

GAMMA GAZETTE

GAMMA CHAPTER'S NEWSLETTER

OCTOBER 2021 • ISSUE 1 • VOLUME 2

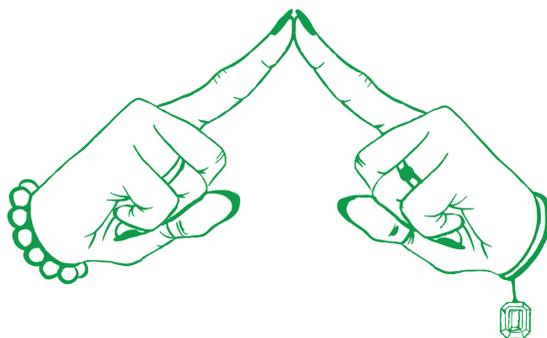


PRESIDENT'S CORNER

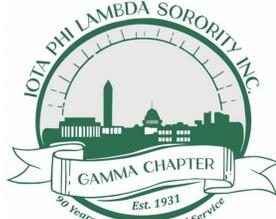
Greetings and welcome to the Glamorous Gamma Chapter's newsletter. This year has been unparalleled as it has been filled with amazing opportunities to practice our pandemic pivot, demonstrate our commitment to innovative service to the Washington, DC Community while celebrating the legacy that comes with 91 years of service. We invite you to discover how we continue to make a difference to our community.

This year, we will continue to embrace the ideals of Iota and strive to further this great sorority by expanding its reach through

recruiting professional like-minded business women and providing business services to the community we serve while bringing fresh new ideas and new ways of doing things to the forefront. We will remember our founders and charter members and embrace characteristics that made them visionaries as they dared to be the first to establish a legacy that has lasted close to a Century.



IOTA PHI LAMBDA SORORITY, INC. - GAMMA CHAPTER 2021-2022



Gamma Chapter Attends the Eastern Regional Conference

Gamma chapter was representing at the 2021 Regional Conference where we celebrated Soror Tangila N. Brogden, our Gamma Chapter Soror of the Year, as she was awarded the Eastern Regional Soror of the Year! We also celebrated Gamma Chapter Outstanding Woman of the year, Dr. Regina Hampton, co-founder of Cherry Blossom Intimates DC, she was awarded Eastern Regional Outstanding Woman of the Year! We are so proud to have these phenomenal women representing us!

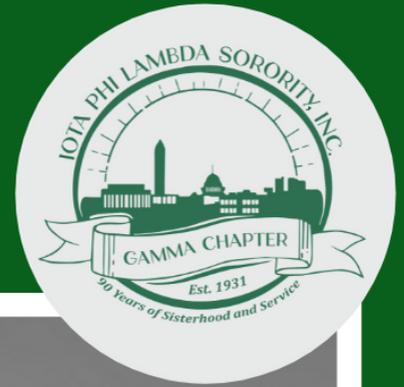


Soror Silver Vann Goosehead Insurance

"My hope is to have a business that is successful enough to employ other black women and mentor them to also open their own agency.

I aspire to be the go to insurance agent in the DMV."

"For a very long time your typical insurance agent was an older white male primarily looking to gain commission off of your business. Honestly it still is today. They either give you more coverage than you need or not enough coverage. It is important to have black women in the industry because we need someone who cares about our community and take the time to actually educate consumers on the coverages they are getting and why they need it and all the quirks about insurance that are sometimes misunderstood. Insurance is a product that you truly experience once you have an accident, and many people find that maybe that policy that was sold to them wasn't the best policy and by that time its too late. Its important to have an agent that you can relate to and someone who is going to advocate for you.



Dr. Regina Hampton

**Gamma Chapter & Eastern Region
Outstanding Woman of the Year**

"I just want to show women that they are all beautiful, no matter the package, and make them believe it." - Dr. Regina Hampton

CONGRATULATIONS!



Tangila N. Brogden

Gamma Chapter & Eastern Region
Outstanding Soror of the Year

We celebrate you today and every day for the constant hard work and dedication that you exhibit. Your passion for the work of this organization continues to inspire!

CONGRATULATIONS!





Iota Phi Lambda Sorority, Inc., Gamma Chapter of Washington, DC, celebrated 90 years of serving Washington, DC. In honor of this historical moment, hosted a two-day virtual conference, The Power of She: Feminine and Fearless Conference! The Power of She: Feminine and Fearless Conference was designed to celebrate and empower business and professional women and give them tools and skills to help navigate gender, race, health, and economic biases. Due to the current health and social justice crisis in America, Gamma Chapter is dedicated to discussing these important topics.

Conference Schedule

Day One:

- 7 pm - Power of She Town Hall: Protecting Black Women: Our Fight, Our Dignity, Our Economic Legacy!
- 8 pm - The Feminine and Fearless Vendor Showcase and Town Hall Networking Mixer [Music by Eljhaie Brathwaite]

Day Two:

- 9:30 am - Session 1: Women Working Well Workshop Hosted by Jill Bullock
- 10:30 am - Session 2: Let's Move: Orazul Bellydance
- 11:30 am - Vendor Fair and Lunch Entertainment [Music by DJ Preston E]
- 12:30 pm - The Power of She Awards

**CIVIC
ENGAGEMENT**

**ECONOMIC
EMPOWERMENT**

**HEALTH AND
WELLNESS**

April 30th - May 1st • To register, visit: <https://linktr.ee/iota.gamma.dc> • www.iotagamma-dc.org

CATEGORY 1: SOCIAL JUSTICE

Nominees must have a sustained commitment to counseling, psychology, community involvement and diversity, as well as demonstrated evidence of achieving community or organizational change that supports disenfranchised, disempowered, less privileged or oppressed groups.

Disclaimer Views of Nominees do not necessarily reflect the views of Iota Phi Lambda Sorority, Inc.

CATEGORY 2: COMMUNITY OUTREACH

The nominees should oversee or be heavily involved in a community project(s) that document a community need and have specific, measurable objectives. Any entry for a project newly implemented or on-going that has completed one year of implementation will be considered, as long as it is not a previous award-winning entry/project.

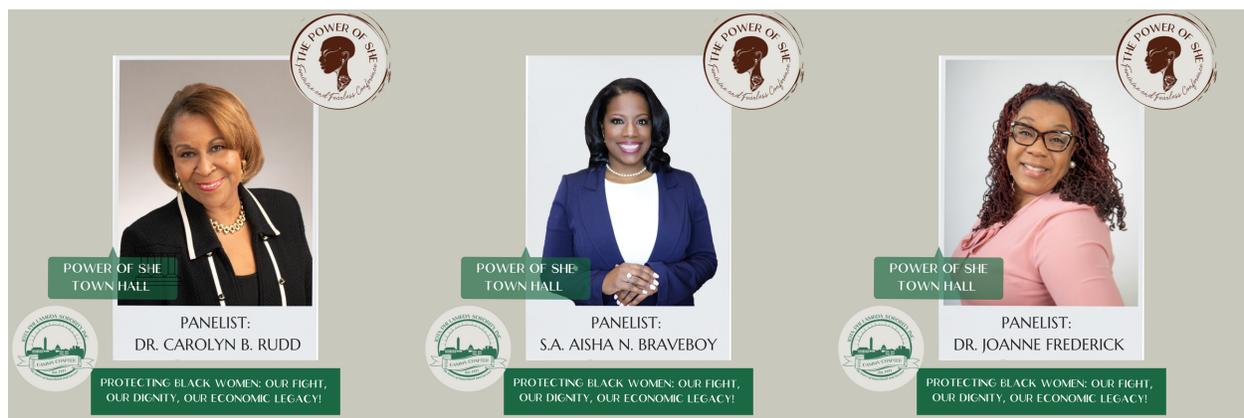
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The Power of She: *Feminine and Fearless*

The Power of She Townhall

The Power of She Town Hall: Protecting Black Women: Our Fight, Our Dignity, Our Economic Legacy was another signature event that we put on.

We had a fantastic moderator, Monique Blyther, an award-winning Video Producer and Digital Marketing Strategist, who guided us through an important discussion on protecting and uplifting Black women with our 3 esteemed panelists who shared unflinching insight into what it means to protect Black Women.



NATIONAL BLACK BUSINESS MONTH

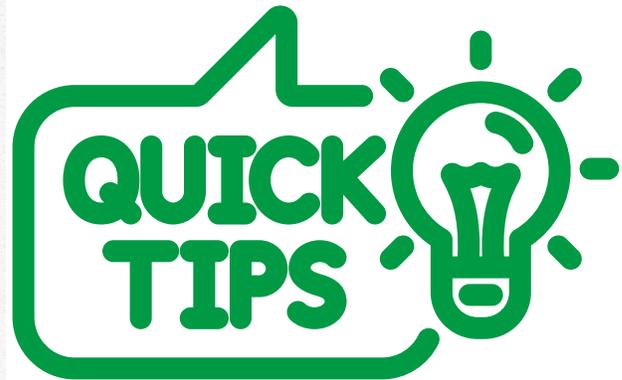
How can you continue to support?

Spend time finding a Black Owned Business that you really connect with and can weave into your life for years to come.

Join Black Business Directories and Online Groups to find hosts of Black Businesses to support locally and Universally.

Rather than scrolling through UberEats or GrubHub, call the Black Owned restaurant and order directly.

Support your favorite Black Owned Business for FREE by following them and actively reposting, sharing, saving & interacting (commenting) with their various social media accounts.



NATIONAL BLACK BUSINESS MONTH

August was National Black Business Month ! We want to close out this month by taking a look at how we can continue to be productive in supporting Black Businesses all year round. In addition to these tips we've compiled a list of some Black Owned Businesses that you should check out in 2022!

NATIONAL BLACK BUSINESS MONTH

A list of Black Owned Businesses for you to check out!

JEWELRY + ACCESSORIES

1. Blue Sunset
2. Mateo
3. Stella and Haas
4. Maya Njie Perfumes
5. Anima Iris
6. CocoXRobyn

LIFESTYLE + TRAVEL

1. JetWell Kit
2. Goosehead Insurance
3. Cocoa Diaries
4. Lakay Goods
5. Whole Thyme Kitchen
6. Partake Foods

CLOTHING

1. Nakimuli
2. Cherry Blossom Intimates
3. B.K. Life and Style
4. Worthy of it All Boutique
5. Legendary Rootz
6. Ruby Love

ART + DESIGN

1. SagMoonPaperCo
2. Dom G Graphics
3. Zaria Jenee Art
4. Siyo Boutique
5. Coloring Pins
6. Lo Harris Art

HOMEGOODS

1. Nubian Hueman
2. BLK MKT Vintage
3. Bolé Road Textiles
4. Jungalow
5. Expedition Subsahara
6. Harlem Candle Co.

HAIR + SKIN

1. Oil of Essence
2. Nohaskin
3. The Wellness Apothecary
4. Bask & Bloom Essentials
5. Mischo Beauty
6. Uoma

DID YOU KNOW ??

Mental health awareness is represented by a green ribbon. In the 1800s, green was the colour used to label people who were considered insane. Though we in the U.S. typically recognize mental health awareness in May, many other parts of the world recognize it in October. The Gamma Chapter of Iota Phi Lambda Sorority Inc., represent women's wellness throughout the year with Women Working Well, and we want to show our support by toting our green today!

Women Working Well



Gamma Chapter

Women Working Well



Gamma Chapter

Women Working Well



Gamma Chapter

CELEBRATING WORLD MENTAL HEALTH DAY

Mental health week is October 3rd-9th and October is recognized in many countries as Mental Health Awareness Month. Though we in the U.S. typically recognize this important subject in May, the Gamma Chapter of Iota Phi Lambda Sorority Inc., represent women's wellness all throughout the year with Women Working Well, and we want to show our support by toting our green today

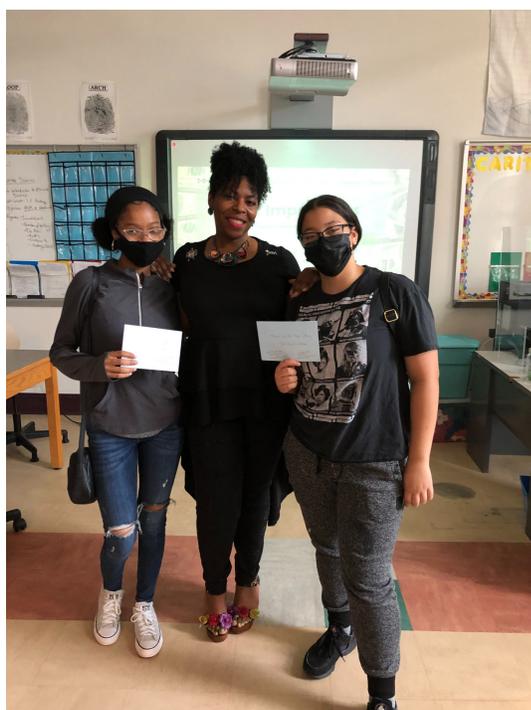


SOROR ANTIONETTE KITCHEN REPRESENTS FOR CAREER EXPLORATION

The Eastern Senior High School Annual Girls Summit (Washington, DC) held this weekend was an amazing experience.

The workshops were facilitated by alumna of ESHS, including Gamma Chapter's very own Antoinette Kitchen who presented her signature career exploration workshop on First

Impressions. The young ladies learned interviewing skills, discussed career goals, and practiced their personal statements. The Girls Summit was an overwhelming success. The ladies were inspired by all the presenters to aim high, dream big, and received individualized tips to conquer their goals.



Soror Antoinette connecting with the young women.





Domestic Violence Awareness Month

RECOGNIZING DOMESTIC VIOLENCE AWARENESS MONTH

Gamma Chapter wore purple in salute to Domestic Violence Awareness Month! Along with donating as a chapter to Safe Sisters Circle, a domestic violence haven organization located in Washington DC., we have chosen to raise our voices and rock our purple garb in order to shed light upon the seriousness of domestic violence. This pandemic has only seen a rise in domestic violence assaults and, unfortunately, deaths.

“ Domestic Violence Is a Pandemic Within the COVID-19 Pandemic”



Domestic Violence Awareness Month



Domestic Violence Awareness Month



DOMESTIC VIOLENCE

What is domestic violence?

Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, threats, economic, and emotional/psychological abuse. The frequency and severity of domestic violence varies dramatically.

Did you know?

- In the United States, more than 10 million adults experience domestic violence annually.¹
- If each of these adults experienced only once incidence of violence, an adult in the US would experience violence every three seconds. However, because domestic violence is a pattern, many experience repeated acts of abuse annually, so an incident of abuse happens far more frequently than every three seconds.
- 1 in 4 women and 1 in 10 men experience sexual violence, physical violence and/or stalking by an intimate partner during their lifetime with 'IPV-related impact' such as being concerned for their safety, PTSD symptoms, injury, or needing victim services.²
 - Approximately 1 in 5 female victims and 1 in 20 male victims need medical care.³
 - Female victims sustain injuries 3x more often than male victims.⁴
 - 1 in 5 female victims and 1 in 9 male victims need legal services.⁵
 - 23.2% of women and 13.9% of men have experienced severe physical violence by an intimate partner during their lifetime.⁶
- From 2016 through 2018 the number of intimate partner violence victimizations in the United States increased 42%.⁷
- On a typical day, domestic violence hotlines nationwide receive over 19,000 calls.⁸
- An abuser's access to a firearm increases the risk of intimate partner femicide by 400%.⁹
- In 2018, partner violence accounted for 20% of all violent crime.¹⁰
- Intimate partner violence is most common against women between the ages of 18-24.¹¹
- 19% of intimate partner violence involves a weapon.¹²