



LAS VEGAS ALUMNAE CHAPTER

SIGMA GAMMA RHO SORORITY INC.

RHOYAL *Dispatch*

**MARCH 2021
ETA CHI SIGMA
CHAPTER
VOL. 3**



**FOR YOUR MOST RECENT
UPDATES ON SIGMA GAMMA RHO
SORORITY INC.
ETA CHI SIGMA
LAS VEGAS ALUMNAE CHAPTER**

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By Tomisha Price–Brock, PhD, February, 2021

Plan It Out

What is your dream job? What are your interests and hobbies? What can you see yourself doing for the next 20 or 30 years? Knowing the answers to these questions will help you adequately prepare for college. This is a conversation that you should have not only with yourself, but with your family and your guidance counselor. Here are some tips to help you navigate life after high school:

Keep a Journal or List : Make a list of all of the careers that interest you. Once you complete your list, highlight or place a star or asterisk next to those that are really appealing to you. After narrowing down your list to the most interesting careers, do your research! Once you have completed your research, narrow down your list to your top 3 choices: Your main plan, your backup plan, and your backup to the backup plan.

Conduct a College Search: Now that you have figured out your career goal, it's time to have some fun and identify which college or university will provide you with the best opportunity to reach your goal. Think of your college search as a "scavenger hunt," with the opportunity to uncover an amazing treasure at the end of your hunt. Before you begin your "scavenger hunt," you will need to answer three important questions: 1) Do I want to attend college in-state or out-of-state? 2) Do I want to attend a 2-year or 4-year institution? 3) Do I want to attend a public or private institution? Identify colleges and universities that meet the criteria you established with your answers, and offer the majors you are interested in. Once you have identified these institutions, do your research! Visit their websites to learn about their campuses, academic departments and your desired degree program, and about student life. Contact their office of admissions, and the departments that house your desired major, and request additional information. Request information regarding scholarship and grant opportunities. If you are interested in music, request information pertaining to audition requirements and placement examinations. If you are an athlete interested in playing sports in college, speak with the Athletics Department to request information related to the sports programs offered at their institution, and requirements for tryouts and scholarships.

Apply: It is time to narrow down your list and apply. I encourage you to take advantage of the Free College Application Week, and submit your application to the top colleges on your list during that week. If you don't want to apply to all of the schools on your list, I would encourage you to at least apply to 3-5 separate schools (don't put all of your eggs in one basket). Before clicking submit, double check your application for errors or omissions. Once you submit your application, document it in your journal.

Next Steps

Complete the FAFSA. After submitting your application, be sure to complete the FAFSA (Free Application for Federal Student Aid; www.studentaid.gov). This application is important for eligibility to receive federal financial aid in the form of scholarships, grants, or fellowships. The FAFSA application will require your parents to submit information about their taxes and income, so they will need to assist you with the application. In addition to submitting your FAFSA, take the SAT or ACT if you haven't done so prior to submitting your college application.

Apply for scholarships. Research local, regional, state, national, and institution specific scholarships, and apply. You can copy and paste the same personal statement to save you some time. Keep a log in your journal of the scholarships you apply for. If you are offered a scholarship, check it off in your journal, and be sure to save your award letter.

I got accepted; what next? Congratulations! Once you've been accepted, it is now time to shift your attention to completing the necessary paperwork and tasks to prepare for freshman year. Confirm your attendance and intent to enroll; complete your medical and financial aid forms; register for orientation; secure housing; pay any necessary fees; and contact your assigned advisor to discuss any requirements your department may have for incoming students. Be sure to give a copy of your acceptance letter to your guidance counselor, and feel free to share the good news with your support group and community (your church, the local newspaper, youth organizations, etc.). Then, sit back and relax; you did it!

Say Thank You! Whether you receive an acceptance letter or a rejection letter, be sure to follow up with each institution or scholarship committee, thanking them for considering you as a candidate. Kindness goes a long way.

Final Word

Your success with college preparation is based on how informed you are, and how organized you are. Don't be afraid to ask questions or to ask for assistance. Selecting your college and major is one of the most important decisions you will make as you transition from an adolescent to adulthood. Set your goals, and aim high!

- Dr. Tomisha Price-Brock is the Owner & Professional Development Specialist at Prodigious Music Concepts, LLC. She is also a music educator with the Clark County School District



MEET OUR RHOERS



THE RHOER CLUB IS AN AFFILIATE OF SIGMA GAMMA RHO SORORITY, INC. THE RHOER CLUB CONSISTS OF A DIVERSE GROUP OF YOUNG LADIES BETWEEN THE AGES OF TWELVE AND EIGHTEEN WHO DEMONSTRATE HIGH SCHOLASTIC STANDARDS. RHOER CLUBS ARE ORGANIZED, MAINTAINED, AND SPONSORED BY LOCAL GRADUATE CHAPTERS WITHIN EACH OF THE GEOGRAPHICAL REGIONS OF THE SORORITY.

THE PROGRAM CONSISTS OF TRAINING AND GUIDANCE IN EDUCATION, COMMUNITY SERVICE, VOCATION, FINE ARTS, AND SOCIAL AFFAIRS. THE PROGRAM ALSO PROVIDES THE YOUNG WOMEN WITH THE ENERGY, SUPPORT, COMMITMENT, AND ENCOURAGEMENT OF THE SORORS OF SIGMA GAMMA RHO SORORITY, INC. TO HELP THEM DEVELOP AND SUCCEED IN THEIR LIFE'S ENDEAVORS.

SIGMA GAMMA RHO SORORITY FURTHER SEEKS TO INSPIRE, ENCOURAGE, AND CHALLENGE RHOERS TO ADVANCE THEMSELVES IN TERMS OF THEIR TALENTS AND FUTURE CAREERS. THE SORORITY ALSO STRIVES TO ASSIST RHOERS IN DEVELOPING POSITIVE, EFFECTIVE, AND HEALTHY ATTITUDES TOWARDS LIFE AND SOCIETY.

THE RHOERS

~NYAH~

SHE HAS BEEN A PART OF THE RHOER CLUB FOR 2.5 YEARS AND HER HOBBIES ARE VOLLEYBALL, PAINTING AND FASHION. SHE ENJOYS BEING A PART OF THE RHOER CLUB BECAUSE IT ALLOWS HER TO GROW AND BE A PART OF A SISTERHOOD AND IT TEACHES HER HOW TO BECOME A SUCCESSFUL WOMAN. AS THE PRESIDENT OF THE RHOER CLUB THIS YEAR, HER GOALS ARE TO HAVE THE GIRLS BECOME CLOSER AND BE MORE OPEN WITH ONE ANOTHER, AND TO HELP THE GIRLS FEEL CONFIDENT WHILE DEALING WITH DISTANCE LEARNING DURING COVID.

~KEIRRA~

SHE HAS BEEN IN THE RHOER CLUB FOR 3 YEARS AND HER HOBBIES ARE SHOPPING, MAKE-UP AND HANGING OUT WITH FRIENDS. SHE ENJOYED BEING A PART OF THE RHOER CLUB BECAUSE SHE LEARNS HOW TO BE RESPONSIBLE AND CAN BE GUIDED DOWN THE RIGHT PATH BY HER ADVISORS AND HER SISTERS. SHE ALSO LOVES THAT SHE CAN TALK ABOUT ANYTHING AND GET GOOD ADVICE AND SHE CAN TRUST HER GROUP.

~ANIYAH~

SHE HAS BEEN A PART OF THE RHOER CLUB FOR 2 YEARS HER HOBBIES INCLUDE DRAWING, ART AND SPENDING TIME WITH HER FAMILY. SHE ENJOYS BEING A PART OF THE RHOER CLUB BECAUSE SHE CAN SPEND TIME WITH HER FRIENDS, BE RESPONSIBLE AND LEARN HOW TO PREPARE FOR A SUCCESSFUL FUTURE.

~CHANIAH~

SHE HAS BEEN IN THE RHOER CLUB FOR 1 YEAR AND HER HOBBIES INCLUDE PLAYING SOCCER AND SEWING. SHE ENJOYS BEING A PART OF THE RHOER CLUB BECAUSE SHE CAN CONNECT WITH PEOPLE, DO COMMUNITY SERVICE AND SHE IS A PART OF A GROUP THAT CAN ESSENTIALLY HELP HER PREPARE FOR HER FUTURE.

JISELLE

SHE HAS BEEN IN THE RHOER CLUB FOR 2 YEARS AND HER HOBBIES INCLUDE HANGING OUT WITH HER FRIENDS AND SHOPPING. SHE ENJOYS BEING A PART OF THE RHOER CLUB BECAUSE SHE CAN BE CLOSE WITH HER SISTERS, LAUGH AND HAVE FUN WHILE STILL LEARNING HOW TO BE BETTER IN HER LIFE.

FOR MORE INFORMATION ABOUT OUR RHOER AFFILIATE PLEASE
EMAIL ECSRHOERCLUBLV@GMAIL.COM

Distance Learning

Distance Learning: You're Not Doing it Alone! By Soror Gale Rivarde

Ladies and Gentlemen, please lend me your ears! Who would have thought that we'd be doing this new invention called, "distance learning" in the year 2020? Not me! Nonetheless, here we are. May I let you in on a little secret? It's not easy for us educators either. Hi, my name is Gale Rivarde and I'm a Fifth Grade Teacher at Dean Allen. I've taught everything from Pre-K 3 to college. But this distance learning has me saying, "Whoa!" I'm normally used to being "in" the class with my students, laughing, dancing, singing, and cooking for them! Yes, I'm "that" teacher! One of the ones who still has students from years ago who keep in touch with me because we've formed that tight of a bond. Not only because I've taught them what they needed to know to pass tests given by the district and myself, but because I listen to them not only when they say, "Mrs. Rivarde, I don't get it!", but also when they've said, "Mrs, Rivarde, can we talk?" I've been "that" teacher since 1991. I'm still that teacher as we tetter into 2021. I'd like to be "that" teacher to help you as well, with this new frontier of distance learning. On behalf of all teachers, please," lend me your ears"! (I was an English Major in college, so I tend to use a lot of quotes!) There are five "truths" about distance learning, from the teacher's perspective, I'd like you to consider: First and foremost, this is all new to us as well. Some educators are literally scared because they're not used to having to be 100% dependent upon the computer. We're more "comfy" being in the class with you and having the ability to look over your shoulder and see that you understand the concept or if you're struggling with it. We would love nothing more than being your support in the classroom. But right now, we can't be. That hurts us more than you could possibly imagine. Ladies and Gentlemen, the profession of being an educator is a job that comes from the heart. We love working with you and being your biggest cheerleader! Please know and keep in mind, just like you think it sucks to not be in the classroom, we feel the exact same way. Please take that into consideration the next time you're sitting at your laptop/computer in class. Your teacher would rather have class, in the literal classroom.

Second, when you're in the classroom, please consider turning on the camera? It's our way of feeling like even though we're not in the classroom, we're still "connected". We're more used to looking into your eyes and having the ability to gage if we can say within ourselves, "Yes! They understand the concept!" or, "Opppps, it's over their heads, let me teach it again!". When you have your camera off, we feel "disconnected" from you. We honestly sometimes feel as if we're trying to reach out to you to make sure you're "good" by having the camera on. But when you have the camera off, we honestly feel rejected. Now, allow me to clarify...if you don't feel "comfy" with having the camera on, for whatever reason that's personal to you, do us a tiny favor...give us a "head's up". Send us an email and let us know that you ARE in class, but for your own personal reasons, you feel more comfortable with the camera off. That lets us know that we have indeed made the connection with you that's so important to us. We're honestly here for you and with you.

Third, is still the same as it was in school. If you don't understand a concept that we're trying to teach you, please, say so. This may be distance learning/teaching, but we're still here for you. Yes, there seems to be more we have to teach and that's because we do. We have to do double duty, ladies and gentlemen. We have to go backwards and forwards at the same time. We have to teach you skills that Covid-19 took from you that you weren't exposed to in your previous school year, AND, we have to teach you skills you need now and will for the next school year. I know, it's a lot. But we need you to be brave not only for yourself, but for your other classmates as well! Maybe, hang back while everyone else is leaving the meet and tell your teacher that you need help. If that doesn't feel good for you to do, then email your teacher and tell them in detail what you don't understand. It's ok! That's why we're here! We LOVE helping to bring wisdom, knowledge, and understanding to you. Please, don't be afraid to reach out to us if you don't understand something. This leads me to my fourth point, classwork.

Lastly, realize that teachers are human, just like you. We may not be as technologically savvy as you are, but, we're trying. If your teacher is struggling with presenting a screen, be kind and volunteer to do it on their behalf! We need help sometimes and would be so grateful for it! Waiting until the last minute to turn in an assignment that's been given way ahead of time is unfair to us, if it can be helped. Ladies and Gentlemen, we have lives too, just like you. When you "log off", you may have the opportunity to go and talk with your friends, go take a walk outside and get some fresh air, or go take a nap! We love naps just as much as you do! When you log off, the day doesn't end for us. We have families to take care of. Some of us have classes and our own homework to do because we're still in school as well. We have classwork to check. Literally ladies and gentlemen, our days are long. But we do it because we love you. We do it because you're important to us. We do it because we want to see you reach every single dream your heart inspires. Meet us halfway, please? When you see us "struggling" realize that we're all in this, together. I hope these "tips" help you to feel more comfortable about distance learning and give you the ability to breathe a sigh of relief. "My teacher understands me and knows "the struggle is real"!" How about you take a moment to go and write to your teacher? You'd be surprised , they just may have been waiting on you to open the door and say, "C'mon in!"



Camp Anytown is a faith-based program, under the umbrella of the United Religions Initiative, that focuses on bridging gaps in our community. They work directly with the future, our youth, to expose them to the opportunity to understand and work with a diverse community. They feel that if children are expected to one day make decisions about our community and represent our diverse culture then they should have the knowledge and understand about the diverseness of where we live.

Through their various activities, they hope that our young people will increase their self-esteem, and gain mutual respect for those of various cultures, abilities, and religious backgrounds. Their goal driven camps have a specific focus. They hope to help children to learn about prejudice and discrimination and how it impacts those in the community. They look to nurture ones outlook and understanding of who they are and take pride in their difference and how that can benefit our multi-cultural community. They want to foster encouragement of various differences among our community and showcase how these differences can strengthen our community. They also find value in cultivating leadership skills that will assist in participation in our democratic society.

Through a 3-day camp, young people are guided through various activities to help them embrace these important skills. Children spend time at a campsite surrounded by nature and participate in activities that help them acknowledge and appreciate the differences in themselves.

For more information about Camp Anytown Las Vegas:

**info@campanytownlasvegas.org
(702) 722-8517
@anytownlasvegas**

Soror Rashonda Shuck



MEMBER OF SIGMA GAMMA RHO
SORORITY INC.

Joined April 14, 2001 through the Nu Eta chapter on the
campus of UNLV

Occupation:

16yrs employed at
the Clark County
District Attorney:
Family Support
Division.

Currently a Senior
Family Support
Specialist and
Chairwoman of the
Employee
Appreciation
Committee

Previous events/Major Projects

Co-Creator of
Annual Bowling
Tournament
Co-Creator of
former Scholarship &
Awards Luncheon

Undergraduate accomplishment:

President,Vice-President,
Outstanding NPHC
President

~ Mother is a Philo ~

Graduate accomplishments:

President, Vice-President,
Financial Secretary,
Treasurer, Philo Advisor,
Sergeant of Arms (current),
WR Nomination Chair, WR
Vendor Chair, and Area
Coordinator

Future Goals

To continue my growth in the DA's office

Help grow and promote the name of SGR, ECS in Nevada, the Western
Region, and across the nation

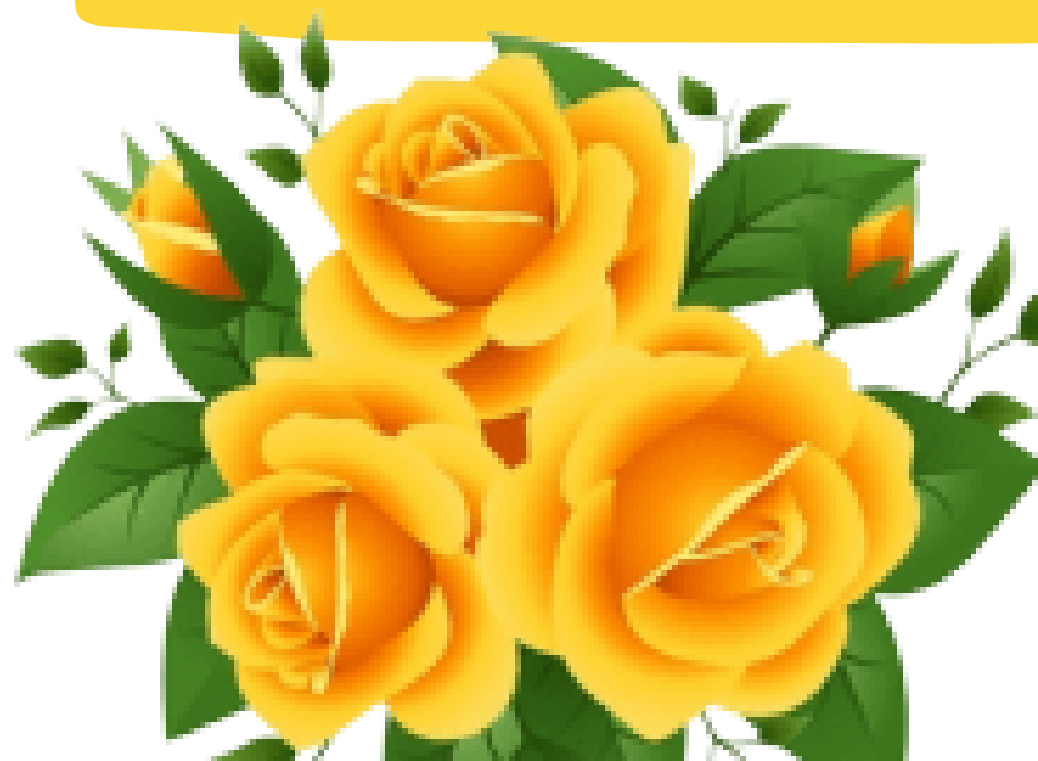
Serve on regional & international committees

Serve the local LV community (raising money for local non-profit
organizations, educating the youth, feeding the homeless, etc)

Daughter to become a Rhoer Spring 2021

Motivations

My children, family, & Sorors
the constant need to help those who are less fortunate than myself both
physically or financially



Virtual Cooking Class with Chef Lynne

HIGHLIGHTS



Chemo Care Packages created for women going through breast cancer treatment



Food donation to the National Partnership for Homeless Youth (NPHY)





February 1, 2021 marked the beginning of the 81st session of the Nevada Legislature. Hundreds of bills will not only be discussed but voted upon by our bicameral legislature leading to updates in our laws and potentially our way of life. Are you informed? There are many ways to participate in this session and stay up to date on how our community will be affected. Here are just a few:

FOLLOW THE LEGISLATURE

The Nevada Legislature will consider hundreds of bills over the course of the session which ends in May. There are multiple hearings per day. Get to know your way around the Nevada Electronic Legislative Information System (NELIS) to find information on bills, committee hearings, and more.

FIND YOUR LEGISLATORS

Since the Nevada Legislature is a bicameral one, it is set up much like our federal government which means we have many representatives working on our behalf in Carson City. Our elected state senators and assemblypersons will be making impactful decisions for all of our districts. It's important to know your representatives and how to contact them.

REGISTER TO PARTICIPATE

Can't make it to Carson City? No worries! We are able to virtually participate in this year's legislative session in the following ways: register to participate in committee meetings, provide oral or written testimony regarding proposed bills or even submit written opinions on proposals directly to your legislator. (And trust me, they and their staff read them). Learn more about the standing committees, proposed bills, and more on the NELIS website.

For training and additional in-depth coverage regarding participating in this year's session, join me by visiting the ACLU of Nevada.

<https://www.aclunv.org/en/news/participating-2021-nevada-legislature>

Submitted by Soror Zarinah Washington, Social Action Chair (ECS)



HOW CAN I PROTECT MYSELF

AGAINST COVID-19?

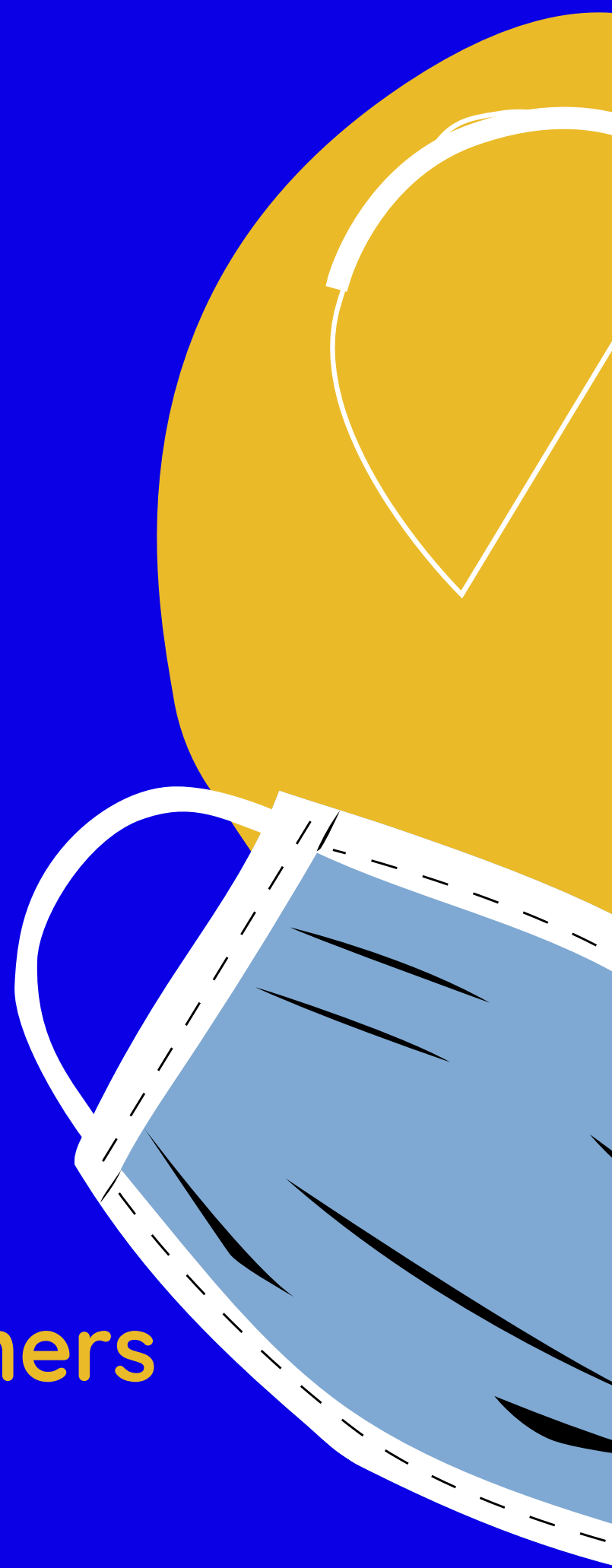
Wash your hands frequently

Avoid touching your eyes, nose,
and mouth

Avoid crowded places and put
space between yourself and others

Cough or sneeze into your
bent elbow or a tissue

If you have fever, cough, or
difficulty breathing, seek care
early. Call beforehand and follow
medical advice.



MARCH 2021

S	M	T	W	T	F	S
	1 1ST DAY OF WOMENS HISTORY MONTH	2	3	4	5	6
7	8	9	10	11 AKA FAR WEST PROVENCE CONFERENCE	12 AKA FAR WEST PROVENCE CONFERENCE	13 AKA FAR WEST PROVENCE CONFERENCE
14 SGRHO YOUTH SYMPOSIUM AKA FAR WEST PROVENCE CONFERENCE DAY LIGHT SAVINGS	15 BIG BOOK BAG BOOK DONATION BEGINS	16	17 ST. PATRICK'S DAY	18	19	20
21	22	23	24	25 KAPPA ALPHA PSI WESTERN CONFERENCE	26 KAPPA ALPHA PSI WESTERN CONFERENCE	27 KAPPA ALPHA PSI WESTERN CONFERENCE
28 KAPPA ALPHA PSI WESTERN CONFERENCE	29 KAPPA ALPHA PSI WESTERN CONFERENCE	30	31			

UPCOMING EVENTS

MARCH : KAPPA APLHA PSI POKER TOURNAMENT

MARCH: OMEGA PSI PHI - YOUTH AND JUSTICE PROGRAM

MARCH: AKA EMERALD BALL

*THE ABOVE LISTED UPCOMING EVENTS WILL HAVE CONFIRMED DATES FROM EACH PROSPECTIVE FRATERNITY AND SORORITY.

Pretty Poodle



DID YOU KNOW?



Cathay Williams became the first African American female to enlist and serve in the United States Army. Born to an enslaved mother and a free father in Independence, Missouri in 1844. During her adolescence, she worked as a house slave on the Johnson plantation on the outskirts of Jefferson City, Missouri.

In 1861, Union forces occupied Jefferson City during the early stages of the Civil War. It was then that she disguised herself as a man for over three(3) years to serve in the U.S. Army after the Civil War in 1866. She went by the name of William Cathay while enlisted.

Over 400 women posed as male soldiers during the Civil War, most enlisted with their husbands, brothers or other family members, however, it is unknown if any other women served in the military during the Indian Wars like Cathay Williams.

"DON'T QUIT."

WHEN THINGS GO WRONG, AS THEY SOMETIMES WILL,
WHEN THE ROAD YOU'RE TRUDGING SEEMS ALL UPHILL,
WHEN THE FUNDS ARE LOW AND THE DEBTS ARE HIGH,
AND YOU WANT TO SMILE, BUT YOU HAVE TO SIGH,
WHEN CARE IS PRESSING YOU DOWN A BIT,
REST, IF YOU MUST, BUT DON'T YOU QUIT.

LIFE IS QUEER WITH ITS TWISTS AND TURNS,
AS EVERY ONE OF US SOMETIMES LEARNS,
AND MANY A FAILURE TURNS ABOUT,
WHEN THEY MIGHT HAVE WON HAD THEY STUCK IT OUT;
DON'T GIVE UP THOUGH THE PACE SEEMS SLOW—
YOU MAY SUCCEED WITH ANOTHER BLOW.

OFTEN THE GOAL IS NEARER THAN
IT SEEMS TO A FAINT AND FALTERING HUMAN,
OFTEN THE STRUGGLER HAS GIVEN UP,
WHEN THEY MIGHT HAVE CAPTURED THE VICTOR'S CUP,
AND THEY LEARNED TOO LATE WHEN THE NIGHT SLIPPED DOWN,
HOW CLOSE THEY WERE TO THE GOLDEN CROWN.

SUCCESS IS FAILURE TURNED INSIDE OUT—
THE SILVER TINT OF THE CLOUDS OF DOUBT,
AND YOU NEVER CAN TELL HOW CLOSE YOU ARE,
IT MAY BE NEAR WHEN IT SEEMS SO FAR,
SO STICK TO THE FIGHT WHEN YOU'RE HARDEST HIT—
IT'S WHEN THINGS SEEM WORST THAT YOU MUSTN'T QUIT.

- AUTHOR UNKNOWN.



SENDING ALL OF OUR LOVE, SUPPORT, AND DEEPEST CONDOLENCES.

THE LADIES OF THE ETA CHI SIGMA CHAPTER OF
SIGMA GAMMA RHO SORORITY INC.