

The Sigma Vibe



A Publication of the Iota Epsilon Sigma Chapter

Fall 2020 Issue



From the Desk of Our Basileus...



Greeting Sorors!!!

Welcome to the 2020-2021 Sorority year and as of this date as a Chapter we have been blessed to have a **GREAT NEW SORORITY YEAR** despite these unprecedented time!!! The 1st half of the 2020-2021 IES had to be strategic and innovative in our planning and implementation of our National Programs and events based on federal, state, local, and our International Sorority guidance and mandates due to COVID-19. We started by hosting our first virtual paint party to support our fundraising efforts and promote sisterly bonding. Also, we conducted our Annual Operation Big Book Bag campaign virtually and because of donations and monetary contributions from Chapter Sorors, our supporters, and community partners we were able to adopt four schools in

the Prince Williams County area and donation school supplies and funds to assist the teachers in getting essential supplies needed for them to have a successful school year. We finalized our 2020 Book Scholarship by awarding 5 young ladies \$600 and 5 young ladies \$100 all who were graduating seniors from Northern Virginia high schools to assist them with continuing their education at the college/university level.

At the print of this newsletter, the Chapter is process of our annual St. Jude campaign to raise money to fight childhood cancer which will culminate with a virtual walk/run. We will host our first virtual International Dance Fitness Tour in October to support our Hattie Mae McDaniel Breast Cancer Awareness program. Lastly, IES is supporting the **"RHock the Vote"** initiative by conducting a voter's registration drive through our **MuchMoreThanAHashTag** partnership with the Beta Alpha Omega Chapter of Iota Phi Theta Fraternity, Inc.

As a Chapter, we look forward to hosting and supporting our upcoming National Programs and Initiatives:

- 98th Founders' Day-November 12, 2020
- 2021 Youth Symposium- March 2021
- Project Reassurance- April 2021
- NER 78th Regional Conference- April 2021
- March For Babies-May 2021

Additionally, in collaboration with our Beacon of Light Foundation, IES is planning to host our 2nd Sigma Havana Nights Soiree to support our Scholarship fund in May 2021. During our Soiree, we be awarding young ladies attending local high schools in Northern Virginia a scholarship to support their future education endeavors. Also, we will be announcing the winners of our 2019-2021 Destination Raffle were the prizes are:

- 1st Place 7 Day Western Caribbean Cruise
- 2nd Place \$500 VISA Gift Card
- 3rd Place \$250 VISA Gift Card

As we continue to serve during the 2020-2021 year, we look forward to continuing to **"Move to the Next Level in Sigma"** and honor our commitment to **Greater Service, Greater Progress!!!!**

Sisterly,

Jackqueline May

Basileus

Contact Us...

Website:

iesigma1922.org

Social Media:

[@iesigma1922](https://www.instagram.com/iesigma1922)



Mailing Address:

Iota Epsilon Sigma Chapter
PO Box 6901
Woodbridge, VA 22195

Sigma Resume

Soror Jackqueline May

Inducted: November 19, 2000
Chapter: Eta Tau Chapter
University of Southern Mississippi

Undergraduate Leadership

2000—2004 Basileus (Eta Tau Chapter)

Graduate Leadership

2018—2022 Basileus (Iota Epsilon Sigma Chapter)

Northeastern Region

Sister Coach (Inaugural Class)
Awards & Achievement Committee
National Association of
Parliamentarians-
Registered
Parliamentarian

WHAT'S HAPPENING?

NORTHERN VIRGINIA ALUMNAE - IOTA EPSILON SIGMA CHAPTER OF SIGMA GAMMA RHO SORORITY, INC.



VIRTUAL ST JUDE'S WALK / RUN

Help End Childhood Cancer

Donate Today!

Cash App: \$IotaEpsilonSigma
PayPal: pr@iesigma1922.org

Virtually walk with us on September 26th by posting your picture with #IESigma1922

St. Jude Children's Research Hospital
MARK - DANNY THOMAS FUND

IESIGMA1922

The Northern Virginia Alumnae - Iota Epsilon Sigma Chapter of Sigma Gamma Rho Sorority, Inc.

Our Instructors

Virtual INTERNATIONAL DANCE FITNESS TOUR

Lucy Bedeau Specialty: Zumba
May Tross Specialty: MixedFit
Lucy Arruffat Specialty: Zumba
Socrates Pierre Specialty: Zumba
Tarif Lee Specialty: Zumba
Soror Virtie Brunson Specialty: Zumba
Travell Jones Specialty: Zumba

OCTOBER 10TH, 2020
1:00 PM to 2:30 PM

In support of the Hattie McDaniel Breast Cancer Awareness Foundation ALL proceeds will be donated to the National Breast Cancer Awareness Event Brite.com

IESHATTIEMCDANIELBREASTCANCERAWARENESS.EVENTBRITE.COM

THE IOTA EPSILON SIGMA CHAPTER OF SIGMA GAMMA RHO SORORITY, INC.
THE BETA ALPHA ONE CHAPTER OF IOTA PHI THETA FRATERNITY, INC.

MUCH MORE THAN A H Presents:

Virtual Meet the Candidates Forum

QASIM RASHID

VA Candidate for Congressional District 1

September 30, 2020 at 7:30 PM

Join us on Facebook Live at www.facebook.com/IESigma1922
A Question & Answer Session will be held!

QASIM RASHID
VA CONGRESSIONAL DISTRICT 1

*This is not an endorsement of this candidate as all candidates have been invited to participate in this forum

SAVE THE DATE!

Saturday September 26
St. Jude's Walk/Run
Virtual
All Day

Wednesday September 30
Meet the Candidates Forum
Virtual
7:30 PM

Saturday October 10
Chapter Meeting
Virtual
11:00 AM

Saturday October 10
International Dance Fitness Tour
Virtual
1:00 PM

Saturday October 24
Area 1 Meeting
Virtual
Time TBA

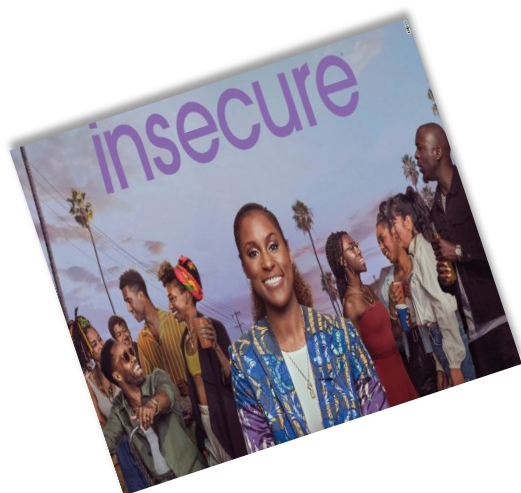
GOLDEN SERVICE HOURS

Sorors! Remember to log your Golden Service Hours any time you complete community service such as Voter Registration, Mask Drop-Offs, or Food Donations.

- Capture your past and present volunteer activities.
- Help the Northeastern Region support the Centennial Community Service Challenge by documenting one million service hours by 2022!

In order to input your hours, please go to <https://www.sgrho1922.org/> and log in to your account.

QUARANTINE ACTIVITIES



When the clock struck midnight signaling the beginning of 2020, no one could imagine that the world would enter a pandemic in just a few short months. Fast forward to March, non-essential workers were being told to telework, grocery stores ran low on toilet paper, water and cleaning supplies and the world was suddenly forced to stay at home to lessen the spread of COVID-19.

While it has been an adjustment, IES has been making the best out of their self-quarantine time by binge watching Netflix, baking, and reading. A few sorors explained their quarantine activities below:

Soror Destinee Moragne: “I’ve watched Insecure, P-Valley, Love & Listings and OZARK. I’ve also read Relational Intelligence, currently reading I’m Still Here: Black Dignity In a World of Whiteness. I’ve rediscovered how much I love walking trails with my mom and making flyers.”

Soror Jackqueline May: “I’ve been watching P-Valley.”

Life Member Zelica Johnson: “My husband and I have made Friday nights our at-home date nights and we’ve been binge watching some shows on Netflix like Love is Blind, Married at First Sight, Tiger King and Street Food Asia/Latin America. I’ve made homemade chicken pot pies, Jamaican beef patties and Homemade Wontons and Homemade Dumplings from scratch. All of these foods were initially intimidating to me. Thank goodness for YouTube. All the recipes turned out great and the family gave me the thumbs up. My next challenge will be to try my hand at making homemade pasta.”



Soror Zainab Kabia: “I’ve binge watched Mind Hunters, The Game, The Mindy Project, Insecure and Dirty John. I finished reading The Color of Law and Children of Blood and Bone and baked chocolate chip banana bread, twice!”

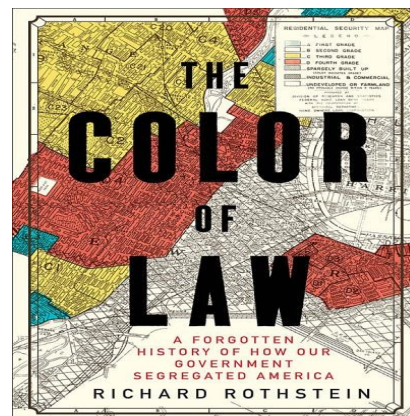
Soror Melissa Lindsey: “I watched P-Valley, Greenleaf, Black Mirror, The 100 and The Good Place. I’ve been enjoying painting and planting in my vegetable garden.”

Soror Dawn Sykes: “I’ve read Kimberla Lawson Roby (Rev. Curtis Black series) Sin of a Woman. The 14th book in a 15 book series. I have a list on 10 I want to read. I also purchased a new sewing machine and made some pillows and curtain tiebacks for a friend. I’m still working on my crafting and gift boxes.”

Soror Taylor Graham: “I watched The Game, How to Get Away with Murder and P-Valley. Since quarantine, I’ve cooked crab cakes, jalapeno cheddar burgers and salmon burgers and they all tasted amazing! I’ve definitely rediscovered my love for cooking, bartending and sleeping!”

Soror Angela Heber: “Quarantine has been a blessing to me. I have grown closer to God, I have developed a routine of reading my Bible and working on my business plan.”

Soror Monique Lilakos: “I’ve been watching Avatar: The Last Airbender with my grandson, as well as the Golden Girls. I have done a lot of reading and writing for my dissertation, which is currently 116 pages. I have been editing it and hope to complete my doctorate soon. I’ve also spent time perusing grants for the Beacon of Light Foundation. I think that is becoming my new hobby!”



IES PAINT NIGHT!

NORTHERN VIRGINIA ALUMNAE
IOTA EPSILON SIGMA CHAPTER
OF SIGMA GAMMA RHO SORORITY, INC.



Virtual Paint Party

FRIDAY, AUGUST 7TH
7:30 PM



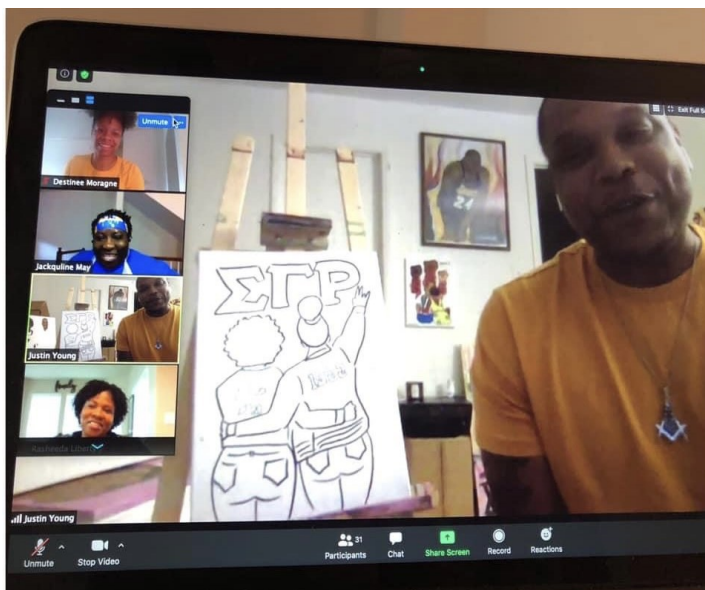
\$15 Attendance Fee | **\$38** Home Paint Kit
Please purchase your kit by July 17th

[HTTPS://IESVIRTUALPAINTPARTY.EVENTBRITE.COM](https://IESVIRTUALPAINTPARTY.EVENTBRITE.COM)

Kits Can Be Purchased At:
<https://www.paintandsipllc.com/product-page/paint-party-home-kit>
Use Code: "SGRHO ZOOM PIC"

   IESIGMA1922

The COVID-19 pandemic forced the entire sorority to think outside of the box and become more creative when wanting to get members together to fellowship and fundraise. This year, IES decided to host a paint party via Justin Q Young from Paint n' Sip LLC. This allowed sorors to gather together online to engage in a virtual paint night with food, laughs and music playing in the background. In attendance, IES was excited to welcome, newly elected International Grand Basileus Rasheeda S. Liberty and First Grand Anti-Basileus Marica Harris. Sorors from various regions and chapters also joined the paint night; including Maria Hendrix from the Eta Omicron Sigma Chapter. Soror Hendrix described the event as "therapeutic" after having a stressful work week. She also expressed that one of her favorite moments was "having our new Madame Grand there with us and seeing her enjoy everything." A few sorors learned how talented they were at painting and some just enjoyed the new experience. Overall, each soror was able to keep their self-painted photos at home and enjoy another night of fellowship with one another.



WELCOME HOME, SORORS!!!

REACTIVATIONS



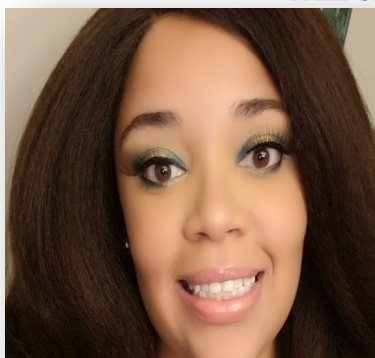
SOROR ANGELA HEBER,
SPRING 12, GAMMA IOTA



SOROR ANDREA JONES,
FALL 01, GAMMA MU



SOROR PAIGE LLOYD,
SUMMER 12, CENTRAL REGION

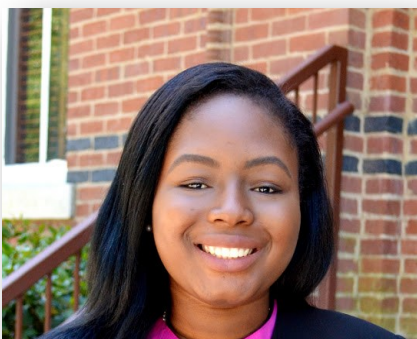


SOROR ADRIENNE BRIDGES,
FALL 09,
IOTA OMICRON SIGMA



SOROR CYNTHIA MALONE,
SPRING 98,
MU OMEGA

TRANSFERS



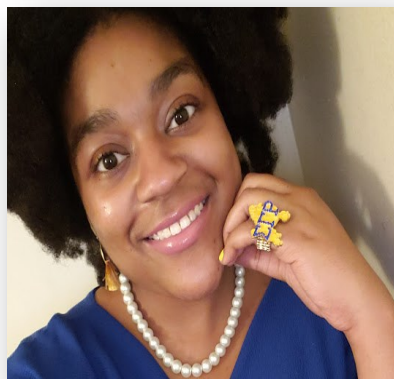
SOROR ZAINAB KABIA, SPRING 18, EPSILON ETA



SOROR SHANTELL TURNER, SPRING 16, DELTA BETA SIGMA



SOROR TAJUANA SMITH, FALL 15, IOTA SIGMA



SOROR JUANITA MORRIS, SPRING 19, THETA RHO SIGMA

FALL SPOTLIGHT— SOROR DAWN SYKES



1. ***Where are you from?***

I was born in Washington DC and raised in Suitland, MD.

2. ***What college did you attend?***

I graduated from Bowie State University.

3. ***What is your career?***

I am a Manager at a non-profit providing free financial education and financial coaching for low to moderate income individuals and families.

4. ***What makes you smile?***

Being with my family and friends make me the most happy.

5. ***What are your hobbies?***

I enjoy reading, crafting, decorating and walking for any good causes.

6. ***When and what chapter did you cross?***

I came into Sigma through IES Fall 2017.

7. ***What made you pursue Sigma Gamma Rho Sorority, Inc. and IES?***

I was introduced to SGRho in Fall of 1987 at BSU. The chapter there wasn't active at the time and me and six of my friends wanted to bring it back and the sorors that came and worked with us made an impression on me that lasted for over thirty years. I wanted Rhoyal Blue and Gold. My group never crossed at BSU, but I still had Sigma in my heart.

8. ***What is your favorite Sigma memory?***

One of many of my favorite Sigma memories was at the 77th Northeastern Regional Conference, in April 2019, that IES hosted. I had the opportunity of having a photo taken with the two sorors that gave me my connection to Sigma Gamma Rho, Inc. Soror Esther V Taylor Mitchell introduced me to Sigma at Bowie State University in 1987 when I was a Gammette. Life Member Soror Tara Tinsley-Pelitere inducted me in Fall 2017 in Iota Epsilon Sigma.

9. ***What would you tell women who are interested in joining the organization and chapter?***

I would tell someone that Sigma Gamma Rho Sorority, Inc. is a wonderful organization for women because its mission and vision for the lives of women, their families, and their communities are still needed. With the state of our country, we can call on the spirit our seven founders, who started this organization in the most difficult times, to continue the work they started and take it to another level. Iota Epsilon Sigma Alumnae chapter is a great chapter to be apart because of the fun we have working and fellowshiping together as sisters. IES is open to let each individual bring their gifts, talents, ideas to live out our motto "Greater Service, Greater Progress."

2020—2022 IES EXECUTIVE BOARD



SOROR JACKQUILINE MAY
BASILEUS



SOROR JASMINE ROBINSON-COOPER
ANTI-BASILEUS



SOROR KIMBALYNN DIENG
GRAMMATEUS



SOROR TAMICA WELLS
TAMIOCHUS



SOROR SHAREEM ANNAN
ANTI-GRAMMATEUS



SOROR DESTINEE MORAGNE
EPISTOLEUS



SOROR KIMBERLY MORGAN
PARLIAMENTARIAN

IES IN THE COMMUNITY



Membership has its privileges...

Σ Leadership and personal development sessions throughout the sorority year

Σ Sisterhood of like-minded, talented and professional ladies who honor the meaning of My Sister's Keeper

Σ Various opportunities to make a difference in the community

Σ By utilizing our online web conferencing solution, you don't have to physically be at the chapter meeting to actively participate

Σ As a chapter, we are very flexible with schedules and various levels of commitment

Σ We offer flexible payment plans including easy online payment options

Interested in reactivating? Would you like to speak with a member of the Membership Committee? Contact Soror Jasmine Robinson-Cooper at: antibasileusiesigma@gmail.com

Sorors, we would love to have you active with IES. We want to help as many people in our communities as possible, and your involvement with IES will help us do just that! We're waiting with open arms!