



March/
April 2006

Volume 5, Issue 4

A Publication of the Winchester Alumnae Chapter of
Sigma Alpha Iota, International Music Fraternity



Winchester, VA

Iota A Province

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Letter from the President—Tracey Wygal



Dear Sisters,

First, I would like to take this opportunity to thank you for the nomination to receive the Rose of Honor. I was very surprised and so happy to be recognized by our chapter and by the fraternity. I will always think of our chapter when I look at my Rose.

Secondly, as the end of the year approaches, I would like us to focus on our National Objectives, how our chapter has fulfilled them and how we can improve in support of the objectives next year. In this newsletter, you will find the

objectives, read them and focus on them. These are so important! Though there may be slightly different wording after National Convention when they are revised, the general concept of the objectives remains strong and provides a guideline for our chapter to work upon. As we prepare to plan for the future, think of new activities and successful past chapter activities that we can bring to our calendar for the upcoming year.

Lastly, as June approaches, let's remember our founders. I was sitting at a college initiation in April and watched as each of the seven candles were lit. I immediately thought of those seven amazing women who brought us together as friends and sisters! Their actions have impacted our lives beyond measure. I am so grateful for them and for all my friends I have made through Sigma Alpha Iota.

See you in May! Love,
Tracey

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Objectives Fulfilled?



Below are printed the National Objectives. Last fall I asked you to ponder how we could contribute to these objectives. Now, reflect on the past three years. Have we achieved these goals? New objectives will come

out after National Convention this summer, but the essence will be the same. Start thinking about ways our chapter can contribute to the support of music in our world.

National Objectives for 2003-2006

- Strive for excellence and effectiveness in chapter activities through creating and achieving chapter goals.
- Promote awareness and support of SAI Philanthropies, Inc. and involve members in its activities.
- Encourage community projects that reflect a positive fraternity image.
- Advocate for music education through collaboration with local school systems.
- Celebrate music as a vital art form by supporting quality performances of works by living composers.
- Recognize the contributions of women in all fields of music.
- Inspire members to pursue a lifetime commitment to the fraternity through increased fraternity education and interaction between college and alumnae members.

Letter from the Editor—Larissa Elliott



"Our fraternity depends on you."

I want to thank all of the members who contributed to this issue of our newsletter. This is just one example of how we work together as a sisterhood to achieve our goals.

I want you to note the feature article in this issue about Province Day. This Province Day probably had the best attendance of any in Iota A's past. There was a great amount of sharing and working together.

Our province officer, Deb Volker, found the perfect symbol to show how the chapters in the province are integrated together. She presented a puzzle. Each piece represented a single member. Each chapter had a group of pieces. In order to complete the puzzle, each chapter had to insert their pieces.

Our chapter, our province, our fraternity depends on you. Your contributions to SAI could mean the completion of something great. Don't become the missing piece!

Do you have a contribution for the newsletter? Send it to Larissa at LarissaElliott@yahoo.com

Eta Tau Hosts Province Day—Christy Walker

On Saturday, April 22, SAI's from Virginia, West Virginia, Maryland, and Washington DC gathered at Shepherd University in Shepherdstown, West Virginia for the 2006 Iota A Province Day. After a short breakfast, the day began with initiation of the four MITs of the Eta Tau Chapter at Shepherd University. The ritual went smoothly and was a great way to set the tone for the day's events. Shortly after initiation, Deb Volker, Iota A Province Officer surprised Winchester Alumnae's very own Tracey Wygal by awarding her the Rose of Honor. The ceremony was quite moving and Tracey was pleasantly surprised.



Iota A sisters sing, dance, and play instruments during Dr. Gonzol's presentation

At the conclusion of the Rose of Honor Ceremony, sisters enjoyed lunch served by the Eta Tau Chapter and Shepherd's Phi Mu Alpha Chapter. After lunch, sisters attended breakout sessions on topics such as Leadership, Sisterhood, and Fraternity Education.

Collegiate and alumnae members brainstormed ideas on how to increase chapter sisterhood, chatted with chapter officers about leadership, and even played SAI Jeopardy!



Winchester members Christy, Linda, Patty, Tracey, and Larissa attended Province Day

After the breakout sessions, all of the sisters convened in the main room where we enjoyed a presentation by Dr. Gonzol, professor of Music Education in Shepherd's music department. His presentation on how to teach music to children was very interactive and literally had the entire audience on their feet!

The sisters also enjoyed a musicale with performances by Eta Tau members and a step dance performed by the Kappa Xi chapter. The whole group joined in singing a few favorite SAI songs. The musicale was concluded with singing the Sigma Alpha Iota Chorale. Our national president Ginny Johnson joined via cell phone.

Province Day concluded with a cookout prepared by the Phi Mu Alpha brothers. SAI sisters enjoyed picnic style foods and topped it off with a beautiful cake made by Eta Tau alumna Christal Miller. The new Eta Tau initiates were thrilled as they received gifts from their big sisters. All in all, Iota A Province Day 2006 was a great success.



Each chapter in the Province learned the importance of working together by contributing their pieces to the province puzzle—a picture of Mickey Mouse in honor of the upcoming National Convention in Orlando, FL

Member Spotlight—Rachel Barb



Rachel Barb

My name is Rachel Valen Barb. I currently live in Shepherdstown, WV and am an assistant band director at Jefferson High School. I am originally from Marlinton, WV and spent lots of my time at Snowshoe Ski Resort teaching at the children's ski school.

I started going to Shepherd University in fall of 2000 majoring in Music Education. I pledged the Eta Tau chapter of Sigma Alpha Iota in Spring 2001. Some of my favorite memories of SAI are during my pledging semester. The night we guarded the rocks, our pledge dinner, and our pledge breakfast

were all moments that will be with me forever.

After that I went on to chair the Region 8 Solo and Ensemble festival for three years. I also was province day chair in spring 2002. My executive board chair my senior year was VP Ritual, which I really enjoyed doing. I took much pride in organizing and performing our ritual, including initiating two of my best friends.

I enjoy teaching, spending time with my family and friends, and traveling.

Fundraiser Fun—Jennifer Sharp



On Saturday, March 18th, several chapter members gathered at the home of Jennifer Sharp for the annual fundraising event, this year a Mark Kay party.

A friend of Beth's, Crystal Diaz and her sister served as our MK representatives, and introduced us to several mainstays of the MK cosmetics line and helped us choose colors that might be appropriate for each of us. A couple of the veteran Mary Kay users, Beth Padden and Barbara Daniels, helped advise the rest of the sisters on everything from which products they like to how to apply make-up!

We started off the morning with the Satin Hands and Satin Lips products, which made our hands and lips ultra-smooth. As we moved to the dining room table, laden with various Mary Kay

items, Crystal and her sister took us through facial cleansing and moisturizing, as well as foundation application. Spurred on by an endorsement from Barbara, several people also tried the microderm-abrasion products, but to be safe, only on our hands to start. Meanwhile, we all played (literally!) with various colors and make-up products for the next hour.

In addition to various make-up items, among the more popular items purchased were the microderm-abrasion set, facial cleanser and moisturizer, Satin Hands and Satin Lips, and eye primer. In total, chapter members bought approximately \$1,000 in products which helped the chapter raise \$250. The event was a great success! A good time was had by all and we look forward to another Mary Kay party at some point in the future.

Tracey Wygal Receives Rose of Honor

Winchester Alumnae president Tracey Wygal has made great contributions to our fraternity. In recognition of her service, she has been awarded the Rose of Honor. Her fellow sisters of Winchester Alumnae chapter nominated her for the award. Deb Volker, Iota A Province Officer, presented the award at Province Day on April 22.

The Rose of Honor is given only to those who have given

outstanding or extraordinary service to the fraternity, to the community, and the local chapter. Tracey not only serves as an officer for Winchester Alumnae chapter, but has also been involved in advising the local college chapters and has served on several national committees. Tracey is also involved at her school with extracurricular clubs and in the community giving presentations about leadership and teaching.

Tracey reflects on her emotions at the ceremony:

I was excited because this was an unannounced addition to the program for Province Day. I was just wondering who was going to get what award! Then Deb said the Rose of Honor. When I heard my name called I was overcome by emotion. My heart was pounding and the tears just started to flow—I was so happy! I have heard since the ceremony that there were bets as to my reaction. I found that amusing.

I was very surprised to receive the award! Almost shocked! We had discussed awards and those deserving of awards at a meeting and we had no nominations. This was all done in secret by the chapter and I had no idea—not one clue!

The Rose of Honor will definitely affect me in the future. First, it is a reminder of the love of my sisters and the love of the fraternity. That is always something I will have in my life and it's nice to know that. And when I look at it, the Rose will remind me to strive to pursue only the best for my community, chapter and SAI. The Rose is not just an award, but an expectation for the future.

I would like to thank my chapter for nominating me for this award and for Deb and those who approved this. It really means so much to me. I will wear the pin with pride. Thank you.



Deb pins Tracey in an open ceremony at Province Day



Congratulations Tracey!

"Sigma Alpha Iota has brought so much to my life and I always want to be a part of it! SAI has taught me many things about friendship, leadership, support, purpose, trust, responsibility and so much more. I truly believe I would not reach the full potential of myself as a teacher and friend if it not for Sigma Alpha Iota."—Tracey Wygal



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Winchester Alumnae Calendar

Date & Time	Meeting Type	Program
May 21, 1pm	Formal Meeting	Affiliation, business, musicale
June 17, TBA	Social	Founder's Day picnic (place TBA)
July 27-31	Convention	National Convention in Orlando, FL

*Unless otherwise indicated, all meetings will be held at Shenandoah University in Winchester, VA.

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