

Chevron



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

VOLUME 39 ♦ NUMBER 2

LORDY, LORDY OPA IS TURNING 40!

by Andie Bowman,
National Membership Director

In honor of Omega Phi Alpha's 40th anniversary, this year's Convention theme will be, "Service is Our Greatest Treasure," to help illustrate our sorority's main focus. Convention 2007 will be held at the Wyndham Hotel right on the Riverwalk in Jacksonville, Fla., from July 25-28.

As always, all OPA sisters are encouraged to attend. This event will serve as a great time to participate in OPA on a national level and to meet sisters from all over the nation. The Convention delega-



tion will be busy with this year's business which will include electing new sisters to fill the roles of Vice President of Alumnae Relations, Vice President of Advancement Planning and Vice President of Finance. Those interested in running for these positions should contact Nichole Barnhart, National Executive Secretary.

Fun is also on the agenda this year. Convention will begin with a pool-side, pirate-themed ice cream social. A trip to Jacksonville's famous Landing is also on the agenda. Banquet is scheduled to be amazing this year after the Convention site visit leads to a delicious discovery.

Banquet itself is scheduled to be held outside of the Convention hotel at the incredible Chart House restaurant that overlooks the St. John's River. It is located less than 100 yards away from the hotel so walking will be no trouble. Following Banquet will be an OPA Celebration back at the hotel that will include a dessert reception. Awards will be presented during the Celebration. By separating these two events we hope to provide more fellowship at dinner and more focus on the awards at the reception since they will be held independently.

Therefore, start planning ahead so that you can be sure to join your fellow sisters and alumnae in Jacksonville for Convention 2007. Active chapters are encouraged to start raising money now to help send delegates and to keep in mind who can attend Convention when elections are held in the spring. It is very beneficial to a chapter to have new top officers attending Convention whether as delegates or not. Alumnae should keep in mind that they will have their own schedule and should feel free to come and enjoy too.

• • • • •

To help celebrate our 40th anniversary, Andrea would appreciate anyone who would like to share with her any of the following: OPA memories or stories, photos, and any OPA memorabilia. If you would like to contribute any of these to OPA's Celebration please contact her at:

Andrea Watson
898 B Breeding Ave
Cookeville, TN 38501
1-931-319-3690
andrea.figg.watson@gmail.com

Volunteer positions and opportunities to participate in Convention are available. For more information about them or other Convention related information keep watching the national Web site and look for another article in the next Chevron. Also feel free to contact Andrea Watson, Convention Coordinator, or VP of Business Operations Stephanie Hallman.

• • • • •

From the President

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

National Executive Board Members

President - Amy McConnell

President-elect - Pamela McEwen

VP Business Operations - Stephanie Hallman

Executive Secretary - Nichole Barnhart

VP Communications - Sarah VanDyke

VP Alumnae Relations - Lisa Guest

VP Leadership Development - Heather Harmon

VP Expansions - Ginger McGarity

VP Advancement - Anita Landry

Membership Director - Andie Bowman

VP Finance - Pamela McEwen

Past President - Susie Larson

Chevron Editors

Chevron Editor - Sarah VanDyke

Copy Editor - Ann DeMatteo

Layout Editor - Shelley Lai

Distribution:

The Chevron is mailed out four times a year to all alumnae and active OPA chapters. Distribution dates are as follows: Oct. 1, Jan. 1, April 1, and July 1.

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
Pictures may also be submitted in jpg or bmp format.

National Office Mailing Address:

Omega Phi Alpha
National Office
P.O. Box 757
Russells Point, OH 43348-0757

Official National Website:

www.omegaphialpha.org

Complete Sorority Contact List:

To request a complete contact list of all sorority officers, appointments, and chapter addresses please contact the National Executive Secretary Nichole Barnhart at sec@omegaphialpha.org.

President's Corner...

Hello O-Phi-A Sisters,

I am so excited to be writing this letter to you all because its focus is on this year's President's projectâ€Women's Health.

February has been coined "Go Red for Women" month to increase awareness of the No. 1 killer of women in America: heart disease. I encourage you all to participate in some sort of activity in this month to promote awareness about this lethal epidemic among women. The best prevention is promoting healthy living among women, and these habits start young, but it is never too late to make a change for a better you. It isn't easy balancing a job, a family and volunteer commitments, and usually the people we put last is ourselves. We must stop this. Get out and get active, even if it is for only 30 minutes a day. We have a world to change, so we need to stay healthy so we can continue to make a difference in our communities.

As active sisters, I encourage you to schedule time in your lives for regular exercise and reasonable eating habits. All-nighters are a staple in the college students' life, but try not to make these a habit. Binge-drinking and smoking are common ways of relieving stress and blowing off steam – don't get into these routines. They will follow you into your later years, and the longer any habit is part of your lifestyle, the harder it is to shake it.

So my challenge to you is to invite a sister to an aerobics class, take a walk with your little sis, and form regular study groups to balance your academic responsibilities. Help paint your community red to encourage awareness about women's No. 1 killer. During Breast Cancer Awareness Month in October, as I walked through my local grocery store, everything was pink – Campbell's soup cans, M & M's and yogurt cartons adorned with pink ribbons. Let's paint February red and Go Red for Women!

Love your life in service!

Sincerely,

Amy McConnell

National President

Jamie's Story

by Shea Miller, Omicron Alumna

In March of 2004 Jamie Pilarczyk embarked on what is undoubtedly her greatest adventure to date. Wanting to make a difference in this world, she joined the Peace Corps and began a 27-month journey that ended this past summer. For two years I, like many others, have been blessed by reading Jamie's journalist-meets-social worker experience in the country of Morocco. The following is Jamie's story.

Jamie began her trip by traveling from her home in Tampa, Fla., to Philadelphia where she met the other volunteers that would be working in Morocco. There they were split into two focal groups, one in health, the other the environment. Three days later, Jamie and the 39 other volunteers flew to Morocco where they spent the next three months training in country. Their instruction consisted of language acquisition, cultural information and technical aspects that were needed to survive. About the end of May, Jamie was placed with her host family. When asked about her first impression, Jamie said, "I remember vividly seeing the shanty towns, donkeys and dirty roadsides we passed as I looked through the window on our bus from the airport in Casablanca to the capital city of Rabat. I kept praying that God wouldn't have my host family living in the shacks I was staring at. Of course, I lived in conditions far better and I was well taken care of, but I was probably in culture shock for the first six months."

Although Jamie was placed with a host family, they were not Americans, and were not westernized.

The closest Peace Corps volunteer to her was "two cab rides and an hour and a half away." Jamie saw this volunteer once a week when they traveled to the province capital to shop and check email. In the cities of Morocco, the people were more westernized. But Jamie lived in "southwest Morocco, on the border of the Sahara desert. The village is called Ait Ahmed (city) in the province of Tiznit (like a county)." Village life was far different than that of the city. "We didn't have electricity until the second year that I was there. I had running water in the house I rented but my host family only had a cistern (holding tank stored in the basement of their house). We had one paved road that lead from our village out to the province capital, which was a blessing."

The differences between the cities and the villages were also seen culturally. There, as in most Muslim countries, women wear head coverings. According to Jamie, "Women are not addressed by men unless they are related, men and women eat separately, girls were not allowed in school until 1990 and women have different roles for labor." In essence, Jamie was



forced to be creative in her approach to working with the population-at-large.

Jamie's main role was in health education, primarily in the areas of hygiene and sanitation. "I did a lot of health education -- how to brush teeth, wash hands, etc. I also wrote grants for dentures, a bridge, a three-stall bathroom at the local mosque, a small portable incinerator, as well as a Glucometer for the health clinic. My favorites by far were the educational fairs for the younger girls to learn about women's health as well skills such as rug making."

Another major aspect of Jamie's work there involved HIV/AIDS education. This proved to be one of her bigger challenges. "As a woman volunteer, I had to be careful how I talked about HIV/AIDS, since it is still a sort of taboo subject. It is assumed that everyone (well, at least the girls) is a virgin at marriage and that they will remain faithful during the marriage. The truth, though, is that many men are sexually active far before marriage and are often not faithful afterwards. I know AIDS could become a serious problem there without education. So, at one of our twice-yearly festivals (men-only since

(continued on next page)

Alumnae Feature

(continued from previous page)

women do not go to market which is where the festival is held), I had a table set up and passed out HIV/AIDS brochures in Arabic with pictures for the illiterate as well as red ribbons. This was

attempts at HIV/AIDS education were to host educational programs and then have the doctor or female nurse address the crowd (women only, or men only).” While most of her time was spent with her people group, Jamie did have a

ed “Definitely. Keep in mind though that only a small percentage of volunteers make it the full two years. It is a big commitment that is definitely not all roses, but it is abundantly rewarding personally if you make it through it.”



the extent of how I could talk about AIDS with the men. In the beginning, I went to a few individuals to explain the brochure, but their obvious uncomfortable reaction made me realize that education would be more effective with these men if it were to come from the male doctor. My future

chance to travel and see some of the sites. “I traveled from the Sahara Desert to the Straights of Gibraltar. On my own I also traveled to Spain and to Paris. And on my way home from service, I also saw Egypt.” When asked if she would recommend the experience to others, Jamie stat-

Jamie is currently the editor of a weekly newspaper called the South Tampa News in her hometown of Tampa. She plans on returning to Morocco to visit her host family in December. She is a graduate of Auburn University and an alumna of Omicron Chapter.

A TWIST ON WOMEN’S HEALTH: *Service for Yourself and Others*

By Lindsey Gomez, National Service Director

Being bogged down with my legal memo and preparing for my crazy 1L finals, I thought I would dedicate this ongoing service project article to our own physical and mental well-being. Especially with the winter months ahead, it is even more important that we as women take a little extra time to give ourselves some much needed TLC. Let’s be frank, if we aren’t healthy in mind and body, our efforts to help others will be limited. S00o, here are some suggestions for mental and physical service to ourselves.

1. Mental Health

- a. Take time to relax, even if it’s for minutes. No phones, no computers, no distractions.
- b. Find something you enjoy doing and do it.
- c. Re-evaluate your goals – look at what you have accomplished so far and what you want to achieve in the next month or two.
- d. Do a random act – sometimes just saying “I hope you have a good day” to a friend, stranger or loved one can make all the difference.
- e. Reward yourself – go see a movie, buy a new book, eat a dessert.

2. Physical Health

- a. Try to kick a bad habit.
- b. Create an OPA fitness club with sisters in your area.
- c. Get medical check-ups.
- d. Increase physical activity: swim, hike, walk around the block – get those hearts pumping.

Little things add up to BIG change

Best of Luck,
OPA love,

Rocking with Mu Chapter

by Jenny Nordhoff

Bonfires, marshmallows, hot dogs, a scavenger hunt, rocking-chair weaving, painting and sisterhood. What more could you want from a pledge/active retreat?

The first weekend of October was a great weekend for the actives and pledges of Mu Chapter, Middle Tennessee State University, to get to know one another at Camp Easter Seals in Mt. Juliet, TN. Camp Easter Seals which is place “for children and adults with all ranges of disabilities,” said Mu President Maria Hargis. People are able to go to the camp, which is located on a beautiful lake, to get away from their everyday life and experience new things that they otherwise probably could not have done.

Mu Chapter was able to use the camp facilities, where a few of the actives work, in exchange for completing a few service projects. A number of the camp’s rocking chairs were in desperate need of repair. Rocking chairs are very important to the campers who have autism; the rocking helps to soothe them. Sisters reweave several chairs so that they could be used again. Reweaving is not as easy as one might think, and the sisters of Mu will never look at a

rocking chair the same again.

“Weaving the chairs was really hard work, but worth every minute knowing that the kids at Camp Easter Seals will enjoy them,” said Maria, who works at the camp.

was not working right on the TV in the lodge, and after much fumbling with wires and cables, and even hiking across the camp to try another TV, we resorted to turning on the captions and sisters taking on roles of the characters by reading lines of *The Lake House*. It was quite comical.



Actives and pledges of Mu Chapter proudly display repaired rocking chairs at Camp Easter Seals.

Actives and pledges also worked together to repaint the porches and ramps of several cabins at Easter Seals.

The retreat also included several sisterhood events such as a scavenger hunt in which teams had to work together to find various items at the campground.

Movie night, however, was unsuccessful, but we made the best of it. The sound

We wrapped up with a nature walk and the sharing of some inspirational quotes, an excellent way to end the retreat.

Camp Easter Seals is a wonderful place and we were happy to be able to help out. Mu hopes to hold future retreats and service projects at the camp.

Active Chapter Reports

GAMMA CHAPTER

Hello everyone from Gamma Chapter. We had an amazing semester. At our recent retreat we created the following committees: service, fundraising, formal, social and membership.

We are in the process of working on a project called Quest for Camelot, collecting items for families who lost pretty much all of their belongings in an apartment complex fire. We also had a fall chore day when we raked yards for elderly and checked their smoke detectors.

We have continued with our usual projects of helping at King Care, the Children's Institute and Saline Library. We are planning our semi-formal. We are thinking about either ice skating again or going to the Toledo Zoo. We recently had our annual blue/ gold dinner that the pledges put on for the actives. We are really excited about this pledge class and are looking forward to activation.

OMNICRON CHAPTER

The fall semester has flown right by. We started off with a Hunger Meal, where one of our sisters led a compelling discussion about world hunger and our guests were asked to bring canned foods to donate to the cause.

One of our favorite projects this semester involved splitting up into families and the soon-to-be little sisters, and driving to Montgomery, Ala., to two different nursing homes to sing, play bingo, paint finger nails and watch the Auburn vs. South Carolina game. War Eagle! Because our chapter's permanent project is American Cancer Society, we collected hats of all sorts to give to the local ACS. They were very appreciative.

To counteract the overwhelming feeling you get at midterms, we drew names and had a midterm care package made for our special person. We came dressed to impress on Halloween and exchanged gifts. It was a blast.

Also, we had a wonderful time with our annual Girl Scout Badge Day, with 500 participants on Oct. 28.

One of our goals this semester was to brainstorm for new project ideas. Out of these thoughts came a project with local fraternities to play a kickball tournament with the Best Buddies group of Auburn. We also set up an arts and crafts table for those who felt like being creative instead.

A week later we had an amazing time with our pledges playing a fun game of powder-puff football. Actives won. On Nov. 12, we initiated 21 lovely sisters in honor of the Miss Haleigh Crump Pledge Class.

RHO CHAPTER

With the semester coming to an end soon, the ladies of Rho Chapter are still as busy as ever with service projects and reflecting upon all of the hard work that each of us have done this Fall. We had a great Homecoming Week on the Hill as our chapter's president represented OPA as Homecoming Queen and several of our alumnae joined us for a Homecoming Luncheon, where we ate, socialized and made pillows for women going through breast cancer treatment.

Our district rally was Nov. 4 following our first annual walk-a-thon that raised \$100 for our local philanthropy, Hope Harbor.

At the rally, other chapters in our district

joined in as we made craft packs for local children. The day wasn't all about service though, we were able to socialize and have a great time with the other chapters. We hope that all of our other sisters from chapters across the U.S. are enjoying their last few weeks before the holidays and we look forward to hearing about what they're up to. O-Phi-A love from the Hill.

PSI CHAPTER

Psi Chapter had a busy semester here in Corpus Christi.

In October we tried out a new fundraising idea called "ugly professor."

Unfortunately, we could not find any professors to participate, so we asked students from other organizations to help out and changed the name to "ugly student." In the end, six students dressed up as "ugly" as they could and took a picture. The pictures were put up by our fundraising table, and people donated spare change to vote for the ugliest costume. It was a fun project, and all the money raised went to the Food Bank of Corpus Christi.

As the semester winds down we are finishing up with a toy drive called Operation Christmas Child, a great project we have done for several years. For this event people bring shoe boxes filled with toys to be sent to children around the world. In addition to helping the church get the toys loaded and sent out, each active will donate two boxes.

We are looking forward to activation, when we can finally welcome our pledges as active members. They all worked and studied very hard in the last semester.

Active Chapter Reports

ALPHA GAMMA CHAPTER

Alpha Gamma Chapter has been busy this semester with many great projects. Our chapter is growing and we are adopting bigger issues and having bigger projects.

Our biggest project this semester was our fundraiser/concert for the Invisible Children of Uganda, held at our homecoming festivities, with the help of two other organizations, the Brothers Under Christ fraternity (BUCS), and Sigma Phi Epsilon social fraternity. Together with our fundraising efforts and selling Invisible Children t-shirts and DVDs of the documentary, we raised around \$3,000 to send to the Invisible Children.

During National Service Week, we were proud to do a women's health seminar during which three doctors spoke on women's health and cervical cancer. We also passed out ribbons and information about cervical cancer during that week.

Other projects included a craft day with the Girl Scouts and writing notes of appreciation to the campus advisers.

All of our projects have been great and we are very excited about initiating our Epsilon pledge class!

ALPHA ZETA CHAPTER

The semester has been great so far. Our National Service Week focus was brightening the holiday season for those less fortunate.

Since the spring, Alpha Zeta has been in contact with a company of American soldiers we learned about on anysoldier.com, the 988th Military Police Company of Fort Benning, Ga. We have built a relationship with "our soldiers" based on letters, cards and care packages.

Their deployment was scheduled to end this year, but has been prolonged until 2007.

Since they are unable to be home for the holidays, we made and sent over 100 holiday cards to Iraq, to bring the troops holiday cheer and to let them know we appreciate everything they are doing for us. We have already heard back from several of them, and they are grateful for everything we have sent. One soldier explained that as the deployment has gotten longer, the amount of mail received has decreased, and our letters and packages have provided a bright spot in a sometimes discouraging day. We are proud to be supporting the American troops overseas and are looking forward to future correspondence with them, as well as their safe return home.

Our chapter also made fleece tie blankets for "Operation Keep Warm." The blankets were made for Sheltering Hands, a shelter at the YWCA of Northwest Georgia which offers a safe place for women and children who have suffered domestic violence, and for My House, a home for infants and young children who have special medical problems and no family to care for them. We made over 45 blankets for both of these organizations in hopes that they will provide warmth to those who need them this winter. This is our second project this year benefiting the local YWCA, and we will also be helping them with maintenance and improvement of their child-care center. The YWCA focuses on all areas of women's health (emotional, physical, spiritual) and it has been a great way for us to get involved with the President's project.

We are looking forward to a great end of the semester with a wonderful group, soon-to-be active members. Happy holidays and good luck with the rest of your projects.

Omega Phi Alpha SCHOLARSHIP TRUST

by Pamela McEwen,
Alumna Scholarship Trustee

OPA's Scholarship Trust awards scholarships annually to deserving OPA sisters. We have been awarding scholarships since 1999. The number and the size of the awards are based on the interest earned on donations made to the Omega Phi Alpha Scholarship Trust. Your chapter can help to increase the awards by holding fundraising activities for the Trust.

The Omega Phi Alpha Scholarship is a cash award that may be used to support tuition, fees, books or living expenses. To be eligible for the scholarship, a sister must:

- * have completed her pledge ship or colonization;
- * have paid national dues (or had her dues waived by local and national);
- * be enrolled and in good standing with the chapter and the college/university.

Scholarship applications are evaluated based on what the applicant writes about the cardinal principles and why she joined OPA.

Each year, scholarship applications are sent to each chapter. You can also request applications from scholarship@omegaphialopha.org and the national Web site. The deadline for filing is March 1. Plan now to make your application for the 2007 scholarship.

WELCOME TO ALPHA ZETA CHAPTER

by Ginger McGarity,
National VP Expansions

On Oct 15, 2006 Omega Phi Alpha warmly welcomed 22 new members into our sisterhood: the founding mothers of Alpha Zeta Chapter at Kennesaw State University in Kennesaw, Georgia.

Led by chapter President Liz New, the new sisters took their oath of membership in the induction ritual held in their student center just after midnight. National President Amy McConnell tapped her gavel, officially declaring them lifetime members of Omega Phi Alpha and of the newly recognized chapter, Alpha Zeta. Over 25 active and alumnae members of O Phi A were on hand to witness the event, and to welcome their new sisters.

and took home the national travel award as a result. This is the first time a national award has been given to a colony.

KSU Colony Vice President Kelly Cantrell did an exceptional job organizing the service program for the fledgling

group that is creating a new program of service from the ground up.

Special thanks go to Heather Pritchard, a Nu Chapter alumna who served as the expansions assistant for the KSU Colony. Heather met many times with the colony



The induction capped 10 months of hard work by the colony, which broke new ground in O Phi A's colonization process. The KSU Colony sent six members to last summer's Convention in Connecticut,

group. They conducted 18 service projects as a colony, and every one met the 75 percent participation rate criterion. The colonists averaged 35 hours per member, an outstanding amount for a

leaders, helped organize the colony retreat in August, coordinated the long-distance big sister program, and was instrumental in organizing the pre-induction and post-induction activities for those who participated.

The founding mothers of our Alpha Zeta Chapter are: Virginia Aagaard, Alyssa Bernhardt, Georgette Blay, Katy Burtner, Kelly Cantrell, Allison Carder, Marissa Emmett, Brandi Gilbert, Amanda Gilliam, Erica Henry, Lori Holden, Lisa Hu, Heather Johnson, Kellie Miller, Ashley Minton, Christine Neiheisel, Elizabeth New, Summer Simpson, Annie Smith, Jamie Trotter, Janice Turner, and Nicole Warchowski.

How to have the highest GPA on Campus, OPhiA style!

by Vanessa Hoagland, Alpha Theta sister

Alpha Theta Chapter had a strong emphasis on academics as Theta Alpha Pi, and would now like to share our tips on how to help sisters academically with our new OPhiA sisters. At Penn State the average student has a GPA of 3.15, and the Greek GPA is slightly higher than that. Last semester, Alpha Theta sisters had an average GPA of 3.54. It was the highest GPA of all 82 Greek organizations. Hopefully our tips can help other chapters have the same success.

How to help pledges:

- * Encourage any rushes who have a tough course load to rush the next semester. It's not fair for her to have to choose between class work and the sorority, and also can be a drain on the chapter if she chooses to drop out during pledging.
- * Require a minimum GPA for membership.
- * At their first meeting, collect a list of big exams and projects that they have for the semester so the pledge educator will know when to ease up on particular pledges and when to assign due dates for pledge projects.
- * Hold study hours. Twice a week require pledges to study together for two hours proctored by a few sisters. Requiring them to set aside four hours helps teach good time management skills and reduces stress over having to get homework done during the hectic pledging period.
- * SCHOOL COMES FIRST. Make sure pledges know that sisters believe that school is the reason we are all together. Never require a pledge to do something if it will impact a grade.
- * Have sisters offer to help pledges with classes they may have taken before. Also, big sisters can be very helpful when they offer to meet their lil' at Starbucks for a quick study session.

How to help sisters:

- * Encourage sisters with extremely heavy course loads to go LOA for one semester.
- * Use those study hours. Encourage every sister to help out proctoring the pledges' study hours; they can get a lot done then too. Give an incentive for doing study hours, such as service hours or points. Require any sisters who are struggling with schoolwork to proctor once a week.
- * SCHOOL COMES FIRST. This holds true for sisters also.
- * Recognize sisters' accomplishments. Announce grad school acceptances and job offers at chapter meetings. Recognize every sister that made the dean's list at your annual alumnae/parents' banquet.
- * Elect a scholarship chair. Have her collect schedules and GPAs to make sure everyone is on track. Keep a minimum GPA for sisters.
- * Hold a scholarship contest. Have sisters write an essay on a sisterhood topic and award a \$100 scholarship. This encourages good writing skills.

Best of luck to everyone. Feel free to contact Alpha Theta's scholarship chair, Laura Sherman (las5009@psu.edu), with any questions you may have.

Chapter Tips & Resources

Publicity 101: How to get OPA's name out there on your campus

by Heather Pritchard, National Publicity Director

Spring semester is almost here, which means it's time for rush at most chapters. The following strategies will help you to get OPA's name out on your campus:

1. **Flyers:** the more flyers you have posted on your campus, the better. Make sure that you get the proper approval from campus authorities to post flyers. Keep your flyers simple – put the sorority's name, the event and the dates. Don't clutter your flyers with needless clipart; it only takes the focus away from the event you are trying to publicize. On your flyers, make sure that you include either contact information or a Web site address for your chapter.
2. **Web sites:** I am a firm believer that a Web site is the most valuable publicity tool you can have. (It's how I found out about OPA at my school.) Make sure that your Web site is fully updated before rush. Showcase pictures of sisters participating in both service and social functions. Include an interest form for potential rushees. Also, list relevant rush info for potential rushees and make it easy to find.
3. **Chalking:** Chalking is another effective advertising tool. Grab a few buckets of chalk and write all over the campus. Make sure to write only on walking surfaces and not on walls. A quick tip: get a few cheap cans of hairspray and spray over your chalkings after you're done. This not only helps them stay on the sidewalk longer, but it deepens the color of the chalk.
4. **E-mail:** Many sisters at your chapter are involved with other organizations. Have your membership director draft a standard email that sisters can forward on to other lists they are on. Also, pass around a sheet of paper at your chapter so that sisters can list e-mail addresses of friends who might be interested and have the membership director contact them personally.
5. **Stuffing mailboxes:** Most schools have a post office or P.O. boxes for their students. Get in contact with the postmaster at your school – often times, they'll let you behind the scenes where you can put small flyers into mailboxes. I recommend using 1/4 page flyers.
6. **Info tables:** For the two or three days right before your rush (or in between days if you have a multiple night rush), have sisters sit at an info table in your student center or student union. The table should be complete with a trifold display, e-mail sign-up lists, brochures and candy. Sisters should be clad in insignia, preferably jerseys or other shirts which display OPA's name or letters prominently. Additionally, attach candy to brochures and hand them out to students walking by. Everybody loves free food.
7. **Wear OPA insignia:** At Nu, we encourage our girls to wear as many OPA shirts as possible leading up to rush. Sit in the front of the classroom, so everyone can read the back of your shirt and think about OPA during their morning lecture instead of calculus. Carry your letter bags around. Also, make buttons that sisters can wear which say "Ask me about OPA!" They're great conversation starters and they can be used every semester.
8. **Facebook:** Make an event on Facebook and invite all your friends. Have sisters put up your rush logo/flyer as their profile picture. Make sure the image is legible and clear. Also, encourage your sisters to double-check their profiles before rush. Any pictures that are inappropriate should be taken down, and profiles should be edited for content. (If you don't want your mom reading it, it probably shouldn't be up there!)

If you need help designing flyers or coming up with a strategic publicity plan for your campus, I'd love to help. E-mail me at publicity@omegaphialpha.org.

Chapter Tips & Resources / Alumnae Corner

Membership Tips for Spring Semester

by Andie Bowman, National Membership Director

RECRUITMENT

- * Create a good recruitment plan. Pick one central theme and use it on all of your recruitment info. For example if you want to have a Winter Wonderland theme and use snowflakes then put snowflakes on your t-shirts, on your flyers, on your posters, etc.
- * If you have a local Web site post lots of details about rush on it. Then make sure the Web address is on all of your flyers.
- * Try to get ads on Facebook. I think they are \$5 a day. Also make an event on Facebook and invite girls to come.
- * Do anything that makes them feel included and that you want them there.
- * Start publicizing as soon as possible.
- * Order T-shirts about three weeks prior to rush so that you can wear them to help publicize more.
- * If you can list student events on your school's Web site then submit an announcement about rush. Also don't forget about your school's newspaper or radio station.

BUDGET

- * Create a rush budget. If your chapter needs rush assistance money then please send a proposed budget to National Membership Director Andie Bowman at AndieMBowman@gmail.com. She will send you back an approved budget listing what you can get reimbursed for.
- * Turn in your receipts along with your approved budget to the National Membership Director if you submitted one in the fall. Only one chapter has submitted so far.

TRAINING

- * Have an alumna (so you can get CEP points) or a few active sisters host a "So now I'm an Active" workshop for your new sisters so that they will have all the information they need to be successful actives. Teach them how to vote, all of their requirements for active membership, how you pick big sisters, what they need to do to help with requirement and at rush, etc.
- * If you are the Membership Director tell any actives who are interested in your office to start shadowing you now so that they can have a smooth and educated officer transition.

Alumnae Updates

Becky Lloyd (Delta) is a Realtor with Kelly Realtors and lives in Waco, TX. She belongs to the National Association of Realtors, Texas Association of Realtors, Waco Association of Realtors, and volunteers with the Junior League of Waco. Becky, husband Wesley, and big sister Taylor welcomed their second daughter Callie Beth on January 20, 2006. You can contact and send congratulations notes to Becky at becky_v_lloyd@yahoo.com.

Selina Peake (Epsilon) works as a house manager of a domestic violence shelter, and is a homemaker. Selina would like to tell Epsilon Chapter sisters hello, and reminds everyone to continue serving others through service!

Amber Davis (Sigma) works as an RN for Baptist Hospital of East TN. She was accepted into the Nurse Anesthesia Program at UT-Knoxville, and will begin work on her MSN-Anesthesia in Jan 2007. Amber and her daughter Natalie live in Knoxville and would love to hear from any Sigma Alums in the area. You can reach Amber at adavis502hotmail.com.

Teesha (Maston) Prezeau (Nu) married Louis Prezeau in Las Vegas in Oct 2006. She works as a consultant for REI and currently lives in Seattle, WA. You can contact Teesha at teeli10@hotmail.com.

OMEGA PHI ALPHA
NATIONAL SERVICE SORORITY
National Office
PO Box 757
Russells Point, OH 43348-0757

RETURN SERVICE REQUESTED

National Calendar

JANUARY

Jan. 15: Chapter officer lists due to office assistant, Kim at office@omegaphialpha.org

FEBRUARY

Feb. 1: National Constitution Amendments Due

Feb. 5-11: National Membership Week and National Fundraising Week

Feb. 15: Chapter Newsletters due to National Executive Secretary, President's Council Reports due, Chevron issue #3 submissions due to Chevron@omegaphialpha.org

MARCH

March 1: Scholarship applications due

March 15: President's council reports due, Pledge rosters and MRSPs due to office assistant, Kim at office@omegaphialpha.org

(To add your events and activities please send to chevron@omegaphialpha.org with "Chevron Calendar" in the subject. Issue 3 will identify events and activities for April through June)