



# *The Standard*

Eta Iota Sigma Chapter Newsletter

Vol. 2



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*"Where Excellence is the Standard!!!"*

# Black History Month

2022 Black History Month Theme:  
Black Health & Wellness

The theme for 2022 focuses on the importance of Black Health and Wellness. This theme acknowledges the legacy of not only Black scholars and medical practitioners in Western medicine, but also other ways of knowing (e.g., birthworkers, doulas, midwives, naturopaths, herbalists, etc.) throughout the African Diaspora. The 2022 theme considers activities, rituals and initiatives that Black communities have done to be well.



"I found that every time I asked permission, the answer tended to be no so I had to make my own yes!"

- Issa Rae

**Sigma Gamma Rho Sorority, Inc. is Black History!!**

# Chapter Birthdays

**HAPPY BIRTHDAY  
SORORS!!**

**- YVETTE COLEMAN  
- ANGELA VENEABLE-JOYNER  
- LUVENIA GEORGE  
- JUDITH NESTOR**



**Happy birthday to all of the Sorors with  
February birthdays!**

# Little Known Black History Facts

- Rebecca Lee Crumpler was the first Black woman to become a doctor of medicine in the United States.



- Anna Pauline "Pauli" Murray was the first African-American woman to be ordained as an Episcopal priest.



- Nine months before Rosa Parks, there was a young woman named Claudette Colvin.

- During her run for president, three separate assassination attempts were made on Shirley Chisholm.

- Phillis Wheatley was only 12 when she became the first female African American author published.



- Dr. Mayme Clayton founded the Mayme A. Clayton Library & Museum in 1975.



# Soror Spotlight



Good luck to HIΣ Soror Lavonda Harris-Claggett as she pursues a new endeavor as an officer!!!

Soror Harris-Claggett has been a member of Sigma Gamma Rho since Spring 2004. She remained active and financial since she was inducted. She has served as an officer for several years at the local level. Her passion is using her talents for the advancement of the sorority.

Again, good luck to Soror Harris-Claggett!! #HIΣ  
#WhereExcelllencelsTheStandard #SGRho #SGRho1922  
#SigmaGammaRho

# ASALH Black History Theme



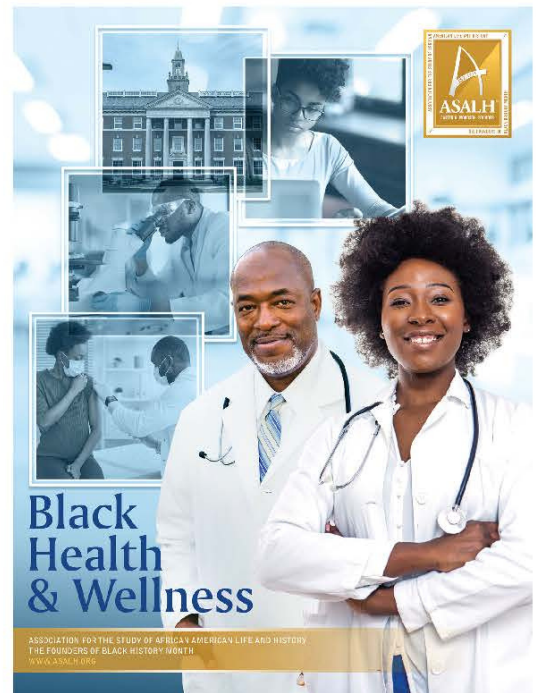
## ASSOCIATION FOR THE STUDY OF AFRICAN AMERICAN LIFE AND HISTORY®

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### 2022 Black History Theme Executive Summary Black Health and Wellness

The theme for 2022 focuses on the importance of Black Health and Wellness. This theme acknowledges the legacy of not only Black scholars and medical practitioners in Western medicine, but also other ways of knowing (e.g., birthworkers, doulas, midwives, naturopaths, herbalists, etc.) throughout the African Diaspora. The 2022 theme considers activities, rituals and initiatives that Black communities have done to be well.

In order to foster good health and wellness Black people have embarked on self-determination, mutual aid and social support initiatives to build hospitals, medical and nursing schools (i.e. Meharry Medical College, Howard University College of Medicine, Provident Hospital and Training School, Morehouse School of Medicine, etc.) and community clinics. Clinics were established by individuals, grassroots organizations and mutual aid societies, such as the African Union Society, National Association of Colored Women and Black Panther Party, to provide spaces for Black people to counter the economic and health disparities and discrimination that are found at mainstream institutions. These disparities and anti-Blackness led to communities developing phrases such as “When white folks catch a cold, Black folks get pneumonia.” Initiatives to help decrease disparities have centered several outcomes, including having more diverse practitioners and representation in all segments of the medical and health programs including such as the Ronald E. McNair Scholars. Even the impact of popular culture texts like *Doc McStuffins* cannot be dismissed.



The rise of fields, such as Public and Community Health and Health Informatics have led to a rise in preventive care and a focus on body positivity, physical exercise, nutrition, exploring other dietary options such as veganism and vegetarianism, and gardening. Black Health and Wellness not only includes one's physical body, but also emotional and mental health. At this point in the 21st century, our understanding of Black health and wellness is broader and more nuanced than ever. Social media and podcasts, such as *The Read*, hosted by Crissle and Kid Fury have normalized talking about mental health and going to therapy as well as initiatives such as Therapy for Black Girls. More of us understand the need to hold down, lift up, center, and fight fiercely for our beloved trans siblings and family. Black girls are doing breathwork, and there are whole yoga studios dedicated to people of color.

Mindful of Sister Audre Lorde's words, we are doing more to move forward holistically for the betterment of ourselves, our bodies, our relationships, our communities, and our planet.

We are determined to create a platform that shines a light on the multiple facets of Black health and wellness through education and activism. There is much to uncover, amplify, question, and correct.

In the still overhanging shadow of the COVID-19 pandemic, Black people should and do use data and other information-sharing modalities to document, decry, and agitate against the interconnected, intersecting inequalities intentionally baked into systems and structures in the U.S. for no other reason than to curtail, circumscribe, and destroy Black well-being in all forms and Black lives. Moreover, Black communities must look to the past to provide the light for our future, by embracing the rituals, traditions and healing modalities of our ancestors. These ways of knowing require a decolonization of thought and practice.

**LEARN MORE AT [ASALH.ORG](http://ASALH.ORG)**

### ASALH MISSION

To promote, research, preserve, interpret and disseminate information about Black life, history and culture to the global community.

# Chapter Initiatives

**Military Initiative Ad Hoc Committee Task Force** aims to recognize and mentor our military Sorors and affiliates around the world. There is an active mentor program and more mentees are needed. Be paired with a mentor and join monthly activities. Email [militarysorors@sgrho1922.org](mailto:militarysorors@sgrho1922.org) for more information and to sign up.



Chapter Sorors Hassan and Parson, both Veterans, are active participants, and Soror George Lind, a military spouse, is the International Military Sorors Networking Program Lead. Soror Parson is chairing the Committee for the Military Hospitality Room at Boule and Soror Easterling, who is also a veteran, is on that committee. If you are active duty, a veteran or even ROTC, email [militarysorors@sgrho1922.org](mailto:militarysorors@sgrho1922.org) for more information and to sign up.



Our **Little Caesar's Pizza Fundraiser** was held in the month of January. \$180 were raised in order to be able to continue programs that are vital to uplifting our community.

# Our Affiliates

## *Our Philos*

Eta Iota Sigma's Philo Affiliate is on the move! On February 18, 2022, the Philo Affiliate held its S.H.I.E.L.D Orientation, which is the first step to introducing new Philos to the Sigma family. We look forward to continuing the S.H.I.E.L.D process with the prospective Philos during the month of March.

Induction will be held on March 19, 2022 and all financial Sorors are invited to attend.



## *Our Rhoers*

Rhoers are young girls who are organized on a local, regional and national level. The Rhoer affiliates are working to help other young people while they learn about their heritage and develop leadership skills. Rhoer induction will take place virtually on March 26th, 2022.

If you are interested in joining our Rhoer Club, please contact our Rhoer Advisor at [montgomerycountyrhoerclub@gmail.com](mailto:montgomerycountyrhoerclub@gmail.com)



# Dr. E Heart Therapy

## Love by Letting Go

As we know, February is a month that represents a lot of things but I want to focus on an emotion called Love. According to Oxford dictionary, Love is defined as a deep affection or passion for a person or thing. Even after defining what love is, many of us still have a hard time really determining how it looks.

Most people will claim a desire for love, yet they avoid any opportunity to seek it. Sometimes people find themselves fearing rejection, dwelling on past negative experiences involving others or replaying negative labels granted by individuals who shouldn't have the authority to define them. Unfortunately, this is a month that leaves many people feeling lonely or unloved due to a lack of an intimate relationship. However, it does not have to be this way.

This month, I encourage you to avoid focusing on the lack of an intimate relationship and to focus more on self love. I am not referring to taking trips, buying nicer clothes or hanging out with friends. I am referring to letting go.



Consider expressing self-love by letting go. Let's let go of the anger toward those who hurt you, those labels others have placed on you throughout your life or just the guilt you may have due to your own past behavior. Make a decision to redefine yourself and allow yourself to be who you are in this season of your life. I want to encourage you to forgive those who hurt you, provide yourself grace and take control over your life by redefining your label.

Everyone has been through things and made mistakes in life, but it is important to provide yourself just as much grace as you would those who hurt you in the past. Strength looks many ways and one way to exhibit strength would be to take a honest look at what you desire for your own life and moving in that direction. Take time to love and develop a relationship with yourself.

Let go of those things that are heavy on your heart and holding you back from being your best self and living the life you deserve. Stay encouraged in all that you do and believe in the beautiful woman that you are. There is nothing like a Black woman and to make it even better a "Sigma Woman" because we are one of a kind. We can come out of anything and can make the best of everything. Again, love by letting go.

Sisterly,  
Dr. LaKeesha Easterling  
Eta Iota Sigma Chapter

Love. 2022. In Oxford Learner's Dictionaries. Retrieved. February 9, 2022, from [http://oxfordlearnersdictionaries.com/us/definition/american\\_english/love\\_1](http://oxfordlearnersdictionaries.com/us/definition/american_english/love_1)

**Dr. Easterling is a podcaster, educator and a licensed professional counselor.**

# Notable Women in History

## *Excellence was their Standard*



Soror Hattie McDaniel, the first African American to win an Oscar, wasn't allowed to attend *Gone With the Wind's* national premiere. Her performance as "Mammy" in *Gone With the Wind* (1939) won her Best Supporting Actress at the Oscars that year. However, the national movie premiere was in Atlanta. Because of Georgia's Jim Crow Laws, she was prohibited from attending the event.

Josephine Baker was a spy for the French during WWII. Josephine Baker, one of showbiz's most iconic performers, left the United States due to the overt racism she encountered in 1937. After marrying a Frenchman, Jean Lion, she moved to Paris and renounced her U.S. citizenship. During her travels across Europe to perform, Baker would conceal messages within her costumes or her sheet music for other Allied spies. She also used her status as a desired society presence to eavesdrop at various embassy events and balls.

The 6888th Battalion was an all-Black, all-female unit of the military that delivered mail to World War II troops across England. In February 1945, the 6888th Central Postal Directory Battalion was established to deliver mail to American troops, government personnel, and volunteers abroad in England. Officials estimated that, with the disarray of the postal warehouse, it would take around six months for the harrowing backlog to be sorted and delivered. Led by Major Charity Edna Adams, the women of the "Six Triple Eight" spent time in Oglethorpe, Georgia preparing for service—jumping over trenches, identifying enemy crafts, and marching. Though the reaction to this battalion was mixed, the Six Triple Eight was outstandingly efficient. The battalion worked in long shifts seven days a week and created a brand new tracking system for the mail they received. Rather than accomplishing the sorting of mail in the projected six months, the recruits blew through the task in three.

# Community Initiatives

**RHOyal goes Red** this month in order to celebrate heart health month. We hope that you have found a way to participate with the chapter given the events for the month.

#RHOyalGoesRed

#SGRhoHeartHealth



Our annual **Youth Symposium** is held simultaneously on the second Saturday of March by Alumnae Chapters across the nation. The Symposium (supported by undergraduate chapters and affiliates) is designed to highlight some of the prevalent concerns that negatively impact our youth (drugs, teen violence, abuse, low self-esteem, suicide, teen pregnancy, human trafficking, etc.).

# Chaplain's Corner



## American Heart Month

According to Heart Disease Facts from the Centers for Disease Control & Prevention, about 18.2 million adults over the age of 20 have heart disease, which is also the leading cause of death for all Americans, accounting for about 659,000 deaths every year. The Office of Minority Health reports that the Centers for Medicare & Medicaid Services, Office on Minority Health (CMS OMH) hopes to underline the importance of prevention and care management, especially as it relates to the heart health of Black communities, who are often disproportionately affected by heart conditions and related risk factors. Black people are disproportionately impacted by diabetes and obesity and certain social determinants of health, like access to healthy foods and physical activity, which also have negative impacts that can lead to increased risk of heart disease.



## Fitness Tips

The Physical Activity Guidelines for Americans recommends 30 minutes of physical activity a day for adults, 60 minutes for children, at least five days a week. Being active doesn't require joining a gym. Look for ways to increase your heart rate during your daily routine. Walk or cycle instead of taking the car or bus, or you can choose the stairs over the escalator or elevator. Try these ways to be active and start working towards your fitness goals to jumpstart or maintain a healthy lifestyle. Do what you can; some physical activity is better than none.

# Chaplain's Corner



## Reflections for the Spirit

### How Do I Love Thee?

*The entire law is summed up in a single command: "Love your neighbor as yourself."*  
- Gal 5:14

How do I love thee? Let me count the ways. I love thee to the depth and breadth and height." Those are the beginning words of a poem by Elizabeth Barrett Browning. She had been confined to a wheelchair. Her father had forbidden her to marry. She was almost forty years of age with the prospect of being an old maid. In the prime of her life, when she was eager to be meeting others of her own age, eager to meet a young man, marry and have children, Elizabeth Barrett lived under the watchful eye of her father. In 1845, however, after a long exchange of letters, Miss Barrett met Robert Browning. A year later she secretly married him, moved to Florence and gave birth to a son. She was 44. Elizabeth Browning died in her husband's arms in her tenth year of marriage.

God commands us to love each other. I use to have prerequisites for people before I could love them. They had to be nice to me. They had to like me or they had to be my friend. But then I realized that true love is from God. I receive His love and I have to give it to others, no questions asked. God is love. So if I love others I am demonstrating my love for God as well as obeying God's Word.

God loves us unconditionally. He gives us our daily bread. God forgives us of our sins. God grants us new mercies everyday. God fights our battles. God heals us of our ailments. God loves us so much that He gave a sacrificial offering of His Son Jesus who died for us. Personally, I love everyone reading this. I love God. And O how I love Jesus. There is not enough time for me to count the ways. How about you? How do you love Him. Can you count the ways?

Heavenly Father:

Please help me to love others as you have shown love to me. Please help me not let meanness from other people get in the way of showing love to them. This is my prayer in Your holy name. Amen.

—Rev. Dr. Gertie Loretta Hurley



**Prayer Requests: Contact Chapter Chaplain at:**

**[girtie@icloud.com](mailto:girtie@icloud.com)**

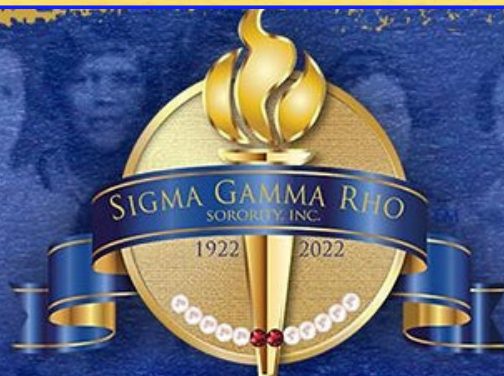




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Contact Information

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# MCMXXII

JULY 12-17, 2022 + INDIANAPOLIS, IN



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