



# *The Standard*

Eta Iota Sigma Chapter Newsletter

Vol. 4



*Happy  
Birthday*

**Chapter  
Birthdays**

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Spotlight**

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Initiatives**

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



I wouldn't be here without all  
of the black women around  
me. Put us together and we  
can do anything.

- Misty Copeland



When black women stick  
together, we are the most  
powerful force in the  
universe.

- Alfre Woodard



# Chapter Birthdays



Happy birthday to all of the Sorors with  
April birthdays!



# Personal Perspective During this Centennial Year

When I think of the phrase "outstanding women", I imagine our founders, the grandmothers, mothers, and Sorors who endured the biases of the past and established the foundation of the future. I consider these women as having the courage to persevere through the challenges of social inequalities, and less than positive life experiences. I believe that our founders displayed resilience and endurance in developing the sorority while pursuing their academic and personal goals with grace.

I think of the aunts, cousins, grandmothers, mothers, and sisters as being the mentors establishing the foundation of our legacies and members. In my opinion, our founders established guidelines for us to follow and cultivate for the future. Our founders demonstrated as having faith in the Lord, pride in themselves, and inspired and served the community while developing a strong bond of friendship that progresses and sustains our sisterhood of today.

My sisters, we have evolved into the highly educated and professional women who are the pride of our founders, aunts, cousins, daughters, grandmothers, mothers, and sisters.

May we, all become the "outstanding woman" of this generation who serves to empower and educate our youth. May we serve as ambassadors to each other to maintain and expand the purpose of the sorority. May we cultivate the next centennial generation of inductees, sorors, and affiliates to be the fine, faithful, and service-driven individuals who have collective goals for mentoring the youth and servicing the community.

Finally, may we always progress through life's challenges in a cultured, graceful, and prideful manner.

**Submitted by Soror Angela Venerable-Joyner, PT, DPT, MHS.**



# Soror Spotlight



Good luck to HIΣ Soror Charlene McCamey as the chapter has nominated her to the Northeastern Region Awards Committee for the NER Community Service award!!!

Soror McCamey is a member of the chapter's social action committee and was nominated for this spotlight by the chair of that committee.

Again, good luck to Soror McCamey!! #HIΣ  
#WhereExcellenceIsTheStandard #SGRho #SGRho1922  
#SigmaGammaRho



# Sorority Centennial Event



SIGMA GAMMA RHO SORORITY, INC.  
HOSTED BY NORTHEASTERN REGION, AREA 1  
MD | DC | NOVA



## Notable Centennial Weekend



## SAVE THE DATE

NOVEMBER 11 - 13, 2022

FOR MORE INFORMATION CONTACT:  
[info.A1centennial@gmail.com](mailto:info.A1centennial@gmail.com)



# Community Initiatives

Our annual **Youth Symposium**, hosted in partnership with Zeta Tau Sigma, was held virtually on Saturday, March 12, 2022 due to Covid-19. This year, the Youth Symposium's theme was "Supporting, Serving, and Empowering Youth Educationally, Civically, Socially, Physically and Emotionally."

At the helm of the committee was HΙΣ Parliamentarian, Soror Jocelyn Route. She utilized her meticulous planning skills and professional connections to make the annual youth symposium a success. A proclamation was read by our Soror and Prince Georges County State's Attorney, Aisha Braveboy declaring March 12, 2022 as Sigma Gamma Rho's Youth Symposium Day. Councilwoman of Bladensburg Jocelyn Route gave an overview of the day and spoke directly to the youth in attendance urging them to be better versions of themselves.

Dr. Willie Jolley, the keynote speaker, is connected to our sorority in a special way as his mother was a member. He shared fond memories of himself in his younger years in tow as his mom attended various conferences in the early days of our sorority. Our Mental Health and Wellness segment followed. Sorors Chandrai Jackson-Saunders and Devon Davis moderated the segment on various topics that effect school-aged children such as bullying, peer-pressure and maintaining a positive social media presence. The youth and others in attendance were very interactive in the chat during the mental health and wellness time frame asking questions about how to remain calm in the time of Covid.

A brief game of Culture Tags <sup>™</sup>, moderated by Grammateus, Soror Kimberly Blair followed to change the flow of the symposium. The players had opportunities to win gift cards to various restaurants that were donated by members of the chapter and other sponsors before breaking for lunch. After the lunch break, we were in for a treat (no pun intended) as "Furlough Cheesecake Sisters", Nikki Howard & Jaqi Wright were our guests of honor. The sisters talked to everyone about turning a negative situation to a positive situation.

That topic created the perfect segway to our financial literacy portion. The financial literacy talks were led by a mother-daughter duo from Zeta Tau Sigma. Soror Constance Nwosu and her daughter, Rhoer Janiya Nwosu. They spoke on a variety of financial topics such as: how to manage allowances, creating generational wealth and saving for college. Being in a virtual setting did not prevent our 70+ registrants from getting a dose of encouragement, having a little fun, and hopefully learning something new about themselves.



# 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 took 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)





# Rhoer College Tour

The Elegant Eta Beta Chapter at the University of Maryland hosted a low-pressure tour of its campus. The Destination: Higher Education Tour showcased the variety of academic, social and service opportunities at University of Maryland. Rhoer Shannon Ryan & Rhoer Mackenzie Clarke were chaperoned by Advisor Kimberly Blair on the walking tour. They were joined by members of Zeta Tau Sigma, its Rhoer Club and parents of young people interested in matriculating at UMd. "There were a lot of activities to do outside of classes and they even make their own ice cream" said Rhoer Shannon when asked about the highlight of her experience. We look forward to future partnerships with Eta Beta and hope to take part in another tour with our newest Rhoers.





# Our Philos

Eta Iota Sigma's **Philo** Affiliate is on the move! On March 19, 2022, the Philo Affiliate held its induction, which is the final step to introducing new Philos to the Sigma family. Congratulations to our three new Philos.

If you are interested in joining our Philo Club, please contact our Philo Advisor at [essikay1922@gmail.com](mailto:essikay1922@gmail.com)





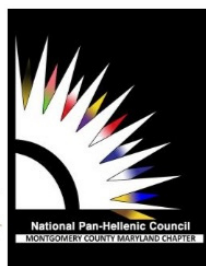
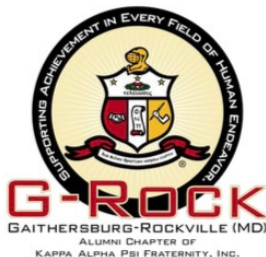
# NPHC Events



## APRIL 15-JUNE 4 GROCK, NPHC, & JOURNEY'S CROSSING BIKE DRIVE

### HELP KIDS IN TOGO, AFRICA

Last year the Gaithersburg/ Rockville MD Chapter of Kappa Alpha Psi donated 115 bikes to Togo's Kids Hope. This year we are proud to be partnering with Journey's Crossing Church and the National Pan Hellenic Council to make this year's bike drive even bigger! Togo Kids Hope is a nonprofit organization that accepts unwanted bikes, sends them to Togo, repairs them, and gives them to children. They prioritize giving to girls who are in danger of being harassed walking home after dark.



Please donate your  
used, broken, or  
unwanted bikes

Bikes will be shipped  
to Togo, Africa and  
given to children  
who must walk 5  
miles to school

We will pick up bikes  
anywhere in the DC  
Metro Area



GROCK\_BIKE\_DRIVE.2022

Learn more about  
Togo Kids Hope at  
<https://togokidshope.org/>

CONTACT PERSON:  
BERKELEY DAVENPORT  
Cell Phone: 571-338-4983  
Email: [Berkeleydavenport@gmail.com](mailto:Berkeleydavenport@gmail.com)



# NPHC Events

**DONATIONS  
NEEDED!**

**GIVE A LITTLE. HELP A LOT.**

## **Greek Week Community Service Project**

Priscilla's House provides permanent housing for as many as 7 women who are experiencing homelessness and have mental health diagnoses. In a group home setting with 24-hour support and case management, the program links clients to mental health treatment, and other resources to become more self-sufficient and move to more stable, permanent housing.

**SAT MAY 14, 2022  
11AM - 3PM**

**DROP OFF LOCATION:  
Journey's Crossing Church  
12900 Cloverleaf Center Drive  
Germantown, MD 20874**

### **ITEMS NEEDED**

Soap, Body Wash  
Lotion  
Deodorant

Toothpaste  
Combs/Brushes  
Shampoo/Conditioner

Washcloths  
Hand Towels  
Bath Towels

Laundry Detergent Pods (any brand)  
Disinfectant Surface Sprays (Lysol, Clorox, etc.)

Feminine Hygiene Products (Personal Spray, Cleansing, Wipes, Sanitary Napkins)



National Pan-Hellenic Council

To purchase items directly from the NPHC-MCMD Amazon Wish List type  
<https://amz.run/5TUE> in browser.

**Contact: Carolyn Croons | email: [chen20740@gmail.com](mailto:chen20740@gmail.com) | Phone: (240) 375-0115**

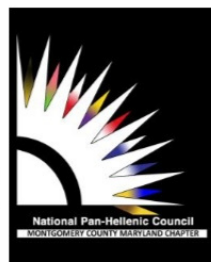
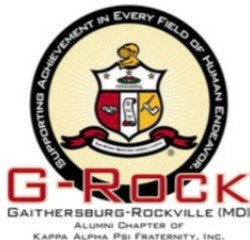


# NPHC Events



## MAY 14 BIKE DROP OFF GROCK, NPHC, & JOURNEY'S CROSSING BIKE DRIVE

In the West African country Togo, one high school per 7-15 villages is common in rural areas. Most students walk two hours to get to school, leaving at dawn and returning after dark. Togo Kid's Hope is a nonprofit organization that accepts unwanted bikes, sends them to Togo, repairs them, and gives them to children. They prioritize giving to girls who are in danger of being harassed while walking home after dark. Last year the Gaithersburg/ Rockville, MD Chapter of Kappa Alpha Psi donated 115 bikes to Togo's Kids Hope. This year we are proud to be partnering with Journey's Crossing Church and the Montgomery County MD National Pan Hellenic Council to make this year's bike drive even bigger!

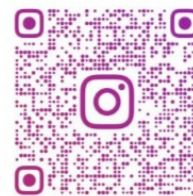


JOURNEY'S CROSSING

Please donate your  
used, broken, or  
unwanted bikes in  
any condition

Drop off bikes at  
Journey's Crossing  
Church from  
11AM to 3PM

12900 Cloverleaf  
Center Dr, Ste A,  
Germantown, MD  
20874



GROCK.BIKE.DRIVE.2022

If you can't make it  
on May 14, pickup  
can be arranged  
through June 4.

CONTACT PERSON:  
BERKELEY DAVENPORT  
Cell Phone: 571-338-4983  
Email: [Berkeleydavenport@gmail.com](mailto:Berkeleydavenport@gmail.com)



# NPHC Events



**DMV COUCH CHRONICLES II**

National Pan-Hellenic Council  
MONTGOMERY COUNTY MARYLAND CHAPTER

**2022 GREEK WEEKEND**

**DIVINE 9**

**STROLL BATTLE**

**VS**

**+ VIRTUAL COMEDY SHOW FUNDRAISER**

**MAY 14, 2022**

**7PM-9PM**

**\$30**

**CLICK HERE TO PURCHASE EVENTBRITE TICKETS**

**JOIN OUR SILENT AUCTION DURING THE SHOW!**

RAISING FUNDS FOR MONTGOMERY COUNTY HS STUDENTS ATTENDING HBCU'S & OPERATIONS  
[WWW.NPHC-MCMD.COM](http://WWW.NPHC-MCMD.COM)

**RICK YOUNGER**

**DJ DETROYT**

**PT BRATTON**

Ecumenical Morning Prayer  
May 15, 2022 at 8:00AM



"We Are One"

In celebration of brotherhood & sisterhood, join us by registering for our Virtual Zoom Unity Prayer by clicking here: [2022NPHC-MCMD-Unity](https://www.eventbrite.com/e/2022-nphc-mcmd-unity-prayer-tickets-34888888888)

Montgomery County, Maryland Chapter  
[WWW.NPHC-MCMD.COM](http://WWW.NPHC-MCMD.COM)



# Chaplain's Corner

## Reflections for the Spirit



### A Power Hook-up

*For the Spirit that God has given us does not make us timid; instead, His Spirit fills us with power, love, and self-control. 2 Timothy 1:7, TEV*

*Sometimes people can be so insensitive to others. They may say unkind things or just be mean. It's times like these that we need to depend on God to help us respond with calmness and love. If we are not careful, we can find ourselves letting our guard down. Be comforted in what the Bible says, "No weapon formed against you shall prosper, and every tongue which rises against you in judgment you shall condemn."*

*You may have anger and hurt feelings when people attack you with unkind words and deeds, but God's spirit will help you to be calm—just put the whole ordeal in His hands. This is a time to use your "power hook-up" that comes straight from God to get you through the situation. The scriptures records, "His Spirit fills us with power, love, and self-control" (2 Tim 1:7).*

*So, I ask you, "When you come under attack, verbally, physically or mentally, how will you handle it? Will you lower yourself to the attacker's level? Or will you grab hold of your power hook-up and pull down the power of self-control that God has filled you with." I know my answer. What will yours be?*



### April is National Minority Health Month

April is National Minority Health Month, and this year the U.S. Department of Health and Human Services (HHS) Office of Minority Health (OMH) and its partners are highlighting the important role individuals and organizations can play in helping to reduce health disparities and improve the health of racial and ethnic minority and American Indian/Alaska Native communities.

The theme for this year's National Minority Health Month is Give Your Community a Boost! The theme focuses on the continued importance of COVID-19 vaccination, including boosters, as one of the strongest tools we can use to protect communities from COVID-19, which has disproportionately affected communities of color. CDC data show that some racial and ethnic minority groups — particularly Black or African American, Hispanic or Latino, and American Indian or Alaska Native people are at increased risk of getting sick, having more severe illness, and dying from COVID-19. Give Your Community a Boost! also supports the many other efforts happening in communities across the country to advance health equity.



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

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





# Chaplain's Corner



## Fitness Tips

### The Importance of Strength-Training

Strength training may help you build and maintain stronger muscles as you get older.

- Aim for 2 days per week of strengthen-training activities.
- Try performing each exercise 8 to 12 times.
- Try to exercise all the major muscle groups to include the muscles of the legs, hips, chest, back, abdomen, shoulders, and arms.
- Don't work the same muscles 2 days in a row. Your muscles need time to recover.

Read more at: National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)  
(<https://www.niddk.nih.gov/health-information/weight-management/staying-active-at-any-size>)

## Heavenly Father:

I praise You and exalt You. Thank You for Your spirit that you put in me. Help me to remember to depend on You to help me maintain self-control in every area of my life. Lord, no matter what my temptation is, I trust You to give me the power to maintain self-control. In the name of Jesus I pray. Amen.

—Dr. Gertie Loretta Hurley





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Contact Information

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[etaiotasigmachapter@gmail.com](mailto:etaiotasigmachapter@gmail.com)



[www.montgomerycountysgrhos.org](http://www.montgomerycountysgrhos.org)



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