



## ALPHA GAMMA DELTA

• *International Reunion Day* •

*The following speech was written by Tega Orhorhoro–Alpha Pi, Wayne State University. You may recognize the joyful motivation from her alter-ego, Auntie Tega, who has racked up millions of TikTok followers. Tega joined Alpha Gam in 2015 and graduated in 2019. Her name is pronounced “Tay-ga Oh-row-row-row.”*

I think we can all agree, 2020 was surreal- a year of grief, a dumpster fire. At times, it was exhausting, chaotic and heartbreaking. As strong as those words are, they are nothing like words to describe the power of great sisterhood—the sisterhood we have in Alpha Gamma Delta.

In 2020, we learned this sisterhood allows us to connect—even when we cannot see each other face-to-face, when we can’t hug each other or be physically present in each other’s lives. This sisterhood provides us the power to push past barriers and to keep building friendships and special unbreakable bonds that transcend time and place.

Last year—one many spent mostly in isolation—caused many of us to reach out, not just within our Alpha Gam world, but to others in our local communities, other states and the rest of the world in ways we never thought possible. Online book clubs, happy hours or movie nights over Zoom, virtual conferences—even online therapy appointments—allowed us to connect on a virtual level. It helped us realize how much we need our people.

At the collegiate level, members rose to the challenge, adapted and even thrived while making new connections and bringing new women into our circle of sisterhood. Virtual recruitment—in many cases—led to much more meaningful conversations and interactions.

“To cherish friendships with the chosen few and study the perfecting of those friendships” is one of my favorite lines of the Purpose. I came to value this line even more in 2020. Even as an alumna, 2020 reminded me the many ways my sisters mean so much to me. It became clearer to me that my chosen few were my Alpha Gam sisters. They reminded me that I am not alone in hard times. They comforted me when I was sad and calmed me down when I was angry. My Alpha Gam sisters kept me grounded as my life changed for the better. As the virus continues to devastate our community, isolation continues to challenge many of us and anti-racist work becomes even more pressing for the Black community, they remind me that I'm not alone.

Some of you may know my story, but—for those who don't—I recently became “internet famous.” When my state went on lockdown last spring, I downloaded the Tik-Tok app. I started making reaction videos to bring a bit of humor and joy to my friends and family. I wanted to give them a break from all the chaos going on in the world. As several of my videos began to go viral, I learned they were making many people happy.

On September 29, 2020, I made a [video](#) that not only changed my life but—as I later came to learn—changed the lives of people all around the world.

“Continue” was the main message of that video. It is a word I tell myself when I am down and need to encourage myself to move forward. It is also the message I tell my friends when they need encouragement. The video has connected me to the world and helped me learn my purpose. It not only made an impact on my life, but in the lives of others.

People began to repost the video to their social media—including celebrities like Viola Davis and Jennifer Garner—and it gained the attention of morning TV shows and other media outlets. Suddenly, there was a lot of attention on me that I was not used to.

My Alpha Gam sisters had my back once again. Not only my chapter sisters, but women I'd never even met began supporting me because of our connection with Alpha Gamma Delta. These sisters have kept me grounded and helped me navigate the resulting changes in my life.

I hope that, like for me, 2020 has helped you approach relationships differently. I appreciate and value the relationships I have with our Alpha Gam sisters so much more than ever before.

Our sisters connect us to what is really important. Cherishing friendships, valuing kindness, joyfully serving our communities and connecting with others around us is the real foundation of our sisterhood.

As we continue to navigate 2021 and the years to come, remember to keep your sisters close. Take them on every adventure. Appreciate the changes that life may bring your way. Don't be scared to face everything head-on. Continue.