



Alpha Kappa Chats



October 2023

Vol 16 Issue 16

PRESIDENT'S GREETING

Happy October my Sorors,

As we embark on this new sorority year I want to extend my warmest greetings to each and everyone of you. Our journey together continues to be an incredible one, and I am thrilled to celebrate the start of the 2023-24 Sorority Year with you. In the spirit of our illustrious history, Let us come together to prepare for an incredible sorority year ahead. Our commitment to uplift and empower our communities remains unwavering. As we level up our programs and projects, let us aim higher, dream bigger and work harder to make a lasting impact. The expectations are high, but so is our determination. Let us embrace this new sorority year, with enthusiasm, unity and a renewed sense of purpose. Together, we will continue to inspire, empower, and lead the way.

Here's to an amazing new sorority year, Alpha Kappa Chapter - Iota Phi Lambda Sorority, Inc. With our shared commitment to sisterhood, service and excellence, we will achieve remarkable accompaniments as we look ahead. I am confident that this year will be absolutely amazing.

Sisterly,
Connie/AKCP



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2023-2024 EXECUTIVE OFFICERS

Alpha Kappa Chapter's 2023-2024 Officers



Connie Anglin
President



Ethel Bell
Vice-President



Rosetta Davis
Treasurer



Sharon DeRouesselle
Financial Secretary



Shondra Taylor
Journalist



Carolyn Jones
Dean of Intake



Dr. Marion Codine
Corresponding Secretary



Joanna Lockridge
Recording Secretary

Southwestern Region's 2023-2024 Officers

Iota Phi Lambda Sorority Inc.
23-24 Southwestern Region Officers

 Rosetta Davis, Regional Director	 Dr. Valencia Dutton-Hall, Asst. Regional Director	
 Dorita Hatchet Recording/Financial Secretary	 Dr. Leticia Speed-Williams Treasurer	 Bettina McKinney Journalist



94TH NATIONAL CONVENTION

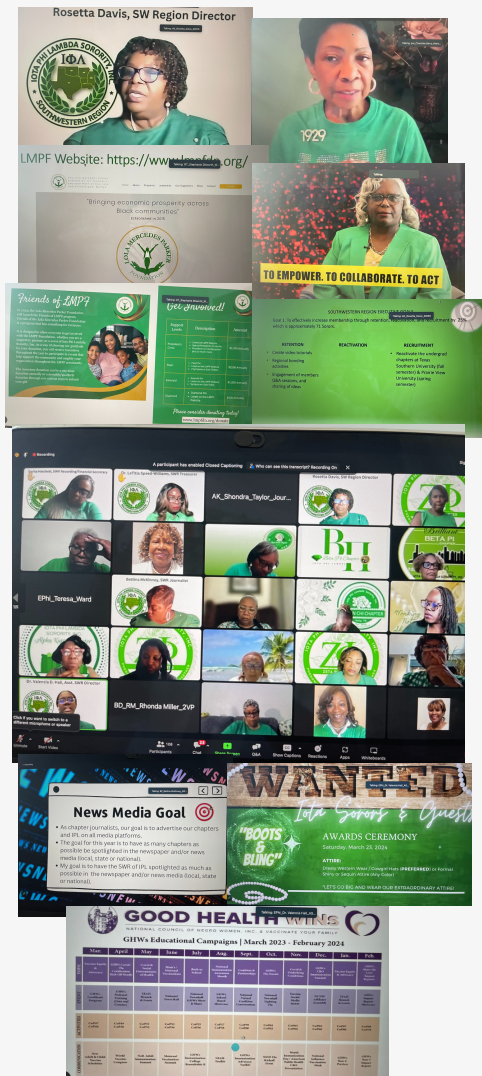
Several Alpha Kappa Chapter sorors traveled to the motor city, Detroit, Michigan July 11-16, 2023 to attend the 94th National Convention of Iota Phi Lambda Sorority, Inc. The 6 days of the convention offered many opportunities for networking, skills, leadership development, strengthening relationships among sorors, and participating in group celebrations which created a memorable experiences for all in attendance.



GETTING BACK TO IOTA BUSINESS

SW Region Planning Meeting

The Southwest Region gathered together for virtual its' annual Planning Meeting on August 19, 2023. It was led by our illustrious, Southwest Regional Director, Soror Rosetta Davis and is the unofficial start to the sorority year. The meeting was an afternoon filled with new information, goals, ideas, bylaws, and updates in preparation for another successful Sorority year.



The President's Workshop

The AK Chapter's 2023 President's Workshop was held on September 2, 2023 at Luby's Cafeteria Rodeo Room. The theme was "Flight AKC1975: Soaring to Success 23-24". It was a great afternoon filled with educational sessions and chapter updates.



September Sorority Meeting

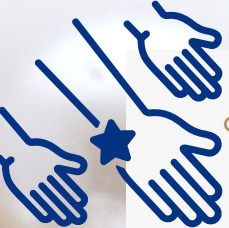
The first Sorority Meeting of the 2023-2024 sorority year was held on September 23, 2023, again at Luby's Cafeteria Rodeo Room. It was a great wonderful start to our new year and included a special guest speaker, Mrs. Mattie Mason, of TIP (Teen Incentive Program) who spoke to us about mentoring teen Moms in Aldine ISD.



AK AND SISTERHOOD CHARTERING OF ZETA PHI CHAPTER

On August 13, 2023, AK Chapter's Sorors attended the chartering ceremony for the new Zeta Phi Chapter in Tomball, Texas. The ceremony was attended by Sorors from around the City of Houston and State of Texas, including Southwest Regional Director Rosetta Davis, Past Regional Director Linda Cannon National President-Elect Wendy Jacques, National President, Charlotte Berry, and White Rose Queen, Lillian F. Parker..





AK IN THE COMMUNITY



Alpha Kappa Chapter's own Soror Alma Banks-Brown is running for Houston City Council District 8.

You are cordially invited to attend a fundraiser to support her to be held on:
Sunday, October 15, 2023

6:00pm- 8:00pm

The home of Harry Smith of
The Smith Foundation
3822 Charleston Street
Houston, TX 77021

Contribution Levels:

\$5000, \$4000, \$500, \$250

CAREER DAY AT DR. THOMAS E. RANDLE HIGH SCHOOL

On Monday September 12, 2023 Sorors Vikkie Davis-Littleton and Joanna Lockridge participated in a health fair and blood drive at Dr. Thomas E. Randle High School located at 7600 Koeblen Road in Richmond, Texas. The health fair was well attended by over 200 students registered in the school's CTE Health Program. The fair was orchestrated by Senior Malik Johnson and his mother Judith Johnson on his quest for his Eagle rank in Boys Scouts of America.

Soror Vikkie Davis-Littleton serves as the director of HCC Coleman College's Nuclear Medicine Technology Program. While Soror Davis-Littleton engaged students by describing the elite program that Coleman College offers students as well as the marvelous career opportunities that are available after college, Soror Lockridge explained to the students how to apply for scholarships.



GREEN GOES "PINK" IN OCTOBER

Breast Cancer Awareness:

What Every Woman (and Man) Needs to Know

October is Breast Cancer Awareness Month. Here are some facts and myths that you can share with your friends, families, and members of the community we serve.



Fact: Did you know that the incidence of breast cancer in Black women is less than that of white women?

Fact: The death rate from breast cancer is 40% higher in Black women, but studies suggest that with high quality treatment, those differences in death rate disappear!

Fact: Only 5-10% of breast cancer is inherited. Not having anyone in the family with breast cancer does not mean a woman is not at risk. **But, know your family history!**

**Alpha Kappa
Wellness Moment**





GOOD HEALTH WINS

NATIONAL COUNCIL OF NEGRO WOMEN, INC. & VACCINATE YOUR FAMILY



NATIONAL TOWN HALL ON FLU WITH NFID & APHA

Speaker:

ALLISON HILL, PharmD, RPh
Dir. Practice & Professional Affairs
American Pharmacists Association



Join us for our official
kickoff of our
"Three-for-Me"
vaccination campaign
encouraging everyone
to get their RSV, Flu and
COVID Vaccinations.



THURSDAY

October 5, 2023



7:00 pm EDT

6:00 pm CDT

4:00 pm PDT

REGISTRATION IS OPEN

<https://bit.ly/ghwinsb2sch23>



American Pharmacists Association
For Every Pharmacist. For All of Pharmacy.

Roses Beyond the Wall

It is with heavy hearts that Alpha Kappa Chapter mourns the loss of our beloved Sorority sisters, Soror Ruthie Daisy Hall, and Soror Bobbie Lois Ammons. Both Sorors were dedicated long-time members of the chapter and sorority. Soror Hall diligently served for 25 years and Sorors Ammons served for 44 years. Their memories will forever live in our hearts.



Sorors of the Southwest Region along with Psi Chapter are mourning the loss of our beloved Soror Vahnita Loud, the 18th Southwestern Regional Director. Our heartfelt prayers are extended to her sister, Soror Juanda Wallace and her family and friends.





September - October

Soror Lillian Parker - 9/16

Soror Sharon DeRouesselle - 9/17

Soror Rosetta Davis - 9/29

Soror Vivian White - 10/16



PRAYER REQUESTS



Soror Marlise Armstrong

Soror Vivian White

Soror Marion Godine

Soror Joanna Lockridge

**Soror Juanda Wallace and the Family of Past
Southwest Regional Director, Soror Vahnita Loud**

SORORITY NEWS

October Chapter Events

10/1 Epsilon Sigma Chapter Induction
10/11-10/12 Empowering the Black Community Webinar
10/13 Virtual Executive Committee Meeting
10/4-10/8 Double Good Popcorn Fundraiser
10/14 AK Chapter RUSH
10/28 AK Chapter Meeting/Make a Difference Day

Regional News

The Southwestern Region along with Psi Chapter mourns the passing of Past Regional Director, Vahnita Loud on 9/24/2023. May she forever rest in the eternal arms of God.

National News

Iota Phi Lambda Sorority has a new logo! The new logo designed by Soror Kashauna Spratley of Gamma Chapter "serves as a visual representation of our forward-thinking approach and our ongoing dedication to embracing the future. It reflects our steadfast commitment to providing outstanding service to the community."

How to Use Our Logo

Newsletters: Feel free to include our logo at the top or bottom of your newsletters.

Social Media: When posting on social media platforms, such as Facebook, Instagram, Twitter, or LinkedIn you may use our logo to brand your posts.

Informal Posting: Feel free to use our logo for informal posting as well.

Remember to use the logo responsibly and in line with our Iota values and guidelines. If you have any questions about logo usage or need access to high-quality logo files, please reach out to our communications team for assistance.

Soror Michelle Greene, National Journalist



ALPHA KAPPA CHAPTER
HOUSTON, TEXAS



AK CHATS

October 2023

Vol 16

Issue 16

Page 12

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 Lillian Parker, Soror Dr. Raehelle Anglin-Kay, Soror Linda Cannon, and Soror Joanna Lockridge

Chapter Theme:

"Level Up: Strengthening the Bonds Sisterhood and Bolstering Leadership"

Regional Theme:

"Empowered Women: Together We Achieve the Extraordinary"

National Theme:

"Professional Business Women Propelled by Ingenuity: Intentional Purpose"
#Designed1929 #Driven2023-2027 #Distinction2029 #IotaPhiLambda

National Motto:

"Upward and Onward in Efficient Service"



GOOD HEALTH WINS™

NATIONAL COUNCIL OF NEGRO WOMEN, INC.



ALPHA KAPPA CHAPTER - IOTA PHI LAMBDA SORORITY

IOTA PHI LAMBDA SORORITY NATIONAL WEBSITE

WWW.IOTA1929.ORG



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