

CAP E-Newsletter



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April 1, 2005

President's Corner

A Quarterly Update

By Julie Emms

Spring is around the corner and just as our year is winding down, CAP is just getting started! It's been a great year so far and we are not slowing down!

In the coming months, we hope that you will join CAP in their efforts to elect a new executive board, (nominations from the floor will take place April 20th), participate and attend the Scholarship Tea on May 15, and attend our year end meeting where we will be reviewing the state of the organization, as well as hold our first recruitment focused roundtable. Check out the website for more details www.chicagopanhellenic.org.

As a reminder, in lieu of our May 18th meeting, we are very excited to be holding our 1st Pre-Recruitment event at the Courtyard Marriott. We hope to have a good representation at this meeting to help answer questions from high school seniors and their parents. More programming details to come.

Many exciting things are ahead and we hope that you will join us!

2005 Nominating Committee

We are assembling the 2005 Nominating Committee. Delegates and Alternate Delegates are both eligible to serve on the committee. The Nominating Committee collects applications for the 4 officer positions, conducts interviews of the applicants, presents the slate of officers to the Council at the April 20th meeting, and runs the election in May. If you are interested in serving on the Nomination Committee, we do have room for 1 more person. Anyone interested should email Julie Emms jmemms@yahoo.com by April 13.

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TEA TIME

Save The Date - The 2nd Annual Chicago Alumnae Panhellenic Scholarship Tea will be on MAY 15th at 2PM. Make sure it is on your alumnae club calendar today!!!! This afternoon is open to all women who want to support a great cause. That's right call them all! Invite your Greek and non-Greek girlfriends, mothers, sisters, cousins... It is a fun afternoon of catching up, enjoying food, fund raising, and most importantly helping seeing the benefits of sisterhood. Come and share this event! Please call Beth Torres if you have any questions, (312) 337-6775
etorres30@mac.com

Basket Information - We would like each NPC organization to sponsor a basket. We are asking that no organization spend more than \$35 on purchasing items to fill the basket, but you can have as many items donated as you'd like. Since CAP's scholarship fund is a 501c3 organization and all donations are tax deductible, we will provide a letter of explanation that can be used by individuals or businesses if they donate to your basket.

Please e-mail your top three choices to Beth Torres at etorres30@mac.com. Include in the email: the name, NPC organization, e-mail, and phone number of your "Basket Coordinator." Beth will confirm which theme your organization receives. It will be a first come first served—so send your theme early. If there are any questions or you need basket theme ideas, Beth can be contacted by e-mail or at (312) 337- 6775.

Scholarship Update - CAP will be awarding two \$500 scholarships this May. The application is up on the CAP Web site (www.chicagopanhellenic.org) and can be downloaded to complete. This scholarship is open to all women who are members in good standing in an NPC organization at a college or university in Cook County. All criteria and requirements are listed on the application. Please encourage collegiate women in your organization to apply!!!

Roundtable Wrap Up

The Chicago Alumnae Panhellenic hosted the Annual Alumnae Roundtable on Wednesday, March 16, 2005, at the Marriott Courtyard on Hubbard at State. The keynote speaker was Michele Purtell, Life Coach and owner of NoLimits. She discussed the challenges and advantages of being a woman and having access to all the advantages of living in Chicago.

The evening was filled with fun, food, and cocktails as fellow Sorority Alumnae members discussed membership and recruiting challenges. Discussion regarding membership challenges was such a hot topic; CAP will be hosting a special Roundtable just to concentrate on that topic in the fall.

Check out NoLimits at
www.nolimitscoaching.itcstore.com!

2005



Meeting Schedule

CAP meets the 3rd Wednesday of each month from September to June. Open meetings and council meetings are held at the Courtyard Chicago Downtown Marriott, 30 E. Hubbard, Chicago, 60611.

April 20 – Council Meeting (Executive Slate Presented)

May 15 – Scholarship Tea

June 15 – Dinner/Programming Event

OPEN Meetings—All alumnae women are invited to attend

Council Meetings—Delegates & Alternate delegates attend

Nora Klaver, Master Coach, To Present At April Meeting

By Nancy Dschida

Nora Klaver, Founder and President of INQ, Inc., will speak at the CAP April council meeting. Her topic will be: "Ask & Receive: What's Holding You Back from Getting Help?"

Nora will discuss the following: What holds you back from getting the help you need? Her presentation focuses on the three key fears that stop us from asking for the help we need and deserve. Once we are able to recognize how our fear stops us from moving ahead and finding fulfillment, the path becomes easier. Practical insight coupled with tangible suggestions makes this presentation a "must see!"

As a Master Coach specializing in executive coaching, Nora Klaver incorporates extensive business experience with keen interpersonal skills. Relying on practiced listening abilities, insightful questions, and a carefully established sense of intuition, Nora assists her clients in creating compelling new futures. As an ontological coach, she believes it is how we interpret what we see that either moves us forward or holds us back in life. Nora's mission is to assist her clients in bringing 100% of themselves to their work lives, thereby making time spent in the office more meaningful and personally satisfying.

Prior to starting Inq, Inc in 1997, Nora was President of Azay Consulting, an international consulting practice offering organizational development and corporate training services. And, for six years, Nora led organizational development and instructional design teams at a Big-Six professional services firm.

Nora is the Founder of INQ Inc, Coaching Through Inquiry and maintains a respected international practice coaching successful executives in Fortune 500 companies, as well as emerging businesses. She is a Master Certified Coach through the International Coach Federation and is a Certified Ontological Coach. Nora received her Master's Degree in Corporate Training and her BA in Telecommunications from Michigan State University. She is an active member of ICF and its local Chicago Chapter, as well as a past president of the Professional Women's Club of Chicago.

As part of her coaching practice, Nora recognized hesitancy within her clients to ask for the help they needed to achieve the goals they set for themselves. In studying this phenomenon, Nora drafted Ask & Receive, the Virtues of Asking for Help. This book reminds us of our society's self-reliant façade and creates a platform for personal growth and connection with a view toward society as a caring community versus a network of independent individuals.

You can learn more about Nora at www.inqinc.com and at www.ask-and-receive.org.

EXEC APPLICATIONS

It is that time of year again to elect a new Executive Board. We are looking for four outstanding women to lead us into our fourth year. The four positions are: President, Vice-President, Treasurer and Secretary. Officer terms are one year starting the close of the June meeting. For information on descriptions of the positions, visit our website and fill out an application today!
www.chicagopanhellenic.org

If you have questions Julie Emms jmemms@yahoo.com or Heather hbbreen@aol.com. As CAP moves into its fourth year, will you be there to help lead it?

This year, we will be holding the elections at the Scholarship Tea on May 15. As we look forward to a large turnout at the event this year, we anticipate a representative from each group will be in attendance. The Nominating Committee looks forward to introducing our new Executive Board for the 2005-2006 year. As done in the past, for those groups who cannot attend, we will accept proxy votes, as we will need a two-thirds vote to elect an officer.

If you are interested in a Chair position or wish to continue in your current Chair position for the next year, please contact Julie Emms jmemms@yahoo.com for more information. All Chairs are appointed in the June meeting by the new Executive Board.

If you would like to submit an article or Alumnae Chapter Announcement for the next newsletter, please contact Elly Krumwiede, Public Relations Chair, at elkrumwiede@hotmail.com. Submissions are due by March 15, 2005.

Check us out on the Web!

www.chicagopanhellenic.org

E-mail us!

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CAP Executive Board

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