



Winter 2022 Issue

## From the Desk of Our Basileus

Greetings Sorors,

Happy New Year!!!! Our Centennial Year!!! The Year of the Poodle!!!

As we all look forward to our Centennial celebration in July and our Founder's Day Weekend in November in Indianapolis, IN the goal for our Chapter is STILL to honor our Legacy and celebrate our Sisterhood. We are continuing to navigate our way through this global pandemic as we remain committed to keeping the SAFETY and WELL-BEING of everyone as our TOP PRIORITY as we serve our community!!! This part of the Sorority year we will implement programs and projects for the following National Essential Programs and Partnerships:

January: Human Trafficking Awareness & Project Cradle Care-March of Dimes

February: National Wear Red Day-American Heart Association

March: Youth Symposium & Centennial Day on the Hill

April: Women Development & Empowerment Day & Denim Day for Domestic Violence

May: March For Babies-March of Dimes

Lastly, this year will be marking the end of my tenure as the Basileus of THE Iota Epsilon Sigma Chapter of Sigma Gamma Rho Sorority, Inc. Therefore, as I begin to wrap-up my term and prepare to transition our Chapter into new leadership I am will still remain diligent and committed to creating FIRSTS for our Chapter as it relates to chapter operations, our R3 initiatives (Recruitment, Reactivation, and Retention) and community service.

As always, I challenge each of you my Sorors to continue to service in the spirit of excellence and honor your commitment to Sigma Gamma Rho Sorority, Inc, motto of "Greater Service, Greater Progress!!!"

Sisterly,  
Jackqueline May  
Centennial Basileus



Iota Epsilon Sigma Chapter

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#IESigma1922



IESigma1922.org

Iota Epsilon Sigma Chapter of  
Sigma Gamma Rho Sorority, Inc.

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## Considering a 2022 Career Move?

The COVID-19 pandemic has caused a major shift in how both businesses and employees approach work. Employees concerned about their health and well-being, financial security, and future are re-evaluating their career goals. According to the Bureau of Labor Statistics, as of November 2021, approximately 4.5 million people resigned since the pandemic started. On the other hand, organizations have restructured their business models to compensate for these staffing shortages.

Whether you are seeking career progression or looking to make a career change, keep these things in mind:

**KNOW WHAT YOU WANT** - Be honest with yourself about what your negotiables and non-negotiables are so you can target your search to opportunities that align with your professional goals and personal needs and wants. Also, remember while compensation and benefits are important you should also consider flexibility, work-life balance, culture of the organization, and your mental health and well-being.

**HAVE A PLAN** - The next step would be to generate a strategy. A job search strategy will help you stay organized, increase efficiency, and increase your chances of landing your dream job. Your strategy should include researching organizations and job opportunities, networking meetings, creating or updating your LinkedIn Profile, and pursuing certifications and training opportunities.

**WORK YOUR PLAN** - Develop a portfolio to include professional marketing materials to advertise your key skills, work experience, education, and value you bring to the organization. The main content of your portfolio should include, a resume, cover letter, and list of 3 professional references.

**MARKET YOURSELF** - Your resume will be your main marketing tool and requires considerable time, attention, and thought. Your resume should be brief 1-2 pages, an outline-style format with headings, the content should be relevant and tell your professional story, and should convey a brief description of your job and highlight your accomplishments.

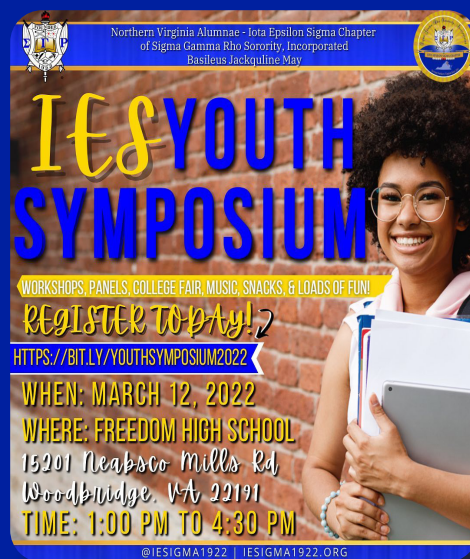
**TAP INTO YOUR NETWORKS** - Use LinkedIn to highlight your expertise and transferable skills aligned to your job or career target. Connect with individuals from organizations you are interested in pursuing to find out more about the organization and learn about opportunities.

Contributed by: Soror Shareem Annan

## Save The Date...

**February Chapter Meeting**  
Sat., February 12, 2022  
VIRTUAL MEETING

**March Chapter Meeting**  
Sat., March 5, 2022  
VIRTUAL MEETING



**April Chapter Meeting**  
Sat., April 9, 2022  
VIRTUAL MEETING

**80th NER Conference**  
Fri - Sun., April 22-24, 2022  
VIRTUAL







# RHOD TO CENTENNIAL

## GIRL, GET YOUR MONEY RIGHT!

Have you been saving for Centennial? Not yet? No matter your plans, celebrating in Indianapolis or staying local...here are some tips to help you think about staying healthy financially and get the most out of celebrating this amazing milestone...

**Avoid Funding Boule with Credit** - Unless you have planned appropriately, do not use high-interest credit cards to fund your participation. A combination of high interest and low monthly payments could leave you paying 2-3X the amount you charged in the first place. If you are so indebted that you cannot pay your dues for 2022, that will hurt the organization far worse.

**Set a Savings Goal** - Some Sorors have been squirreling money away in their mattresses and piggy banks for a while. But if you haven't, there is still time. Create a goal and use tools like direct deposit and automatic withdrawals to pay yourself. These tools ensure the money is set aside without any additional effort from

you and if it goes to an account you do not monitor regularly, you can set it and forget it.

### Cancel Subscriptions and Negotiate Plans –

Companies are always offering special promotions and sometimes all you have to do is ask...They will look for a plan that might be less expensive and you can save the difference. It's always an option to cancel magazine and streaming services you use rarely.

**Celebrate Within Your Means** – While it might be tempting to register for every event, prioritize the ones you are most interested in. Some of the most memorable parts of any celebration is the time spent reminiscing and spending time with others. So, invite a Soror for a walk, join a group at lunch, have coffee with a Philo or Rhoer and take in all the sisterhood around you... because you're making priceless memories, at no cost.

Contributed by: Life Member Joy Taylor

## LEVERAGING TOOLS & SERVICES AT YOUR BANK

In addition to traditional banking services banks also provide other services, at no cost, to help their members with their financial goals. Take advantage of all the benefits your bank provides; after all you've earned it! Common tools and services include:

**Virtual Wallet:** Through the mobile app available at your bank, you can track your spending habits, sign up for bill pay and sign up for alerts (overdraft, fraud, etc.)

**Account Review:** Similar to the Virtual Wallet except you can work directly with a member of your financial

institution to understand your financial activity and learn of additional services available to you as a their client. Services might include low interest loans, over draft protection, etc.

### Additional FREE Resources:

- [Credit Karma](#) offers free credit scores and reports and tips for improving your credit
- [Annual Credit Report](#) - Free credit report, annually, from the 3 main reporting agencies

Contributed by: Soror Melissa Lindsay



# Sisterhood, Scholarship & Service



**GREATER SERVICE,  
GREATER PROGRESS**

Supporting the Food4Thought program



Participating in Quantico's  
Wreaths Across America



Holiday fellowship and  
gift exchange



Highway Clean Up



IES winning the  
attendance prize  
at the 2021  
NPHC  
Jingle Mingle



Participating  
in the Dumfries  
Holiday Parade



Celebrating Founders' Day



Hosting dinner at S.E.R.V.E.



Bell Ringers for the Salvation Army



Receiving a Founders' Day  
Proclamation from the Town of  
Dumfries, VA



Participating in the First Baptist  
Church of Vienna  
Trunk or Treat event



Donating over \$500 worth of  
toys for to Toys for Tots for  
distribution in NOVA



# Welcome Home Sorors



**Soror  
Reem Ali**



**Soror Irish  
Curry**



**Soror Kimberly  
Jones**



**Soror Hanan  
Kourtu**



**Soror Pamela  
Martin**



**Soror LaDonna  
Walters**

## Kudos to...

Soror Blunt for completing her who MS in Clinical Mental Health Counseling.

Melissa Lindsay as she marks her one year anniversary with her employer.

Life Member Johnson who recently launched a new business as a Travel Agent.

Soror Gaston for starting a new position with a staffing agency.

## Membership has its privileges...

Reactivating with IES offers many benefits including:

- 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

IES understands that it is challenging balancing life so we offer multiple ways to make it easier:

- Σ By utilizing our online web conferencing solution, you don't have to physically be at the chapter meeting in order to actively participate
- Σ As a chapter, we are very flexible with schedules and various levels of commitment
- Σ We offer flexible payments plans including easy online payment options

Interested in reactivating? Would you like to speak with a member of our Membership Committee? Contact Soror Jasmine Robinson-Cooper at: [jasmine.robinson22@gmail.com](mailto:jasmine.robinson22@gmail.com) or [membership@iesigma1922.org](http://membership@iesigma1922.org).

**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!**