

THE BEACON

Sigma Gamma Rho Sorority, Inc. - Delta Phi Sigma Alumnae Chapter, Pittsburgh, PA

RHOYAL RECAP

September 2020

Kicking off the dynamically distanced year with the "Big Book Bag Bash", the awesome TeeJay spun the jams for our national initiative Operation Big Book Bag. We raised enough money to help students in need of internet access for virtual schooling.

Sorors Lisa Young and Kalyn Young came to us from the Beta Mu Sigma Chapter in Phoenix, Arizona.

Our Basileus (president), Paulette Davis, began her term as International Parliamentarian for the Sorority!

October 2020

Teaming up with the men of Iota Phi Theta, we hosted "Paint for A Purpose" for St. Jude's Children's Research Hospital.

Later in the month, Our Women's Wellness focused on Breast Cancer Awareness. Our speaker, Yolanda J. Murphy was amazing as usual, sharing her powerful story of diagnosis and survival at a young age.

November 2020

Our week-long Founders Week celebration was all about self-care! Our virtual activities included Yoga & Meditation, mindfulness, Domestic Violence Awareness, art, and Sigma Family Game Night!

December 2020

As we wrapped up 2020, Delta Phi Sigma, more sorors "came home" via reactivation: Tenecia Ross, Trishelle Duke, Courtney

WHAT A YEAR!

Everyone felt the impact of the COVID-19 Pandemic...

Over the course of the year, Sigma Gamma Rho as a body had to truly exemplify the word PIVOT.

Changing all operations to virtual;

coming up with new ways to connect the sisterhood using technologies foreign to many of us until now. As just a small piece of the Sigma puzzle, Delta Phi Sigma, taking cues from our sisters worldwide, found ways to keep the Pittsburgh Area sisterhood connected and busy serving our beloved city. Zoom became our chapter's best friend, and the virtual accessibility gave us a surprise: deeper sense of bonding surfaced. The lack of face-to-face contact, erasing the commute and all the other elements needed to prepare to be together in person, allowed us to "meet" on a more frequent basis.

Virtual cooking classes, workouts, meetings, paint nights, parties, and seminars, Delta Phi Sigma was able to really tap into members' creativity. Through personal triumphs, trials, and loss, we bonded on different levels. In service, we discovered how we can still impact the Pittsburgh Area and expand our reach going forward. Nevertheless, poodles persisted!



January 2021

Kicking off the New Year, our chapter participated in #WearBlueDay to support Human Trafficking Awareness. "Chucks & Pearls" were shown off on January 20th in support of our Sister Greek, Kamala Harris, becoming the 1st. Woman to serve as our nation's Vice President.

February 2021

February was dedicated to our Women's Wellness Initiative with E3 (Educate, Exercise, Eat) for Heart Health. Attendees learned about setting goals for balanced nutrition, worked it out with Zumba, and ended the event with a delicious healthy cooking lesson.

The Sorority became a national partner with Google! #GrowWithGoogle aims to provide 100,000 Black women with digital skills workshops.

March 2021

Local Sorors and Affiliates participated virtually in the Sorority's national Youth Symposium, celebrated Women's History Month, and began raising funds for March of Dimes.

April 2021

Delta Phi Sigma Chapter celebrated its 45th Charter Day, observed Black Maternal Health Week, presented on Human Trafficking with PAAR, and launched the Golden Graduates program.

Our virtual Karaoke party "Sing & Sip" served as a great fundraiser for March of Dimes.

May 2021

May was all about the March for Babies!

June 2021

We wrapped up the year with our final Chapter Meeting and annual Strategic Planning session to prepare for the 2021-2022 Sorority Year and CENTENNIAL!

DYNAMIC DEEDS!

They say it is important to give people their flowers while they can smell them. We want to brag on a few of our chapter sorors who've made awesome strides personally and professionally in this last year.

Eileen Felder & Lorenda Porter

The Pandemic has affected the entire world, and medical professionals have been on the frontlines everyday, treating, protecting, and educating the masses. We salute our chapter sorors for their excellence in nursing during such a difficult time.

Tenecia Ross

Soror Ross became the Human Resources Director for the Mt. Lebanon School District.

Tammy Washington, PhD.

In the face of the COVID-19 Pandemic, she became dedicated to finding ways to stay healthy in the face of the deadly disease. Learning of the benefits the natural superfood sea moss could provide, Dr. Washington couldn't help but share it with everyone she could. "The SMG Lady" was born! Her company is a wellness business focused on the powerful health benefits of Sea Moss Gel.

To learn more about Dr. Washington and her dynamic business, visit www.TheSMGLady.com.

Reverend Lisa Young

Ordained this passed year, Soror Young transferred to Delta Phi Sigma from the Beta Mu Sigma Chapter in Phoenix, Arizona. Her professional background is in corrections and law enforcement.

Soror Young was featured in our Northeastern Region newsletter at the beginning of the year, and is our newly appointed Chapter Chaplain. In her position, Lisa is dedicated to inspiring and counseling the sisters of the Delta Phi Sigma Chapter. She is truly a godsend.

Katrina Knight, PhD.

Dr. Knight is a Bioengineer and Associate Professor at the University of Pittsburgh. She is currently developing technology that revolutionizes treatment for women living with the gynecological condition known as POP: Pelvic Organ Prolapse.

A co-founder and the Chief Engineering Officer of Your Village Is My Village, Incorporated, a 501(c)(3) non-profit organization that aims to positively transform communities through mentoring and the education of at-risk youths.

SAVE THE DATE!

Fall Events At-A-Glance

- **August 18th & September 11th; St. Jude's Events with Iota Phi Theta Fraternity, Inc.**
- **September 25th: Annual St. Jude's Walk/Run**
- **October 30th Women's Wellness: Breast Cancer Awareness Tea**
- **November 8-14th: 2021 FOUNDERS' WEEK**

Event times and details are, will be shared soon!



Have you been away from Sigma for a while and want to reactivate?

Contact us at
dps1922@gmail.com today!

(Dynamic Deeds Cont'd)

Shelly Manns

Soror Manns was not only appointed to the position of Assistant Principal at Woodland Hills High School, she also became a published author! "Realities of Black Women: Dismantling the False Narratives of Black Women In America" is a collaborative effort by Soror Manns and a collective of Black women from different walks of life.

Arriba Walker

Kudos to Soror Walker! In December of 2020, she passed the National Counselor Exam in her first steps to becoming a licensed professional counselor.

Kamari Somers

A recent film graduate from Point Park University, Soror Somers has an impressive resume working on the production crew of films like 2020's Oscar-nominated Ma Rainey's Black Bottom.

AFFILIATE CORNER



This last year, self-care was a major component to coping. The Rhoer Club and Philo Affiliate teamed up for a natural haircare demonstration/chat with the Ward Home For Girls. Our youth group did an excellent job with their candle fundraiser that was used to purchase custom haircare items to be curated and crafted with love by Philo Deainna Fitzgerald of Dee's Beauty Bar in Wilkinsburg.

The Philo Affiliate, under the leadership of Soror Sheena Hancock and their president Philo Alexis Barlow, also conducted two wonderful events! February brought on Project Cradle Care. In this effort, the Philos connected with local expecting and new mothers. Speakers on self-soothing and breathing exercises presented to the ladies, and a gift was given to all who attended.

In May, BeautyCon was educational and fun! Philos Sasha Tyler and Deainna Fitzgerald flexed their beauty pro muscles and teaching abilities as they led beginner and advanced classes in makeup.

If you are interested in joining or learning more about our affiliate groups, please visit our website at www.PittsburghSGRhos.com.