



Alpha Kappa Chats



March 2023

Vol 2 Issue 12

PRESIDENT'S GREETING

Greeting Sorors,

"Celebrating Women Who Tell Our Stories" is the theme for National Women's History Month 2023.

Throughout 2023, the NWA will encourage recognition of women both past and present who have been active in all forms of media and storytelling including print, radio, TV, stage, screen, podcasts, blogs and more.

Women have long been instrumental in passing on our heritage in words and in print to communicate the lessons of those who came before us.

Today and throughout the years ahead, these brave, accomplished, and influential women who dedicated and shared their desires to give a voice to the voiceless are critical to keeping us informed, entertained and aware.

Women's History Month, came alive at Alpha Kappa's Black History Month Program. Sorors brought unbridled their enthusiasm, telling their stories of family trailblazers and historical women from their history with relish and panache. Thank you to the Black History Month Committee, Co-Chairs Sorors Ethel and Linda Taylor for the assignment.

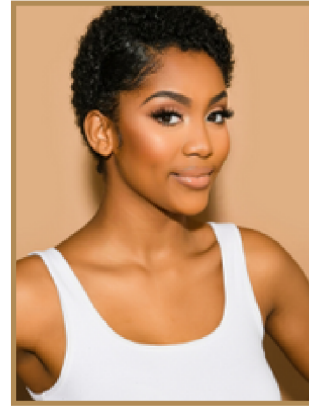
Happy Women's History Month,
Connie/AKCP



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FILS ON THE MOVE

.2023 Miss Teen Houston Pageant

The Power of Pageantry was in the air for two of Iota Phi Lambda Sorority, Inc. Alpha Kappa Chapter FILS. On Saturday, February 18-19, FIL Anamalee Michelle Martin and FIL Le'Shawnice Jones competed in the 2023 Miss Teen Houston Pageant. Both contestants demonstrated excellent poise, grace, and beauty. FIL Le'Shawnice scored amongst the top 8 contestants and received the Peoples' Choice Award. Alpha Kappa Chapter is very proud of these young ladies. Congratulations to Fil Anamalee Michelle Martin and Fil Le'Shawnice Jones.



FIL Zoie wrote Valentine's Day greetings to the Sorors of Alpha Kappa Chapter. Thank you, Zoie for your thoughtfulness!





AK IN THE COMMUNITY

AFFILIATE CONNECTION

Partnership with South Union Missionary Baptist Church Academic Tutorials & Enrichment

On Tuesday, February 21, 2021, South Union Missionary Baptist Church (SUMBC) Academic Tutorials Camp; Enrichment Ministry had their first AT&E in-person session since 2019 (COVID-19 Pandemic). We can truly say that God kept us connected virtually and on this evening volunteers showed up in military camouflage highlighting the boot camp theme for our upcoming sessions. Activities included STEM team building with youth and volunteers, young men's book study, testing strategies, hands-on activities for grades PK-2, and homework assistance.

The Ministry Leader is Betty Simmons, Past AEW Honoree. It's an Iota-AKC Family Affair where Soror Linda Raye Taylor serves as Administrative Support as well as Agnes (Peaches) Eglin-Pelati, Lamar Jackson-FIL and Damien Davis-MOI. In keeping with the Mardi Gras climate, students enjoyed light bites as well as a Mardi Gras King Cake! Jordan Simmons was the prize winner who discovered "The Baby" in his slice! These scholars have attended Iota-AKC Youth Events in the past and look forward to continued participation.

SISTERHOOD ACROSS CHAPTERS

Soror Donna Mitchell and Soror Nona Fisher from Psi chapter teamed up to give a joint presentation for Parlistudy Wednesdays with the Texas State Association of Parliamentarians. The training session was entitled "Quorum: Are you Legal" and was well attended by members and guests throughout the United States. Soror Mitchell is a professional registered parliamentarian and serves as the 1st VP of the Texas State Association of Parliamentarians. Soror Fisher is a professional registered parliamentarian, serves as the SWR bylaws chair, and is the immediate past SWR parliamentarian. It was a pleasure for both sorors to collaborate on a fun and informative topic.

Texas State Association of Parliamentarians presents:

2nd Wednesdays ParliStudy:
Monthly Parliamentary Procedure Workshop Series

Featured Speakers

Donna Mitchell, PRP
Nona Fisher, PRP

Quorum: Are You Legal?

67th Annual Convention
April 19-21, 2023

Wednesday, March 8, 2023 at 6:30pm
(central time)



REGISTER NOW!

SUMBC 2023
TUTORIALS/ENRICHMENT

STAKE: Young Men's
BOOT CAMP & BOOK STUDY

Tues., Feb. 21, 2023
Tues., Mar. 7, 2023
Tues., Apr. 4, 2023
(Nightly: 8:30p-9:00p w/ Dinner)

Contact: Betty Simmons @ (713)922-1342

AK HEALTH AWARENESS



THE DO'S AND DON'TS OF STRETCHING: How Regular Stretching Can Prevent Injuries

Contrary to what you might think, stretching isn't just for athletes. It's important for everyone to incorporate stretching into their daily routine.

DO stretch muscles critical for mobility-the most important muscles for everyone to stretch regularly are the ones used most for balance and mobility, including arms, legs, hips, neck, and back.

DO hold stretches for at least 30 seconds - Aim to hold each stretch between 30-60 seconds to see the most benefit.

DO stretch after exercise - This will reduce blood flow and help decrease muscle soreness.

DON'T stretch cold - Do a warmup activity before you start stretching to help loosen stiff muscles and prevent injuries.

DON'T stretch through pain - The pull on your muscle should be gentle, not sharp. If you feel pain, you should stop immediately to avoid injury.

DON'T bounce while you stretch - Bouncing can contribute to muscle tightness and you can also potentially pull a muscle.

DON'T stretch an injury without first speaking to your doctor - Stretching an injury could prolong the healing process.

Excerpt from Dr. Sarah Abdellatif, Houston Methodist West Hospital, Winter Magazine

AK AND SISTERHOOD

Connecting Black History Month with Powerful Black Women Moving Towards the Year of Resistance



Alpha Kappa Chapter's Black History Month Committee's presentation demonstrated that the most powerful women in the United States haven't been allowed to exhibit their various capabilities. Sorors themselves were the Exhibits as the descendants of historical women and trailblazers of freedoms and citizenship. Each soror delivered their interpretation of the theme by declaring a personal connection to a family trailblazer and/or a historical figure bridging these powerful ladies to themselves.

The February Calendar included a lovely get-together at the beautiful Creole Kitchen; Health & Wellness painting party with dancing and singing, healthy snacks, and Texas Bar-B-Que.

Finally, the sorority meeting was held at the Houston Shrine of the Black Madonna where sorors came dressed in African Attire and was such a beautiful and colorful site.

The Black History Month Committee members are Linda Taylor, Dr. Ethel Bell, Shondra Taylor, Dr. Raechelle Anglin-Kay, and Seandra Naborne. The committee wishes to thank all sorors for their wholehearted participation in the 2023 Black History Month activities.





March

Emily Bartley (Honorary Soror) - 3/4

Raegan Alexis Kay - 3/17



PRAYER REQUESTS



Connie Anglin
Bobbie Ammons
Audrey Gassama
Marion Godine
Daisy Hall
Vahnita Loud

SORORITY NEWS



Business Month

Members of the Business Month Committee have been certainly working and not shirking as we prepare for Business Month in April. We are excited! Some of our activities will be presented in our upcoming chapter meeting. Please remember to prepare your guest list for our April 22nd Business Month program, AK's BUSINESS BRUNCH PROGRAM. It's a chance to honor many of our honorees, scholarship winners, Outstanding Sorors, Outstanding Business Women, Young Entrepreneurs, and many other surprises!

Upcoming Chapter Events

- 3/2 SW Regional Thursday Helpline
- 3/4 AK Chapter New Member Reception
- 3/10 Virtual AK Chapter Meeting
- 3/23-25 SW Regional Conference

76th 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, 23rd National President

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

Regional News

Regional Conference

The sorors of Alpha Kappa Chapter are looking forward to seeing their sisters at the Regional Conference. It will be an exciting time as we handle business in preparation for the convention and socialize in a fun and relaxing atmosphere.

National News



The National Convention Planning Committee is excited to safely and efficiently bring members together for the 94th Anniversary National Convention. Convention registration begins on February 1, 2023, and ends on June 1, 2023. The convention will be held in Detroit, Michigan from July 12th to 16th. The host chapter is Epsilon Lambda. The theme is "Honoring Our Past, As We Step into Our Future". This year, the National Recording Secretary is soliciting Pre-Convention Workshop ideas from the members across Iotaland. A Request for Proposal is available to anyone that would like to conduct a workshop on the first day of the National Convention. The deadline for proposal submissions is April 1, 2023. We look forward to seeing our sisters.





AK CHATS

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WE HOPE YOU ENJOYED OUR NEWS

Connie Anglin | President, Alpha Kappa Chapter

Shondra Taylor | Journalist, Alpha Kappa Chapter

Contributors to this month's newsletter: Soror Shondra Taylor, Madame President Connie Anglin, Soror Donna Mitchell, Soror JoAnna Lockridge, Soror Dr. Marion Godine, Soror Dr. Ethel Bell, and Soror Linda Taylor

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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ALWAYS WORKING. NEVER SHIRKING