

## January Newsletter

### Chi Omega Alumnae Chapter of Indianapolis

www.chiomega.com/alumnae/indychio

*What's in this month's newsletter?*

- Call for executive board members
- Recap of Kiss Z Cook cooking demonstration
- February event: Yoga with instructor Sally Feb. 18 (note the date change)
- Upcoming events
- Membership directory
- Executive board member spotlight
- White carnation sponsors

#### **Slating soon for 2010-2011 executive board**

Interested in becoming more involved in the Indianapolis Alumnae chapter? Miss having a leadership role in an organization? We're beginning the slating process for the 2010-2011 executive board, with formal slating taking place at our March event.

If you're interested or have questions about a position, please e-mail Abby Rardin at [abbyrardin@hotmail.com](mailto:abbyrardin@hotmail.com). We will include more information about each position in the February newsletter.

#### **Event recap: Cooking demonstration at Kiss Z Cook**

Throwing January's usual healthy eating-related New Year's resolutions out the door, more than 15 alumnae attended the cooking demonstration and dinner at Kiss Z Cook in Carmel on Jan. 12. After the insightful cooking demonstration, attendees enjoyed a three-course dinner that included various types of bruschetta, stuffed chicken breast with fettuccini alfredo and tiramisu. Thank you to all who attended!

#### **February event: Yoga with instructor Sally**

Join us on **Thursday, Feb. 18**, for a free yoga class with Sally Smith, a certified hatha yoga instructor who teaches at Mindful Movement and the Jordan YMCA.

The class will begin at 7 p.m. at Mindful Movement, 1315 W. 86<sup>th</sup> St., Indianapolis. For directions, click [here](#). Be sure to wear comfortable clothes and bring a yoga mat if possible. If you do not own a yoga mat, please bring a beach towel. We hope to see you on Feb. 18!

If you cannot attend on Feb. 18, be sure to visit Sally as she teaches at the following dates/locations:

- Wednesdays - Jordan YMCA, 10:45 a.m.
- Thursdays - Mindful Movement, 5:45 p.m.
- Saturdays - Jordan YMCA, 8 a.m.

### Upcoming events

- Feb. 18, 2010 (please note the date change) - Yoga with instructor Sally Smith. See above for more information.
- March 9, 2010 - Spring shape-up and wellness event, sponsored by Body-N-Motion Fitness and Allisonville Chiropractic. Location TBD. More details to come.
- April 29, 2010 (please note the date change) - Tour of the American Gallery of the Indianapolis Museum of Art. More details to come.

### Membership directory coming soon

As you probably already noticed, the 2009-2010 membership directory is attached to this e-mail. If you did not receive it for some reason or would like to have a copy "snail" mailed to you, please contact Abby Rardin at [abbyrardin@hotmail.com](mailto:abbyrardin@hotmail.com).

### Executive board member spotlight: Cara Gray, Area Recruitment Information Chair

- College, year initiated: Ball State University, 2000
- Current job: Marketing Manager, ADESA
- Why did you join Chi Omega? Chi Omega was/is the best chapter on BSU's campus.
- Favorite Chi Omega memory? My favorite Chi Omega memory is my wedding reception when my sisters serenaded my husband and me. It was so touching. It was nice for my family and close friends to see a bit of Chi O's special ritual.
- Why did you join the alumnae chapter? I deeply missed Chi O's sisterhood after I graduated and was so relieved when I found out Indianapolis has a Chi O Alum chapter.
- What does your role on the executive board entail? I am the Area Recruitment Information Chair. I am responsible for signing and sending RIFs to the Recruitment Chairs at Chi Omega chapters all across the United States.
- Hobbies? I enjoy meeting with my book club monthly and trying new Food Network recipes in the kitchen.
- Favorite thing to do in Indianapolis? I love to walk to Handle's for a waffle cup of my signature chocolate raspberry truffle ice cream with my husband.

### White Carnation sponsors

If you're interested in becoming a 2009-2010 White Carnation sponsor, contact Abby Rardin at [abbyrardin@hotmail.com](mailto:abbyrardin@hotmail.com).

### Lewis Real Estate Team

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Celebrating its 25th year, Professional Hearing Services, Inc. is an audiology private practice. We provide comprehensive hearing assessment, advanced hearing aid technology and professional service. The owner herself, Dr. Suzanne O'Connor, works with each patient, providing compassionate hearing care. Since 1983, many of our patients have been referred by caring friends and family who know what a difference an audiologist can make. We'd love Chi-O referrals!

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Realtor with Sycamore Group Associates. I have 25 years experience and work in Indianapolis, Hamilton and Boone Counties.