



IOTA PHI LAMBDA SORORITY, INC.

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Sorors, you showed me your super powers in February. We have approximately 18 days remaining to the start of the 72nd Southwestern Regional Conference. We need all hands on deck to make sure we show our sisters and guests across the region how we do it here in Epsilon Tau!

Every year, March is designated Women’s History Month by Presidential proclamation. The month is set aside to honor women’s contributions in American history. The 2019 Women’s History Month theme is **“Visionary Women: Champions of Peace & Nonviolence.”** The theme honors "women who have led efforts to end war, violence, and injustice and pioneered the use of nonviolence methods to change society. In recognition of Women’s History Month and the 90th Anniversary of Iota Phi Lambda Sorority, we will post photos and brief biographies of the visionary women the sorority names as Lola M. Parker Achievement Award winners and National Honorary Sorors. The Iota history is rich and the women who have left their marks on our legacy have truly impacted our world. Take a look at these fabulous women posted to our FaceBook page during the month of March.

March 1, 2019, Epsilon Tau also began posting our “90 for 90” business tips. So many of you remarked how different it was to speak on camera versus presenting to people. I agree. But I thank you for trying something new and stretching your skill sets. Implementation of this idea would not be possible without you. Be sure to check them out, like and share the information.

Seven gavel taps to **Soror Eriele Johnson** who posted 90 Black History Facts to the chapter’s FaceBook Page in 28 days, coordinated the Bowie MS Black history Program and traveled to Austin with her students! You were the ET MVP this month, Soror!; **Soror Wendy B. Jacques** who posts to our IG account and kept pace with Soror Johnson; **Soror Alicia Hinkle**, who served as the keynote speaker for the Bowie HS Program; **Soror Robin Mack** and the Membership Committee for growing our chapter membership; and Seven Gavel Taps to our newest members: **Donmonique Arnold Mason, Demekia Biscoe, Shekinah Harris and Aneyshia Taylor**, welcome new sorors. #ETWEAREWHY #ComeSeeET



Michelle Peace
Epsilon Tau President

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“There is no limit to what we, as women can accomplish.”—Michelle Obama

ET GOES RED

February 1, 2019, Epsilon Tau Sorors supported the “Go Red for Women” Day. The American Heart Association’s signature women’s initiative, Go Red for Women, is a comprehensive platform designed to increase women’s heart health awareness and serve as a catalyst for change to improve the lives of women globally.

It’s no longer just about wearing red; it’s no longer just about sharing heart health facts. It’s about all women making a commitment to stand together with Go Red and taking charge of their own heart health as well as the health of those they can’t bear to live without. Making a commitment to your health isn’t something you have to do alone either, so grab a friend or a family member and make a Go Red Healthy Behavior Commitment today.



ET MEMBERSHIP ACTIVITIES



On February 2, 2019, four ladies began their journey into Iotaland. While studying and learning IOTA history, they displayed their skills in business, planning, and fundraising. During Fun Night, the ladies hosted a casino night that was filled with competitive fun! These four women, Domonique Arnold Mason, Demekia Biscoe, Shekinah Harris, Aneyshia Taylor worked collaboratively and persevered to become Iota women. ET welcomes them into our sisterhood!

ET VISITS H-TOWN FOR THE ALPHA KAPPA GO WESTERN DANCE



February 15, 2019, Epsilon Tau Sorors Wendy B. Jacques and Michelle Peace took a quick trip down I-45 to visit our sister in Houston. We got the opportunity to experience the famous (infamous) Alpha Kappa Go Western Dance. Well, it surely lived up to its reputation, complete with an Iota-inspired line dance. It was so much fun to see members from the Houston area chapters.

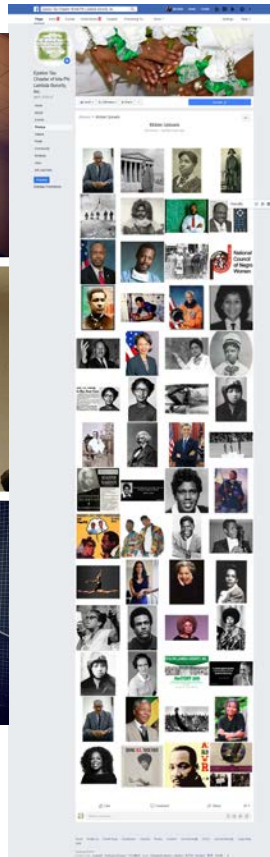
See you ladies, real soon!

BLACK HISTORY MONTH

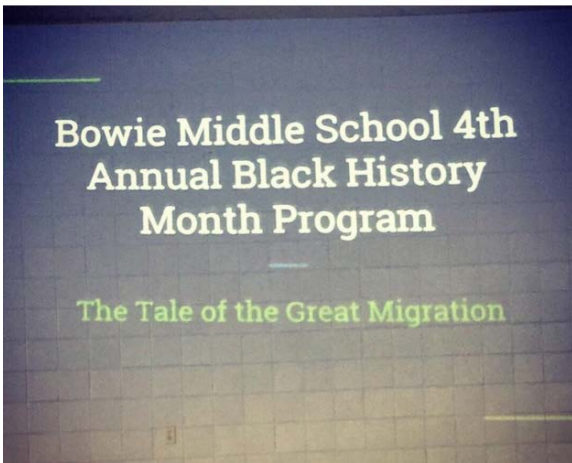


On February 9, 2019, ET Sorors, ET FIL, and Psi Chapter's FIL and Sorors, had a great time at the Black History Month Movie Night.

After having, **Game Night** with the Psi Chapter FIL, Sorors and FIL watched "The Hate U Give" and dialogued after the movie to discuss the relevance of the movie.



During Black History Month 2019, Epsilon Tau Chapter shared 90 Black History Facts on its social media pages, via Facebook and Instagram as a part of the "90 for 90" celebration.



On February 27, 2019, ET Sorors Wendy B. Jacques, Michelle Peace, and Robin Mack, joined Sorors Erielle Johnson and Alicia Hinkle at the 4th Annual Black History Month Program at Bowie Middle School. The evening was centered around the arts, music, culture, and effects of the Black Migration to areas like Chicago and New York City.



MARCH Business Tip

5 Tips for Women in Business to Achieve Their Goals

By Barbara Swenson

- 1. Set Your Goals** - To begin the process of achieving your goals, you must first map out where you want to go.
- 2. Actively Pursue Your Goals** - Take some time to think about every specific action step you need to take to reach each of your business goals.
- 3. Create Goal-Achieving Plans** - You need to create a step-by-step plan for each one of your business goals.
- 4. Make a Daily To-Do List** - A daily to-do list helps you organize your day so that you accomplish what you need to achieve your business goals.
- 5. Networking** - Every time you make a contact you open another doorway of opportunity.

OFFICE SUPPLY DRIVE FOR HEART OF COURAGE



Epsilon Tau will gather office supplies for the 72nd SWRC Community Service Project, March 10-24, 2019. Our goal as a chapter is to collect 90 items to donate. The recipient of our good will is our partner, HEART OF COURAGE. Items needed include: Journals, Resume Paper, portfolios, post It Notes, Binders/ Binder clips, GED Study Materials, Computers, Tablets, Gift Cards; and Career Planning/Success Books.

IOTA PHI LAMBDA 90th Anniversary Convention

On February 15, 2019, National President Stephanie Dilworth published the 90th Anniversary Call to Convention. We will convene at the Hilton Shreveport, July 24-28, 2019. The Call to Convention includes the tentative Conference Program and What to Wear.

Registration Deadline: June 12, 2019 (must include full payment) Mailed Registration Postmarked after June 12, 2019, must include a \$40.00 late fee.

Registration: \$425.00 (Grad)
 \$300.00 (Undergrad)
 \$280.00 (Auxiliaries)
 \$465.00 (Late after 6/12/19)
 \$500.00 (On-site)

Hotel Reservations Deadline: July 2, 2019
 Hilton Shreveport
 104 Market Street
 Shreveport, Louisiana 71101
 318-698-0900

Booking website: <https://book.passkey.com/e/49744536>

Epsilon Tau's 90 for 90 Celebration

Like and Share Epsilon Tau's 90 for 90 Celebration – 90 Business Tips for Small Business Owners. Each day on Facebook you will find a new tip. Thanks Sorors for facing your fears, using your creativity and ingenuity to get our tips done!



MARCH 2019 Calendar of Events

MARCH 3, 2019	90 for 90 Taping at SWC Mall, 2:00 PM
MARCH 10, 2019	Epsilon Tau Monthly Chapter Business Meeting, 3:00 PM, SWCM Community Room
MARCH 23, 2019	Black Girls CODE at CVC (Artificial Intelligence)
MARCH 24, 2019	Regional Conference Preparation Day, SWCM, TBD
MARCH 28, 2019	ET Pre-Conference Activity, Dinner Cruise on Lake Ray Hubbard
MARCH 29, 2019	72 nd SWRC @ the Rockwall Hilton, 2055 Summers
MARCH 30, 2019	YOUTH SUMMIT at the SWRC
MARCH 31, 2019	72 nd SWRC Closes

Newsletter Quiz: Did you find Shelly the ET turtle in this issue?

Contributors to this Issue:

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