

Zeta Phi Beta Sorority, Incorporated - Pacific Region

# The Pacific Post

## *Newsletter of the Phenomenal Pacific Region*

Arizona • New Mexico • Nevada • California • Hawaii • Oregon • Washington • Japan • Korea

Fourth Quarter 2016

April - June

## The Pacific Region Goes to Japan

Welcome to the Pacific Post! The goal of this quarterly electronic newsletter is to showcase the phenomenal work the women of the Pacific Region do each and every day. Stay tuned, the best is yet to come.



Asian-Pacific State hosted their annual State Conference and Pacific Regional Executive Board in Tokyo, Japan. This year's conference focused on Scholarship, Service, Sisterhood and Finer Womanhood and the theme was "Get Engaged." This was the first time (in history) that the Pacific Region Executive Board held their meeting International, and to have it held in the "Land of the Rising Sun" was an honor. The Executive Board meeting was held on 22 Apr 2016 and the State Conference was held on 23 Apr 2016. Many Sorors came from afar, supporting and representing their respective chapters, to include USA, Singapore, Okinawa, and Korea. Our very own International Grand Basileus, Mary Breaux-Wright and Past International Grand Basileus, Sheryl P. Underwood were in our midst, along with several National Officers.

The conference and meeting were a success. Zeta Reports were provided by the Grand, Regional Director, State Directors, and Auxillary Group Representative. Also, we had the honor of meeting and listening to the Grand's son, Randall, and his wife, Crystal, speak on the importance of being healthy and fit, and taking care of our well-being.

Immediately after closeout of these events, Phi Eta Zeta and Nu Eta Sigma sponsored their annual Blue and White Ball on 23 Apr 2016, where Madam Grand Wright was the guest speaker, as her theme was "Get Engaged." As Sorors departed, putting names with faces, relationships were formed as Sisterhood became greater. - SD Barbara Mark





# Amica Overseas



The Pacific Region Executive Board meeting in Tokyo, Japan has proven to not only be a historical trip for Zeta but equally memorable for our "Friends" – the Amicae as well. Thanks to Amica Millicent Aldridge, the Amicae "Best Friend to Zeta" was by our side, making sorority history.

Amica Millicent Aldridge has been an active member in the Alpha Psi Zeta chapter, Amicae auxiliary group since 2005. She currently serves as the Chaplin for the local auxiliary group as well as on the State level. Amica Aldridge is the mother of Soror Bibiana Boverly, National 2<sup>nd</sup> Vice President and Soror Trudy Aldridge, NPHC of Los Angeles, Recording Secretary. Zeta is so privileged to have Amica Aldridge's unwavering dedication and commitment to serving the community and the ideal of the Sorority. This characteristic is obvious a family jewel and was celebrated during the 2015 Pacific Regional Conference, whereas Amica Aldridge was recognized as one of the first Pacific Region Amicae Legacy honoree.

When asked about her trip to Japan, she had this to say – "I never dreamed of going to Japan...it was really a pleasant surprise...I enjoyed every moment. Everyone was so nice. We saw beautiful gardens (Hama-Rikya garden) on our tour (Tokyo Tour), took a boat cruise (Sumida River cruise), visited a temple (Asakusa Kannon Temple) and did some shopping (Nakamise shopping street - famous cultural landmark in Tokyo). We also took a picture with Ninja during the tour."

During the conference luncheon, Amica Millicent was publicly acknowledged by the Regional Executive Board Chair, Soror Patricia Spencer and presented with a personalized conference bag. On behalf of the Pacific Region Amicae leadership team, I would like to thank the Aldridge family for making this trip to Tokyo, Japan - Historical. - Soror Sonja Wilson

## Ten Days of Fun with SD Henderson



My time in Japan was life changing! I learned from experience how caring and accommodating Japanese people are and enjoyed the safe, clean Tokyo Prefecture. I was a non-stop tourist from the time I landed in Narita until wheels up headed for the United States ten days later. I enjoyed the Cherry Blossom blooms at the Shinjuku Gyoen National Garden where the last blooms of the season were displayed. This 58.3 hectare park has more than 20,000 trees and includes a traditional Japanese Tea House.



There are plenty of Shrines and Temples to explore in Tokyo and I visited the Fushimi Inari Taisha and Sensoji Asakusa Kannon Temples. I experienced temple worshippers praying and submitting offerings. There was even a Geisha sighting!



When in Japan you must do as the Japanese do and what better way to achieve that than learning to prepare Sushi. I was able to study the art of Sushi making with a Japanese Chef that teaches American, Canadian and European Chefs how to make Sushi to perfection. I must say I was a natural!

Finally getting to the business the Pacific Region made Zeta History by holding the 1<sup>st</sup> International Regional Meeting and it was a great success. State Director Mark and the Asian-Pacific Sorors hosted a fabulous conference, state meeting and ball. All in all it was quite unforgettable!