

# Chevron



OMEGA PHI ALPHA NATIONAL SERVICE SORORITY ♦ WWW.OMEGAPHIALPHA.ORG

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## LEADERSHIP

*by Amy McConnell, Past National President*



*NEB members discuss business at the midyear meeting in Houston, TX*

When it comes to describing a leader, we often see some as having been born to be leaders. They are charismatic, inspirational and motivational. Though there are some very distinct characteristics that are used to define a leader, possessing leadership qualities is more complex than just scoring high on a leadership survey. The truth is, we all possess leadership qualities and take on leadership positions in our lives, sometimes at our jobs and sometimes in our homes. Many O Phi A sisters will not seek out elected positions at the local or national level, but all have the potential to be leaders in their lives.

It is typical to categorize leaders into three different groups: autocratic, democratic and laissez-faire. Autocrats tend to be very organized, decisive and controlling; democratic leaders tend to delegate more responsibilities, be very organized, and motivational. The laissez-

faire leader is very laid back, not typically organized, but she is very interested in everyone getting along and having a good time. There are strengths and weaknesses in each of these styles, but the type of leadership style one adopts or the type of leader elected to a position needs to fit well with the needs of the group or the goals of a project.

Some people's personalities will lend themselves to one leadership style in particular; others are more flexible and are able to match a style with the needs of the group. Either way, there is a place for all leadership styles in O Phi A. Someone who is more autocratic can be trusted with getting a job done and getting it done right. Encourage these sisters to oversee short term projects, projects that involve small, focused groups, or have them assist with tasks such as record-keeping. They tend to be very good with details and management.

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# From the President

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The Chevron is a quarterly newsletter produced for Omega Phi Alpha National Service Sorority alumnae and active sisters.

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## **Distribution:**

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## **Submissions:**

Articles for the Chevron are written by active sisters and alumnae. If you would like to submit a feature story about an alumna or special project happening at your chapter, please email it to: [chevron@omegaphialpha.org](mailto:chevron@omegaphialpha.org)  
Pictures may also be submitted in jpg or bmp format.

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To request a complete contact list of all sorority officers, appointments, and chapter addresses, please contact the National VP Administration:  
Nichole Barnhart  
[sec@omegaphialpha.org](mailto:sec@omegaphialpha.org)

## President's Corner...

*by Pamela McEwen, National President*

**Who must go to OPA Convention?** Convention is where the "business of OPA" is conducted. Voting representatives from each active chapter must attend, along with voting alumnae representatives from each district and two alumnae at-large representatives. The National Executive Board members also must attend.

**Who can go to OPA Convention?** Any member (active, pledge, colonist, alum) of the sorority and their guests are welcome to attend. Certain activities may only be open to life-time members (actives and alumna) but all others are welcome.

**Who should go to OPA Convention?** As many members of each active chapter as possible should try to attend. Convention is filled with training and networking opportunities. There will be time to meet women from all over the country and exchange ideas on what works (and doesn't) and ways to improve your chapter.

Convention is the perfect place for alumna to connect with other alumna with similar interests. If you have been out of touch for a while, this would be the perfect chance to combine a great vacation in the Rockies and getting back in touch with OPA.

Convention this year is a great vacation opportunity. Denver and surrounding areas have many things to see and do. Plan to come a day or so early (or stay late), and contact Julie Hollis at [convention@omegaphialpha.org](mailto:convention@omegaphialpha.org) for all the attractions that are close by.

To register go to [www.omegaphialpha.org](http://www.omegaphialpha.org)



# Are You Ready to Rock???

by Julie Hollis, 2008 Convention Coordinator

Calling all guitar heroes and rock gods! Get ready to be treated like rock stars at the 2008 Convention. All OPA "rock stars," or attendees, will be given the V.I.P. treatment. The annual OPA Convention will be held at the Doubletree North Denver in Westminster, Co., just outside of Denver. The OPA Rock Star Tour will take place July 16 to 20, 2008, so mark your calendars.

Convention activities will begin on July 16 with a Green Room Party at the Doubletree North Denver. Rock stars will have the chance to participate in karaoke, fun ice-breakers, and a dance-dance revolution-style competition while nibbling on light snacks. During the week, prepare for informative business meetings, as well as great workshops, council dinners, sisterhood bonding and a few surprises. Alumnae will have the opportunity to get involved in special activities, workshops and events. On July 19, Convention will close with a rock star-themed banquet in the southeast atrium at the Denver Museum of Nature and Science. Dress in your best outfit and walk on the red carpet.

## What To Expect

The purpose of Convention is for OPA sisters to come together to learn from each other and make decisions to help guide the sorority. Many of these decisions are made in the business meetings that will take eight to 10 hours of the schedule. The meetings will be conducted according to Robert's Rules of Order and parliamentary procedure and dress will be business casual. Delegates can expect to discuss and vote on new legislation, the 2009 budget and elect new NEB officers. The following NEB offices will be elected:

- VP of Administration
- VP of Communication
- VP of Leadership Development
- VP of Expansions

It's possible that "rock stars" will learn more from the workshops than anything else. These workshops, conducted by our own sisters, are a fantastic learning tool and will contain a lot of useful information that actives can take back to help build successful chapters. All "rock stars" are encouraged to attend. For the 2008 Convention, the following workshops are tentatively scheduled:

- Using the OPA online forum

([www.omegaphialpha.org/forum](http://www.omegaphialpha.org/forum))

- OPA Life After College
- Service Projects 101
- Mock Meetings
- Planning Successful Fundraisers

The schedule will also include council dinners, district meetings and continuing with the rockin' theme, there will be a special "Behind the Music" workshop that will cover OPA history and songs and ceremonies. All "rock stars" are encouraged to attend these events as they will be a great chance to bond with your sisters and learn more about OPA.

Even "rock stars" need a break from such an intense schedule. The Westminster Mall and various restaurants are located within a mile of the Doubletree. The FlatIrons Crossings Mall as well, as other local attractions, are just a short trip away on the hotel shuttle. For those who would like to sight-see, plan on arriving on July 15 to take advantage of a day trip to beautiful Boulder on July 16. Rock stars will also have the opportunity to attend a Colorado Rockies game or take a trip downtown to the Denver 16th Street Mall on the evening of July 18.

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# National News

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On Saturday, "rock stars" will participate in a community service project in Denver, so bring your workin' clothes!

## Preparing for Convention

Chapters should elect their delegates as soon as possible so the delegates can keep the July 16 to 20 dates available. Rock stars should plan on bringing business casual clothing for meetings, dressy clothes for banquet, clothes they don't mind getting dirty for the service project. Bring a copy of your local Constitution for reference as well. All chapters are asked to bring one t-shirt from their chapter or school to be given away as a door prize. Also, if a chapter would like to sell items in the Rose Shop, please send these items with your delegate or ship them to the Doubletree North Denver by July 16.

Those wishing to run for an open NEB position should refer to the national Web site to find the appropriate form to fill out. Those who apply by the June 15 deadline will be eligible to have half of their travel expenses covered by the NEB. Elected officers should plan on leaving Denver on the afternoon of July 20 to attend an NEB meeting that morning. Contact [sec@omegaphialpha.org](mailto:sec@omegaphialpha.org) with questions regarding running for an NEB office or to obtain a petition.

## Registration

"Rock stars" can register for Convention via the national Web site beginning in early March. Sending your application electronically is the best way to ensure that we receive and process it in a timely manner. The 2008 Convention registration fee will be \$75/person and includes meals, meetings and transportation in

Denver. Hotel rates to be approximately \$135/night. Banquet fees will be approximately \$50/person and there will be three delicious entrées to choose from, including a vegetarian option. Other expenses and information, including t-shirts, will be indicated on the registration form. A late registration fee will be applied between June 16 and July 1 and note that NO registrations will be accepted after July 1, so register early!

Still not convinced? If you're still not sure if you want to go, talk to sisters about their previous Convention experiences. With so much to learn, you should really ask yourself if you can afford not to go! So register early, pack your bags and get ready for a rockin'-n-rollin' time in the Mile High City!

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# NEB meets in TEXAS for Midyear

by Nichole Barnhart,  
National VP Administration

The National Executive Board met in Houston on Jan. 12 and 13 for its midyear meeting. Convention 2008, which will be held at the Doubletree of Denver in Denver, Co. July 16-20, 2008, was the big topic of the weekend.

Fun and educational workshops for actives and alumnae, early registration incentives and the awards banquet were topics of interest. The NEB also dis-

cussed possible locations for Convention 2009, though that will remain a mystery for now.

Communication between the active chapters and national officers was also included in the discussion in Houston. The main source of contact for the sorority is through the online forum, so please check it often to see upcoming events and recent discussions.

The NEB discussed many more logistical things for the sorority, including

fundraising and budgeting, chapter statuses and chapter hazing.

On the lighter side, the NEB celebrated with the VP of Alumnae Relations, Chelsea Morrissey, on her upcoming marriage.

Overall, the NEB used the weekend to discuss important matters and prepare for the upcoming Convention. The NEB looks forward to seeing everyone there.

## Special Alumnae Activities Planned for CONVENTION 2008

by Megan Johnston,  
Alumnae Convention Coordinator

It's almost that time of year again! Convention 2008 is approaching quickly and as schedules fill up and summer gets busy, we want you to be the first to know about what Denver has in store for all our alumnae. Throughout the days of Convention, you can look forward to:

- Welcome Alumnae Mocktails
- A "Whirlwind Westminster" Tour
- Alumnae Workshops
- Annual Alumnae Luncheon and Society Inductions

Don't miss out on all Denver has in store! Join OPA for Convention 2008-Rockin' in the Rockies!

For more information on alumnae activities, please contact Megan Johnston, alumnae convention coordinator, at [ophiameg06@gmail.com](mailto:ophiameg06@gmail.com).

The laissez-faire leader is a great choice for planning icebreakers for meetings, social events, and keeping everyone's morale up. This leader's strengths may not include things like paperwork and deadlines, but she will keep a group motivated and enjoying each other's company, which is critical, especially for volunteer organizations.

Though the democratic leader tends to be cited as the "ideal," one should remember it depends on the needs of the organization. Where is the chapter in terms of experience, maturity, motivation and goals? If your group is relatively young and inexperienced (maybe a large number of ladies recently graduated and there has been a recent membership growth spurt), it would benefit the chapter to have a leader who can clearly communicate the what, when, where and how of tasks required to get a job done. Other chapters may need more maintenance where the leader's primary goal is support to the members of the group. Motivation and member satisfaction are the focus for the leader in groups where members can be trusted to complete the necessary tasks.

As a lifetime sister in Omega Phi Alpha, we are encouraged to always explore our inner leader. Though you may not be in an elected position as a pledge, active, or alumna, you always have the opportunity to be a leader through committees, projects, and interactions with your sisters. Involvement is only an email away. We are waiting for you.

## CLASSIFIEDS

*OPA is looking for individuals to help with National Handbook revisions. If you are interested, please contact the VP of Leadership Development at [leadership@omegaphialpha.org](mailto:leadership@omegaphialpha.org).*

*OPA could greatly benefit from the services/advice of a professional travel agent. If you have experience as a travel agent please email Andie Bowman at [membership@omegaphialpha.org](mailto:membership@omegaphialpha.org) or Stephanie Hallman at [bus@omegaphialpha.org](mailto:bus@omegaphialpha.org). This would be a great way for someone to get involved with OPA as a volunteer.*

# D1 Service Project Extended

by Kristen Walker, DAA D1

In an effort to gain further participation, the D1 service project deadline has been extended. The project involves collecting cards and gift cards for St. Jude Children's Research Hospital in Memphis, TN. The cards would be sent to the patients and their families for encouragement and support. All items will be sent to the hospital in the name of "Omega Phi Alpha District 1 alumnae."

St. Jude accepts gift cards from the following retailers: Abercrombie & Finch, American Eagle, Best Buy, Blockbuster, Gap, Baby Gap, Gap Kids, JCPenney, Old Navy, Target, Toys "R" Us, and Wal-Mart.

The goal is to send the entire package with a letter presenting the items to St. Jude by Sept. 1, 2008. Cards and gift cards are due by July 1 to: Kristen E. Walker, 12569 Summit Manor Drive

#203, Fairfax, VA 22033. In your mailing, please include a note with 1. your name, 2. your address, 3. your e-mail, and 4. if you would like your name included on the list of donors to the project. Also, do not forget to indicate the gift card's amount on the gift card.

If you have questions, contact Kristen via email ([auburnyellowrose@yahoo.com](mailto:auburnyellowrose@yahoo.com)) or the forum (private message).



by Elizabeth Anderson, Mu alumna

The Omega Delta Alumnae Chapter met for dinner on Feb. 1 at Casa Fiesta Mexican restaurant in Nashville. Sharing in the festivities were some familiar faces and a few new ones. The chapter plans to continue its tradition of fun and food while continuing to provide service to the community with participation in projects such as Project PENCIL and Saving Little Hearts, an organization dedicated to helping children with congenital heart defects. Omega Delta Chapter welcomes any alumnae in the vicinity to be a part of a laid-back and fun-loving group of career women who all active chapters to participate in their projects.

# Living in a Bipolar World

by Carol Theilen, Delta alumna, with  
Elizabeth Anderson, Mu alumna

We have all seen the commercials asking, "Who does depression hurt?" While the low, mild music is playing, images of kids, spouses, neighbors, co-workers, grandparents, even the family pet, slowly show up on the screen. We are left knowing the answer to the question: depression hurts everyone. Imagine a loved one who is depressed one day and active, spontaneous, high energy, acting on grand ideas and full of life the next. Would you notice these symptoms as manic or simply be happy that your loved one is no longer depressed?

Bipolar disorder is a condition that affects more than two million Americans. People who have this illness tend to experience extreme mood swings along with other specific symptoms and behaviors. These mood swings, or "episodes," can take three forms: manic episodes, depressive episodes or "mixed" episodes.

The symptoms of a manic episode often include elevated mood (feeling extremely happy), being extremely irritable and anxious, talking too fast and too much and having an unusual increase in energy and a reduced need for sleep. It's also common for someone to act on impulse during a manic episode and engage in risky behaviors they might later regret, like shopping sprees or gambling. The symptoms of a depressive episode often include an overwhelming feeling of emptiness or sadness, a lack of energy, a loss of

interest in things normally enjoyed, trouble concentrating, changes in appetite, and/or thoughts of dying or suicide. A mixed episode includes symptoms that are both manic and depressive.

Bipolar disorder, also known as manic-depression, is not a single disorder, but a category of mood disorders. A person diagnosed as bipolar can experience huge shifts from having surges of energy and extreme euphoria to severe sadness. The shift often causes irritability, moodiness and anger for no apparent reason. Life with a bipolar sufferer can be a life marked with difficulty and pain if proper treatment is not sought and followed.

I know that pain all too well. I lived with an undiagnosed bipolar sufferer for years. I would wake up a motivated young professional, ready to head to work. Getting ready to leave for the office I often enjoyed a quick breakfast with my husband and dreamed of Saturday when we could enjoy sleeping in and spending time together. We even joked and laughed about calling in sick. As I got ready to drive away, he would smile at me, blow me a kiss and compliment me for being a wonderful wife.

During the workday, I would work hard to prove myself and set a strong reputation in a demanding workplace. I ended each day tired, but it was worth it. I felt good about where I was in my life and I foresaw a bright future. Heading home, I was ready to

relax and spend time with my husband. However, he often wasn't there when I got home. Not so abnormal these days. Actually, I couldn't remember the last time he was home to share dinner. I figured he was also working hard to set the foundation for a solid career.

Once, I checked the phone messages and heard one from an investment group. "Gosh they call here a lot," I thought to myself. "What have they done? Put a lot of money into a phone campaign?" I blew it off as just another solicitation only to find out later that my husband had been involved in many risky investments with them over the last few months.

Around 10 p.m., I heard his car pull up in the driveway and was ready to share some time discussing each other's day and maybe even ideas for a fun weekend trip. He walked in, smelling of a few beers and smoke. I didn't ask about it; he must have had a rough day and ended up at happy hour again. I thought that it was just how he blew off steam, typical guy stuff. I asked him if he wanted to grab a bite to eat, but he'd already walked to the fridge for another beer, reclined on the sofa and turned the game on. I tried to share the couch with him, cuddle a little even though I wasn't interested in the game. But he was moody and seemed almost frigid when I gave him a peck on the cheek. He turned to me and picked a fight, telling me all the things I do wrong, and ending it by

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# Alumnae

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saying that I was a horrible wife. Hurt and bewildered, I wondered what had changed so drastically since this morning.

The next morning, as I headed to work, I found him in that same place with more empty bottles at his feet. When I arrived at the office, a message was waiting for me from his best friend. It turned out my husband got into an argument again at work. He had been very irritable toward his supervisor, yelling and destroying paperwork. His office even considered calling security. He had been very argumentative lately and I thought he might lose yet another job. His friends were withdrawing from him, too.

That is a little taste of the world I lived in for over six years while married to a man who suffers from bipolar disorder. His manic and depressive swings got progressively higher and lower as well as more frequent. To cope, he chose what the therapist referred to as self-medication, with alcohol. Unfortunately, we didn't know that it was the root of his problems. I dismissed many of the signs,

giving them an alternative explanation, thinking it was just another bad day or just another scheme he was pulled into by a friend. Mental disorder was the farthest thing from my mind. Mental health is our sorority's permanent project and I'm sharing my story with you because of its importance and so that you will be more knowledgeable than I was.

Research on bipolar disorder has shown that it is caused by an imbalance of the chemicals dopamine and serotonin that are naturally produced in our brains and are distributed somewhat evenly. When the amount of dopamine is increased in certain parts of the brain, a person may suffer from delusions. Too little dopamine causes lack of emotion and decreased energy.

Despite advanced technology and laboratory research on bipolar disorder, it is a mental illness that is not going anywhere anytime soon. There is no known cure for bipolar disorder. However, doctors have learned that the illness tends to run in families. More than two-thirds of people with bipolar disorder have at least one

close relative with the disorder or with major depression.

Even though bipolar disorder is incurable at this time, medicine and counseling can help to regulate the body's systems and control extreme mood swings. With counseling, training and support from family and friends, sufferers of bipolar disease can live normal and productive lives with none of the severe mania and depression to hinder their progress.

Our society still struggles with accepting mental illness. It can be seen as a weakness or an over-diagnosis. If you can relate to my story, I would encourage you to be open to these types of evaluations and seek help for yourself or a loved one. Think of it as going to the doctor for a cough. Many illnesses can have a cough as a symptom, some serious and some minor.

However, you should check with a doctor just in case so that it can be treated. Please do the same for your mental health.

For more information on bipolar disorder, visit [www.webmd.com](http://www.webmd.com)

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## Alumnae Updates

**Lisa McLin** (Delta) was engaged on Dec. 25, 2007 and has plans to wed on Sept. 13, 2008. Lisa is living in Nashville, TN and can be reached at [lisa\\_mclin@yahoo.com](mailto:lisa_mclin@yahoo.com).

**Lesley "Dawson" Calvelage** (Alpha) and her husband Brent celebrated the birth of their daughter, Ava Rose, on Nov. 30, 2007. Ava Rose weighed 6.4 pounds and was 19.25 inches long. Lesley is an R.N. at St. Rita's Medical Center in Lima, OH. Send notes of congratulations to Lesley and Brent at [lescalvelage@hotmail.com](mailto:lescalvelage@hotmail.com).

**Leigh Ann Wilson** (Xi) works as a graduate student, historian and writer. Leigh Ann is a member of Phi Alpha Theta National History Honor Society, Toastmasters International and volunteers with National Exchange Club. She has finished all but her dissertation for her Ph.D. in history at the University of Memphis. You can reach Leigh Ann at [lawilson@memphis.edu](mailto:lawilson@memphis.edu).

## From the Desk of the VP Alumnae Relations

*by Chelsea Morrisey, National VP Alumnae Relations*

### **NEW UPDATES ON THE ABOD**

I would like to welcome two new members to the ABOD. Leigh Ann Wilson (Xi) has stepped forward to fill the role of volunteer coordinator. She wants to help other sisters help OPA and finds this position to be a great way for her to get involved with OPA again. Susan Crook (Chi) has taken on the role of alumnae fundraising chair. She steps forward to help us out with finishing the alumnae cookbook fundraiser and will start planning a new fundraiser soon.

### **ALUMNAE COOKBOOK FUNDRAISER**

We have some wonderful cookbooks for sale, at \$10 each plus \$3.50 per order for shipping. They make great Mother's Day gifts. Contact insignia ([insignia@omegaphialpha.org](mailto:insignia@omegaphialpha.org)) for more information and to order.

### **CONVENTION 2008 ALUMNAE DELEGATES**

Convention is a great way for alumnae to meet sisters from all over the country. In Denver, we will need 10 alumnae delegates present for the entire Convention. During Convention, alumnae delegates vote on issues and represent alumnae interest. If you are interested in representing alums from your area of the country and having 50 percent of your travel reimbursed, email [alumnae@omegaphialpha.org](mailto:alumnae@omegaphialpha.org) for an application.

### **ALUMNAE CONVENTION COORDINATOR 2009 NEEDED**

Do you like large-scale event planning? Have you traveled to an Omega Phi Alpha Convention before and want to be a part of the planning process for a future one? The alumnae convention coordinator is responsible for planning the alumnae track of Convention, including the alumnae luncheon and societies induction, alumnae workshops and possible activities for families. If you are interested in this position, please email [alumnae@omegaphialpha.org](mailto:alumnae@omegaphialpha.org).

### **DIRECTORS OF ALUMNAE ACTIVITIES (DAAS) NEEDED**

District 5 (TX, OK, KS, MO, IA, NE, SD, ND, MN) and District 7 (WI, MI, IL, IN, OH, PA) are in need of a DAA. DAAs help plan district rallies, find lost alumnae in their area, and help inform alums in the district about OPA news and events. Contact VPAR ([alumnae@omegaphialpha.org](mailto:alumnae@omegaphialpha.org)) for more information or to get involved.

### **CHAPTER ANNIVERSARIES**

Epsilon, Mu, Nu, Phi, Chi, Psi and Alpha Beta chapters are all celebrating milestone birthdays this year!

35- Epsilon ; 25- Mu ; 20- Nu ; 10- Phi, Chi, Psi, and 5, Alpha Beta.

# Karin Hoodenpyle Coulter is Saving Little Hearts



*by Juanita Wade, Sigma alumna*

Karin Hoodenpyle Coulter, a founding sister of Sigma Chapter, has always been involved with helping others. She began her service career in the seventh grade by becoming a Red Cross volunteer. She volunteered at Erlanger Baroness Hospital in Chattanooga from seventh grade through college through the Red Cross or through the hospital auxiliary. As an active member of Omega Phi Alpha, she contributed to the many service projects that were completed and also shared her time with Alpha Delta Pi.

Her time spent giving to so many others hit close to home in 2002 when her son had open-heart surgery at three months of age. After this life-altering event, she felt the need to give back to the heart community. She saw many other families going through a very difficult time and even though her family was struggling to deal with their situation, it didn't seem to be as bad as that of many others. Her husband and she agreed that more needed to be done to help others going through the same experience.

Saving Little Hearts was officially incorporated in the state of Tennessee in September 2002 and has been going full force ever since. It started out as a local charity and is now a national charity serving any family with a child that has a congenital heart defect. They provide surgery care packages to five hospitals in four different states, as well as ship them to individuals all over the United States.

There are six support groups in Tennessee, one in Alabama and one in South Carolina.

Other accomplishments include informational books to parents, designing a coloring book just for heart kids and a quarterly newsletter. If you are interested in learning more about this worthwhile organization or volunteering time or money, please visit [www.savinglittlehearts.com](http://www.savinglittlehearts.com).



# What is an alumnae chapter in Omega Phi Alpha?

by Erin Gatlin-Martin, Alumnae Chapter Expansions Director

Many of us live in areas where there are no alumnae chapters, or there may be a chartered alumnae chapter that has long since gone defunct, leading some of us to wonder what exactly an alumnae chapter does and why. Currently, our Constitution recognizes alumnae chapters and briefly gives instructions for how one is chartered. However, it offers no further guidelines regarding what exactly an alumnae chapter is or how it should function within the larger structure of Omega Phi Alpha. To help OPhiA establish more and stronger alumnae chapters, the Alumnae Board of Directors is proposing legislation this summer in Denver to update and clarify the concept of the OPhiA alumnae chapter in our Constitution.

The proposed legislation would provide interested alumnae with a more structured process for chartering an alumnae chapter. It establishes a minimum basic structure, which addresses the need for having consistency in how alum chapters relate to the national organization. Despite this minimum basic structure, alumnae chapters retain a great deal of autonomy with this legislation; the legislation still allows each individual alumnae chapter the flexibility to develop a local program for its alums that is unique to its chapter, which reinforces the personal interests of the alumnae members themselves.

The legislation also defines chapter statuses for alumnae chapters so that it is clear when an alumnae chapter is

active. The chapters will provide feedback in the form of officer participation and reports. They would also gain the right to nominate district alumnae delegates for their districts for Convention each year.

The board began its research into alumnae chapters in the fall of 2004. It attempted to identify the pros and cons of our sorority's current system. A main frustration for alums was the fact the alumnae chapters did not have enough structure.

Thus, for Convention 2005, legislation was submitted to change the structure of alum chapters. Although the changes were presented as a solution to this structure issue, the legislation but did not pass, mainly because the delegation felt it required too much of an alum chapter. After convention that year and since then, alums contacted the ABOD with more input and more alumnae were sought out to give input.

The proposed legislation for 2008 has taken into account viewpoints of a diverse set of OPA members: members of alum chapters, members of defunct alum chapters, members who want to start alum chapters, members who are not interested in joining an alum chapter, members of revived alum chapters, members who had input on how alum chapters have been in the past, and members who have founded or led alum chapters. These viewpoints showed a wide array of stories of successful techniques for alum chapters, unsuccessful techniques, reasons why alum chapters were formed, reasons why alum chapters fell apart, why people joined, why

people did not join.

Additionally, the board put more research into the alumni organization structures of other sororities, both service and social. The alumni structures of these groups roughly fell into three groups: 1) those whose alumni organizations focus on social networking among alumni, 2) those whose alumni organizations focus on assisting their collegiate chapters, and 3) those whose alumni organizations operate essentially the same as their collegiate chapters. As Omega Phi Alpha grows as an organization, the alumnae chapters will need to model the guidelines of these other organizations to establish a strong foundation for whatever future they desire.

The Alumnae Board hopes that everyone will review this legislation further before Convention. We would love to hear from you!

Article XII, Section 11. (Strike current content; replace with the following.)

Alumnae chapters of Omega Phi Alpha must be chartered by alumnae of the Sorority.

- I. Requirements for a charter shall be:
  - a. A minimum of ten charter members.
  - b. A one-time non-refundable national charter fee equal to the fee paid by an undergraduate colonist in a charter chapter.
  - c. A local constitution to be approved by the Alumnae Board of Directors and the National Constitution Liaison.

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# Alumnae

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d. Completion of the alumnae chapter chartering process as outlined in the National Handbook.

II. Requirements to hold active status as an alumnae chapter shall be:

- a. A minimum of five active members. Each alumnae chapter shall determine its own requirements for active member status.
- b. A local president participating in the national President's Council and serving on the Alumnae Chapter Structure and Expansions Committee.
- c. Each chapter must participate in a minimum of three service-related projects per year, one related to the President's Project.
- d. Submit an Alumnae Chapter Annual Report to the Alumnae Chapter Expansions Director.

III. Active status shall be revoked and suspended status will be given if a chapter fails to meet the above requirements for a period of one year. Inactive status will be given if a chapter is on suspended status for two consecutive years. Alumnae chapter status is determined by policies and procedures in the National Handbook.

IV. The rights of an alumnae chapter shall be:

- a. Each chapter has the right to nominate a candidate for alumnae delegate for its district for Convention.
- b. The local alumnae chapters may enact any additional rules and restrictions that do not conflict with the National Constitution and By-Laws.

Rationale: Currently, the criteria for chartering an alumnae chapter are easily met and ill defined. Alumnae are given few standards and no guidance on how to begin or sustain a chapter. Due to this, we have many alumnae chapters chartered, but only a small fraction of these remain active. Therefore, we propose to solve this issue by introducing reasonable but tighter standards for chartering an alumnae chapter, providing light but increased governance for the chapters once they are chartered and providing the alumnae chapters with more rights within the Sorority.

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## Alumnae Board of Directors

### **BOARD CHAIR**

VP of Alumnae Relations: Chelsea Morrisey (Nu)

### **COMMUNICATIONS**

Alumnae Secretary - Juanita Wade (Sigma)  
Alumnae Networking Chair - Julia Timmons (Sigma)  
Volunteer Coordinator - Leigh Ann Wilson (Xi)  
Alumnae Publications Director - Keshia Gibson (Nu)

### **ORGANIZATIONS**

Chapters

Alumnae Chapter Expansions Director - Erin Gatlin-Martin (Nu)  
Chapter Alumnae Liaison Director - Phee Mayer (Phi)

Districts

DAA D1- Kristen Walker (Omicron)  
DAA D2- Jamie Fuller (Mu)

DAA D3- Juanita Wade (Sigma)  
DAA D4- Rashida Henry (Upsilon)  
DAA D5- Vacant  
DAA D6- Janice Wintermyer (Alpha Alpha)  
DAA D7- Vacant  
DAA D8- Ferheen Ahmed (Alpha Zeta)

### **SISTERHOOD**

Young Alumnae Leader - Chanda Glover (Nu)  
Golden Ophia Leadership Director - Louise Matoax (Mu)  
Alumnae Convention Coordinator - Megan Johnston (Alpha Alpha)

### **TRADITIONS**

Historian - Vacant  
Alumnae Search Coordinator - Lisa Guest (Mu)  
Alumnae Fundraising Chair - Susan Crook (Chi)  
Alumnae Pin - Ginger McGarity (Nu)

# Active Chapter Reports

## ALPHA CHAPTER

Alpha Chapter at Bowling Green State University has been working hard this semester to try out new service events. We are particularly excited about service to our sisters. In light of heightened crime, we are all going to take a self-defense class together. It's going to be a lot of fun, and a good bonding experience.

We are also planning our second annual philanthropic event - The Dive In - think of a "drive-in." We project a movie on a screen while people swim. All the money will be donated to the Susan G. Komen for the Cure foundation.

Our sisters have been very busy lately, but are enjoying every minute of it.

## GAMMA CHAPTER

Gamma has several service projects going on at the moment. We are collecting prom dresses to donate to girls who cannot afford them. We even are planning to go to the location where all these dresses will be available to help the girls pick them out. We are also currently working on raising money for Relay for Life, occurring on our campus the first weekend in April. We are collecting gently used clothing for an elementary school in our community. As a Nations of the World project, we are collecting school supplies and playground equipment to send to a school in Ghana. Also, everyone is excited for formal, which will take place on April 12. We hope to see many of our alumnae there. We congratulate our sister, Marla, who graduated in December. We are proud of our five committed pledges, who have been working very hard, and had a Blue and Gold on March 14.

## EPSILON CHAPTER

Epsilon Chapter is having tons of fun this semester. We have many service activities scheduled and are enjoying every moment.

We've been volunteering at numerous places such as the animal shelter and will be serving at Morningside Assisted Living. One of our biggest events will be Relay for Life at Tennessee Tech's campus. Our chapter is raising money by forming teams and making a competition out of it. Last year, it was a huge success and we expect it to be this year as well. Another big service opportunity is hosting a Badge Day for brownie troops. This is always a fun event enjoyed by all.

Our formal this year is going to be wonderful. It is the 35th Anniversary Formal celebrating Epsilon and our alumnae are invited. About 400 are expected to attend. This is very exciting for our chapter and we are looking forward to it.

## NU CHAPTER

Greetings from Atlanta, Ga., from all of your sisters in Nu Chapter. After initiating 19 girls at Rose Night in December, we've gotten this year off to a busy start. Our rush theme was "Spring's hottest Nu trends: Friendship, Leadership and Service." We pinned eight amazing pledges and are very excited about it. Rush hasn't been the only thing we have been busy with. We've also been tutoring children at a local middle school, and helping sort medical supplies for Medshare. Sisters have helped construct a house with Habitat for Humanity. We sold Valentine's themed goodies and roses at a Valentine's Day bake sale. We had an overnight sisterhood retreat in mid-February. As you can see, we've been pretty busy this semester and we have a lot more exciting events planned.

## RHO CHAPTER

Greetings from Western Kentucky!

We are finally getting back into the swing of the semester and excited to have so much going on. We had a great week of Rush, and 19 great girls accepted bids to become pledges of our Alpha Gamma pledge class.

We have tons of service opportunities coming up. We are excited to host our first 5K run to benefit Hope Harbor, our local philanthropy. One of our alums is putting together a self-defense course for us to go through. We are participating in Bowl for Kids Sake to benefit Big Brothers/ Big Sisters of America and Up 'Til Dawn to benefit St. Jude's Children's Hospital.

We also have a lot of great sisterhood activities approaching. Our girls are practicing to compete in a campus-wide Unity Step Show. We are planning sisterhood retreat at the Nashville Fraternal Order of Police Camp where we will also do a service project to benefit the camp. We are also looking forward to a great Family Day and Formal.

We are busy with service and sisterhood and couldn't be happier. We hope you all have a fabulous semester.

## OMICRON CHAPTER

Hello from Auburn. It is definitely going to be a great semester for Omicron. We have great service and sisterhood opportunities planned. Service projects for the semester include a volunteer day at the local food bank, a volunteer day with a local daycare, a run to benefit research for Alzheimer's, a benefit for an on-campus women's health and safety organization, volunteer work with Alabama Rural Ministries, and a project benefiting sickle cell anemia. Lots of our newer girls are really stepping up to help out, and are learning a lot about being leaders in OPA. We couldn't be more ecstatic about the enthusiasm from the most recent pledge class.

In addition to focusing efforts to plan great service projects, we are putting lots of determination into maintaining good alumnae communication. Elise McClanahan, vice president, is planning alumnae events, including an alumnae potluck dinner and fellowship night. Also, several fund-raisers are being put together to help with things from raising funds for sickle cell anemia to raising funds for Convention. Our sisters are doing a great

# Active Chapter Reports

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job and putting in extensive hard work. We are looking forward to seeing everyone in Denver.

## SIGMA CHAPTER

Sigma Chapter is very proud of its achievements so far this semester. We recently activated 11 new members, and are looking forward to working with our new pledge class as well. We are working on a fundraiser to help raise money to send our two delegates to Convention. We are planning to help out with Habitat for Humanity, bake cookies and place them in the library for other students, raise money for Operation Iraqi Children, and to help out with the Rescue Mission. In addition to helping out the community, we are looking forward to spending time with our sisters and creating memories that will last us a lifetime.

## TAU CHAPTER

Our semester is off to a great start.



*Alpha Alpha Class with Pledge Mom on Bid Day*

We recently finished up a two-week rush for our Alpha Alpha class with a perfume and "J'adore OPhiA" theme. Our rush events consisted of a "Cupcakes and Mocktails" social, a service event at the Boys and Girls Club, a crazy night at Austin Karaoke and a service event where we made cards for a local nursing home. Rush was extremely successful, and we're excited to have a great new class of 14 pledges.

We plan on continuing our tradition of

service by volunteering all around Austin. However, we also plan on having some new service events this semester. We're focusing on the President's Project by having a self-defense instructor educate us. Also, we plan on having several events this semester to help raise funds to donate to a South African hospital in need of new medical equipment.

Good luck to all our sisters. Have a great semester.

## PHI CHAPTER

Phi Chapter of Omega Phi Alpha has some exciting news to share. Instead of an outdoor sisterhood retreat at someone's house, we tried something different and that turned out to be a novel experience. We all crammed into one hotel room, but it was nice because it gave us an opportunity to bond more as sisters. We played board games and had a dance contest, talked, ate food and some of us went swimming in the pool or went in the hot tub.

The second really exciting event that took place was "The Price is Right," our second annual Date Auction, held to partially benefit St. Jude's Children's Hospital, and to help our formal benefit in April. Several of us were "auctioned off," as well as some other men and women who were interested in being "bid on." Those who "won" the dates also received gift certificates so that they could enjoy a free night out with their dates. The turnout was great and we raised a fair amount of money. We all had fun, and at the same time raised money for the Children's Hospital, as well as extra cash for our future event that will benefit St. Jude's next year.

Phi has had other activities as well. The upcoming activation and dean's list dinner, held for those sisters who receive superior GPA's, will prove to be exciting as well.

## PSI CHAPTER

Our chapter has started their spring semester with 12 projects already planned that we are all eager to begin. Rush began on Jan. 2 and ended with the initiation of

11 eager and excited pledges on Feb. 3

We have so many things to look forward to such as our Formal, Love in a Box, and of course building our sisterhood with planned socials. So far this semester we have participated in the Fairytale Festival by painting hundreds of "princesses" nails and painting faces. We also held our first bake sale.

We were able to show our school spirit by cheering on our school at homecoming and at the same time letting the student body know about OPA by having spirit rolls thrown into the crowd with candy, OPA spirit and our Web site. Our spirit was also exemplified when one of our sisters, Monet King, ran for sophomore homecoming queen and represented OPA beautifully. We saw the "Vagina Monologues" on Feb. 15 and 16.

With our officers in place doing a great job, and our extremely supportive student organization adviser, Crystal Seehorn, right by our side, there is nothing that can stop us from having a great semester.

## ALPHA ALPHA CHAPTER

Hey Everyone! We hope that your spring semester is going great. We at Northern Arizona University are very excited to be welcoming five new pledges this semester. They were initiated at the beginning of February and already have several of their projects and requirements planned.

Active sisters also have several projects set for this semester. Our first is babysitting for some of the families who live on campus. We plan to have games, crafts and more for the kids while their parents take a night off. We will participate in Relay for Life, will help out at local Special Olympics Games and hold a supplies drive for a domestic violence shelter.

We are very excited about the rest of this semester and wish everyone the best of luck!

## ALPHA GAMMA CHAPTER

Members and pledges of Alpha Gamma Chapter recently volunteered at a living

# Active Chapter Reports

center for the elderly. Members spent two evenings taking out trash, washing dishes, sweeping porches, cleaning general areas and talking with the residents. This project was in conjunction with our Spring Rush. We have incorporated a service project into our rush process because we feel it is important to highlight service as a top priority. This is the second time our chapter has volunteered at this particular living center. This project allows us to spend time interacting with not only other members of the sorority but an older generation as well. The help we are able to provide is always appreciated, and it is a good feeling to help others.

## ALPHA THETA CHAPTER

Alpha Theta Chapter at Penn State University just had our Dance Marathon (THON) from Feb. 22 to 24. This is the largest student-run philanthropy in the world and our sorority collects donations all year long to benefit The Four Diamonds Fund, which helps kids with cancer. Our THON child is Morgan Fern, who we spent that weekend with. Two of our sisters, Dorothy Beatty and Maria Vivencio, were given the opportunity to dance in the event. Dancing for 46 hours isn't easy, but we were all there to support them. Last year as a whole, Penn State raised over \$5.2 million for kids with cancer. We have been busy with this and other service events. We welcomed our Psi pledge class as members in December and currently have our new pledge class, the Omegas.

## ALPHA ZETA CHAPTER

Alpha Zeta Chapter is excited to begin a new semester of service at Kennesaw State University. We welcome our Gamma pledge class and wish them all the best as they begin their lifelong bond in Omega Phi Alpha. This month we will be working with other campus sororities collecting clothing for "Dress For Success," helping women build a better future. We had a successful spring retreat in Blue Ridge, Ga., bonding as sisters and developing exciting new ideas for service, sisterhood and campus events. Stay tuned!

# Alumnae Society Call for Inductees

*by Chelsea Morrisey, National VP Alumnae Relations*

Since the first Alumnae Society induction in 2005, 15 alumnae have been recognized for their longevity in Omega Phi Alpha and their commitment to OPhiA's cardinal principles of friendship, leadership and service.

### Alumnae Society Inductees:

Topaz Society - 10 years  
Jennifer Burgin  
Lisa Guest  
Susie Larson  
Amy McConnell  
Ginger McGarity  
Sarah VanDyke  
Leann Williams

Sapphire Society - 25 years  
Sheila Bush  
Ann DeMatteo  
Pamela McEwen  
Thelma Riehle  
Judy Acosta  
Thea Moritz  
Linda Terzian Cartiglia  
Bobbie Greene Miller

At this time, the induction ceremony for the societies only occurs at national Convention so that all society members can participate in the ceremony and serve as role models for Convention attendees. Alumnae attending Convention will be inducted into the society based on the number of years since their activation into Omega Phi Alpha. It is important to note that this time includes a sister's active and alumna years in Omega Phi Alpha.

How do you find out if you are eligible this year?

Topaz Society - 10 years  
You activated Spring 1999 through Winter/Fall 1983.

Sapphire Society - 25 years  
You activated in Spring 1983 through Winter/Fall 1968.

Diamond Society - 40 years  
You activated in Spring 1968 or before.

**One popular question:** "I activated 23 years ago. Do I have to wait until it reaches 25 years before I can be inducted into a society?"

**Answer:** No, you can be inducted into the Topaz Society and then you can come back after your 25th year to be inducted into the Sapphire Society. Societies cover ranges of dedication; for example, Topaz Society covers 10 years to just under 25 years since activation.

This is a wonderful honor to those who serve this service sorority and I encourage you to reach out to those you know that are eligible and travel with them to Denver.

**OMEGA PHI ALPHA**  
**NATIONAL SERVICE SORORITY**  
National Office  
PO Box 955  
East Lyme, CT 06333

RETURN SERVICE REQUESTED

# *National Calendar*

## APRIL

- April 1: Active and pledge fees transmittal form and money due
- April 15: Chapter Newsletter #4 due and President's Council report due
- APril 15: Submit a copy of your Chapter's local Constitution
- April 18-20: Nu Chapter's 20th Anniversary Weekend, banquet on the 19th
- April 30: Pledge summary due 2 weeks before activation

## MAY

- May 15 Chevron deadline #4

## JUNE

- June 1: Alumna Service Award letters of nomination due
- June 1: Annual chapter reports due from all chapters
- June 1: Service Project Report Form and Areas of Service Awards due
- June 1: Annual financial report due
- June 1: Outstanding Officer, National Web site and Chapter Excellence Program Awards due
- June 15: Susan Terzian Award nominations due

*(To add your events and activities, please email them to [chevron@omegaphialpha.org](mailto:chevron@omegaphialpha.org) with "Chevron Calendar" in the subject. Issue 4 (the summer issue) for 2007-08 will identify events and activities for July through September).*