



IOTA PHI LAMBDA SORORITY, INC.

THE BUSINESS CHRONICLE

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Epsilon Tau Chapter

March 2020

It's Women's History Month!

Spring is quickly approaching. We've celebrated International Women's Day and Daylight Savings Time. Did you know the more nocturnal you are the more you enjoy the extra hour in the evening, That's definitely me. All of my morning people, stay a little active and social this week to ward off missing the extra hour of light in the mornings. By April, we should have adjusted to the time change.

This month during Women's History Month, Epsilon Tau will celebrate the brave, bold, and fearless women who have influenced history. The important role women have played in shaping our nation and the world can often be overlooked, whether in the fields of science, politics, environment, legal, the arts, and more. Epsilon Tau chapter recognizes ourselves and our sisters for their lasting impact on the future.

The 73rd Southwestern Regional Conference will convene this month and we are excited to meet our Sorors from across the Region in Spring, Texas. Remember to share and support the promotion of our upcoming Business Month Activities.

Seven gavel taps to the Black History Month Committee, Soror Shelia Fisher and Soror Robin Mack, and Soror Jasmine Gause for their help in executing the Soul Food Social, Seafood Boil, and Escape Room. Seven gavel taps to each of you. Sorors, we can not function without you, your hard work, and ideas.

In 2020, Epsilon Tau Chapter continues to support its membership, youth, and local businesswomen. We boldly and enthusiastically embrace new opportunities to increase our impact and sisterhood. Epsilon Tau is "Empowering Women for Business."

"There is no tool for development more effective than the empowerment of women." – Kofi Annan

#ComeSeeET #EveryoneTogether #ETWEAREWHY



Michelle Peace
Epsilon Tau President

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Epsilon Tau Goes **RED** for Heart Health



February 2020 was GO Red for Heart Awareness. Epsilon Tau Sorors shared their photos in **RED** to draw awareness to Women's Heart Health.

Heart disease and stroke is the No. 1 killer in women, and stroke disproportionately affects African-Americans. Importantly, African-American women are less likely than Caucasian women to be aware that heart disease is the leading cause of death.

Diabetes, smoking, high blood pressure, high blood cholesterol, physical inactivity, obesity and a family history of heart disease are all greatly prevalent among African-Americans and are major risk factors for heart disease and stroke. What's more, African-American women have almost two times the risk of stroke than Caucasians, and more likely to die at an earlier age when compared to women of other ethnicities.

Source: <https://www.goredforwomen.org>



ET Black History Activities



On February 8, 2020, 10 ET Sorors, 13 ET FIL, 4 Parents, 9 Psi Chapter FIL and 3 Psi Sorors participated in the Epsilon Tau Black History Month Escape Room. Held at the Black-Owned Family Fun Escape Room and Maze.

The FIL and Sorors used educational skills to solve puzzles and escape the rooms. During the dinner break, students answered Black History Trivia for monetary prizes.





ET Black History Activities

ET Black History Month Soror Social - ET Sorors met at the home of Soror Shelia Fisher on Saturday, February 29, 2020 for a Crawfish Boil and Soul Food Saturday Social.

Thank you, Soror Shelia Fisher, Soror Robin Mack, Soror Jasmine Gause and everyone who brought/bought their delicious soul food and desserts!

The spades games got intense, but it was a great time spent with ET Sorors!

Each day the Sorors of Epsilon Tau contribute to the rich history of our people.



Epsilon Tau Outreach ~ Residual Giving Programs

Link your Kroger and Tom Thumb Shopping Cards to help Epsilon Tau Outreach. ET Outreach is a listed participant of the Community Rewards of Kroger, TomThumb, and Amazon Smiles. **CONNECT YOUR CARDS NOW!**





ET Business Month Calendar of Events

Our 2020 Business Month activities will be superb! From our Women In Business Brunch, to our 6th Annual Tastes & Toasts Reception and finally our FIL/ Youth event. Don't miss out on the opportunity to celebrate with us.



Women In Business Brunch

APR
11th

"Let's Talk Mind and Money over Mimosas"

A discussion with business professional women about generational health and wealth.



Panelist
Sharon Guillory

Event Planner & Ins Agent



Panelist

Kira Buckley & Portia Andrews
HeyyHealer Holistic Health + Wellness Studio



Panelist
Shaun D

Life Coach

Sponsored By:



Epsilon Tau's

6th Annual Tastes & Toasts Reception

Honoring:

- Krystal Brown - State Farm Insurance
- Jasmine Benton - Precious Designs
- Dania Carter - Heart of Courage
- Kira Buckley & Portia Andrews - Heyy Healer

7:00pm - 11:00pm
Saturday, April 18th, 2020

The River Ranch Texas Horse Park
811 Pemberton Hill Rd. Dallas, TX 75217

Sponsored By:



Business Month Youth
Event
April 2020



ET Business Month Honoree Spotlights

Dania Carter of Heart of Courage

Heart of Courage is a nonprofit organization that focuses on mentoring and advocating for women who have had their child placed in the Texas Foster Care System or CPS. The objective of Heart of Courage is to work with the mothers, the courts and child protective services to reunite these families and potentially change the future for both the mother and the child.



Dania Carter is the founder of Heart of Courage. It is her passion project and she works tirelessly as an advocate for her clients. Heart of Courage and Epsilon Tau Chapter/Epsilon Tau Outreach have co-sponsored the Breaking Barriers Career Conference for the last two years. Heart of Courage's Walk the Runway Fashion Show and Brunch at the Black Academy of Arts and Letters on May 2, 2020 at 12 noon are on sale now on EventBrite.

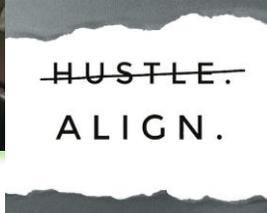


Kira Buckley and Portia Andrews of HeyyHealer

Kira Buckley and Portia Andrews joined forces in January 2019 to form a vision for HeyyHealer as a retail + wellness studio.

Together they have diligently worked toward allowing HeyyHealer Holistic Health + Wellness Studio to organically unfold into what the community needs-a safe space reserved for kindred souls on a quest for health, happiness and wholeness.

HeyyHealer proudly offers guests the "alchemy of life" quality living through preventive medicine and accountability for one's own health. The studio is in the Grow Desoto Marketplace.





ET Soror Spotlight ~ Soror Robin Mack

Date of birth: *March 30th*

How long have you been in the sorority? *11 years*

What is your fondest Iota memory? *Our Chartering "Wedding" Reception!*

Why do you love Iota? *Our business focus, learning about my Sorors and how our work can enhance all our lives in some way!*

Words to live by or favorite quote: *Live each and every day as if it were your last and treat everyone you meet with love and respect.*

What is or was your occupation? *Educational Administrator*

I enjoy... *Cooking/baking/experimenting, sight-seeing and watching horror movies*

What are you most proud of: *My son, Raymond*

What super-power would you most like to have, and why? *I already have super-powers. The ability to patiently work with children and adults, guiding them in the right direction. Anything else would be gravy, and, I'm Batman! What's your superpower?!*

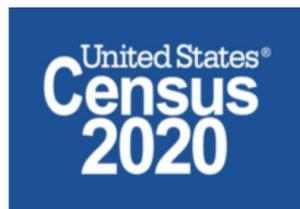
If could have dinner with anyone who would it be: *My grandmother! To talk to her about the woman she helped shape me to become! Oh yeah and Prince can attend also, but I'd rather THAT, be the after-dinner party conversation!*

Share something that no one knows about you: *I count stairs. Not sure why, but when I climb stairs, I have to count as I go!*



Iota National News Spotlight

The 2020 Census is essential for our democracy. It determines how many representatives Texas will have in Congress. It is used by the federal government to allocate funds to the states for a range of essential federal programs valued at over \$59 billion dollars a year. In addition, the Census is used by businesses to make smart decisions about growth and spending.



Iota Phi Lambda Sorority, Inc. has partnered with the U.S. Census Bureau to make sure WE COUNT. The Census Date is April 1, 2020.



Chapter Officers

President

~Michelle Peace

1st Vice President

~ Eriele Johnson

2nd Vice President

~ Twyla Williams

Recording Secretary

~ Malika Walker

Corresponding Secretary

~ Vena Thomas

Treasurer

~ Mary Andrews

Financial Secretary

~ Nicole Walker

Dean Of Intake

~ Robin Mack

Journalist

~ LaToya Randle



Calendar of Events

March 3, 2020

ET Rocks the Vote For Super Tuesday

March 5, 2020

Toys U Can't Return Program at Blair Elementary

March 7, 2020

BGC Python Workshop at Microsoft

March 8, 2020

Chapter Meeting

March 21, 2020

ET Officers Meeting, 12 noon
ET Outreach Meeting, 2:30 PM

March 26-29, 2020

73rd Southwestern Regional Conference in Spring, TX

CONTACT EPSILON TAU CHAPTER:

Email: epsilontau2013@gmail.com

Mailing Address: P.O. Box 241, DeSoto, TX 75123

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The Southwestern Region is having a raffle fundraiser. For \$10 per raffle ticket, you could win a \$300 voucher/certificate for Southwest Airlines. Last day to enter is 3/25/2020. Drawing on 3/28/2020. Purchase via PayPal using wondaktraylor@gmail.com. Please include your name and number of entries in the notes.



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

Contributors to this Issue:
Soror Michelle Peace, Soror Shelia Fisher & Soror LaToya Randle