



# Alpha Kappa Chats



January 2023

Vol 10 Issue 10

## PRESIDENT'S GREETING

Happy New Year Sorors,

It is with boundless joy that I greet you in the first month of the New Year 2023! In the words of the great Dr. Maya Angelou, "I've learned that you can tell a lot about a person by the way he manages these three things : a rainy day, lost luggage, and tangled Christmas tree lights."

I think that this quote, although fitting for the time, did not take into account the great challenges we all faced the past few years. Thank you Sorors for helping to "untangle" the many challenges. I appreciate you and I am extremely grateful for every expression of support and Emerald love throughout 2022, and especially during the holiday season.

This year begins with a continued focus on "Elevating by Leveling Up: Expanding the Sisterhood, Leadership and Service! I have great enthusiasm about the programs and projects our Committee Chairs are working on that aligns with the focus. It's going to be a great year! And, if you're ready to experience all that the Chairs and Committee Members has for us in 2023, Let's Go!

Sisterly,  
Connie/AKCP



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## FILS KINDRED BOOKSTORE FIELDTRIP

The FIL are leveling up their literacy! Reading is a fundamental freedom which opens up a world of creativity and blossoms dreams into reality. On December 22, 2022 Alpha Kappa Fil members visited Kindred Stories Book Store. The store is located on the Project Row Houses campus in the culturally, thriving historic African American neighborhood of Third Ward in Houston. Kindred Stories is committed to amplify the voices of Black authors while offering many diverse stories imported right from our locale community.

During our visit, we found the atmosphere to be very warm with a variety of comfortable seating areas for reading enjoyment. The store also offers a spacious outdoor seating area filled with comfortable patio furniture, great for storytelling and group readings. Kindred Stories is owned by Terri Hamm,

We thank Pharaoh, Malik, Fern, Kenderious, Kaden and Ms. Williams along with three Sorors Linda Cannon, Seandra Naborne and Joanna Lockridge for attending. The Fil thoroughly enjoyed their visit which was an extension of their literacy program. Alpha Kappa continues to be a proud participant in developing the inspiration to read among our young FIL.

## TUTORIALS

During the pandemic, supporting youth in academic achievement remained a priority to Alpha Kappa Chapter. Zoom was a gift that allowed the chapter to continue offering academic support. Soror Dr. Marion Godine provided free tutoring services to both FIL and other youth, some as far as Detroit, Michigan. These tutoring services, both on Zoom and by telephone, have continued to post-pandemic time. There have been some in-person sessions with youth who live within close proximity. The process is simple...the FIL or youth can contact Soror Dr. Godine to arrange a tutoring schedule via zoom or by telephone. How easy is that...because location, time, and distance is not a problem. Emergency telephone calls, which occur after business hours, have even been accepted. No child is left behind.

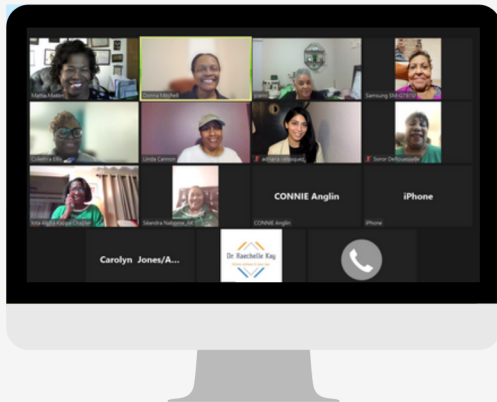
Dr. Godine is a retired educator with a doctorate degree in Curriculum and Instruction, Urban Education, as well as bachelors and masters degrees in mathematics. She has several teaching certifications and has authored various publications. Dr. Godine was honored as an Outstanding African American Instructor at the University of Houston-Downtown. Thank you Dr. Godine for your commitment to educational excellence.







## AK IN THE COMMUNITY



### IOTA MOTHER'S ASSISTANCE PROGRAM

Several members of Alpha Kappa Chapter met virtually with Mattie Matson, founder of Teenage Incentive Program, Inc. (TIP) to learn more about it's purpose and connect on how we can mutually benefit each other under the umbrella of the Iota Mother's Assistance Program. We look forward to working with TIPS and mentoring their teens moms and moms to be.

The Teenage Incentive Program, Inc. is a community based non-profit organization who provides charitable, educational and character development services to teens who have discipline problems, drug problems, low self esteem, poor grades, and pregnant/parenting and or social problems.

### DRIVE BY BABY SHOWER!

On December 3, 2022, Iota Phi Lambda Inc. Alpha Kappa Chapter partnered with the Fifth Ward Chamber of Commerce, Commissioner Rodney Ellis and the J.C. Hester House Inc. in sponsoring a drive by baby shower for the community at J.C. Hester House. We received numerous pallets of items and the community came out in a grand way. Items for the baby shower were donated by Amazon, The Bread of Life and The Texas Diaper Bank. The baby shower was a great success as every participant of the Shower received items to assist them with the caring of their child. Alpha Kappa was well represented by 3 sorors: Ethel Bell, Linda Cannon, and Joanna Lockridge. We were also pleased to have representatives from our Pelatis group: Naishon Bell and Edna Pipkens. Great job to the the members of the IMAP committee and to our Pelati for giving of their time and services.







## HOUSTON FIRST BAPTIST CHURCH BABY SHOWER

On December 10, 2022, Alpha Kappa IMAP committee chair, Joanna Lockridge, a certified volunteer with The Houston Pregnancy Help Center, served as a volunteer for the First Baptist Church community baby shower. The shower was held on December 9 & 10 during Houston's First Baptist annual Christmas production, "The Story - WONDER."

Houston's First Baptist serves as one of the Houston Pregnancy Help Center partners throughout the year. During "The Story - WONDER", they hosted a baby shower to support moms facing unplanned pregnancies. Attendees of the presentation were invited to bring new gifts from a list of need items. Gifts ranged from car seats, bathtubs, hand knitted baby sweaters, diapers, wipes, clothing, bottles, bibs, etc. Attendees were also encouraged to use a digital cue bar code to make financial donations and/or to become volunteers to work with the pregnancy help center. Alpha Kappa continues to make a difference in the community by networking with other organizations who are aligned with the mission of Iota Phi Lambda Sorority. We are proud to have Soror Lockridge to serve as a representative for our chapter.

## SNUGGLES FOR SENIORS!

As you walked into the room there was festive energy in the air. The Seniors on the Move were dressed in holiday attire enjoying their meals, music and socialization with each other. The Alpha Kappa Chapter was excited to network and implement the AK Snuggles project with the Seniors on the Move, a long time community partner. President Anglin and Treasurer DeRouselle gave a short presentation and over 30 blankets were gifted to the seniors. Their faces lit up as the AK members handed them their plush blanket.

Soror Lillian Parker, a proud member of AK and Seniors on the Move, led a gift card raffle which was funded by her son. The gift card was given to a person who needs financial assistance during the holidays. The season of giving was truly on the hearts and minds of Alpha Kappa. The outreach committee chaired by Soror DeRouesselle did an outstanding job representing the sorority. The Snuggles project was developed by Southwestern Regional Director Rosetta Davis. Several AK Sorors were in attendance and enjoyed their time taking pictures, having lunch and bonding in sisterhood. Thank you to the Alpha Kappa members for your monetary and physical blanket donations. AK is on the move in love, unity and friendship.



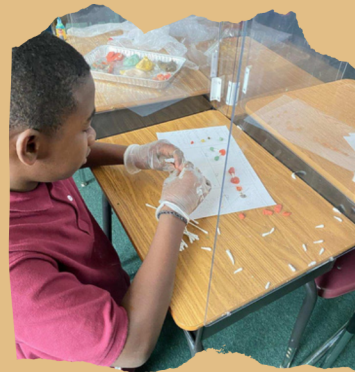
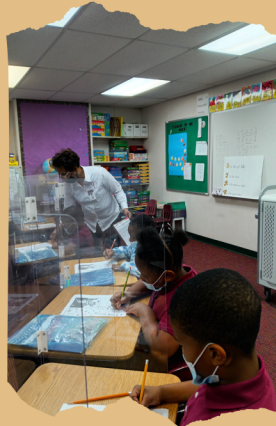




## AFFILIATE CONNECTION

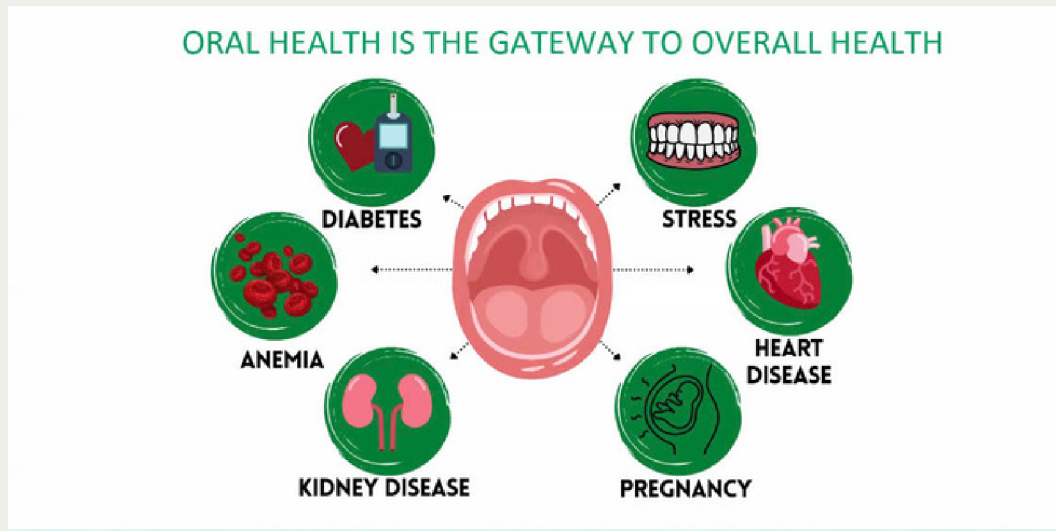
It was a joyous time as the members of the Barbara Jordan section of The National Council of Negro Women (NCNW) held its Founders Day Celebration. Soror Donna Mitchell who is a NCNW Life member and past NCNW president of the Metropolitan Atlanta Section, participated in the festivities and enjoyed the sisterhood of the evening. Iota Phi Lambda Sorority, Inc. is proud to be a national affiliate of NCNW who is an “organization of organizations” (comprised of 330 campus and community-based sections and 32 national women’s organizations) which enlightens, inspires, and connects more than two million women and men. This powerful organization of women is driven by the mission to lead, empower, and advocate for women of African descent, their families, and communities.

# SOROR ACCOLADES



Science is an essential academic course that expands behind high school. Alpha Kappa is privileged to have as a member, Dr. Shelley McIntosh, who along with Dr. Marion Godine founded Child Focused Consulting, LLC. 15 years ago to address the literacy gap and improve literacy skills. Dr. McIntosh currently provides literacy instruction/intervention and science instruction in two Detroit schools. Her team of 10 consists primarily of retired teachers who still want to make a difference in the academic success of our children. They are trained in the Direct Instruction Method and use Reading Mastery and Corrective Reading Programs. In addition, they administer placement tests, group students according to the reading program level and provide 3 hours of reading intervention per group per week. Dr. McIntosh and her team have served the community for a decade now and have positively impacted the lives of over 400 students. Soror McIntosh has held many positions including principal, assistant professor and National youth director. Soror McIntosh holds a doctorate in Curriculum and Instruction.





## AK WELLNESS TIPS

### Oral Health Is Overall Health

Your teeth and gums hold important clues to other health issues. Research shows that poor oral health can be a sign of heart disease, stroke, diabetes, premature births, and osteoporosis. So, if you're interested in maintaining good overall health, as well as your smile, visit your dentist for a checkup and cleaning at least twice a year.

Even though the holidays can be a major disruption to our everyday schedules, it's important to stick to your regular routine as it pertains to oral health. Make sure you continue to brush at least twice a day with fluoride toothpaste, and that you floss at least once per day too.



## PELATI AND MEN OF IOTA IN THE COMMUNITY

### National Day of Giving

The National Day of Giving was 11/29/22 however the Pelatis wanted to get an early start on 11/27/22. The Pelatis provided toiletry gift bags for residents within the Tender Hearts Assisted Living Facility. During the bags assimilation Funky Larry Jones, a local D.J. from 102.1, provided the ladies with a shout out for the work being done. Kudos Pelati for your efforts of giving in the community!

### Pelati and Men of Iota

The month of October was filled with an abundance of Cancer awareness activities led by Cancer Chair Pelati, Joyce Beal. The activities included a Kick-Off, Team Up Against Cancer/Fight Team, Cancer You Are Canceled,, and Striving to Back Cancer Out Praying For A Change.

On October 16, 2022, a Cancer Program was held with guest attendees who were Alpha Kappa Sorors, Epsilon Phi Pelati, and Sunlight Baptist Church members. The program was well implemented and greatly received. On October 23, 2022, there was a balloon launch finale to conclude all festivities for the month of October and have an outlook towards the future.







## MEMBERSHIP HOLIDAY SOCIAL

There was an air of holiday cheer as the Sorors of Alpha Kappa Chapter enjoyed the last meeting of the year in their holiday attire and celebrated by exchanging gifts with their AK green pals. Southwestern Regional Director Davis was recognized as the founder who initiated the Snuggles project and was presented with a white bear decorated in green/white holiday attire. Soror Bertha Ann Moore was honored as the founder for Bamming with Iota, a fundraiser where quarters are collected in a baby bottle and given to mothers to assist with basic living expenses. Soror Davis recognized each soror for the impact they have made in the chapter. The meeting concluded with the sorors singing Joy to the World. The membership committee led by Soror Jones provided gifts to each soror and did a fantastic job coordinating the festivities. Sisterhood at its best.



TSU

### Sisterhood in Iota

Go Tigers! SWR Directors and Charter members of Alpha Kappa Chapter celebrated the Holiday Seasons with gifts from Soror Linda Cannon of our alumni! Texas Southern University style!

## \*2023 Resolutions\*

Webster defines a resolution as "a firm decision to do or not to do something". What will you do in 2023 to elevate your mind, body and soul, so that you experience an increase in personal and professional growth? Take some time to meditate on your past and present experiences and initiate a plan that will focus on your future life. We have designed a resolution chart to help you with initiating your personal "I will" statements. Best wishes for a prosperous and happy New Year.

**2023 Resolution**

I WILL START :  
Meditating

I WILL CREATE :  
A new business plan

I WILL IMPROVE :  
My self growth

I WILL EMPOWER  
Other women



### January

Audrey Gassama - January 3rd

Sucelia Crowe - January 9th

Rosie Wycoff- January 25th



## PRAYER REQUESTS



Bobbie Ammons  
Daisy Hall  
Marion Godine





# SORORITY NEWS



## Local News

Alpha Kappa is on LinkedIn! We would love for you to connect with us at <https://www.linkedin.com/company/iotaalpha> kappa to stay abreast of all the community and national driven events in which we are engaged. See the introduction our Executive Committee as we make our mark on the LinkedIn platform. We are business and professional women making an impact on social media and reaching our audience through positive and uplifting engagements. Come follow us to stay in the know!

## Upcoming Chapter Events

1/13 Executive Committee Meeting  
1/20 The Power of becoming Me  
- Kashmere HS  
1/17 Business Month Meeting  
1/21 Submission of AKC Heart Healthy Statements & Pics in Red  
1/28 Sorority Meeting  
1/28 BAMMIN for Bottles are due  
(Contact Soror Lockridge for more info)

**76<sup>th</sup> Southwestern Region Conference**  
March 23-26, 2023  
Host Chapter: Epsilon Chi

In person: \$250.00  
Virtual: \$100.00  
Google forms implemented for registration

Hilton Garden Inn West Katy  
2409 Texmati Drive  
Katy, TX 77494

**National Theme:** "Business and Professional Women Building the Foundation for Generational Financial Empowerment"  
Dorothy White, 23<sup>rd</sup> National President

**Regional Theme:** "Empowered Women: Together We Achieve the Extraordinary"  
Rosetta Davis, Southwestern Regional Director



## Regional News

The Southwestern Region continues to hold its Thursday "Virtual Helpline". This initiative was started by Regional Director Davis to ensure all chapter leaders had the resources needed to be successful in their respective positions and encourage professional growth by involving the PROC's to share their knowledge. The below topics were discussed during the most recent helpline. Thank you to the members of the regional committee for making yourself available to respond to questions and concerns from chapter leadership and the membership.



## Health and Wellness

The members of the Southwestern Regional Health and Wellness Committee collaborated and developed helpful holiday eating tips. We hope that your holidays were full of memories and that the tips were a value add to the betterment of your health.

## National News



Dorethea N. Hornbuckle Memorial Scholarship

- Application submission deadline to Scholarship Chair – February 19, 2023

National FIL Scholarship

- Application submission deadline to President-Elect – February 28, 2023

ALPHA KAPPA CHAPTER  
HOUSTON, TEXAS



AK CHATS

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WE HOPE YOU ENJOYED OUR NEWS

Connie Anglin| President, Alpha Kappa Chapter

Shondra Taylor| Journalist, Alpha Kappa Chapter

Chapter Theme:

*"Elevating by Leveling Up: Expanding the Sisterhood, Leadership and Service"*

Regional Theme:

*" Empowered Women: Together We Achieve the Extraordinary"*

National Theme:

*"Business and Professional Women Building the Foundation of Generational Financial Empowerment"*

National Motto:

*" Upward and Onward in Efficient Service"*

ALPHA KAPPA CHAPTER - IOTA PHI LAMBDA SORORITY

IOTA PHI LAMBDA SORORITY NATIONAL WEBSITE

WWW.IOTA1929.ORG



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