

Jac Rose Journal

Spring 2013
Semi-Annual



Kappa Actives Busy Spring Semester

By Breanne Stromberg PC 10

Overall, spring was a very successful and exciting time for the active sisters of Kappa Phi Delta, we started things off by inducting a spring pledge class of 14 amazing girls. Following this we brought back the 80s during Greek Week. Kappa Phi Delta finished 2nd overall, but took first in multiple events such as: cupcake wars, 8-man, pool relay and the Dance Off.

Throughout the semester we worked hard philanthropically as well. We donated \$500 to the Benton House and are looking forward to lots of volunteer opportunities with them over the summer and coming semesters. Additionally, Kappa's Relay for Life team, 'Kappa for a Kause' was able to raise over \$2,400 for the American Cancer Society.

It was a bittersweet (and long) Senior Farewell but we are thrilled to see so many Active Sisters graduating and accomplish-



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ing big things, whether it be Grad School or work or anything in between our sister have it covered! Lastly but certainly not least, Anna Spaete and Kate Shpak are both newly engaged, Anna plans to get married next year, and Kate is planning a Fall wedding.



A Note:

2013 has been a tough year. As a country, we've faced a number of grave events in a short period of time. Our hearts are with all of those who have been affected. If you have been affected or are volunteering towards a specific cause, please let us know. As an organization, we have many members that are looking for ways to help both in and out of our local communities. Please contact us with any needs or opportunities.

To have an event/opportunity shared with the group, please email kappa.alumni.newsletter@gmail.com.

For immediate responses, please email sam.paruchuri@gmail.com.

Events to Remember

- *Alumnae Summer Voting meeting– July 20th at 10:30 am.*
- *Cookbooks for Sale! \$15 or \$20 w/shipping*
- *Donate or pay dues using PayPal!*
- *We have one Kappa Afghan left for sale \$35*
- *Send in nomination for the Alumnae Service Award!*

Message from the President

Hello Everyone! I hope this newsletter finds everyone in good health and spirits.

I want to congratulate all of the new graduates! Don't forget to pay your IIT library fines! They're big sticklers for that kind of thing. Otherwise, welcome to the Alumnae Chapter. You should have received a welcome email with information about the alumnae chapter; if you have not, please let us know. We hope that you can be involved and stay in touch.

In the past two years, I'm certain that everyone has experienced a number of changes in their personal lives. Whether in relationships, family, or jobs, two years goes by fast! At IIT, the Greek community has gone through a number of changes, keeping our chapter, advisor, and Housing Corp busy. For our alumnae board, there have been many changes too. Through the hard

work of our members, we have an alumnae website, increased communications, and streamlined our finances. Thank you to everyone, past and present, who have volunteered their time and resources to these activities.

While our main objectives are to maintain a scholarship fund and have an advisory role for the active chapter, we hope to keep improving. Whether it's a dedicated annual fundraiser for our scholarship fund, increased participation in volunteering and social events, or a concentrated effort into our history documentation, there is always an opportunity to become a better organization.

Even with our busy lives, I hope that we can continue to volunteer our time and resources. While it may sound clichéd, it is true that every dollar and every hour really helps. With this year as an election year, we hope that we can

continue our trend of high attendance at the summer meeting. I hope everyone will consider volunteering for a project, chair, or board position, so that we can continue improving from all of the work done before us. We have a big year ahead of us, so get excited!

Yours in Kappa,
Sam Paruchuri

If you have questions or are interested in a position, please contact Sam prior to the summer meeting.

Please send in nominations for the annual Alumnae Service Award! This will be discussed and voted upon at the Summer Meeting on July 20th.

Memories and Clippings

Pledge Class of 2003, who may or may not have been responsible for the dyeing and bubbling of the fountain outside Perlstein Hall during their pledge semester.



Kappa Phi Delta wishes to thank the following people for their generous donations to our scholarship fund.

Rosanne Arnold
Terese Chylla
Debra Morge-Erickson
Barbara Frenzer
Karen Fuhrman
Zina Green
Martha Griffin
Mary Hamill
Susan McGrath
Samantha Paruchuri
Barbara Pleszkun
Ronna Treier
Sherie Shapiro
Cynthia Soltes
Merilyn Ternovits
Mary Winters
Annette Yassen

Structuring Your Job Search

By Marina Hartung PC '03

Resume objectives are only effective if specific to the job you are applying to – it may actually knock you out for lack of attention to detail if you submit to one job with the wrong title or other information!

Cover letters that are specific to the job and company are a must – ESPECIALLY if you are sending directly to hiring manager.

Eliminate all pronouns on resume. (“I produced XYZ” turns into “Produced XYZ”). Spellcheck, self-proofread and have someone else look it over to eliminate all spelling and grammatical errors.

Personal information on resume such as birthday, marital status, gender, etc. is not appropriate on USA job applications. Also, no pictures of yourself! They take up valuable white space.

List interests and hobbies only if they pertain to the job. If you are applying to a hands-on mechanical position, listing that you work on cars on the side would be beneficial. Or if you are applying to a sales or marketing position where you need to be fast-paced and driven and competitive, detail sports and other similar competitive achievements.

Keep your resume to a maximum of 2 pages. Typically, recent grads will have 1 page resumes unless you have a lot of applicable internships and/or Co-Ops. Summarize non-applicable experience in 1-2 sentences, such as “Financed 100% of education though working 35 hours a week as a Sales Associate at Macys”.

White space is important – go to 2 pages rather than cram all into 1 page. Unified font, including font type, color and size is very important. Basic black fonts, don't get fancy. Chronological resumes show your job stability, progression and skills gained at relevant jobs. Functional resumes are typically used to hide job hopping, and are rarely appreciated in professional settings.

Making Your Resume Stand Out:

Customize your resume and cover letter to the position. Highlight experi-



Marina Hartung works as a senior project manager for Personified, a CareerBuilder division.

ence that is relevant, and shows you are the best fit. It is time consuming, but you have to catch their eye in 6 seconds, so make those 6 seconds count!

Keep it clean and easy to read. The easier to find the relevant information, the better chance you have to move to the next step.

No matter your function, highlight successes and achievements. Make them tangible, such as you completed ABC project on time under budget by 12%, or you were ranked 9th/133 sales representatives, or you achieve 124% of your quota. Employers want to hire someone who is going to make a difference in their bottom line, and they look for metrics as success indicators.

Incorporate keywords naturally; do not put a list at the bottom of your resume. Many resume databases are Boolean search heavy, and if you don't meet the minimum keywords, your resume will not pop up as qualified!

Research the company, and try to find the hiring manager. Network with any connections you have at the company, and try to get in the door. Do NOT be a

pest, especially if it is a position with a lot of applications.

Structuring Your Job Search Once Your Resume Is Updated:

Post your resume on major job board sites, such as Careerbuilder.com, Monster.com, Indeed.com and other niche job boards specific to your desired position and/or industry. Some will allow you to post anonymously, so you can keep it up indefinitely without your current employer being able to find you by name.

Utilize IIT's Career Management Center (CMC) now and after graduation as well – they can help you with your resume, finding places to apply and networking.

Use Job Aggregator sites such as Indeed.com and SimplyHired.com to search for positions outside of major job boards and niche job boards. Job aggregator sites index jobs across the internet, including job boards and company sites. Many companies pay to have their jobs appear first on these sites, too.

3rd part recruitment agencies can also be a good resource. Keep in mind, especially in contingency agencies, they only make money if you are hired...but many aren't out to help you, per say. They have certain jobs for their clients, and they are looking to fill those jobs first, versus seeking out a company who will pay to hire you. Look for reputable staffing agencies who will tell you where you are being applied, before they do it.

Talent Networks – Careerbuilder has a product called Talent Network that many companies are using to build a pipeline of candidates for their current and future open positions. (<http://www.jobs.net/jobs/Personified/en-us/>). Joining a companies talent network enables you to be in their network of candidates when a new position opens in their company, and you can set up alerts, etc. More and more companies are setting this up every day, and is a great way to make sure your resume isn't lost in some recruiters desk at the company you want to work for!

Promoting Accomplishment After Graduation

By Elizabeth Bilitz PC '03

The goals of our sorority were clear to us during our undergraduate years: promote friendship and love within our organization, develop well-rounded, dependable, cooperative (and tactful!) women, and support each sister's intellectual development by offering scholarships and motivation. What about after we were handed our diplomas? How can Kappa continue to assist our development professionally and personally as "active" turns to "alumna"?"

The Alumnae Chapter is composed of women at very different stages in life. Some are newly minted graduates, while others are looking forward to retirement or buying their first

home. The knowledge and advice our alumnae can share is a network this organization can cultivate to further assist its members.

This feature highlights job search advice from a Kappa now working at a major recruiting firm, career planning tips from a Crain's top 40 under 40 professional, and the importance of personal wellness by a certified Life Coach and personal trainer.

How can your experience help other Kappas? Please let us know! We would love to include these and other tips and advice on the alumnae website www.kappaphidelta.org.

Planting the Seed of a Successful Career

By Sara Beardsley PC '97

Sara was recently asked to be a presenter at the TEDxIIT 2013 event on April 13th. She and her colleague, Christopher Drew, presented on architectural responses to sustainability, urban planning and carbon footprint reduction. Sara was named to Crain's Chicago Business "40 under 40" in 2010 and has received AIA awards for her work. She lives with her husband and two children in the Tri-Taylor neighborhood of Chicago.

Sara offers advice on the importance of making mindful decisions early in your career and how small adjustments can further your work reputation.

- Remember that a successful career is a combination of luck, relationships, hard work and skill.

- Recognize your strengths and use them to your advantage.

- Early in your career [or even while in school] figure out what your ideal job is and then set out a path of how you might get there. Research what the employer would be looking for in terms of skills, education and experience.

- If you don't know what you want to specialize in - get diverse experience

until you do

- When applying for jobs - don't just send a form letter. Send a personal letter highlighting why you are a good fit for that particular position.

- When interning or getting early experience - keep your head down [in terms of working hard] but keep your ears open [absorb all the experience you can - make friends, ask questions]

- Remember that relationships can last a long time and people within industries do run in the same circles

- Let your particular skills and career interests be known to those you work with directly

- Pursue research opportunities, publishing opportunities, and speaking opportunities - if you write a paper related to work or want to lecture at a conference, chances are your boss will support you in doing it. Also be aware that this work may need to be on your own time.

- While in school, every

summer, gain some experience related to your field of study. Be open to spending the summer away from home if need be.

- Seek more responsibility and take ownership in your work. If you see a problem, try and propose a solution rather than just pointing out the problem. Don't be afraid to voice your opinion, but also be respectful about it, especially early in your career.



What Does “Being Healthy” Mean to You?

By Suzanne Ko PC ‘91

With every new client of mine, I ask them to fill out questionnaires regarding their food and exercise goals/habits. The common goal is usually to lose weight, while looking and feeling better. Sure, we all have this goal - even I had this goal. However, over the years my goals have shifted as I learned from my own experiences. It is about going back to basics with eating and exercise. Losing weight is just an added benefit. Let me share with you what I mean.

You Are What You Eat

Eight years ago, I put on the most weight of my life - about thirty pounds. I had always been pretty thin my whole life, so it was a puzzle to me. I really did not understand as I was working out five to six days a week, between taking group fitness classes and working with a personal trainer. It was not until three years later that I learned the culprit was the food I was eating. A food sensitivity test and elimination taught me to look at food in a different way. I learned to eat from whole food sources, rather than rely on packaged food sources. Your body will only process food that it recognizes, so that it can use it for energy and other body functions. By taking control of your ingredients, you create a healthy environment for your body. What happened to those thirty pounds, you ask? Gone, plus a few more. Crazy, right?

Why Reinvent the Wheel?

It seems that everywhere we turn, there is some new fitness gadget, class, or craze. Why is the fitness industry constantly trying to find new ways to motivate people to exercise? You see it every year as the New Year’s resolutioners pack the gyms, only to die off after a month. For most people, if results are not delivered quickly, they are easily discouraged and end up giving up. No new gimmick is going to change the fact that you still have to do it right, in order to prevent injury and move

better. Because if you can get through a celebrity workout, but cannot move well when you are eighty, what is the point? As a personal trainer, my training philosophy has changed. I want to educate my clients instead of putting them through a workout. This means going back to basics and doing movements we did as children. Seems silly, but many people cannot crawl, squat, or roll themselves over. Before you add load, you should be able to move properly. Speaking of load, we should be lifting heavy things and setting them down. Lifting heavy, especially as women, is important, since most things we carry in our daily lives is heavier than those five pound weights, right? It is also a very empowering feeling when you can lift heavy things!

No Magic Pill

If there was a magic pill to weight loss, everyone would be taking it. Staying healthy is a lifestyle and a lifelong process. Just like when we schedule doctor’s appointments, we should be scheduling exercise and meal planning. However, I cannot emphasize enough that what you eat plays a larger role in your desired results. All the time you log at the gym will be for nothing, if you do not make smart eating choices.

In conclusion, the key to a healthy lifestyle is keeping it simple. Go back to basics when it comes to eating and exercising. Eat real food (not packaged or fast food), cook from whole food sources, shop farmers markets (have a direct connection to your food), and know the story behind your food by supporting local artisans and purveyors.



Suzanne Ko is a personal trainer and lifestyle consultant in Chicago. For more information, visit her website skofit.com.

Be creative with your workouts by working with minimal equipment and nature’s playground. Using your own body’s weight is not only a great way to exercise without equipment, but teaches you how to properly engage your muscles. Most importantly, listen to your body and know when you need rest. Rather than relying on your pharmacy when you are sick, use food as your medicine.



Bits 'n' Pieces

Arlene Juracek PC '68

was elected Mayor of Mount Prospect, Illinois, a village of 54,000+ residents in the northwest suburbs of Chicago, on April 9, 2013. We are celebrating our 100th anniversary of incorporation in 2017, and I am looking forward to leading us to our centennial with a robust economy, vibrant quality of life, and fiscally prudent spending and taxation. Named Best Place to Raise a Family by BusinessWeek.com in 2008, home of American Idol winner Lee Dewyze, the Best Ice Cream in Chicagoland at Capannari Ice Cream, and one of the Top New Restaurants listed by Chicago Magazine (E+O, home of the "food Buddha"), it's a great place to live, work and play!

Come check out our Sunday Farmers Mar-

ket beginning in June at the train station parking lot!

Annette Schmidt Yassen PC '78

I am now the Packaging Operations Manager for PastaRoni, RiceARoni, and Near East brands, a division of PepsiCo and FritoLay North American Foods.

My husband (DTD, grad '80) and I will be celebrating our 30th wedding anniversary in May with a European cruise that begins in Venice and ends in Barcelona.



Andrea (Gorss) Smith PC '96

gave birth to Preston Asher Smith on November 7, 2012. Preston is growing fast and enjoys Mom & Baby yoga and swimming. He adores his big sister, Carolynn Mia, who will turn 4 this June.

Welcome, New Alumnae

Welcome to the recent graduates and new alumnae! Please send updates about your lives post-graduation and use the newsletter, facebook page, and linkedin group to stay connected with other Kappas.

Christina Antar
Melissa Angulo
Gunilla Bergenheim
Anne Brask
Megan Christenson
Zineb El Orch
Elaine Erwin

Lauren Fast
Bhavna Hosakere
Angela Khermouch
Joanna Klimczak
Kristen Kolanowski
Kylie Kosulic
Kelly Lohr

Hilde Martinsen
Carolyn Schumer
Kate Shpak
Anna Spaete
Adriana Tudela
Sydney Williams
Lauren Wissman



Recent Alumnae at the Reunion back on November 2012.

Save the Date: Voting Meeting

The annual business meeting this summer will also include elections for board positions. Positions that will be available include President, Vice President/Alumnae Advisor, Secretary, and Treasurer, as well as Registered Agent, Webmaster, Newsletter, Social, Reunion and Fundraising Chairs. This is a great way to be involved and we encourage the new alumnae to attend if possible. Also, we will be voting on the scholarship recipient of \$5,000 as well as our alumnae

Saturday, July 20, 2013 at 10:30 am
1122 W Catalpa Ave
Chicago, IL 60640

Please call Liz Bilitz with questions
312.881.9610

Spring 2013 Dues 'n News Form

NAME: _____

ADDRESS (including city, state, zip): _____

PHONE NUMBER: (_____) EMAIL: _____

Please send future copies of the newsletter electronically

PLEDGE YEAR: _____ MAJOR: _____

ANNUAL ALUMNA DUES, \$20 (Senior Citizen rate \$5) _____

DONATION TO SCHOLARSHIP FUND _____

COOKBOOK ORDER (\$20, includes shipping) _____

TOTAL _____

NEWS TO SHARE: _____

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

Kappa Phi Delta
c/o Kendra Sveum
4340 W 99th Place
Oak Lawn, Illinois 60453

Lost Kappas

If anyone knows the location of those on the list, please let Elizabeth Bilitz or another member of the board 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 including changed email accounts. *Starred names are new additions to the list.

Lucy Rockwell Balmer
J. Bartusek
Helena Beuhler
Lindsay Brinkmeyer
Charlene Brooks
Roseann Conrad
Josephine Wheeler Couper
Michelle Turner Cowheard
Rose Brewer Cress
Norbert Dahler
Diana Davies
Stephanie Donovan
Millicent Dugich
Connie Duresa
Marjorie Sandler Dwiggins
Lucyelle Turner Evans
Lorrain Spigel Frazin
Allison Adams Hegarty
Kathryn Dates Higgins
Judy Hines
Sue Kilimnik
Lori Dobsch Knutson*
Kelley Kraft

Sandra Guelfi-Krzyzanowski
Linda Lee
Marjorie Foreman Long
Arlienne Lueck
Ruth Curtis Macfarland
Betty Rabiansky Majewski
Dimetra Makris
Lucy Axline Meeker
Miriam Flory Meyers
Marion Behren Mitchell
Dorothy Miller Monell
Sarah Morie*
Darlene Gilbert Murdoch
Vickie Navarro
Carol Nemec*
Darlene Novak
Charlotte Parker
Claudia Peterson
Phyllis Barnes Pitkanen
Paula Pluta
Marianne Loska Polk
Mandy Porter
Sigmund Purwin

Laura Pyzynski
Maryann Ramos
Mrs. Robert Reike
Melinda Reiske
Connie Richards*
Erica Robertson*
Raleighnae Sammons
Gloria Klouzar Saul
Maria Torres Sheldrake
Sue Schei Sheriling
Marge Stabosz de Lopez
Jeanette Smith Strom
Helen Syprzak Suska
Theresa Tenzie
April Thornley
Dolores Lipschultz Ward
Harriet Milewski Wernicke
Jan Wessels
Stephanie Wilke
Peggy Winterhoff
Mary Winters*

Did you know?

DONATIONS, DUES, AND COOKBOOK ORDERS can now be made online through **PayPal!**

www.kappaphidelta.org

Click on the “Donate” button or the “Kappa Shop” in the sidebar. There you are able to add dues and donations to your cart and checkout via PayPal.

[Donate](#)

KAPPA PHI DELTA ALUMNAE CHAPTER

c/o Elizabeth Bilitz
1122 W Catalpa Ave #610
Chicago, Illinois 60640