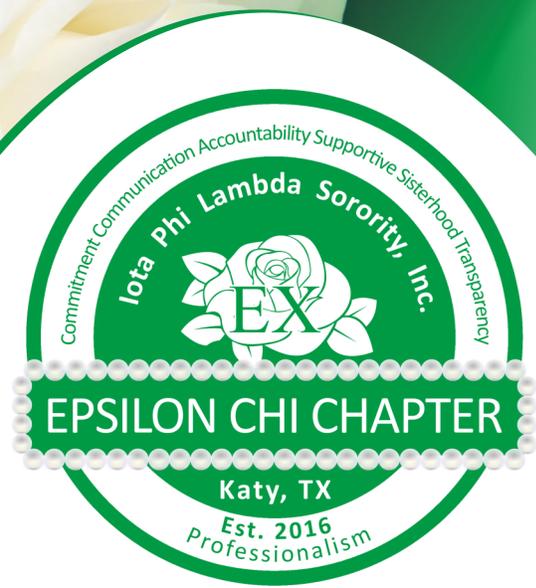


EPSILON CHI EXPRESS

EXceptional Women doing EXtrordinary Things



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President's Message



Greetings Sorors,

...and now a video message from our Chapter President!

To view the message, please click the following link: [President's Message - June 2020](#)

To the EXceptional, EXtraordinary, EXquisite women of the Epsilon Chi Chapter of Iota Phi Lambda Sorority, Incorporated, it has been an honor to serve as your second chapter President. Thank you for your trust and support in my ability to lead the Epsilon Chi Chapter for the last two sorority years. We've had some good times these last two years. There were many successes for which we should be proud.

Were there challenges? YES, but we worked through those challenges and are a better chapter for them. We have a talented and professionally diverse group of women in Epsilon Chi who will come together to get it done. We always come through in the end.

During my tenure as your chapter President, it was important for me that we put guidelines, processes, and procedures in place, so that we can operate more efficiently and effectively as a chapter. Based on the vision that the charter members have for Epsilon Chi Chapter, I knew that it was imperative that we have a solid foundation on which to build our chapter legacy.

Reflecting on our chapter theme for the last two years, "Building on our Legacy and Serving with EXcellence", I can emphatically state that we have lived up to that theme.

As I pass the gavel to Soror Donna Mitchell, I am leaving the chapter leadership in good hands. Soror Mitchell, you have my support as you take the helm as our chapter President and I am certain that your Sorors of Epsilon Chi Chapter share my sentiment. I look forward to seeing what you will accomplish as the leader of our chapter.

Epsilon Chi, we have implemented so many things within the last two sorority years with our programs, projects, and the collaborations with our 501(c)(3), Acorn to EXcellence Foundation.

I want to thank the 2018-2020 EXecutive committees, committee chairs, and all Sorors who took on a leadership role. You worked tirelessly to assist and support me during this journey.

Let us continue to provide excellence in everything that we do. Now.... let's take it to the next level.

As your second chapter President, I hope you feel that I have served you well.

Onward and Upward in Efficient Service.

EPSILON CHI EXPRESS

EXceptional Women doing EXtrordinary Things

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Calendar of Events

June 27— Sorority Rush

TBD—Candidate Interviews



Chapter Announcements



TEAM
WORK

Congratulations are in order!

The Epsilon Chi Chapter receive third place awards in the following areas:

- Future Iota Leader (FIL)
- Men of Iota (MOI)
- Newsletter
- Technology

It is truly an honored and we are thankful our publication has been recognized.



A Note from our Journalist!

I would like to personally thank the PR Committee, Jana Gaskin and Miriam Charles for their commitment, dedication, and hard work. I know with all the things you have going on in your life, you made sacrifices to ensure that the PR Committee succeeded in accomplishing its meeting deadlines and accomplishing goals. To our chapter Sorority Sisters, thank you for helping to contribute to our newsletter publication! We could not have won without the effort and support of the entire Epsilon Chi Chapter. It has been truly an honor to serve as Journalist this sorority year and I have enjoyed every minute it. I am thrilled about this win and humbled by the experience. I cannot wait to see how the upcoming sorority year unfolds. Thank you again Epsilon Chi for your continued support. ~ Soror LaSandra Collins



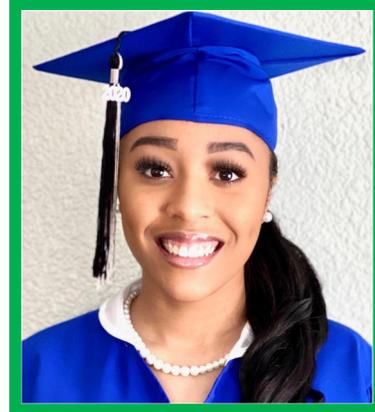
The Epsilon Chi Chapter has an official storage unit! No more storing items at various homes and trying to locate a specific item needed for an event. We are grateful to all the members who have stored chapter items at their home since our chapter was chartered in September 2016. Thank you to President Gloria Davis for initiating this process.

To watch video footage, please click link: [Storage](#)



FIL Spotlight

The Epsilon Chi Chapter would like to congratulate our FILs Aaliyah Cyres & Kya Carpenter for graduating from high school. We are so proud of all of your accomplishments and wish you the best wishes on your next journey in life. CONGRATULATIONS Class of 2020!!!



FIL Scholarships



The Epsilon Chi Chapter is pleased to announce their candidate, Angela Zhong, has been awarded the 2020 Dorethea N. Hornbuckle Memorial Scholarship. Angela is a senior at Cypress Woods High School and is ranked #1 in her class with a 6.9 GPA. Angela is a great role model to her peers serving in leadership positions within several school and community based organizations. An avid speech and debate student she has worked to tackle social issues such as homelessness, human trafficking and social media presence. Angela plans to attend Columbia University majoring in Business and Finance.

Dorethea N. Hornbuckle, community activist and businesswoman, illustrated leadership, strength, loyalty and determination when it came to helping others. As the 16th National President of Iota Phi Lambda Sorority, Inc., Mrs. Hornbuckle's commitment to education, community service and excellence is memorialized through the Dorethea N. Hornbuckle Memorial Scholarship. Founded in 2005, the Dorethea N. Hornbuckle Memorial Scholarship Fund was established to provide financial assistance to college students in the form of academic scholarships.

Special thanks to the scholarship committee members Donna Mitchell and Genitra Andrews-Hypolite for their hard work and efforts during the scholarship process.

CHAPTER PARTNERSHIP

The Epsilon Chi Chapter actively seeks opportunities to partners with local businesses and organizations to better serve our community and to support our national programs and projects.

Soror Birthday

Happy Birthday to Soror

Alicia Brock— 06/22

LaSandra Collins—07/01

Genitra Andrews –Hypolite—07/07



Get To Know Our Soror

Epsilon Chi invites you to get to know Soror Gloria Davis!

We asked Soror Davis:

What makes you who you are? My value system makes me who I am. I am a person of integrity with strong moral principles.

What is your greatest achievement? I do not have one thing that is a "greatest achievement". I have many achievements for which I am proud.

Name an influential woman you would like to invite over for dinner and conversation? I would like to invite Cicely Tyson over for dinner and conversation. I know she has seen and experienced a lot in her lifetime.

Name one thing you wish someone had told you when you were younger? Being strong does not always mean you have to fight the battle. True strength is being adult enough to walk away from the nonsense with your head held high.

What do you like to do for fun? Spending time with my family and friends experiencing new things.



Soror on the Move

Congratulations to Donna Mitchell, registered parliamentarian, for being elected as the 2020 - 2021 Recording Secretary for the Texas State Association of Parliamentarians. Donna is a member of the National Association of Parliamentarians and also serves as the president of the Flonnie Mae Larimer Parliamentary Unit, the oldest active unit in the state of Texas.





Health Awareness Month



June is National Health Awareness Month! The Epsilon Chi Chapter wishes to promote Health Awareness. Thank you Soror Katrina Warren for the article!

Sleeping During COVID-19 Pandemic by Soror Katrina Warren

A few months ago, we were all running around planning events/meetings, social gatherings, conferences, and waiting to embark upon a fun filled summer vacation. We were complaining about not having enough time in the day or enough hours of sleep. Then COVID-19 came upon us and put our lives on hold. Changing the life, we knew so well. Now most of us are staying up late and/or sleeping in. Trying daily to adjust to our awkward schedules. Naps seem to be a part of our daily routine. Those that are working from home, now do not have to get up early to make the long hectic drive to work. Frontline workers are exhausted mentally from working long hours in stressful environments. Our sleep-wake cycles are all thrown off.

Sleep and getting your best rest are a necessity that we all enjoy, and many times take for granted. Truth is sleep is vital to our everyday life routine and ability to function throughout the day. With our country on lockdown, the uncertainty of this pandemic, along with layoffs, limited social gatherings, and 24-hour COVID-19 news, we find ourselves having many sleepless nights and more sleepy days. This is a terrible combination that can contribute to decreased immune systems, increased stress and anxiety. While being confronted with the COVID-19 pandemic, sleep becomes even more essential because of its wide-ranging benefits for physical and mental health.

- Sleep empowers an effective immune system.
- Sleep heightens brain function.
- Sleep enhances mood.
- Sleep improves mental health.

Experts agree that getting consistent, high-quality sleep improves virtually all aspects of health, which is why it is worthy of our attention during the coronavirus pandemic. (www.sleepfoundation.org).



Resume: A Competitive Tool for the Job Market by Soror LaSandra Collins



The COVID-19 pandemic has caused a lot of people to be displaced from work. Some employers have either furloughed, laid off or reduced their employee's hours. This means job market will be even more competitive than ever. Here are some statistics for you: on average one job posting yields 250 applicants; only two percent of those applicants will be called for an interview; that means only five individuals out of that 250 will get an interview for that open position. Now, I am not telling you this to discourage you, I believe you need to know what's going on in the job market so that you can ensure you are one of the five called in for an interview. So, how do you do that? With the resume.

Your resume is the vehicle that will get you in the door! In other words, your resume represents you before the employer meets you. The content in your resume should tell a story. This document captures your education, work experience and skills. Your resume should paint the picture of what tasks you are performing or have performed with your current and previous employers; the soft skills you have gained and any achievements you made in your current or past positions. For example, if you are in sales and you increased the company's sales revenue by 20%, that should be on your resume. (be prepared to speak to that in an interview, that is, how you did it) You want to give quantifiable information to show you how you corrected and/or contributed to increasing production, sales that ultimately resolved some problem the company had.

So, what should your resume look like? The design you use for your resume should be appealing to the eye. Your resume layout can make all the difference in the world. It is the difference between the recruiter reading your resume or tossing it aside. This means the font you use must be flattering to the eye and there must be adequate spacing, in other words everything should not be jumbled together. The format of your resume should be:

- **Summary of Qualifications:** This is usually at the top of your resume and gives a brief summary of your past experience and soft skills. Should not be no more than three sentences max.
- **Soft Skills/Competencies:** Are descriptive words used to capture skills you possess and use to get your job done. Usually one to two words, for example, detail-oriented; time management or team player
- **Work Experience:** You should use a combination of paragraphs and bullets. You should use two to three sentences to give a summary of what you do/did in your current/previous position and bullet point your achievements while in the position. This helps the reader easily identify your experience and skills.
- **Education:** After your work experience, include your education and any certifications and/or licensures you may have. Employees love to see continuous education this means you are enhancing your knowledge and open to personal development

You should ensure your resume is grammatically correct. A lot of individuals are not considered for a position because of misspelled words or improper English. In some instances, an applicant tracking system (ATS) is reading your resume. This means if you do not have the buzz words in your resume, the system will tag you as not meeting the minimum qualifications for the job and the recruiter will never see your resume. Buzz words are those words in the job posting that identify abilities needed to meet the minimum qualification for the position. On the opposite side of the coin, recruiters do not have a lot of time, if your experience and skills do not catch their eye in 8 to 10 seconds. Your resume will be tossed to the side. This means you need to ensure whatever the job requires by way of skills and experience is readily identifiable on your resume immediately. Keep in mind, whatever is on your resumes must be factual and you should be able to speak to the job and skills you have reflected. What am I saying, know what's on your resume!

If you do not know how to construct a resume, let someone who does write it for you. If you write your own resume, let someone else read it for aesthetics and grammatical errors. Remember, when your resume comes across the recruiter's or hiring manager's desk, it is their first glimpse of you. It should tell the story of your current and past experiences. The resume is a way to get you in the door in hopes of getting an invite to interview for the position.

Recommended Business Books to Read



Based on today's real-world job search trends, *Modernize Your Resume* shows job seekers how to craft a winning resume to meet the complexities of today's highly competitive and technologically driven employment market. Readers will learn to:

- * Write tight, lean, clean, and laser-focused content to keep readers engaged.
- * Integrate keywords that are vital to being found online.
- * Capture attention with a distinctive design.
- * Understand how to use today's modern resume for person-to-person job search as well as electronic, digital, and mobile search technologies.

You can purchase on Amazon, click the link: [Modernize Your Resume](#)



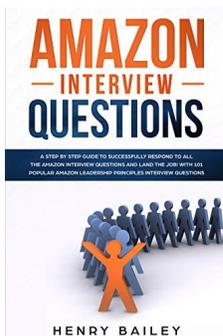
What Color Is Your Parachute? is the world's most popular job-hunting guide, revised and updated annually with more than ten million copies sold. This newly streamlined edition features the latest resources, case studies, and perspectives on today's job market, revealing surprising advice on what works—and what doesn't—so you can focus your efforts on tactics that yield results.

At its core is Richard N. Bolles's famed Flower Exercise, a unique self-inventory that helps you design your career—and your life—around your key passions, transferable skills, traits, and more.

This practical manual also provides essential tips for writing impressive resumes and cover letters, networking effectively, interviewing with confidence, and negotiating the best salary possible.

Whether you're searching for your first job, were recently laid off, or are dreaming of a career change, *What Color Is Your Parachute?* will guide you toward a fulfilling and prosperous life's work.

You can purchase on Amazon, click the link: [What Color is Your Parachute](#)



The job interview is one of the most important meetings in the working life of a person. Interview preparation offers candidates the necessary tactics on how to conduct themselves to increase their chances of having a successful interview. Conversely, lack of preparation leads to nervousness and mistakes during the interview process.

Amazon offers a plethora of opportunities for a driven individual to develop and grow as a professional. As far as careers go, it is as close as it gets to hitting the jackpot. However, as you may have been expecting by now, being an employee of one of the largest and most valuable companies does not come easy.

You can purchase on Amazon, click link: [Interview Questions](#)

Tips to Getting Your Best Rest During the COVID-19 Pandemic

Sleep experts emphasize how important it is to establish an environment of normalcy, as much as possible. Keeping a regular schedule for sleep and wakefulness is a start to maintaining good sleep hygiene. Here are some tips to getting your best rest during the pandemic:

- Set your schedule and routine as normal as possible. Go to bed at the same time and wake up at the same time as much as possible. This may be altered when working from home. Keep the same schedule as you did when you were leaving the house for work.
- Reserve the bedroom for sleep. Avoid bringing the laptop to the bed to work or watch movies. This can prolong the onset of sleep and cause awakening during the night. Let the bedroom be a place of peace and tranquility.
- Avoid becoming overwhelmed with COVID-19 news. Have a cut off time. Limit the number of resources you watch.
- Stay active and watch what you eat. This is a tough one. Snacking is the devil. Try to stay active and establish a good nutritional healthy plan for you and your family.
- Be kind to others. With our faces covered with masks and social distancing, it is hard to see a smile or embrace a friendly gesture. Stay connected with family and friends. You may not have had time before to have a good conversation with a dear friend. Now is the time. There are many ways to connect such as facetime, zoom, or social media.
- Always remember if you have continual sleep problems, it is advisable to touch base with your doctor.

Find what works for you to proactively reduce stress and anxiety while improving your sleep to boost your immune system during these times of uncertainty. Positive thoughts bring about positive change.

More information:

www.sleepfoundation.org

www.cdc.org

<https://thesleepdoctor.com/sleep-pandemic>

Regional and National News



National News

Iota's Lola Mercedes Parker Foundation for the Economic Empowerment of Women (LMPF) is seeking board members. They are seeking qualified individuals to serve on the board. Talents and skills in fundraising, grants writing, governance are all needed. Visit here for more details: [LMPF Announcement](#)

The National Publicity Committee (NPC) [Visibility Campaign 2019 to 2020](#): One Day at A Time kicked off early September 28, 2019.

Save the date. LMPF Symposium 2020 is coming. More exciting news forthcoming. Visit <http://lmpfdn.org> for more details.

Did you miss Symposium 2018, no worries check out the video: [LOLA Mercedes Parker | Ignite Gala & Youth Leadership and Innovation](#)



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2019 -2020 Epsilon Chi Chapter Officers



Gloria Davis
President



Donna Mitchell
1st Vice President



Katrina Warren
2nd Vice President



Position vacant
Recording Secretary

Eureka Patton
Corresponding Secretary



Trina Moore
Financial Secretary



Wanda McKinnies
Treasurer



LaSandra Collins
Journalist



Redessa Shaw
Dean of Intake

Sorority Meeting

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

Epsilon Chi Chapter

P. O. Box 6398, Katy, Texas 77491

SORORITY LEADERS



Dorothy White
23rd National President



Vahnita D. Loud
Southwestern
Regional Director



Gloria Davis
Chapter President

National Theme:

Business and Professional Women Building the Foundation for Generational Financial Empowerment

Regional Theme:

Affirming the Legacy, Bonding in Sisterhood and Committing to Business and Developing Leaders

Chapter Theme:

Building On Our Legacy

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