



IOTA PHI LAMBDA SORORITY, INC.

THE BUSINESS CHRONICLE

Volume 5 Issue 3

www.iotaswr.org

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www.iota1929.org

November 2017

www.iota-et.org

A Season of Gratitude

Gratitude is feeling thankful. It is an emotion of connectedness, which reminds us we are part of a larger universe with all living things. Gratitude connects us to the present moment. It uplifts our spirits and feeds our hearts. Gratitude opens the heart and activates positive emotion centers in the brain. Gratitude can help during times of stress or panic- thinking of all the hard times you have already overcome and all the good you already have in your life can be reassuring. So, this month I will practice gratitude. I am thankful for the bonds of sisterhood and support that exist in our chapter and sorority as a whole. The golden links of friendship, love and loyalty are amazing and I feel blessed to be part of such an amazing organization. I am thankful for our openness and our ability to share our story with others. And finally I am grateful for the opportunity to serve such amazing women and share my gifts and talents to promote goodwill to you and our communities.

On October 13-15, 2017, Soror Wendy B. Jacques and I traveled to DC to be a part of Iota's inaugural I3 Symposium. The symposium inspired, informed and impacted by all the valuable information shared with us. You will be hearing more about logic models for building programs and evidence-based data.

Seven gavel taps to Soror Vena Thomas for her service as Dean of Intake. She has stepped down from this role as a result of health issues. Seven gavel taps to Soror Robin Mack who agreed to accept my appointment to fill the vacancy of office. Soror Robin and the Membership Committee held our Membership Interviews this month. We interviewed two exciting young women. Seven gavel taps and a fond farewell to our Soror Marlene Coleman, Soror Marlene transferred her membership to Alpha Chi chapter in Norfolk, VA this month. We wish Marlene and Lily the very best of everything. Seven Gavel Taps to Soror Carmon Brown, Education and Scholarship chair, for the development of our new FIL scholarship, the Diego M. Jones Memorial Scholarship. Soror Brown and her committee have developed the criteria and will be presenting the opportunity to our Future Iota Leaders.

Sorors, the upcoming weeks will be filled with membership activities. Please attend as many of these activities as you can so that we may get to know our candidates for membership. .

This year, Epsilon Tau chapter will continue to support its membership, youth, and local businesswomen. We will be a safe haven for learning new skills, and stretching in our personal growth so that we can continue to build our reach and sisterhood. Epsilon Tau is "Empowering Women for Business." #ETWEAREWHY



Michelle Peace
Epsilon Tau President

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13 SYMPOSIUM



Sorors Michelle Peace and Wendy B. Jacques attended the first Iota I3 Symposium in Washington DC, October 13-15, 2017.. The event was held to inspire, inform and impact Iota chapters regarding the sorority's trademarked program, Toys U Can't Return. Speakers and Panelists from organizations like the The National Campaign, the DC Campaign to Prevent Teen Pregnancy, SafeCyber, Girls Inc., and George Washington University added their expertise to chapters by creating a voice for services needed by our audience and expertise on program content and needs. The program was packed with useful information and tools for collecting evidence based data and logic models for program development.



October was designated as Awareness Month for three critical issues that affect the lives of women and children.

In Support of Dyslexia Awareness Month, the sorors of Epsilon Tau Chapter exchanged our green for red. Dyslexia is a language-based learning disability that causes difficulties with reading, writing, spelling, and word pronunciation. Ten percent of Texans have dyslexia, but only 2.5 percent of students are actually diagnosed. Early detection is key to charting a future course for those who suffer from Dyslexia.

Epsilon Tau also exchanged green for purple to observe Domestic Violence Awareness Month. Here are some of the facts: 85% of Domestic Violence Victims are women; Historically, females are most victimized by someone they know; Most cases of Domestic Violence are never reported to the police or anyone. Epsilon Tau stands in support of breaking the silence. [#stopdomesticviolence](https://www.instagram.com/stopdomesticviolence)

The chapter finally wore pink in honor of all the warriors and angels of Breast Cancer. Most recently, the sting of victory touched ET when on September 29, 2017, Tanya Taylor – Winchester, sister of Soror LaToya Randle gained her wings. A scholarship fund has been created in memory of Tanya's outstanding service as an educator in her home state of Alaska. Donations are being accepted through a GoFundMe campaign at gofundme.com/tanya-taylorwinchester-scholarship.

FUTURE IOTA LEADERS



The Epsilon Tau FIL volunteered at the North Texas Food Bank on October 7, 2017. The FIL sorted over 11,500 pounds of food which equated to over 9,600 meals. The FIL were excited about the opportunity to volunteer and look forward to coming back to the North Texas Food Bank.



The FIL completed their "I Have A Dream" College Tour with a visit to Dallas Baptist University on October 14, 2017. The FIL toured the campus to see classrooms, dormitories, the student center, and much more. Each was given a framed picture and a DBU t-shirt to commemorate their visit.

Accounting Tips for the Small Business Owner

by Dr. Tonya Sawyer-McGee

If you have been aspiring to launch your business or already done so, you want to make sure you have followed some important tips along the way. Regardless if it is an online, home, or a storefront business these simple accounting tips can help keep you on track to a successful business.

1. **Open a Bank Account**-Once you've registered your business, it's important to begin the process of setting up a separate business bank account. You don't want to use your personal account for your business. This can be daunting when it's time to do your taxes.
2. **Track all Business Expenses**-Successful business owners keep accurate and detailed records of their expenses and revenue. This includes keeping receipts for items purchased using your business account and can be any of the following categories: meals/entertainment, vehicle expenses, travel related expenses, gifts, and home office usage for business.
3. **Establish a Bookkeeping System**-This can be tricky but consider using an accountant or services such as Quickbooks, Wave, or Bench Accounting. Or, you can use an Excel spreadsheet.
4. **Determine How You are Going to Get Paid**-You started the business now you need to know what types of payments you will accept. Consider and research what best for your company needs. Some examples include Paypal, Shopify, Square, etc.
5. **Research What Your Tax Obligations for the IRS**-No one wants to start a business only to have 'Uncle Sam' take most of your profits earned. Consider talking to an accountant for more clarification and to make sure you do the right process.

Portion Control

by L3 Fitness

When going out to eat all restaurants usually serve more than one serving of food for one person. In fact, many times two people can eat from one meal that was served for one person! When your food comes out before you begin to eat it ask the waiter or waitress for a to-go box. Put half of the food in your to-go container and eat the other half later. You're still making good use of your dollars spent at the restaurant but now you have a meal for later. When you're hungry again in a couple hours you can eat the other half of your food. That's saving money and calories! Remember, portion control is key for any health goal!

November 2017 Calendar of Events

November 4, 2017	Epsilon Tau Chapter Pinning Ceremony Southwest Center Mall, 9AM-11AM
November 5, 2017	Epsilon Tau Chapter FIL Meeting and Officer Induction, Hampton-Illinois Library,, 3-5 PM
November 12, 2017	Epsilon Tau Monthly Chapter Business Meeting, 3 PM Annual Assessments are Due. Hampton Illinois Library
November 13-17, 2017	American Education Week
November 14, 2017	Diabetes Awareness Day (Color: Gray with Red) Photo Submissions by 9:29 PM
November 15, 2017	Toys U Can't Return Awareness Activity
November 17, 2017	Local Essay Contest Submission Deadline
November 23, 2017	Happy Thanksgiving
November 25, 2017	Small Business Saturday – ET Shops Small
December 2, 2017	Induction Ceremony and Chapter Photo Shoot

