



Tau Eta Zeta Times



And the Award Goes to...

On Saturday, March 1, 2014 at the beautiful North Baltimore Plaza, the year long anticipation for the announcement of Tau Eta Zeta (THZ) Chapter's 2014 Zeta of the Year (ZOY) came to an end.

Continuing the legacy of Sorors Dionis A. Mason (ZOY '05), LeToya Campbell (ZOY '06), Yolanda Jackson (ZOY '07), Camelia D. Clark (ZOY '08), Wanda A. Calvin Claiborne (ZOY '09), Celere N. Leonard (ZOY '10), Kimberly Whitaker (ZOY '11), Liset Collazo-Dingle (ZOY '12) and Lisa M. Hudley (ZOY '13);

The 2014 Zeta of the Year Award was presented to:

Soror Josephine C. Barton

Soror Barton received the following accolades from various chapter sorors:

Soror Josephine C. Barton has been faithful and committed to Zeta Phi Beta Sorority, Inc. since becoming a member in the Spring of 2009. She hit the ground running as a positive and productive member of the sorority.

Soror Barton serves in many leadership roles. Currently she serves as the Ol' Skool 2 Nu Skool Committee Co-Chair, which is charged with raising funds for scholarships, and the Handbook Committee Chair.

Soror Barton is also the chapter's Financial Secretary and in this position she helps to circumvent issues, answer questions and concerns regarding payments with a kind and helpful demeanor.

Giving of her time and talents is apparent as Soror Barton also serves as a member of the Budget & Finance, Constitution & Bylaws, Membership, Newsletter and Website committees. Although Soror Barton has a busy schedule and is the mother to a young son (Brysen), she makes an effort to support the many chapter sponsored activities and community service projects.

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Soror Josephine C. Barton (third from right) joins the ranks of Tau Eta Zeta's Zeta of Year

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Kimberly B. Whitaker
Chapter President

Tamara D. Harris
Newsletter Editor

Newsletter Committee

Josephine C. Barton
Tiffany Clemmons
Celere N. Leonard

Lisa M. Hudley, Consultant

Message from Tau Eta Zeta's President

"Building on the Principles of Zeta While Blazing New Paths"

-- International Grand Basileus, Mary Breaux Wright



Greetings Sorors!!!

Welcome to the 2nd edition of the Tau Eta Zeta Times. This has been an amazing and exciting year! This sorority year, our chapter celebrated its 10th anniversary. We discovered our strengths and talents as our passion for community service evolved. We developed a great partnership with Edgecombe Elementary/Middle School as part of our National Adopt-a-School initiative. As we close out our fiscal year, I have learned so many things and appreciate the members of this chapter even more. The biggest learned lesson during my tenure are from the words of a great leader and President, Nelson Mandela, "It is better to lead from behind and to put others in front, especially when you celebrate victory when nice things occur. You take the front line when there is danger, then people will appreciate your leadership." These words have made me a better person and leader.

I encourage you this summer to continue to embody our legacy of greatness and become a catalyst in taking our chapter to the next level of greatness, which will empower, educate, and enlighten you personally and professionally within the world of Zeta as we continue to "Build on the Principles of Zeta While Blazing New Paths."

Finer Womanhood, Scholarship, Service, and Sisterhood are the "LIGHTS" that continue to guide us in our quest for excellence in the name of Zeta Phi Beta.

Please have a safe, healthy, and beautiful summer. I hope to see you in June for our annual closing picnic and August for our annual chapter retreat.

Thank you Sorors for all that you do for Tau Eta Zeta Chapter and Zeta Phi Beta Sorority, Incorporated. *Z-Phi*

Yours in Service,

Soror Kimberly B. Whitaker
Chapter President 2013-2015

"I smile because you are my sisters, I laugh because there is nothing you can do about it!" ~ Author unknown

And the Award goes to... (cont'd from page 1)

On numerous occasions, Soror Barton has assisted from behind the scenes with very little recognition. This Soror is a proponent for conducting business properly. She has a desire to learn and attends sorority conferences on every level.

Soror Barton shows Sisterly Love as a practice. She volunteers to aid sorors in need of child care, financial support, and in any other way needed. She exemplifies Finer Womanhood in her demeanor, speech, professional mannerisms and daily interactions with Sorors.

The Road to Recruitment, Retention and Reclamation

by Soror Camelia D. Clark '92

The Membership Committee continues to extend the "Invitation to Come Home to Zeta" to various Sorors who have been inactive over two years. We believe that we are responsible for working diligently to bring all sorors back home. On Thursday, March 13, 2014, the membership committee conducted a Sister Night Social at Bahama Breeze to allow our reclaim sorors to interact with current chapter members. It was a great opportunity to share information and to reintroduce sorors to Zeta.

A Zeta Resume Embellishment Workshop was conducted by Soror Liset Collazo-Dingle on April 10th from 6:30-8:00 pm at the Loch Raven Library. Sorors were informed of the best way to market themselves and relay their Zeta experience and skills through their Zeta resume. Soror Collazo-Dingle provided a very thorough and informative presentation and all the attendees had a great time learning and fellowshiping.

The Committee has begun its recruitment of potential new sorors with invites to our various community service and Finer Womanhood Observance. An informational to interact with interested ladies was held on Saturday, May 31, 2014.

Tentative Recruitment Activity Schedule

- Bowling - Saturday, September 13th
- Speed Networking - October 18th

Sister Shout Outs, Congratulations and Kudos

- Soror Pamela Clayton-Johnson and the Founders' Day Committee planned an exceptional Founders' Day Luncheon. The moving song, spoken word and dance performances of Sorors Tamra Jackson, Wanda A. Calvin Claiborne, Theresa Lewis and Ruthann Mohammed at the Founders' Day Luncheon were truly inspiring and uplifting.
- Soror Jacinta Arline, the Community Service Committee and chapter executed a wonderful Heart 4 the Homeless that serviced over fifty (50) homeless men and women.
- President Kimberly Whitaker's Heart for the Homeless interview with Fox 45 was awesome.
- Soror Sherris Mundell promoted to Assistant Director of Correctional Training for the State of Maryland
- Soror La'Shelle Tatum stepped in to assist Soror Roxanne Penix, the 2nd Vice President, while she was on maternity leave.
- Soror Tamra Jackson celebrated 10 years as an independent tax preparer.
- Soror LaKeisha Brown hosted the Syleena Johnson concert at the MD State Leadership Conference.
- Soror Christina Debnam on her recent engagement. The ring is HOT!!
- Soror Tiffany Pimble donated copy paper to our chapter's adopted school: Edgecombe Elementary/Middle.
- Soror Samkele Vundla executed the Adopt-a-Family Food Bundle project like a champion.
- Sorors La'Shelle Tatum and LaKeisha Brown co-chaired a successful HIV Awareness Seminar.
- Soror Celere Leonard helped Soror Monika Dillard find someone to deliver food to Soror Camelia Clark after the last snow storm.

A Heartfelt Welcome to THZ's transfer sorors: Lavonda Dillard and D'ana Downing and newly reclaim sorors: Oluyemsi Adekunle, Stacey Brown, Katrina Debnam, Lashaun Law-Moy, Dionne Jones-Jerry, Felicea Thomas and Darryl Wharton.

THZ Congratulates its 2014 Graduates

Soror Renee Hawkins-Presha

Finally, I'm finished and while it took longer than anticipated, I made it through! On this journey, I experienced numerous challenges; such as, working full time, raising a family, and going to school. There were many days I didn't want to attend class but last Thursday, May 22, 2014, I received my Masters of Public Administration (MPA) degree with a specialization in Public and Nonprofit Management from the University of Baltimore College of Public Affairs.

For as long as I can remember, I've either volunteered (sometimes unwillingly) or worked for a non-profit organization. My undergraduate degree is in Community Studies and Civic Engagement (which is Non-Profit Management); so getting a masters degree with the same focal point was the next logical step.

What's next? In 2016, I plan to pursue my doctorate degree.



Soror Tyleata Richardson

In the Fall of 2011, I set out to accomplish what would be one of the biggest milestones of my life. I challenged myself to pursue a Masters Degree. During this journey I endured many obstacles, ranging from both of my parents being sick to almost giving up on myself. However, I held on and continued to encourage myself through prayer and perseverance. I wanted to continue to make my daughter, my parents and grandmother proud, as the first high school and college graduate in my family. On May 22, 2014, I successfully achieved my goal and now possess a Masters Degree in Human Services Administration with a concentration in Rehabilitation Counseling from the University of Baltimore.

2014 Graduating Archonettes

By Soror Wanda A. Calvin Claiborne '82

Tau Eta Zeta Chapter wishes to congratulate its graduating Archonettes!

- Archonette Darin (L) graduated from Milford Mill and will attend the University of Central Florida majoring in Public Relations.
- Archonette Kayla (C) graduated from Woodlawn and will attend Baltimore City Community College.
- Archonette Jaemye (R) graduated from Pikesville and will attend Towson State University majoring in Occupational Therapy.



The Stork's Nest Serving the Hispanic Community

by Soror Roxanne Penix '93

Labor and human trafficking is a major issue for immigrants in our community. The Maryland State Bar Association's Leadership Academy (MSBALA) is in the fight to rally against some of these horrific crimes perpetrated against Hispanic immigrants. On Saturday, April 5, 2014 the MSBALA held a free public service event on the Patterson High School Campus to serve the Hispanic community by providing information about rights in the workplace, Visas for victims of crimes and human trafficking and other vital resources.



Soror Liset Collazo-Dingle, Esq., who serves on the planning committee for Maryland Attorneys Working Against Labor Trafficking (MDAWALT), invited Tau Eta Zeta to participate and promote the Stork's Nest by giving out pamphlets in Spanish and educating community participants about the services provided. The THZ Stork's Nest, located at the Baltimore Medical System at St. Agnes Hospital (Baltimore, MD), has served several Hispanic expecting mothers by promoting prematurity awareness and educating them about the benefits of prenatal care.

My Mom is a Zeta

by Soror La'Shelle D. Tatum '09

The Helping Up Mission seeks to provide "hope to the poor and homeless." It serves as both an overnight shelter and a center for long-term addiction recovery. This is a powerful and overwhelming task in a city who's issues seem so insurmountable. However, walking into the Mission on the 2014 Martin Luther King, Jr. holiday, THZ Sorors were greeted with a sense of hope, warmth, appreciation and respect. The visit to the Helping Up Mission included a tour of the facility, explanation of the various programs and services offered and dinner service; where THZ Sorors served dinner prepared by residents of the program.

It was at dinner service where the colors and the letters worn by sorors would spark what seemed to be a consistent theme: "My Mom is a Zeta." As sorors served dinner, many of the residents would approach a soror with that familiar line, telling the stories of how their mothers, sisters, and nieces were sorors of Zeta. This was powerful. It was evidence how closely connected we actually are to those who are most in need. The men of the Helping Up Mission have faced numerous challenges, including homelessness, addiction and poverty. However, it was that very personal connection to Zeta Phi Beta that made the experience all the more meaningful.

During their time at the Helping Up Mission, Tau Eta Zeta chapter sorors provided dinner service to over 400 men. Many were overnight residents of the program, while others were in transition, taking advantage of the nightly meal service the mission had to offer. In addition, the chapter was able to provide a basket of men's toiletry items.

The Helping Up Mission was extremely impressed with the hard work and dedication of Tau Eta Zeta chapter sorors. They invited the chapter to return with the hopes that the visits would happen frequently.

Pizza Party @ Edgecombe Circle

by Roxanne Penix '93

Improving student attendance is one of the areas of focus for the National Z-HOPE Adopt-a-School Initiative. After the first quarter of the academic year, one hundred thirty-three (133) students had perfect attendance according to official school attendance records at Edgecombe. To celebrate and encourage scholastic excellence, THZ hosted a pizza party on Friday, November 29, 2013 for students with perfect attendance in grades Pre-K thru 8th. Sorors Vanessa Arnold, Joyce Debnam and Roxanne Penix enjoyed serving students in the school cafeteria during the first snow day of the season. Tau Eta Zeta Chapter congratulates each student for their accomplishment and looks forward to celebrating again!



Senior Bingo

by Roxanne Penix '93

THZ's own Miss Sunshine, Soror Ruthann Mohammed, was serious about spreading holiday cheer to the senior residents of the Greenhouse Residences as she jingled her bell clad elf hat throughout the halls. On Wednesday, December 18, 2013, sorors of THZ hosted a holiday party for residents, family members and caregivers with BINGO, gift-giving, and holiday refreshments. Residents unable to join the BINGO game/party were visited in their rooms and served refreshments. They were delighted to receive company and the donated gifts which included socks, hats, gloves, calendars and puzzles. THZ sorors were so generous that there were gifts in excess which will be shared with the Loch Raven Veterans Administration Community Living and Rehabilitation Center.

Zeta Word Find

Z	E	T	O	C	S	U	E	L	I	S	A	B	V	L
A	G	R	A	M	M	A	T	E	U	S	M	E	N	I
M	H	C	E	F	P	C	B	A	T	F	I	T	G	F
I	K	F	P	A	E	I	U	V	Y	I	C	E	J	E
C	W	B	M	Y	A	N	E	Z	R	N	A	R	E	M
E	P	S	A	H	R	E	B	O	U	L	E	Z	H	E
T	F	E	X	L	L	J	V	K	A	K	X	O	F	M
T	S	I	S	T	E	R	H	O	O	D	E	I	E	B
E	U	N	I	D	T	H	I	E	D	Z	N	R	A	E
Q	A	R	G	B	T	N	G	J	L	E	U	M	I	R
Z	L	I	M	Q	E	F	M	E	R	S	I	G	E	H
O	E	L	A	S	U	L	B	W	V	E	D	P	C	A
P	I	T	E	S	C	H	O	L	A	R	S	H	I	P
D	H	G	A	R	M	M	O	Z	R	O	K	Y	V	O
L	J	E	L	E	A	Z	B	W	K	G	N	L	R	T
K	C	U	S	N	B	E	P	Z	O	A	R	A	E	A
W	E	A	H	M	N	P	H	F	X	R	I	C	S	M
T	K	O	D	Q	M	O	F	G	H	E	L	T	B	I
Y	O	M	A	R	C	H	O	N	E	T	T	E	F	A
D	B	P	O	H	Z	Z	L	Y	S	K	G	R	Z	S

Amicae
 Amicette
 Archonette
 Basileus
 Boule
 Dove
 Finer Womanhood
 Grammateus
 Life Member
 NEF
 Pearllette
 Phylacter
 Scholarship
 Service
 Sigma
 Sisterhood
 Tamias
 Zeta
 Z-HOPE
 ZOL

OceanZ 11:

5 Years Later – The Ultimate Heist

Every great heist has its own unique cast of characters, dramatic elements, twists and turns, and the ultimate prize. For Tau Eta Zeta's Spring 2009 intake class, Zeta and all that it had to offer was that prize. And the House always wins. As a result, the journey of eleven dynamic women over the past five years would go down as one of Zeta's greatest and unmatched capers. Here's why:

Many were called, but only eleven (11) were chosen. One of their first encounters would solidify their individual decisions to become members of Zeta Phi Beta Sorority, Inc.; all the while bearing witness to a sisterhood like no other. OceanZ 11 came into Tau Eta Zeta during a time of great sadness and tragedy; but from this they would learn valuable lessons in sisterly love, mutual respect and making every moment count. To say that OceanZ 11 has come a long way, would be an understatement. These women hit the ground running on March 27, 2009 and haven't looked back since. At the helm, was then First Anti-Basileus Soror Wanda A. Calvin Claiborne. Her vision was clear and her expectations were high. She laid the foundation for what would become a standard of excellence for these 11 women. It was under the leadership and guidance of Soror Calvin Claiborne that OceanZ 11 would find places within the chapter where individual and collective talents and abilities could be utilized to the fullest.

To date, members of OceanZ 11 have served in multiple capacities, including Tau Eta Zeta's Executive Board, Sharon K. Harvey Memorial Foundation Board, committee chairpersons, special events coordinators, and facilitators of some of the chapters most memorable and signature events. These Sorors have served as state level coordinators, chapter leaders, and mentors for the chapter's youth. These women have fulfilled obligations outside of the chapter; attending State, Regional and National conferences and serving as delegates for each.

Currently, six (6) of the eleven (11) members of OceanZ 11 hold offices on Tau Eta Zeta's Executive Board! The achievements of this group have ranged from "Zeta of the Year" accolades to Presidential Honors. The chapter's Z-HOPE Day of Service, Signature HIV/AIDS forum and several other recognized initiatives can be credited to this group.

On a personal note, OceanZ 11 has excelled outside the realm of Zeta. While actively serving on committees, Whitney Brown and La'Shelle Tatum each obtained their Master's degrees; Brandi Smith obtained a managerial position at Sam's Club; Cherie Peay was promoted to Assistant Warden; Tramaine Hickson launched her own business; Victoria Vogt sought a new career opportunity in New York; not to mention the weddings, children and other milestones over the past five years.

Observing and marking the 5th Anniversary of one of Zeta's greatest heists, the past, present and future triumphs that make **Stephanie, Joyce, Whitney, La'Shelle, Renee, Brandi, Cherie, Josephine, Kim, Tramaine & Victoria** everything they were destined to be. Rest assured, this group is unrelenting and always has an Ace in the hole.

So....Are You In Or Out?



Planning for Your Child's College Career

by Tiffany Clemmons '13

Every year, parents enthusiastically welcome a new bundle of joy into their hearts and homes but as months fly by and their baby becomes older a new fear has crept into their minds...PAYING FOR COLLEGE! This fear is a reality for the thousands of parents preparing to send their child off to college in the fall. Over the last few decades, paying tuition at institutions of higher learning has driven many parents and students into significant debt that will take decades to pay off. A small percentage of students have found ways to subsidize their education costs by applying for and receiving grants and/or scholarships (academic, athletic, musical, etc.), but double sometimes triple that number will need to pay the full cost of tuition, room, and board. These non-scholarship degree seekers will be forced to pay their undergraduate and possibly graduate tuition through parental contributions and government/private loans.

To help offset the post graduation debt, families can begin planning for college once their child is born. Maryland offers a variety of college savings and investment plans that can be opened by a parent or grandparent. Proactive financial planning will help to decrease the decades of loan repayment years after graduation. Planning for college does not mean just saving money, effective college planners: engage in college "talk", set academic goals, form relationships with mentor parents, carefully select high schools based on a wide variety of data sources, focus their child's extracurricular activities to increase their chance for scholarships, and develops their child's understanding of college debt vs. future salary. By creating a well-rounded college plan, your child will have the necessary information to navigate the path towards an undergraduate and post-graduate degree.

Additional resources:

www.collegesavingsmd.org

www.mytonomy.com: Videos about college transition by students

<http://www.nces.ed.gov/collegenavigator>: Specific information about colleges

<http://www.gmsp.org>: Gates Millennium Scholarship

Email Soror Tiffany Clemmons at clemmons.tiffany@gmail.com for a comprehensive list of college preparation activities starting at age 3.

Life After Domestic Violence

by LaKeisha Brown '13

On Wednesday, April 9, 2014 at the American Brewery, the ladies of Tau Eta Zeta chapter hosted another successful signature event, Promoting domestic violence awareness. This year's event was titled "Light the Lantern: Life-After Domestic Violence".

The intimate and impactful event hosted 74 guests who helped to collect 119 handbags and 206 full sized toiletry items for the House of Ruth clients.

Three vacant chairs decorated with caution tape were strategically placed in the workshop to represent men and women that were victims of domestic violence.

Special presentations from guest speakers **Ashley "The Weeping Poet"** and **Faith Saville** of the House of Ruth provided information about abuse from all aspects: physical, verbal, emotional and mental.



(continued on page 10)

Finer Womanhood: A Practiced Principle

by Towanda Harrell-Anderson '11

The Ladies of the Tau Eta Zeta Chapter of Zeta Phi Beta Sorority Inc. hosted a Finer Womanhood Jazz Brunch on March 1, 2014 at the gorgeous North Baltimore Plaza in Timonium, Maryland. A record number of over a 110 guests attended this event themed, "A Blue Era, the Journey of a Finer Woman, 1920 to Present". The chapter was honored to have Life Member Soror Neva Brown (Alpha Zeta Chapter) as the keynote speaker. Soror Brown delivered a speech that discussed the impact that education, family, community and society has had on her Zeta Walk as a Finer Woman. At the conclusion of her speech, she discussed the importance of change to ensure that the principles of Zeta Phi Beta Sorority, Inc. remain relevant.

The Spice Band entertained the audience with a number of musical selections as the guests enjoyed a program full of inspiring stories of community trailblazers of all ages. Awards were presented to the Zeta of the Year, Sigma of the Year, Unsung Hero, Youth of the Year, Educator of the Year, and Sharon K. Harvey Memorial Foundation Scholarship recipients. A silent auction was held and a portion of the proceeds donated to the Green House Residences of Stadium Place in Baltimore, Maryland. The Green House Residence offers a home like environment for seniors. The proceeds will be used to purchase requested items for the seniors.

The Finer Womanhood Observance Committee would like to acknowledge the following recipients for their hard work and continued dedication.

Sharon K. Harvey Memorial Foundation Scholarships:

Darin K. Dabney
Joshua Holley
Jayquanna L. Miller

Tyeisha K. Pinnock
Alexua Roane
Sabrina A. Showell

Youth of the Year: Ajai Whitby
Unsung Hero:
Educator of the Year:
Sigma of the Year:
Zeta of the Year:

Christen Gibson
Radiance M. Pittman
Sundai Riggins
Marcus B. Sills
Josephine C. Barton



Clutching of Pearls

by La'Shelle Tatum '09

The "Clutching of Pearls" is a symbolic act that the members of Zeta Phi Beta Sorority, Inc. use to evoke a sense of modesty and self consciousness. When situations are uncomfortable or awkward, a Zeta will "clutch her pearls." On December 4, 2013, Tau Eta Zeta chapter's signature HIV/AIDS program the *S-EX (Sex) Factor*, would have every soror in attendance clutching her pearls. Why? The subject matter was raw, candid and uninhibited. The focus of the event was to speak honestly and openly about the HIV/AIDS crisis and its most common source of transmission, sex.

African American women in Baltimore have become infected with HIV at a rate five times the national average. National data suggests that 7,500 Marylanders are currently infected with HIV but unaware of their status. For these reasons, Tau Eta Zeta enlisted the help of Chase Brexton Health Services to not only facilitate a necessary dialogue, but to provide free on-site HIV testing. There was no topic that was off limits. Discussions ranged from exactly how HIV could be transmitted through various sexual acts to the types of dialogues one should have with their sexual partners.

The program had an interactive element as well. Attendees engaged in a question and answer session, as well participated in a game using Hershey Kisses to demonstrate how easily and quickly HIV could be transmitted. The 92Q street team was on hand to give out prizes, play games, and aid in the seamless transition of the program.

The *S-EX Factor's* hallmark presentation however came from a thought-provoking and powerful theatrical performance. Radiance Pittman electrified the room as Synthia, in *An Intimate Diary of Synthia*. In it, Synthia chronicles her life experiences before, during and after her HIV diagnosis through the pages of her diary. Audience members laughed, cried and seemed to experience the range of emotions right along with Synthia as she told her story.

Sex, disease, personal relationships and emotions are never easy topics to discuss; particularly in a public forum. However, it was the goal of *S-EX Factor* to cast the subject of HIV/AIDS out of the darkness and into the light.

The chapter is indebted to each and every member of the community that came out to be informed and entertained. Special congratulations to Soror LaKeisha Brown who would excel as a first time subcommittee co-chair.

Domestic Violence (cont'd from page 8)

A video presentation near the end of the program featured personal testimonies from an actual domestic violence survivor, legal advisors from the House Of Ruth and THZ sorors who reflected on their life experiences and relationships with fallen doves **Soror Nichelle Scarborough** and **Soror Sharon K. Harvey**.

To close out the evening, there was an *attempt* to light the lanterns in remembrance of all of the victims of domestic violence, but Mother Nature wanted a group prayer instead. A special thank you to Soror Cheryl Harrison-Murray for leading the prayer.

Many left with tears. Most left with smiles. All left with a LIFE AFTER.



Celebrating One Year!

by LaKeisha Brown '13

On March 10, 2014, the ladies who comprise Tau Eta Zeta's Spring 2013 12 Walks to Remember celebrated their first year as members of Zeta Phi Beta Sorority, Inc. The Sorors gathered for dinner with the current President, Kimberly Whitaker, who served as First Vice-President during the Spring of 2013, in Towson, Maryland to reminisce about their experiences in the Sisterhood over the last year.



The celebration continued through the following weekend with a retreat in Philadelphia, PA at the home of Soror Tiffany Clemmons. The retreat consisted of Soror Ashley Wiggins teaching her line sisters how to create Zeta memorabilia, Soror Tinisha Hart sharing culinary tips, visiting the home of Founder Arizona Cleaver Stemons, lots of laughter, playing games and exploring the city.

For Samkela Vundula, Kimberly Rosenborough, Tymeerah Butts-Grandy, Fabienne Saint-Preaux, Kyra Archie, Shakela Battle, Tinisha Hart, LaSean Gooden, Shekita Wilkins, Ashley Wiggins, LaKeisha Brown, and Tiffany Clemmons, it's still a walk that will be remembered forever.

For the sisters of Spring '13, their walk in Zeta has just begun and they will continue to grow FINER and STRONGER in ZETA.

We are so very thankful for the chance to represent Zeta Phi Beta Sorority, Inc. and are excited about the opportunity to prove ourselves even more! We are skilled! We are intelligent! We are proud! We are FINER! WE ARE ZETA!!!

Living Their Dream!

by Pamela Clayton-Johnson '11

On Saturday, January 25, 2014, Tau Eta Zeta chapter gathered at the Sheraton Hotel in Towson, Maryland to honor the founding of our illustrious organization. We celebrated 94 years of existence with entertainment, food and fellowship. Sorors were very creative in performing presentations in honor of our five Founders. First, Soror Theresa Lewis started us off with a fun and inspiring presentation in honor of Founder Viola Tyler Goings using her Magic Ball. Second was Soror Tamra Jackson, who let her creativity flourish by singing her very own version of "Halo" in honor of Founder Myrtle Tyler Faithful. Third was Soror Wanda A. Calvin-Claiborne, who gave a dynamic dramatization of a conversation with Founder Arizona Cleaver Stemons. Following Soror Calvin-Claiborne, Soror Ruthann Mohammed showed her expression in honor of Founder Pearl Anna Neal through spiritual dance.. Lastly, Soror Nicole Spencer recited a poem, "What Would the Founders Think?", encouraging all Sorors to live life through Service, Sisterly Love, Scholarship and Finer Womanhood!

The 2014 Humanitarian Award recipient was Soror Roxanne Penix and Soror Ellen Douglas-Smith, Lisa M. Hudley and Roxanne Penix received the 2014. Congratulations to all award recipients on their well deserved awards.

In honor of Founders' Day, Tau Eta Zeta Chapter also participated in the "16 Days of Zeta" Challenge. This activity was created so that Sorors can reminisce on their Zeta journey using the chapter's private Social Media page. The variety of Zeta experiences shared was very intriguing and afforded new sorors an opportunity to view pictures of Tau Eta Zeta from its inception to present day.. The winner of the challenge (posting the most pictures on the correct day) was Soror Michelle Hasty.

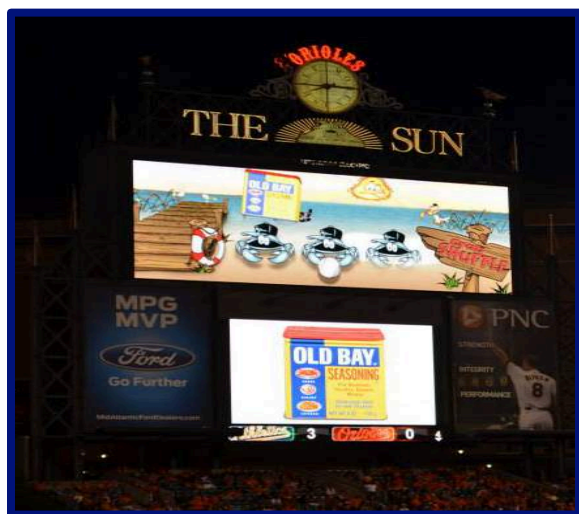
Z-HOPE Day of Service

by Soror Bernice Arnold '11

The Z-HOPE Day of Service was held on Saturday, March 8, 2014 at Edgecombe Elementary/Middle School from 11 am - 2 pm. The day was highlighted by fifteen (15) community partners, four (4) health and safety presenters, four (4) workshops that focused on health and financial well being, a HIV/STD mobile, 92Qs street team, one retail vendor, a food pantry, and a children's area hosted by our chapter. Guests were inclusive of community residents, students, parents, school staff and various member of the National Pan Hellenic Council. Edgecombe Elementary/Middle School expressed their excitement and gratitude to the chapter for hosting the event and they look forward to future partnerships with Tau Eta Zeta Chapter.



Sorors Towanda Harrell-Anderson, Tinisha Hart, Tiffany Blackwell and Bernice Arnold with President Kimberly Whitaker and Ms. Lorinda Fields (Edgecombe Elementary/Middle School)



THZ Cheers on the Orioles

On Friday, April 25, 2014, despite the pouring rain, several members and guests of Tau Eta Zeta went to cheer on the Baltimore Orioles as they battled the Kansas City Royals for an upsetting loss of 0-5. After a 40-minute rain delay, the evening kicked off with light fireworks followed by the opening pitch. The Anniversary Committee truly appreciates each and every soror, family member and friend that purchased tickets, made a contribution and/or persevered through the inclement weather to support the fundraiser.

Glass Flower Workshop

On Friday, May 9, 2014, members of Tau Eta Zeta Chapter were joined by sorors from Lambda Gamma Zeta (Sorors Dawn Kemp, Christy Lewis and LaWanda Wilson) at Corradetti Glass Gallery for the glass flower workshop. It was a great event for sorors to bond and fellowship with one another while being creative using multiple color sets and techniques as explained by the Corradetti staff. Kudos to Soror Brandi J. Smith and the Social Committee for planning a wonderful bonding event.



YOUTH CORNER

By Soror Whitney Brown

The Youth have been very busy! In November, both the Amicettes and Archonettes held elections. The elected officers will get first-hand experience of how listening to their sisters and serving in a leadership capacity will help to improve their communication, resolution skills, etc. Each candidate was encouraged to "campaign" by preparing a speech, decorating a poster, etc. to gain prospective votes from their counterparts. Elections were very successful and both the Amicettes and Archonettes look forward to a great year.

For fun, the Archonettes participated in a "Getting to Know You" movie/game night, in which they played board and video games, took pics on Instagram, and had a great time! Graduating Archonettes were (and continue to be) encouraged to apply for the Sharon K. Harvey Memorial Scholarship.

In the spirit of Veterans Day and remembering all that they have done and continue to do to protect our country, the Amicettes sent overseas veterans letters of appreciation by way of Military Missions, Inc. The Amicettes were overjoyed when they received a "thank you" letter from the agency stating how appreciative the veterans would be for their letters.

In November, the Pearlettes visited Clark's Elioak farm to pick pumpkins and participate in other fall-inspired activities. They had a great time! The Pearlettes also held a canned food drive, in which they donated the proceeds to the local Maryland Food Bank.

Keeping in the spirit of Z-HOPE, the Amicettes and Archonettes held drives to collect for our partnering school, Edgecombe Elementary/Middle School. The Amicettes collected gently used coats for the students and provided stocking stuffers filled with gift cards, candy, and cards for some of the less fortunate children at the school. In addition, the Archonettes collected and donated hats and

gloves for the students.

All three youth auxiliaries collected/donated enough to earn Z-HOPE points! What a great accomplishment!

In December, the Amicettes and Pearlettes had a joint holiday party, in which they baked cookies, participated in arts and crafts, and had a small gift exchange. The highlight of the party was the "Minute to Win it" game, which involved a ton of cotton balls, a bowl, a blindfold, and many screaming participants rooting for their team to win. A great time was had by all in attendance!

The Archonettes had a holiday party at the Woodlawn AMF Bowling Lanes. They enjoyed socializing with one another and catching up during the holiday season.



YOUTH CORNER (cont'd)

During the months of the January and February, the youth worked hard on various service projects from handing out clothes to the homeless to baking goodies to visiting museums, THZ's youth auxiliaries have been making their mark and demonstrating just how "Finer" they are learning to be. Not only did each youth auxiliary assist with THZ's "Heart for the Homeless" in early February, but they each had their own separate events and outings.

In observance of Valentine's Day, the Pearlettes hosted their "Sweetheart Bake Sale" fundraiser. Not only did the Pearlettes decorate the sweet goodies, but they also were front and center collecting the funds (with advisor assistance of course) while promoting their fundraiser with beautifully hand-crafted signs. Also, a special thank you to the Pearlettes for the beautiful blanket they put together for the homeless!

"perfect woman", it is quite obvious how teens can become overwhelmed with how to present and carry themselves, but with the positive guidance and support from Sorors and other mentors/role models in our youth's lives, the Archonettes are heading in the right direction!



In observance of Black History month, the Amicettes did research on race relations, Emmett Till, and the Civil Rights Movement. They also visited the Reginald F. Lewis Museum of Maryland African American History & Culture. The Amicettes were exposed to various sculptures, paintings, videos, and other artwork that depicted the history of African Americans for over ten (10) decades. Upon leaving, they were asked to recall one thing that they learned. It was a pleasure witnessing the interest the Amicettes displayed in learning about their culture. They are looking forward to visiting the National Great Blacks in Wax Museum in April.



In January and February, the Archonettes participated in a two-part program entitled "Loving the Person You See in the Mirror", which was hosted by Soror Neijma Celestine-Donner. In this program, Soror Celestine-Donner touched bases on self-esteem, peer pressure, and a number of topics that our teens are subjected to on a daily basis. The Archonettes were challenged to take what they learned, realize that they are destined for greatness and understand that they are beautiful just the way God made them. With society's image of the



YOUTH CORNER (cont'd)

THZ's Youth have been super busy these past few months. The Pearlettes and Archonettes have all been putting a huge emphasis on health – healthy eating, healthy relationships, and overall mental health. At March's youth meeting, the Pearlettes discussed the food pyramid and whipped up some tasty snacks, while the Archonettes focused on healthy relationships with the assistance of Soror Neijma Celestine-Donnor. The Amicettes have been heavily focusing on their future goals and where they plan to be once they graduate from college. They created their own vision boards under the direction of Soror LeTonya Smith, who shared her own experiences of creating a vision board and how it assisted her in staying focused to achieve her goals. The Amicettes used magazines, stickers, and markers to decorate their vision boards with words, pictures, and careers they hope to obtain in the future.

Keeping along with the Amicettes' emphasis on their future careers, on April 12, 2014, they hosted a Career Workshop Panel at Union Bethel A.M.E., church home of Soror Camelia Clark. Soror Clark did a fantastic job of soliciting and recruiting speakers/career panelists from a wide variety of fields, which ranged from Theatre to Pharmacology to Information Technology, with a whole lot more in between. Our very own, Soror LaKeisha Brown was amongst the seven panelists! Alongside the Amicettes were Phi Beta Sigma Fraternity, Inc. Zeta Sigma Chapter's Sigma Beta Club, as well as the Kappa Alpha Psi Fraternity, Inc. Baltimore Alumnae Chapter's Kappa League. Also in attendance, were some younger members of Union Bethel A.M.E. The workshop was a huge success and the committee hopes to make this a signature youth event.

Also, in April, the Amicettes visited Future Care Elderly Center in Baltimore, MD. They interacted with the residents, played Bingo, and served them juice and snacks. A great time was had by all!

During the month of May, the Pearlettes attended a Mother/Daughter tea in historic Ellicott City. They

were able to get all dolled up to enjoy "a spot of tea" with their mothers and Pearlette advisors, Sorors Bernice Arnold and Tiffany Rogers.

The Amicettes participated in their annual sleepover, which was held at the Hyatt Place in Owings Mills. They talked, swam, played games, and even put on a show or two while bonding at their end of the year activity. Sorors Stacey Brown, Whitney Brown and Camelia Clark were in attendance and served as chaperones for the activity.

The Archonettes attended Skyzone in Columbia, MD, where they jumped, flipped, and had a great time interacting with each other, as well as Archonette advisors Sorors LaKeisha Brown, Wanda Calvin-Claiborne, and Nicole Spencer. Following THZ's salad challenge, they enjoyed a healthy lunch of delicious salads! In May, the Archonettes held their last monthly meeting for the sorority year. While snacking on pizza and other goodies, they reflected on the past year, what they have learned, how they have grown, and what they expect from next year.



#THZFD2014

The Ladies of Tau Eta Zeta accepted the 16 Days of Zeta Challenge from January 1 - 16, 2014 in honor of Founders' Day.



News from Abroad

Grand Boulé -

- Hotel Rooms are still available at the Embassy Suites and the Hilton Garden Inn.
- There are Entrepreneur Opportunities available. For more information, contact zetaentrepreneur@zetaphibetasororityhq.org.
- Participants are needed for the Zeta Choir. For more information, contact ZetaChoirDir@gmail.com.



Atlantic Region -

- Regional Executive Board Meeting will be held October 31-November 1st.

Phi Beta Sigma -

- Centennial Event Tickets are available at <http://ow.ly/x0UAu>

Save the Date -

- September 23, 2014 - Zeta Day on the Hill

"Life" Membership has its Privileges

Soror Lisa M. Hudley '93

Life Membership Continues to Grow in THZ....

Tau Eta Zeta Chapter is proud to welcome its newest Life Members Sorors Vanessa Arnold, Theresa A. Lewis and Brenda McKinley. In addition to gaining three new Life Members, Tau Eta Zeta Chapter now has four new Diamond Level Contributors - Sorors Tamara D. Harris, Cheryl A. Harrison-Murray, Lisa M. Hudley and Theresa A. Lewis. Tau Eta Zeta is proud to have seven (7) Life Members and five (5) Diamond Level Contributors and they are as follows:

Vanessa Arnold

Wanda A. Calvin Claiborne - DLC

Lisa M. Hudley - DLC

Tamara D. Harris - DLC

Theresa A. Lewis - DLC

Cheryl Harrison-Murray - DLC

Brenda McKinley

During the recent Blue Light Special Campaign that ran from May 1st - May 15th for 75 new Life Members (\$3,500) and Diamond Level Contributors (\$1,000), Tau Eta Zeta Chapter has one (1) pending applications.

THZ's Life Members are already planning to "step it up" in the upcoming sorority year. In addition to attending the Grand Boulé in Washington, DC, preparations are being made for making a big donation for the chapter's 2014-15 first Z-HOPE project: Z-Pack It Up.

Congratulations to all of the new Life Members and Diamond Level Contributors! The Best is Yet to Come!

Maryland State Conference

by Shakela Battle '13

The Maryland State Leadership Conference 2014 was held March 21-23, 2014 at the beautiful Hyatt Regency Chesapeake Bay Golf and Spa Resort in Cambridge, MD. Maryland State Director Danielle R. Green, reminded the constituency to continue the journey of "Making Maryland Marvelous" through our 3Ms of Leadership: Management, Membership and Missions.

Congratulations to Tau Eta Zeta's Charter Member and Second President, Lisa M. Hudley on her induction into The State of Maryland Hall of Fame. Kudos to Soror Camelia D. Clark for an excellent and informative presentation of the Protocol and Etiquette workshop. Special recognition to Soror Tamra D. Jackson and Michelle Hasty on their successful election to Tamias and State Representative to the Regional Elections Committee, respectively. Lastly, THZ is so proud of Soror LaKeisha Brown for serving as the host of the evening concert featuring Soror Syleena Johnson.

HEALTHY LIVING

Simple at Home Exercises

All of these exercises can be done in the comfort of your home. You don't need any equipment just a little room and the will to succeed. (Note: Please consult a physician BEFORE starting any exercise program).

EXPLOSIVE SQUATS

How to: Get in a squat position with your feet shoulder-width apart. Squat down to 90 degrees and then explosively jump off the ground as high as you can. Note: Your knees should stay soft and slightly bent in both take-off and landing.

Repetitions: Repeat the exercise for 15 to 20 reps, three times.

Health benefits: Quads, hamstrings and rear



MOUNTAIN CLIMBERS

How to: Start out on the floor in a push-up position, hands shoulder-width apart. Tighten your abs so your body is straight from head to your heels. While keeping your upper body still, draw one knee at a time towards your hands, moving as quickly as possible.

Repetitions: Work up to three sets with each set being 30 to 45 seconds.

Target Areas: Core and legs (Great for cardio as well)



SIDE PLANK

How to: Lie on the ground on your side. Your shoulder should be in-line with your elbow. Lift and hold in the planked position for 30 to 60 seconds. Repeat on the other side.



Repetitions: Try three sets, each you will hold for 30 to 60 seconds. Switch sides and repeat.

Target Areas: Obliques and core

SUPERMANS

How to: Lay flat on your stomach with your arms out in front of you resting on the ground. Your legs should also be lying flat on the ground. With your head in a neutral position, lift both simultaneously, as if you were flying. As you lift up your lower back should contract.



Repetitions: Hold each movement for at least two to five seconds per repetition and depending on your fitness level do between 15 and 20 repetitions and work yourself up to three sets.

Target Areas: Lower back muscles and part of your core.

CRAB CRAWL

How to: Take a seat on the ground. Lift your rear off the ground in a bridge with your hands just outside your shoulders. Next, walk backwards 8 to 10 feet, stop and then reverse the motion forward.

Repetitions: Try three times for 30 to 45 seconds, each.

Target Areas: Shoulders, triceps and core





DONATION \$60
\$70 AFTER 9/15/2014

**SATURDAY
NOVEMBER 8, 2014**
8:00 p.m. - 12:00 a.m.

Zeta Phi Beta Sorority, Inc., Tau Eta Zeta Chapter Presents:

THE ROARING TWENTIES

A Glitz and Glam Affair
SCHOLARSHIP FUNDRAISER EVENT

LA FONTAINE BLEUE
7514 RITCHIE HWY. GLEN BURNIE, MD 21061

PROCEEDS TO BENEFIT
THE SHARON K. HARVEY
MEMORIAL FOUNDATION, INC.

FOR MORE INFORMATION CONTACT
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VISIT US AT:
WWW.ZPHB-THZ.ORG

50/50 RAFFLE & VENDORS

PRESIDENT: **KIMBERLY B. WHITAKER**




Upcoming Events

- ◆ 06/14/14 - Cabaret
- ◆ 06/28/14 - Closing Activity
- ◆ 07/15-19/14 - Grand Boule
- ◆ 08/23/14 - THZ Leadership Retreat
- ◆ 09/21/14 - THZ Chapter Meeting
- ◆ 11/08/14 - The Roaring Twenties Fundraiser



Sister Prayer Circle

Please send up a special prayer for the following:

- Soror Elizabeth Kemp Caulder and her new bundle of joy!
- Soror Ruthann Mohammed
- Soror Helen D. Dunkley

Heart Healthy Recipe

Honeydew Kiwi Fruit Smoothie
Makes: 3 servings

Ingredients

- 2 cups cubed honeydew
- 1 small Granny Smith apple, peeled
- 1 kiwifruit, peeled and cut up
- 2 - 3 tablespoons sugar
- 1 tablespoon lemon juice
- 1 cup ice cubes
- Honeydew and/or kiwifruit slices

Directions

1. In a blender container, combine honeydew, apple, kiwifruit, sugar, and lemon juice. Cover and blend until smooth.
2. Add ice cubes; cover and blend until cubes are crushed and mixture is slushy. Garnish with additional honeydew and/or kiwifruit slices, if desired.



Join the Ladies of Zeta Phi Beta Sorority, Inc. - Tau Eta Zeta Chapter on the

BLUE CARPET

FOR AN

All White Affair



Donation
\$25.00

Proceeds go towards the
Sharon K. Harvey
Memorial Foundation, Inc.

JUNE 14, 2014 8PM-1AM

JOIN THE LADIES FOR

A CABARET STYLE ALL WHITE PARTY

50/50 RAFFLE - BASKET OF CHEER RAFFLE - DOOR PRIZES - BYOB EVENT
PIKESVILLE TOWN HALL - 40 EAST SUDBROOK LANE - PIKESVILLE, MD 21208



President: Kimberly B. Whitaker
For more information contact Committee Chair:
Shakela Battle at sbattle@zphib-thz.org, (443) 904-1012

