
DOVE NOTES - December 19, 2017

1 message

Zeta Phi Beta Sorority, Incorporated <zphibhq@gmail.com>
Reply-To: zphibhq@gmail.com
To: jessicadbest@gmail.com

Tue, Dec 19, 2017 at 4:01 PM

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Please print and provide a copy to Sorors who are unable to access the newsletter.***

Call for 2018 Grand Boule' Proposed Amendments

Good Day Sorors!

On behalf of the National Constitution and Bylaws committee, I am excited to announce the call for 2018 Boule' Proposed Amendments.

Please take the opportunity to compose proposed amendments to our governing documents. If you have any questions or are in need of assistance, listed below are the Regional Representatives to the committee. Your State and Regional Phylacters are great sources of support and assistance as well. Always know, I am available to answer any questions you may have or assist you in developing your proposed amendments. Postmark all mailed-in submissions no later than **February 26, 2018** and submit all electronic proposed

amendments, no later than **March 1, 2018 NLT 11:59pm EST**.

Here are 5 pearls to keep in mind while developing proposed amendments.

1. Amendments should be simple, clear and concise, offering flexibility to the organization.
2. Bylaws are the "What" and SOPs are the "How." Reserve details for policies and SOPs. Bylaws should not be overly detailed.
3. Bylaws should reflect the climate of our organization. They should be current and relevant for the organization, not an individual.
4. Ensure you address any conforming amendments required to fully enact the proposed bylaws. Do not create an inadvertent conflict because of a lack of analysis.
5. Justifications should be sound, logical, and complete.

Sisterly,
La' Ketha D. Prioleau
National Phylacter
Chair, National Constitution and Bylaws Committee

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Soror Brings Joy to Senior Near End of Her Life

Read all about Soror Wendy Morton and her special friendship with Mrs. Hazel Reed-Oden.

Link:

<http://www.baltimoresun.com/news/maryland/baltimore-city/bs-md-ci-police-friendship-20171213-story.html>

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Soror Anita Hill, Esq., Tapped to Lead New Commission

Soror Anita Hill, Esq. has been named chair of the Commission on Sexual Harassment and Advancing Equity in the Workplace. The goal of the commission is to combat sexual misconduct and gender inequity.

Soror Hill is a University Professor of Social Policy, Law, and Women's, Gender and Sexuality Studies at Brandeis University, with an expertise in Anti-Discrimination law and Policy (Gender and Race). She became an Honorary Member of Zeta Phi Beta in January.

Learn more about the new commission:

<https://www.hollywoodreporter.com/news/top-hollywood-execs-unveil-anti-sexual-harassment-commission-chaired-by-anita-hill-1068646>

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Risk Management Moment: "My Chapter/State/Region Has A Logo - So Now What?" Reminders from the Visual Identity Guidelines

As we know, the official emblem or shield of Zeta Phi Beta Sorority, Incorporated is the official visual and tangible representation of members of the sorority and the organizational entity. The shield is to be used in the most formal applications and expressions of the sorority's identity and is reserved as the formal insignia for documents of institutional, legal, and administrative importance, such as membership documents, certificates, national, regional, state or local awards, and official observance programs, flags, and official banners for national, regional, state or local affiliates. For all other items, please use the seal, which is our secondary logo.



Many chapters, states and regions have created beautiful logos or other graphic representations to identify the entity and/or programs or initiatives. Please reserve use of these items for internal documents and displays. For external/public communications and displays, please use the official shield and secondary logo consistent with the guidance in the Visual Identity Guidelines. Please check the guidelines for guidance regarding all other logos!

To drive clear, consistent, positive messages and images, Zeta Phi Beta Sorority, Incorporated must convey one vision, one voice, and one standard!

#Branding #OneZeta

Need help? Have questions? See the Visual Identity Guidelines
Contact me at ZPBNatDirRiskMgmt@gmail.com.

Gina Merritt-Epps, Esq.
National Director of Risk Management

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Run, Soror, Run: Judge Wanda K. Heard, Baltimore Circuit Court

Judge Wanda K. Heard, who has served on Baltimore's Circuit Court bench since 1999, was recently sworn in as the city's first female chief judge. She has served as a federal public defender, a federal prosecutor, and a deputy Attorney General. Judge Heard was also an assistant State's Attorney for Baltimore City from 1983 - 1990, eventually serving as the division chief of the sex offense unit. In 2016, Judge Heard was reelected to a second 15-year term.

Soror Heard has received numerous community and professional awards, and was initiated into Zeta Phi Beta Sorority, Inc. while a student at the University of Maryland Baltimore County. Congratulations Soror Heard, and keep blazing trails like only a Zeta woman can!

Read more about Judge Heard:

<https://www.linkedin.com/pulse/wanda-heard-becomes-baltimores-first-female-chief-judge-giordano/>

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Valerie Hollingsworth - Baker



30 MINUTE THURSDAYS

Join Soror Hollingsworth-Baker and guest presenter, Dr. Nell Ingram as they talk about the ABC's of "Membership Engagement".
Are you up for the challenge?

December 21, 2017
@ 8pm CST/9pm EST

JOIN THE CONVERSATION BY VISITING:
[HTTPS://ZETAPHIBETASORORITY.ADOBECONNECT.COM/MEMBERSHIP16-18/](https://zetaphibetasorority.adobeconnect.com/membership16-18/)

Link: <https://zetaphibetasorority.adobeconnect.com/membership16-18/>

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Finer Women Don't Haze Newsletter - December 2017

[Download the December 2017 Finer Women Don't Haze Newsletter.](#)

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FINER WOMEN DON'T HAZE
ZETA PHI BETA SORORITY, INCORPORATED
DR. MARY BREAUX WRIGHT
INTERNATIONAL GRAND BASILEUS
SCARLET H. BLACK
NATIONAL DIRECTOR, FINER WOMEN DON'T HAZE ANTI-HAZING INITIATIVE

THE BLUES: Stress, Depression and the Holidays!

The Zetas Have Heart team does an outstanding job in giving much needed guidance and tips for being physically fit, maintaining a healthy weight, preparing healthy food, etc. to take care of our heart. Taking care of our mental and emotional health is also critical.

During the holidays and following the holidays, stress and depression can take its toll on the best of us. While the holidays are often called "the most wonderful time of the year," for some it may not be that wonderful. Veterans suffering from PTSD, depression due to the loss of a loved one, loss of employment, loss of a home due to weather, physical or sexual abuse, physical or mental/emotional hazing, etc. can bring, to some, feelings of loneliness, withdrawal/isolation, sadness, frustration, anxiety, anger, shame, embarrassment...the list of adverse feelings can go on.

Stress and depression is not a one size fits all phenomena. The sources of stress and types of depression, with its causes, can be different for each person. For some, these symptoms may be new, recurring and/or prevalent for many, many years. Therefore, triggers can intersect with an individual who is dealing with stress and depression and getting through the holidays can present certain triggers.

We all have experienced times when we feel down or what has sometimes been called "The Blues." However, if symptoms began to interfere with you enjoying life, then help may be warranted. Don't let it go too far without seeking assistance. For more information and to view tips for coping, please go to www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/



ZYA Curriculum: Call for Proposals

Youth Advisors, do you have an exciting youth affiliate activity? Then, here is your opportunity to share that activity with other youth advisors through the **Zeta Youth Academy Curriculum, Volume II**. Designed as a resource for youth advisors, the ZYA Curriculum is a collection of successful program activities that are aligned with the ZYA curriculum. Volume II is earmarked for publication in 2018, and submissions will be accepted from **December 1-31, 2017**. Submissions must meet on or more of the following strands.

Strand 1: Cultural Awareness and Social Skill Enhancement

- Cultural Awareness Experiences
- Active Listening Skills
- Group Dynamics
- Conflict Resolution
- Society's Expected Behavioral Norms

Strand 2: Educational Enrichment

- STEM and/or Writing Activities

Strand 3: Leadership Development

- Social Change Agents
- Leadership Practice Activities
- Cultural Field Events
- Parliamentary Procedures

Strand 4: Community Service

- Z-HOPE Workshops and/or Community Service Projects
- Elder Care
- March of Dimes
- Zeta's HOPE for St. Jude Provide

Criterion	Descriptions	Standard
Title	<ul style="list-style-type: none"> • Catchy • Appropriately Associated 	3 = Above Standards 2 = Met Standards 1 = Below Standards 0 = Did Not Meet Standards
Strand Alignment	<ul style="list-style-type: none"> • Clearly supports one or more of the Leadership Academy Curriculam Strands 	3 = Above Standards 2 = Met Standards 1 = Below Standards 0 = Did Not Meet Standards
Youth Affiliate Identified	<ul style="list-style-type: none"> • Appropriate ZYA affiliate alignment identified 	3 = Above Standards 2 = Met Standards 1 = Below Standards 0 = Did Not Meet Standards
Objective	<ul style="list-style-type: none"> • Clear purpose and outcome 	3 = Above Standards 2 = Met Standards 1 = Below Standards 0 = Did Not Meet Standards
Procedures	<ul style="list-style-type: none"> • Activities Clearly outlined • Steps can be easily followed without confusion 	3 = Above Standards 2 = Met Standards 1 = Below Standards 0 = Did Not Meet Standards
Materials	<ul style="list-style-type: none"> • Materials listed 	1 = Yes 0 = No
Timeframe	<ul style="list-style-type: none"> • Length of activities clearly stated 	1 = Yes 0 = No
Total Points	<ul style="list-style-type: none"> • Score of 90 or above is considered quality 	_____ / 17 = _____

All submissions will be read and scored based on the following rubric. Please note that the reviewers have the right to determine which proposals will be accepted for inclusion in Volume II of the ZYA Curriculum. We look forward to reviewing your submissions?

Soror Denese Wolff-Hilliard, EdD
 National Director Youth Affiliates
 denesewolff52@gmail.com



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Tips for the Holidays from your National Zetas Have Heart Team

The holiday season is a time filled with parties, family gatherings, and lots of food, so it's easy to overindulge in rich foods that aren't so good for you. But, there's no need to miss out on the festivities just to save your diet -- with a little help, you can keep from eating too much during the holidays. Your National Zetas Have Heart Team has some important information that will help you get through the holidays and not miss out on any of those treats you love.



Enjoy reading and Happy Holidays from your Zetas Have Heart Team!

Soror Mary B. Wright - International Grand Basileus

Soror Rauchelle Jones - National Director of Programs
Soror Karen Gipson - National Zetas Have Heart, Chair
Committee - Dr. Randall Wright, Soror Fay Walker Dixon, Soror Charisse Audra Collier

[Article 1: Healthy Holiday Eating](#)

[Article 2: Dessert is Not Off Limits Because You Have Diabetes](#)

[Article 3: Baking Healthy Holiday Desserts](#)

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Zeta Phi Beta Sorority, Inc. - Eastern Region

with Gratitude and Love

for



Founder Pearl Anna Neal

Celebrating and Honoring our Founder's Memory and Contributions...

Dear Blue and White Family – Sorors, Brothers, Amicae, Youth and Supporters:

On March 25, 2017, during the 72nd Commemorative Eastern Regional Leadership Conference, as a part of our Journey to Centennial, the Eastern Region hosted a beautiful Founder Pearl Anna Neal Memorial Celebration with the Dedication of the Founder Pearl Anna Neal Memorial Bench placed in the York Memorial Park in Charlotte, North Carolina. Following this very special occasion, on May 20, 2017, the Eastern Region dedicated the installation of the Founder Pearl Anna Neal Historical Marker on the campus of Johnson C. Smith University Meditation Gardens Charlotte, North Carolina.

We will culminate the celebration of Founder Pearl Anna Neal with the hanging of the Founder Pearl Anna Neal Gratitude Plaque in the newly rebuilt Zeta Phi Beta Sorority, Inc. National Headquarters and you are invited to share in this amazing opportunity. We are asking all regions, states, chapters, individual sorors, brothers, Amicae and youth to make your time-honored contribution to help us complete this important recognition project. All donor names will be listed on the beautiful Founder Pearl Anna Neal Gratitude Plaque and displayed for all to see.

Sponsorship levels are as follows:

Region/Corporate	\$500.00
State	\$300.00
Chapter/Auxiliary	\$200.00
Individual	\$100.00

All contributions can be made online via: www.memberplanet.com/s/zetaphibeta-easternregion/gratitude or click [here](#). You may mail your chapter check, money order or cashier's check payable to Zeta Phi Beta Eastern Region to – Soror ToWanda Samuel, P.O. Box 8021 Virginia Beach, VA 23450. **To ensure your name is listed, please make sure your donation is received online or by mail by December 31, 2017.**

Thank you in advance for your generous support and commitment to our great sisterhood!

T. Diane Surgeon, Esq. - Eastern Regional Director
Dr. Mary Breaux Wright - International Grand Basileus
Zeta Phi Beta Sorority, Incorporated

Link for contributions: <https://www.memberplanet.com/s/zetaphibeta-easternregion/gratitude>

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Dove Notes is the e-newsletter to keep the Sisterhood updated on the activities and initiatives of the Sorority. Feel free to forward this email to your chapters! Please do not forward outside of the Sisterhood.

Do you know a Soror who is not receiving emails from the Sorority? Let her know she can sign up here:
<https://www.surveymonkey.com/s/membershipemailFY1415> .

ZETA PHI BETA SORORITY, INCORPORATED
1734 NEW HAMPSHIRE AVENUE, NW
WASHINGTON, DC 20009
www.zphib1920.org

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Zeta Phi Beta Sorority, Incorporated, [1734 New Hampshire Ave NW](#), Washington, DC 20009

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