

**President's Message**

*EXceptional Women doing, EXtraordinary Things*

It was a phenomenal business month celebrating our Business Woman of the year, hosting our businesswoman health forum and closing with our multiple streams of income webinar. Business Month is the essence of what Iota Phi Lambda Sorority was founded on and it is so wonderful to see the chapter events occurring throughout the U.S. and Virgin Islands. Although our events utilized a virtual platform, we were successful with implementing programs that the public deemed essential and self-gratifying. The founding members would be proud of how we have pivoted for the positive during this age of COVID-19.

We are looking forward to celebrating Founder's Day with our Sorors and rededicating ourselves to this most illustrious sorority. The bonds of friendship and love are even more important now than ever. Various communication vessels are being used to connect to each other and are vital for our mental health. We look forward to that day when we will be able to hug and hold meetings in person. But, until then the Epsilon Chi Chapter will continue moving forward with the work of Iota...just like the turtle...at a steady and most persistent pace.

In Sisterhood & Service,  
Donna Mitchell, President  
Epsilon Chi Chapter



**Winners are not those who never fail but those who never quit!**



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**Newsletter Articles are due by the 25th of each month**

## Calendar of Events

- May 9 - Mother’s Day
- May 15 - Chapter Monthly Meeting
- June 1 - Founder’s Day
- June 12 - Chapter Monthly Meeting
- June 20 - Father’s Day





## Epsilon Chi's Business Month Activities

### **"STAYING HEALTH WHILE BUILDING YOUR BUSINESS"**

By: Soror Tameka White

April 17, 2021, Zoom – The Epsilon Chi Chapter of Iota Phi Lambda Sorority Inc. hosted a virtual panel discussion on how to practice self-care while growing your business. The event is one of several events the chapter hosted for National Business Month.

The panel discussion consisted of three industry professionals: Dr. India Gibson, DDS, Shulie Gibson, CCC-SLP and Katrina Warren of Epsilon Chi Chapter.

During times of stress, it is easy to take a few short cuts on one's self-care regimen. However, these are actually the times when you need to care for yourself the most. The panel discussion centered around different ways to recognize disease and/or illness cause by stress.

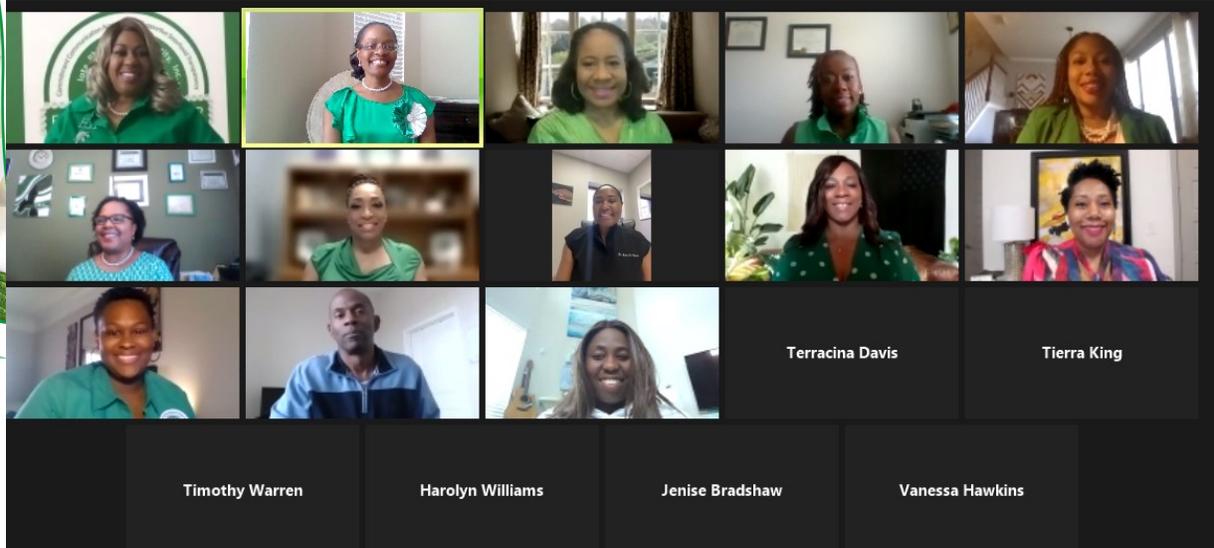
The first speaker, Shulie Gibson spoke about protecting your voice with exercises and hydration. She also discussed what your voice says about you. Further research warned of the impact anxiety has on your speech. Though stress can be recognized in speech patterns there aren't any stress related speech diseases. There are speech disorders. A stressed person may begin to stutter, which is just an interruption in the flow of speech. Depending on the level of stress a person may experience varying degrees of stuttering. Because speech is a function of the brain any trauma to the brain may result in a speech impediment. For example, since a stroke occurs when the blood supply to part of your brain is interrupted or reduced, this trauma will impede one's speech. According to the American Heart Associate slurred speech is a major indicator that a person is having a stroke emergency assistance should be obtained.

Following Ms. Gibson was Dr. India Gibson highlighted the importance of maintaining regular dental check-ups as a preventive measure in the fight against plaque and irritated gums. Dental health is a vital part of self-care. Failure to maintain a dental health regimen can lead to unacknowledged and untreated cavities which may lead to tooth loss, gingivitis, and/or gum disease. Your teeth are a vital part in processing food for absorption and thereby impacts your overall health. Stressed individuals might grind their teeth during tense moments or during their sleep. This grinding can saw down teeth exposing nerve and lead to tooth loss.

The final speaker of the event was Katrina Warren. Katrina spoke of the different types of sleep disorders. She mentioned that sleep apnea is a disorder where a person stops breathing for extended periods of time during the night. In cases like this Soror Warren said that the person might have to use a CPAP machine. She admits that people oftentimes mispronounce CPAP, calling it a CPAT, but she says she "is more focused on helping people get their best rest than correcting their grammar."

National Business Month are Iota's capstone programs occurring throughout the month of April. Each chapter of the organization is tasked with facilitating activities focusing on efforts to stimulate interest in business education and to recognize those who have made outstanding achievements in the field of business.

# Business Month



### Building the Foundation for Generational Financial Empowerment with Multiple Streams of Income by Soror Gloria Davis

April is designated as Business Month in Iota Phi Lambda Sorority, Incorporated and it gives us an opportunity to promote entrepreneurship, economic empowerment, and leadership development. During the fourth week of April, Epsilon Chi Chapter hosted a public virtual conference emphasizing the economic need to have multiple streams of income as a foundation for generational financial empowerment.

The virtual webinar focused on three income streams.

**The Power of a Home-based Business:** Income & Tax Advantages

**The Power of Stock Investment:** Dividends & Capital Gains

**The Power of Real Estate Investment:** Residential & Commercial

The format of the webinar was an engaging conversation with three dynamic women sharing their knowledge on how to become financially empowered by having multiple streams of income and build a solid foundation for generational wealth.

LuSundra Everett, The Home-Biz Tax Lady, shared her expertise on the income and tax advantages of having a home-based Business.

AttiQuewa Green, Millennial Financial Educator shared her expertise on stock investing as a means of creating wealth.

Noelle Randall, Real Estate Mogul, share her expertise on to use real estate investments to generate income and build wealth.

Registration was open to anyone who wanted to improve their financial health. Over 100 attendees from all over the United States registered for this event. Attendees from Texas, Louisiana, Maryland, Florida, South Carolina, Missouri, Kentucky, Washington, Alabama, North Carolina, Indiana, Tennessee, New Mexico, Georgia, New York, California, Wisconsin, Connecticut, Illinois, Minnesota, New Jersey, Ohio, Oklahoma, Virginia, and Iowa were very engaged during the webinar and expressed how it was a great benefit to them.

Thank you, Madam Regional Director Vahnita Loud for bringing greetings on behalf of the national board.

Madam President Donna Mitchell, thank you for welcoming our panelists and attendees with enthusiasm.

To the Sorors who assisted me with moderating the conversations with the panelists (Soror Cynae Brown, Soror Sheri Marshall, Soror Eureka Patton), thank you for being prepared and engaging.

Soror Tameka, you did a great job as co-host of the webinar. Thank you for always being willing to assist.

I am appreciative of the entire Business Month committee for your participation, recommendations, and suggestions during the planning phase of this event.



Epsilon Chi Chapter, thank you for supporting your Business Month program. I hope that everyone who attended the virtual conference will take the information that was shared and begin to add one or more additional income streams to your financial portfolio and start building the foundation for generational wealth. Keep in mind the following statements mentioned by each panelist.

*It's not the one who make the most money that wins. It's the one who keeps the most money!*

--- LuSundra Everett

*If I did not come from a wealthy family, a wealthy family will come from me.*

--- AttiQuewa Green

*89% of all millionaires were created through real estate.*

--- Noelle Randall



## Building the Foundation for Generational Financial Empowerment with Multiple Streams of Income





# Soror Birthday

Happy Birthday to Soror



Soror Tameka White  
May 27<sup>th</sup>

# lotaversary

Happy lotaversary

Soror Adria James

Soror Tonya Tompkins



## Sorors Campaign for Committee Positions



### Tameka White for Epsilon Chi JOURNALIST! Background:

- ♥ EDUCATED - BA Communication (PR)
- ♥ EXPERIENCED - 30 yrs Marketing and Promotions
- ♥ EFFICACIOUS - Countless articles in Houston Chronicle
- ♥ EFFECTIVE - Increased Chapter visibility 30%+ via social media
- ♥ EXEMPLARY - 74th SWR Regional Conference Delegate
- ♥ EAGER - Solid Chapter Meetings/Events Attendance



## Networking in Houston

Sorors Donna Mitchell and Vanessa Williams attended the Federation of Houston Professional Women (FHPW) quarterly meeting and Soror Gloria Davis attended the meeting virtually. We enjoyed networking with other business women and organizations, dinner and engaging with the evening speaker. The topic of discussion was "Strategies for Building Resiliency". Both women represent the Epsilon Chi Chapter by serving on the FHPW Board of Directors. Donna serves as the board president and Vanessa serves as the Ruby Gala Director.



# Soror on the Move

Soror Sheri Marshall along with two other ladies in the Austin community served as judges for Dance: Ballet; Dance: Contemporary and Dance: Modern Competition for the ACTSO competition on Wed, April 14, 2021. We judged four dance competitions via videos in three different categories of dance.



The Afro-Academic, Cultural, Technological, and Scientific Olympics (ACT-SO) is an enrichment program designed to recruit, motivate, and encourage high academics and cultural achievement among high school students. (ACT-SO)

Soror Sheri Marshall was elected as the Membership Induction chair for Top Ladies of Distinction of the Capital City Chapter. Eleven beautiful and talented ladies were inducted on April 10. The Induction was done virtual by our National Area One Director.



## Soror on the Move

Soror LaSandra Collins starts taping episodes for the Uniquely You with LaSandra Collins talk show; a Boss Moves; TST Network and Kairos Production. Uniquely You with LaSandra Collins will be streaming in on Apple TV, Fire TV, and Roku TV platforms.

Have a story you want to share? The Uniquely You with LaSandra Collins talk show will discuss issues that impact our community and share stories of triumph in the face of adversity!



Got a story you want to share? Let's talk, contact me at:

[lasandraspeaks@lasandracollins.com](mailto:lasandraspeaks@lasandracollins.com). I would love to hear your story. Be my guest on the show!

On set with the guests for the first episode of Uniquely You with LaSandra Collins. We discussed my recently released book, *"Uniquely You: Pulling Off the Mask."*



### FOR IMMEDIATE RELEASE

April 26, 2021 | Houston, TX

## THE NEIGHBORHOOD, MEETING IN THE “CLUBHOUSE”

*By: Soror Tameka White*

*April 29, 2021, Clubhouse – Inertia Justice opens her very own” Club room” to The Neighborhood, the room opens at 7:00 PM (CST).*

*The Neighborhood is a self-help/self-care podcast that seeks to assist its “neighbors” in “Minding Our Own Business!” The podcast created on the Anchor platform was picked up by all podcasting platforms within the first week of its launch. After its second season, The Neighborhood extended its reach from audio only to a visual platform on YouTube.*

*Even though the video version of the podcast is receiving twice the viewership of the audio only podcast, content creator/podcaster, Inertia Justice said she was not happy with it.*

*“I just wasn’t happy with the podcast delivery method. When I was limited to the audio recording, I learned to speak to the microphone as though I was speaking on the phone. When I was limited to video, I learned to talk to the camera as though I was speaking to a close friend sitting in front of me. But the content I want to create needed to live in the moment. I thought of getting a talk show, but that would be the same as a YouTube platform. I wanted a dialogue, a conversation.*

*Then it seems like just as I came to that conclusion my line sister Sherridan Schwartz suggested that I put my, at this point four-month-old, Clubhouse membership to use. “You’ll find your tribe on there, link!” she said.”*

*Now, here we are within days of launching The Neighborhood on Clubhouse. If you need an invite, DM me and I’ll ping you in.” Inertia said.*

*Clubhouse is an “audio drop-in” iPhone exclusive, invite only social media platform. Leading the third wave of monetizable social media platforms, Clubhouse has added its stake in the ground for virtual market and industry. Once thought of as a pastime, social media is vying for sustainable positioning in the corporate world without the confines of the four walls or limited number of corner offices.*

*In January of 2021 Clubhouse had 2 million users. The number of users spiked from 2 million to 10 million in February of 2021. Clubhouse may not be at large as YouTube but it is growing rapidly and giving a unique opportunity to audio content creators and writers to gain sponsorship for their work as well as help shape public opinion.*



**The Neighborhood**  
With  
Yo Nosey Neighbor  
**4/29/21**  
**7:00PM**  
**(cst)**  
**Inertia Justice**  
Clubhouse  
Drop-in Audio

## Soror on the Move

Congratulations to Soror Cynae Brown for winning the first annual Distinguished Leadership award. The University of Houston College of Public Service recognizes the importance of honoring both faculty and staff who distinguish themselves in the areas of teaching, research, service, leadership, and other unmatched contributions. These are all essential elements that support maximum growth, innovation, and care for our college, individual departments, our community—and most importantly, our students. As a result, in 2021, they created the first-ever College of Public Service Dean's Awards to recognize and celebrate 6 individuals that exemplified the criteria outlined in each award category. Soror Cynae we are proud of you and your accomplishments.

### Distinguished Leadership



Ms. Cynae Brown

Strong leadership is synonymous with highly-effective departments, colleges, and universities. This award is presented to a staff member whose recent leadership performance and initiatives demonstrate outstanding leadership contributions within the College of Public Service.

## Future Iota Leader's (FIL) Corner

The Epsilon Chi Chapter is a proud partner with Houston Money Week (HMW). We raise awareness throughout the community about the importance of using financial products and services responsibly, managing money proactively and building skills that create a solid financial footing. HMW held a essay contest for middle and high schoolers with the theme: "2020 impacted everyone. Looking at the future what lessons have you learned that you will use to build a solid financial future." We are excited to share that Lauren Mitchell has placed first place in the middle school category has won a \$500 scholarship and a new laptop. A virtual awards ceremony will be held for all the winners. Congratulations Lauren!



### **“IOTA SISTERS SPEAK OUT- SISTER TO SISTER”**

*By: Soror Tameka White*

April 17, 2021, Zoom – The Alpha Kappa chapter of Iota Phi Lambda Sorority Inc. hosted a virtual Business Showcase. It was facilitated by Madam Assistant SWR Director Rosetta Davis. The Showcase featured soror/ business owners from nine of the twelve chapters in the Southwestern Region. Amongst the selection was our very own 1st Vice President Sheri Marshall.

Sister to Sister was a brilliant way to showcase the business owners within our sorority. Each presenter had an opportunity to speak about their business and how they got started. Madam 1<sup>st</sup> Vice President, who is a US Airforce veteran, began her business after retiring from the military and has seen astronomical success even during the pandemic. A true leader she has also assisted others in establishing a stream of income during this compromised economy.

How did she do it? As an essential business VP Marshall is owner and operator of an ever-expanding Covid-19 certified commercial janitorial company, U Move it - We Clean it. The company is also a second chance employer providing employment for veterans and ex-offenders. Mrs. #securethebag has secured significant contracts with DSW, M.A.C, Banfield, bebe, Telsa and many more.

The serial entrepreneur, as she calls herself, is also the owner, founder and certified trainer of Best Choice Notary and Best Choice Notary Academy opening the doors for more than 330 men and women to start their own business as certified signing agents and others are real estate agents.

This event was truly informative and inspiring. National Business Month is Iota’s capstone programs occurring throughout the month of April. Each chapter of the organization is tasked with facilitating activities focusing on efforts to stimulate interest in business education and to recognize to those who have made outstanding achievements in the field of business.





Iota Phi Lambda Sorority Inc. 74<sup>th</sup> Regional Conference -Leadership Forum Review

# LEADERSHIP Summit

"DEVELOPING LEADERS" CONFERENCE FOCUS: INFORM, MENTOR, ENCOURAGE:

WRITTEN BY: SOROR TAMEKA WHITE

## "Be Able to Pivot"

March 26, 2021, Zoom – The first African American Greek lettered business sorority, Iota Phi Lambda Sorority Inc. held its 74<sup>th</sup> Southwestern Regional Conference, virtually. It is the second time the sorority has used a virtual platform for this large of a "gathering" since the global pandemic.

The conference came to session with a powerful leadership summit, facilitated by Assistant Regional Director Rosetta Davis – Alpha Kappa Chapter. Each speaker expounded on different aspects of being a leader. A relevant topic because it is during the regional conference that the sorority installs new regional officers and solidify its candidates for national office.

White Rose Queen (WRQ), Lilian Parker – Alpha Kappa Chapter opened with a piercing question: are leaders born or made? "**This is Your Year to Rise.**" stated Madam WRQ Parker. After giving us a chance to reflect and chime in. She answered, "BOTH, a leader can be born or made." She continued with points of reference for those who are ready to rise into leadership. WRQ Parker said it is important to identify: what is your mantra, what are your notables and why did you pick these notables. A notable is a person or thing that you use as your guide.

"To be successful as an Iota leader your mantra should be Iota - you should sing the song of Iota everywhere you go. Your notables should be mentors you have met in Iota and our protocols. These should be your notables because you want to have an executive presence..." Said Madam Parker.

On par with what we all love about WRQ Parker, she left us with an uplifting and inspiring charge. She said, "the new view of every chapter should be to establish an executive presence, one of poise, dignity and decisiveness."

Soror Juanda Wallace – Regional Chaplin Psi Chapter, followed with a beautiful slide featuring a flock of geese. It assisted her in painting a colorful picture that "**Teamwork is Unity**". She reminded us that teams come together as a team to complete not to compete. A group of people who share a common goal and are moving in the same direction reach their goal quicker than a group competing against one another. She goes on to say that it is impossible to lead if no one is following. If people are going to follow you, you must know what your leadership style is, do you have a

passion to lead and are you inclusive. All the sorors agreed in the chat that her slide was packed with great tips for leaders. It was like a step-by-step guide to becoming a great leader.

The title of this article is credited to the next speaker, Soror Melaniece Solone – President of Epsilon Omicron Chapter, she made the comment, "Be Able to Pivot," about the technical difficulties she was having. But everyone agreed and it was echoed through the rest of the forum. It was the perfect phrase for this period of time. This pandemic has taught us all to pivot in one way or another. This wasn't the only gem we received from Soror Melaniece. She gave us the "**Green Print**" which is a four-point plan. Do it afraid, don't wait to feel comfortable to act. Find a mentor and be a mentor, engage and maintain the connection. Be a learner, open to new and different ways of doing things. This point has been key during this unprecedented time. And her final point was to remember the beginning. This will keep you sharp and relevant.

Our final presenter was none other than our 23<sup>rd</sup> National President Madam Dorothy M. White, Alpha Chapter. She admitted that this was the first time she had written a speech. For a first timer, she delivered a timely speech on "**How the Pandemic Impacted the Sorority**". It eloquently tied into the conference theme and focus. Though it is not the official name of the speech, based on my notes I am affectionately calling it the 5-I speech: innovation, increase, image, improvement, and inclusion.

According to Madam President White, the pandemic encouraged the sorority to use **Innovation** to keep on track with our programs and projects. Due to the **Increased** visibility the sorority has received using social media, we've inducted 100 new Sorors this year! The sorority's **Image**, national executive officers has taken this time to develop a policy to synergize the way we represent Iota Phi Lambda Sorority, Inc.. **Improvement**, the sorority has held workshops, published monthly journals and hosted a townhall meeting which are the steppingstones for capacity building. **Inclusion**- the sorority has fostered partnerships with US Census and US Saves.

The leadership forum facilitator Soror Davis did an amazing job. The speakers were very inspiring as they exhibited the characteristics Soror Davis highlighted as leadership qualities: Character, Competence and Cause.



# National News



America Saves Week is a widely recognized national campaign where thousands of organizations join together to collectively encourage their communities to focus on their individual financial wellness. Iota is a national participating partner for America Saves Week. Chapters throughout the United States participated by sharing information and initiating conversations on social media around the topic of "Saving Automatically."



## Amazon Smile

**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.)

## 2020 - 2021 Epsilon Chi Executive Committee



**Donna Mitchell**  
President



**Sheri Marshall**  
Vice President



**Jana Gaskin**  
Recording Secretary



**Gloria Davis**  
Financial Secretary



**Trina Moore**  
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

Let's stay connected:



Check out our website: [Epsilon Chi Chapter](#)

### SORORITY LEADERS



**Donna Mitchell**  
Chapter President



**Vahnita D. Loud**  
Southwestern  
Regional Director



**Dorothy White**  
23rd National President



**Lola Mercedes Parker**  
Our Founder

### Chapter Theme:

Together we are Limitless as we Imagine, Excite and Empower

### Regional Theme:

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

### National Theme:

Business and Professional Women Building the Foundation for Generational Financial Empowerment

### National Headquarters:



202- 656-1690



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