

# Epsilon Chi EXpress

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IOTA PHI LAMBDA SORORITY, INC.

Epsilon Chi Chapter

EXceptional Women Doing EXtraordinary Things

WOMEN'S  
HISTORY  
MONTH

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## President's Message

Greetings Sorors,



## In This Issue

President's Message  
Calendar of Events  
Chapter Activities  
Sorors Spotlight  
FILs Spotlight  
Chapter Birthdays  
Wellness Tips  
Financial Tips  
Regional and National News  
EX Officers  
Let's Support National!

## Calendar of Events

Business Month  
Forum Facebook Live  
Event  
March 5, 2019

International Women's  
Day  
March 8, 2019

Epsilon Chi Chapter  
Meeting  
March 9, 2019  
Epsilon Chi  
Membership Mixer  
March 22, 2019

Toys U Can't Return:  
Teen Pregnancy  
Prevention Program  
March 23, 2019

The season is about to change to Spring and we are approaching one of the busiest times of the sorority year. During the month of March, Epsilon Chi Chapter is hosting a membership mixer, teen pregnancy prevention program (Toys U Can't Return) and attending the Southwestern Regional Conference in Rockwall, TX. The membership mixer will be an opportunity for chapter members to interact with women who are interested in learning more about the sorority and our chapter. We are elated that the Family Planning/Reproductive Health Program with the Houston Health Department has offered to partner with Epsilon Chi Chapter to provide reproductive health education and information on the Healthy Teas Women (HTW) program to attendees at our teen pregnancy prevention program. The Southwestern Regional Conference is always a great time to connect and bond with Sorors, who are not in our local area. Our Regional Director and her team have been hard at work to make this conference a productive and enjoyable one for all Sorors.

Business Month, which takes place during the month of April, is always a busy and exciting time of the sorority year. Plans are in the works to make Business Month (our capstone month within the sorority) an exciting time of events and activities for the community and Sorors. During Business Month, Acorn to EXcellence Foundation (our 501(c)(3) non-profit) in partnership with the Epsilon Chi Chapter of Iota Phi Lambda Sorority, Inc. will host a Youth MPower Business Forum. The Youth MPower Business Forum will be a unique and motivational one day experience featuring local Gen Z and Millennial entrepreneurs, business role-play exercises, interactive break-out sessions, prizes and networking. Also, Epsilon Chi Chapter will host a Business Month Forum and Luncheon with guest speakers, recognition of our Outstanding Business Woman of the Year and feature young entrepreneurs, who will compete for a chance to win the 2019 Entrepreneur Award. The last weekend in April, we will end Business Month with a Spa Day by patronizing the business of one of our chapter members.

Sorors, we are definitely working and not shirking. Each one of us should make a personal commitment to be supportive of all the efforts within our chapter. Teamwork makes the dream work. And.....Epsilon Chi Chapter has a dream.

In Sisterhood & Service,

72nd Southwestern  
Regional Conference  
March 28-31, 2019

Youth MPower  
Business Forum  
April 6, 2019

2019 Business Month  
Forum  
April 12, 2019

Gulf Coast  
Organization Scholars  
Reception  
April 13, 2019

## CHAPTER ACTIVITIES

### **EPSILON CHI HOSTS FIRST WEBCAST ON FACEBOOK LIVE**

Epsilon Chi hosted a Facebook live event on March 5, 2019, where we sat down and talked with our amazing speakers for our upcoming Business Month Forum! Howard L White - Business Growth Dynamics and Tosha Evans - International Empowerment Speaker! We talked all things Business and our 2019 Business Month Forum- BMW: Bold Men and Women EXcelling in Business! Soror Donna Mitchell did an excellent job commentating. Click the image to check out the video!

**Talking** 2019 Business  
Month Forum  
**BMW | Bold Men &  
Women EXcelling in  
Business**

**Special Guest  
Speakers**



**Howard L. White**  
Business  
Growth  
Dynamics

**Tosha Evans**  
International  
Empowerment  
Speaker



**WE'RE  
GOING  
LIVE**

**TUNE IN TONIGHT @8PM**

**Iota Phi Lambda Sorority, Inc.  
Epsilon Chi Chapter**



### **EPSILON CHI MEMBERSHIP MIXER**

It's almost time for our Membership Mixer! Come mix and mingle with the illustrious ladies of Iota Phi Lambda Sorority, Inc! Get to know the members of Epsilon Chi Chapter and the amazing women in attendance. Let's have a great time with good conversation, food, drinks, line dancing and more! You don't want to miss out!

See you March 22nd from 6-9pm.

Click the image to RSVP for this fun and exciting event.

#IotaEpsilonChi #IotaPhiLambdaSororityInc #MembershipMixer

IOTA PHI LAMBDA SORORITY INCORPORATED. 

THE FIRST AFRICAN AMERICAN GREEK-LETTERED BUSINESS SORORITY

## EPSILON CHI CHAPTER



## MEMBERSHIP MIXER

COME MIX AND MINGLE WITH  
THE ILLUSTRIOUS WOMEN OF  
IOTA PHI LAMBDA

## SAVE THE DATE

Friday, March 22, 2019  
6pm-9pm

EPSILON CHI'S  
TOYS U CAN'T RETURN EVENT  
TEEN PREGNANCY PREVENTION PROGRAM

Do you guys know any Teens, boys and girls in the Katy, Houston, Cypress and



surrounding areas that would benefit from this educational event on preventing Teen pregnancy? It's FREE! Please share and invite. Have a daughter or son; bring them and have them bring a friend. Click the image below to register!

IOTA PHI LAMBDA SORORITY, INC.  
EPSILON CHI CHAPTER  
**TOYS 'U' CAN'T RETURN**  
NATIONAL TEEN PREGNANCY PREVENTION PROGRAM

ROOM  
**106**  
TRINI MENDENHALL  
COMMUNITY CENTER

11 A.M.  
TO  
2 P.M.

**23**  
MARCH  
2019

★ **FOR AGES 14 TO 18** ★  
1414 WIRT ROAD, HOUSTON, TEXAS 77055

**IΦΛ**  
EST. 1928

### **EPSILON CHI'S YOUTH MPOWER BUSINESS FORUM: YOUR MONEY, MIND AND MOTIVATION**

Acorn to EXcellence Foundation, our non-profit organization, in partnership with the Epsilon Chi Chapter of Iota Phi Lambda Sorority, Inc. will host a unique and motivational one day forum featuring local Gen Z and Millennial entrepreneurs, business role play exercises, interactive break-out sessions, prizes, networking and more! It is designed to be a fun-filled day that will cultivate leadership potential by focussing on subjects in the fields of business and entrepreneurship while inspiring youth to live out their dreams.

Click the image to register and learn more.

# Youth MPower Business Forum

*Your Money, Mind, and Motivation*

ACORN TO EXCELLENCE FOUNDATION PARTNERING WITH EPSILON CHI CHAPTER OF IOTA PHI LAMBDA SORORITY



April 6, 2019  
8:30 a.m. - 3:00 p.m.

FREE EVENT. . . .

Register at: [AtexYouthMpowerforum.eventbrite.com](http://AtexYouthMpowerforum.eventbrite.com)

## Featured Topics

- \* Setting up & Marketing your Business
- \* How to obtain funding
- \* Networking and Grit
- \* Business Decisions: Healthy Body and Mind
- \* Technology and Business

## Dynamic Presenters



**Crystal Holmes**

President of  
Eyeconic Television



**Dr. Nina Ellis-Hervey**

YouTube's  
@beautifulbrwnbabydol



**Ja'leah Davis**

CEO of  
Eyeconic Television



**Micah Moore**

Licensed Professional  
Counselor



**Kehlin Swain**

CEO of XPLOSION



**Morgan Love &  
Tierneey Casaway**

Co-Founders of Love  
Away Body Care



**Gibbs Hightower**

CEO of Shadow House  
Productions



**Isis Ashford**

COO of XPLOSION

Contact Donna Mitchell at 832-844-8265 or [acorntoexcellence@gmail.com](mailto:acorntoexcellence@gmail.com)



**Acorn to Excellence**  
FOUNDATION

Alief ISD, Career Center  
12160 Richmond Ave  
Houston, TX 77082



This is not a school district sponsored event.

## EPSILON CHI'S 2019 BUSINESS FORUM

Join the ladies of Epsilon Chi as we present BMW - Bold Men and Women Excelling in Business. Guest Speakers include Howard L. White, The Business Growth Consultant and International Empowerment Speaker Tosha Evans. You don't want to miss this historic event! Click the image to learn more and get your tickets.

Cost: Early Bird \$40 (Feb 12th - Feb 28th) \$50 (Mar 1st - Mar 29th)



[#epsilonchi](#) [#iotaophilambda](#) [#seminar](#) [#forum](#) [#entrepreneur](#) [#business](#) [#businessmonth](#)

# 2019 Business Month Forum BMW | Bold Men & Women **EXcelling in Business**



**Howard L. White**

Guest  
Speakers



**Tosha Evans**

## **NON-PROFIT RECOGNIZED BY GULF COAST ORGANIZATION**

We are pleased to announce that Acorn to EXcellence Foundation will be recognized as an honoree at the [Gulf Coast Organization](#) Scholars Reception on April 13, 2019. The reception raises scholarship funds for high school seniors while recognizing servant leaders and entrepreneurs in the community. Congratulations to the non-profit charitable arm of the Epsilon Chi Chapter! Their efforts are being recognized in the community. Click the image to purchase tickets to the wonderful event.

GULF COAST  ORGANIZATION

Some of the ladies of Epsilon Chi Chapter enjoyed a night of sisterhood and fun at the Alpha Kappa Go Western Scholarship Dance. It was awesome to see support from all of the Houston Chapters and even all the way from DeSoto Texas, Epsilon Tau. Great job AK!





EX and guest had a phenomenal time celebrating and honoring Black History Month with a tour of the Shrine of the Black Madonna. We even had the opportunity of supporting black vendors at the buy black marketplace. We concluded our time patronizing Phil and Derek's for lunch, a black-owned restaurant. It was great meeting Alicia Brock, one of our Sorors new to Houston by way of Illinois, Alpha Tau Chapter. Soror Tonya Tompkins EXcellent job on coordinating this event!



Epsilon Chi had an amazing time fellowshipping with our sister chapters of Iota Phi Lambda, Sorority, Inc at The Church Without Walls. Pastor Ralph Douglas West preached on Do The Right Thing! from Micah 6:8.

We represented well for Black History Month as the First African American Business Woman's Sorority. We ate lunch at Orleans Seafood Kitchen and enjoyed great conversation, food and sisterhood. Thank Soror Alma Banks for the invitation and hospitality.



## SORORS SPOTLIGHTS

Soror Marchrisha Dottrey's group R.A.W. (Releasing ALL WORRIES) hosted the 1st Inaugural Women's Conference February 9, 2019. The theme was Focusing on the F's of Life...Faith, Family, Fitness, Finances, Future, & Forgiveness. God used our speakers to empower 60 women to walk in their glory and to embrace their stories. R.A.W. is entering it's 9th month of existence and looks forward to continuing it's mission of provide a safe place for women to RELEASE!









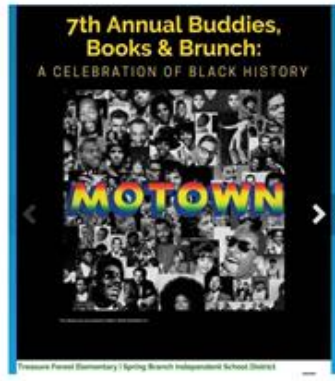


Soror Micah Moore gave of her time by volunteering as a Buddy for the 7th Annual Buddies, Books & Brunch: A Celebration of Black History. This program was created to ensure schools teach and celebrate notable African Americans and their contributions to the U.S.A. Soror Moore shared that she had an amazing time watching the students from Treasure Forest present their Black History Month program and visit their classroom's Living Museum where they shared their presentations about notable Black Americans. She had the opportunity to answer questions and share my knowledge, wisdom, college and career experiences with 5th graders. By supporting the t-shirt fundraiser, I was able to contribute to \$4,625.55 raised for programming and purchase of new books written by African American authors that will be donated to Treasure Forest Elementary.

**Our 2019 Buddies**

We know valuable time is, so we don't take it lightly that you choose to spend your time with engaging with our Treasure Forest students. Your participation is the life and breath of this event, and we are truly thankful for your participation.

Is Mitchell - Aliyah Fale - Amanda DeBerry - Dr. Arthur Polly - Ashley B Blake-Simon - Chantel Williams - Charlee King - Charryse Johnson - Chrystal Beasley - Chrystal Rivers - Damon Hoyle - Ebony Curry - Eth (Obabodon) - Erica Bryant - Ewone Ewone - Frank North - Jazel Dial - Fadesere - Jane Udoeua - Jasmine Turner - Jena Presy - Jennifer Ha - Jeremy Brown - Jolea Payne - Kay Whitaker - Keita Hopton - Kisha Kornegey - Kisha 'Coach K' Simmons - Kofi Mista - Lea Williams - Matthew Bryant - **Micah Moore** - Monica Gary - Qaadir Williams - Raquel Smedley - Ray Shackleford - Rhonika Clifton - Sandra Newman - Sharon Stewart - Stephanie Davis - Teylor Nealy - Tijana Mitchellson - Demond Alvarez - Tristan Jackson - Charles LaDoy - \*Chris Hayes - \*Dr. Lakesha Norton - \*Latrie Milbourne - \*Lauren Harris - \*Monica Corbin Simon - \*Teresa Drusen



Feed the Hunger hosted the Katy Packathon from Thursday, February 28-Saturday, March 2nd. A packathon is a hands-on service opportunity that is truly rewarding and will bring people together in a way your community may have never seen before. Soror Micah Moore had an amazing time serving on March 2nd from 12-2pm alongside my church members from Higher Dimension and hundreds of awesome people. We even got to taste a sample of the food we packed! At the end of the entire event we hit a world record and packed over 1,000,000 meals for malnourished children and families, both overseas in here in America.



What a spectacular way to end Black History Month. EX was in the house to support our Soror, Eureka Patton for being honored as 2019 Top 50 Black Professionals and Entrepreneurs of Texas. We networked and worked the room in true EX-fashion. Congratulations Soror Eureka Patton you make us IOTA proud!





Soror Sheri Marshall, was inducted into Top Ladies of Distinction, Capitol Cit Chapter, November 4, 2018. She attended her first conference, the 48th Regional Conference in Houston TX , February 28 - March 3, 2019. Soror Sheri Marshall was "Presented" to the region as a new Top Lady on Saturday, February 2, 2019.



Soror Sheri Marshall, traveled to Manhattan New York from February 8 thru February 12 to attend the Susan L Taylor National Cares Mentoring Movement and 2019 Leadership Summit, where the last event was a Gala that included Alicia Keys, Jesse Jackson, Tina Knowles, Dr. Iyanla Vanzant and other celebrities.





February 12, 2019 Soror Sheri Marshall spoke at Austin Achieve on Entrepreneurship to a group of Juniors and Seniors.





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Soror Sheri Marshall, owner of a Notary Service, trained citizens to become Notary Public. She had a class to graduate some students and swore one graduate in as a new Notary Public of Texas.









Soror Sheri Marshall, President of the National Council of Negro Women, Greater Austin Section conducted a standing room only Black History Program. The Program was filled with talent from youth from grade school to college students.



## FIL SPOTLIGHTS

Epsilon Chi Chapter of Iota Phi Lambda Sorority, Inc. would like to wish FIL Isaiah

Herbert-Copeland a very Happy Birthday!



Epsilon Chi FIL group and sorors decorated lunch bags for Lunches of Love on Saturday, February 10th at the FIL meeting for their community service project. Lunches of Love is a non-profit organization committed to helping end childhood hunger in Fort Bend County by providing a free nutritious sack lunch during extended school holidays and weekends. The FILs and sorors alike had fun creating inspirational saying and drawings on the bags. Kudos to these kiddos for doing their part!





On February 23rd the FILS visited the Houston Museum of African American Culture for Black History Month. It was a great learning experience for the FIL group and Sorors alike.





For Career Exploration, the FILS visited a black owned business called Ballin Sportswear on March 3rd. The FIL group learned alot about various types of garmets, printing, and stiching. The husband and wife duo demonstrated many different examples of how to print images on materials. They also spoke about their journey as entrepreneurs for over 10 years. Our very own FIL Alexis James was even able to create a shirt!





**INTERNATIONAL WOMEN'S DAY  
MARCH 8, 2019**

International Women's Day (March 8) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. International Women's Day (IWD) has occurred for well over a



century, with the first IWD gathering in 1911 supported by over a million people in Austria, Denmark, Germany and Switzerland. Prior to this the Socialist Party of America, United Kingdom's Suffragists and Suffragettes, and further groups campaigned for women's equality. Today, IWD belongs to all groups collectively everywhere. Make IWD your day - everyday.

#IWD2019 #BalanceforBetter



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## CHAPTER BIRTHDAYS

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Epsilon Chi wishes a very happy birthday to Sorors Brandy Edwards (Mar. 1), Lois Fort (Mar. 5) (not pictured), and Marchrisha Dottrey (Mar. 25). Happy Birthday Sorors!





## WELLNESS TIP OF THE MONTH

### March is National Nutrition Month!

National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

Click the image below to learn more.

# NATIONAL NUTRITION MONTH<sup>®</sup>

## MARCH 2019

[www.eatright.org](http://www.eatright.org)

[#NationalNutritionMonth](https://twitter.com/NationalNutritionMonth)

### FINANCIAL TIP OF THE MONTH

## 5 Smart Ways to Improve Your Financial Health

TAKING STEPS TO ACHIEVE financial health is just like setting a goal to lose weight – it doesn't happen overnight. Setting yourself up for [financial success](#) requires time, dedication and maintenance. Still, many people want to see results quickly or they lose the drive to make critical financial changes.

Click the image below to learn more.



## REGIONAL AND NATIONAL NEWS

### REGIONAL NEWS

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



## Iota Phi Lambda Sorority, Inc. 72nd Southwestern Regional Conference

*Hilton Dallas Rockwall Lakefront*  
2055 Summer Lee Drive  
Rockwall, Texas 75082

*March 28-31, 2019*

*Host Chapter: Epsilon Tau*



*Conference Focus*  
**"The Power of Sisterhood"**

**REGISTRATION DUE DATE**

**FEBRUARY 28, 2019**

**REGISTRATION FEE: \$200.00**

**Room Rate**

**Standard \$149.00 (Per Night)**

**Deluxe Lakefront \$169.00 (Per Night)**

**HOTEL RESERVATIONS DUE DATE**

**FEBRUARY 28, 2019**

**24-HOUR ACCESS RESERVATIONS**

**TOLL FREE NUMBER: 1-866-235-1108**

**GROUP CODE: LOT**



## NATIONAL NEWS

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!

## AMAZONSMILE

**Shop with a purpose.** Amazon will donate 0.5% of the price of eligible AmazonSmile purchases to the Lola Mercedes Parker Foundation for the Economic Empowerment of Business and Professional Women.

(Click AmazonSmile below to shop.)



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### 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

**WEBSITE** - [iotaepsilonchi.org](http://iotaepsilonchi.org)

**EMAIL** - [@lotaEpsilonChi](mailto:@lotaEpsilonChi)

**FACEBOOK** - [facebook.com/lotaEpsilonChi](https://www.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

National Headquarters

## IOTA PHI LAMBDA SORORITY, INC.

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Washington, D.C. 20005

Phone: (202) 462-IOTA

Email: [iotahq1@gmail.com](mailto:iotahq1@gmail.com)

Website: [www.iota1929.org](http://www.iota1929.org)



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