

AZ Monthly

March Issue | Volume 1 | 2022

Quarterly Edition

“Courage is found in unlikely places.” -J.R.R. Tolkien

Soror Dorothy White- National President
Soror Dr. Cynthia Warren- Chapter President
Soror Ke’Ira Lewis- Journalist



1st Vice President's Letter: As we finalize the Women's History Month celebration, which was established to celebrate the critical role for women in our history, we are reminded of the great achievements and contributions of women across the world. According to Lonnie Bunch, the founding director of the Smithsonian's National Museum of African American History and Culture, "One can tell a great deal about a people, about a nation, by what it deems important enough to remember," Indeed, it is a great time to pay tribute to African American women; however, we must never forget that women, especially the African American woman who is often overlooked and excluded from pay and promotions of males and continue to be a void in history books.

In his 2016 Women's History Month Presidential Proclamation, former President **Barack Obama** said, "Throughout history, women have driven humanity forward on the path to a more equal and just society, contributing in innumerable ways to our character and progress as a people." As we continue to promote inequalities everywhere, it is imperative that we remain focused on the needs of the African-American woman.

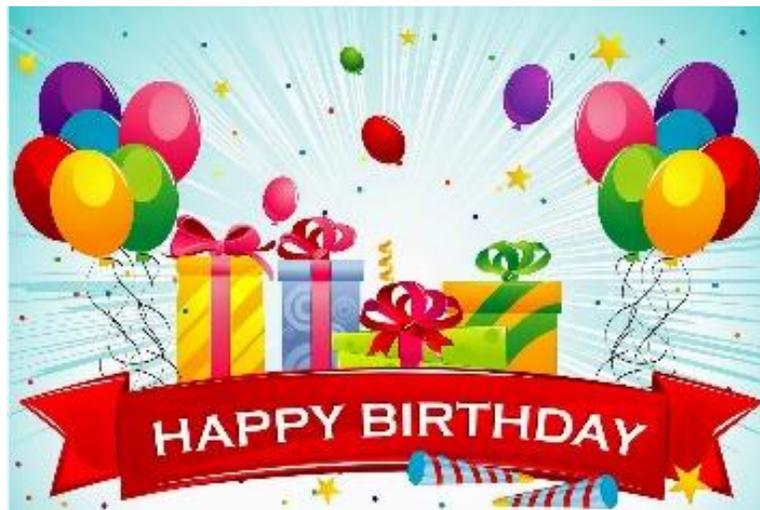
Leadership is key. For many women of color, getting into professional settings is only half of the battle. From wage gaps to lack of opportunities for advancement,

many women continue to experience combinations of racism and sexism. Leadership for women, especially the African American woman, isn't just about her strength and perseverance. It's about how consistently the African American woman is visible and actively engaged in leading the fight toward a greater good. Just think of our mothers, grandmothers, teachers, and community leaders who paved a path for each of us to express our voices in varied platforms. Whether the focus centered on building and nurturing the family, fighting for the rights of others, or preparing to assume the highest office in the nation, when African American women lead, we all win.

Let us continue to honor the phenomenal Black women of our history who fought with the collective power of voices, passion, and dignity to liberate the Black community and speak our truth.

Finally, I ask that you join me in extending a hearty salute to **Dr. Cynthia Warren**, Chapter President for Alpha Zeta Chapter. During this sorority year, Dr. Warren has demonstrated exemplary leadership during a most controversial and tremulous time in the history of our Chapter. Since taking the helm, she has demonstrated courageous leadership by listening, guiding, and advancing our beloved Alpha Zeta. So, today, Alpha Zeta extends our heartfelt appreciation to Dr. Cynthia Warren, a courageous woman of God who continues to exemplify the attributes of our founding sorors. The Sorors of Alpha Zeta Chapter appreciate, love, and salute Dr. Cynthia Warren!

Happy Birthday to all Sorors born in the month of March.



Blast from the past- JAN 22'



President's New Year encouragement: *As we go into the new year, let's continue diligently to complete the projects and programs that you signed up to do. Ask questions, investigate, ask questions again, clarify, then move forward to conclude your task(s). Sorors, working together, we can make a tremendous impact in our communities. What is your covenant to Alpha Zeta Chapter?*

Business Tip of the Month

Here are five marketing strategies to help engage your customers, and boost your sales:

1. Connect through promotions
2. Capture customer information
3. Seek new channels to communicate
4. Customize your deals to make your customers feel more intimate with your offering
5. Integrate online and offline shopping



Congratulations Soror Haywood

On January 5th, our 2nd Vice President, Soror Valda Haywood, was chosen as Coping with Choices newest team member. Coping with Choices is a therapy group that promotes behavioral transformation, by encouraging positive outlooks, and the adoption of new attitudes and reactions. Soror Haywood will serve as a helping hand in leading individuals to mental stability.



Blast from the past- FEB 22'



Our President speaking on love: *February is the love month. We are reminded of the love for our famous ancestors, as well as that significant other. Think on this love. Those who might think that Jesus only listens to Christians, should think again, because of this love. Jesus came for all. He answers the prayers of all. No one has an advantage. We all are God's children. We are all brothers and sisters of Jesus. One difference might be that believers know God better and know what is expected of them*

more clearly than others. So for that reason, more might be expected of believers: expectations such as showing love and being understanding. Remember, when we reach out in prayer, God's love won't disappoint us.

Black History Celebrations Around Iotaland

Alpha Mu celebrated Mamie Smith- the first African American to break the barrier for black musicians to record their music

The **Alpha Chapter** highlighted our Southern roots: Kentucky, Louisiana, Alabama, Arkansas, and Mississippi

Our very own **Alpha Zeta** hosted "The Color of Medicine in the Ville;" covering the story of the Homer G. Phillips Hospital, and medical training of African American

Congrats to the Wilkey Essay Recipients:

Middle School- Nia K. Mott (Epsilon Chapter- Southwestern Region) Xavier Lobban (Zeta Beta Chapter- Far Western Region) Shyah Snead (Gamma Zeta- Eastern Region)

High School- Jaidyn Forrest (Epsilon Eta Eastern Region) Kaylen Brandt (Alpha Lambda- Central Region) Charliese Fredrick (Zeta Beta- Far Western Region)



Lifetime Achievement- Alpha Zeta's very own Soror Dr. Doris Graham was the recipient of the Lifetime Achievement Award during the Black History Month Program hosted by Clayton High School.

Business Tip of the Month

Since the pandemic, have you pivoted? The pandemic has created changing demands of shoppers. Reflect and consider the following:

1. Are you offering customers both in-person and remote access to your products and services?
2. Have you gotten more creative in your efforts to appeal to customers since the pandemic?
3. Have you taken advantage of email campaigning?
4. What are you doing to understand who your customer is, and what's most important to them in this season?

Our History



Meet Governor's Wife: Sparking a United Negro College Fund drive in Hartford, three sorority presidents are greeted by Mrs. John Lodge, wife of Connecticut's governor, who feted them with a tea. They are (l. to r.): Miss Arnelita Taylor, Delta Sigma Theta; Miss Ruth Pugh, Iota Phi Lambda; Miss Allenstine D. Sparks, Alpha Kappa Alpha; and Mrs. Lodge.



Hello MARCH

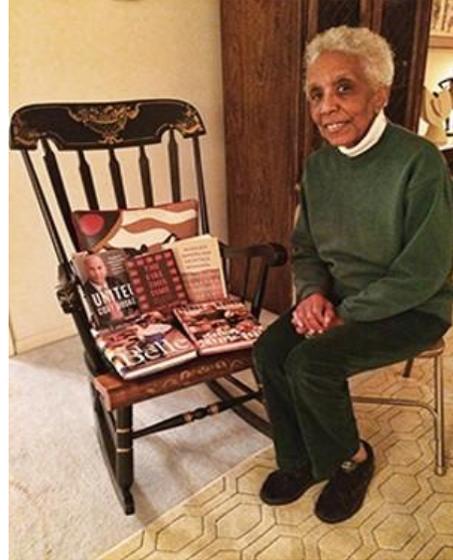
Conferences Across the Map



Soror in the Spotlight

We would like to recognize our dear, and longtime member, Soror Theresa Cummings. Soror Cummings is an Iotan who worked very diligently on all levels of Iota and remains devoted to Alpha Zeta. Residing in Springfield IL, Soror Cummings faithfully traveled to St. Louis on Founder's Day (pre-pandemic, and when she could secure a ride) to install newly elected officers.

A bit about our Soror: she was inducted into our illustrious sorority in 1962. She rose through the ranks of Iota to become the Western Regional Director (before the merger) and Chair of the PNOC. She is a retiree from Illinois State government politics, was very active within her church community, and is an author and excellent cook. Alpha Zeta loves and cherishes Soror Cummings so much so, that the chapter has taken many bus and train trips to her home, for June Chapter meetings and installations.



The Nominations are In

The time has come to nominate a deserving Soror for the Fredda Witherspoon Distinguished Service Award. Established in 1983 as a living legacy to Soror Dr. Witherspoon (Iota's 10th National President (1977-1981)), nominated Sorors must carry the following qualifications:

- 1. An Alpha Zeta Chapter member (financial) for a minimum of three years*
- 2. Must have maintained financial activity for the past three years at the time of nomination*
- 3. The nominated Soror must have attended a Regional Conference or National Convention*
- 4. Officers may be nominated*
- 5. The nominated Soror must have demonstrated the attributes of Iota*
- 6. The nominated Soror must have propelled Iota in her community service endeavors*
- 7. The nominated Soror must have participated in programs and projects*

It's Time to Vote!

The nomination process for Alpha Zeta elected officers opened March 26th, 2022. Nominations will remain open until the close of our April 2022 meeting. Nominations submitted to the Nominations Committee electronically or via US postal mail provide for continuity on the official ballot, which will be issued at the time of voting at the May 2022 meeting. Send your nomination to any member of the nominating committee: Sorors Ward, Du Bose, McKinney, or Williams.

The duties of all positions and the nominating committee are listed in the Standing Rules. In the event you do not have a current updated copy of Alpha Zeta's Standing Rules, consult your Regional and National By-laws, which will provide an excellent overview applicable to the chapter level duties.

LOMEPAS IN THE HOUSE!!!

Our Dean of Intake, Soror Vanetta Cobbs, has her hands FULL with 16 LOMEPAS preparing to cross over into Iotaland! The induction for the LOMEPAS took place on March 19th. Alpha Zeta is so excited to gain more "forever sisters."



Empowering Women: One Program at a Time

The Sorors of Alpha Zeta and the IMAP Committee were ready for some empowering and empowerment! The event was held at the Ferguson Empowerment Center on March 26th from 12p to 2p. The ladies enjoyed McAlister's for lunch 😊



Business Tip of the Month

Does your business or organization have insurance? Like most homeowners who rely on their insurance to cover their liability in the event of an accident or unforeseen liability, many businesses also rely on the same type of protection.

Does your small business need general liability insurance? Yes! Is it required by law? No, but here are several reasons why you should acquire some:

1. Covers property damage (ex: should you damage someone else's property during the course of doing business)
2. Offers physical injury coverage (ex: may make payment resulting from an accident that happens on your premise or during business operations)
3. Covers defense costs (ex: if you're sued for libel or slander)

Health Corner

Detox Waters to Cleanse your Body

1. Boost the Immune System = Strawberry, Basil, and Lemon
2. Healthier Skin = Blueberry and Orange
3. Fat into Fuel = Grapefruit and Rosemary
4. Better Digestion = Pear and Ginger
5. Anti-Aging = Raspberry, Mango, and Lime

*Nothing but
Emeralds and
Pearls for
Lola's Girls*



Soror Tjuannia Seals- March 4th

Soror DeJeanette Williams- March 8th

Soror Bonita Cornute- March 22nd

Soror Andrea Alexander- March 29th

Soror Judy Ferguson-Shaw- March 31st



Upcoming Events



Et. Event Planning & Marketing LLC

Every 2nd Fri

OPEN MIC NIGHT

- Poets
- Singers
- Musicians

\$5 Admission 7p

10850 Lincoln Trail Ste. 16
Fairview Heights



Fitness Activity
ALPHA ZETA
TEAMS UP WITH
STRETCH LAB



Saturday
April 9th
1:00 PM
8853N Ladue Road
St. Louis, MO 63124

\$20.00 per person
includes refreshments

Attire:
Loose fitting clothes and socks with grippers

Contact Soror Paula Sams to reserve your spot
(314) 518-0473

Lunch & Learn at Café Biz

Guest speaker Kenric Lynn, Executive Director of the Maxwell Leadership Certified Team, will be facilitating this month's workshop, covering the John Maxwell curriculum: leadership principles.

- *Wednesday, April 20th
- *11a-12:30p
- *Café Biz 618 Shared Workshop
10850 Lincoln Trail Ste. 16
Fairview Heights, IL
- *Admission is \$15 (includes lunch)

Business Month Awards Dinner

Sorors and friends are cordially invited to the 12th Annual awards dinner, that will honor and recognize 21 honorees.

- ***Sunday, April 24th at 6p**
- ***Location: Norwood Hills Country Club**

Adult tickets (ages 13+) are \$65; youth (ages 12 and under) will be \$35. Tickets are on sale until April 10th. Please contact Soror Vanetta Cobbs for more information.

4 Areas of Empowerment

Join Soror Deletra Hudson on April 30th for this hybrid style event, as she shares the 4 areas of empowerment. Contact Soror Hudson for in-person or virtual sign-up.

Our Condolences

“Angels are always near to those who are grieving. To whisper to them that their loved ones are safe in the hands of God”

Soror Dorothy F. Walker



Soror Dorothy Frederick Walker

Soror Walker was inducted into Iota Phi Lambda Sorority, Inc., Alpha Zeta Chapter in 1962

Sorority Involvement:

Local

- Recording Secretary
- Dean of Pledges
- Nominating Committee-Chair
- 2nd Vice President

Regional

- Audit and Budget Committee
- Evaluation and Findings Committee

National

- Coordinator with Lambds, 1968-1970

Education:

- Graduate of Harris Stowe Teacher's College
- Graduate studies at Webster College, Washington University and Southern Illinois University

Community Organizations:

- Chaplain of National Association of University Women, St. Louis Section
- Ebony Fashion Show Boosters
- Life Member, NAACP
- Member, Phyllis Wheatley YWCA
- Member, Bertha Black Rhoda Section, NCNW
- Volunteer, United Negro College Fund

Awards/Honors:

- Certificate of Appreciation for Service, Iota Phi Lambda Sorority, Inc., 1975
- Certificate of Merit-Urban League Block Unit, 1978
- Leadership Award, Bertha Black Rhoda Section, NCNW, 1982
- Golden Service Award, Missouri Conference W.M.S.-A.M.E. Church, 1984
- Community Service Award, Top Ladies of Distinction, Inc., 1984

Awards/Honors (cont.):

- Meritorious Service Award for Volunteer Service, United Negro College Fund, 1985
- Certificate of Recognition (Service), National Association of University Women, 1985
- Certificate of Recognition (Service), Phyllis Wheatley Branch YWCA, 1985
- Certificate of Appreciation for Devoted and Invaluable Services rendered to Chapter 1 Students, St. Louis Public Schools, 1987
- Certificate of Appreciation from Adult Basic Education, St. Louis Public Schools, 1993 and 1997
- Certificate of Appreciation for Assisting in the Successful Implementation of the Toyota Families in Schools Initiative, 2000
- Lifelong Educator and Citizen of St. Louis, Literacy for Social Justice Teachers Group (Adult Education Teachers), 2005
- The Freda Witherspoon Distinguished Service Award in Recognition of Outstanding Service to Alpha Zeta Chapter and the National Programs of Iota Phi Lambda Sorority, Inc., 2009

Religious Affiliations:

- Member, St. Peter's African Methodist Episcopal Church
- Served as Trustee and Treasurer, Princess Cheatham Women's Missionary Society
- Served as Treasurer and President (1991-1995), Missouri Conference Branch Women's Missionary Society of the A.M.E. Church
- Life Member Connectional Women's Missionary Society of the A.M.E. Church, 1995

Family:

- Widow (Milton Walker); two daughters, Jatona Patricia Walker and Frederique Susan Walker Browne

Employment:

- Retired Educator, 1987, St. Louis Public Schools
- After retirement, worked ten years for the St. Louis Adult Basic Education, St. Louis Public Schools

Hobbies:

- Reading, traveling, bowling and drama

Philosophy/Quotes:

Do unto others as you would have them do unto you.

Psalm 119:33
Teach me, O Lord, the way of Thy statutes;
and I shall keep it unto the end.

Soror Dr. Linnetta Carter

