A Sigma Kappa’s Guide to Life

PERSONAL GROWTH 101

Collegiate Highlights • A Friendship Good as Gold
From THE EDITOR

Dear Sigma Kappa sisters,

This issue, themed around personal growth, is the last in our four-part series on Sigma Kappa’s values. It is purposely the last in the series because of the broad scope of personal growth. Personal growth begins at birth and continues through the rest of our lives. It happens when we acquire knowledge, learn new skills, push ourselves out of our comfort zone, meet new people, and experience different cultures. It seems to happen easily and naturally when we’re young, but as we get older, it takes a more conscious effort to continue growing and developing as a person. Isn’t that what Sigma Kappa’s ritual is all about—constantly striving to become the best person you can be?

That’s why, in this issue, we talked to some Sigma Kappa experts in diverse topics in the hopes that you’ll learn something new and be inspired to take your personal growth to the next level. Personal growth doesn’t (and shouldn’t!) end in college—the world is constantly changing and evolving, and we should, too.

I was so impressed by the sisters profiled in this issue and loved gleaning some new tips and tricks from them. I know there are many more sisters with such expertise out there—if you know someone you feel should be featured in an upcoming issue, please drop me a line! There’s no better way to learn something new than from a fellow sister.

In Sigma Kappa,

Mallory Curtis Simmons

Mallory Curtis Simmons, Delta Delta
Sigma Kappa Triangle editor
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Dear Sisters,

Twelve years! It is hard for me to believe that this incredible journey of being on national council for 12 years is about to come to an end. My journey as a member of national council, with the last four as national president, has provided me the opportunity for tremendous personal growth. Throughout these years, I have been presented with a variety of challenging situations as well as the opportunity to make a difference in this great organization. When I reflect on my years of being a Sigma Kappa member, I see now how my involvement varied depending on what was going on in my life.

I pledged Sigma Kappa as a sophomore at Epsilon Omega, California Polytechnic State University, in San Luis Obispo in 1985 as a shy, introverted, highly academic young woman. Within two years I was elected chapter president. After college I became a leadership consultant, helped start the Theta Xi Chapter at Auburn University, and worked on the recruitment team as a coordinator and the director of recruitment. These years were young and carefree, with lots of time to devote and volunteer through Sigma Kappa. They were “fun” years – an opportunity for me to continue to be very involved in Sigma Kappa without being a college student!

It was then time for me to take a break from Sigma Kappa to have my three daughters, Ashley, Allison and Alexandra. During this time away, “sorority” started to mean something different to me. I realized Sigma Kappa was lifelong and something that had a great deal of meaning in my life. Feeling the need to reconnect, I was given the opportunity to join the Sigma Kappa Foundation as a trustee for several years and then started my national council journey.

From my first national council meeting to my last, I have grown a great deal as a leader. The last four years as national president have been especially transformational for me. Most notable is my improved ability to listen, question, evaluate, analyze, and then communicate my thoughts on issues. I have been known for being level-headed, calm and fair. I have been able to use these skills and improve upon them in my day-to-day interactions with many Sigma Kappa sisters and other Panhellenic women over the years. I have come to realize that everyone has a talent or skill. It is my job to help them find that skill and cultivate it. Great leaders help others become better people. This is something that I try to do each and every day.

I have also seen our beloved Sigma Kappa grow and develop over the years – not only in chapter and membership numbers, but also in rich development programs for our members, as well as meaningful philanthropic endeavors and use of amazing technology.

As I end this journey as a national council member, I look back at the path both Sigma Kappa and I have followed…intertwined with affection and meaning. We share our love for sisterhood, our values and our ritual. I have always loved our open motto: One Heart, One Way. Do you share your heart with Sigma Kappa? I know I do!

In Sigma Kappa,

Cheri Morrell DeJong, Epsilon Omega
National President
president@sigmakappa.org
RECRUITMENT INTRODUCTION FORMS
Leave a Legacy and Introduce a Potential New Member to Sigma Kappa

Have Sigma Kappa’s legacy policy and Recruitment Introduction Form (RIF) changed?
Yes! Both documents have been updated to accurately reflect the importance of Sigma Kappa legacies, as well as introducing potential new members (PNMs) to our collegiate chapters. You can find both the legacy policy and the Recruitment Introduction Form on our website at www.sigmakappa.org/LegacyPolicy and www.sigmakappa.org/Recommend_a_Member.

Why should I submit a RIF?
As collegiate and alumnae members of Sigma Kappa, it is our privilege and responsibility to bring young women to the attention of our collegiate chapters who we would be proud to have represent Sigma Kappa, and who would be outstanding members of Sigma Kappa for a lifetime. Promoting Sigma Kappa to women prior to attending college provides our collegiate chapters an opportunity to be more competitive during recruitment.

How are RIFs used?
RIFs assist our collegiate chapters in making sound and informed membership selection decisions and allow alumnae to help in the recruitment process. While a RIF does not guarantee membership, it can contain valuable information the chapter can use during conversation with a PNM or may highlight information that was missed while meeting the PNM.

Should I submit a RIF for a Sigma Kappa legacy?
Yes! When the chapter is determining whom they wish to pledge, the chapter shall give careful consideration to the following relatives/step-relatives of collegiate members and active Sigma Kappa alumnae: sister, daughter, granddaughter and niece.

Will legacies automatically be extended membership during formal or informal recruitment?
It is the belief of Sigma Kappa Sorority that our legacies are extremely important to the success of our Sorority. While Sigma Kappa strongly encourages chapters to invite legacies to join our membership, legacy status does not guarantee membership, and chapters are not required to pledge legacies.

If my Sigma Kappa legacy is not invited back to Sigma Kappa or does not receive a bid, will I be informed?
In the event a legacy is released from formal or informal recruitment, only alumnae who completed a RIF and indicated that they wish to receive release notification will be contacted.

Can I access information on why my legacy was released?
Reasons for the release cannot be discussed, as all membership selection business is confidential for the privacy of our members and PNMs.

For questions about the Sigma Kappa legacy policy or RIFs, please contact Lauren Mitchell, director of recruitment, at DR@sigmakappa.org.
Jessica Van Ranken, Theta Tau, Kansas State University, was elected Kansas State University’s student body president. She and her running mate, Trenton Kennedy, ran on a platform of mental wellness, diversity and political advocacy. They seek to strengthen the relationship between the university’s Counseling Services and Student Governing Association to de-stigmatize mental illness on campus, work with university administration to provide cultural competency training for faculty and students, and create a nonpartisan advocacy organization.

Jessica is a junior studying political science, pre-law, with a minor in business. In addition to Sigma Kappa and Student Governing Association, she is also involved with Relay For Life of K-State, Union Governing Board, and Panhellenic Council.

Dr. Debra M. Amidon, Delta, Boston University, has been awarded an honorary Ph.D. in Knowledge and Innovation Management from Bangkok University in Thailand. Debra is the founder and CEO of ENTOVATION International, a global innovation research and consulting network. She is also an international motivational speaker, author, and is credited as an architect of the knowledge economy.

Bangkok University president Dr. Mathana Santiwat praised Debra’s work “as a globally recognized scholar and practitioner in innovation and strategic management.” Debra also holds degrees from Boston University, Columbia University, and Massachusetts Institute of Technology as an Alfred P. Sloan Fellow. She has published eight books and hundreds of articles and has been invited to speak and teach in 44 countries. Debra was awarded the Colby Award for Science and Technology Management in 1996.

Dr. Lynn A. Albers, Theta Lambda, Massachusetts Institute of Technology, has been named a founding faculty member of the Campbell University School of Engineering. The School of Engineering, which will enroll its first students in fall 2016, will be only the second engineering school at a private college or university in North Carolina.

Over her 20-year career, Lynn has served as a systems application engineer at Nortel Networks, and as an instructor, teaching assistant, project coordinator, and program manager at North Carolina State University’s College of Engineering. She earned her Ph.D. in mechanical engineering from NC State in 2014. She also completed a certificate in computer science at NC State in 2003. Lynn received her undergraduate degree in mathematics, with a minor in music, from the Massachusetts Institute of Technology and a Master of Science in mechanical engineering, with a minor in nuclear engineering, from Manhattan College.
**Called to Serve**

Sigma Kappa Sister Helps Underserved Communities in Ghana

It all started with a study abroad trip to Australia. Michelle Goodman, Alpha Epsilon, Iowa State University, fell in love with traveling during her semester abroad, so upon returning to Iowa, she contacted a friend who was involved with a group called Acts 2 Collective. The mission of Acts 2 Collective is to support people, churches and organizations around the world who work to meet the physical and spiritual needs of their communities. Acts 2 Collective helps communities with such diverse needs as education, agriculture, water and healthcare. Through this organization, Michelle traveled to Ghana where she worked in a mission center.

In Ghana, Michelle’s day usually started with fetching a bucket of water, as the community had no electricity or water well. After cleaning up, she would help the women at the mission center wash clothes by hand or make breakfast, then study the Bible, participate in discipleship training and worship, and then go out into the community to find ways to help. This could vary from providing food for a family, working with women who have been rescued from sex trafficking, or simply praying with someone in need. While in Ghana, Michelle learned that you do not need a lot of material possessions to lead a fulfilling life. She said, “The people of Ghana are incredibly humble and though they have nothing, they have everything because they have faith and love.”

Although she is now back at Iowa State, the people of Ghana are never far from her heart. She continues to work with Acts 2 Collective by planning two different fundraisers for the organization. The goal of these fundraisers is to raise money to place water wells in various communities throughout Africa. Michelle remarked, “One water well costs $6,500 USD, so the fundraising really never stops.” One of the fundraisers she is planning is called The Water Ride, a 25-mile bike ride in Des Moines that will take place on Labor Day weekend.

Michelle’s work with Acts 2 Collective will not stop there – after she graduates with a journalism degree in May, she will return to Ghana for at least three months where she will serve as the lead photographer for the organization and run the Acts 2 Collective blog. “My goal is to share the vulnerable but special stories of those in Ghana with people here in the United States.”

Michelle explained that her membership in Sigma Kappa has had a significant impact not only on her desire to serve, but her capability to move outside her comfort zone. “Had it not been for Sigma Kappa, I would not have met the right people to get me involved with missions. More than that, I don’t think that I would have the bravery to move to West Africa if it were not for the confidence I gained as a Sigma Kappa.”

Michelle has chosen to dedicate her life to service, but she insists that even the smallest acts done in kindness can change the world. “Let your fear down and go out and do something. If the service that you do has an impact on just one person, that is one life changed, and that is enough.”
Personal growth doesn’t (and shouldn’t!) end in college. Read on for some real lessons from Sigma Kappa experts to help you grow in all areas and stages of your life.
FITNESS 101: 
Making your health a priority in your busy life

By Mallory Curtis Simmons, Delta Delta 
Editor

Looking at Brianne Dimmitt, Gamma Eta, Ball State University, today, you would have a hard time believing that she used to struggle with finding the time and motivation to work out. But after she graduated college and started working nights at a restaurant, she found herself doing just that. About six months into her job, a friend asked her to take a BODYPUMP class at a local gym. The rest is history: she fell in love with the class, decided to start going every day and eating healthier, lost 30 pounds, and became a much happier and more energetic person. She loved BODYPUMP so much, in fact, that she went through training to become an instructor herself. Today, she is a certified instructor in three Les Mills International programs (BODYCOMBAT, BODYPUMP and CXWORX) and teaches full-time in Atlanta. She says, “Becoming a fitness instructor helped me open up, come out of my shell and realize it’s okay to laugh at myself. It continues to teach me that I am capable of anything I put my mind to and keeps me always reaching for a new level.”

Never one to shy away from a challenge, she also recently competed in her first National Physique Committee (NPC) figure competition. She recalls, “Through the seven months of off-season training and competition prep, I spent hundreds of hours in the gym and more time than I’d like to admit in the kitchen meticulously measuring and prepping food. This journey was mentally tough, but it was an incredible educational experience.”

Her hard work and dedication paid off with a first-place finish in the novice division and a second place in the open division. Here, she shares some of her best advice for finding the time, motivation and passion for fitness.

What is the best way to get started with fitness if someone is not currently working out?
I’d suggest finding a gym that offers some sort of group fitness classes and to give all of the classes a try. This will allow you to get a feeling for the type of exercise you like and allow you to get a feeling for the community created by group fitness. You should know you don’t have to stay for a full class when getting started at the gym and should feel empowered to make the decision to leave when you feel like you’re done working out. Then come back next time and try to stay for an additional 5-10 minutes. Acclimating to a regular exercise routine this way will help ensure you don’t get overwhelmed and will make it easier to be successful in your journey.
What are some tips for keeping yourself accountable?
• Join a gym with a friend
• Introduce yourself to instructors and trainers and become friends with them on social media
• Follow the happenings of the gym you join on social media so you know when special events are taking place
• Bring friends with you to class and encourage them to join with you
• Don’t beat yourself up if you miss a few days – simply wipe the slate clean and come back when you’re ready
• Set smart rewards for completing four or five days of exercise in a week (depending on your goals)
• Pack your gym bag the night before and put it in your car
• Schedule workouts the same way you would schedule an appointment or a meeting

What do you do if you are not feeling motivated to work out?
When I’m not feeling motivated to work out, I think about how refreshed and strong I’ll feel after a workout. I know I’ll be able to spend an hour of time with myself and can do what I want to do. In today’s world we work so hard to please other people that giving ourselves an hour of the day to feel good is often put on the back burner.

How can busy women fit fitness into their lives?
The best way to fit fitness into our lives is to make it a priority and treat it like an appointment or meeting. Some might even need to put their workouts on their calendar to ensure they make it to the gym.

What are your favorite exercises that people at any fitness level can do?
Tabata-style workouts with body weight exercises are great and can be done anywhere. Tabata training is high intensity interval training (HIIT) performed in short increments of time for a full four-minute set. Each set has eight rounds of work (20 seconds work, 10 seconds rest). Some movements that work great for tabata-style workouts are squats, box jumps, push-ups, pull-ups, burpees, bicycle crunches, squat jumps, sit-ups, crunches, and kettlebell swings, but any exercise can be incorporated into tabata training. Some other great exercises are hovers (on elbows and toes), planks (on hands and toes), push-ups, pull-ups, and burpees.

What are some of your favorite online resources for fitness tips and motivation?
I love using Bodybuilding.com for training tips, workouts, education articles and motivation. Though the name of the website may be intimidating to some, the website is easy to use and doesn’t push a certain training style or fitness style. The site is applicable to anyone of any fitness level and provides great content on nutrition, cardio, weight training and how to put those together to achieve certain goals.
Personal style is something many women use to define themselves. From classic looks to daring risks, what we wear can often give off a first impression without us even speaking a word. This is true, too, for Audree Kate Lopez, Theta Omicron, Arizona State University, who uses fashion as a creative outlet. Born and raised in Arizona, Audree double-majored in marketing and journalism. While at school she co-founded Business of Fashion, a business student organization that taught professional skills and industry knowledge and helped fashion focused students excel in their creative path within the industry.

After graduating, she packed up her suitcase full of stylish clothes (that she found while thrift shopping, of course) and followed her dream to New York City. She freelanced at Glamour and Editorialist and is now a fashion assistant at Redbook.

In what spare time she does have, Audree is a fashion stylist, personal shopper and blogger at simplyaudreekate.com. She wants to help others “create a more stylish and creative life that won’t break the bank.”

We sat down with Audree to learn about the girl who is living her dreams, and to see how her own personal growth helped her become simply herself.

**Why are you interested in fashion? What is your favorite part about the industry?**

Fashion was my creative outlet growing up – it was a way to express myself and become someone who I wanted to be. It also became a way for me to relate and help people. Fashion can be very intimidating, and I know so many women, myself included, have body image issues, and dressing yourself can become a huge challenge or burden. I wanted to work in fashion to help break down those barriers. As a stylist I have the opportunity to tell a new story each day – whether it’s a high fashion editorial shoot or working with a mother of two who wants to dress her body shape – I am able to create a beautiful story and help someone seeing the shoot, or the client, become inspired and gain more confidence. Even though fashion can be intimidating or have the preconceived notion that it’s superficial, it has the magnitude to affect someone’s everyday life, and that is why I love it.
How would you describe your style? What inspires you?
I would describe my personal style as your grandmother’s vintage floral couch meets a rock concert. It’s very edgy chic but with a vintage feminine twist. I love layering, over-accessorizing and mixing patterns! I am inspired by everyone and everything around me – it might be a really cool picture I saw online or an awesome outfit I saw on my morning commute. It’s always different!

How did you develop your personal style?
My personal style has changed over the years but it always comes back to one motto: more is more. I got a large part of my sense of style from my mom – she is so polished but has fun with fashion! She loves jewelry and color and was the first to teach me about thrift shopping. I think I naturally picked up on her style, and with thrifting and blogging, it helped me exercise my creativity to develop my own personal style.

Do you have any advice for women who are struggling with determining their style?
My biggest piece of advice is to not copy what other people are wearing or buying, and dress for you. You don’t have to follow every trend, so dress for your body shape and what makes you feel good. Maybe you love color and prints, or you love the retro vibe – whatever it is, start exploring within that section and go from there. Find a few blogs or stores that fit within your budget and interests and then build your wardrobe. There is no set guideline or map to developing your personal style, but practice makes perfect! The more your try on different things, or observe influencers you like, the closer you’ll come to finding your personal style.

What about young women coming out of college and transitioning into the professional world?
This period in your life can be extremely challenging! I drastically changed my wardrobe when I graduated college. I no longer needed various wardrobes for school, internships, going out, or Sigma Kappa. I kept things that were versatile. I donated the tight dresses (they were uncomfortable anyway) and learned to love pieces that I could dress up for the office, keep casual for the weekends, or accessorize for a date night. Minimizing and investing in quality (remember, versatility over expensive price tag) items helped me transition my wardrobe into the professional world and develop my personal style. When you focus on what you really like and regularly wear, and cut out the noise, you will easily realize what your true style is!

What do you think are wardrobe pieces every woman should own?
A black blazer, leather/casual jacket, silk blouse, classic v-neck tee, dark wash jean, pencil skirt, shift dress, and a great heel!

What advice do you have for women dressing properly for different situations?
Do your research! If you’re going to an event, check if there is a dress code or look up previous year’s events to see how guests dressed. If you’re going to a job interview or professional event, always dress up but be comfortable – you will exude more confidence if you are wearing something you like, feel good in, and is not too distracting from your purpose. If you’re really unsure of the situation or event, I say always dress a little nicer than you expect. No one will fault you for looking polished and great, and it’s always better to be overdressed and prepared than underdressed and frazzled.

What are your aspirations or plans for the future?
I think down the road I would love to try fashion design or something similar. For now, I love styling and working on creating a story, but I could eventually see myself wanting to expand my horizons and try something new in the future!
ENTREPRENEURSHIP 101: 
Turning a dream into reality

By Dana Covitz Hackley, Beta Zeta
Lead Features Editor

She always looks impeccable, with signature bold, golden curls that add to her natural warmth and sunny disposition. But don’t be mistaken, behind the fabulous clothes and friendly smile lies a savvy businesswoman and successful entrepreneur. Kelly Williamson, Gamma Epsilon, Indiana University of Pennsylvania, has been making a splash with her new store Fascino Boutique on Pittsburgh’s Mount Washington. She recently spoke to us about her path to owning a successful business and what it takes to become a female entrepreneur.

You were formerly a preschool teacher and nanny. So, how do you go from that to starting your own clothing boutique?
I’ve always been interested in fashion and I wanted to be my own boss. I still have more things that I want to do, but I just transitioned pretty quickly.

How did you get this idea to have a clothing boutique?
I was really sick of teaching in the school district that I was in and tired of working really, really hard and getting nowhere. I felt like I wasn’t making a difference in any type of way. One day, my girlfriend Stephanie and I were drinking wine and she was like, “Let’s do something!” So, we just started out with doing some personal styling on the side and then it just kind of snowballed.

How did you go from having a concept to now having a brick and mortar store in Mount Washington, which is prime real estate?
We started out as a pop-up shop, which meant we packed up our clothing
and accessories and went to people’s homes or businesses, hair salons, nail salons, bars, restaurants, places like that. We would just basically pop up our clothing racks. It was like a boutique on wheels. We did that for about six months. One day Steph was walking home and saw a For Rent sign on a storefront in Mount Washington. We called the owner and moved in a week later. We came up with our idea in February of 2015 and had our first trunk show May 30, 2015. We moved into our store in October and opened November 7. Our goal was to have a store by May 2016, and we exceeded our goal!

Tell me how your store is different from a normal boutique.
We’re different because even though we are brick and mortar now, we still like to do our pop-up shops. We do them almost every weekend. We like to go to different places and different businesses. Last Friday, we went to a salon and did a happy hour. We popped up with our clothes and our accessories, and they did hair blowouts and eyebrow waxing. In a couple weeks we have another pop-up at a very coveted, referral-only nail salon. These are great ways to bring two businesses together. We love working with girl bosses in Pittsburgh. Last week, we had a florist and a nail salon come into our shop. They bring something different, so you’re not just walking into a store buying clothes. You can really get pampered. A couple of weeks ago we had Piccadilly Pittsburgh Artisan Yogurt come in and make frozen yogurt. Our whole store smelled like sugary goodness.

Tell me more about this concept of girl bosses. I see that you are often posting on social media about empowering women.
We want to work with the best of the best, not that being a male boss is anything negative, but it’s 2016 and you see so many more women who are rocking the business world becoming entrepreneurs. It is something that I have always dreamed of and I know Stephanie has dreamed of as well, so we made our dream come true.

What would you say to someone who might think they have a good idea, but are hesitant to move forward?
I would say just do it. Jump in and take a leap of faith. You have to. Sometimes you just need someone to tell you that. We were nervous at first too – we’re still nervous and coming up on a year in a couple of months! But, we just went all in. And thank God we have the support of our families, friends and boyfriends. Otherwise, we wouldn’t have been able to do it.
When Elizabeth McGovern Assink, Beta Upsilon, Ohio University, served as Panhellenic president in college, she was laying the foundation for the important communication skills that she now shares with others as the Division Director for Career Development and Training for the State Department in Washington, D.C.

Her first job out of college was as a Sigma Kappa leadership consultant where she assisted with the colonization of the Theta Lambda Chapter at MIT. That position, combined with time spent as a Peace Corps volunteer in Malawi, Africa, helped to firm up the leadership skills that she later used in positions at the Transportation Security Administration and with the Civil Service. Elizabeth took some time out of her busy schedule to provide some valuable insight for her Sigma Kappa sisters who are preparing for that first job, climbing the corporate ladder, or preparing to re-enter the workplace.

What advice would you give to a woman who is just entering college regarding the types of involvement she should pursue to help her develop marketable skills?

Be conscious that as you enter college, you will begin to develop new habits. How you manage your responsibilities, write, speak, balance your school and social life, work on a team, make friends, and overall how you build your reputation will likely carry over as habits in your career. Each year, reflect on your successes, failures, career and life goals and set new goals for the coming year. In school or soon after, consider volunteering and being immersed in cross-cultural activities. I am a strong supporter of programs like AmeriCorps, Peace Corps, and studying abroad as ways to accomplish this.

What are suggestions you would give for creating a résumé and cover letter that catch someone’s eye? Are there special skills that make a difference when comparing potential employees?

Having a cover letter/résumé that communicates you took the time to read the job application is very important. Consider having 3-4 bullets titled “Relevant Experience” and adapt this for each position you apply for. Underline the items in your résumé that reflect that specific position you are seeking. I suggest applying for five jobs with care, rather than sending 50 generic résumés. A cover letter is useful to provide key information and enhance your “story.” Think of it as starting your response to, “Why do you want this job?” It is also helpful for briefly clarifying incongruence in your...
résumé. If you were a chemistry major and you are applying for a position as a reporter, you may want to address that in the letter. Do not, though, burden the reader with a cover letter that is too long. That also applies to your résumé.

Please share some tips for preparing for an interview and interviewing effectively.
Read the job announcement. Read the mission statement of the organization. Prepare your motivation statement for the job. List your relevant accomplishments to recall during the interview. Practice your elevator speech. Be prepared that some organizations use “structured interviews.” Become familiar with that format. Often the interviewers do not show much emotion which can be unsettling for the interviewees who are not familiar with that process. Get a full night’s sleep. Arrive early to accommodate potential delays. If there is an unavoidable delay, call ASAP (did you bring the phone number?). Check in between five and 10 minutes before your appointment – not earlier. Bring paper, pen and extra résumés. Most of all, be yourself.

Describe the traits you look for in your potential employees.
In addition to the core competencies the position requires, I will often ask myself these questions: Do they exhibit passion about the work and organization? Are they curious? Regardless of how smart they are, can they get along with others? Are they willing to follow as well as lead? What kind of team member will they be? What kind of reputation will they bring to our work? Will they accept feedback? Will they be willing to be trained? Can I trust them?

What are some questions the person being interviewed should remember to ask during the interview? Are there questions they should not ask, or information they should not share?
Most of all, ask a few questions. It shows interest in the work. I suggest asking what you could expect during the first 90 days if you should be selected for the position. That should give you a sense of the organizational culture, the scope of work, and support for onboarding. On an initial interview, stay away from salary or promotion potential questions. While reasonable questions, those are more appropriate on a second interview or when there is a job offer. Stay away from personal issues that may impact the job if you get it. For example, don’t bring up that you need two weeks off to go to your sister’s wedding the month of the start date. Wait until you get the job offer.

What impresses you in terms of follow-up from an interview? Thank you notes, emails, personal calls?
Don’t call, it can be interpreted as being aggressive. A simple email or a handwritten note is appropriate. Only send a handwritten note if you have good handwriting. Be sure to follow up with any materials the interviewer requested within 24 hours, such as references or a writing sample.

For someone who might be re-entering the workplace after being out for several years, what strategies are most effective?
First, renew your professional networks by reconnecting with mentors. In the interim, if you have done other activities, like volunteering, include those in your résumé. Just because you were not being paid doesn’t mean you didn’t grow professionally. If significant, be sure to “address the gap” in the application process.

Can you provide some ideas of things that you see that turn you off in a potential employee? What kinds of things cause the most interference in the workplace once someone is employed?
Candidates who assume they have the position are a turn-off – even when you are the leading candidate. There is a fine line between confidence and bravado. Once you are employed, focus on being a good team member. If you don’t get along with your team and customers, in the long run, it doesn’t matter how much the manager likes you, you will have a hard time succeeding.

What recommendations do you have for new professionals?
Find work that motivates you. Remember, your career is yours. If you are not happy in your job, it is up to you to make the changes. Learn to take feedback. Not having this skill can derail your career. Even better, seek it out. If there is an obvious answer to a problem, there is probably a complicated reason it hasn’t already been solved. Use interpersonal skills to solve problems, don’t hide behind email. Promotions are not a right, but are earned. The best career advice you will get is from your peers or those who are one or two levels up. Those who get along with others will be the most valued.
FOOD 101:
Cooking like a pro (even if you aren’t one)

By MALLORY CURTIS SIMMONS, DELTA DELTA
EDITOR

For a woman who studied political science in undergrad, went to law school and is now a practicing lawyer in Washington, D.C., Lauren DeSantis, Delta Theta, Truman State University, sure knows a lot about food. Lauren runs a popular blog, Capital Cooking with Lauren DeSantis (capitalcookingshow.com), does food and beverage-related appearances on local television shows, has authored a cookbook, and formerly starred in her own TV show, “Capital Cooking with Lauren DeSantis.” The show started as a local public-access show and eventually aired in 29 different cities around the globe and reached 20 million people, all while keeping her day job as a partner at a law firm specializing in government investigations and white-collar crime. Although she is not filming anymore, she still has a large following on her blog and social media where she shares recipes, restaurant reviews, and recaps of her travels. Read on for Lauren’s advice on how to create delicious food that doesn’t take a ton of time or money.

How did you become interested in food and cooking?
My mom was a great cook, but I never really cooked before I got to college. That was a rude awakening, when I had no home-cooked meals anymore. When I moved off campus, I realized I had to learn how to cook. I started experimenting with the basics: casseroles, baking, Midwestern comfort food. I loved having my sisters over for dinners and desserts after Sigma Kappa meetings and socializing over food. Throughout law school, I hosted dinner parties and tried out different recipes – never anything fancy, just the food I loved to eat myself.

How did Capital Cooking come about?
When I moved to D.C. in 2006, the only people I ever interacted with were lawyers, and I wanted to find an outlet outside of work. I love teaching people how to cook, and I read about a lawyer who started her own cooking show, so I contacted her to see how she went about doing that. She told me that I would have to become production certified, which takes a year and teaches you every aspect of making a show from filming to editing to sound. I got certified in 2007, wrote a proposal to the public access station here,
got approved, and started filming. After a few episodes, I submitted the show to other public access channels and got picked up by 29 different cities, including some in Australia and New Zealand, reaching 20 million people. From there, I was able to get sponsors and hire a crew. I started a blog at the same time for behind the scenes stuff, which became the blog I still have today. Through the blog, I’ve had the amazing opportunity to travel to places like Iceland, Sweden, Taiwan and Mexico to learn about their cuisine and cultures.

**What are some of your best tips for busy women who still want to make home-cooked meals?**

Have about five go-to recipes that are quick and simple that you know you can throw together any time. Nothing fancy, just something good for weeknights. Have a stocked pantry with staples like dried pasta, canned beans and corn, and canned tomatoes to throw several different meals together. If you have time on the weekends to plan ahead for the week, do it. If you can even plan one meal, that helps. Stick to healthy dishes during the week so you can indulge on the weekends. Keep meals uncomplicated: a protein with some simple roasted or sautéed vegetables always works. Make good use of your slow cooker. On the weekends, slow cook a big cut of meat (leg of lamb, pork butt, pot roast) that can last through the week and you can do different things with. Throw it in the slow cooker with olive oil and salt and pepper. Eat it as-is with vegetables, make beef stroganoff or tacos, sandwiches, barbecue pork, tacos al pastor, or serve it with pasta. Have everything in its place – before you cook, get things out and put them in reach so you don’t have to run around and get ingredients. Try to stay away from recipes that have obscure ingredients so you don’t have to buy something for just one recipe or find a substitute.

**What are some items everyone should have in their pantries and refrigerators?**

- Dried herbs & spices for adding different flavors to dishes
- Half-and-half or cream to use in pasta sauce
- Butter
- Flour for thickening sauces or baking
- White wine for deglazing and making sauce
- Chicken stock (homemade or boxed)
- Garlic and onions for adding flavor
- Dried pasta
- Canned beans, corn and tomatoes

**What are some recipes all women should know how to make?**

Everyone should know how to make roasted vegetables – coat any vegetable (broccoli, cauliflower, Brussels sprouts, carrots) in olive oil, season with salt and pepper, and roast in a hot oven for 15-20 minutes until crispy. I think everyone should also know how to make homemade chicken stock and a basic white sauce.

**Do you have any tips for meal planning or grocery shopping for busy women?**

Make a list. The store can get overwhelming and you can end up buying things you don’t need. Write out your list in categories based on the area of the grocery store. Before you go, look at recipes you want to make and take stock of your pantry and refrigerator to see what you need. Mix up ordering online and going to stores to make it more convenient and easier to get everything you need. Preparing like this may take a little time up front, but will save time in the long run.
Growing Together

Each Sigma Kappa woman achieves personal growth in her own way. Whether this is achieved on her own or with her sisters, personal growth is a value held near and dear to each sister’s heart. The accomplishments of one sister directly and indirectly impact others through giving back to the Sorority or continuing the legacy set forth by our Founders.

Epsilon Epsilon, University of Georgia

Athens, GA – The sisters of Epsilon Epsilon held a sisterhood retreat at their house on a Sunday afternoon in August, planned by Vice President of Programming Caroline Fowler. At the retreat, members rotated through four stations, each one reinforcing Sigma Kappa’s values of service, friendship, loyalty and personal growth.

At the first station, members made peanut butter & jelly sandwiches and packed lunches to be handed out to homeless people in the local community with Athens PBJ. President Kate Cushman helped pass out the sandwiches and said, “Passing out sack lunches in Athens was a great way for Sigma Kappa to connect with our local community. I met a remarkable man who was very appreciative of our support. It was great so see firsthand how our donations were benefiting the community.”

The next station was an ice cream sundae bar where members made sundaes and were encouraged to sit with someone they didn’t know. This was a great chance for the new members to get to know the women in the chapter and make new friends.

The third station was a photo booth and banner-making station. The photo booth had lots of cute props for taking fun pictures. Prior to the event, the banner chair painted a banner that read “Sigma Kappa Sisterhood Retreat.” Each sister then painted her hand and added her handprint to make the shape of a heart. The banner was hung on the front of the house after the event.

The last station consisted of personal and chapter-wide goal setting. Caroline said, “Each member had the opportunity to set personal and chapter goals. This was a great way to see what the chapter members wanted to accomplish and how we could help make those goals happen.”

This event was not only a fun way for members to grow closer with their sisters and make new friends, but also a great way for them to live Sigma Kappa’s values.
Theta Pi, The State University of New York at Geneseo

Geneseo, NY – Collegians and alumnae of Theta Pi, The State University of New York at Geneseo, celebrated the 25th reunion of the chapter this summer within the college’s celebration of the 100th year of the Inter-Greek Council. Alumna Beth LaVigne Bresett was inducted into the Geneseo Greek Hall of Fame, an honor presented to those who have demonstrated a lifetime of commitment to the fraternal values of personal development, sisterhood, lifelong learning, leadership, the college, and their community. Beth is the second Sigma Kappa sister to be inducted, and it was a fantastic way to make the Sorority’s presence known and to reinforce the theme of the reunion, “One Heart, One Way and Here to Stay.”

The reunion was a way for chapter founders and other alumnae to return to the chapter and university and meet collegiate members. Vice President of Alumnae Relations Kelly Preston has made sure to maintain the chapter’s favorite traditions.

The reunion helped to solidify relationships between alumnae – even founders of the chapter – and collegiate members throughout the weekend. Collegiate members shared recent awards, scrapbooks and old composites with the alumnae. The founding alumnae were generous enough to present the collegians with a donation to the sisterhood, which allowed the entire chapter to attend a sisterhood retreat. The retreat included a ropes course that fostered team development and growth, something every chapter can utilize.

While Sigma Kappa Sorority has roots over 150 years old, meeting women who not only share the same values and ideals as Sigma Kappas around the world, but those who made this possible for women at SUNY Geneseo, was extremely impactful for collegiate members. Theta Pi alumna and Leadership Consultant Nicole Curtis attended the event and said, “I am so thankful I was able to hear what Sigma Kappa means to [our founders] now. It really helped to show how Sigma Kappa can follow you throughout your entire life!”

Delta Rho, James Madison University

Harrisonburg, VA – Delta Rho sister Kieran Reilly was fortunate enough to have interned this past summer on Capitol Hill in Washington, D.C. Kieran was an intern for Congressman and Senate 2016 hopeful Chris Van Hollen (photo on page 22). After a rigorous and competitive application process, Kieran was hired as an unpaid intern. During her six-week internship, she completed various duties such as answering phone calls from constituents and giving tours of the Capitol building.

The internship was hard work, and Kieran worked diligently to memorize facts to share on her tours. She does, however, admit that she frequently found herself lost in the large and confusing Capitol building. To impress constituents, Kieran worked hard to know her way around the building, often taking walks by herself and doing mock tours to ensure she could give her two-hour scheduled tours with confidence.
When the six-week internship was over, Kieran was not ready to leave D.C. and accepted another internship opportunity at the Crime Victim’s Compensation Program with the D.C. Court System.

Kieran gave up a fun summer for one of work experience, and her hard work and determination paid off. She couldn’t be happier that she accepted every opportunity that came her way. “Through Sigma Kappa I’ve learned the importance of leadership and that every opportunity is worth taking,” Kieran said.

She believes being a member of Sigma Kappa really helped her succeed in such a competitive and prestigious internship, and she accounts her success in the program and her ability to take on two summer internships to the support from her sisters.

“I think this internship led me to test my boundaries, which as a member of Sigma Kappa is vital,” Kieran said. “I had to step up and push myself, and it was one of the most rewarding things I have ever done. I’ve also learned that not everyone has the confidence to step out of their comfort zone like I did, and now I know I will be there to encourage my sisters to do the same.”

**Delta Delta, Central Michigan University**

Mt. Pleasant, MI – The Delta Delta Chapter has achieved many impressive accomplishments over the last few months, from exceeding their goals for the Ultra Violet Gala to sisters getting amazing opportunities that will help them excel in their careers.

Karley Sauder has accepted an amazing internship with Pricewaterhouse Coopers for Summer 2016. As an accounting major, this is a great opportunity for her and the chapter is excited to see where it will take her.

Last semester, the chapter was able to take their largest new member class in several years. This new member class was made up of 32 outstanding leaders. A few sisters in this new member class have already stepped up and taken on positions in the chapter.

Delta Delta is extremely proud to announce that the chapter achieved the second highest grade point average in the fraternity/sorority community, and is not far off from first. The chapter holds a high standard for grades and is happy that all sisters hold themselves accountable to meet these high standards. This school year so far has been amazing for the chapter and sisterhood as a whole. They cannot wait to see what the future holds for their chapter.
Zeta Nu, The University of Texas at San Antonio

San Antonio, TX – The Zeta Nu Chapter at the University of Texas at San Antonio (UTSA) participated in the annual Walk to End Alzheimer’s hosted by the San Antonio Alzheimer’s Association. The chapter arrived bright and early to volunteer and help out with several of the booths. Marlee Westerman assisted with coordinating the event through her internship at the Alzheimer’s Association of San Antonio. Once the walk began, sisters relinquished their duties at the booths to participate in the walk and show their support. The chapter is very passionate about this particular philanthropy, as many of its members have been affected by Alzheimer’s disease. Many have lost loved ones. In fact, a few women had to be caregivers to the ones that once took care of them. The chapter women are honored to participate and raise money for this event.

Many sisters have been active in the community this semester. The University of Texas at San Antonio’s homecoming week kicked off with volunteering at the local food bank, followed by a week of events such as golf cart decorating and UTSA’s annual Best Fest, which is a salute to five of the city’s most outstanding festivals. The chapter took second place for homecoming week.

Sigma Kappa’s Ultra Violet Week was also a complete success thanks to Zeta Nu’s Vice President of Philanthropic Service, Alezandra Reyes. The chapter actively encouraged members of the fraternity/sorority community to support them and the philanthropy as the week began with tabling on campus to raise awareness and accept cash donations. Continuing through the week, they collected items to donate to the Maine Sea Coast Mission. The week concluded with a restaurant fundraiser at California Pizza Kitchen. They raised a record-breaking $5,377 in support of Sigma Kappa’s national philanthropies. UTSA’s Pi Kappa Phi fraternity won the Ultra Violet Week trophy for raising the most money by the end of the week. This has been Zeta Nu’s most successful Ultra Violet Week, and they hope to carry on the tradition next year and surpass this year’s donation to the Sigma Kappa Foundation.

Epsilon Eta, University of Findlay

Findlay, OH – Oh, the places you’ll go. Many have heard the story and listened to the rhymes. It talks about how the future is ours and how we will do amazing things and go amazing places. This past summer, four sisters of Epsilon Eta followed Dr. Seuss’s words and exemplified Sigma Kappa’s values of service and personal growth by traveling the world. Alysa Martin studied abroad in London. She completed a research project with The University...
College of London and Kingston University relating to the pharmacy educational system in the United Kingdom and how it varies from US pharmaceutical education. Alysa presented her findings and suggestions to The University of Findlay in April 2016.

Meanwhile, Ashley Newsome-Austin and Michayla Stallings were able to study abroad in Italy. They lived in Florence for the month but were also able to take incredible trips on the weekends. One of these trips was to Rome where they visited the Colosseum, the Palatine Hill and the Vatican.

Last but not least, Rachel Eaton spent a little over four weeks working at The Esperanza Project in a small town called Cabrera in the northern region of the Dominican Republic. Rachel found a small school in Cabrera that hosts The Esperanza Project, a free summer camp, applied to their program, and was accepted to be a camp counselor. During her stay she lived with a Dominican family, worked during the day, and was fortunate enough to have some free time in the afternoon and evening. She facilitated outdoor sports and worked with two local junior counselors and two other international volunteers. The camp welcomed 80-100 kids each day.
She then started grabbing sisters’ hands and guided them into different areas of the room. When they opened their eyes, they were separated into groups of women who all shared the same rank they each gave themselves. To their surprise, many women that they expected would be fives were actually twos and threes. She taught them that anyone can have low self-esteem, low confidence, and can feel underappreciated, no matter how well they may hide it.

This made the women realize how much each and every sister means to them. They learned to encourage every sister to love herself no matter what. It was a great end to the meeting and left the sisters with a lot to think about.

Later in the semester, they participated in a special activity with their mothers (or a special woman) during a Mother-Daughter Brunch. During the brunch, they each recalled their favorite memory with their moms and expressed why they were thankful for them. This was the perfect gesture to show their gratitude for the women who have made such an impact in their lives.

Theta Omicron, Arizona State University
Phoenix, AZ – The women of Theta Omicron escaped the Phoenix heat and drove north in early September to cooler weather for a sisterhood retreat. The chapter celebrated its new members with an overnight stay in Prescott, Arizona, by introducing them to the glory of sisterhood. This relaxing weekend separated them from the stress of college and allowed the women to get to know each other on a diverse level.

Sisterhood Chair Amanda Arnold said her goal for retreat was to make new members feel welcomed and remind older members what they value most in Sigma Kappa. Some activities included a high ropes course, creative team building, a singing competition, and various other bonding activities.

Some sisters participated in the high ropes course, a thrilling obstacle activity that strengthened trust between one another. Harnessed with nothing but ropes and sisters to depend on, this obstacle was truly the highlight of the retreat. Another popular exercise was one in diversity. In this exercise, sisters stepped into a circle if a statement applied to them. Some examples included “step out if you’re a first generation college student” and “step out if your parents are divorced.” This was a great activity to show sisters that they are not alone in their endeavors.

At the end of retreat, the women all sat in a circle with their eyes closed. Each member was given a sticker and was asked to place it on the back of a woman who inspired them or who they built a stronger relationship with during the weekend. This was a nice reminder that each member of the chapter is a critical asset to success and they all depend on each other. This weekend amplified their treasured sisterhood with bonding activities and games that knitted the women closer together.
Kappa Xi, University of Nevada, Reno
Reno, NV – The women of Kappa Xi are always striving for excellence. This past year, Brennah Hale held the position of vice president of programming on Panhellenic Council at the university. Through this position, her Panhellenic love grew stronger and she realized she wanted to make a difference not only in the Greek community, but also the northern Nevada community. In order to make these changes, Brennah decided to apply for Panhellenic president.

After an extensive interview process, Brennah was chosen the University of Nevada’s 2016 Panhellenic president. During her time in office, she has four main goals she would like to achieve. She plans to increase Greek unity, reduce the negative stereotypes of the Greek community, make the northern Nevada community feel more welcomed within Greek life, and improve communication between Panhellenic chapters. Throughout her term she plans to add more positions and duties, such as an academic chair, to the executive board. This position will plan stress-relief events for all students throughout the semester, like bringing puppies to campus for students to take a study break and relieve some stress. Brennah also wants to improve the chapter’s relationship with the Northern Nevada community. She plans on reaching out to the local high schools with presentations and to facilitate communication to these students about Greek life, so they have a better understanding of what it is all about. These are just a few of the great goals Brennah plans to accomplish throughout her term in office as 2016 Panhellenic president.
For those sisters joining us in Chicago July 6-9 for our 87th national convention, we look forward to seeing you.

Here are some highlights of the event that we will be sharing with our membership in the Fall 2016 Sigma Kappa Triangle. For those not attending convention this biennium, be sure to follow the hashtag #BeBoldSK on our social media platforms to stay in the know. Select video footage from some of the events will be available for all members to view online.

**Award Recipients**

We will celebrate the achievements of our collegiate and alumnae chapters in the Fall 2016 Sigma Kappa Triangle! Not to be missed are the announcements of the Founders’ Award winner, our top collegiate chapter, as well as the winners of the Colby Award, the highest honor that Sigma Kappa can bestow on an alumnae member. We will also share information about the 2016 Honor Initiates.

**Election and Installation of the 2016-2018 National Council**

The primary function of our convention is to conduct Sorority business, such as approval of new amendments to our Constitution and Bylaws and voting on the slate of national council members. The Fall 2016 Sigma Kappa Triangle will feature a full recap of our business meeting.

**Panhellenic Luncheon**

**Dr. Rhea Seddon, Lambda, University of California, Berkeley,** will serve as the keynote speaker at the Panhellenic Luncheon. This event celebrates the partnership Sigma Kappa has with the National Panhellenic Conference, as well as hosts guests from the other 25 NPC groups.

Dr. Seddon, who trained as a physician and surgeon, was selected in 1978 by NASA as one of the first female astronauts. She flew on three space shuttle missions for a total of 30 days in space, then worked at Vanderbilt University Medical Center for 11 years. She helped to found LifeWings Partners which teaches teamwork to healthcare professionals, and is the author of a memoir, “Go For Orbit.”

**Workshops**

Educational workshops will include:
- Marketing your Sigma Kappa experience
- Identifying and building leaders at every level of the organization
- Managing stress as a collegian, alumna or volunteer
- Learning how to recognize and celebrate our members
- Reviewing collegiate and alumnae officer procedures, resources and responsibilities
- Building communication, collaboration and creative skills
- Understanding generation gaps
- Methods for alumnae to use when taking care of themselves and simultaneously taking care of others
- Courage and conviction as Panhellenic women
- Creating a culture of community service
- Importance of supporting our philanthropic partnerships

**New Branding and Logo for Sigma Kappa**

Convention attendees will see the unveiling of our organization’s new messaging and logo. Learn more about our new brand that will touch the heart of everyone and speak to our true character and values in the Fall 2016 Sigma Kappa Triangle.
Over the last 50 years, seven sisters from the Beta Tau Chapter at the University of Florida, Janice Hotchkiss Wilsky, Julie O’Connor Robbins, Sally Sitar Swaringen, Sandy Reed Bartling, Lynn Hill Meier, Janice Luther Carver, and myself, have shared and celebrated weddings, births, anniversaries, and retirements and supported each other when one of us loses a husband, sibling, parent or Sigma Kappa sister. Our bond of friendship became the Traveling Sigma Kappas.

Our story began when we pledged Sigma Kappa in the 1960s. Our friendship grew during our college years. We married, graduated and moved to different cities, but kept in touch through cards, phone calls and occasional visits.

The year we turned 50, we threw Julie a surprise birthday party. We talked and laughed as if it were only yesterday that we were Sigma Kappa sisters living in the Sigma Kappa house. We decided we need to get together more often.

Seven years later found us at Unicoi State Park in Georgia. We talked, laughed and explored the local area. We noticed on this first trip that Sally and Julie fell right back into their familiar habit of finishing each other’s sentences. When we looked at their feet, we laughed and said, “You are wearing the very same shoes.” It is surprising how the friendship bonds formed in our college years and fortified a little with cards and visits can be so strong and long-lasting.

The year we turned 60, we traveled to Paris. What a fun trip we had finding our way to all of those places we had only dreamed of. After 60, we decided that we need to
get together every year to renew our bond of friendship by sharing our life experiences, feeling the hugs, hearing the laughs, and seeing the smiles.

Since then, we get together every year. We went on a cruise to Alaska and self-guided tours of the national parks in the West. Some years we just rented a house and explored the local area.

In 2013 we celebrated 50 years as Sigma Kappas by traveling to the national parks in the Northwest. This was a special trip because 50 years ago, two of us visited Yellowstone National Park after the Sigma Kappa College Officers Training School in Ogden, Utah.

When we turned 70, we went to Ireland to celebrate. In 12 days we experienced the feel of a land thousands of years old and visited historic castles, cathedrals, ruins and burial grounds with gravestones dating back to the fourth century of people who settled Ireland.

Although our traveling troupe varies from year to year, the common ingredients are friendship, sharing life experiences, laughter, good food and wine. We truly share One Heart and One Way.

If you are a Beta Tau sister from the ‘60s and want to join us, email Carol Bogan Steiner, carolsteiner@hotmail.com.
Oh, the Places We Can Go!

We’re off to great places!
Let’s seize the day.
Our mountain is waiting,
Let’s get on our way!

We’ve been to great places.
The path has been long.
Our hearts have been shared,
Our success has been strong!

Oh, the places we’ll go.
Our future is bright.
If we all climb together,
We’re sure to reach new heights!

Embellishment of Dr. Seuss’
“Oh, the Places You’ll Go!”

Oh, the Places We Have Been!

Ultra Violet collegiate chapter events raised
2011 - $186,768
2015 - $492,634

Alzheimer’s Challenge
Raised $1M for the Alzheimer’s Association,
three years ahead of schedule

Walk to End Alzheimer’s
2011 - 6,381 ΣΚ team members
2015 - 12,083 ΣΚ team members

Academic Scholarships awarded
2011 - $42,570 for 47 recipients
2015 - $71,950 for 61 recipients

Strategic Partnership with the
Alzheimer’s Association
Sigma Kappa is now viewed as a leader in
finding a cure for Alzheimer’s disease.

Foundation Grants to the Sorority
Supports collegiate leadership programs
and membership education
2011 - $59,317
2015 - $200,000

Photo Credit: Jill Sanders, Theta Omicron
1. Members of the Greater Kansas City (KS/MO) Alumnae Chapter had a glorious time at Bunch-to-Lunch at Bloomsbury Bistro. Sisters especially enjoyed reminiscing about family Christmas food traditions passed down from their grandparents.

2. Baltimore (MD) Alumnae Chapter got together this fall to pick pumpkins, go on a hayride, build a scarecrow and more! Pictured (right to left): Kristin Kern, Rachel Cooper, Kaitlin Elizabeth, Emily Dennison, all Beta Zeta, University of Maryland.

3. The Wichita Falls (TX) Alumnae Chapter sisters enjoyed the annual Christmas ornament exchange, showing what they ended up with, finding out who brought it, and often learning something special about that particular ornament.
4. The Fort Worth (TX) Alumnae Chapter held its annual Christmas party in December 2015. The highlight of the party was a gift exchange in which members formed alliances and deviously planned to get the gift they want...all in good fun, of course!

5. On Dec. 1, 2015, the members of the La Jolla (CA) Alumnae Chapter and Zeta Mu, University of California, San Diego, gathered to participate in the always festive annual ornament exchange. A great time was had by all!

6. The Pomona Valley (CA) Alumnae Chapter hosted four alumnae chapters and three collegiate chapters for a prime rib luncheon to celebrate Founders’ Day. The event featured an alumna speaker, a Shop Sigma Kappa boutique and a letter booth.
7. The Greater New Orleans Alumnae Chapter hosted its first king cake tasting party. Each guest brought a different king cake from around New Orleans to taste. At the end of the party, each member took home a mini slice of king cake. It was a great party, and plans are underway for next year.

8. The sisters of the North Harris County (TX) Alumnae Chapter get together every December for their annual Christmas ornament exchange.

9. In December, the Richmond (VA) Alumnae Chapter had a collaborative cookie exchange with the sisters of Zeta Phi Beta to learn how National Pan-Hellenic Council alumnae chapters operate. They are hoping to do collaborative philanthropic events going forward.

10. Members of the Spirit of Saint Louis (MO) Alumnae Chapter gathered for their annual holiday party.
11. The Raleigh-Durham Triangle (NC) Alumnae Chapter spent the holiday season together at one of their monthly happy hours.

12. More than 20 sisters from all over Europe and the U.S. gathered for the European Alumnae Chapter’s 18th annual meeting held in Rotterdam, the Netherlands, in November 2015.

13. West Virginia Alumnae Chapter members Alexis Harmon Barbour (left) and Kacie Legg, both Theta Chi, West Virginia University, finished a half marathon together in January 2016 at Disney dressed as Daisy and Minnie.

14. Orange County (CA) Alumnae Chapter members celebrated Founders’ Day with members of the Kappa Rho Chapter at University of California, Irvine.

15. The Houston Alumnae Chapter hosted a Sigma Kappa Foundation fundraising event to benefit the Alzheimer’s Challenge, topping $10,000!
Epsilon, Syracuse University
Adèle Newman Glasser
April 08, 2016
Penny Laborde
January 15, 2016
Marjorie Fasset Merwin
January 13, 2016
Beverly Bushnell Smith
September 24, 2015

Theta, University of Illinois at Urbana-Champaign
Joyce Killian Hobbie
March 14, 2016

Iota, University of Denver
Jeanette Mayer Askew
November 01, 2015

Lambda, University of California, Berkeley
Barbara Princelau Larrabee
January 05, 2016

Mu, University of Washington
Meredith Jenkins Hildebrand
No date available
Beverly Moore Whaley
No date available

Nu, Middlebury College
Virginia Brooks Hutton
August 14, 2012
Marjorie Burditt Striker
No date available

Xi, University of Kansas
Lucille Sharp Manley
May 03, 2014

Sigma, Southern Methodist University
Judith Carder
January 09, 2016
Sue Baldwin Howe
March 20, 2011

Tau, Indiana University
Mary Pepple Kovatch
February 22, 2015
Marjorie Robbins Richardson
October 27, 2015
Myrtle Warnke Tice
January 05, 2016

Upsilon, Oregon State University
Sandra Boyden Alston
March 01, 2016
Virginia Moyer Bowers
July 01, 2015
Janice Riches Mcllroy
November 21, 2015
Kim Tomlinson
February 21, 2016
Ruth Hendricks Willard
March 26, 2016

Phi, University of Rhode Island
Natalie Brice Antonio
July 01, 2005
Mary Wood Bird
June 28, 2015
Constance Picerne DeBlos
March 17, 2015

Psi, University of Wisconsin
Katherine Fletcher Menn
January 09, 2016

Alpha Beta, University of Buffalo
Arletta Barie Paul
March 15, 2016

Alpha Delta, University of Tennessee
Barbara Wright Gatten
December 29, 2015

Alpha Epsilon, Iowa State University
Betty Carpenter Hill
February 09, 2016
Phyllis Hobbs Jackson
February 14, 2016
Mary McDuff
September 30, 2015

Alpha Zeta, Cornell University
Margaret Martin McPherson
February 01, 2016
Ann O’Neil Potter
February 18, 2015

Alpha Theta, University of Louisville
Mary Grout Crenshaw
February 02, 2016
Emelie Effinger McDevitt
December 15, 2015

Alpha Mu, University of Michigan
Louise Anderson Low
December 26, 2015

Alpha Nu, University of Montana
Helen Tousses Manlove
January 15, 2016

Alpha Sigma, Westminster College
Rebecca Carson Chambers
February 08, 2016
Ann Hankey Eckles
July 25, 2015

Alpha Tau, Michigan State University
Helen Pratt Sinclair
February 06, 2016

Alpha Phi, University of Oregon
Linda Gabrielson
February 16, 2016
Nadine Johnson Grosjean
February 18, 2016
Helen Wirtenberger
Leighton
January 07, 2016

Alpha Psi, Duke University
Virginia Passmore Beaunean
February 16, 2016
Eunice Minner Keim
April 13, 2012

Alpha Omega, University of Alabama
Charlotte Weepf McNamee
February 05, 2016

Beta Epsilon, Louisiana Tech University
Martha Moore Flanagan
March 11, 2016
Debra Reed
March 22, 2016

Beta Zeta, University of Maryland
Iraa Stallings
January 24, 2016

Beta Eta, University of Massachusetts
Dorothy Colburn Crooker
January 24, 2016

Beta Theta, Marietta College
Geraldine Randall Stewart
October 01, 2015

Beta Lambda, Utah State University
Karla Westergard
Burtenshaw
January 09, 2016
Dorothy Sanford Terry
October 31, 2015

Beta Xi, University of Memphis
Edna Brittain Busseille
July 29, 2015
Gladys Carpenter Cockroft
November 14, 2013
Shirley McKinstry Leachman
November 06, 2015

Beta Sigma, Purdue University
Billie Martelle Davis
February 03, 2016
Marjorie Sorensen Sisson
December 24, 2015

Beta Phi, Idaho State University
Janet Wilson Boosinger
February 25, 2016

Beta Psi, San Diego State University
Barbara Gibbs Holthusen
March 14, 2016

Gamma Gamma, Indiana State University
Janice Rech Kroeger
December 27, 2015

Gamma Epsilon, Indiana University of Pennsylvania
Peggy Stewart Rosenberg
February 12, 2016

Gamma Zeta, Northern Illinois University
Elaine Denz Hruby
January 14, 2016
Virginia Bohlander McLain
December 14, 2015

Gamma Theta, California State University, Long Beach
Lorraine Crowe
April 04, 2016

Gamma Iota, Texas Tech University
Catherine Pawlik Barboro
October 16, 2015

Gamma Mu, Eastern Illinois University
Ruth Egley Forgy
March 10, 2015

Delta Beta, Marshall University
Catherine Brooks Coon
December 30, 2006
Patricia Poliskey Evans
November 01, 2015

Delta Eta, University of Central Missouri
Carol Frost Pendleton
December 06, 2015

Delta Pi, Lock Haven University
Stacy Heiserman
March 20, 2016

Epsilon Gamma, Southwestern Oklahoma State University
Nellie Schaffenberg
Verhines
October 06, 2015

Epsilon Psi, Purdue University Calumet
Ellen Hensley Lewtas
January 06, 2016

Theta Phi, University of Tennessee at Chattanooga
Shelby Glisson
February 04, 2016

Zeta Omicron, University of Arizona
Zoey Zalkus
December 23, 2015

Kappa Alpha, Northwest Missouri State University
Hally Hayes
January 17, 2016

IN Memoriam
Congratulations, Graduates!

Be sure to keep your contact information updated on Live Sigma Kappa to stay connected for a lifetime.

Photo: Kappa Omega, Northeastern University