



The Standard

Eta Iota Sigma Chapter Newsletter

Vol. 6



Chapter Birthdays

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Sisterhood

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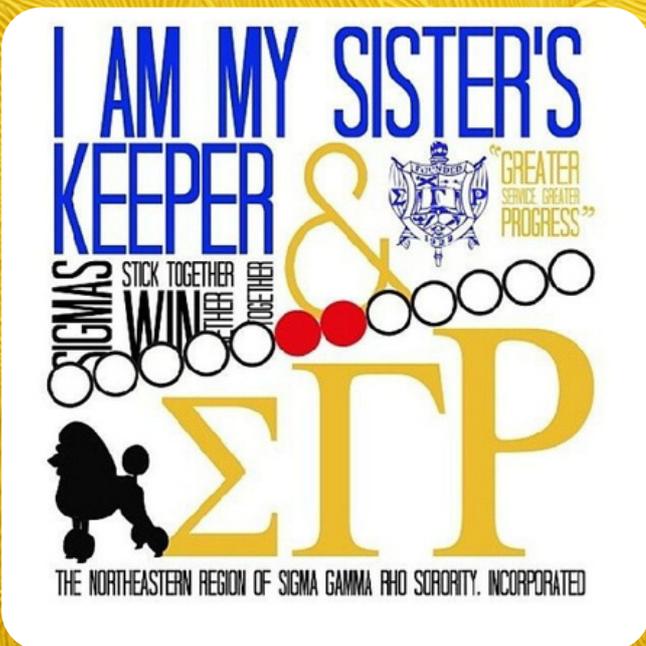


Soror Shoutout

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The power of Black sisterhood means so much because as Black women it's important for us to come together and lift each other to support all of the positive images instead of all the negative images we see. We have to join forces, and I think we're more powerful together than we are split up.

- Naturi Naughton



I
AM
MY
SISTER'S
KEEPER

Chapter Birthdays

ETA JOTA SIGMA
Alumnae Chapter
Chevy Chase, MD

JUNE
NASEERA PITTS
SHERRI GRIMES
JOCELYN ROUTE
SYMONNE STRYJEWSKI
KAREN GEORGE

JULY
DEBORAH WALSH
VICKEY MOORE
KEVA FAYSON
DESARE WILLIAMS
JESSICA BREWSTER-JOHNSON

HAPPY Birthday
SUMMER SORORS

Happy birthday to all of the Sorors with June and July birthdays!

Sisterhood: RHOcking to Centennial

This is a call for all Sorors of Eta Iota Sigma Chapter of Sigma Gamma Rho, Inc. to "ROCK" into the dynamic sisterhood of Sigma Gamma Rho, as our founders would have wanted during this Centennial Year.

Sorors gather as sisters around the shield, bring your yellow tea rose, and say our slogan: "Greater Service and Greater Progress." Praise God for life, laughter, and health as we battle a pandemic and move towards the Centennial Boule in sisterhood.

Our seven founders: Mary Lou Allison Gardner Little, Dorothy Hanley Whiteside, Vivian Irene White Marbury, Nannie Mae Gahn Johnson, Hattie Mae Annette Dulin Redford, Cubema McClure, and Bessie Mae Downey Rhoades Martin, all displayed perseverance, and togetherness in 1922 where the United States was racially segregated. African-Americans were prevented from freely and equally being educated as compared to white students. Our founders studied against the odds and rose to educational heights that were unreachable for minority women. They demonstrated excellence and standards that were unparalleled for the time when the country and Indianapolis, Indiana were extremely segregated and white dominant. Our seven founders formed a bond from individualization into a cohesive, social, as well as a professional organization that is known for sisterhood, service, and scholarship. Thus, Sigma Gamma Rho Sorority, Incorporated was established in Indianapolis, Indiana on the predominantly-white campus of Butler University on November 12, 1922.

Sisterhood: RHOCKing to Centennial

Sorors wear your blue and gold, bling, sparkle into the present and into the future, and stroll into the centennial year with a common bond of Sisterhood. The term "Sisterhood" means a social, professional acknowledgment between women. We have attitude, compassion, egos, and heart as individuals; however, together we are stronger as one, and function as a family. We have our moments of discord, miscommunication, and challenges, but most of all we can lean on each other.

Currently, the sorority as well as our chapter continues to progress and expand membership with a common theme and purpose by strengthening the forged bonds of sisterhood within an everchanging world of technology, instantaneous questions and replies, and less compassion for humankind. The challenges of 1922 remain at a subtle level and are displayed at various intensities. However, we must prevail and move forward in sisterhood. Sorors, as we walk, run, march, stroll, or wheelchair into this centennial year, let us not lose sight of where our origins have arisen like a phoenix taking flight. Let us acknowledge that we may have legitimate differences, and challenges as a chapter; however, we have each other.

We are a family with interwoven complexities yet have a common, and electrifying bond that shines internationally. Sorors, we will continue to forge the bond of sisterhood during this centennial year and through into the next centennial year. Remember when challenges arise, reflect upon some of our founders' attributes: artistic creativity, compassion, educational excellence, sisterhood, professionalism, and service. May we model these traits for future generations of Sorors, Rhoer, and Philo (meaning friend) affiliates, and Rosebuds. Let us continue to make our founders proud.

Together as a chapter, wearing our royal blue and gold with pride and stature, we praise our founders, charter and chapter members, and regional and national officers, as we present our interpretation of the meaning of Sisterhood.

Sisterhood: RHOcking to Centennial

Soror Joanna Moore:

"A sister is not always blood-related but that does not mean she is not a sister. She is a woman that is there for you whenever needed. Whether it is to laugh together or cry together. Going through the ups and downs of life. She will always have your back."

Soror Mynora J. Bryant:

"**Sisterhood** is a bond that joins us together because of common goals. It is not formed overnight; it takes time and effort. It allows us to expand what we do, give, and share rather than take, talk, and promise. It motivates us to support each other and learn to embrace each other's differences. It instills in us not to see what lies dimly at a distance, but to do what lies clearly at hand.

It is so easy for us to believe the worst of each other without analyzing the situation. We read discussions on Facebook or other social media and join without knowing the sister or even knowing the circumstance. When the information is erroneous, we sit back and say why would a sister do that? We must establish credibility if we are to increase our numbers and even our friendships. We must ensure that we are conveyors of moral change as well as social change. Contrary to popular belief, when a member of our chapter suffers, we all suffer. Just as diseases are contagious so are moral character, positivism, truth, and justice. The backbiting, misinformation, character assassinations, and meanness must STOP.

We will disagree because we are different and have different experiences, but do we become non-receptive because of who is saying it? We are the talented tenth; let's begin to act like it.

To paraphrase Klidasa, in a sisterhood lie the verities and realities of our existence: the bliss of growth, the glory of action, and the splendor of beauty. We make every day a day well lived and a dream of happiness, and every tomorrow a vision of hope."

Sisterhood is Powerful!

Soror Sheri Grimes:

"A real sister gets the job done and asks questions later... Solutions focus".

Sisterhood: RHOCKing to Centennial

Soror Doris Baker-Ortiz:

"Speaking with her, Soror Baker-Ortiz states that she agrees with Soror Mynora Bryant's thoughts on sisterhood. However, she expresses the following "This is not our first rodeo within the chapter. We must remember from where we come, to where we are going."

Soror Debra Parker:

"Sisterhood, we must continue to build togetherness with each other for the sake of our younger generations, generations to come, and for the sake of our communities."

Soror Karen Walker Jones:

" Sisterhood is a complex term; embodying emotions, sentimentality, and understanding all in one simple word. Sisterhood is empathy and sympathy. It is loving each other when you are on opposite ends of the pole and when you are on the same end. It is being there to support the sister who is down physically and the one down mentally. It is looking at the other and seeing yourself reflected. It is uplifting and celebrating each other. Sisterhood is not always kind and patient; it is always love."

Soror Jessica Brewster-Johnson:

"Sisterhood is all about women coming together to demonstrate honesty, loyalty, and trustworthiness to one another. A true sister communicates with her fellow sisters and focuses on what is important to them. A sister is there to share her sisters' joys and sisters' concerns."

Soror Angela Venerable-Joyner:

"Sisterhood provides unwavering support, engagement, inspiration, empathy, and at times aggressive, yet soft conflicts and loving, warm resolutions."

Soror Carin Joyner:

" We do not always agree. But it's never dull with you. Sharing time and space. Accompany with progress. We work together. Women of sophisticated grace."

Soror Kim Hunter-Nichols:

"For me it's a community or group of women who have similar interests and who support, love, encourage, and even protect one another."

Sisterhood: RHOcking to Centennial

Soror Delores Varner:

"Means the ability to be part of another person's life and the ability to know that, that person in your corner."

Soror Aliza Bolling:

"Sisterhood to me is a continuous, loving hug. People who check on you, support you, and have your best interest at heart, no matter what. It's traveling through the city and getting a honk on the horn with our hand sign thrown, it's pictures like social media, a job sent through email because a soror thought of you. It is walking through the airport and being stopped and talked to about all the amazing adventures one has had and adventures you will have. It's facetime calls with your sisters from all over the world, making you feel at home once again. No judgment, (unless you need it, because we all do sometimes haha), just peace and love, that started long ago and will continue throughout time."

Soror Luvenia A. George:

"Someone who represents a person that provides love, sincerity, and life mindful support from college through graduate chapter and expands into a Soror's professional career. Sisterhood is a lifetime commitment."

Soror Adrienne George-Lind:

"Sisterhood is a blessing. It means always having a sister to cheer for, lean on, and share life's ups and downs with. Sisterhood means being honest and loyal through thick and thin. Sisterhood should never be taken for granted."

Soror Melissa Bragg-Lockett:

"Sisterhood means SISTER,
S is for Sorors who will stand with me until the end.
I represent the integrity and intelligence that she always wears,
S signifies the sincerity as she holds my heart and feelings in her hands,
T: Timely- on time, in time, and always with me,
E: means she is ever humble- my sister is willing to give and lend when needed,
and
R: represents her radiance, her light always shining even at my darkest hour."

Sisterhood: RHOCKing to Centennial

**A Special Poem created by Newly Elected Madame Basileus,
Soror Jocelyn Route**

Sisterhood is everything
My Sister is to me.
My sister is my heart,
She opens doors to rooms
I did not know was there,
Helps me break through walls
I don't recall building.
She lights my darkest corners
With her smile and sparkle in her eyes.

My sister is my soul.
She inspires my wearied spirit
To trust the wings of angel
And while I hold my sister's hand
My feet never leave the ground.
She stills my deepest fears
With the wisdom of her shared song.

My sister is my past.
She writes my history.
In her eyes, I recognize myself;
I have memories only we can share.
She remembers, she forgives,
And she accepts me as I am--
With understanding.

My sister is my future.
She lives within my dreams.
She sees my undiscovered secrets,
Believes in me as I stumble.
She walks in step with me,
Her love lighting my way.

My sister is my strength.
She hears the whispered prayers
That I cannot speak.
She helps me find my smile,
Freely giving hers away.
She catches my tears
In her gentle hands.

My sister is like no one else.
She's my most treasured friend--
Filling up the empty spaces,
Healing broken places.
She is my rock, my inspiration,
Though impossible to define,
Sisterhood is being my friend
supporting me until the end.

Sisterhood: RHOcking to Centennial

Soror Angela Venerable-Joyner:

"Sisterhood, as a special acknowledgment with a historical, legacy perspective."

A special thank-you to Soror (Cultured Pearl) Shirley Venerable of Eta Xi Sigma Chapter in Oak Lawn, Illinois for her numerous historical reflections about the sorority and sisterhood between the years, 1960 through 2022. My personal reflections related to this legacy journey and our conversations summarize sisterhood as an unwavering commitment and a bond between my sister-sorors who openly discuss and sometimes seek advice about their life experiences and emotions. My sister-sorors are caring, compassionate, and helpful. They are there for me through the positive and negative experiences in life. Most of all, my sister-sorors respect each other's differences and are humble enough to support each other through productive inspiration in times of challenges and conflicts.

Her historical reflections were educational, enlightening, and interesting especially, the description of the chapter's required business meeting attire between 1960-1979, which was extremely classy. Lastly, a special thank-you to Sigma Gent, John Edward Grant Joyner for his assistance in journalistic editing."

Soror Shout Outs

We would like to take the time out to congratulate all of the newly elected 2022-2024 Centennial Chapter Officers.

Basileus – Soror Jocelyn Route
1st Anti Basileus – Soror Jessica Brewster-Johnson
2nd Anti Basileus – Mu Omega – Soror Alisha Brown
3rd Anti Basileus – Nu Pi – Soror LaKeesha Easterling
Anti-Grammateus – Soror Melissa Bragg-Lockett
Grammateus- Soror Kimberly Blair
Tamiochus- Soror Raishawn Walston
Epistoleus- Soror Angela Venerable-Joyner

We would also like to congratulate Soror Tana Crumbley-Hassan as she will now be operating as the NPHC President.

Congratulations Sorors!! We're looking forward to excelling under your leadership!

#HIS #WhereExcellenceIsTheStandard #SGRho #SGRho1922
#SigmaGammaRho

End of the Year Celebration

The awards ceremony for sorors and affiliates began in 1991. This thirty-year-old ceremony aims to acknowledge sorors and affiliates for their individuality and teamwork efforts to show gratitude and appreciation for their service to the chapter and community. According to Soror Bryant, "these awards were given to Sorors and affiliates who went above and beyond what was outlined in the expectations of programs and community service states". All deeds are initiated by calculated thoughts and completed through perseverance, togetherness, and under a common theme of Greater Service, Greater Progress, Sisterhood, and Community Service. Soror Bryant summarized that "initially, the awards presented included Sigma of the Year, Philo of the Year, and Rhoer of the year; in addition, awards were given to sigma gents who helped host several chapter events"; however, as the chapter enhanced membership development, the committee added awards as the chapter grew.

According to Soror Bryant, the committee consisted of the programs chair, the Epistoleus, and others appointed by the basileus. Currently, the committee includes:

- Grammateus elect, Soror Kimberly Blair (Rhoer coordinator by basileus appointment)
- Anti-Grammateus, Soror Melissa Bragg-Lockett
- Epistoleus elect - Soror Venerable-Joyner

Moreover, Soror Bryant revealed that Soror Dickerson, former chapter Epistoleus keeps a list of the Sorors who have received prior awards. Soror Bryant also stated that "most previous awards recipients are listed in the thirty-year anniversary video that was presented at the thirty-plus year anniversary celebration.

End of the Year Celebration

The following prior awards include:

- **Radiant Rhoer Award** - bestowed upon the Rhoer, directly by the Rhoer advisor, who has been ready to serve her community, involved in activities, and excelled scholastically.
- **Golden Friendship Award** - bestowed upon the Philo, directly by the Philo advisor, who exhibits outstanding leadership, fosters and encourages outstanding service to the community, and maintains high standards of character and reputation acceptable by her affiliate and Sigma Gamma Rho.
- **Beacon of Light Award** - honoring the Soror who has represented Eta Iota Sigma in programs and activities in the Metropolitan DC area during the course of the sorority year. In 2018 and 2019, this award was presented to Soror Jessica Brewster-Johnson.
- **Sister's Keeper Award** - honoring the Soror who was most instrumental in reclamation, recruitments, and retention of Eta Iota Sigma members during the sorority year. In 2019, this award was given to Soror Deborah Walsh.
- **Dr. Mynora J. Bryant Leadership Award** - honoring the Soror who has provided leadership and service on the local, regional, and international levels. In 2019, this award was given to Soror Chandrai Jackson-Saunders
- **The Horizon of Excellence Award** - honoring the soror who has provided leadership in identifying new partners to work with the chapter in providing community service.
- **The Gates of Health Award** - honoring the soror who has provided opportunities to improve the health of the chapter's members and the community.
- **Sigma of the Year Award** - honoring the Soror who has shown outstanding leadership, demonstrated outstanding service, was instrumental in increasing the membership of the chapter and has portrayed the best possible Sigma Image. In 2019, this award was given to Soror Iantha Dickerson.
- **Basileus Award** - bestowed upon the Soror directly by the Basileus who upholds our chapter motto "Where Excellence is the Standard." In 2019, this award was presented to Soror Asha Fields.

End of the Year Celebration

According to Soror Bryant, "the initial end of the year ceremony was held in 1991 at the home of Soror Virginia Hilton on the Chesapeake Bay at her beach home". The ceremony included the awards presentation as well as time for the chapter to develop the forthcoming year's strategic planning and calendar of events. All Sorors, Philos and Rhoers and family including the sigma gents were invited. A gathering of this nature allowed for all members to be present to thoroughly plan the calendar for the next sorority year; thus, ensuring that the membership and affiliates knew what was programmed for the upcoming year. The calendar of events and timetable were prudently discussed and meticulously planned for the year with a few events added as the year progressed: unlike some of the currently impromptu scheduled events. Thus, the awards ceremony included the presentation of awards, combined training, and a year review of the chapter's activities.

Soror Bryant further revealed that the chapter also coordinated their intake so that it would not be too stressful for all members; therefore, have one event to develop and finalize chapter events for the upcoming year. For example, the Philos and sorors inductions together. Since The chapter had forty Rhoers it was difficult to hold the Rhoer inductions at the same ceremony, the Rhoers were inspired and allowed to participate in everything the chapter initiated. The committee added awards as the chapter grew. Soror Dickerson has a list of the sorors who have received awards, additionally, most are listed in the video that was presented at the celebration.

As the year progressed, the End of the Year awards ceremony remained at Soror Virginia Hilton's beach home on the Bay for approximately five years. During the written interview with Soror Bryant, she referred to Soror Hilton affectionately as "Mom Hilton". Soror Bryant further stated that the bay atmosphere prided an environment that allowed all to explore and walk along the water as well as eat crabs which were supplied complements of Soror Hilton. Future, ceremonies occurred at the park, Prince George's Park, and Montgomery Park (Sligo and the park off of Randolph Road). Eta Iota Sigma Chapter has had the fortunate pleasure of having Soror Delores Varner and Soror Linda Simmons host the awards ceremony. The chapter met at the home of Soror Simmons for four years. Next, the awards ceremony transitioned to Soror Hurley's church during the year, 2017-2018. According to Soror Jessica Brewster-Johnson, the awards for 2017-2018 were "hosted by Soror Bryant and Soror Walsh". Next, the awards were held at the Fire Station Restaurant on Georgia Avenue during the year, 2018-2019.

End of the Year Celebration

Between the years 2019-2021, the chapter was unable to gather secondary to the COVID epidemic. However, the year 2022 brings the chapter together with newly inducted Sorors, Philos, and Rhoers from the inductee lines of 2019, 2020, 2021, and 2022. In addition, two new awards have been created, all merging upon the home of Soror Kimberly Blair.

Thus, it is with great enthusiasm by popular chapter vote during the year, 2021-2022, that the End of Year Committee presents the following recipients of the Eta Iota Sigma awards ceremony:

- The ***Radiant Rhoer Award*** was presented to **Rhoer Nyah Johnson**
- The ***Golden Friendship Award*** was presented to **Philo Eva Mae James-Garland**.
- The ***Beacon of Light Award*** was presented to **Soror Jocelyn Route**.
- The ***Sister's Keeper Award*** was presented to **Soror Gertie Hurley**.
- The ***Dr. Mynora J. Bryant Leadership Award*** was presented to **Soror Adrienne George-Lind**.
- The ***Sigma of the Year Award*** was presented to **Soror Sherri Grimes**.
- The ***Basileus Award*** was presented to **Soror Deborah Walsh**.

The ***Horizon of Excellence Award*** and the ***Gates of Health Award*** were not presented at this event; however, there are plans to acknowledge these awards in the near future.

Special Acknowledgements:

This report could not be synthesized without the heartfelt assistance from Soror Mynora Bryant and Soror Deborah Walsh. Additional input and clarification were provided by Sorors: Jessica Brewster-Johnson, Alisha Brown, Iantha Dickerson, and Joanna Moore. Lastly, A special Thank you to the 30 Year Anniversary Celebration Committee and Soror Iantha Dickerson, Past-Epistoleus for the historical DVD of the chapter.

Chaplain's Corner



June is Alzheimer's & Brain Awareness Month

June is Alzheimer's & Brain Awareness Month, a time when people around the nation are having conversations about their own cognitive health — and discussing cognitive well-being with friends, family members, and health care providers. The public health community can leverage these conversations to support healthy cognitive functioning throughout the entire year.

Because Alzheimer's develops over time — often over many years, if not decades — public health professionals have many opportunities to take action. These include:

- Addressing the risk factors for dementia among vulnerable populations
- Advancing early detection and diagnosis of mild cognitive impairment and dementia
- Improving safety and quality of care for people living with dementia

Providing better support to caregivers

Fitness Tips

How Much Physical Activity You Need Depends Mostly on Your Age

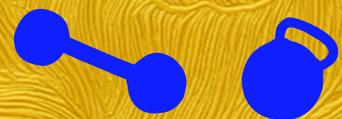
Preschool-aged children (ages 3 through 5 years) should be physically active throughout the day for growth and development.

Children and adolescents (ages 6 through 17 years) need 60 minutes or more of moderate-to-vigorous intensity physical activity each day. Children and adolescents need aerobic, muscle-strengthening, and bone-strengthening activities.

Pregnant or postpartum women, with their doctor's approval, should do at least 150 minutes of moderate-intensity aerobic physical activity per week, such as brisk walking. It is best to spread this activity throughout the week, such as 30 minutes a day, five days a week.

Adults need 150 minutes of physical activity each week, including aerobic activity and muscle-strengthening activity. This can be 30 minutes a day, five days a week.

Adults age 65 and older need at least 150 minutes a week of moderate intensity activity such as brisk walking, at least two days a week of activities that strengthen muscles, and activities to improve balance such as standing on one foot.



Chaplain's Corner

Reflections for the Spirit



Guard Your Mouth

Help me to guard my words whenever I say something.

Psalm 141:3 CEV

There are 66 verses in the Bible that tell us to use self-control in our speaking, guard our mouth, put a watch over our tongue and the like. How often do we recall these power scriptures when life hits us hard in the face. Sometimes things are said so quickly or happen so fast, like a car jumping right in front of you and then the person puts up his finger as he passesby. Perhaps it was a store clerk or manager who waited on you last and you were first in line. Maybe it was even one of your friends who may have rubbed you the wrong way by what he or she said to you. It could even have been a family member, a spouse or significant other.

These type of incidents can come up so quickly in our lives and if we aren't careful, they can spoil our good intentions for the day, spoil our witness, and spoil our relationship with others all because at that very moment we didn't let any of God's light shine from us.

"What if you were involved in situation where you had to recall the scripture to guard your mouth and put a watch over your tongue? You just have a minute or less to respond. I don't know about you, but if I was faced with that dilemma, I would listen to the Holy Spirit's voice to maintain self-control. Proverbs 29:11 states, "A fool gives full vent to his spirit, but a wise man quietly holds it back." Quietly recall the scriptures that reads "be quick to listen, slow to speak, slow to become angry, and guard your mouth."

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

[Prayer Requests:](#) Contact Chapter Chaplain at:

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"Where Excellence is the Standard!!!"