

# Chicago Alumnae Panhellenic Quarterly e-Newsletter



## President's Corner

Dear CAP Delegates & Chicago NPC Alumnae,

Happy New Year! I hope you have all enjoyed the holidays and are finding the new year full of possibilities. It is a pleasure to be sending you this letter. At this point, I am halfway through my term as Chicago Alumnae Panhellenic's president and there is a lot to share with you. First came the announcement that CAP had won a Program Excellence Award for the 2001-2003 period. This is a great honor and a credit to all of the hard work and participation of CAP members. This is a distinction we can all share. Secondly, CAP has a new website! With thanks to CAP's new Communication Chair, DoriAnn Basaraba (Delta Phi Epsilon), our website is a wealth of information. And finally, we are starting a new program! With the help of Megan Bouche (Alpha Phi), High School Pre-Recruitment Chair, we will be reaching out to local Chicago high schools to make women aware of the Greek System and the opportunities it provides. See page 3 in this newsletter for more information. As CAP enters its second full year, the dedicated Executive Board and Chairwomen are making a huge impact and are representing all that is positive in NPC alumnae.

So, as the year starts, it is customary to make Resolutions and I'd like to make a few suggestions. In order to celebrate your membership in an NPC organization, how about you try one of the following:

**\*\*\*Commit to attend one CAP meeting or event:** We meet the third Wednesday of each month and we will have at least 2 open meetings between January and June. Also, there are social events and fund raisers planned.

**\*\*\*Ask your CAP delegate to speak at your alumnae club meetings:** These delegates are full of information and can give you an updates on events and news.

**\*\*\*Add CAP's website to your "Favorites" list:** then you can check on activities with a

simple click. <http://www.geocities.com/chicagoalumnaepanhellenic>

**\*\*\*Volunteer to serve on a Committee:** we are looking for people to help with fund raisers, planning social events, and assisting with high school pre-recruitment. If you are interested, we can help you find something that fits your schedule. CAP's success depends on wonderful women sharing their experience as Greeks.

**\*\*\*Celebrate Badge Day 2004!!!!** International Panhellenic Badge Day is March 1<sup>st</sup>. Wear your badge, sorority jewelry, or letters and proudly join in this year's theme, "Promoting Excellence, Partnership, and Panhellenic Spirit."

With everyone dividing their time between work, family, and dozens of other commitments, we all have to work together to help find success. Join CAP in celebrating the spirit of sisterhood. We look forward to working with you and your alumnae to strengthen the Greek Life experience from pre-recruitment through alumnae life as we live the goal of making involvement a life-long commitment.

Interfraternally,  
Beth Torres,

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## Spotlight on CAP Events

By Paige Stoltenberg

On Saturday, November 8, 2003, *Chicago Alumnae Panhellenic* held its annual Football Watching Party at the Wrightwood Tap located at 1059 W. Wrightwood Avenue.

Women from Alpha Omicron Pi; Alpha Xi Delta and Gamma Phi Beta attended the event. Typical for November, the weather changed drastically from summer like conditions on Friday to freezing winter conditions on Saturday. Sitting inside the toasty warm Wrightwood Tab, eating chocolate covered strawberries, made for a great afternoon. It was a wonderful way to spend a chilly November day.

A special thanks goes to Diane Rand of Alpha Sigma Tau who helped with set-up; Megan Kruse of Chi Omega who dropped off unused plates and plasticware from previous events; and Allison Peters of Kappa Delta who sent out the e-vite for the Football Watching Party. A big thanks goes to Alpha Omicron Pi who made cookies, rice crispy bars, and chocolate dipped strawberries for the event. Thank you Alpha Omicron Pi!

The next *Chicago Area Panhellenic* event will be a High Tea & Silent Auction CAP Scholarship Fundraiser. The fundraiser will be held at a hotel in the downtown Chicago area. A tentative date for the event is March 28th at 1pm. More details about [your involvement](#) in this event will be given at the January 21st meeting. For more information please contact Diane Rand [diane\\_rand@attbi.com](mailto:diane_rand@attbi.com) or Paige Stoltenberg [pstolten@ltp.org](mailto:pstolten@ltp.org). Put this next event on your calendar. It's a wonderful way to meet interesting women and new make friends. We love to meet each and every person that attends.

## CAP Business

### OPEN MEETING:

The next CAP meeting is scheduled for **January 21st at 6:30 PM** at the **Courtyard Marriott at 30 W. Hubbard**. All NPC women are invited to attend. Delegates and Alternate Delegates have a responsibility to attend. We anticipate to continue our monthly meetings at this site, although it is important to watch your email for this update.

### Officer Elections:

CAP Officer Elections will be held at the May meeting. The four officer positions are: President, Vice President, Secretary and Treasurer. Officer terms are 1 year starting at the close of the June meeting. Information on the officer positions will be handed out at the January OPEN meeting and the Nominating Committee will start taking applications at the February meeting. In the interim, anyone interested in running for one of these positions, should contact either Beth Torres [elizabethtorres@worldnet.att.net](mailto:elizabethtorres@worldnet.att.net) or Julie Dillon at [axd84@aol.com](mailto:axd84@aol.com).

### Know your Bylaws:

By Julie Dillon

Chicago Alumnae Panhellenic is about to celebrate the 2nd anniversary of our charter -- so what does that mean? It's time to look at our Bylaws and see if they are working for us. As it turns out, the answer is "not really". During Fall 2003, the Bylaws Committee took the time to review CAP's structure, officer elections, and other processes versus what the Bylaws actually say, and a proposed Amended Bylaws was introduced at the November Council Meeting. Please take the time to check out the November 2003 meeting minutes on the CAP website and contact Julie Dillon at (773) 929-2216 or [axd84@aol.com](mailto:axd84@aol.com) if you have any questions or comments about the proposed Bylaws changes. The CAP Council will be voting on the Amended Bylaws at the January 21st meeting. **A 2/3 affirmative vote is necessary to amend our Bylaws, so your input is important!** Also, to reach a quorum for the vote, Proxy Vote information will be sent out about a week prior to the January meeting. If you are not able to attend the meeting in person, your proxy vote will be necessary for the vote.

### Nominating Committee:

CAP needs 5 people to serve on the Nominating Committee. Delegates and Alternate Delegates are both eligible to serve on the committee. Anyone interested should email Beth Torres at [elizabethtorres@worldnet.att.net](mailto:elizabethtorres@worldnet.att.net) by February 1st. The Nominating Committee collects applications for the 4 officer positions starting in February, conducts interviews of the applicants, presents the slate of officers to the Council at the April meeting, and runs the election at the May meeting.

### Educational Programming:

By Heather Breen

In January, we will mark the one year anniversary of CAP's educational programming with a speaker from Marshall Fields. Our topic will be Dressing for Success; one of Fields' personal shoppers will give us some hints on classic looks that work at work. In March, we will celebrate National Nutrition Month with a talk by registered dietitian and CAP member Heather Breen, RD on women's nutrition. Heather will bring along some sample goodies for us to take home. Put on your thinking CAPs now because we will be soliciting your input for future topics and speakers at the January meeting!

## Chicago Alumnae Panhellenic's Pre-Recruitment: *Reaching today's high school student & tomorrow's sorority leader*

By Megan Bouche

At CAP's establishment, long-term goals were set, including the creation of an effort to connect high school girls with the idea of Greek life. This year, the push has begun with a three-pronged attack!

**Operation Guidance Counselors:** CAP has targeted fourteen high schools in Chicago to extend our message. Our goal is to create a partnership with at least ten of these schools through their counseling offices. CAP will provide each school with information on Greek life and its benefits. This partnership will include a CAP volunteer who is a

resource to female students interested in learning about sororities. This operation will begin in early 2004.

**Grass-roots Faculty Promotion:** A sub-committee is forming to build a relationship with sorority women who are teachers and faculty members in the city of Chicago. We would like to provide these women with ways to promote Greek life in their classrooms and schools by providing them additional information on the benefits of joining a sorority and resources to share with their interested students.

**In-Person Inspiration:** This spring, CAP would like to visit three high schools for the in-person opportunity to share the

benefits of Greek life and provide students time to meet sorority women. An interactive presentation is planned to detail the who, what, when, where and how of Sorority life.

Thanks to those of you who have volunteered to participate in our outreach programs!! If you are interested in volunteering or would like more information, please contact Megan Bouché at [mbouche@alphaphi.org](mailto:mbouche@alphaphi.org).

## CAP Membership

By Nancy Dschida

Chicago Alumnae Panhellenic has grown in the few years since its founding. We currently have delegates from 22 of the 26 NPC fraternities and sororities. Of course, we would love to have all 26 groups represented and, therefore, as Membership

Chair I have a challenge for all of you. We are still looking for delegates from Alpha Epsilon Phi, Phi Sigma Sigma, Sigma Delta Tau and Theta Phi Alpha. Perhaps in your workplace, your gym, your place of worship you may know someone who is an alumna from one of these sororities/fraternities. Let

them know what a fun group of women we are and the events we have planned for the year. Tell them about our website and invite them to attend one of our meetings to see for themselves. CAP has great things in store for the future and we would like to have you join us.

## CAP Delegate Information Update

By Nancy Dschida

Hello to all our CAP delegates! I hope you have a wonderful holiday season. In case any of you have changes to your personal information, such as new ad-

resses, phone numbers or e-mail, please let me know so that I can update our contact lists. I also need to get your alumnae chapters/club president's and treasurer's information, including address, phone number and e-mail

address. I can be reached via e-mail at [nancy@nmd-company.com](mailto:nancy@nmd-company.com), via telephone at (312) 938-3547 or via fax at (312) 938-0947. Thanks for your help!

## CAP Calendar

### January 2004

Wednesday, **January 21st**, 6:30 p.m., Courtyard Marriott, 30 W. Hubbard: Chicago Alumnae Panhellenic Council OPEN Meeting. This meeting is open to all NPC alumnae. CAP Delegates and Alternate Delegates are expected to attend. We will hold a short business meeting. Following the business meeting will be a program "Dressing for Success" by a Marshal Field's Personal

Shopping Consultant.

### February 2004

Wednesday, **February 18**, 6:30 p.m., Location TBA: Chicago Alumnae Panhellenic Council Business Meeting. This meeting is open to all CAP Delegates and Alternate Delegates. During the business meeting the Nominating Committee will start taking applications for Officer Elections to be held at the May 19th meeting.

### March 2004

Wednesday, **March 17**, 6:30 p.m., Location TBA: Chicago Alumnae Panhellenic Council Business Meeting. This meeting is open to all CAP Delegates and Alternate Delegates. Our program following the business meeting will celebrate National Nutrition Month with a talk by registered dietitian and CAP member Heather Breen, RD on women's nutrition.

Sunday, **March 28th**, 1p.m., Location TBA at a downtown hotel: Chicago Alumnae Panhellenic Scholarship Fundraiser, High Tea & Silent Auction.

## Alumnae Member Groups Calendar

### January 2004

The women of Delta Phi Epsilon Chicago Alumnae Association invite all CAP and Alumnae club members to volunteer at the House of Good Shepherd (HoGS) a domestic violence shelter, in the Wrigleyville community, **January 18**, from 1:15 - 3:30 p.m. Volunteers are needed to watch children up to 12 years of age, while their mothers participate in an after-care program to end the cycle of abuse. The Delta Phi Epsilon Chicago Alumnae Association has taken on this special project, with the increase of children in the program, they seek additional help. They also accept donations of used clothing, furniture, household items, etc. For more information, contact HoGS at 773-935-3434.

### February 2004

The women of the Chicago Lake Shore Alumnae Chapter of Alpha Phi would like to invite all CAP and Alumnae chapter members to our upcoming **February 4**, "Getting Personal: Session on getting organized". Watch your email for more details.

On **February 10**, 2004, the Chicago Lake Shore Alumnae Chapter of Alpha Phi will

host its first annual Cocktails & Cupid fundraiser to benefit women's cardiac health outreach programs and research. Guests will enjoy an evening of cocktails, hors d'oeuvres, live entertainment and a silent auction beginning at 6:30 - 9:00 p.m. at the trendy Niko Salon in Lincoln Park. Net proceeds from Cocktails & Cupid will benefit women's cardiac care research and outreach through the Alpha Phi Foundation, the philanthropic arm of Alpha Phi Fraternity. Our philanthropic priority is to further the prevention and education of heart disease – the #1 killer of women in North America. Please mark your calendars for February 10, 2004! We hope to see many CAP members at the event. Please contact Julie Moon at [davejulie\\_moon@yahoo.com](mailto:davejulie_moon@yahoo.com) or Anna Loftus at [aloftus@hpslaw.com](mailto:aloftus@hpslaw.com) for additional details.

The women of Delta Phi Epsilon Chicago Alumnae Association invite all CAP and Alumnae club members to volunteer at the House of Good Shepherd (HoGS) in the Wrigleyville community, **February 15**, from 1:15 - 3:30 p.m. For more information, contact HoGS at 773-935-3434.

The women of Alpha Delta Pi invite you to help support their National Philanthropy the Ronald McDonald House. You're Invited to a Wine Tasting - Save the Date for a Night

of Great Fun!! Join us as we indulge in merriment - excellent Italian wines, hors d'oeuvres and fine company.

Friday, **February 20th** @ Salvatores 6 - 9pm \$35 in advance; \$40 at the door \$8 valet parking If people want more info or would like to buy tickets they can contact [jennifer@rockman.com](mailto:jennifer@rockman.com).

### March 2004

Sat., **March 20** – Delta Phi Epsilon and ANAD (Anorexia Nervosa and Associated Disorders) will sponsor a Candlelight Vigil at UIC campus, 801 S. Halsted, to raise awareness of eating disorders and help people accept their body image regardless of their size. Coordinated with the Greek community, CAP members are invited to attend the brief program. More details to follow. For more information, contact Cheryl Lamm Gunn, 847-559-9311.

The women of Delta Phi Epsilon Chicago Alumnae Association invite all CAP and Alumnae club members to volunteer at the House of Good Shepherd (HoGS) in the Wrigleyville community, **March 21st**, from 1:15 - 3:30 p.m. For more information, contact HoGS at 773-935-3434.



NEW EMAIL  
ADDRESS!

Email:

[chicagoalumnaepanhellenic@yahoo.com](mailto:chicagoalumnaepanhellenic@yahoo.com)

*in your inbox for our next publication  
April 2004!*

*If you would like to submit an article for the next news-  
letter or a calendar event for your alumnae chapter  
please contact the Public Relations Chair, Julie Emms,  
[jmemms@yahoo.com](mailto:jmemms@yahoo.com) by March 15..*

**We're on the WEB!**

<http://www.geocities.com/chicagoalumnaepanhellenic>

## CAP Exec Board

NEW WEB  
ADDRESS!  
VISIT US  
TODAY!

President  
Elizabeth "Beth" Torres, Pi Beta Phi  
[Elizabethtorres@worldnet.att.net](mailto:Elizabethtorres@worldnet.att.net)

Secretary  
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Treasurer  
Nancy Dschida, Alpha Chi Omega  
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## CAP Chairs

Membership  
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