

November 20 2020
Volume 1, Issue 1
Quarterly Publication

Iota Phi Lambda Sorority, Inc

Beta Pi Chapter



Beta Pi Bugle



From the President's Desk

Although we begin the Sorority year virtual and in a pandemic, I still exclaim, "This is the day the Lord has made and we should rejoice!" In a time when things are so unsure, we should be grateful for all that we have.

This year, we have seen, heard, and experienced all sorts of things, but I have witnessed Iota Phi Lambda Sorority, Inc. and the Brilliant Beta Pi Chapter rise to the challenge of conducting business 100% virtual! Kudos to you and prayers that we continue to work of Iota.

This year our theme remains the same with a shifted focus. A New E.R.A. will now focus on **Expectations Raised and Accomplished**. After discussing our goals as a chapter, the quote from Joel Brown, the founder of Addicted2success.com spoke volumes when he said, "We only get what we believe that we deserve. Raise the bar, raise your standards and you will receive a better outcome."

Continued on next page

Beta Pi Chapter Officers

Casey C. Preston
President

Ada Raglin-Thomas
Vice President

Brenda Sanders
Recording Secretary & Chaplin

Mildred Williams
Financial Secretary

Jacqueline Bryan-Guillory
Correspondence Secretary

Lana Samuel
Treasurer

Ronique Hinchon
Dean of Intake

Velma Howze-Collins
Journalist

Pamela Broady
Parliamentarian



President's Message cont.



Beta Pi Chapter will continue to work for a better outcome this sorority year! "I challenge you, members and other readers of this publication, to think of ways that we, as a community can aid others while following the guidelines set forth by our government and the governing body of our Sorority. We know that we are in the middle of a pandemic, but the work CANNOT stop!

I welcome you to enjoy our quarterly newsletter which features highlights of our activities and events, auxiliaries and very important information/announcements. If you wish to be featured in our quarterly publication, please email our Journalist, Velma Howze-Collins at betapijournalist@gmail.com.

"Raise the bar, raise your standards and you will receive a better outcome."

President's Workshop

IOTA PHI LAMBDA SORORITY, INC.
BETA PI CHAPTER

Brilliant
BETA PI

President's Workshop
2020
QUARANTINE EDITION

AUGUST 22, 2020
10:00 AM VIA ZOOM

CASEY C. PRESTON, PRESIDENT

Due to Covid 19 restrictions, the Annual President's Workshop was held via Zoom on August 22, 2020.

President Casey Preston shared her goals as President and the chapter reviewed their goals for the 2020-2021 Sorority year.

Beta Pi took care of business as we stick to the theme: A New E.R.A. This year, our President shared of vision of raising the expectations and making them a realization, even during the pandemic.

Each member was challenged to think of ways that we could impact our business community with meaningful programs, while following the guidelines set by our governing bodies.

We look forward to great and prosperous year as we continue the work of Iota Phi Lambda Sorority, Inc.





Beta Pi Chapter

Lola M. Parker, Founder Dorothy White, National President
Vahnita Loud, Southwestern Regional Director Casey Preston, Chapter President

Celebrating 72 Years of Service to Houston with a Virtual Tea Party



Programme

Jennifer Jermany, Mistress of Ceremony

Greetings.... Casey Preston, Chapter President
Greetings...Rosetta Davis, SW. Asst. Regional Director
Meditation. Brenda Graham Sanders
The Occasion...Mildred Williams, Chairperson
A Celebratory Word...Ada Raglan Thomas
Music for Your Soul...Casey Preston
The History of Tea...Tanya Pace
The History of the Tea Pot...Jackie Guillory
We've Got Style - Velma H. Collins
Raising Our Tea Cups...Ronique Hinchin
More Music for Your Soul...Bettina McKinney
The Winners Are?

Remarks and Acknowledgements

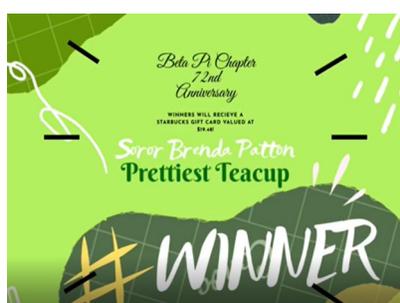


Every year in August, Beta Pi celebrates it's Anniversary in a big way and this year was no different! We celebrated by having a virtual tea.

The committee wanted to have an event that would allow us, during the pandemic, to see each other and fellowship as we celebrated 72 years of service to Houston community and surrounding areas.

Thank you to our chapter Sorors, visiting Sorors and guests. Your love and support means more than you will every know.

Special thanks to our Mistress of Ceremony, Soror Jennifer Jermany and the participants in our contest. We look forward to you all celebrating with us next year!!



Upcoming Events

- November Executive Board Meeting
November 12, 2020
- American Education Week
November 16-20, 2020
- November Chapter Meeting
November 21, 2020
- Evelyn D. Wilkey National Essay Contest Due
November 30, 2020
- Pastries with PI, Donut Sale ends
November 30, 2020



Beta Pi Soror Bright Light- Soror Jacqueline Bryan-Guillory



Soror Jacqueline Bryan-Guillory has been a force to be reckoned with since the day she was born. A native Houstonian, Jackie, as she is affectionately called, graduated with honors from the prestigious Texas Southern University. Jackie began working in the Houston Independent School District teaching middle school and high school English Language Arts and reading. In addition to teaching, Jackie also served as a volleyball coach, department team leader, new teacher mentor, school improvement committee, text-book selection committee and numerous other positions and committees.

One of Jackie's proudest achievements as an educator is helping one of her students, who was a senior in High School, pass the TAKS test after she had previously failed the state assessment 6 times. In less than 3

weeks and with tutoring every-day, the young lady was able to graduate on time and is now a senior in college. Since becoming a member of Iota Phi Lambda, Jackie has served as American Education Week Co-Chair, Recording Secretary and Corresponding Secretary, in addition to many other committees. She has attended Regional Conventions and just went to her 1st National Conference in St. Thomas in 2016. She currently holds that position of Corresponding Secretary for Beta Pi.

Although retired now, Jackie is the spearhead of our S.H. I. P.S. initiative, Co-Dean of Intake and a true "Big Sister" to everyone in the chapter. Jackie is the loving mother of a son, Gregory and a daughter, Monique. Jackie also has a unique distinction with her legacy status. Her mother Mary Bryan was a former National Journalist and Distinguished Iota Member until her passing. Her daughter Monique is also a member of Iota Phi Lambda, Inc. and her daughter-in-law Ronique, is also a member of the Beta Pi Chapter of Iota Phi Lambda, Sorority, Inc.



TEACHERS
encourage,
minds to Think
hands to Create
& Hearts
to love

Brilliant Beta Pi Fil of the Month *Zahra Johnson*

This month, we want to highlight our FIL, Miss Zahra Johnson. She is the niece of Soror Ronique Hinchey-Bryan and the oldest child with a little brother named Zachery. Zahra attends Drew Academy in Aldine ISD where she is in 7th grade. She is very active on campus and is a former National Junior Olympic track star. Zahra gave up track to pursue her love of dance. In her first year of organized dance, she was featured in the Aldine ISD Convocation ceremony and earned first place awards in solo dance competitions to compete Nationally in New York in the summer of 2019. She is currently on the dance team Dance Dynamic of The Woodlands, Texas. She loves to draw and create and watch anime. She has two beloved pets, a dog named Brandon and a cat named Muffin. She wants to continue to dance, but her dream is to become a lawyer. Her current role models are her mother, Erica Jones Johnson and our new VP-Elect Kamala Harris.



S.H.I.P.S

As an ongoing community service project, Beta Pi Sorors will be collecting and bagging needed items to assist those in the Houston homeless community. By having care bags handy, sorors will be able to assist a homeless individual immediately. Thanks to Soror Jackie Guillory for this excellent idea and for spearheading this generous effort.

5 THINGS A HOMELESS PERSON COULD USE

If you've ever been approached by a homeless man or woman, you may have felt uncomfortable about how to respond when asked for money. Make Care Kits as an alternative, since giving money isn't the best option.

The following items can be placed in gallon-size Zip-Lock bags.

HOW TO PACK A CARE KIT

1. SOCKS Homeless men and women spend a lot of time on their feet trying to get to resources and appointments. A fresh pair of clean, dry socks can feel like heaven on tired, soggy feet. Throw in some band-aids to help ease the pain of blisters.

2. SNACKS AND WATER Throw in some packets of nuts, crackers, dried fruit, trail mix, granola bars, breakfast bars, instant noodles or other lightweight, quick snacks. Water brings relief, especially in hot weather.

3. HYGIENE ITEMS Add anti-bacterial lotion for when soap and water aren't available. Include small soaps and shampoo from your hotel stays. Consider lip balm, toothpaste, toothbrush, washcloth, comb, brush, razor, shaving cream and deodorant. Avoid items such as mouthwash or hand sanitizer that contain alcohol.

4. RESOURCE GUIDE Portland has a wide variety of services available to homeless men and women that they may not know about. You can get copies through the "Rose City Resource Guide" (www.RoseCityResource.org) to hand out with your Care Kits.



5. ENCOURAGEMENT All the items listed previously are helpful, but the most meaningful part of a Care Kit is the opportunity for a conversation and friendship. Your smile and offer of help could be the encouragement a homeless man or woman needs to make it through another day. Take time to learn their name, listen to their story, and offer to pray with them.



CARE KIT TIPS

Have a Care Kit party! Gather family, friends, co-workers or your community group to purchase supplies and assemble Care Kits together.

Include seasonal items. In summer, include sunblock or frozen bottles of water. In winter, include gloves, hats or heatpacs.

Offer resources. Ask if the person knows about Portland Rescue Mission. Be sure they know about meals, shelter, restrooms and other emergency services available. Our Guest Relations staff can often help guide a person to other social services they may not know about.

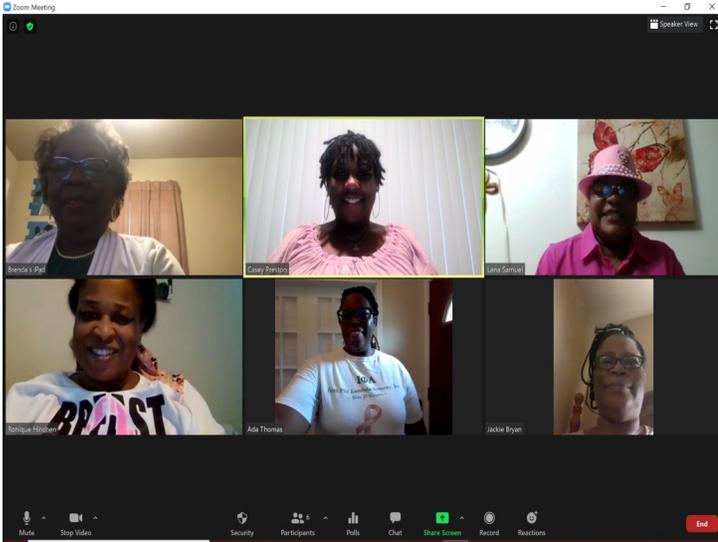
Inspire others. Share your story of handing out Care Kits with us. Email us at info@gdxmission.org.



If you would like to be someone's sunshine, contact Soror Jacqueline Bryan-Guillory to donate TODAY!!

Green goes PINK!!

Breast Cancer Awareness



Every year Breast Cancer Awareness Month is celebrated in the month of October all over the world. Our chapter joined in and wore pink in observance of this annual campaign to increase awareness of the disease.

WE ARE MAKING PROGRESS

Breast cancer death rates declined 40% from 1989 to 2016 among women. The progress is attributed to improvements in early detection.

Source: American Cancer Society

RISK FACTORS ON BREAST CANCER



What are the risk factors?

- Gender
- Long menstrual history
- Age
- Heredity/Genetic Factors
- Never having children
- Hormones
- Personal history of breast or ovarian cancer
- Environmental factors
- Early Menopause

*Over 74% of breast cancers are diagnosed in women with no identifiable risk factors.

What are the warning signs?

- Lump, hard knot or thickening in the breast
- Swelling, redness or increased warmth in the breast
- Change in the size or shape of the breast
- Itchy, sore or scaling area on the nipple/areola



Continued on next pg.

RISK FACTORS ON BREAST CANCER cont.

Nipple discharge (particularly if bloody) that starts suddenly

Pulling in of the nipple (inverted nipple) or nipple change direction (retracted nipple)

Dimpling or puckering of the skin on the breast

Unusual pain in an area of the breast



What are the recommended steps for early detection?

®

The best defense against breast cancer starts with you! Sisters Network Inc. recommends these steps for early detection:

Monthly breast self-exam (BSE) starting at age 20*

Clinical breast examination by a trained medical professional every 2-3 years beginning at age 20, and annually after age 40

Mammography screening every one to two years for women ages 35-40 (If your mother or sister has had breast cancer, you may need to get mammogram earlier and more frequently) Annual mammography screening for women age 40+**

*BSE should be done just as your period ends or for post-menopausal women, the same day each month. Most women discover breast masses during monthly breast self-examination. This simple and easy to follow examination allows a woman to become more familiar with her breast, making the detection of subtle changes or abnormalities easier.

**Women receiving annual mammography screening are 30% less likely to die from breast cancer compared to unscreened women.

***Breast ultrasound is frequently useful in evaluating breast and mammographic abnormalities, especially in young women.

RISK FACTORS ON BREAST CANCER cont.

What are the factors that place a woman at increased risk for breast cancer?

Every woman has some risk for developing breast cancer during her lifetime, and that risk increases as she ages. However, the risk of developing breast cancer is not the same for all women. The following are some factors known to increase a woman's chance of developing this disease:

Personal History: Women who have had breast cancer are more likely to develop a second breast cancer. **Family History:** The risk of getting breast cancer increases for a woman whose mother, sister, or daughter has had the disease; or who has two or more close relatives, such as cousins or aunts, with a history of breast cancer (especially if diagnosed before age 40). About 5 percent of women with breast cancer have a hereditary form of this disease.

Genetic Alterations: Specific alterations in certain genes, such as those in the breast cancer genes BRCA1 or BRCA2, make women more susceptible to breast cancer.

Abnormal Biopsy: Women with certain abnormal breast conditions, such as atypical hyperplasia or LCIS (lobular carcinoma in situ), are at increased risk.

Other conditions associated with an increased risk of breast cancer: Having children at a later age or never having children at all, early onset of menses, taking hormones over an extended period of time, and exposure to environmental hazards.

What is the best method of detecting breast cancer as early as possible?

A high-quality mammogram, with a clinical breast exam, is the most effective way to detect breast cancer early. Using a mammogram, it is possible to detect breast cancer that cannot be felt. However, like any test, mammograms have both benefits and limitations.



Sisters Network® Inc.

October is also National Domestic Violence Awareness Month!

Don't stay silent. It's time to speak up all month long.

October is National Domestic Violence Awareness Month, which first began in 1981 by the National Coalition Against Domestic Violence as a Day of Unity to connect battered women's advocates across the country.

Domestic violence affects millions, both women and men, of every race, religion, culture and status. It's not just punches and black eyes -- it's yelling, humiliation, stalking, manipulation, coercion, threats and isolation. It's stealing a paycheck, keeping tabs online, non-stop texting, constant use the silent treatment, or calling someone stupid so often they believe it.

Since the Violence Against Women Act passed in 1994, we've come a long way. This landmark legislation, led by then Senator Joe Biden, combined new provisions that hold offenders accountable and provide programs and services for victims. Between 1993 and 2010, the overall rate of domestic violence dropped nearly two-thirds and state laws have reformed to address issues such as dating abuse in the workplace, stalking, employment discrimination and more.

Nearly three out of four Americans personally know someone who is or has been a victim of domestic violence. Now is time to take a stand. Support survivors and speak out against domestic violence all month long. If you need assistance or want to talk to someone about domestic violence, call 1-866-331-9474 to speak with a trained peer advocate.



Article: www.breakthecycle.org



SHAPE YOUR FUTURE BY VOTING TODAY

Every **VOTE** *Counts!*

VOTE FOR DEMOCRACY
 VOTE FOR SOCIAL JUSTICE
 VOTE FOR HEALTHCARE
 VOTE FOR WOMEN'S RIGHTS

Gamma Phi Delta Sorority, Inc. Eta Phi Beta Sorority, Inc. Iota Phi Lambda Sorority, Inc. Lambda Kappa Mu Sorority, Inc.

Business and Professional Women United to Make a Difference



Don't Forget!!

Upcoming Events

Iota Phi Lambda Sorority, Inc.

BETA PI CHAPTER PRESENTS

Meet & Greet BINGO

+Information on the Sorority
+Fun
+Big Prizes

NOV 7th, 2020
START AT 3 P.M.

A Beta Pi Virtual Fun Production
All interested Non-Sorors

Register in advance for this meeting:
No later than Nov. 6th
<https://us02web.zoom.us/joining/register/tZAoc-morj4qE9Db8H92nencPVaj4hvV0Pb>

IOTA PHI LAMBDA SORORITY, INC.

IOTA.talks WEB SERIES

BUILDING CAPACITY TO LEAD

"The single biggest way to impact an organization is to focus on leadership development. There is almost no limit to the potential of an organization that recruits good people, raises them up as leaders and continually develops them."
- John Maxwell

Iota.talks are designed to build leadership capacity and enhance Sorors knowledge of IPL's foundation, basic operations, protocols and leadership growth; driven by National Board members and other leaders throughout the organization.

SAVE THE DATES

Sunday, October 18th at 5 PM CST-
"Evolution of Membership Graduate & Undergraduate Progression"

Sunday, November 15th at 5 PM CST-
"Exploring the National Website, National Vendor Protocol & National Database"

Sunday, December 6th at 5 PM CST-
"Parliamentary Process/Bylaws/Recommendations/Standing Rules & Meeting Protocols"

The Brilliant Beta Pi Chapter of Iota Phi Lambda Sorority, Inc.

2020 American Education Week

November 16-20, 2020

MONDAY	
16	Honoring all the teachers at Dogan Elementary (HISD), Reagan K-5 (HISD), C.E. King M.S. (SISD), Davis 9th Grade (AISD), Reece Academy (AISD) and Beatrice Mays Insitute (CHA) with a basket of apples and candy in appreciation for all they do!
TUESDAY	
17	Masks 4 Kids Project-Beta Pi will provide masks made to fit school aged kids from Pre-K thru 2nd Grade. Over 200 adjustable makes will be given to various area schools.
	Application distribution for the Evelyn D. Wilkey Essay Contest for Middle and High School Students.
WEDNESDAY	
18	Honor one outstanding student at Dogan Elementary (HISD), Reagan K-5 (HISD), C.E. King M.S. (SISD), Davis 9th Grade (AISD), Reece Academy (AISD) and Beatrice Mays Insitute (CHA) by giving them a certificate and a backpack.
THURSDAY	
19	Honor campus essay contest participants at Dogan Elementary (HISD), Reagan K-5 (HISD), C.E. King M.S. (SISD), Davis 9th Grade (AISD), Reece Academy (AISD) and Beatrice Mays Insitute (CHA) by giving them a certificate.
FRIDAY	
20	Educator Awards for one outstanding teacher at Dogan Elementary (HISD), Reagan K-5 (HISD), C.E. King M.S. (SISD), Davis 9th Grade (AISD), Reece Academy (AISD) and Beatrice Mays Insitute (CHA) with a certificate, backpack and small surprise!

#Iota.A.E.W.2020

EVELYN D. WILKEY NATIONAL ESSAY CONTEST APPLICATIONS DUE NOV. 30, 2020

Applications available through your local Iota chapter. Visit total929.org.

AMERICAN EDUCATION WEEK
American Education Week presents everyone with an opportunity to celebrate public education and honor individuals who are making a difference in ensuring EVERY student receives a quality education.

neanationaleducationassociation.org
Made with PosterMyWall.com

FUNDRAISERS

Our Fundraising committee has decided to extend the **Pastries with Pi** Krispy Kreme Donut Sale. Due to the overwhelming response, we have decided to extend the sale until **November 30, 2020**. Please see the flyer below for purchasing details!! Thank you in advance for your support!

*Iota Phi Lambda Sorority, Inc.
Beta Pi Chapter presents*

**PASTRIES WITH PI
DONUT SALE**



\$10

**PURCHASE YOUR DIGITAL DOZEN
TODAY!!**

SEND YOUR PAYMENT, NAME, + EMAIL ADDRESS TO:
Cashapp- \$betapi48
Paypal-betapichapter1948@gmail.Com
Zelle-betapichapter1948@gmail.com

****YOUR DIGITAL DOZEN COUPON WILL BE SENT TO THE EMAIL ADDRESS PROVIDED****

HEADS UP...

THERE'S A



Beginning this sorority year, all officers of Beta Pi Chapter will have title specific email addresses. Please use the emails listed below for contact. Thank you for understanding and being patient with us during this time of transition.

PRESIDENT- CASEY PRESTON
iotabetapipresident@gmail.com

FINANCIAL SECRETARY-MILDRED WILLIAMS
financialsecbetapi@gmail.com

VICE PRESIDENT-ADA RAGLIN-THOMAS
betapivicepresident@gmail.com

CORRESPONDING SECRETARY- JACQUELINE BRYAN-GUILLORY
secretarybetapi@gmail.com

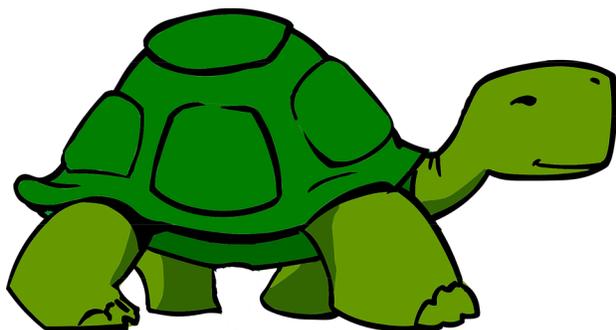
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TREASURER- LANA SAMUEL
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PARLIAMENTARIAN- PAMELA BROADY
Betapiparliamen@gmail.com

JOURNALIST- VELMA HOWZE-COLLINS
betapijournalist@gmail.com



THANK YOU!!

The Beta Pi Bugle staff would like to thank you for taking time to view our Quarterly publication. We look forward to providing information about our Chapter, as well as our National and Regional news. If you have a story or flyer you would like included in our next issue, feel free to contact Soror Velma Howze-Collins at betapijournalist@gmail.com. Again, thank you for your continued support.

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Casey C. Preston, M. Ed., President



Southwestern Region
Website: <https://iotaswr.org/>
Vahnita Loud, SW Regional Director



Iota Phi Lambda Sorority, Inc.
Website: www.iota1929.org
Dorothy White, National President

