



IOTA PHI LAMBDA SORORITY, INC.

THE BUSINESS CHRONICLE

Volume 5 Issue 5

www.iotaswr.org

www.iota1929.org

January 2018

www.iota-et.org

A New Year!

We made it! We survived! When asked to describe 2017, I've seen words like "devastating", "traumatic", and "tumultuous." I can understand why we would be so excited to see the year 2017 end and see a year fresh, new, and exciting to begin. 2017 has been tough, but we MADE it. There is nothing as exciting as knowing that a new year is here. God has kept us and is entering us into a NEW season! So I encourage you to expect GREATER, God will dry our tears and order our steps. Happy 2018!

We must start the year with energy. We have lots of work to do. Remember to sign up for our 2019 Regional Host Committees. We can use your ideas and hands to prepare for our chapter's opportunity to host the 72nd Southwestern Regional Conference. Speaking of the Regional Conference, the 71st Southwestern Regional Conference in Houston, Texas will be held March 8-11, 2018. Registration is due on February 1, 2018. Hotel reservations must be made by February 23, 2018.

Seven gavel taps to Soror Wendy B. Jacques and Soror Tiffany Bryant for completing the chapter's grant application for the Toys U Can't Return Program. Seven gavel taps to Soror Shelia C. Fisher and the FIL Committee for all their hard work with the FIL who have completed community service projects, and had local essay winners, Paul Beaty II (High School) and Andrell Fisher Jr. (Middle School). Seven gavel taps to Soror Angelica Thomas for completion of Correspondence Week and her work in locating the site for our Christmas Party.

In 2018, Epsilon Tau chapter will continue to support its membership, youth, and local businesswomen. We will be a safe haven for learning new skills and stretching in our personal growth so that we can continue to build our reach and sisterhood. Epsilon Tau is "Empowering Women for Business." #ETWEAREWHY #ComeSeeET

Celebrate what you want to see more of." - Tom Peters



Michelle Peace
Epsilon Tau President

WHAT'S IN THIS ISSUE

PAGE 2
FIL CHRISTMAS PARTY
LOCAL ESSAY WINNERS
ET INDUCTS NEW SORORS

PAGE 3
ET HOLIDAY CELEBRATION
ET COMMUNITY SERVICE DAY
- Toys 4 Tots
- Open Hearts, Helping Hands
ET AROUND TOWN

PAGE 4
FITNESS TIP
BUSINESS TIP
CALENDAR OF EVENTS

FIL CHRISTMAS PARTY



On December 3, 2017 ET FIL held their holiday Christmas party. FIL engaged in games such as word search and other festivities as they fellowshiped with one another.

LOCAL ESSAY WINNERS

Epsilon Tau recognized its local essay contest winners for the American Education Week essay. Congratulations to high school essay winner, Paul Beauty II (top picture) and middle school essay winner Andrell Fisher, Jr. (bottom picture).



ET WELCOMES NEW SORORS



On December 2, 2017, Sorors of Epsilon Tau welcomed two new members to the ET family and the land of Iota. Sorors Nicole and Malika Walker were greeted with gifts and many turtle hugs for embracing the journey into Iota Phi Lambda Sorority, Inc.

ET CHRISTMAS HOLIDAY CELEBRATION



On December 10, 2017, Sorors of Epsilon Tau participated in their annual Christmas holiday social at Bar Louie in Dallas, TX.

ET AROUND TOWN



WGBC MINI COLLEGE FAIR

Thursday, December 7th
@ 6:30 p.m.



GRAND CANYON UNIVERSITY



- FREE AND OPEN TO THE PUBLIC
- **MUST** HAVE TRANSCRIPT WITH TEST SCORES OR PROOF OF REGISTRATION
- ACCEPTANCE
- SCHOLARSHIP OPPORTUNITIES
- ADDITIONAL SCHOOLS ARE STILL SIGNING UP...



Willow Grove Baptist Church
1222 W. Kiest Blvd.
Dallas, TX 75224
214.271.7225



ET President Michelle Peace and Soror Carmon Brown spoke and participated at the Willow Grove Baptist Church Mini College Fair on December 7, 2017.

CIVIC AND COMMUNITY

On December 9, 2017, several Sorors, FIL, and MOI participated in two community service projects at the 'Toys for Tots' warehouse and also for Helping Hands, Open Heart (HHOH). Sorors and ET affiliate groups who participated in the HHOH community service project wore purple shirts to support the organization. Donations of food items, basic hygiene care, and clothing were collected by the chapter and provided to the HHOH.



SMALL BUSINESS TIP

New Year Resolution Tips for Business Entrepreneurs by Dr. Tonya Sawyer-McGee

The new year is here and many business owners or those who intend to start their business this year have plans for a year of success or reorganization. Below are tips to consider for a better year of business:

- Improve your digital presence for improved clientele and potential for increased earnings
- Increase your networking presence and participation
- Communicate more effectively
- Manage cash flow more effectively

Using these resolution tips can help make your business activities more productive leading to more revenue and marketing that increases your company's visibility.

WELLNESS TIP

New Year, New You by Dr. Tonya Sawyer-McGee

The new year has begun. Many local gyms will see a rise in their membership with individuals who made resolutions for better health. Yet, more than half will stop coming within 3 months. The other half will decide to engage in a fad diet to lose those 10 pounds gained during the holiday season. However, you don't need a fad diet or fancy gym membership to keep your resolution for better health and a better you. Consider these tips when thinking about your resolutions:

- Get some daily exercise or activity: You don't have to be at the gym for an hour each day. Spending 10 minutes walking, taking the stairs, dancing, or playing with your kids can help. Remember, move it to lose it!
- Get some rest: Lack of sleep has been known to slow metabolism, lead to health problems (i.e. depression, joint pains). Rest allows the body to heal, which can help improve your overall health.
- Decrease sugars in your diet: If you love drinking a Coke daily, try cutting back to twice a week and drink at least 8 glasses of water daily. This simple trick can help shed several pounds and prevent health problems such as diabetes.
- Take time for meditation: Taking several minutes a day to meditate or reflect can do wonders for your mental health and spirit.

January 2018 Calendar of Events

January 1, 2018	Happy New Year
January 7, 2018	Future Iota Leaders Meeting, 3:00 PM
January 14, 2018	Epsilon Tau Monthly Chapter Business Meeting, 3 PM, Southwest Center Mall Community Room (NEW MEETING LOCATION FOR REMAINDER OF 2018)
January 15, 2018	MLK Holiday (Day of Service) SWR Regional Scholarship Applications due to Regional Rep.
January 31, 2018	Fredda Witherspoon National Scholarship Applications due to NPE
February 1, 2018	SWR Regional Conference Registration due
February 4, 2018	Suicide Awareness and Prevention Discussion Panel Southwest Center Mall Community Room, 3:30 PM Cost: FREE Register at https://www.eventbrite.com/e/hopei-just-want-to-be-alive-depressions-uicide-prevention-discussion-tickets-41951915308?aff=es2
February 9, 2018	Chapter Regional Reports due