

The Reclamation Times

Zeta Phi Beta Sorority, Inc.
Kappa Epsilon Zeta Chapter
Bronx, NY

Volume I, Issue I

Saturday, October 17, 2009

Special points of interest:

- KEZ 30 and Strong!
- KEZ Spotlight
- KEZ Calendar
- Archonette Advantage

Event Highlights

October

Sunday, October 25th
America's Diabetes Walk
@ South Street Seaport

November

Sunday, November 8th
Prematurity Awareness

Thursday, November 26th
Feed the Needy @
Thessalonía Worship Center

December

Saturday, December 5th
Learning Tree
Kwaanza Fair

Saturday, December 19th
Archonette's Story Time
@ St. Jude's Children
Hospital

For more information on
Kappa Epsilon Zeta
Calendar of Events
visit us at
www.zphibkez.org



Kappa Epsilon Zeta Begins the Year "30," Strong, and Growing!

On February 27, 2010, Kappa Epsilon Zeta will be hosting our Anniversary and Scholarship Gala Dinner to celebrate our 30 years of continuous community service in the Bronx. We look forward to reflecting on the Bronx communities that we have worked with and served as well as reuniting with members of Kappa Epsilon Zeta from 1980 until today.

We will be honoring several individuals and organizations at the Dinner, including our "adopted" school, The Learning Tree Cultural

Preparatory School. During the evening, we will showcase our collaborations with organizations such as March of Dimes, the American Diabetes Association, Thessalonía Worship Center, Women for Women International, the Phipps Community Development Corporation and Part of the Solution (POTS).

We have also invited our 2009-2010 KEZ Scholarship Fund recipient to join us for the evening's festivities. We anticipate that the Dinner will be an opportunity for

raising funds to continue the efforts of our Scholarship Fund to provide young Bronx women with tuition assistance in their pursuit of a higher education.

We invite everyone to join us at The Eastwood Manor for our Anniversary and Scholarship Gala Dinner. For more information, please visit us at www.zphibkez.org in November 2009 for upcoming announcements.

Submitted by:
Madam Basileus,
Nilda Rivera



Obama Awarded Nobel Peace Prize

I think we as Americans need to look outside the box. Have we as a people realized the ideas and plans that Obama has set up has given hope to the world that America can and will do better? I believe the rest of the free world is looking at us as a nation that has recognized our faults and are making strides to correct them.

The Nobel Peace Prize is about instilling hope in the

greatest capacity. I urge those that wish to comment to go read about the past recipients of this award.

Conduct your research then formulate your opinion. Take a look at some of our past recipients and read up on them. Recipients like Gandhi, Woodrow Wilson, MLK Jr., Mikhail Gorbachev, Jimmy Carter, or Yasser Arafat-is a short list of past recipients.

Each took part in a movement that has affected people positively on a world-wide level.

Barack Obama has instilled hope in Americans and non-Americans satisfying the requirement for the award. For more information on the Nobel Peace Prize visit www.nobelprize.org.

-Submitted by:
Soror Janay A. Phillips

From the Editor's Desk



It is with great pleasure that I present you with the Fall/Winter Edition of the Reclamation Times Newsletter! The Reclamation Times Newsletter is for sorors not currently affiliated with a graduate chapter who would like to pursue **Coming Home to ZETA**. The newsletter is also for our friends who are interested in our auxiliaries or aspire to be members of our beloved organization Zeta Phi Beta Sorority, Incorporated.

Kappa Epsilon Zeta chapter is comprised of women of distinction. We take pride in the genuine work we do in the Bronx community to enhance, educate and empower. "There is much work to be done!" I call on all inactive sorors to feel free to participate in our community service projects and attend meetings. Work with us to continue the legacy of our Founders. You can obtain information on our events through our informative website at www.zphibkez.org

I look forward to meeting you in the near future!

With Sisterly Love,

Soror Michelyn Johnson, Editor

KEZ Reclamation Times

On a Personal Note....

Soror Michelyn Johnson

When I transferred into KEZ in the Fall of 2005 from undergrad, I had the fear most undergraduates have in regards to joining a graduate chapter. That fear I was not "seasoned" enough or would not be given the opportunity to have a voice. Boy was I wrong! KEZ warmly welcomed me and not once did the sorors ever make me feel as if I were beneath them. Since my transfer into KEZ, I have the undying energy of a "neo."

I have made lasting friendships that I hold dear to me. KEZ is there whenever a soror is in need. When I had a miscarriage, sorors were always there for me to lean on. Before and after giving birth to my son, KEZ was there for advice, help and love. When my parents were ill, it was KEZ sorors that came to check on them.

We are all sisters and act as a family. There are times of disagreements, laughter and tears, but when it is all said and done we are always there for one another. KEZ is my family and always will be. There are tremendous benefits of being a soror of Zeta Phi Beta Sorority, Incorporated, but more importantly being a member of Kappa Epsilon Zeta Chapter is a heaven sent reward!

On a Personal Note....(continues on page 4)

For more information about Kappa Epsilon Zeta contact us at:

Zeta Phi Beta Sorority, Inc.
Kappa Epsilon Zeta Chapter
PO Box 733
Bronx, NY 10467
866.841.9139 ext. 1121

OR

Email us at
kappaepsilonzeta@zphibkez.org
Visit us at www.zphibkez.org

Greetings Sorors,

If you are reading this and do not have a Zeta home, we welcome you to get to know the women of Kappa Epsilon Zeta Chapter, Bronx NY. Our chapter meetings are held the 3rd Saturday of every month, so please feel free to visit with us at any time!

If your schedule avails, we'd love for you to join us on a community service project! Our Calendar of Events is updated monthly at www.zphibkez.org or feel free to contact our Reclamation Coordinators at reclamation@zphibkez.org!

Reclamation Chair: Soror Shameeka Lawrence, Undergraduate Reclamation Liaison: Soror Ivy Okang

Kappa Epsilon Zeta Membership Demographics

Twelve Sorors chartered Kappa Epsilon Zeta Chapter in February 1980.

The 30 active Sorors of KEZ are truly diverse and represent a myriad of professional pursuits:

- * Engineering
- * Accounting
- * Education
- * Business & Marketing
- * Health Care
- * Publishing
- * Event Planning
- * Marketing
- * Law

Chapter Signature Programming

- * Adopt-a-School
- * Feed the Masses
- * Adopt-a-Highway
- * Archonette Club
- * KEZ Scholarship Fund
- * Women for Women International

If you can agree with any of the following then KEZ may be the Zeta home for you...

Nu Xi Zeta Chapter (Alexandria, VA) polled Sorors across the country to find out the top reasons Sorors become inactive. Following are the findings:

1. Finances
2. Time
3. Family Obligations
4. Educational Pursuits
5. Lack of organization or leadership
6. Un-sisterly behavior, drama or cliques within the sisterhood
7. Boredom
8. Inconvenient meetings and run of the mill projects
9. Bad collegiate or graduate chapter experiences
10. Membership Intake

Why Be Reclaimed Through Kappa Epsilon Zeta?

1. We offer a convenient plan for dues payment.
2. Our chapter meetings are run efficiently. We hold weekend projects and our committee meetings are flexible.
3. The majority of our members have families and busy lives, so we understand your personal obligations.
4. Drama and un-sisterly behavior are not an issue in KEZ. There are no cliques within KEZ. We pride ourselves on tending to the business of ZETA.
5. We plan lots of fun activities. We work hard but we also play hard.

Good Day Soror,

We all know there is no retirement age in ZETA. When we joined this beautiful organization, we knew that this was something we are going to be a part of for life. After being initiated in 2005, I did not have much time to enjoy the sisterhood as an undergrad and did not want to lose the love I have for ZETA. So I sought continuing membership through the Kappa Epsilon Zeta chapter. I have been part of the Kappa Epsilon Zeta family since 2006 and I must say I am glad I joined this wonderful chapter straight from undergrad.

As the Undergraduate Reclamation liaison, I want to encourage you, my sister, to continue to be active in ZETA through KEZ. Even with the tough times we as an organization are now facing, KEZ still stands for what is RIGHT for Zeta. Come to a chapter meeting or community service event and see what we are all about. I'm sure you will find this chapter is full of women who have a genuine love for ZETA and what she stands for. Come see Service, Scholarship, Sisterly Love and Finer Womanhood in action.

Submitted by: Soror Ivy Okang

On a Personal Note.....

Soror Gigi Gilliard



One of the founding mothers of my undergrad chapter Gamma Kappa imparted some pearls of wisdom. She said, "all Zetas will be your sisters forever, but end up with even just one Soror who proves to be a fellow worker *and* your best friend, and you will have succeeded." I'm blessed to say that I have far more than just one sister-friend in Zeta, but my dearest is my Sands Ellen Reaves. Ellen urged me to find a "Zeta home." She knew how much I longed to become active again -- but we discussed my lack of ties to any Sorors in the NYC -- much less in the Bronx. I took her advice and less than a month later, while having lunch with a friend at my favorite Harlem café, I ran into KEZ Sorors Michelyn Johnson and Nicole Spooner, Esq. We exchanged contact information and while the first few emails were professional certainly, these Sorors were warm and inviting!

When I showed up for my first KEZ meeting, I was met with the same from the entire chapter. I found KEZ to be all "about" Zeta business, but the energy was indeed welcoming. All reports describing KEZ as an amazing chapter were proving true. I won't lie; after that first chapter meeting I felt very nostalgic remembering how much the sisterhood of the Sorors at Rutgers attracted me to Zeta Phi Beta in the first place. I called Ellen that night and told her, "Well, God answered and I think I've finally found my new Zeta home." We laughed as she warned me not to go joining every committee I could put my name on! Well.....four months and four committees later from that first meeting, I'm very grateful that Michelyn and Nicole were wearing para that day; I'm so grateful for finding KEZ -- and I'm praying about all the new sister-friends that have yet to come... now that I'm home. **Z-Phiiiiiiiiiiii!!!**

Soror Christine S. Cave



I decided to transfer into KEZ because immediately upon finishing my undergraduate studies I wanted to continue to be active in Zeta. KEZ was my first choice of graduate chapters due to the good things that my close friend, Soror Ivy Okang told me once she joined after graduating as well.

I joined KEZ in March 2009, after attending a KEZ event and a chapter meeting, immediately knowing that this was going to be my new Zeta home. The Sorors from KEZ were so warm and receptive to me, and reminded me of why I decided to become a Zeta. Although I knew few Sorors in the chapter, Sorors that I have never met before treated me as if we knew each other forever. It is such gestures of Sisterly Love that solidified my choice in joining KEZ.

I find it very refreshing to be amongst Sorors who are firm in doing work of Zeta, and upholding the principles of our great Sorority. Since joining, I am simply amazed at all the accomplishments that KEZ has done and is in the process of achieving. I appreciate the Sorors who were willing to explain things to me and guide me along the way in my new journey of Zetadom. I am looking forward to making life long friends from this wonderful chapter!

Soror Deirdre Garrett



I decided to return home to Zeta because I missed the sisterhood. I felt as if I was cheating myself by not being active with Zeta. I worked really hard to earn my membership into this fine organization and I felt as if I was throwing it away.

I was invited to attend the KEZ chapter meeting in November 2008 by Soror Shameka Lawrence. Soror Lawrence had such great things to say about the sorors of KEZ, I could not refuse the invitation. I must admit I was very nervous about attending the meeting, but grateful for the invitation. From my first meeting as a visiting soror, I knew I wanted to be a part of KEZ chapter!!!!. The sorors from KEZ made it so easy for me to make a smooth transition back home to Zeta. KEZ sorors were real, warm, and down to earth. They welcomed me with open arms. I am very happy and proud to be a member of the KEZ chapter. I feel comfortable. I enjoy attending chapter meetings and working alongside sorors doing community service. I look forward to getting to know sorors better and creating a bond with them.

Additionally, Kappa Epsilon Zeta would like to take this opportunity to welcome Sorors *Alyce Sanders* and *Kaye Kerr* back home. We missed you!

KEZ Spotlight

Soror Sylvia Beevas

Sylvia has completed her studies for a Masters in Educational Leadership and is a 2009 graduate of Columbia University Teacher's College. Sylvia became a member of Zeta Phi Beta Sorority, Inc. in Spring '07 via Kappa Epsilon Zeta Chapter. Not only is Sylvia a dynamic educator; rising to the role of Assistant Vice Principal at Jane Addams High School and developing a mentoring group for teen girls aptly named Women of Essence; Sylvia has held several positions within the Chapter such as our present Corresponding Secretary and past Co-Chair of the Archonettes Club to name a few.

Soror Sharnise Johnson

Sharnise was initiated into the sisterhood in the Spring of 1994 at Penn State University via Mu Eta Chapter. After returning to school and being reclaimed through Epsilon Chapter, she transferred into Kappa Epsilon Zeta Chapter in 2008. Sharnise is currently pursuing a B.A. in Human Development and Psychology at Fordham University. Not only does she have a G.P.A. of 3.8, but she is a member of Alpha Sigma Lambda National Honor Society for Nontraditional Adult Undergraduates, Phi Kappa Phi, the nation's oldest, largest, and most selective honor society for all academic disciplines, and Psi Chi National Honor Society in Psychology. At the 2009 New York State Zeta Leadership Conference, Sharnise was awarded the New York State Deborah Cannon Wolfe Scholarship. She is currently KEZ's Recording Secretary and is on numerous committees.

Soror Lisa Grant

Lisa is a 2009 graduate of Pace University School of Law, Juris Doctor program. Lisa became a member of Zeta Phi Beta Sorority, Inc. Spring '93 via Iota Rho Zeta Chapter at the University of Hartford and transferred to Kappa Epsilon Zeta Chapter in 2001. Lisa has held many positions within the Chapter but more recently she was 2nd Vice President, Scholarship Chairwoman, Editor of Reclamation Times, and Webmaster. Her quote is "This accomplishment is shared with those who have encouraged and supported me along the way. I feel so very blessed to have the love and support from my family, friends and sisters in Zeta! Ee-i-Kee!"

Soror Veronica Malone

Veronica Malone was initiated into our illustrious organization in the Spring of 2002 via Zeta Kappa Chapter while majoring in Finance at Long Island University. She is currently pursuing her M.B.A. in Healthcare Management at Monroe College. On May 26, 2009, Veronica was inducted into Sigma Beta Delta International Honor Society for Business, Management, and Administration! Her spirit is well appreciated in Kappa Epsilon Zeta and it is illustrated in her work. Upon transferring into KEZ, Veronica immediately joined various committees such as Membership, Z-HOPE, and Cotillion 2010. You can also rely on Veronica to put her heart into everything she does and it is that same zeal she exhibits that makes her a true example of Finer Womanhood.

Soror Michelyn Johnson

On October 8, 2009, Soror Michelyn Johnson was selected for the 2010 Who's Who Among Students in American Universities and Colleges. Only fourteen (14) students were nominated by Dorothea Hopfer School of Nursing in Mt Vernon, NY. Who's Who Among Students in American Universities and Colleges is a nationally recognized institution of the American academic community. More than 1,000 colleges have adopted this program as part of their annual campus honors. The program was designed to recognize outstanding academic achievement and student leadership. Soror Johnson has remained on the Dean's List since her enrollment in Dorothea Hopfer School of Nursing and will be graduating in May of 2010. Soror M. Johnson was initiated into Zeta Phi Beta Sorority, Incorporated in the Spring of 2000 via Theta Alpha Chapter- Boston, MA Metro. Upon transferring to KEZ, Soror M. Johnson has served as Grammateus, ZHOPE Coordinator and Adopt-a-School Chairwoman. She is currently a member of the Membership Intake, ZHOPE, Cotillion 2010, Stork's Nest and Fundraising committees. Congratulations Soror Michelyn Johnson on your academic achievements and we wish you the best on your journey to becoming a registered nurse! You are a true example of Scholarship!



WHO AM I ?

Match the following statement to the Soror mentioned in the KEZ Spotlight. Make sure that you read the next KEZ Reclamation issue for the answer.

"I am a member of Alpha Sigma Lambda National Honor Society for Nontraditional Adult Undergraduates, Phi Kappa Phi, the nation's oldest, largest, and most selective honor society for all academic disciplines, and Psi Chi National Honor Society in Psychology."



Fab's Fitness Frenzy

Let's face it, we all have our personal reasons for why we work out (or why we don't). Some of us work out because we want to lose weight for a special occasion, prevent the onset of cardiovascular diseases, or simply to improve our fitness level. I know how hard it is to start a workout routine and I know the gym can be intimidating when you have no clue what to do when you get there. I can spot the "first-timers" from a mile away, you know the ones who wander around the machines aimlessly? I often tell people who feel this way to pick up a group exercise schedule and try out some of the classes. It's a great way to get into the habit of going to the gym and it frees you from having to think about what to do - just follow the instructor! Also, remember to pack a gym bag so that you don't have to go home first!

I hear these questions and comments quite often, so here is some information to help clear up any confusion you may have:

Myth Busters



Fitness Myth #1:
I can lose weight in only one area of my body.

Myth Buster:

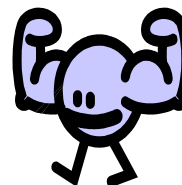
There is no such thing as "spot reduction" when it comes to fitness. When a workout program is properly structured, it will result in overall weight loss and a leaner appearance throughout the entire body. Although certain exercises target specific body parts, there is no way to lose weight in one region of the body and not in others.



Fitness Myth #2:
I can lose weight and keep it off by dieting alone.

Myth Buster:

Dieting is temporary deprivation! It is **UNREALISTIC and often leads to binging.** Dieting is different from changing your eating habits. Did you know that more than 90% of people who lose weight by dieting alone gain it back? Why not opt to make a lifestyle change? Begin eating healthy by having more fruits and vegetables and less fats. Pre-plan meals and pack your food for the day. Have smaller meals more frequently throughout the day and remember that adding a moderate exercise regimen to your new healthy eating plan is the most effective way to lose weight and keep it off!



Fitness Myth #3:
Women who lift weights will develop big bulky muscles.

Myth Buster:

Wrong! Strength training is a great way for women to firm and shape up muscles beautifully. You can lose body fat and increase muscle definition in no time! The "bulk" that most women fear is usually associated with male and female body builders (very heavy weights and muscle enhancers/steroids). Did you know that resistance training is a great way to burn calories, boost metabolism and decrease the risk of osteoporosis?

Kick your taste buds into gear and get your metabolism going with this great recipe!

JERK CHICKEN SALAD

Ingredients:

- 1 tbsp olive oil
- 2 boneless, skinless chicken breasts
- Salt, pepper, light soy, and sage – to taste
- 2 tbsp jerk sauce
- 1 284g bag of Spinach
- 12 grape tomatoes
- 1 cup diced cucumber
- 4 strawberries
- 1 can, mandarin oranges in own juice
- 2 tbsp Newman's Oil and Vinegar dressing or Kraft Sun-dried Tomato and Oregano dressing

Instructions:

Pour a tablespoon of olive oil into a nonstick frying pan at medium-high heat. Cut the chicken into bite sizes, and add it to the pan. Add a few squirts of soy sauce, dash pepper and sage. Pour jerk sauce over chicken and mix well. Cook until the chicken is done (about 5 minutes), and set aside. Place the spinach in a large bowl. Cut tomatoes, cucumber and strawberries into bite-size pieces and mix with spinach. Toss cooked chicken into salad. Drain mandarin oranges and add to salad. Add dressing then serve.

Nutritional Value:

Calories: 410
Fat: 8 g
Protein: 58 g
Carbs: 37 g
(Makes 2 servings)

*This page submitted by:
Soror Fabiola Francisque*



The Archonette Advantage

Greetings!

Every year, we are expected as a chapter to enlighten, educate, and foster a sisterly bond with the KEZ Archonette Club. To accomplish this feat, we will promote our role model images and heighten our active participation in their day-to-day activities inside and outside the KEZ Archonette Club. KEZ Sorors are looking towards an exciting year!

At this time, please join me in welcoming the newest members to the KEZ Archonette Club. They are: Nicole Gonzales, Tanajah Davis, Andrea Balbuena, Kayla Edwards, Chantae Leslie, Chelsea West, and Whitney Kuffor!

If you know of a young lady between the ages of 14-18 attending high school in the five boroughs please forward her information to kappaepsilonzeta@zphibkez.org.

For more information on KEZ Youth auxiliaries including the Archonettes, Amicettes, and Pearlettes, please email us at kappaepsilonzeta@zphibkez.org.

Did you know...

Past Archonette Keisha Marie Ruiz graduated from Jane Addams High School for Academic Careers on the Honor Roll and is now attending SUNY Cobleskills! Congratulations, Keisha. Best of luck in the upcoming year!

Did you know...

Archonette Yamelly Andujar is a senior this year with hopes of attending the college of her choice. She plans to prepare for college by taking calculus, AP courses, and college courses. As President 2008-2009, she hopes that everyone shows up and participates this year.

Did you know...

We have a new Archonette Executive Board. Introducing President-Sonia Leyro; Vice President -Chelsea West; Secretary-Whitney Kuffor; Treasurer-Kayla Edwards; Assistant Secretary-Kenya Brooks; Assistant Treasurer-Jessica Robinson. Congratulations to all! Let's make this a great year!

Submitted by Soror Janay A. Phillips

Sisterhood

My sister, my friend....
How near and dear you are to my heart
The years have shown that no distance or circumstance can keep us apart
You're a phone call away when your are needed the most
You know when to be silent or tell silly jokes
Laughter, tears, joy and pain, I wonder time and time again....
How blessed I am to have you in my life
Looking back on our friendship is pure delight.

My sister, my friend....
Memories and days gone by make me smile
The good and even the bad was worthwhile
I thank you from the depths of my soul
Life's obstacles can take their toll
You talk, you listen, you help carry me through
My sister....a friend is what I have in you.

Submitted by: Soror Fabiola Francisque



KEZ Calendar of Events



October 3rd
Adopt a Highway Cleanup /
Brunch with Interests

October 17th
KEZ Chapter Meeting

October 25th
Step Out Walk to Fight Diabetes Walk
@ South Street Seaport

October 29-November 1
53rd Annual Atlantic Regional Conference
Baltimore, Md.

November 5th
CHARMED After-Work Social Event
w/Omega Psi Phi Fraternity, Inc.

November 7th
Adopt a Highway Cleanup

November 8th
Prematurity Awareness Sunday

November 21st
KEZ Chapter Meeting

November 26th
Feed the Needy @ Thessalonía Worship Center

December 5th
The Learning Tree Kwanzaa Fair

December 19th
KEZ Chapter Meeting

January 1st
Feed the Needy at Macedonia

January 9th
Phi Beta Sigma Fraternity Inc. Founder's Day
Sigma Founder's Day Celebration

January 16th
Zeta Phi Beta Sorority, Inc. Founder's Day
ZETA Founder's Day Celebration
@ St. John's University



KEZ Archonette Calendar of Events

October 11th
Lucy's Legacy: The Hidden Treasures of Ethiopia

October 17th
*Archonette Meeting

October 25th
Step Out Walk to Fight Diabetes Walk,
South Street Seaport, NYC

November 17th
*Archonette Meeting
Etiquette Workshop I @ 6:00pm

November 26th
Feed the Needy @ Thessalonía Worship Center,
Bronx, NY

December 5th
The Learning Tree Kwanzaa Fair
Archonette Movie Night

December 19th
*Archonette meeting

December 21st
Archonettes at St. Jude's Hospital

January 1st
Feed the Masses at Macedonia Baptist Church
Mount Vernon, NY

January 9th
*Archonette Meeting
Career Workshop I @ 6:00pm
Phi Beta Sigma Fraternity Inc. Founder's Day
Sigma Founder's Day Celebration

January 15th
KEZ Scholarship Application Period Begins

January 16th
Zeta Phi Beta Sorority, Inc. Founder's Day
ZETA Founder's Day Celebration
@ St. John's University



*Event or Meeting is closed.
Only members of Zeta Phi Beta Sorority, Inc. and Archonettes may attend.
For more information please visit us at www.zphibkez.org.

