

# PSI

# PEARLS



Volume 32 Issue 12

OCTOBER 2019

## Message from the President

**G**reetings Sorors,

As I reflect over my first month as president, it has been a whirl wind of excitement and experience. I have been amazed at the outpouring support of Sorors in helping me get ready for this upcoming Sorority year.

Let's not forget, IOTA Roses to Sorors Danielle Young and Soror Linda Cole for spearheading an awesome Back to School Bash. With the support of Sorors, the FILs were given the necessary tools for a productive school year.

IOTA Rose to SWR Director Soror Vahnita Loud and her Executive Committee for planning and delivering an informative "Digital Planning Meeting". This extraordinary planning meeting allowed us to stay in our city and hold a meeting with Sorors in Austin, Houston, Texarkana, Louisiana and far away as Chicago, IL with our National President Soror Dorothy White. Technology is wonderful.

IOTA Rose to Soror Dr. Vicki Sellers and the SOY committee for working diligently and feverishly throughout the summer months to put together an evening to remember. This event was well attended by family, friends, Sorors, Pelatis and MOI. Congratulations to Soror Wonda Traylor, 2019-2020 Soror of the Year. Great Job!

Many thanks to Soror Beverly Moore and her committee for hosting an awesome Health Forum sharing a wealth of information on aging healthy. Soror Deloris James spoke on the topic "Preventing Kidney Failure" and Soror Juanda Wallace

spoke on "Safe Food Handling". This event helped change the whole perception of aging.

As you know October is National Breast Cancer Awareness Month, we can use this opportunity to spread the word about taking steps to detect breast cancer through annual mammograms and self-examinations.



Also, it's Domestic Violence Month. Domestic violence affects millions, both women and men, of every race, religion, culture and status. Let's encourage those affected by this illness to seek help through counseling, support groups, shelters and other resources.

Sorors, our calendar is filling up, The "Chat and Chew" and "President's Workshop" is near let's get involved. Support these events and continue Building on a Solid Foundation, Empowering and Strengthening Sisterhood in Business.

Sisterly,

Soror Judy Reeves

Psi Chapter President



### PSI CHAPTER OFFICERS

- President .....Judy Reeves
- 1st Vice President .....Vicki Sellers
- 2nd Vice President..... Wonda Traylor
- Recording Secretary.....Rhonda Jones
- Corresponding Sec. ....Stevette Bauman
- Financial Secretary.....Lucille Tolliver
- Treasurer.....Dwala Brown
- Journalist .....Vee M. Jordan
- Dean of Intake.....Linda Cole

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**SOROR IN THE SPOTLIGHT**

# A Passion For Leadership

BY SOROR DAPHNE HORNBUCKLE

Soror Daphne Hornbuckle is a dedicated community leader and she has a passion for helping young women. As a successful alumni of Hofstra University in New York, Soror Hornbuckle has been selected to serve on Hofstra University's Women In Leadership Advisory Board.

This board is designed to mentor female students at Hofstra University who are following in the footsteps of their alumnae; as well as highlight the successes and achievements of their

graduates who are the driving force within their communities. The link below highlights Soror Hornbuckle's successful accomplishments:



[https://www.hofstra.edu/alumni/support/support\\_women.html#HORNBUCKLE](https://www.hofstra.edu/alumni/support/support_women.html#HORNBUCKLE)

**WOMEN IN LEADERSHIP ADVISORY BOARD**

*Congratulations!*



**SOROR IN THE SPOTLIGHT**

**PRAIRIE VIEW INTERSCHOLASTIC LEAGUE COACHES ASSOCIATION, INC. (PVILCA)**

**2019 PVILCA HALL OF HONOR/HALL OF FAME**



BY SOROR DR. VICKI SELLARS

The Prairie View Interscholastic League Coaches Association (PVILCA) announced that Dr. Vicki NiAnn Claybon Sellers was selected for induction into the 2019 PVILCA Hall of Honor/Hall of Fame. The announcement took place at the 40<sup>th</sup> annual banquet with her family, friends, and high school and college classmates. PVILCA honored 71 former coaches and athletes who participated in the PVIL, prior to integration, for their coaching and athletic accomplishments.

graduates. The article in the Lufkin Daily News read: "Decades after Texas public schools were integrated; athletes and coaches are still being honored by the Prairie View Interscholastic League's Coaches Association. Coach Willie May Burley, Coach James Hall and Tennis standout Vicki Sellers were all honored at a Saturday event down in Houston, Texas.

Dr. Seller's award was announced and published in the Lufkin Daily News and featured on the local television station (KTRE) along with her former coaches, teachers and Dunbar High School

**22<sup>nd</sup> Annual Grape Myrtle Festival and Parade**

**Soror Dr. Vicki Sellers**

*Congratulations!*





SOROR IN THE SPOTLIGHT

THE MAHALA S. EVANS AWARD  
2019 OUTSTANDING SOROR OF THE YEAR



*Celebration*

PSI CHAPTER  
PRESENTS

ASSING THE CROWN



By Soror Dr. Vicki Sellers

On Saturday, September 28, 2019 at The Black Academy of Arts and Letters Psi Chapter celebrated the Mahalia S. Evans Psi Chapter Soror of the Year Awarded to Soror Wonda K. Traylor. Family, friends, MOI, Pelatis, Psi Chapter members, and Iota Phi Lambda Sorority members from various chapters within Dallas-Fort Worth Metroplex, paid homiest for her recognition and honors. You can see more of Soror Wonda K. Traylor involvement with the different programs and project throughout the community. By clicking on the link below.

**CONGRATULATIONS SOROR WONDA K. TRAYLOR!**

<https://vimeo.com/362948813>



*Daphne Hornbuckle*  
**2017 Soror of the Year**

*Wonda Traylor*  
**2019 Soror of the Year**





**PSI CHAPTER FIL MEETING**

**FILS KICKING OFF THE NEW YEAR  
FUTURE IOTA LEADERS**



BY SOROR DANIELLE YOUNG

Psi Chapter, FIL Auxiliary meeting was held on Sunday, September 29, 2019 at the Polk-Wisdom Library at 3:00 p.m. We kicked off the new year as we welcomed back existing FILs and embraced new FIL members. Sorors Danielle Young and Newtonia Hemphill commenced the meeting by providing the FILs with the necessary tools and resources they needed to prepare for the entire year.

Soror Young spoke with the youth about the importance of becoming effective leaders. How developing these skills will assist them to strive towards becoming an entrepreneur and develop professional skills at an early age. Officer roles were discussed, and the new 2019-2020 slate of officers were developed. Soror Hemphill shared with the FILs calendar of events and activities for the year.

The FILs had an opportunity to discuss, plan, and share their thoughts for the upcoming year. We distributed and provided information on the Evelyn D. Wilkey National Youth Essay and the Iota Scholarship Programs. We closed our meeting with stimulating icebreakers and activities.

The FILs enjoyed the activities, which allowed them a chance to engage with each other. We are thrilled about our youth and look forward to seeing everyone at our next FIL Meeting where we will have a guest speaker who will present information on applying for scholarships, preparing educational resume, and college readiness. The meeting will be held at the Paul Lawrence Dunbar Library, October 20, 2019 at 3:00 p.m.

**PSI CHAPTER FIL SPOTLIGHT**

**FUTURE IOTA LEADERS  
COLLEGE JOB FAIR VISIT**



BY SOROR DANIELLE YOUNG

September 18, 2019 Soror Danielle Young and FILs Andre and Daniel Young attended the TACRAO College Fair or *Texas Association of Collegiate Registrars & Admission Officers* at the Waxahachie Civic Center. There were more than 90 colleges and universities present at the fair. The FILs strategized and developed questions for the college fair and had an opportunity to speak with various admissions officers regarding their area of study. Kudos to Daniel and Andre Young for leaving a favorable impression with the admissions officers at the college fair.

L TO R: FIL ANDRE YOUNG, FRIEND & FIL DANIEL YOUNG



PSI CHAPTER SOROR & FILS VISITING WITH TACRAO OFFICER



# CALENDAR OF EVENTS

DATE	NAME OF EVENT	TIME	LOCATION
SATURDAY, 10/5/19	<b>2019 FALL RUSH</b>	2PM-6PM	POLK-WISDOM LIBRARY
SATURDAY, 10/12/19	<b>PRESIDENT'S WORKSHOP</b>	10:30AM-1:PM	HIGHLAND HILLS LIBRARY
SATURDAY, 10/12/19	<b>PELATIS MEETING</b>	11AM	HIGHLAND HILLS LIBRARY
SATURDAY, 10/19/19	<b>BUSINESS MEETING</b>	10PM	MEADOWS CONFERENCE CENTER
SATURDAY, 10/20/19	<b>FIL MEETING</b>	3PM	PAUL LAWRENCE DUNBAR LIBRARY



## *Happy Birthday!*



### October Birthdays

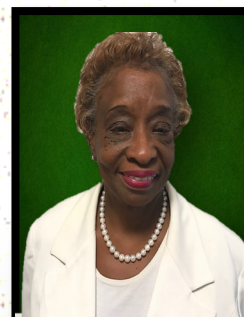
**SOROR VEE M. JORDAN 10/3**



**SOROR EDDIE JOHNSON 10/14**



**SOROR JOYCE HODGES 10/24**



**SOROR NEWTONIA HEMPHILL 10/18**



**SOROR TERESE HENDERSON 10/15**







# WE ARE SURVIVORS AND VICTORIOUS!!

BY DAPHNE HORNBUCKLE

In the U.S., approximately 1 in 8 women will be diagnosed with breast cancer in her lifetime. Psi Chapter knows this all too well, having several breast cancer survivors in her membership.

Many would look at a breast cancer diagnosis as a death sentence and that held true for Soror Daphne Hornbuckle. Upon receiving her diagnosis, she immediately began writing her last will and testament. "I felt like my life was over and was ready to give up, but after the fourth opinion, I was determined to fight back." She conquered and won her first battle only to find herself fighting once again 12 years later. "During my second bout with cancer I prayed to God and asked Him to see me through this journey, and He was with me every step of the way" says this 27-year survivor.

Trusting and leaning on God's word is what gave our SWR Director, Soror Vahnita Loud, comfort and peace throughout her many years of surgeries, treatment, and adjuvant therapy. "When you have God's favor upon you and you profess those promises as they are written, you know you are going to be victorious" states Soror Loud. 23 years later, she truly is victorious.

Soror Martha Richmond, a 15-year survivor, believes it was an early diagnosis that saved her. She wants others to know that we should not let fear grip us to the point that we do nothing. "It's important that we open up and share what we are going through. Someone else may be able to help you through it, provide referrals, and/or offer good information" says Soror Richmond.

Many may not realize that breast cancer is the most commonly diagnosed cancer among African-American women. According to the American Cancer Society, an estimated 266,120 new cases of invasive breast cancer are expected to be diagnosed in the U.S., in 2018. New

guidelines propose that all women, especially women of color, be evaluated for breast cancer risk no later than age 30 and have your first mammogram by age 40.

Early detection is a major key to survival and this continues to be the best weapon when battling breast cancer. This includes:

Performing routine self-breast exams,

Having annual breast exams performed by your medical doctor,

Scheduling annual mammograms,

Examining any breast changes or issues immediately by your medical doctor

As survivors, we may have endured incredible pain and anguish, but we have since been inducted into a life-long sisterhood, unlike any other. A sisterhood that has allowed us to shed a tear, share our testimonies, and provide support for other survivors following in our footsteps; who are fighting for their lives. Our personal cancer journeys have made us stronger and as a result we are victorious!





FROM THE

Journalist



All news articles are due the **25th of each month** or before. Email all written news articles and pictures to: [journalist@iota-psi.org](mailto:journalist@iota-psi.org)

Please enjoy this edition of **PSI Pearls** and many to come, and know it has ultimately been our pleasure to serve you.

Sisterly,

SOROR VEE M. JORDAN

PSI CHAPTER JOURNALIST/PUBLIC RELATIONS CHAIR

IOTA PHI LAMBDA SORORITY, INC.



# RECLAIMING

# WELCOME BACK

## PSI CHAPTER DALLAS, TEXAS

Psi Chapter of Iota Phi Lambda Sorority, Inc., shining the spotlight on our Soror who has reactivated this sorority year 2019...

Yes! We are so proud to **WELCOME BACK!!**

*Soror Diane Jordan*

*Soror Diane Jordan!*

We welcome Soror *Diane Jordan* with sisterly Love to



## FINANCIAL TEAM

## CHAPTER ASSESSMENTS



BY PSI CHAPTER FINANCIAL TEAM

Greetings Sorors,

This is a gentle reminder that the chapter assessment is due by November 15, 2019. The Newly Revised 2019-2020 Budget was approved during the September 2019 Business Meeting. Please contact the Financial Officers for details.

## AWARENESS MONTH

## DOMESTIC VIOLENCE AWARENESS MONTH



NCJFCJ  
est. 1937

NATIONAL COUNCIL OF  
JUVENILE AND FAMILY COURT JUDGES



Throughout the month of October, NCJFCJ and communities across the country will observe Domestic Violence Awareness Month. Activities in honor of victims and survivors of domestic violence will be as varied as the communities and individuals who organize them. NCJFCJ has chosen to observe DVAM by challenging the public to learn more about the prevalence

and consequences of domestic violence. Here, NCJFCJ has highlighted a significant research finding or relevant statistic for each day in October. According to the National Council of Juvenile & Family Judges (NCJFCJ).

## Health Tips

## Tips For Managing Stress

Sisters we can learn to manage stress and lead happier, healthier lives. Here are some tips to help you keep stress at bay.

By Soror Rita White-Ross

- Keep a positive attitude.
  - Accept that there are events that you cannot control.
  - Be assertive instead of aggressive. Assert your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.
  - Learn and practice relaxation techniques; try [meditation](#), [yoga](#), or tai-chi. [Exercise](#) regularly. Your body can fight stress better when it is fit.
  - Eat healthy, well-balanced meals.
  - Learn to manage your time more effectively.
  - Set limits appropriately and say no to requests that would create excessive stress in your life.
  - Make time for hobbies and interests. Get enough rest and [sleep](#). Your body needs time to recover from stressful events.
  - Don't rely on alcohol, drugs, or compulsive behaviors to [reduce stress](#). Drugs and alcohol can stress your body even more.
  - Seek out social support. Spend enough time with those you love.
- Seek treatment with a [psychologist](#) or other [mental health](#) professional trained in [stress management](#) or [biofeedback](#) techniques to learn more healthy ways of dealing with the stress in your life.





# Iota Phi Lambda Sorority, Inc. Southwestern Regional News



## Newly Elected Southwestern Regional Officer

### CONGRATULATIONS!!

*Soror Robin Mack*

**SOUTHWESTERN REGIONAL RECORDING/  
FINANCIAL SECRETARY**

## Reservation Link for 73rd Southwestern Regional Conference

BY VAHNITA LOUD-SWRD

Sorors, The time is **NOW!** THE LINK TO BOOK YOUR HOTEL RESERVATION FOR THE 73RD SWR CONFERENCE IS LISTED BELOW.



**2019 CONFERENCE THEME:**  
**CONFERENCE FOCUS:**  
**CONFERENCE CHALLENGE :**  
**CONFERENCE THEME SONG :**  
**CONFERENCE HOST CHAPTER :**

**“COMMITTING TO BUSINESS”**  
**IOTA NUTS AND BOLTS (REVISED)**  
**“EACH ONE, BRING ONE”**  
**(ALL ABOARD THE LOVE TRAIN)**  
**EPSILON PHI**



**The SWR Executive Committee is Hoping to See You There!**

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1569868698018&key=GRP&app=resylink>



MARRIOTT HOTELS | TRAVEL BRILLIANTLY

Houston CityPlace Marriott at Springwoods Village  
1200 Lake Plaza Dr, Spring, TX 77389

P: 281-350-4000 [www.marriottspringwoodsvillage.com](http://www.marriottspringwoodsvillage.com)



# Iota Phi Lambda Sorority, Inc.

## National HQ News

### Iota Monthly Bulletin

Month of October

Welcome to this month's Iota Bulletin. Your resource for receiving monthly Iota alerts and updates, general calendar reminders, updates about Iota affiliates as well as interesting articles related to being a business and professional women. Members will benefit from this resource and will be able to use in their daily and monthly activity planning.

#### NATIONAL PRESIDENT DOROTHY WHITE PRESENTS A

#### Monthly Series: Articles for Generational Wealth Building

**What Is the Definition of Generational Wealth?** -Money Done Right by Logan Allec, CPA. *An article in support of the National theme, Business and Professional Women Building the Foundation for Generational Financial Empowerment*"

Generational wealth" is a term that's thrown around quite frequently these days. But what is the definition of generational wealth? And how can you create generational wealth and build it for you and for your family?

Well, let's start with the easy part: defining generational wealth. What Is Generational Wealth? Generational wealth — also called family wealth or multigenerational wealth or legacy wealth — is wealth that is passed down from one generation to another.

Now, generational wealth takes many forms. It can be in the form of traditions and heirlooms, or even biology and good genes. But typically, when people talk about generational wealth, they're talking about financial wealth that can be passed down to the next generation.

How Can I Build Generational Wealth? You build generational wealth by acquiring generational assets that you can leave to your heirs. Assets are anything you own that makes money for you rather than take money out of your pocket.

For example, dividend-paying stocks are generational assets. Every few months, money get deposited into your account because you own these assets. And when you pass away, you can leave these stocks to the next generation, and they will collect dividends as well.

**NEXT MONTH: Developing a Wealth Plan**







# Iota Phi Lambda Sorority, Inc. National HQ News

## Iota Alerts & Updates



The recently revised and distributed Youth Manual has an addition to the section on Toys U Can't Return. The information in the manual is correct, but the entire book **should not be printed** until further notice by the National Executive Board.

The National Publicity Committee is excited to share with Iota members its 2019 to 2020 National Visibility Campaign-6 Point Strategy. The plan. Chapter Presidents and chapter journalists are requested to incorporate the plan in their efforts to promoting Iota nationally and worldwide.

**Visibility Campaign 2019 to 2020:** One Day at A Time ~ provides guidance on how to promote Iota almost every day of the week, except Sunday, the day of rest.

Interested in knowing more about your Iota sisters from East to West and North to South, check out Iota chapter newsletters received by the chairwoman of NPC and the National Executive Board.

### [CHAPTER NEWSLETTERS](#)

Chapter presidents and chapter journalists, be advised that the collection of newsletters are being uploaded to Google Drive. Email [executive.director@iota1929.org](mailto:executive.director@iota1929.org) for the instructions on how you can upload your chapter news-

Iota National headquarters will be cleaning house and there are memorabilia items like past National Convention bags in great condition and etc. available for sale. Email [executive.director@iota1929.org](mailto:executive.director@iota1929.org)

Programs and Projects Reminder Notice: Got questions or need clarity, contact your chapter president and/or Regional Director. Show your sisterly love and connect today.

Save the date. LMPF Symposium 2020 is coming. More exciting news forthcoming. Visit <http://lmpfdn.org> for more details. Did you miss Symposium 2018, no worries check out the video: [LOLA Mercedes Parker | Ignite Gala & Youth Leadership and Innovation](#)

Have you made a pledge towards headquarters? Don't forget. Ask your Regional Director for more details. Help build the future of Iota today.

Get your 90<sup>th</sup> Anniversary Limited Edition Commemorative Pin while they last. Also available 90<sup>th</sup>-anniversary mugs. Cost for the pin is \$30 and the mug is \$15. Both prices include shipping. [Payments can be submitted using Paypal \(Friends and Family option\) or send a money order to National Recording Secretary, Jennifer L. Porter, P.O. Box 76645, Washington, DC 20013. Questions can be emailed to \[iotahq1@gmail.com\]\(mailto:iotahq1@gmail.com\).](#)

Southwestern Region, Beta Pi announced the passing of Soror Jessie O. Hart. She served 2 terms as President of Beta Pi and as a National Officer. Her funeral and commitment to Omega chapter occurred September 30th. Condolences may be sent to:

Ieshia Hart and Family  
20911 Fair Walnut Way  
Katy, TX 77449

### Psi Chapter Information

If you would like to email President Judy Reeves, Journalist Vee M. Jordan or visit Psi Chapter's website click on the highlighted links listed below.

Judy Reeves, Psi Chapter President  
[judyreeves4@att.net](mailto:judyreeves4@att.net)

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 Psi Chapter  
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 Dallas, Texas 75222-3871

PSI CHAPTER WEBSITE  
<http://www.iota-psi.org>



You can Find us On



<https://twitter.com/psi1936>

Vee M. Jordan, Journalist  
[journalist@iota-psi.org](mailto:journalist@iota-psi.org)

### Editorial Staff/Public Relations Committee

Daphne Hornbuckle  
 Judy Jenkins  
 Rita Heath Powell  
 Wonda Traylor  
 Rita White Ross

### Chapter Theme:

"Building on a Solid Foundation, Empowering and Strengthening Sisterhood in Business"

### Southwestern Region Information

If you would like to send an email to our Southwestern Regional Director, National President or visit the Southwestern Region or National websites. Click on the highlighted links listed below.

[Vahnita Loud](#), Southwestern Regional Director

Southwestern Region Website, <http://www.iotaswr.org>

Southwestern Region Theme: "Affirming the Legacy, Bonding in Sisterhood, Committing to Business and Developing Leaders"

### National Information

[Dorothy White](#), National President

National Website, <http://www.iota1929.org>

National Theme:

"BUSINESS AND PROFESSIONAL WOMEN BUILDING THE FOUNDATION FOR GENERATIONAL FINANCIAL EMPOWERMENT"



Founder: Mrs. Lola M. Parker

"Upward and Onward in Efficient Service"