



The

GAMMA GAZETTE



Volume 35 Issue 2

Business and Professional Women

Nov-Dec 2023 Bi-monthly

Chapter Theme: 'Back to Basics, for continued Gamma Greatness'

President's Letter

-Gamma.Talks about Depression and it's Effects

Membership

- October's Chapter Meeting was a success
- Sorors enjoy a night on the town during CBC Week
- Friday night fun at Paint & Sip
- Hip Hop Holiday Party!

Projects & Programs

- Gamma celebrates educators and adopts 55 children for American Education Week
- Sign up for the MLK Day walk in January!



Gamma Chapter partners with Delta Phi for EmpowerHERs: American Business Women's Day Panel

Gamma supports Delta Phi's new line CAELESTIS



Our Chapter

- Sorors on the move: We celebrate your achievements
- Welcome new Sorors!
- Double Good Fundraiser update

Health & Wellness

-Men of Iota Gets Serious About Their Health

Sunshine Committee

- November & December Birthdays
- Iotaversaries
- Veterans Day

What Gamma's Reading

-Sister Circle Book Club

Calendar

-The Color Purple fundraising event



www.iota-gammadc.org



@iota-gamma.dc



facebook.com/IPLGammaChapter

A Message from our President



'Tis the season! November is already here and we are so close to the beginning of a new year. As we venture towards the end of a year that was filled with a variety of challenges, successes and hopeful moments for opportunity of growth, Gamma chapter continues its goals in pursuit of educational training internally and for our DC community by using business and professional principles for both youth and adults.

At present **American Education Week** is upon us during November 13th to 17th. Gamma has adopted **Turner Elementary School** and we are excited for the partnership alongside our Future Iota Leaders club comprised of a bright core group of youthful scholars. As it pertains to our adult population Gamma has implemented **Gamma.Talks** where we help our members and non-members grow in areas of health, wellness, and economic improvement as they continue working as professionals, contractors, or entrepreneurs.

We had a successful discussion around **Depression and it's effect on Black women** last month, with many take away action items that will be helpful in this time and age of chronic loneliness and isolation. As we enter the holiday season, I hope for our members, their families, and networks that they stay close, check in on one another, and lend a helping hand, even when it may not be asked for. As we approach 2024, the hope is to take forward what we've gained in 2023 and allow it to catapult us forward to the Greatness we envision.

Sisterly,

Soror Vonetta B. Martin
2023-2024 Gamma Chapter President
Past National Executive Director, 2015-2023



Sorors enjoy October's Chapter Meeting



Chapter President Martin's Sistersgiving Brunch for DMV Iota Chapter Presidents and incoming Executive Director Soror Karen Arey (Far Left).

Depression and it's Impact on Black Women's Health
SHIVONNE ODUM, LCPC, LPC, NCC, PHH-C
AKOMA COUNSELING CONCEPTS

Our first **Gamma.Talks** was an impactful discussion on mental health.



Sorors On The Move



Gamma Soror Designs New National Logo!

“Sorors, we are pleased to present the unveiling of our new logo. This logo is the result of the artistic talents of **Soror KaShauna Spratley** from **Gamma Chapter**. It is emphasizing our commitment to growth and innovation. Our new logo serves as a visual representation of our forward-thinking approach and our ongoing dedication to embracing the future. It reflects our steadfast commitment to providing outstanding service to our community.



As we embrace this change, we look forward to continuing our mission with renewed focus and dedication. This logo is a symbol of our commitment to excellence and our unwavering dedication to making a positive impact on our community. We invite everyone to join us in celebrating this moment and look forward to the future with great optimism.”

-excerpt from letter sent by the National Office



Soror Lorelle Langhorne (left) received the **President’s Award** at the NAACP Arlington Branch’s Freedom Fund Banquet. The NAACP Arlington Branch **President’s Award** is a distinguished honor given to an individual or group/organization that is “actively challenging others to embrace diversity and ensure greater opportunity for all people.”



Soror Nicole Darden Ford (right) was inducted into the **2023 CSO50 Hall of Fame**. The CSO Hall of Fame recognizes leaders who have made significant contributions to the advancement of information risk management and security.



Please extend a warm Gamma greeting to our recently transferred and reinstated Sorors:



Transfer
Soror Miriam Kayongot



Reinstated
Soror Nadase



Reinstated
Soror Peaches Hassell



Transfer
Soror Ciana Williams

Gamma Takes On CBC Week

Submitted by: Imani Panton-Blake
Membership Chair



The Omicron Lambda Alpha Chapter of Alpha Phi Alpha Fraternity, Inc hosted a Congressional Black Caucus mixer on September 20th, 2023, which was a huge success! 10 Gamma Chapter Sorors participate in the event, which was held at The Park restaurant. Gamma members proudly wore Green and White while networking and socializing among professionals and politicians in the Washington DC area. Gamma Chapter was featured in a slide presentation that played continuously during the event to a crowd of over 1,100 people.

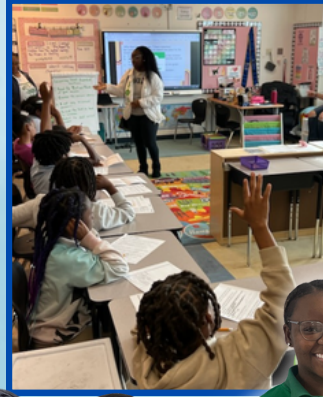


Gamma Sorors came out on Friday, Oct. 27th for a "TGIF Sisterly Sip and Paint"! We enjoyed a night of painting, drinks, and laughs with our Sorors at the **MUSE Paint Bar at the National Harbor**. At the end of the event, we took a group photo proudly displaying our works of art.



November/December 2023

Gamma Chapter Adopts DCPS Turner Elementary School and celebrates American Education Week 2023



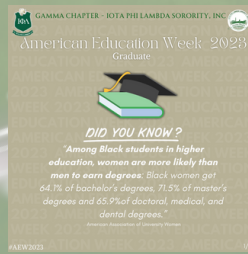
Gamma chapter kicked off American Education Week by adopting 55 students in the 4th and 5th grade at Turner Elementary School in SE DC. Exciting!



Future Iota Leaders: Let's Talk College panel featured three recently graduated Howard University Sorors who have educational and/or professional background in business and entrepreneurship



We recognize educators in Washington, DC for American Education Week!



We celebrated #AEW2023 with a twist; recognizing educators and students in Washington, DC while provide facts and resources for each grade level.

Gamma Chapter of Iota Phi Lambda Sorority, Inc



STAY SAFE THIS SEASON:

- Get your seasonal flu vaccine.
- Stay up to date on COVID vaccine doses.
- Talk to your doctor about RSV immunization if you are over 60, pregnant, or have a baby or child entering their first or second RSV season.



Soror Denise Filien represents Gamma Chapter at the National Coalition of Negro Women's Good Health Wins National Townhall as a GHW's Trusted Messenger.



GOOD HEALTH WINS
NATIONAL COUNCIL OF NEGRO WOMEN, INC. & VACCINATE YOUR FAMILY



Question of the Week Response

Name: Denise Filien

Role/Affiliation: GHW's Trusted Messenger

Response: "Good health starts with ME.

If stay healthy, then I protect my family, friends, and coworkers. It only takes one person to create the domino effect. Vaccination for the Flu minimizes the absentee rates in the workplace which is a cost saving bonus."



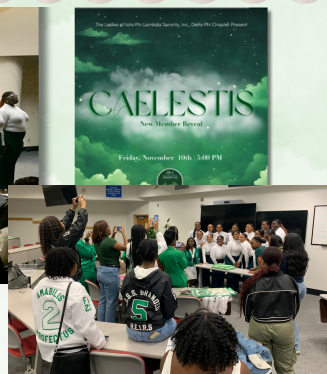
#NotJustFlu
#FightFlu

"CAELESTIS" Unveiled: Iota Phi Lambda Sorority, Inc., Delta Phi Chapter FA '23

Submitted By:
Soror Tangila Brogden
National Undergraduate
Taskforce Chair

Delta Phi Chapter, selected the theme "Caelestis" for the FA '23. **"Caelestis" captures the essence of transcendence, elevating the sorority experience.** Pronounced ky-LES-tis, the ethereal sound mirrors the celestial quality each member brings to the chapter signifying their individuality and collective strength.

To the distinguished Delta Phi Alumnae and Current Members, your wealth of experience is a guiding light for our current members. I charge you with the responsibility of upholding and advancing the legacy of the chapter. To be mentors and pillars of support, ensuring the continuation of our cherished sisterhood's values, especially the vision of the chapter organizers **Zaria Huggins** and **ShirBriya Fletcher**. Infuse your wisdom into empowered leadership, fostering an environment where the torch of empowerment is passed on seamlessly. Current members, you are the heartbeat of our chapter, and I charge you to embrace and carry forward the principles that define Delta Phi. Together, let us forge an unbreakable bond, ensuring that the flame of sisterhood, fueled by empowered leadership, burns brightly for generations to come. With commitment and unity, we can elevate Delta Phi to new heights, embodying the essence of sisterhood and empowered leadership in every action and interaction.



 **@iota.deltaphi**
Follow & Support

- #1 **Indigo Washington** - Radiant O.P.A.L Obeisant (Oh-bay-scent) Preserver of Adept Leadership
- #2 **Kaylee Bryant** - Seraphic Spica (Se-raph-ic Spy-kuh)
- #3 **Bryce Charles** - Apolla
- #4 **Rose-mary Bizuru** - Serein
- #5 **Alexia Harris** - Theia (Thay-ah)
- #7 **Zoe Wilkins** - I.R.I.S (Inspirational Radiance and Inherent Strength)
- #8 **Tia Smith** - Arcane
- #9 **Annie Givhan** - Kirana
- #10 **Celina Glenn** - Supreme Astra
- #11 **Hailey Fields** - Azha (AHZ-AH)
- #12 **Asia Longstreet** - Leilani
- #13 **Taylor Matthews** - Ventus
- #14 **Leona Thompson** - Atria
- #15 **Haleigh Pickens** - Orenda
- #16 **Kayla Smith** - Amaltheia



Gamma welcomed Eastern Regional Director Dr. Audrey Douglas-Cooke to DC with support from part of her Executive Committee with Soror Nicole George (ER Treasurer) and Soror Teresa Gonzalez (ER Journalist).

As we extend a heartfelt welcome to the newest members of Iota Phi Lambda Sorority, Inc., Delta Phi Chapter, we are excited to witness the growth of bonds and shared goals. May your journey within our sisterhood be marked by personal development, mutual support, and the joy of shared accomplishments. In this community, each member's unique qualities contribute to a collective spirit of excellence. Together, guided by the principles that define us, we look forward to reaching new heights and building lasting connections as sisters. Dear cherished sisters, step into a journey that's not just about empowerment, camaraderie, and sisterhood but a warm embrace that lasts a lifetime. To our beloved Howard and Washington, D.C. community, know that we're here, thriving, growing stronger together, and eagerly ready to serve with open hearts and united spirits. Welcome to a place where bonds flourish, numbers multiply, and service is a shared passion. ❤️

November/December 2023

The Art of Networking

Submitted by: Kendra Gibson

It is important to build strong professional connections. Most commonly, professionals attend networking events related to their industry or profession proven to be essential for newly graduated or seasoned professionals. This is a wonderful way to meet people who share your interests and goals. Mastering the art of networking can help you build relationships, find new opportunities, and advance your career.

In the professional world, effective networking can open doors to new opportunities, job prospects, and collaborations. Whether at a formal conference, a casual meet-up, or online, the ability to communicate your skills and interests clearly and succinctly is crucial.

Below are tips for building strong connections:

“
Mastering the art of networking can help you build relationships, find new opportunities, and advance your career.
”

- 1 Know Your Goals:** Before you attend any networking event, it is important to know what you want to achieve? Once you have identified your goals therefore you can plan your networking activities accordingly whether it is a new job or acquiring new clients
- 2 Be a Good Listener:** Being an active listener, asking thoughtful questions, and offering help without expecting immediate returns are key to building strong connections.
- 3 Give Before You Receive:** Networking is not just a one-way street; it is a two-way avenue of support. By offering your expertise, time, or resources to your network, you can strengthen your relationships and build a positive reputation.

In conclusion, the art of networking is a multifaceted skill that transcends the boundaries of professional and personal life. It is the delicate dance of forming and nurturing connections, with the intent of mutual benefit and personal growth. Successful networking requires a blend of authenticity, strategy, and genuine interest in others. It is not just about collecting business cards or LinkedIn connections; it is about building meaningful relationships based on trust and reciprocity.

The Programs Committee is seeking a minimum of 10 sorors to join us for

2024 MLK Holiday DC Annual Peace Walk & Parade

Monday, January 15th 2024 11a-2p

R.I.S.E. Demonstration Center

2730 Martin Luther King Jr Ave SE Washington, DC 20020

Register [HERE](#) or visit our chapter's LinkTree

Email: Soror Melissa for questions at vicepres1@iota-gammadc.org

November/December 2023



Gamma's Men of Iota Prioritize Their Health

Submitted by: **Soror Cherwana Harris & Soror Crystal Jones**

November is an annual event that takes place during the month of November, with the aim of raising awareness about men's health issues, particularly prostate cancer, testicular cancer, mental health, and suicide prevention. Participants, often referred to as "Mo Bros," grow mustaches throughout November as a symbol of support for the cause.

The campaign encourages men to have open conversations about their health, seek medical advice when needed, and raise funds for related charities and research. It originated in Australia in 2003 and has since grown into a global movement.



MOI Christopher Jones
and sons



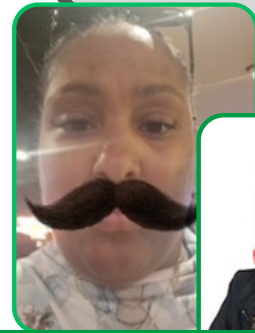
“Movember is important.... As men we often prioritize work, sports, and taking care of others over our own health and well-being. This is why Movember is so critical to me. It’s a chance for us to shift our focus and prioritize our health like we do other aspects of our lives. We can’t afford to ignore warning signs of poor health. Our lives are at stake! Join me in this important movement to take care our ourselves and raise awareness for men’s health”.

MOI Cedric Wilson, MBA,RT(R)(MR)

Executive Director, Diagnostic Imaging Service and Anatomic Pathology
Clinical Laboratories

“ My health is so important because my boys need me more now than ever. ”

-MOI Christopher Jones



Soror Crystal and Soror Cherwana rocking their ‘staches in support of Movember

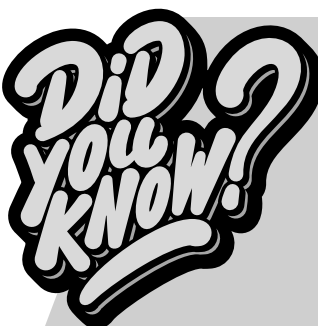
“ I support Movember as I believe it’s important to increase early cancer detection and diagnosis for effective treatments. ”

-Soror Cherwana Harris



Men of Iota (MOI) is an auxiliary of Iota Phi Lambda Sorority, Inc that consists of husbands, significant others, and male family members Iota members who embrace the Sorority’s national, regional, and local chapter programs.

To get involved, **email Soror Crystal & MOI Chris at cjcommandernpower@gmail.com or scan QR code**





The first book club of the year provided an opportunity to foster sisterhood in an informal Zoom setting. **Be The One You Need by Sophia Nelson** centered on self care through boundary-setting and offers the reader bite-sized actionable steps to digest. A delightful and spirited conversation was effortless among Gamma Sorors willing to share personal thoughts and lesson takeaways. Whether one chapter was read or the whole book, everyone found a lesson that resonated within themselves.

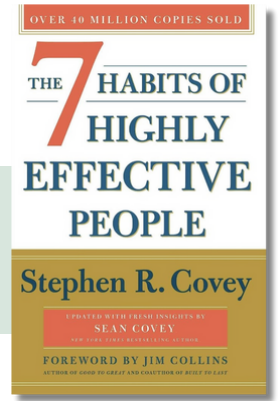
Continuing in January 2024, the next Gamma Book Club will be **Never Split the Difference - Negotiating As if Your Life Depended on It by Chris Voss**. Exact date to be announced. February's selection will be **Walk Through Fire by Sheila Johnson**. If you have a Gamma Book Club suggestion, please contact Soror Alisha Acoff at 678-522-8712.



We also suggest...

In **The 7 Habits of Highly Effective People**, author Stephen R. Covey presents a holistic, integrated, principle-centered approach for solving personal and professional problems. With penetrating insights and pointed anecdotes, Covey reveals a step-by-step pathway for living with fairness, integrity, service, and human dignity—principles that give us the security to adapt to change and the wisdom and power to take advantage of the opportunities that change creates.

"This book is a must read for success. Each habit offers a structured process for living with honesty, human dignity, integrity, and honesty. I've definitely enjoyed the latest edition of this book" - Soror Lakeisha



Christmas By The Book by Anne Marie Ryan
In small-town England, two booksellers facing tough times decide to spread some Christmas cheer through the magic of anonymous book deliveries in this uplifting holiday tale for book lovers everywhere.

"I recommend this book to those who love a feel good holiday story centered around helping others. It's an uplifting easy read filled with Christmas magic, friendship, community, love and hope." - Soror Lakeisha



Gamma Chapter | Iota Phi Lambda Sorority, Inc

thank you

FOR YOUR SUPPORT
We could not have done this without YOU!

Together we raised
\$1077
For the Eastern Region's **Anna J Steen Scholarship Fund**

VONETTA	MELISSA	KASHAUNA
BRENDA C.	NICOLE	MAXINE
AISHA	YVONNE	MICHELLE
IMANI	TRACY	JASMINE
LINETTE	MONIQUE	DARLENE
CHERWANA	LAKEISHA	CORI
DHIRETIA	DONNA	BEVERLY
LYNN	KHALILA	KEVEN
SERETSE	STEPHANIE	LORENZO
NICHOLAS	DUSTIN	SHEILA
TERESA	KENDRA	LAKESHIA
COLESTE	ANGELA	CORY
DONNA	LORELLE	

and our numerous Anonymous Supporters!

Gamma Chapter | Iota Phi Lambda Sorority, Inc

thank you

FOR YOUR SUPPORT
We could not do this without YOU!

DID YOU KNOW?
Anna J. Steen was a Gamma chapter member? She made a major impact in the Washington, DC public school system as a teacher. Dedicated to intentionally ensuring the children of her time had an opportunity to access quality education and grow beyond what was thought for them.

Gamma Chapter raised \$1,077 to go towards the Eastern Region's Anna J. Steen Scholarship Fund.

Thank you to everyone that purchased popcorn for a good cause!



November

Alisha Acoff 11/1
 Lakeisha Wilson 11/14
 MOI Cedric Wilson 11/17
 FIL Liyah Filien 11/19
 Kendra Gibson 11/26



December

Melissa Resil 12/6
 Jasmine Frazier 12/13



Happy Jotaversary
Nine Legends of the Fall

November 14th, 2009



Happy Jotaversary
New D.A.W.N.

November 20th,
 2020



Happy 1st Jotaversary
The Emerald Caucus
 December 17th, 2022



What does Veterans Day mean to me?:

“Celebrating and respecting those that contributed to defending our country and our democracy. Honoring those veterans for their sacrifice, patriotism, love of country and willingness to serve. It was an honor and privilege to serve in the United States Air Force!”

- Soror Lakeisha Wilson United States Air Force ❤️💙

GAMMA CHAPTER OF
IOTA PHI LAMBDA SORORITY, INC.
PRESENTS

HIP HOP HOLIDAY PARTY

2ND DEC PRESENTED BY **GAMMA MEMBERSHIP COMMITTEE**

COST: \$35 AGE 10 & UP | \$20 UNDER 10 YEARS OLD
FOOD INCLUDED | DOORS OPEN AT 5:00 - 8:00 PM | RSVP BY 11.23.23
THEME: A HIP HOP HOLIDAY
RESIDENCE INN | 1199 VERMONT AVE, NW WASHINGTON, DC 20005

@iota.gamma.dc www.iota-gammadc.org CashApp or PayPal

ENTER THE GAMMA HOLIDAY BAKE OFF & BRING YOUR DESSERT TO THE PARTY AND COME DRESSED IN YOUR HOLIDAY SWAG. PRIZE TO THE BEST DRESSED!

The Membership Committee cordially invites you to attend the Hip Hop Holiday Party!

When: December 2nd, 2023 5pm-8pm

Who: Gamma Chapter members, MOI, and FIL and family as well as Delta Phi Chapter members

Cost: \$35 for age 10 and older/ \$20 for under 10 years (food and drinks are included in the cost)

Please note that If you are paying via PayPal, the cost for age 10 and over is \$37.10 and the cost for under age 10 is \$21.20.

The RSVP deadline is November 23rd (Thanksgiving).

Please see email for more information or email membership@iota-gammadc.org with questions

TARAJI P. HENSON DANIELLE BROOKS COLMAN DOMINGO COREY HAWKINS H.E.R. HALLE BAILEY PHYLICIA PEARL MPASI FANTASIA BARRINO

A BOLD NEW TAKE ON THE BELOVED CLASSIC

THE COLOR PURPLE

ESSENCE

ONLY IN THEATERS
CHRISTMAS DAY

The Color Purple Continues

Coming Soon

Get ready for an unforgettable movie night! The new 'The Color Purple' is hitting the big screen, and Gamma will be hosting a joint-chapter premiere fundraiser. More details coming soon!

"This story lives forever," says Taraji P. Henson, quite emphatically. "It's like Shakespeare. It's never going to go away." Henson, who plays Shug Avery in the 2023 film "reimagining" of the classic tale, reflects on the gravity of this newest iteration and of all the productions that have been based on Alice Walker's Pulitzer Prize-winning novel.

Read more from the cast [here](#) on [Essence.com](https://www.essence.com)



Gamma Chapter Calendar



November

11/13-11/17 National American Education Week
11/28 Giving Tuesday

December

12/2 Holiday Party
12/10 *The Color Purple* Fundraiser (tentative)
12/15 Iota Fellowship Application Due
12/16 Chapter Meeting (Chapter Photo Day)
12/25 Christmas Day
12/26 First day of Kwanzaa

Recurring Dates

- Chapter Meetings - 3rd Saturday of every month*
- Y.E.S. (Projects) - 1st Monday
- Membership - 1st Wednesday
- Finance/Treasurer - 1st Thursday
- Programs - 2nd Tuesday
- PR/Marketing/Journalist - 4th Monday
- National Convention Planning - 4th Tuesday
- Correspondence/Sunshine - 4th Thursday

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

January

1/1 Registration for Regional Conference begins
1/15 MLK Holiday Annual Peace Walk

Chapter Dues

Installment Option

3rd payment due **November 30, 2023**



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



www.iota-gammadc.org



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



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



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

THANK YOU

To all contributors to this edition of The Gamma Gazette and members of the PR/Marketing Committee!

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Soror Lakeisha Wilson*

Soror Imani Panton-Blake

Soror Tangila Brogden

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Soror Angela Homer*

Soror Kendra Gibson*

Soror Crystal Jones*

Soror Zaria Huggins*

*Committee Members