



The

GAMMA GAZETTE



Misty Copeland, Ballerina

Ann Lowe, Fashion Designer

Whoopi Goldberg, Actress

Bisa Butler, Textile Artist

Octavia Butler, Science-Fiction Writer

Ella Fitzgerald, Jazz Singer

Volume 35 Issue 3

Business and Professional Women

Jan-Feb 2024 Bi-monthly

Black History Month Theme: African Americans and the Arts

Welcome to FLight #2024

We are prepared to take off into the New Year. Please make sure your Attitude and Blessings are secured and locked in an upright position. All self-destructive devices should be turned off at this time.

All negativity, hurt and discouragement should be put away. Should we lose Altitude under pressure, during the flight, reach up and pull down a PRAYER.

Prayers will automatically be activated by FAITH. Once your FAITH is activated you can assist other passengers. There will be NO BAGGAGE allowed on this flight. The Captain (GOD) has cleared us for takeoff. Destination GREATNESS.

Book your flight and let Jesus take the wheel and lead you into 2024

Submitted by: **Soror Denise Johnson**



A Message from our President



It is an honor to serve as the 35th chapter president of Gamma, established nearly ninety-three years ago as the 3rd chapter in Washington, DC for the national organization called Iota Phi Lambda Sorority, Incorporated. Currently we are one of 64 and growing chapters.

As time passes, industries have come and gone, which impacts our members, the Washington, DC community, partners, and stakeholders, who have commanded the need for access to quality education, effective health services, and improved living conditions. Additionally, fighting for better wages commensurate with experience and opportunities for economic growth by participating in areas of professions and business that were once closed due to biases related to one's gender, ethnicity, or religious preferences has resulted in Iota Phi Lambda Sorority, Incorporated being an unsung staple of American history thriving to serve continuously.

Gamma stands at the helm of this challenge to continue its Greatness in Washington, DC and nationally alongside our sister chapters under the leadership of our 24th National President, Charlotte D. Berry and Eastern Regional Director, Dr. Audrey Douglas Cooke. Last Fall, Gamma regained partnership with a DCPS school, Turner Elementary, by adopting 55 youth for the year to help improve their writing skills using Pitch Perfect model; executed internal training of our members; provided provocative conversations through our newly established webinar series called Gamma.Talk for our local DC, Maryland, and Virginia communities virtually; supported our FIL group with panel discussions and essay contest involvement; as well as connected with DC government DC Mayor's Office of Women and Policy Initiatives for their outreach event on maternal health and wellness.

Lastly, Gamma continues to be one of the many beacon chapters in Iota that has stepped up to a national coalition challenge led by NCNW and its health awareness campaign focused on vaccinations and preventing diseases like COVID-19. As I say, you can't be an effective or efficient business or professional women if your health is not well. Currently as of this winter/spring they have a new campaign that we will be a part of called Doing More in 2024! We continue to the work with a mindset moving into 2024 as a part in larger community. Our success is our communities' success.



Sisterly,

A handwritten signature in purple ink that reads 'Vonetta B. Martin'.

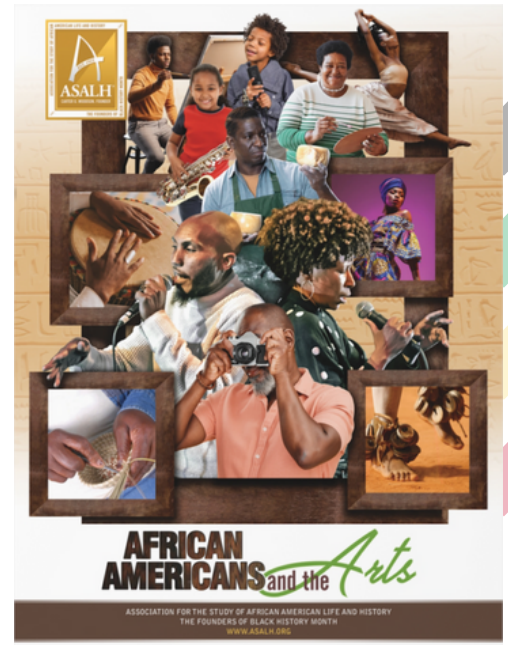
Soror Vonetta B. Martin
2023-2024 Gamma Chapter President
Past National Executive Director, 2015-2023



Celebrate Black HISTORY month

DID YOU KNOW that every year, The Association for the Study of African American Life and History (ASALH) releases an annual theme for Black History Month? This year's theme is **African American & the Arts**.

African American art encompasses a rich tapestry of influences from Africa, the Caribbean, and Black American experiences, shaping various cultural expressions such as visual and performing arts, literature, fashion, folklore, language, film, music, architecture, and culinary arts. Throughout history, African American artists have used their creativity to preserve history, community memory, and empower their communities. From the New Negro and Black Arts movements to the Harlem Renaissance, Black artists have led cultural shifts internationally. To learn more, visit: <https://asalh.org/black-history-themes/>



This Black History Month, join **GirlTrek's Black History Bootcamp**, which is a 21-day walking meditation series (podcast) to remember where we came from and to gather strength for the road ahead. Past themes include: *Prayer Edition*, *Foremothers*, and *Black Neighborhoods*. GirlTrek's mission is to inspire one million African-American women and girls to develop a daily habit of walking.

To register and to receive specially curated emails with survival tips, speeches + dedicated songs to listen to for each episode, visit this link: <https://blackhistorybootcamp.com/#register>

On Sunday February 18th, **The Spectacular Black Girl Art Show** will be in Washington, DC. This exhibit will feature live art, vendors, food & cocktails and live performances. For tickets visit blackgirlartshow.com

ALVIN AILEY AMERICAN
DANCE THEATER

'REVELATIONS'

February 6-11, 2024
The Kennedy Center

For Tickets, click [HERE](#)



Throughout its history, Ailey's company has explored themes of African American heritage and culture. It is best known for Ailey's masterwork, *Revelations*—a work which has been in its repertory since its creation in 1960. More than 23 million people in 71 countries have seen *Revelations*—more than any other modern dance work.

-The Kennedy Center

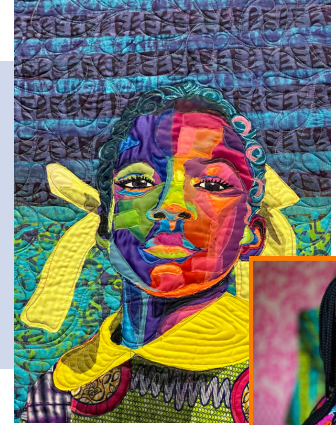


Celebrate
Black
HISTORY
month



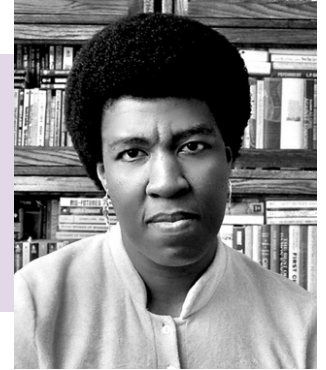
Ella Fitzgerald was a **Jazz singer** who won 13 Grammy awards and sold over 40 million albums. She was known as the “First Lady of Song” and was the first African-American to perform at the Superbowl Halftime show. Some of her popular songs includes “A-tisket A-tasket” “Cheek to Cheek” and “It Don’t Mean a Thing”

Bisa Butler is New Jersey native **textile artist** who earned degrees from Howard University and Montclair State University. Her art is unique in that her quilts look painted, but they are made completely of fabric; and she uses fabrics such as sequin and lace, rather than the traditional more sturdy fabrics such as cotton for her pieces. Her art has been featured in Ebony magazine and The National Museum of African American History and Culture. Learn more at bisabutler.com



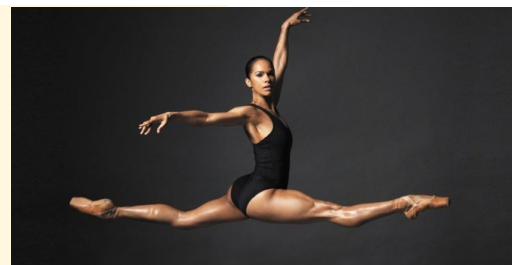
Whoopi Goldberg is an **actress, comedian, author, and TV personality** who is one of 18 people to have won the coveted EGOT - Emmy, Grammy, Oscar and Tony awards. She started her career as a comic, which led to her breakout role as Celie in Steven Spielberg’s *The Color Purple* (1985)

Octavia Butler is an award winning **science-fiction author**, who’s work includes titles such as *The Parable of the Sower* (1993) and *Kindred* (1979) which was turned to a TV series on Hulu. Her works have become more popular in recent years, with her books focusing on Afro-futurism and feminism, as those themes have become more relevant. Learn more at: www.octaviabutler.com



Ann Lowe was a couture **fashion designer**, who was most famous for creating Jacqueline Kennedy’s wedding dress in 1953. Lowe came from a line of dressmakers and learned to sew at the age of 5. She attended the S.T. Taylor School of Design in New York City, where she finished the program in half the allotted time due to her skill, although she faced racism while enrolled. Learn more at: <https://nmaahc.si.edu/biography/ann-lowe>

Misty Copeland is a **ballerina** who is most famous for becoming the lead ballerina at American Ballet Theatre in the company’s 75-year history in 2015. A child prodigy, Copeland was dancing en pointe within 3 months of learning ballet and performing professionally within a year. Learn more at: <https://mistycopeland.com/>



Harmony in Purple: A Spectacular Collaboration Unveiled in The Color Purple Movie Musical Pre-screening

By: Soror Cherwana Harris



Two dynamic chapters of Iota Phi Lambda Sorority Inc. - **Gamma and Zeta Mu** - joined forces for an event on December 10th centered around the pre-screening of **The Color Purple** movie musical. The collaborative effort showcased not only the vibrant hues of purple, emerald green and white but also the strength and unity that sisterhood brings to the forefront.

The event was a celebration of the timeless themes embedded in *The Color Purple* – a narrative that transcends generations and resonates with the power of women's voices. Through this pre-screening, Gamma and Zeta Mu aimed to create a shared space where the spirit of sisterhood could thrive, fostering connections that extend beyond the boundaries of any screen.

As **130 attendees** eagerly anticipated the cinematic experience, the atmosphere buzzed with excitement and a sense of camaraderie. The pre-screening became more than just a movie event; it evolved into a platform for meaningful conversations, mutual support, and the uplifting of women.



GAMMA AND ZETA MU AIMED TO CREATE A SHARED SPACE WHERE THE SPIRIT OF SISTERHOOD COULD THRIVE

President Vonetta Martin (Gamma) and President Erica Belton (Zeta Mu) took the stage to thank the audience for their continued support and to emphasize the importance of collaboration. A small token of appreciation was also given to each ticket holder.

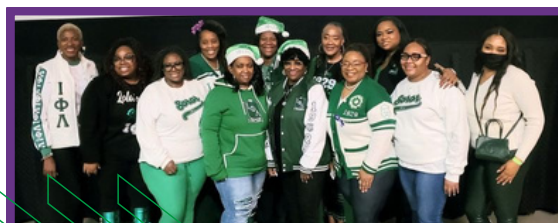
The collaboration emphasized the transformative power of unity, encouraging women to stand tall, embrace their unique voices, and support one another in their personal and professional journeys. Through engaging activities, discussions, and shared moments of laughter and reflection, the sororities successfully created an experience that went beyond the screen and left a lasting impression on everyone present.

Joint Planning Committee

President Vonetta Martin
Soror Cherwana Harris
Soror Lakeshia Hurling
Soror Denise Johnson
Soror Leona Nicholas

(Zeta Mu)

President Erica Belton
Soror Karen Arey
Soror Camille Tillar
Soror Linda Bradford
Soror Rachel Hall
Soror Alyssa



**Special Thanks to
Eastern Regional Officers**
Soror Teresa Gonzalez
Soror Nicole George
for attending





Submitted by: **Soror Denise Filien**

Adults without health insurance and adults whose insurance does not cover all vaccine costs can get no-cost updated COVID-19 vaccine from healthcare providers, federally supported health centers, and retail pharmacies participating in **CDC's Bridge Access Program**. Visit [Vaccines.gov](https://www.vaccines.gov) to find an updated COVID-19 vaccine and providers participating in this program.



We have to stay vigilant as Covid, RSV, and Influenza continues to spread and hospitalizations are increasing. As an organization we must identify areas in our community where there are disparities and ensure that we continue to link and provide the access. Vaccines not only keep you healthy, it also keeps the community healthy.

You need vaccines throughout your life!

2024 Recommended Immunizations for Adults Aged 19 Years and Older




Want to learn more?
Scan this QR code to find out which vaccines you may need. Or visit:
www.cdc.gov/vaccines/tool/adult.html



Staying **up to date** on your vaccines is one of the best things you can do to protect your health.

If you are pregnant or have a medical condition that puts you at higher risk for infections, talk to your health care provider about which vaccines are right for you.

KEY

-  ALL adults in age group should get the vaccine.
-  SOME adults in age group should get the vaccine.
-  Adults should talk to their health care provider to decide if this vaccine is right for them.

VACCINE	19-26 YEARS	27-49 YEARS	50-64 YEARS	65+ YEARS
COVID-19	At least 1 dose of an updated COVID-19 vaccine			
Influenza/Flu	Every Year			
RSV	If pregnant during RSV season			If aged 60 years or older
Tdap/Td	Tdap every pregnancy. Td/Tdap every 10 years for all adults.			
MMR	If aged 66 years or younger			
Chickenpox	If U.S. born and aged 43 years or younger			
Shingles				
HPV				
Pneumococcal				
Hepatitis A				
Hepatitis B			Through 59 years	
Meningococcal				
Hib				
Mpox				



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

FOR MORE INFORMATION
Call toll-free: 1-800-CDC-INFO (1-800-232-4636)
Or visit: www.cdc.gov/vaccines/adults



What diseases do these vaccines protect against?

ADULTS AGED 19 YEARS AND OLDER

VACCINE-PREVENTABLE DISEASE	DISEASE COMPLICATIONS	NUMBER OF VACCINE DOSES
COVID-19 Contagious viral infection of the nose, throat, or lungs; may feel like a cold or flu	Pneumonia, blood clots, liver, heart, or kidney damage, long COVID, death	1 or more doses of updated COVID-19 vaccine depending on health status. For more information: www.cdc.gov/COVIDSchedule
Influenza (Flu) Contagious viral infection of the nose, throat, and sometimes lungs	Pneumonia, sinus and ear infections, worsening of underlying health conditions like heart and lung disease, death	1 dose each year
RSV (Respiratory syncytial virus) Contagious viral infection of the nose, throat, and sometimes lungs	Pneumonia, inflammation of the small airways in the lung; especially dangerous for infants, young children, and older adults	1 dose
Tetanus (Lockjaw)* Infection caused by bacterial spores found in soil and dust everywhere; spores enter the body through wounds or broken skin	Sudden, involuntary muscle spasms, jaw cramping, seizures, broken bones, difficulty breathing, death	3 doses if not already vaccinated 1 booster every 10 years 1 dose for dirty wounds
Diphtheria* Contagious viral infection of the nose, throat, and sometimes lungs	Thick, gray, build up in throat or nose makes breathing and swallowing difficult, heart failure, brain injury, coma, death	3 doses if not already vaccinated 1 booster every 10 years
Pertussis (Whooping Cough)* Contagious bacterial infection of the lungs and airway	Severe coughing fits, life-threatening pause in breathing, pneumonia, death; especially dangerous for babies	3 doses if not already vaccinated 1 dose every pregnancy
Measles (Rubeola)† Contagious viral infection that causes high fever, cough, red eyes, runny nose, and rash	Brain swelling, pneumonia, death	1 or 2 doses
Mumps† Contagious viral infection that causes fever, tiredness, swollen cheeks, and tender swollen jaw	Brain swelling, painful and swollen testicles or ovaries, deafness, death	1 or 2 doses
Rubella (German Measles)† Contagious viral infection that causes low-grade fever, sore throat, and rash	Very dangerous in pregnant people; can cause miscarriage or stillbirth, premature delivery, severe birth defects	1 or 2 doses
Chickenpox (Varicella) Contagious viral infection that causes fever, headache, and an itchy, blistering rash	Infected sores, brain swelling, pneumonia, death	2 doses
Shingles (Zoster) Caused by the chickenpox virus, which hides in the body and sometimes reactivates later in life	Severe blistering rash on one side of the face or body; long-term nerve pain, hearing damage, blindness, death	2 doses
HPV (Human papillomavirus) Contagious viral infection spread by sexual contact; sometimes causes genital warts	Many types of cancers including cancers of the cervix, vagina, penis, anus, and throat	2 or 3 doses
Pneumococcal Bacterial infections of ears, sinuses, lungs, or bloodstream	Depends on the part of the body infected, but can include pneumonia, blood poisoning, infection of the lining of the brain and spinal cord, death	1 or 2 doses
Hepatitis A Contagious viral infection of the liver spread by contaminated food or drink or close contact with an infected person	Liver failure, yellow skin or eyes, stomach pain, vomiting, fever, diarrhea, fatigue, death	2, 3, or 4 doses depending on vaccine used
Hepatitis B Contagious viral infection of the liver spread through contact with infected body fluids such as blood or semen	Liver failure, yellow skin or eyes, stomach pain, vomiting, fever, diarrhea, fatigue, death	2, 3, or 4 doses depending on vaccine used
Meningococcal Bacterial infection of the lining of the brain and spinal cord or the bloodstream	Fever, headache, stiff neck, light sensitivity, confusion, loss of arm or leg, deafness, seizures, death	1 or more doses depending on vaccine used, medical condition, where patient lives or works
Hib (Haemophilus influenzae type b) Bacterial infection that can attack the lungs, brain and spinal cord, or bloodstream	Brain damage, hearing loss, loss of arm or leg, death	1 or 3 doses depending on medical condition
Mpox Contagious viral infection spread by sexual contact; causes a painful rash, fever, headache, tiredness, cough, runny nose, sore throat, swollen lymph nodes	Infected sores, brain swelling, pneumonia, eye infection, blindness, death	2 doses

*Tdap protects against tetanus, diphtheria, and pertussis

*Td protects against tetanus and diphtheria

†MMR protects against measles, mumps, and rubella

Last updated December 2023

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.




GHWINS
VACCINATE YOUR FAMILY




#NotJustFlu
#FightFlu

Gamma Chapter of Iota Phi Lambda Sorority, Inc

6 IN 10 ADULTS IN THE U.S. LIVE WITH A CHRONIC CONDITION



You or someone you love is at a higher risk of serious illness from respiratory diseases including flu & COVID.

VACCINATE YOUR FAMILY
GHWINS




#NotJustFlu
#FightFlu



CALL for VOLUNTEERS

Gamma Chapter Adopts DCPS Turner Elementary School



DCPS Background Check - For those interested in volunteering with Turner Elementary, complete form here: <https://octo.quickbase.com/db/bg37a864v>

For more information about the process, click [HERE](#)

SAVE THE DATE..

THE POWER OF SHE SNEAKER BALL

APRIL 27TH, 2024

1PM

JOSEPHINE BUTLER PARKS CENTER

MORE DETAILS TO COME...



Finance Committee Presents..



Raffle of Love

Fundraiser

JAN 27-FEB 14

Chance to Win 1 of 2 Gift Baskets!



More Details Coming Soon...

Gamma and Delta Phi Participates in MLK Day of Service 2024



January 15th, 2024



NATIONAL WEAR RED DAY®

February 2, 2024

Rock your Red today for women's heart health.



January/February 2024



Gamma's Book Club first book of 2024 will be **Never Split the Difference - Negotiating As if Your Life Depended on It** by **Chris Voss**. Friday, January 26, 2024 at 6:30pm via Zoom.. 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 a relatable and inclusive tone, **Set Boundaries, Find Peace** presents simple-yet-powerful ways to establish healthy boundaries in all aspects of life., and more.



Rooted in the latest research and best practices used in cognitive behavioral therapy (CBT), these techniques help us identify and express our needs clearly and without apology - and unravel a root problem behind codependency, power struggles, anxiety, depression, burnout, and more.

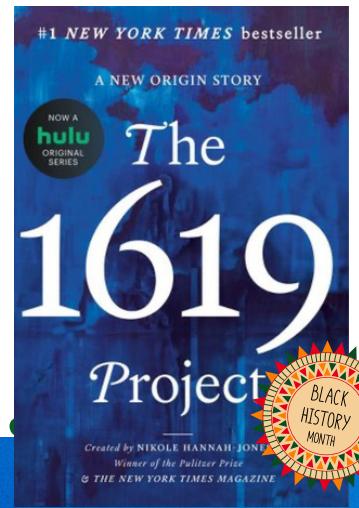


**SET BOUNDARIES,
FIND PEACE**
*a guide to
reclaiming yourself*
NEDRA GLOVER TAWWAB

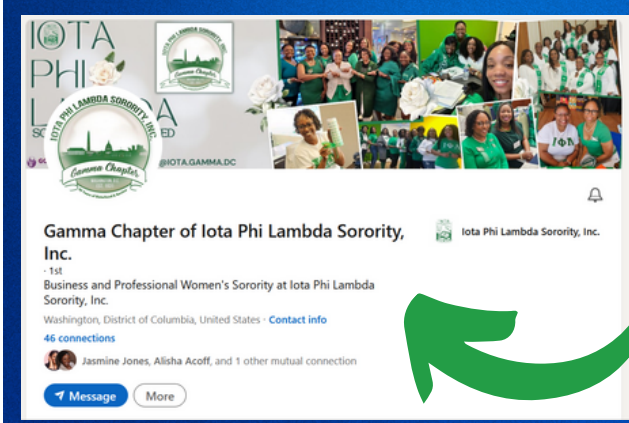
"This book really set the tone for starting your year off right with prioritizing yourself! Between work, home life, and community involvement life can be a struggle. Learning how to say "no" can be tough to some but learning how to do say can also reduce your load. The author of this book shares plainly and clearly what many people feel, but many can't or won't bring themselves to say. She shares specific, practical advice for any type of relationship, including parenting, romance, friendships, and workplaces. This book really teaches about boundaries and balance. A great self help book!" - Soror Lakeisha Wilson



The 1619 Project weaves together eighteen essays that explore the legacy of slavery in present-day America with thirty-six poems and works of fiction that illuminate key moments of oppression, struggle, and resistance.



"If you haven't read this book or watched The 1619 project, I encourage you to do so. It explores the history of slavery in the United States and was released to coincide with the anniversary of a ship carrying the first enslaved Africans to the English colonies. This book taught us so much that we didn't learn in school. Eye opening!" - Soror Lakeisha Wilson



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

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



January

MOI Les Filien 1/9
 MOI Chris Jones 1/11
 Virginia Jones 1/16
 Maxine Samms 1/17
 MOI Lindsay Stephens
 Jaellyn Brady-Dennis 1/28

HAPPY
Birthdays



February

Silver Glover 2/1
 Peaches Hassell 2/4
 Denise Filien 2/12
 FIL Taurean Jones 2/12
 Mykela Deville 2/18
 Leona Nicholas 2/22
 Nadase Luck 2/22
 Nathalie Davis 2/23
 MOI Kenny Acoff 2/28

Happy 10th Anniversary Sorors!

Winter 2004 - January 11th

Vonetta Martin

BluePrint2 - January 17th

Denise Filien, Teresa Gonzalez, and Melissa Resil

Strictly Business - January 23rd

Nicole George

Leaders of the New School - February 12th

Silver Glover, Iolene Branch, Shirbriya Fletcher and Zaria Huggins

Trivial Pursuit - February 22nd

Lakeshia Hurling, Imani Pantan Blake

Sorors joined President Vonetta as she celebrated **20 years in Iota Phi Lambda** at her Sisterhood for Service Brunch on January 14th





Gamma Chapter Calendar



January

- 1/1 Registration for Regional Conference begins
- 1/15 MLK Holiday Annual Peace Walk
- 1/20 Chapter Meeting Virtual
- 1/31 - Deadline Fredda Witherspoon National Scholarship

February

- 2/1 First Day of Black History Month
- 2/2 National Wear Red Day
- 2/6- 2/11 Alvin Ailey at The Kennedy Center
- 2/14 Valentine's Day
- 2/18 A Spectacular Black Girl Art Show
- 2/28 Deadline National FIL Scholarship

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



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.twitter.com/@GlamGammalPL)

THANK YOU

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

Journalist/Editor: Soror Leona Nicholas

Co-editor: Soror Cherwana Harris*

President Vonetta Martin

Soror Lakeisha Wilson*

Soror Imani Panton-Blake

Soror Tangila Brogden

Soror Genesis Zimmermon

Soror Virginia Jones*

Soror Angela Homer*

Soror Kendra Gibson*

Soror Crystal Jones*

Soror Zaria Huggins*

*Committee Members