

Epsilon Chi EXpress

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IOTA PHI LAMBDA SORORITY, INC.

Epsilon Chi Chapter

EXceptional Women Doing EXtraordinary Things



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President's Message

Greetings Sorors,

Fall is here, the temperatures are starting to drop (a little) and I'm excited that Epsilon Chi Chapter is off to a great start planning programs and projects for the 2018-2019 sorority year.

It warms my heart to see each member of our chapter busy in a leadership capacity, whether as an elected officer, in an appointed position, or as a committee chair. Epsilon Chi Chapter is developing leaders within Iota Phi Lambda Sorority, Inc.

The Executive Committee of Epsilon Chi Chapter is committed to leading by example, increasing the business acumen of our chapter and building something great. During the recent Executive Committee meeting, we conducted a SWOT Analysis to highlight our chapter's strengths, identify our weaknesses, discover opportunities, and contemplate

Wellness Tips
Financial Tips
Regional and National News
EX Officers
Let's Support National!

Calendar of Events

October 13, 2018 -
Chapter Meeting
10:00 AM - 12:00 PM

October 20, 2018 -
New Member
Induction Ceremony
11:00 AM - 3:00 PM

October 26-28, 2018 -
I3 Symposium,
Chicago, IL

November 1, 2018 -
Assessments Due to
Chapter Treasurer

any threats. This brainstorming session resulted in some valuable insights.

October is an exciting month for us. We will be inducting five new members into Iota Phi Lambda Sorority, Inc. and Epsilon Chi Chapter. These EXceptional women have already expressed that they are ready to hit the ground running. Also, October is Breast Cancer Awareness month and Epsilon Chi will bring awareness to breast cancer (and other cancers also) by wearing **Pink** every Thursday and providing valuable resources on our chapter Facebook page. I would like each Soror to think about a friend, colleague, church member, neighbor, relative, or anyone whom could benefit from this information and share it with them.

Again, I am amazed at the diverse skills and talents that our chapter members possess and how you are putting them to great use. As I'm communicating with committee chairs, I am hearing some EXtraordinary things. Please know that your efforts are not going unnoticed.

Let's stay focused on the work of IOTA, while at the same time building a sisterhood of women that encourage, inspire, nurture and assist one another.

In Sisterhood & Service,

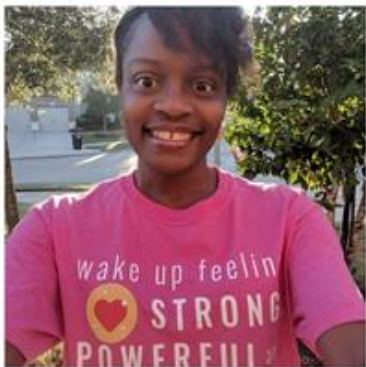
Gloria Davis | Epsilon Chi Chapter President

CHAPTER ACTIVITIES

EPSILON CHI GOES PINK FOR BREAST CANCER AWARENESS

In recognition of Breast Cancer Awareness Month, Epsilon Chi Sorors will post our pink pictures every Thursday in October to increase awareness about this disease.

[#OnThursdaysEXwearsink](#), [#ThinkPinkThursday](#), [#BreastCancerAwareness](#)



SOROR SPOTLIGHTS

Soror Donna Mitchell represented the Epsilon Chi Chapter of Iota Phi Lambda Sorority, Inc. by attending the Federation of Houston Professional Women (FHPW) Awards Gala which honored 20 outstanding professional "Women of Excellence".

In addition, the FHPW Educational Foundation awarded 12 scholarships amounting to over \$14,000 to aid and advance the education of women in the community. Recipients were college and graduate Texas students spanning diverse backgrounds and majors.

The foundation also awarded one grant to The Rose, a nonprofit breast cancer organization who provides free screenings, diagnostics and treatment services to any woman regardless of their ability to pay. FHPW unites member organizations that support the advancement of women in business and women's interests.

Epsilon Chi Chapter is proud to be a member of this organization.

Soror Mitchell currently serves on the 2018 FHPW Executive Board in the role of administrative secretary.



Soror Corrine Herbert-Copeland was featured in an article on The League of Extraordinary Black Nurses Facebook page. She is the proud founder & CEO of Real Nurturing Family Practice, LLC. Her private practice gives her the opportunity to provide home visits and telemedicine, gain the community's trust, and offer affordable costs. Corinne also extends her services to local business owners who cannot afford medical insurance for their employees.

Congratulations Soror Copeland! We are turtle proud in Epsilon Chi!

To read the full post, follow the link [here](#).

Soror Eureka Patton is the proud owner of a Massage Envy franchise in Richmond, TX. Soror Patton officially opened her franchise on July 14, 2018 and hasn't stopped since. Her location offers professional massages or skin care services performed by licensed therapists and estheticians who care about helping you look and feel your best. Soror Patton prides herself on making it her mission to help you take care of you.

Congratulations Soror Patton! We wish you nothing but much success in your endeavor. We are turtle proud in Epsilon Chi!

FIL SPOTLIGHTS

Soror Mitchell and FIL's Jasmin, Kennedy and Lauren Mitchell organized and sponsored school supplies for May Day High School in Mandeville, Jamaica.

The school will house and distribute the supplies throughout the year to those children in need. They were pleasantly surprised and appreciative of the assistance.



FIL Kya Carpenter is received volunteer training at Reigning Strength Therapeutic Horsemanship to do volunteer work for special needs individuals. Reigning Strength Therapeutic Horsemanship is a Premier Accredited Center through the Professional Association of Therapeutic Horsemanship, International (PATH Intl.), and provides therapeutic horsemanship programs for people of all ages - children and adults - who have physical, cognitive, social, or emotional needs.



MOI SPOTLIGHTS

Iota's first app created by Epsilon Chi's Man of Iota Harry Mitchell and Soror Donna Mitchell!

To download application on your iPhone

Go to <https://itunes.apple.com/us/app/iota-chapter-search/id1395748219?ls=1&mt=8>

Click the 'Get' button, click 'install' button and follow the directions

To download application on your Android phone

Go to <https://play.google.com/store/apps/details?id=dev.harrymitchell.iotachaptersearch>

Click the 'install' button and follow the directions

IOTA PHI LAMBDA SORORITY INC.

NEW

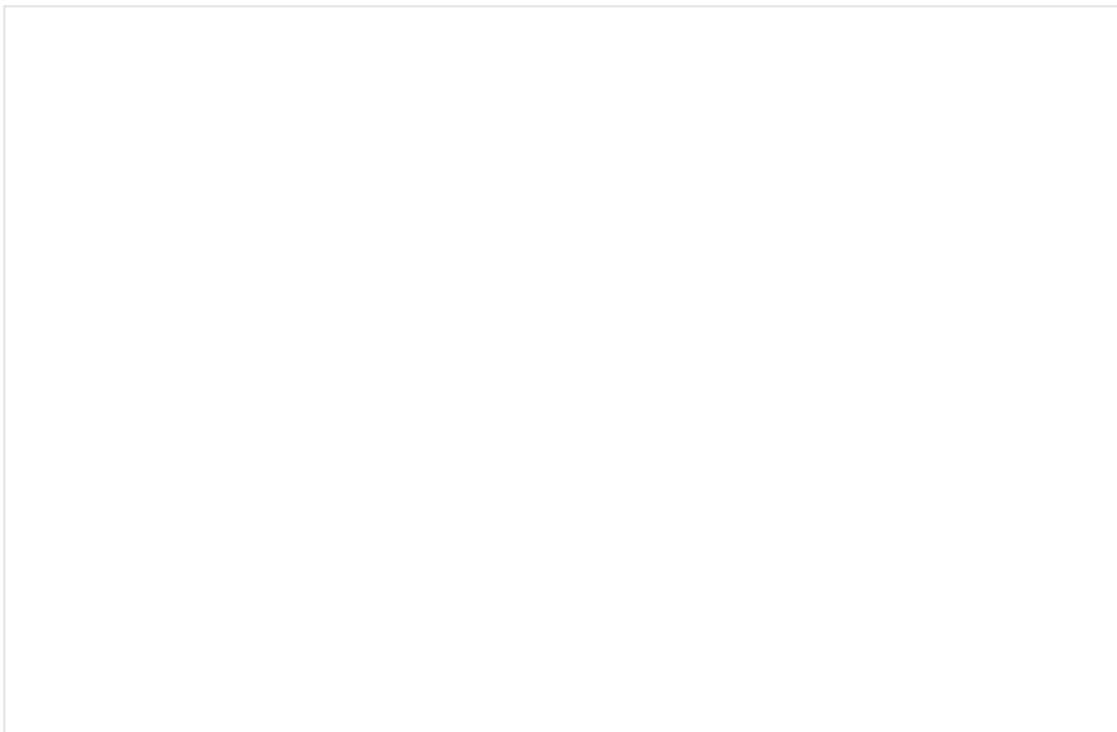


First mobile application

*Iota Chapter
Search App.*

ENTREPRENEUR CORNER

In this section we highlight EX Members that have their own business. This month we highlight Sorors Copeland and Patton. (Click emblem for more information.)





Real Nurturing Family Practice

www.realnurturingfnp.com

713-714-6343



Nurse practitioner Corrine Copeland launched Real Nurturing Family Practice in June. The mobile business offers telemedicine care, sports physicals, wellness checks, prescription refills, and other primary care services.

You've always been committed to living well. Now you can make wellness an even greater part of your life with a Massage Envy Membership. Join today and start making massage, stretch and skin care a regular routine. MassageEnvy.com

ALIANA
 10237 W. Grand Parkway S., Suite 107
 Richmond, TX 77407
 (346) 762-1700
 M-F 8am - 10pm | S 8am - 6pm | Su 10am - 6pm

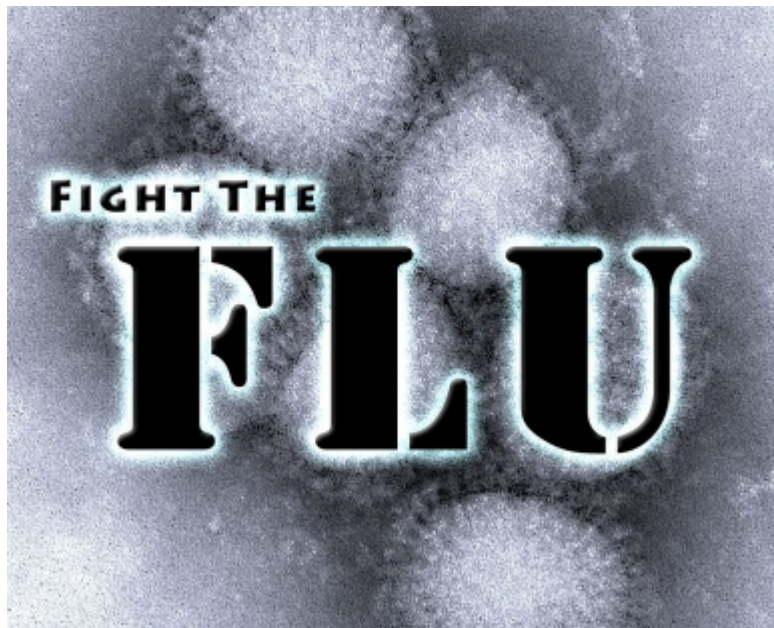


*Offer valid for first-time guests only. All session times include up to a total of 10 minutes for consultation and/or dressing, which occurs both pre and post service. Prices subject to change. Rates and services may vary by franchise location and season. Additional treatments and fees may apply. Not all Massage Envy locations offer all services. For a specific list of services available or additional information about pricing as a member, check with the specific location or see MassageEnvy.com. Each location is independently owned and operated. ©2019 Massage Envy Franchising, L.L.C. ME19018

Soror Eureka Patton opened her Massage Envy franchise in July. The massage therapy location offers professional massages, skin care treatments and total body stretch. The location is open 7 days a week Monday through Friday 8am - 10pm, Saturday 8am - 6pm, and Sunday 10am - 6pm. Make regular massage and skin care a part of total body care routine today at Massage Envy Aliana - Richmond, TX.

WELLNESS TIP OF THE MONTH

Flu season is here, and anyone over the age of 6 months can get a flu shot. Even if you swear you never get the flu, getting vaccinated is crucial for the safety of those around you—and it may be more important for your own health than you realize.



FINANCIAL TIP OF THE MONTH

Invest in yourself more

The single best investment you can make is in yourself. This is especially true when you are younger.

Why?

You get to benefit from the education longer. Think of it this way, who is going to benefit more financially, the person who becomes a lawyer at age 72 or age 22? And it's not just formal education or degrees that I'm referring to. Invest in yourself can mean anything where you are learning and growing. It includes reading, taking online courses, getting certifications, or even things like personal development programs. You are your best asset.

The more you can invest in yourself the more valuable the asset becomes. What if you took an online course on how to become a better negotiator? You'd have 70 years where you could benefit – negotiating a better price on cars, houses, and even raises. I always suggest you learn a skill before you need the skill. This means keeping an open mind about what to learn and an open wallet.

Nowadays, there are many free courses available, but don't be afraid to spend money to grow. It's the best investment you can make.

Robert Pagliarini - Contributor
Forbes Magazine

REGIONAL AND NATIONAL NEWS

REGIONAL NEWS

Regional Assessments Due to Regional Secretary - November 15, 2018

Evelyn D. Wilkey National Youth Essay Contest Deadline - November 20, 2019

Alma I Mackey Scholoship Deadline - January 31, 2019

Chapter Reports Due to Assistant Southwestern Region Director (w/documentation) - February 22, 2019

Chapter Reports Due to Southwestern Region Director (w/o documentation) - February 22, 2019

Dwala Brown Technology Awarded Applications Due - February 22, 2019

72nd Southwestern Region Conference Registration Deadline - February 28, 2019

Hotel Reservation Deadline - February 28, 2019

72nd Southwestern Region Conference (Conference Focus "The Power of Sisterhood") (Conference Challenge "Each One Bring One") - March 28-31, 2019

Scrapbooks/Crazy Hats Due - March 29, 2019

NATIONAL NEWS

I3 Symposium - Chicago, IL - October 26-28, 2018

American Education Week - Essay (Theme: In recent years cyberbullying has become a national problem. What are some forms of cyberbullying that you are familiar with and how would you address the problem?) - November 12-16, 2018

National Assessments Due to National Secretary - November 15, 2018

The Fredda Witherspon National Scholarship Deadline - January 31, 2019

Mid Winter Board Meeting - Washington, D.C. - January 24-27, 2019

National FIL Scholarship Deadline - February 28, 2019

Dorethea N. Hornbuckle National Scholarship Deadline - March 15, 2019

Alice P. Allen National Scholarship Deadline - April, 1, 2019

Founder's Day - June 1, 2019

National Convention - Shreveport, LA - July 24-28, 2019

2018-2019 EPSILON CHI CHAPTER OFFICERS

President - Soror Gloria Davis

Vice President - Soror Katrina Warren

Recording Secretary - Soror Tonya Tompkins

Corresponding Secretary - Soror Brandy Edwards

Financial Secretary - Soror Adria James

Treasurer - Soror Wanda McKinnies

Journalist - Soror Tanesha Mosley

Dean of Intake - Soror Donna Mitchell



LET'S SUPPORT NATIONAL!

LOLA MERCEDES PARKER FOUNDATION
(Click emblem below for more information.)



The Lola Mercedes Parker Foundation for the Economic Empowerment of Business and Professional Women (LMPF) is committed to the professional development of youth and women within our communities.

Donate to the Lola Mercedes Parker Foundation Today. Your Donation is tax deductible and for a great cause!

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SORORITY MEETING

2nd Saturday of every Month
10:00 a.m. - 12:00 p.m.

EPSILON CHI CHAPTER

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Katy, Texas 77491

WEBSITE - iotaepsilonchi.org

EMAIL - @lotaEpsilonChi

FACEBOOK - facebook.com/lotaEpsilonChi

TWITTER - [@lotaEpsilonChi](https://twitter.com/@lotaEpsilonChi)

NATIONAL THEME

Business and Professional Women : Furthering the Dream of Economic Independence

Stephanie Dilworth - 22nd National President

REGIONAL THEME

Affirming the Legacy, Bonding in Sisterhood and Committing to Business

Vahnita D. Loud - Southwestern Regional Director

National Headquarters

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