



# KAPPA PHI DELTA

## Alumni Newsletter

Spring 2010

### Recipes for Scholarship: Kappa Cooks!

**Elizabeth Bilitz, PC 2003**

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Fundraising is a vital part of our commitment to the active and alumnae chapters of Kappa Phi Delta. The ability to offer a scholarship of close to seven thousand dollars is quite a legacy for Kappa. To continue this and keep up with the cost of tuition, the Alumnae Board looks for various opportunities to fundraise while offering a chance for fellowship and service to the community. This year's big campaign is not simply a fundraiser, but a way of sharing memories of Kappa amongst all generations.

Kappa's history has been largely passed down by way of the scrap books at the active chapter house. The Kappa Cookbook will be a way for each alumn, active, or friend to have their own scrapbook of sorts. Over the next few months, we are requesting submissions of recipes (can be anything! The more the better!), photos, and stories. The goal is to have the books printed and ready for sale by the Alumnae Reunion next fall. Attached to this newsletter is a recipe form to follow. You may email me your recipes, mail them, or submit them to the official Kappa Cookbook website. When submitting, please include your full name with maiden if applicable, and pledge class year. The final price of each book has not been set, but it will be between ten and fifteen dollars, depending on the final size of the book and order expectations.

Please help make this cookbook a success! Share your memories, recipes, and photos by emailing Elizabeth Bilitz at [liz.bilitz@gmail.com](mailto:liz.bilitz@gmail.com), or mailing them to 1122 W Catalpa Ave, #610 (please note the new unit number), Chicago, IL 60640. Also, we have our own online website for contributing which helps reduce the final cost of the printing! You may log on to our cookbook recipe submittal page at the following web address:  
<http://www2.typensave.com/> To log on, enter your full name in the "Contributor" section, "jacrose" in the group login, and "rose" in the password space. The website is fairly easy to use and guides you through the process, but if you have any problems, please contact me. The deadline for submittal is June 20, 2010 in order to have them printed and ready for the fall! Thank you again for all your support! This will be a really fun project and keepsake!

<http://www2.typensave.com/>  
Contributor: YOUR NAME  
Group Login: jacrose  
Password: rose

## Kappas on Wheels!

Even though these two alumnae are 700 miles apart, they have been able to inspire and share their "hobby" across the country! Share your stories with other Kappas through submitting an article in the newsletter, on Facebook, or at alumnae gatherings!

### Roller Derby in a Small Town

Sarah Halbert, PC 1999

In November of 2009, five women met around a bon fire with the ambitious goal of bringing Roller Derby to Central Louisiana. What have we gotten ourselves into?

Since that first fateful meeting we have formed a league, recruited 30 women to start skating with us (along with an enthusiastic handful of men to cheer us on) and have been working our way through the logistics of training, coaching and wrangling all the personalities that come with a derby team.



Derby girls come in all shapes, sizes, and ages. Fishnets, tattoos and piercings are not required—some of us have them, some of us don't. Some of the girls on the roster are lifelong athletes; others had never tried a sport outside of gym class.

The Cenla Derby Dames have been training since November and are well on our way to being ready for our first bouts this fall. In a small town like Alexandria, we get lots of "what are those girls doing?" and "are you serious?" We are.

My primary role within the league is Treasurer (call me by my derby name: Accounts Bleedable). I quickly discovered, with the help of a broken tailbone, that I'm not born to skate but I do help keep these rowdy girls in line. Working with our coach (Puppet Master) and Team Captains (Jack RaBBit \$lim and Rukkus Ryder) we are whipping these girls into shape.

We are currently fund-raising for equipment, seeking out venues for upcoming bouts, and attending as many promotional events as possible to get the community excited about our league. April 10th will be the first display of our skill as a team when we roll into Renegade Harley-Davidson's annual Crawfish Boil for a demonstrational scrimmage. The buzz around town is growing. People are excited for something new. Fans are gearing up for our first bout. The girls are skating hard and hitting harder!

## Kappas on Wheels!

Continued

### Roller Derby in a College Town

Kelly Steelman-Allen, PC 1997

On my way home from Kappa's Alumni Reunion last fall, Sarah called and told me all about a roller derby league that she was starting. Her excitement was contagious and when I got home I immediately went on a quest for a league in my area. It turns out that there wasn't one, but I did find a group of like-minded women who



wanted to start a league here in Champaign-Urbana. Within a few months, we've formed the Twin City Derby Girls, recruited 40 skaters, a fantastic coaching team, referees, and fans. In addition to practicing twice a week and attending promotional events, we also do a lot of volunteer work in the community. So far we've sponsored a week long fashion and music extravaganza to support the arts and volunteered for our public television telethon.

In addition to skating as a pivot or blocker, I also serve as the league president. (It turns out that all of those years of leadership in Kappa have come in very handy!) I now skate 4-5 times a week and spend countless hours working with our volunteers, coaches and skaters to help build and promote the league. Needless to say, my life has gotten dramatically busier in the last few months, but it is definitely worth it!

Our league is currently working towards our first public scrimmage and is hoping to be accepted as a WFTDA apprentice league by mid-summer.

#### What is Roller Derby?

Roller Derby is one of the fastest growing sports in America, with nearly 400 leagues world-wide. In its current incarnation, roller derby is a genuine athletic competition complete with well-defined rules, divisions, tournaments and a governing body – the Women's Flat Track Derby Association (WFTDA). So what are the rules? Basically, there are two teams of five women. Each team consists of one jammer, three blockers and one pivot. The blockers form a skating pack. The blockers/pivots start skating at the first whistle, and then the jammers (who start behind the pack) start sprinting at the second whistle. The jammers then have to skate through the pack. The first one through the pack is called the Lead Jammer. Both jammers continue to sprint around the rink a second time in order to lap the pack. Jammers score one point for every opponent they lap. The pivot and blockers try to help their team's jammer break through the pack while simultaneously blocking the opposing jammer. The Jam goes on for 2 minutes or until the Lead Jammer calls it off.

## News from the Active Chapter

### President's Report

Brittany Carter

Active Chapter President

Hello Alumnae! So far this semester, Kappa has been off to a great start. We have a flourishing chapter of 58 members including our 7 new pledges! It has been so exciting for me to start my term as President at such a great time in Kappa. I am enjoying it very much and am so proud of all of the hard work every girl has done. Our fundraising chair, Amanda Potacki, helped coordinate our annual Crush Can sale and we raised over \$300 for Kappa! The two formal chairs, Karen Nelson and Sarah Wahlstrom Helgren, worked very hard on the formal held on March 27th in downtown Chicago. We were all very excited to attend and had a great time! Our Women's Appreciation Chair, Nicole Press, has been coordinating our chapter with IIT's Women's Information Network in hopes to start hosting events and things with them. We just attended a Tea hosted by them and the Society of Women Engineers in celebration of Women's History month that was really fun and inspiring. Our other chairs are all doing great, as well. It looks like it is going to be a busy and fun rest of the semester. We also held Alumni Tea along with Easter Egg Roll on April 11th!

### Recruitment

Hadas Friedman

1st Vice President

Spring rush went well and we got a wonderful new pledge class. We hosted and co-hosted lots of fun events including ice skating downtown and a cake decorating contest. Camras weekend was also very successful. We hosted 9 lovely girls and co-hosted a colorful fiesta with the SigEps. Now we are mainly looking forward to Preview weekend where there will be an all Greek event. Prior to that we will be co-hosting a cookout with the Deltas and playing bags and other games. I'm

personally very excited for fall rush which is also in the works right now.

### New Member Education

Angela Khermouch

2nd Vice President

This semester in Kappa we have 7 girls pledging with us from a variety of backgrounds and with a variety of interests. They are: Kelly Burgess (Civil Engineering), Joanna Klimczak (Civil Engineering), Josie Cooper (Architecture), Bhavna Hosakere (Electrical Engineering), Alexandria Songer (Aerospace Engineering), Nicole Valio (Biology), and Kylie Kosulic (Mechanical Engineering). Together they will be putting on a mid-semester pledge night for themselves as a social event, reorganizing our study materials and filing system for their pledge project as well as organizing a philanthropy event and participating in the Greek Week skit. All that on top of school and the various groups, teams, and clubs that they all are involved in outside of Kappa.

### Greek Week

Elaine Erwin

Greek Week Chair

Our chapter just had a lot of fun with Greek Week (March 21-27.) Most of the events were traditional ones that the Greeks on campus had done before (like tug-of-war and egg toss,) but some of them were new. For example, there was a "Rube Goldberg machine" competition, which played to the strengths of our engineers and scientists--- we placed first in that event! Our theme was "nautical". Kappas had a great time listening to songs like "In the Navy" and "I'm on a Boat," wearing sailor hats, and making a banner in the form of a sail boat. Over the week we had some wins and we had some losses, causing us to place overall as 4th out of 9 participating chapters. To top it off, we were the highest-placing sorority! Go Kappa!

## More News from the Active Chapter

### Spring Retreat

Emily Esko and Marisa Haire  
Sisterhood Chair

We had Spring Retreat at Trinity Lutheran Church in Ottawa, Illinois this year. After a late night gavel on Friday night, we started Saturday with a pipe cleaner and pony bead interpretation of "What does Kappa mean to you?" After lunch, Sarah Waha's mom came and spoke about "building a bridge" to our future goals. We spent the rest of the afternoon practicing for Greek Week activities and making headbands with nautical (our Greek Week theme) fabric. We all had a really great time, and Marisa and Emily both really enjoyed planning it.

### Alumnae Bits 'N Pieces - Kappa News

**Kimberly Sigurdsson (Lao) PC' 04:** Is living the dream and has just moved to Norway with her new husband!

**Lisa Swan (Van Veen) PC' 96** and husband Chris welcomed a baby boy, Rigel, into their family on November 4, 2009. Everyone is doing great, including big sister, Isabella. Lisa is also continuing to work her design and drafting firm, Design Forward, and is celebrating 8 years of being in business.

**Amy Beribak PC' 02** I wanted to ask all the actives and alumni if they would like to team with me for the American Cancer Society Walk-N-Roll Sunday May 16 at Grant Park. There is no entry fee, just walk on donations - everyone who raises \$100 receives a walk t-shirt. I did this last year and it is really fun. Please contact Amy Beribak at [amberibak@gmail.com](mailto:amberibak@gmail.com) to sign up for my team.

If you have news that you would like to share with fellow alumnae of Kappa Phi Delta, email the Newsletter Editor, Sarah Thompson, at [kappa.alumni.newsletter@gmail.com](mailto:kappa.alumni.newsletter@gmail.com)

### Chapter House

Rachel Hendricks  
Resident Advisor

The school, as well as a few pledge classes, have made several improvements to the house. During spring break a smoke detector system was installed throughout the house and rooms. So now, in the case of a fire, public safety as well the Chicago Fire Department are notified. Also, our latest pledge class repainted Kappa Purposes in our dining room. Stop by the house anytime to check it out!

### Maura Gonsalves (Podrazik) PC' 81

Life is crazy but good out in South Elgin. I am currently Owner and Creative Director of PixelsatWork in South Elgin, IL and I am looking for a graphic/web designer, someone who is a college student or just out of school. I am happy to say that business is growing and do need your help. Please contact me at 847-809-9213 if you know of anyone or you are interested in working for me.

Other than that husband Stan (IIT CS Alum) is currently Director of Software Development at FTD with a promo coming his way soon (About time!). Daughter Lauren is a Freshman and honors student at St. Charles North H.S. and already talking about college...yikes! Son Alexander is a 5th grade, middleschooler and honors student as well at Elgin Academy. They are both members of the Taylor YMCA Pelicans Swim Team in Elgin, IL. Needless to say both Mom and Dad are very proud of them.

Just want to say hello and miss you to Debbie V, Pattie S., Mary T. W., Toi H. (will call during Mommy time soon), Maria T. and Ann R. (my little sisters), and Irma B. McFarland (my "roomy").

## Lost Kappas

If anyone knows the location of anyone on this list, please let Sarah Thompson or Kelly Steelman-Allen know. We want to keep all of our alumnae up to date! To prevent your name from being on this list, please inform the Alumnae Board of any address changes.

\*Starred names are new additions to the list.

Allison Rose Albright	Jennifer Hamelin	Marianne Loska Polk
Mary Liska Atkinson	Florence Behrendt Harmeling	Mandy Porter
Lucy Rockwell Balmer	Allison Adams Hegarty	Mrs. Sigmund Purwin
J. Bartusek	Kathryn Dates Higgins	Laura Pyzynski
Michelle Bennett	Judy Hines	Maryann Ramos
A. Berg	Maryalys Klein Holtz	Kathleen O'Connell Rank
Helena Beuhler	Sue Kilimnik	Mrs. Robert Reike
Lindsay Brinkmeyer	Edith M. Kirkpatrick	Melinda Reiske
Charlene Brooks	Laura Kliesle	Betty Swanson Richter
Michelle Burda	Lori Dobsch Knutson	Raleighnae Patterson Sammons
Michelle Buttice	Kelley Kraft	Gloria Klouzar Saul
Concepcion Cabrera	Sandra Guelfi Krzyzanowski	Celia Harris Scalpone
Louise Cadwell	Sarah Lawall	Maria Torres Sheldrake
*Roseann Conrad	Linda Lee	Sue Schei Sherling
Josephine Wheeler Couper	Marjorie Foreman Long	Marge Stabosz de Lopez
Michelle Turner Cowhead	Arlienne Lueck	Florence Barnes Strom
Rose Brewer Cress	Ruth Curtic Macfarland	Jeanette Smith Strom
*Colleen Cronin	Grazina Maciunas	Helen Syprzak Suska
Mrs. Norbert Dahler	Betty Rabiansky Majewski	*LaShawna Taylor
Diana Davies	Dimetra Makris	Theresa Tenzie
Stephanie Donovan	Lucy Axline Meeker	April Thornley
Millicent Dugich	Miriam Flory Meyers	Nell Stanley Ulrich
Connie Duresa	Marion Behrens Mitchell	Patricia Arns Walter
Marjorie Sandler Dwiggins	Dorthy Monell	Dolores Lipschultz Ward
Shirleen Finley Erickson	Darlene Gilbert Murdoch	*Lynn Watanabe
Lucylle Turner Evans	Vickie Navarro	Harriet Milewski Wernicke
Rhonda Simanek Ewasuik	*Julie Norris	*Jan Wessels
Jean Ruskin Fitzhugh	Darlene Novak	Ruth Cripe Whamond
Lorraine Spigel Frazin	Claudia Peterson	Stephanie Wilke
Mabel Stone Giblin	Phyllis Barnes Pitkanen	Peggy Winterhoff
Jackie Gorski Culberson	*Barbara Pleszkun	*Louise Witt

Hi Ladies! Some of our active chapter members are curious as to the origins of our crest. We would love to recognize the design(ers) of the original and revised version(s) of the crest somehow. If you have any information, please send it to Marina Hartung, Alumni Advisor at [marinarhianne@gmail.com](mailto:marinarhianne@gmail.com)

## Spring 2010 Dues n' News Form

Name: \_\_\_\_\_

Address (including city, state and zip)  
\_\_\_\_\_

Phone Number (\_\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Please send future copies of the newsletter electronically

Pledge Year \_\_\_\_\_ Major \_\_\_\_\_

Annual Alumnae Dues \$12 (\$5 Senior Citizen rate) \_\_\_\_\_

Donation to Scholarship Fund \_\_\_\_\_

Total \$\_\_\_\_\_

News to share:  
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Please send checks, payable to Kappa Phi  
Delta, to our Treasurer :

**KAPPA PHI DELTA**

c/o Kendra Sveum  
4340 W 99th Place  
Oak Lawn, IL 60453

email:kendra.sveum@gmail.com

Are you a Facebook or Linkedin user?  
Please join our alumnae only groups; "Kappa Phi Delta Alumnae" on Facebook and "Kappa Phi Delta Sorority Alumni" on Linkedin, to connect with other alums and to keep current with news and events!

## Help Kappa Go Green!

If you would like to save Kappa some \$money\$ on postage and printing while being friendly to the environment, please indicate on your Dues 'N News form that you'd like to receive this newsletter electronically. Make sure to include a current email address. Or email Sarah Thompson at the new Alumni Newsletter email [kappa.alumni.newsletter@gmail.com](mailto:kappa.alumni.newsletter@gmail.com).

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