce a successful start to the fundraising year, having recently participated in the exciting Double Good Fundraiser! This vibrant event was not just about raising funds; it was a celebration of sisterhood, community, and commitment to education.

The Double Good Fundraiser was more than just a sales event; it was an opportunity to connect with the community and share the sorority's values. The Zeta Mu Sisters are proud to contribute to the legacy of Anna J. Steen, ensuring future generations of students have access to the resources they need to succeed.



American Education Week with Our Dedicated Teachers!

By Soror Morgan Williams



On November 22, 2024, the Zeta Mu Chapter of Iota Phi Lambda Sorority, Inc., hosted a warm and uplifting teacher appreciation coffee social at Thomas Johnson Middle School for the American Education Week. Over twenty teachers and staff attended the event, which was filled with gratitude, connection, and celebration.



Attendees enjoyed freshly brewed coffee, pastries, and a chance to relax and recharge in a welcoming atmosphere. The chapter expressed heartfelt appreciation for the educators' dedication and impact on the students and community. This inaugural gathering marked a significant step toward building a lasting relationship between Thomas Johnson Middle School and the Zeta Mu Chapter.



Future Iota Leaders During American Education Week

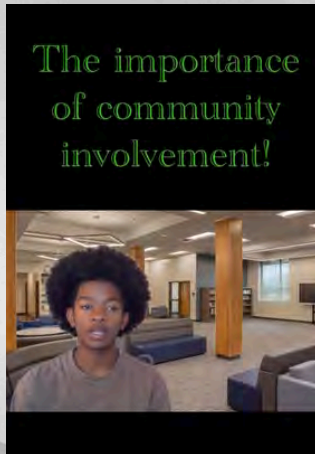
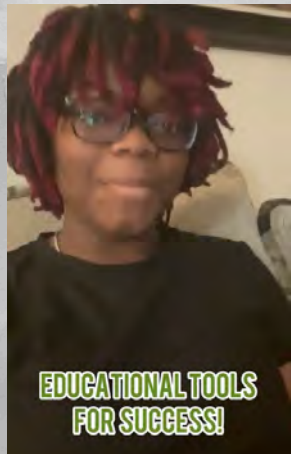
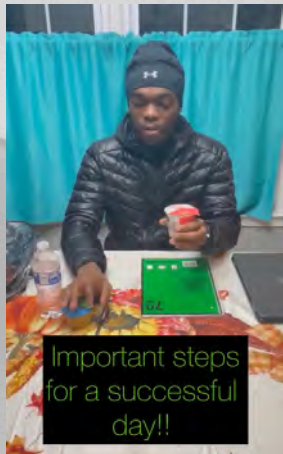
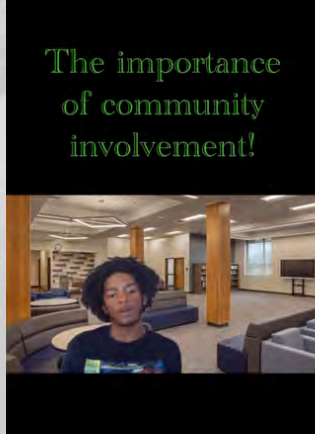
By Soror Syd Williams



In a vibrant celebration of learning and leadership, the Zeta Mu Chapter's Future Iota Leaders took center stage during American Education Week with their engaging TikTok Shop of Success!

Through the creative TikTok videos, the Future Iota Leaders passionately shared their insights on why education and college matters and how it can shape futures. They highlighted the significance of community engagement, practical tips for a successful school day, and inspired fellow students to take charge of their educational journeys.

By blending fun with meaningful messages, the Zeta Mu Chapter made a lasting impact during the American Education Week, reinforcing the belief that education is the key to unlocking a world of possibilities.



Rallies for Hurricane Helene Relief

By Soror Kayln Cromartie



In a heartfelt effort to address the dire need for bottled water, Zeta Mu donated 275 cases of water to the Western North Carolina Emergency Services Warehouse, in order to make a difference in the lives of countless individuals grappling with the aftermath of the hurricane. Our very own, Soror Kalyln Cromartie's leadership was instrumental in the success of this initiative. With unwavering determination, she reached out to local organizations, rallying them to join the cause. Her networking efforts resulted in a powerful coalition of community members and organizations, all committed to providing relief to those in need.



Sisterhood News.....



Soror Rachel Hall
U.S. Air Force



Soror Nayrovis Canela
U.S. Navy

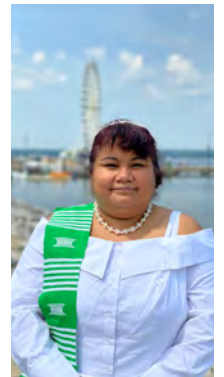


Soror Shawn Ross
U.S. Army

To our Veterans, we honor your dedication and resilience, and share our gratitude and support to you, our heroes.



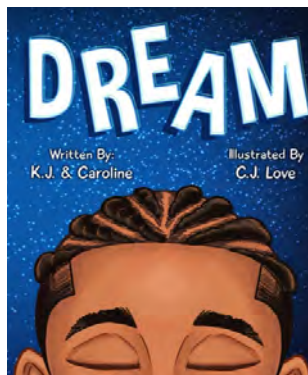
New Plaque at Marietta House Museum



Soror Alexia Martinez and the Marietta House commemorate enslaved families from the 1800's with a commemorative plaque.



Congratulations to Soror Stephanie Mason's son, KJ and his grandmother, Caroline, for publishing their first children's book "Dream."



Congratulations to Soror Dr. Taniesha Alexander for her new children's book release, "Soar Sight Soar, A Journey Through Sightland, Volume 1." Her book was accepted in the Library of Congress.





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EMERALD INSIGHTS



Zeta Psi Chapter

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*Zeta Psi Sorors greet
Gamma Delta at
Arundel Mills Mall*

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*Sorors Donate School
Supplies to
Reisterstown
Elementary School
Trunk or Treat at
Reisterstown
Elementary School*

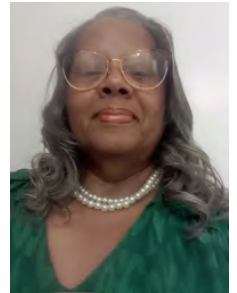
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*American Education
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As President of Zeta Psi Chapter of Reisterstown, MD (Baltimore County), once again I bring you greetings. The chapter will be embarking upon a new year soon in 2025. We wish our Sorors near and far, Men of Iota, Future Iota Leaders, Pelatis, affiliates, and friends peace, prosperity and a productive new year!



As the chapter celebrates our first anniversary on January 13, 2025, we remain mindful of Iota Phi Lambda Sorority, Inc.'s mission and objectives this sorority year. The members take pride in carrying out Iota's Programs and Projects, in addition to servicing our communities and wanting to excel in scholarships. Our members are passionate about sisterhood. The chapter has grown in membership. As president, my goal is to lead with integrity, transparency, continue servicing our communities and growing in membership. Zeta Psi members continue to work and not shirk.

Sisterly,
Shirley Dean-Johnson, President
Zeta Psi Chapter
2024-2025



ZETA PSI INDUCTS NEW MEMBERS

Historic Induction Marks Milestone for Zeta Psi Chapter of Iota Phi Lambda Sorority, Incorporated Saturday, November 2, 2024 – The Zeta Psi Chapter of Iota Phi Lambda Sorority, Incorporated, made history this past weekend as it held its first-ever induction ceremony for new members. Sorors Ericka Powell Vinson and Carmeletta Able were formally welcomed into the sisterhood, joining a growing legacy of service, leadership, and sisterhood. The event was a momentous occasion, not only for the new initiates but for the entire chapter and the Iota Phi Lambda Sorority, Incorporated family.

The induction ceremony, which took place on November 2, 2024, was a proud moment for the Zeta Psi Chapter, which has been steadily building its presence and community impact. This first induction marks the beginning of what is anticipated to be a long and impactful journey for the chapter in fulfilling the Sorority's mission of promoting the highest standards of business and professional leadership among African American women.

On hand to witness and celebrate the milestone occasion was Dr. Audrey Douglas-Cooke, the esteemed Eastern Regional Director of Iota Phi Lambda Sorority, Incorporated, Eastern Regional Recording Secretary, Jean Pittman, National Executive Director, Karen Avery and Eastern Region Treasurer, Nona Diggs and a host of Sorors, family and friends. Dr. Douglas-Cooke's presence lent significance to the event, underscoring the importance of the chapter's growth and the continued expansion of Iota Phi Lambda's reach in the region.

Dr. Douglas-Cooke congratulated the new inductees and highlighted the impact that the Zeta Psi Chapter has already made in its short time of existence. She also shared words of wisdom with the new Sorors, reminding them of the core values of Iota Phi Lambda: sisterhood, scholarship, service, and professional development.



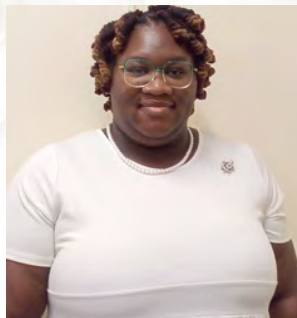
Zeta Psi chapter Sorors from left to right: Janet Brown, S. Denise Carter-McCormick, Shirley Dean-Johnson, Carmeletta Able, Eastern Regional Director, Dr. Audrey Douglas-Cooke, Ericka Powell Vinson, Wonneta Porter, Delori Trice and Carol Mackey.



Newest Sorors' with Chapter VP, Janet Brown and Dean of Intake, Wonneta Porter.



Eastern Regional Treasurer, Nona Diggs, Carmeletta Able, Eastern Regional Director Dr. Audrey Douglas-Cooke, Ericka Powell Vinson, Eastern Region Recording Secretary Jean Pittman and National Executive Director, Karen Avery.



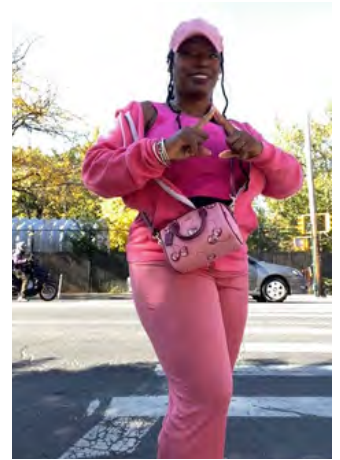
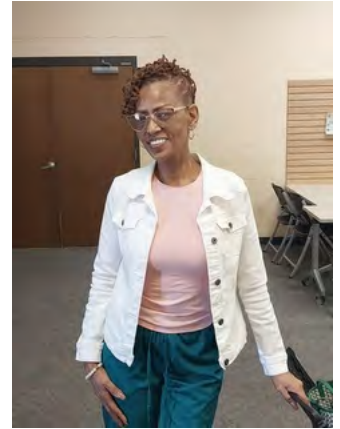
The newest members of the Zeta Psi Chapter of Iota Phi Lambda Sorority, Incorporated - Soror Ericka Powell Vinson and Soror Carmeletta Able.



Kappa Chapter Sorors in attendance

ZETA PSI SORORS WEAR PINK FOR BREAST CANCER AWARENESS

For Breast Cancer Awareness Month, our beloved Sorors from the Zeta Psi Chapter proudly adorned themselves in vibrant pink to raise awareness and show solidarity with those who have been survived breast cancer and those we have lost.. With hearts as big as their spirit, they stood united in support of this vital cause. Let's celebrate their commitment to health and community as they continue to make a difference one bold step at a time.



Black Women's Agenda Symposium and Luncheon Septemeber 13, 2024



Soror Shirley Dean-Johnson and Soror Carol Mackey at the Black Women's Agenda Symposium and Luncheon.

Zeta Psi Sorors pay surprise visit to Gamma Delta Sorors at Arundel Mills Mall



Sorors donate schools supplies to Reisterstown Elementary School August 22, 2024



Students with their new backpacks.



Sorors with the principal of Reisterstown Elementary School



Sorors at Reisterstown Elementary School

Sorors at Trunk or Treat at Reisterstown Elementary October 30, 2024



MOI Clayton McCormick hard at work with the students.



Students at Trunk or Treat



Sorors Carol and Denise handing out candy to student

**Zeta Psi recognizes teachers for American
Education Week
November 18, 2024**



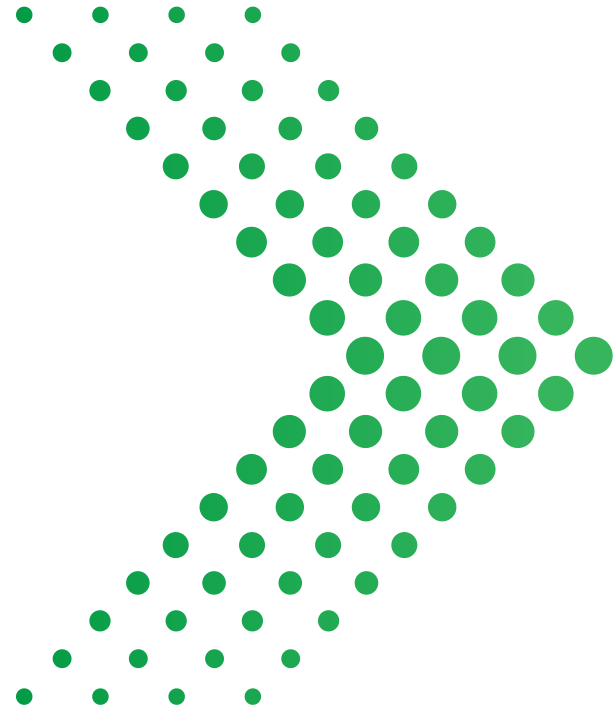
**Zeta Psi Sorors attend Kappa Chapter Induction
November 30, 2024**



Eastern Region Editorial Team



Teresa Gonzalez
Eastern Regional Journalist



- Marva Perrin - Beta Chapter
- Kashauna Spratley - Gamma Chapter
- Desiree Israel - Kappa Chapter
- Jaelyn Maddrey - Omicron Chapter
- Latrice Hunter - Alpha Chi Chapter
- Kimberly Jordan - Gamma Delta Chapter
- Shenelle Jones Cardwell - Gamma Zeta Chapter
- Elma Brathwaite - Epsilon Zeta Chapter
- Yvonne Ray - Epsilon Eta Chapter
- Sydney Williams - Zeta Mu Chapter
- Michelle Smith Jackson - Zeta Rho Chapter
- Dominique Lee - Zeta Chi Chapter
- Fatima Lewis - Zeta Psi Chapter
- Leona Thompson - Delta Phi Chapter



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