



THE LINK



2019-2020

Officers & Appointees

Casey Preston
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Ada R. Thomas
Vice President /
Journalist

Brenda Sanders
Recording Secretary

Mildred Williams
Financial Secretary

Jacqueline Guillory
Correspondence
Secretary

Lana J. Samuel
Treasurer

Ronique Hinch
Dean of Intake

Pamela Broady
Parliamentarian

Ada Tasso
Chaplain

Dorothy M. White, 23rd National President

National Theme:

“Business and Professional Women Building the Foundation for Generational Financial Empowerment”

Vahnita Loud, SWR Director

Regional Theme:

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



Greetings Sorors,

We are off to a great start! The President’s Workshop was a success and service projects are underway! We have always been about the business of Iota Phi Lambda Sorority and this year will be no different!

We are on the right path to reaching the goals that we have set, but we must remember that working together is key. I Corinthians 12:12, states, “For as the body is one and hath many members, and all the members of that one body, being many, are one body; so also is Christ.”

I, alone, cannot do this work, so let’s embrace our year of a New E.R.A: Emphasizing Rededication and Action. We want to welcome our Sorors back with open arms and support as they join in our efforts to continue the rich legacy of Beta Pi Chapter.

I look forward to the unique and amazing ideas, projects, and programs we have planned for this year! To you, my AMAZING Sorors of BRILLIANT Beta Pi, thank you again for the opportunity to serve as the 27th President of this chapter.

Yours in Service,

Casey C. Preston, M.Ed.
Chapter President

Casey Preston, Chapter President

Chapter Theme: “A New E.R.A.: Emphasizing Rededication & Action”

BREAST CANCER FACTS**RISK FACTORS ON BREAST CANCER****What are the risk factors?**

- Gender
- Age
- Heredity/Genetic Factors
- Long menstrual history
- 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
- 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.



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.



Beta Pi Is Growing!



*You are cordially invited to the Beta Pi
Chapter Induction Ceremony &
New Member Celebration*

ON

Saturday, October 26, 2019

at

**Houston Community College-Eastside
Worksource Bld.# 1 3rd Floor Room 316
6815 Rustic Street**

Houston, Texas 77087

Induction Ceremony at 12:50 p.m.

(Uninterrupted White Attire Only)

New Member Presentation at 2:00p.m.

**If attending New Member Presentation, a meal
will be served for \$15 per person.**

RSVP: betapideanofintake@gmail.com by Oct. 18, 2019

Please pay via Cash App: \$BetaPiChapter or

PayPal: Betapichapter1948@gmail.com





IOTA PHI LAMBDA SORORITY, INC.

American Education Week Observance

November 18-22, 2019

Calling All High School and Middle School Students

EVELYN D. WILKEY NATIONAL YOUTH ESSAY CONTEST



National Essay Topic: ***“CYBER BULLYING” . . . its impact on today’s youth***

DEADLINE SUBMISSION – NOVEMBER 9, 2019

Context – The topic of cyberbullying has been and continues to be one of national concern for youth. There are many different types of bullying. Some are obvious, while others are more subtle. Types of bullying to look out for in your school and community include: hazing, cyberbullying and teen dating violence. When a youth of any age, up to 18 is threatened, harassed, or humiliated via use of technology --- this is Cyber Bullying - a form of digital abuse. **It’s harmful and it’s dangerous!**

CYBER BULLYING



Cyberbullying is willful and repeated bullying behavior that takes place using electronic technology. It can involve text, gaming devices, internet, social media, emails, blogs, cell phones, etc. Unlike traditional bullying it can happen anywhere at all hours of the day.



Soror Casey Preston



Our new president, Soror Casey Preston, is a busy go getter who doesn't let any grass grow under her feet. Soror Casey has been a member of Iota Phi Lambda Sorority since 2010 where she was inducted into Alpha Kappa Chapter. In the Southwestern Regions growth of new chapters, Soror Casey became a chartered member of Epsilon Sigma Chapter.

In her thrust for education, Soror Casey earned her undergraduate degree in 2010 from Texas Southern University with a degree in Interdisciplinary Studies. In 2013 she earned a graduate degree in Educational Leadership from Prairie View A&M University and is currently pursuing a graduate degree in Digital Leading and Learning from Lamar University.

Soror Casey is an active and dedicated member of the Order of Eastern Star, Top Ladies of Distinction, National Council of Negro Women, and Delta Sigma Theta Sorority, Inc.

Soror Casey enjoys spending time with family and friends, worldwide traveling, and being a positive impact on her students.



Beta Pi Serving the Community



houston  **foodbank**
Filling pantries. Filling lives.



On Saturday, October 5th Beta Pi Sorors, FILS and LOMEPA's volunteered at the Houston Food Bank. The Houston Food Bank is America's largest food bank in distribution to its network of 600 hunger relief charities in 18 southeast Texas counties. The Houston Food Bank provides 83 million nutritious meals to food pantries, soup kitchens, senior centers and other agencies, feeding 800,000 people each year.



National Make A Difference Day

Iota Phi Lambda Sorority, Inc. the Houston Metropolitan area chapters of the Southwestern Region invite you to WALK with us in supporting our diaper drive. We are a non-profit professional businesswomen organization organized in 1929. A segment of our aim is to make worthwhile contributions to our increasingly global society, and we achieve this through one of the National Projects - Iota Mothers' Assistance Program (IMAP).

This national project is an outreach service to meet the needs of teen and disadvantaged mothers that includes activities such as tutoring, interviewing, networking, shadowing, monitoring, training programs, and providing resources and referrals for health, employment, scholarships, and financial assistance for further education.

This year we are sponsoring our annual D.I.A.P.E.R drive kick-off Saturday October 26, 2019 at the Bayou Hermann Park, 6520 Almeda Rd. Houston, Texas from 7:30 a.m. to 10:00 a.m.

We are anxiously looking forward towards our anticipated success and your participation in this event.

***So, mark your calendar, bring a pack of pampers, and come walk with us on the largest National Day of Giving!

Soror Rosetta Davis, Asst. SWR Dir.



Iota Phi Lambda Sorority, Inc
Iota Mothers' Assistance Program
(IMAP)
HOUSTON CHAPTERS
"Make a Difference Pledge Card"

PLEDGE CARD FOR: _____

I, _____ will support you and pledge \$_____ for every lap completed for Iota's IMAP program.

GOAL: 4 LAPS around the track

LAPS COMPLETED: _____

Auxiliary Focus



Future Intellectual Leaders (FILS)



I am ***Akirra Ja'Nae McDaniels***. I was born March 20, 2007 to Michael and Tselane' McDaniels. I became a Beta Pi FIL at the age of eight with the encouragement of my grandmother, Soror Lana J. Samuel. I am only 12 years of age at this time with many academic accomplishments to date. Throughout my 6 years of school, I have received all A's on both my progress reports and report cards with exceptional conduct grades; as well. I am very self-motivated, with an intense drive to succeed at everything I attempt. I have been a Brownie, Girl Scout and a member of a dance club. I am currently learning to play the violin as a member of my middle school's Orchestra. I took solving the Rubik's Cube as a challenge. I have been able to solve many different Rubik's Cubes in a very short period of time. This being one of my favorite hobbies. My favorite subject in school is Science. I know with a wealth of knowledge in the Sciences, I will be able to pursue my dream with a career in Medicine. After completing high school, I would like to receive an undergraduate degree in Biology and Pre-Medicine from possibly Duke University or Rice University. My goal in life is to become a Cardiologist. A Cardiologist specializes in diagnosing and treating diseases of the cardiovascular system. I am very passionate about reaching this goal and I will do what it takes to reach this outcome. I hope to be accepted into a very outstanding and reputable medical school in the future. I believe that preparation and dedication will be my key to success. Thank you, for the opportunity to introduce myself to each of you.






Painting WITH A Purpose Event

Please come support the Beta Pi Chapter scholarship fundraiser as we enjoy sisterhood, fellowship, food and spirits!

Event Artwork: 

Go to the following to register:
paintingwithatwist.com/studio/houston-midtown/event/2184269/

Painting with Twist-Midtown
 1111 Holman St.
 Houston, Texas 77004
 P 832-476-0996

Join Beta Pi Chapter for
Painting with a Purpose

Sunday, October 27, 2019
 2:00 pm - 4:00 pm

Painting with a Twist
 (Midtown)
 1111 Holman St
 Houston, TX 77004

\$35/pp
 Password: BETAPI
<https://www.paintingwithatwist.com/studio/houston-midtown/event/2184269/>




KEEP CALM AND PAY YOUR DUES

Soror don't forget to pay your dues to be financial for the 2019 - 2020 sorority year. Please see Soror Lana Samuel, Treasurer, for more details. 

New Meeting Date

WHAT
 Monthly Chapter Meeting

WHEN
 3rd Saturday of the month
 2:00 pm

WHERE
 Houston Community College Northline Campus
 8001 Fulton St.
 Houston, TX



S.H.I.P. Sisters Helping Indigent People

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@pdxmission.org.





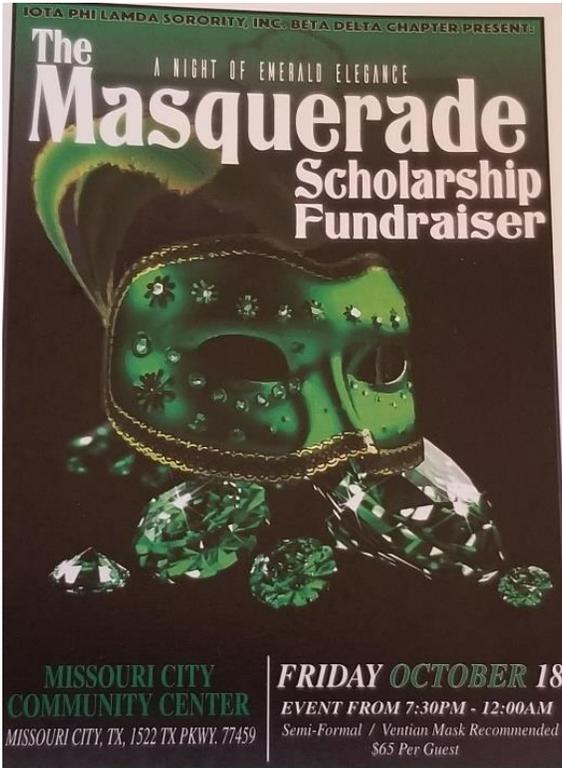
Soror Geraldine Lundford
July 13, 2019

*In Loving Memory of our
Sorors Beyond the Roses*



Soror Jessie O. Hart
September 14, 2019





Supporting

IΦΛ

Sister



Chapters



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IOTA PHI LAMBDA SORORITY, INC.
 73rd SOUTHWESTERN REGIONAL CONFERENCE
 Houston City Place Marriott at Springwood Village
 1200 Lake Plaza Drive
 Spring, Texas 77389
 March 26-29, 2020

Host Chapter: Epsilon Phi Chapter
Elegance Personified



Conference Focus
"Iota Nuts and Bolts"

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Community Service Project

Motto for our Community Service Project: If you see a Need, take the lead
 Mission: Continue uncompromising Commitment to Communities:

Targeted Area :
 Creating new possibilities for today's youth whose parents are low income, incarcerated or on drugs.

Donate uniforms for Elementary Students grades 3rd to 9th grade. Shirt colors red, golden yellow, navy blue, hunter green, white, yellow, purple, grey.
 Bottoms: Blue or Khaki
 Possible Partnership With:
 Pace Youth
 CEO and Founder : Steven Holloway

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 C

Jerseys and Jeans Evening Musical Celebration
 Sorors*Pelati*Men of Iota*Fil
 73rd Regional Conference
 Epsilon Phi Chapter Scholarship Fundraiser
 Friday, March 27, 2020 8:30 pm-12:00 a.m.

Featuring
 Minister-Gospel Rapper-Motivational Speaker-Author



CHRIST CLEAR #SWAGG



PrizesAdditional Information Coming Soon