



Z-HOPE™



Z-HOPE for All

Dining Etiquette: What Do I Do?

July 1 to September 30, 2007- 25 Bonus Points

Objectives: Participants will increase their knowledge of fine and casual dining etiquette

Overview

A dining environment can sometimes be harsh, and the use of good manners tends to soften the edges. Manners today are in a state of flux. You cannot rely on the rules that worked twenty or even ten years ago. Formal, rigid rules of the past no longer apply to the casual, liberated lifestyles of today.

Good manners instill confidence. Unfortunately in this day of busy schedules and relaxed standards, manners - especially table manners - are sadly neglected. It is the impression that dining at an attractive table is quality time that makes young people aware of the importance of manners. An understanding of etiquette eliminates self consciousness and enables them to be comfortable, secure and considerate of others. Allow us to share a special time with your child that will be both a positive and memorable experience

Use Z-HOPE™ Resources in Manual II

Dining Etiquette Awareness Initiative

Chapters/auxiliaries will earn **25 BONUS Z-Points** for sponsoring this program with at least **20 persons** {NON Zeta/Non-Auxiliary} per program

{May be done multiple times with different populations to complete a set}



Special Bonus Initiative for All “Meeting Basic Needs”



New International Option with Bonus Points

A Zeta Health Clinic @

Afua Kobi Ampem Girls Secondary School in
Trabomum, Ghana, West Africa

Sponsor a part of the building

For \$ 3,000.00

Option A: 5 chapters @ \$ 600.00

Option B: 4 chapters @\$ 750.00

Option C: 3 chapters @ \$ 1,000.00

Option D: 2 chapters @ \$ 1,500.00

Send Intent Form to Soror Mary Singletary

158 Valley Rd. Montclair, NJ 07042



Z-HOPE for All



Voter Registration/ *Zeta Sigma Project Vote*

Overview

Zeta Sigma Project Vote is not only an excellent program to inform our communities about public policy and its impact on health disparities, it is an opportunity for your chapter or auxiliary group to earn bonus Z-Points.

How to Earn Z-Points

50 Bonus Points will be awarded to chapters/auxiliaries that conduct a Zeta Sigma Project Vote program between June 1 and December 31, 2007.
{ Need at least **4 Zetas & 2 Sigmas** in attendance }

To be eligible for bonus Z-Points the Zeta Sigma Project Vote Program Reporting Form must submit the completed and signed form **NO LATER THAN** January 15, 2008.

A Zeta Sigma Project Vote Program Reporting Form must be completed and signed for EACH participating chapter/event. Chapters/auxiliaries may receive bonus for each event meeting bonus criteria.

ALL Zeta Sigma Project Vote programs **MUST** be reported on the Program Reporting Form. No other form can be used. Additional copies of the Zeta Project Vote Program Reporting Form can be photocopied or downloaded from the sorority Web site at www.zphib1920.org. Do not use the Z-HOPE participant evaluation forms.

A Project Vote program can be used as a Z-HOPE for women, men, youth or seniors activity (mind). However, if it is not conducted between June 1 and December 31, the program must meet the standard.



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Z-HOPE for All



Knowing Your Candidates!

Overview

Presidential and local election years are always exciting and extremely important as it will be a chance for the voters to help shape the future orientation of the local, state, and above all national governments. In this important contest the voters not only will have the opportunity to show their civil responsibility but also to prove the political power they have acquired and demonstrate their intelligence by selecting the most able candidates.

This is a good opportunity to reflect about the issues that can contribute to the education of our voters. Through the years, all the political campaigns have concentrated in motivating the citizens to register and vote but little has been done to educate them about the importance of knowing the candidates, their experience, their programs and achievements and also the knowledge they have about the communities they will represent.

Program Developed by Soror Dr. Denisha Hendricks, - Alpha Xi Zeta Chapter, Tuskegee, AL.

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Z-HOPE for All



Election Night Counts

Objectives: To simulate election night in a mock country modeled after the United States.
To enhance math skills by working with ratios

Overview

On Election Day 2000, the majority of Americans voted for Al Gore. However, the elected President was George W. Bush. The President of the United States is elected through a 200-year old system provided for in the Constitution. This system, the Electoral College, allows that each state have a certain number of electoral votes. The number is determined by combining the state's number of Representatives to the U.S. House with the number of Senate members. **Question for students: How many US Senators does each state have (2) and who are they for _____ (name of your state where activity is in)? How many representatives does each state have? (trick question) How is that number calculated? (census)** The electors in each state are chosen by a vote within the state. In all states but Mississippi and Alabama political parties present a slate of electors pledged to vote for their party's candidate. Since a slate is elected, a state's entire parcel of Electoral College votes goes to one candidate. Rare instances of vote splitting have occurred. The winning Presidential candidate for each state is determined by the popular vote within the state. The electors then cast the state's votes for a candidate. **Only twice in the last 200 years has the winner of the nation's popular vote not been elected president by the electoral college – once in 1888 where Grover Cleveland won the popular vote and received significantly less electoral votes than Benjamin Harrison. The last time was election 2004.**

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Z-HOPE™ for Women

The Z-HOPE HOPE™ / Digene® Initiative

The Pap Test+: A Healthy Habit For Life



Objectives: Provide an enhanced mechanism to foster selected chapters to offer a state of the science reproductive self care information to female participants about the new HPV testing option to be included with their annual pap exam via the Z-HOPE™ structure.

- To promote the opportunities for more involvement in the Z-HOPE™ & Digene® in the national women's health promotion self care.

Overview

This partnership will enhance efforts to promote informed self care practices among African American females about the availability and benefit of the HPV testing option as a part of their annual pap test. The premise is that participation in the program will yield a cadre of informed productive contributive citizens who will choose to exercise their reproductive self-care option and request inclusion of the HPV test as a part of their pap test. It is anticipated that the additional resources will increase the capacity of the 50 selected chapters located in the selected communities across the nation to provide informative workshops to at least **3,000 women between the ages of 16-90 years** (a minimum of 20 per session) participants in their community.

Bonus opportunity ends September 30, 2007

All chapters may implement & receive bonus points-may be used to complete a set.

Only chapters completing boule training are eligible to receive funding

25 Bonus Z-Points for program Implementation with 20 non-members

Woman-Mind



Z-HOPE™ Z-HOPE for ALL



Walk or Run for a Z-HOPE™ Cause

Objective: At the completion of this activity, participants will have an increased awareness of the benefit of increased physical activity on their health status.

Bonus Points For March of Dimes/WalkAmerica ONLY

In order to get chapter {Graduate or Undergraduate or Amicae} credit:

1. Minimum of **4 Zetas or Amicae** are required to participate in the event.
2. Minimum of **amount must be raised** according to chapter size:

Chapter Size	Required financial contribution amount for Z-Points
Up to 4 Members-----	\$ 200.00 BONUS + 25 for <u>every</u> \$500 over
5-25 Members-----	\$ 500.00 BONUS + 25 for <u>every</u> \$500 over
26-50 Members-----	\$ 700.00 BONUS + 25 for <u>every</u> \$500 over
Over 50 Members-----	\$ 1,500.00 BONUS + 25 for <u>every</u> \$500 over

3. **Activities must be verified by State Z-HOPE Coordinator.**
4. **To receive Z-Points, upon completion of the project, request a letter or report on letterhead from the Director of the organization detailing the amount raised. Attach a copy of the organization letter to the Z-HOPE Chapter Summary form, completing basic information on the form.**