

September 2008

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## Sigma Kappa News

Welcome!



For many of our collegiate chapters, September is more than the end of summer and the beginning of another school year. It is a month filled with homecoming, football games, philanthropy events, and numerous recruitment activities. We wish all our chapters a successful recruitment and an enthusiastic fall new member class!

While these new members are just beginning their Sigma Kappa journey, we are reminded that we are members of one of the oldest and strongest women's organizations in the world, offering benefits that last a lifetime.

*Virtual Violet* would like to welcome all new subscribers. We hope you will make *Virtual Violet* a regular part of each month.

**National Council Announcement**



Sigma Kappa is proud to announce the 2008-2010 National Council.

|  |  |
|--|--|
| President                              | Laura L. Owsley, <i>Alpha Chi</i>          |
| Vice President for Alumnae             | Pamela L. Bergsten, <i>Theta Tau</i>       |
| Vice President for Collegiate Chapters | Melissa Aupperle Ahrns, <i>Theta Eta</i>   |
| Vice President for Membership          | Jennifer Sciutto Hohman, <i>Delta Iota</i> |
| Vice President for Extension           | Sarah Nelson Womble, <i>Delta Tau</i>      |
| Vice President for Programming         | Karyn Nishimura Sneath, <i>Delta Sigma</i> |
| Vice President for Communication       | Andi Fulton Sligh, <i>Theta Xi</i>         |
| Vice President for Finance             | Cheri Morrell DeJong, <i>Epsilon Omega</i> |

Sigma Kappa is pleased to announce that Sarah Nelson Womble, *Delta Tau*, University of Central Arkansas, has been appointed to national council as the new national vice president for extension.

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Sarah has been a Sigma Kappa volunteer for several years, serving for the last five years as extension development coordinator. She has been involved in the eight most recent Sigma Kappa colonizations, has served on the Delta Tau advisory board, and has held various offices in the Central Arkansas Alumnae Chapter. For the complete announcement, visit the [homepage](#).

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### Alumnae Introductions Needed for Fall Recruitment

If you know a collegiate woman who is registering for formal recruitment this fall, please complete a [Recruitment Introduction Form](#) and send it to the collegiate chapter prior to the beginning of formal recruitment. For a listing of chapter addresses and timing, please refer to page 16 of the Spring *Sigma Kappa Triangle*, or click [here](#).

Thank you for introducing these potential new members to Sigma Kappa!

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### Sigma Kappa Colonizing at Florida International University

National Council is pleased to announce Sigma Kappa has been chosen to become the newest sorority at Florida International University in Miami, Florida. Sigma Kappa was selected to colonize after presenting with three other National Panhellenic Conference groups this past February. A special thank you to Jen Hohman, national vice president for membership; Desiree Collado, director of extension; Sarah Womble, national vice president of extension, Sara Chacon, district recruitment coordinator; Kelly Jeffrey, collegiate extension specialist; Lauren McPartland, field consultant, area alumnae, and the members of Beta Tau Chapter, University of Florida, who represented Sigma Kappa with enthusiasm and professionalism.

The colonization will take place in early October on the Florida International University campus. More details on the colonization event are forthcoming and will be posted on For Sisters Only. If you would like to recommend a woman for membership, complete a "recruitment introduction form" under the "quick links" button on the home page.

We look forward to seeing local alumnae and area chapters at the colonization events!

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### Alumnae Reunions

Omega Homecoming Reunion - all years welcome!

When: November 14-16, 2008

Where: Tallahassee, FL

Organizer: Summer (Rodeghero) Immer

Contact e-mail: [summer.immer@gmail.com](mailto:summer.immer@gmail.com)

Join your Beta Zeta sisters past and present at the University of Maryland homecoming weekend. Events planned include a Friday evening social, brunch at Santa Fe on Saturday morning, tailgate, and Sunday picnic and tour of the house. We are interested in alumnae who were initiated in 1984 to present. We are looking for volunteers to assist with the tailgate planning and tracking down lost sisters to ensure this reunion is a huge success!

When: October 24-26, 2008

Organizers: Allison Austin, chapter Vice President of Alumnae Relations, Julia Caracciolo, and



If you have specific questions on the new FIU colony, e-mail [fiu@sigmakappa.org](mailto:fiu@sigmakappa.org)

Donna DeWick  
Contact e-mail: [bzofskreunion2008@gmail.com](mailto:bzofskreunion2008@gmail.com)

Gamma Kappa sisters from around the country will walk down memory lane at 107 Greek Row for homecoming weekend at Southern Illinois University, Carbondale. This presents a unique opportunity to see the Sigma Kappa house before the planned move prior to 2012 when all of Greek Row will be converted into offices. All sisters welcome, but in particular targeting initiation years 1980-1986 for a 25 year celebration of sisterhood and fun. Block rooms are available at the Hampton Inn.

When: October 10-12, 2008  
Organizer: Kathi Szabo  
Contact e-mail: [kaszabo@verizon.net](mailto:kaszabo@verizon.net)

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### Alumnae Spotlights

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[District II](#) - Sara Ray O'Shea, *Beta Nu*, Bradley University

[District III](#) - Janelle Jalbert, *Zeta Epsilon*, California State University, Northridge

[District IV](#) - Gwynne Kelton Friters, *Beta Tau*, University of Florida

[District V](#) - MegAnn Leigh, *Alpha Chi*, Georgetown College

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Web site: [www.bunniesandbows.com](http://www.bunniesandbows.com)

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### Thanks for Asking

*I want to make a facebook group for my alumnae chapter and wanted to use some photos. Is this okay?*

Absolutely! Staying connected with your sisters is key and if some social networking sites work for you, then work on those group pages! Before you begin putting your page together, make sure you take a look at the [graphic standards](#), (found on For Sisters Only, Graphic Standards), and keep within those guidelines. Photos, so long as they do not portray negative images, may be posted. The graphic standards also reference guidelines on choosing photos. Be responsible with your pages comments, posts and updating to ensure the best possible resource for you and your sisters. If you have further questions, please contact [Tammy Wiggins](#), director of administration.

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## Did You Know?

The Sigma Kappa Field Consultant program began 78 years ago. Since 1938 nearly 300 travel savvy women have assisted chapters across the nation. Currently there are ten [field consultants](#), (found on For Sisters Only, National Headquarters Staff), traveling to our collegiate chapters.

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## Sigma Kappa Links

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## Alumnae Spotlight - District I



**Jana Budde, *Delta Eta*, University of Central Missouri**

**Alumnae Chapter:** Pittsburgh (Pennsylvania) Alumnae Chapter

**Sigma Kappa Volunteer Activities:**

- Current Advisory Board Chairwoman and Recruitment Advisor for *Kappa Mu*, Duquesne University
- Prior Collegiate Province Officer, advisor, and Secretary for the Greater Kansas City Alumnae Chapter

**Occupation:** Presidential Management Fellow at the Department of Veterans Affairs

**Education:**

- Juris Doctorate, University of Kansas School of Law
- Bachelor of Science in Business Administration, University of Central Missouri

**Professional/Civic Activities:**

- Junior Achievement
- Humane Society
- Habitat for Humanity

**Family:** My beautiful cat, Cleo

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**When not doing Sigma Kappa work:**

- Reading
- Cooking
- Golfing
- Spending time with friends and family

**Favorite things:**

- Cats
- Thunderstorms
- Mexican food
- Puzzles

**Words to live by:**

“If you do the right thing, eventually you will inspire others to do the right thing.”

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## Alumnae Spotlight - District II



**Sara Ray O'Shea, *Beta Nu*, Bradley University**

**Alumnae Chapter:** Peoria (Illinois) Area Alumnae Chapter

**Sigma Kappa Volunteer Activities:**

- Alumnae Chapter Recording Secretary
- Faculty Advisor
- Beta Nu Corporation Board Treasurer

**Occupation:**

- Director, Center for Student Leadership and Public Service at Bradley University
- Owner and Wedding/Event Planner for So Chic Events
- Adjunct faculty at Bradley University teaching classes in Leadership Studies and in the College of Communications

**Education:**

- Master of Arts in Leadership in Human Service Administration, Bradley University
- Bachelor of Communications, Public Relations, Bradley University

**Professional/Civic Activities:**

- American Cancer Society
- Network of Volunteer Administrators

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Crittenton Centers Crisis Nursery

- Board Member for the Central Illinois Bradley Alumni Chapter
- Vice President of the South-West Kiwanis Club
- Recently named one of the Top 25 Women in Leadership in Central Illinois

**Family:** Husband – Padraig (Pod), a Sigma Nu

**When not doing Sigma Kappa work:**

- Reading
- Anything wedding related
- Crafting
- Shopping
- Antiquing

**Favorite things:**

- Good books
- Good people
- Grilled cheese sandwiches and french fries

**Words to live by:**

“Dare to inspire the uninspired.”

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## Alumnae Spotlight - District III



**Janelle Jalbert, Zeta Epsilon, California State University, Northridge**

**Alumnae Chapter:** Pomona Valley (California) Alumnae Chapter

**Sigma Kappa Volunteer Activities:**

With the Pomona Valley (California) Alumnae Chapter:

- Vice President of Programming
- Vice President of Membership
- Committee Member for Founders' Day

**Occupation:**

- Social researcher at University of North Carolina, Chapel Hill, as part of a study providing online AP courses to rural students nationwide
- Adjunct Professor, Ashford University, in English and Education
- Author and Consultant

**Education:**

- Pursuing a PhD at Capella University, specializing in professional studies in education with a focus on teacher development
- Master of Arts in English, National University
- Master of Education in Cross Cultural Teaching,

National University

- Bachelor of Art in Liberal Studies and Linguistics, California State University, Northridge

**Professional/Civic Activities:**

- Forward Step, Board Member
- Soroptimists International, Arcadia/Monrovia
- Junior Chamber of Commerce, Pasadena
- Currently starting a foundation, SibReality, to support siblings of the disabled with scholarships and special experiences such as trips and sponsorship for hobby activities

**Family:**

- Boyfriend – Troy
- Parents – Jerry and Linda
- Sister – Gina
- Two Puppies – Turbo and Gidget

**When not doing Sigma Kappa work:**

- Graduate work in the area of corporate social responsibility programs
- Traveling

**Favorite things:**

- A peaceful sunset over the ocean
- Traveling
- Hiking
- Photography
- Cooking and enjoying meals with family and friends

**Words to live by:**

“Learn from everything; regret nothing.”

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## Alumnae Spotlight - District IV



**Gwynne Kelton Friters, *Beta Tau*, University of Florida**

**Alumnae Chapter:** Miami (Florida) Alumnae Chapter

**Sigma Kappa Volunteer Activities:**

- Beta Tau Corporation Board President (current)
- Beta Tau Corporation Board Vice President (2 years)

**Occupation:** Law enforcement officer, City of Boca Raton

**Education:**

- Bachelor of Science in Psychology, University of Florida

**Professional/Civic Activities:**

- Palm Beach County Gator Club

**Family:**

- Husband – Michael
- Son – Tyler
- Four Chihuahuas – Roxanne, Jezebelle, Tuffy, and Lexie
- Three cats

**When not doing Sigma Kappa work:**

- Showing and exhibiting my Chihuahuas at dog shows
- Enjoying time with family and friends

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- Watching my husband's Sunday night softball game

**Favorite things:**

- Sonic Drive-in
- Going to the pool or beach
- Florida Gator and Pittsburgh Steelers football
- Doing home improvement projects
- Shopping

**Words to live by:**

“Character counts . . .honesty, integrity and loyalty are paramount to success in life.”

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## Alumnae Spotlight - District V



**MegAnn Leigh, *Alpha Chi*, Georgetown College**

**Alumnae Chapter:** Bluegrass (Kentucky) Alumnae Chapter

**Sigma Kappa Volunteer Activities:**

- Alpha Chi Chapter Advisor to Social Chairman and Vice President of Membership (2003-present)

**Occupation:** Adult Education Instructor and teacher of GED classes at the local corrections facility

**Education:**

- Bachelor of Science in Psychology and Communication, Georgetown College

**Professional/Civic Activities:**

- High school tennis coach

**Family:**

- Mom – Ann Sosh Leigh, *Alpha Chi*
- Sister – Shannon Leigh Gullett, *Alpha Chi*
- Proud aunt of three nieces and two nephews
- Puppy – Paisley

**When not doing Sigma Kappa work:**

- Playing tennis
- Shopping

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- Traveling

**Favorite things:**

- Beach
- Polka dots
- Pink and green
- Sweet tea
- Spending time with friends
- Walking my dog

**Words to live by:**

"Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon. Choose with no regret. Appreciate your friends. Continue to learn. Do what you love. Live as if this is all there is." - Mary Ann Radmacher

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