

# THE IVY CONNECTION



ETA CHI OMEGA  
January 2025



## 117 Years of Service to All Mankind!

Since 1908, Alpha Kappa Alpha Sorority, Incorporated® has cultivated and encouraged high scholastic and ethical standards, promoted unity and friendship among college women, studied and helped alleviate problems concerning girls and women in order to improve their social stature, maintained a progressive interest in college life, and been of "Service to All Mankind." As we remember our Founders and all the women who came before us to pave the way, let us take a moment to reflect on our "why." What does it mean to us to be a part of this great sorority? What better time than now to recommit ourselves to the mission of "America's premier Greek-letter organization for African American women."

Eta Chi Omega is a powerhouse chapter with the potential to greatly impact the communities we serve. We continue to be a voice for the voiceless and invest time and energy in uplifting our community. Whether we help with providing meals to young children through CHIPP, mentor and

develop young leaders through YLI, help our neighbors plant community gardens, educate families about economic wealth, or address legislative and social issues that disproportionately affect African American families, the work we do makes a difference in the lives of others. Your unwavering commitment is truly inspiring.

While we navigate life's challenges and uncertainties, it is easy to feel overwhelmed. However, within each of us lies the incredible potential to spark transformation. As Mahatma Gandhi once said, "Be the change you wish to see in the world." Change begins with us, in the choices we make and the actions we take.

We all have the power to make a difference, no matter how small our efforts may seem. As we step boldly into 2025 with our pearls and pumps on the ground, let us continue to be a driving force behind positive transformation, addressing the needs of those in our community with compassion and determination.

### In this newsletter you can expect:

Basileus Chat

Black Business Spotlight

Birthdays

Reminders

Mental Wellness

Tech Tip



## Basileus Chat

Do you have ideas for future projects? Are you looking for a Soror to meet up with for a walk in the park? How about chatting over coffee or meeting up for lunch to get to know your Soror(s) and foster sisterly relations?

Look no more. Your Basileus will “pop up” in a neighborhood near you at least once per quarter to get to know the Sorors of ECO better. Feel free to drop in...stop by...or meet up for a friendly chat.



**First Stop:  
ATF Bistro  
107 Centre Sarcelle Blvd,  
#709  
Youngsville, LA 70592  
January 25, 2025  
11:00 a.m.**



## Support Black-Owned Businesses

During 2025, let us track our spending in Black-owned businesses to monitor the economic impact of our membership. Whether you have your hair done weekly, or like to shop online for fashions or paraphernalia marketed by Black-owned businesses, every dollar counts and makes a difference. While our current International Program tracks spending in June of each year, let us maintain that focus year round.

Please track/enter in spending using the link below:  
<https://forms.gle/GEU8AQ2N7Pf2WmS46>



## Black-Owned Business Spotlight

Sweet Envie Bakery  
4302 Moss Street  
Lafayette, LA 70507  
337.377.4425  
Email: [cake.envie@gmail.com](mailto:cake.envie@gmail.com)  
Website: <http://Sweetenviellc.com/>

Cassandra Richard - SkyPie Studios & Crafts, LLC (Photography Business)  
<https://www.skypiestudio.com> Kreated

By Kurissa - Custom Acrylic Signs & Decor Business  
<https://www.kreatedbykurissa.com/shop>

## Birthdays

January	February	March
Patricia Thompson (2)	Evelyn Syrie (2)	Joelle Nixon (11)
Charlotte Hutton (3)	Cindy Duhon (7)	Gloria Angus (16)
Brenda Dugas (10)	Nelda Broussard (9)	Terry Fontnette (17)
Reshelle Jones (11)	Rodricka Wilson (12)	
Sandy Alexander (17)	Alfreda T. Jackson (16)	
Anitra Ford Scott (18)	Sylvia Fodice (22)	
Shawn Arceneaux (25)	Sharon Pierre (26)	
Tricia Pierre (28)	Thailund Porter Green (26)	



**\*\*If your birthday is missing from the list, please contact our Grammateus, Soror Deborah Garrett to ensure your complete information is included on the roster.\*\***

***If you have a Black-owned business to spotlight or information you want to see in this newsletter, please contact your Basileus.***

## REMINDERS:

**DON'T FORGET**

### “We Are One” AKA Day of Service

- Martin Luther King Center
- CHIPP Packing (University of Louisiana - Lafayette)
- Second Harvest

### Joint Founders’ Day

- Sunday, February 2, 2025, Opelousas, Louisiana

### Committee Sign-up

- **[CLICK HERE](#)**



# Mental Wellness Minute

**Practice Gratitude-** Be thankful for what you have and the people in your life

**Connect with others:** Reach out to friends and family, or join a club or organization.

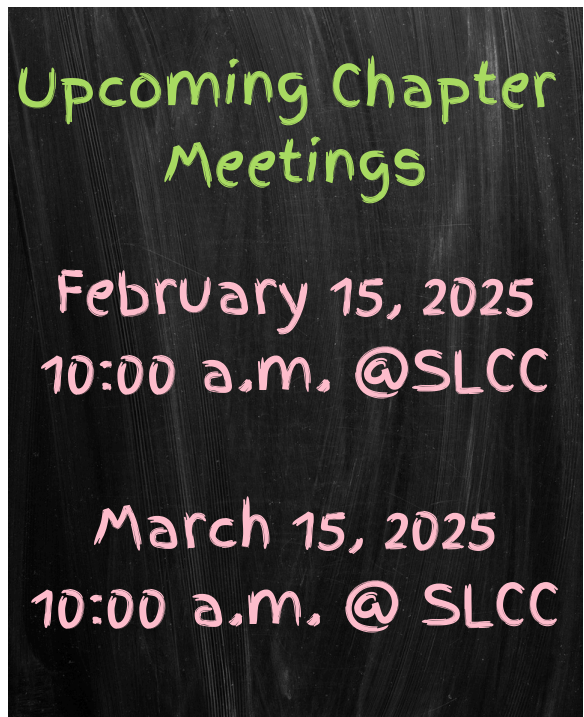
**Take care of your body:** Eat healthy, get enough sleep, and exercise regularly

**Set boundaries:** Learn to say no and protect your time and energy

**Try something new:** Step outside of your comfort zone

**Reduce stress:** Try relaxation techniques like meditation, deep breathing, or muscle relaxation

-Soror Tynese Breaux



## Tech Tip

**Canva** provides a free version that allows you to create presentations, flyers, etc. There is a large library of templates for your use. Give it a try!

[www.canva.com](http://www.canva.com)

*Thank you for your service!*

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