

# SIGMA NU ZETA NEWSLETTER

NEW YORK CITY

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May 2010

## MESSAGE FROM OUR CHAPTER PRESIDENT

Over twenty-six countries celebrate their own Mother's Day, and all around this nation, mothers will be celebrated and cherished on May 9<sup>th</sup>, 2010. Flowers will be given, food will be lovingly cooked, and kisses will be shared on this special day. There is a saying: "The moment a child is born, the mother is also born. She never existed before. The woman existed, but the mother, never." In other countries, Mother's Day is also known as "Mothers and Children's Day." It is the bond of mother and child that make this day so wonderful!

This year on Mother's Day, the members of Sigma Nu

Zeta want you to take the time out to not only thank and be thanked for the joys of motherhood, but we ask that you consider a celebration of the bond, the beauty and the joy of maternal relationships all over the world. On behalf of the Sigma Nu Zeta Chapter, have a very special Mother's and Children's day. Make sure the celebration surpasses one day.

In this issue, enjoy the loving recipes we have to share, and a meaningful story about a young Soror in our chapter and her view on the growth and bond of motherhood, as well as how she contributes to celebrating the bond of maternal rela-

tionships with her dedication to the March of Dimes, even before she became a member of the Sorority. We've also included a loving story of a Soror's quest to recreate a cherished recipe of her grandmother. Finally, we also invite you to celebrate womanhood and motherhood at our Production of Your Negro Tour Guide...What is that you ask? Read on and enjoy!

[www.zphib1920snz.org](http://www.zphib1920snz.org)



Sharon LaDay

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### Special Points of Interest:

- Sigma Nu Zeta is committed to serving our community- Look inside to keep up with our current endeavors.
- The March of Dimes March for Babies was a success! Thank you for your support
- Be on the look out for more excited social events and even more opportunities to join us in serving our community.

## ΣNZ EXECUTIVE BOARD - 2010

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# DEEP FRIED AND DELICIOUS

By Soror Christina Morgan

I spent nearly 95 percent of my childhood afternoons close to my grandmother's kitchen. It was a perennially pristine room devoid of cookbooks and electronic appliances, and it became my first introduction to culinary perfection as its stoves and ovens churned out everything from oblong peach turnovers and vegetables prepared straight from the backyard garden to unreproducible dishes such as "hash," a meat stew indigenous to the Deep South.

Unlike my grandmother, I can hardly cook anything at all, at least not without consulting one of my 22 cookbooks or plugging in one of a half-dozen electronic devices.

In the year since she passed on, I've realized that hours with Julia Child, Fannie Farmer, or Ruth Reichl won't help me.

Because my grandmother never used them, I believe that the best cooks do not refer to recipes. Soul food is personal. And dishes such as my grandmother's hash are like lost art, with little hope for recovery. So I've accepted the fact that I'll never be a real cook – except when it comes to one dish: my grandmother's double-battered fried chicken.

Dinner time broke up the period between television watching and homework and signaled that my mother would be coming to pick me up soon.

The meals were not leisurely, but I managed sometimes to watch my grandmother prepare my favorite meal, fried chicken accompanied by one of the 21st century's most maligned side dishes: mashed potatoes.

My weekly fried chicken consumption ended when, as a teenager, I convinced myself of the meal's perils.

My insistence on eating only grilled, white chicken breasts forced my grandmother to employ the only portable cooking device I'd ever seen her use: an electric grill that she'd received as a gift from one of her daughters-in-law and that had always remained hidden from view by a dishrag.

"Eating like this hasn't killed me," she'd say about her fried chicken. And it didn't. She enjoyed a long life, reaching

into her eighth decade.

Only once did I openly insist that she teach me how to prepare one of her specialties – homemade biscuits that became a culinary miracle each summer when paired with her pear preserves.

"It's too hard," she had said as she sighed in refusal. "We didn't have no choice but to make our own bread."

There's definitely a trick to cooking fried chicken correctly. Many an "upscale" soul food restaurant has served up horribly dry, throat-cutting versions. I can only lower my head whenever I see bus loads of European tourists heading into some sit-down Harlem soul-food restaurants in search of "authentic" Southern cooking.

Still, at its best, fried chicken conjures up summer picnic baskets filled with cold leftover wings, and at its worst, tacky images of Colonel Sanders.

I'm not clear how or why, but I've retained my memory of my grandmother's technique for perfectly moist Southern-fried chicken. "Flour, egg, flour, fry" is a four-word device I developed to remember the order in which to prepare the poultry.

So this year, on a May afternoon before the summer heat could stifle my desire to fry even an egg, I purchased all the ingredients necessary to repeat my once-favored dinner.

Calling upon my grandmother's words to "take pains and pay attention" while cooking, I unwrapped two chicken wings and two bone-in breasts as if they were priceless glass figurines.

I arranged the egg, flour, and a simple spice rub (seasoned salt, pepper, and regular salt) in such an orderly, assem-

bly-style fashion that Henry Ford would have nodded his head in approval.

I was on a mission, but despite the fact that fried chicken is the only recipe I have etched in my mind, I remained unsure of the outcome. Living alone gives one little incentive to cook, so the thought of ruining a batch of chicken led me to use an appliance that would've made my grandmother shudder: a deep fryer.

I meticulously prepared the uncooked chicken pieces – rubbing them with the seasonings, dipping them in a bag of flour, then into a beaten egg, and finally back into flour – remembering to shake in a dash of paprika for browning, and dropped two pieces into the deep fryer before I realized there was no room for the others.

So I'd have to cook the remaining pieces the way my grandmother did, in a pan with a lid, standing over it to ensure a positive outcome – not hitting a button and plopping down on the couch while waiting for a buzzer to sound.

It would be a test, I told myself. Two chicken pieces and a pan full of piping hot grease would decide if I could once and for all say I'd learned at least one domestic skill my grandmother had so effortlessly possessed.

The deep fryer batch finished before my pan-fried pieces. They looked good. At least I hadn't ruined an entire grocery run.

But my pan-fried pieces, to my surprise, held up to the test. In fact, they were better. They were moister, with the crumbly, brown skin falling off of it the way it did when I ate it growing up. Mmmm.



## YOUR NEGRO TOUR GUIDE

On Thursday, May 13, at 7pm, Sigma Nu Zeta is presenting *Your Negro Tour Guide* a one woman play based on the book *Your Negro Tour Guide: Truths in Black and White* by Kathy Y. Wilson and adapted by Jeff Griffin and actress Torie Wiggins. This theatrical performance explores African-American identity, racism, and the American racial divide by tearing down racial constructs and stereotypes in thought provoking ways.

Torie Wiggins has performed this show across the country and she has received great reviews for opening up dialogue for complex issues in a natural and comfortable setting. Another bonus in the May 13<sup>th</sup> performance is the opportunity to speak with actress Torie Wiggins and Kathy Y. Wilson about their perspectives on both the book and play. One reader of *Your Negro Tour Guide* stated, "There is currently a one-woman-play based on this book which is just as, if not more, moving and entertaining as the book. Amazing!"

Torie is especially excited for her upcoming performance because she knows there will be new faces in the audience. She appreciates a fresh outlook from the audience and looks forward to the "talk-back" discussion with Kathy.

Enjoy this special performance with friends, family and feel free to bring your mother for this enlightening performance. The cost for seeing this magnificent show is \$20 per person and tickets can be purchased online at [www.brownpapertickets.com](http://www.brownpapertickets.com) or visit [www.zphibsnz.org](http://www.zphibsnz.org) for a direct link and more information.

**Zeta Phi Beta Sorority, Inc.**  
**Sigma Nu Zeta Chapter**  
presents




**Your Negro Tour Guide**  
Adapted by Jeff Griffin &  
Torie Wiggins  
at  
**The Triad Theatre**  
159 West 72nd St.  
NY, NY 10023

**Thursday, May 13, 2010**  
7pm - 9:30pm



Torie Wiggins  
in  
**Your Negro Tour Guide**  
based on the book by Kathy Y. Wilson

**Tickets are \$20**  
(plus 2 drink minimum the night of the event)

**Buy Tickets Online!**  
<http://www.brownpapertickets.com/event/101264>

Contact  
Lynette Capers - [NettyBlueBell@yahoo.com](mailto:NettyBlueBell@yahoo.com)  
Davonne Matthews - [dvnhlm@aol.com](mailto:dvnhlm@aol.com)

## THE FIVE PEARLS FOUNDATION: BOOKS FOR AFRICA

Every day, thousands of children cannot attend school in The Gambia because the cost of education is simply too high. With limited access to funds and resources and families who need an extra hand around the house, children are often denied an education. The Five Pearls Foundation works hard to ensure that supplemental materials like books and supplies are available to every child in The Gambia and we can achieve our goal with your help!

Did you know that as little as \$50 can pay for a box of books to be shipped to The Gambia to build libraries?

The goal of the "Books for Africa" project is to supply books needed to develop libraries and supports schools for rural women and their families in 80 rural village chapters in The Gambia, West Africa. The annual collection of educational materials and books has been an ongoing project initiated in 2001 by the Frazier Educational Enterprises Foundation. The Five Pearls Foundation and Zeta Phi Beta Sorority, Inc., Sigma Nu Zeta Chapter became partners in this project in 2005. We collect Money donations for shipping costs and for purchasing of supplies; Gently used or new books, including text books and subject area books; and Educational supplies like backpacks, pencils, pens, markers etc.



If you are interested in making a contribution or volunteering for the "Books for Africa" program, please visit [www.fivepearlsfoundation.org](http://www.fivepearlsfoundation.org) for more information.

# MARCH FOR BABIES AND MARCHING FOR MOTHERS TOO

By Soror April Grigsby

Sigma Nu Zeta chapter has always honored the importance of motherhood by both its local work and its participation in the national programs of Zeta Phi Beta Sorority, Inc. As an organization of professional women, many of whom are also balancing motherhood, we understand the need to make an investment in the wellbeing of mothers and children. According to the March of Dimes, the reason why African American women are twice as likely to have premature babies is not fully understood. Apparently the issues are more complex than just pre natal care and socio economic status, there are several indicators across the life course of an African American woman that could be a factor. This leads to the question, *'Is it harder on black women as mothers?*

The first step in understanding this dynamic is research- which Sigma Nu Zeta zealously supports. In terms of raising money for this worthy cause, Sigma Nu Zeta has contributed both dollars and its heart to the March of Dimes. In 2003

only one year after Sigma Nu Zeta was organized, the chapter locally was #1 for raising monies for the March of Dimes in New York State. In 2007, Sigma Nu Zeta Chapter raised more than \$9,000 which positioned the chapter in the number one spot on the national level for monies raised for WalkAmerica by Zeta Phi Beta Sorority, Inc. This success was followed in 2008, when Sigma Nu Zeta chapter sponsored its first dedicated fundraising event for the March of Dimes at the New York State office building in Harlem, NY.

The chapter participated in the March of Dimes on Saturday, April 25 2010 and fundraised almost \$3,000 in a recession year. Note that although the walk is over, our fundraising efforts are ongoing. As I reflect back on the many years that I participated in the walk before joining SNZ, it was always a wonderful opportunity to meet members of the chapter. It was reassuring to me and the other interests to know that being a mother doesn't preclude you

from real participation in ZPB. The mothers of SNZ contribute equally to the impact of the chapter. We get to coo over Soror Nikosa's new baby and ask how Quinton is handling being a big brother. We get updates on Sydney's football conquests via Soror Cathy. It's amazing to me that now Ayanna plays hostess more so than Soror Lenice anytime we are over for a visit. I first met Vincent the night I became a member of the chapter. It was particularly special because Soror Tonisia was First Anti-Basileus the year I decided I truly wanted to join Sigma Nu Zeta. She re-emerged after maternity leave and now they both come to chapter meetings!!

I walked this year and beyond for all the babies of Sigma Nu Zeta chapter and all babies yet to come in our growing chapter. I also look forward to the day I am pushing my own carriage into chapter meeting with a royal blue blanket.



## MOM'S SPICED CARROT CAKE

Recipe by Soror Schennella McNellie

2 cups all-purpose flour  
2 cups sugar  
1 tsp. Baking powder  
1 tsp. Baking soda  
1 tsp. Salt  
1 tsp. ground cinnamon  
1/4 tsp. allspice  
1/4 tsp. ground nutmeg  
3 cups finely shredded carrots  
1 cup vegetable oil  
4 eggs  
1/2 cup chopped pecans

1 (8 oz.) pkg. cream cheese softened; 1/2 cup butter softened; 2 tsp. vanilla extract; 4 cups sifted powdered sugar; Slivered almonds, toasted (optional)

### Directions:

1. Preheat oven to 350°F. Lightly coat two 9-inch round or one 13x9x2-inch baking pans with nonstick cooking spray; set aside.
2. In large bowl combine flour, sugar, baking powder, baking soda, salt, cinnamon, allspice and nutmeg. Add carrots, oil and eggs. Beat with electric mixer on medium speed until combined. Stir in 1/2 cup pecans; pour into prepared pan. Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool completely on wire rack.
3. In large mixing bowl beat cream cheese, butter and vanilla with electric mixer on medium speed until fluffy. Gradually add powdered sugar, beating until smooth. Spread

## WE LOOK FORWARD TO YOUR FEEDBACK!

Questions or comments about our newsletter?

E-mail Chantal Bonitto, ΣNZ newsletter editor at [cbonitto@gmail.com](mailto:cbonitto@gmail.com).



# MAY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## Calendar of Events

**\* Chapter Meeting takes place on the 2nd Saturday of every month. Contact us for meeting time and place.**



**Save the Dates!**

**May 8: Archonette Meeting**

**May 8: Chapter Meeting\***

**May 13: Your Negro Tour Guide**

**May 22: Archonette Cultural Event**

**June 3: Zeta Day at the United Nations**

**June 12: Chapter Meeting\***

**June 12: Archonette Meeting**

**July 23-27: Boule\***

# JUNE 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Make a difference in your community.

United States  
**Census 2010**  
IT'S IN OUR HANDS



WE CAN'T MOVE FORWARD UNTIL YOU MAIL IT BACK.

# ZETA PHI BETA SORORITY, INC.

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Visit us online!  
[www.zphib1920snz.org](http://www.zphib1920snz.org)

TO:

## THIS MONTH'S FEATURED ZETA SOROR MINNIE RIPERTON

Minnie Riperton was born in Chicago on November 8, 1947. As a youth she studied music, drama and dance at Chicago's Lincoln Center, and which also included a career in opera.

Minnie's pop music career began in 1961 when she joined a local girl's group called "THE GEMS". The group soon garnered a recording deal with the famed record label called, "Chess Records". They released a handful of singles, and also managed to lend their backing vocals to other such notable Chess Records acts, which included FONTELLA BASS, THE DELLS and ETTA JAMES.

After Minnie finished high school she found a job working as a receptionist for Chess Records. Since "THE GEMS" had officially dissolved she soon found herself signed to the label as a solo act where she released the single, entitled, "Lonely Girl," under the alias of Andrea Davis.

In 1968, Minnie became the lead vocalist for the psychedelic soul band known as "THE ROTARY CONNECTION". "THE ROTARY CONNECTION" debuted that year with a self-titled LP on Cadet Concepts. A couple of sin-

gles from the album entitled, "Amen" and "Lady Jane" found a home on underground FM radio.

Minnie decided to mount a solo career, where she found herself teamed with producer/arranger CHARLES STEPNEY (one of the founding members of the group EARTH, WIND & FIRE), and her husband/composer Richard Rudolph.

In 1970, Minnie issued her first brilliant debut album entitled, "Come to My Garden", but again commercial success eluded her.

In 1971 after "THE ROTARY CONNECTION" released the album entitled, "HEY LOVE" the group dissolved. After a two-year sabbatical in Florida, Minnie and Rudolph decided that they would relocate to Los Angeles. Minnie found work with the legendary Stevie Wonder, who afforded her the opportunity to sing on his "Fulfillingness' First Finale". She



then toured as a member of his back-up group called, "WONDERLOVE".

In 1974, Stevie Wonder agreed to co-produce Minnie Riperton's album entitled, "Perfect Angel". The album contained the international hit single, entitled, "Lovin' You". With This album, Minnie found the success, which had eluded her. And she also became to realize that she had in fact become a household name in the process. In 1975, Minnie released the album entitled, "Adventures in Paradise".

In 1976, Minnie was diagnosed with breast cancer, and later she became the official spokesperson for the American Cancer Society. This earned her a Society Courage Award, which was presented by President Jimmy Carter.

In 1977, she released the album entitled, "Stay In Love", and continued performing despite her declining condition.

In 1979, Minnie released her final album, which was simply self-entitled, "Minnie". This album included the smash hit single, entitled, "Memory Lane."

She died in Los Angeles on July 12 of that same year at the age of 31.