

August Newsletter

Chi Omega Alumnae Chapter of Indianapolis

www.chiomega.com/alumnae/indychio

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Letter from our President, Pam Quintana

I can still remember packing a bag every night before I went to bed when I was about 5. The bag was from the shoe store, you know, the kind that cinched when you pulled the strings. In the bag I put my blanket, my favorite doll, a few other toys and trinkets. I don't exactly remember WHY I did it. I seem to recall being afraid of a fire happening in the middle of the night, and that I needed to have all my things to grab if that or something else horrible happened. I guess you might call me overly responsible, especially for my age.

Even to this day, I would describe myself as responsible. In June, everyone on my staff took a "test" - a strength finding exercise. Not surprisingly, responsibility was my number one strength. Shortly after we did this exercise, I traveled to St. Louis to participate in the Nancy Walton Laurie Leadership Institute of Chi Omega Flagship which was being held in conjunction with Convention. (As a side note: if you ever get the opportunity to apply and attend the Laurie Institute, I HIGHLY recommend it!) The topic of this Institute was Life Balance, which was pretty much a foreign concept to me, especially this year.

As reported in a survey on the Chi Omega Members Web site and in the Leadership Institute, "Life Balance is a concept dealing with the way you are able to take different parts of your life and meet a happy median. Life Balance doesn't mean "having it all" but being happy with what you have. Hmmm.... Interesting.

And then the reality check. In our Friday night session, we were asked to complete the Holmes-Rahe Stress Scale, which gives points for about 40 different life events that cause stress. If you had a score below 150, you were at small risk for stress related illness; if you were 150-299, you were at moderate risk for stress related illness; 300 or more, and you were at high risk for stress related illness. At this point, we were asked if anyone would like to share their score, and since it was late, and girls looked like they needed a little wake up, I volunteered. Our facilitator said, "Oh good, I was hoping you would volunteer!" See, she had been sitting behind our table when we were doing introductions and talking a little about ourselves, and heard that I had a sizeable amount of stress. My score?? Try 594!

After a collective gasp, and I'm sure a few girls muttering under their breath, "Thank God I don't have HER life!", I was invited to describe how my score got to be what it was: quit my

job in January, started a new job that I had no idea how to do in February, got engaged, started planning a wedding 1,500 miles away, future father-in-law suffered 3 strokes, fiancé had two major surgeries, future mother-in-law lost her brother to cancer, both future in-laws in the ER on the day after, future mother-in-law had stress seizure and hit a telephone pole, had to put father-in-law in nursing home to get rehabilitation, etc. Honestly, I knew that I was dealing with a lot, but seeing my score and hearing myself tell people what was going on made it more real.

But surely things could not get worse?! (Why do people say that?! It's like an invitation for things to get worse!) And worse they got, and quickly. In less than a week and a half after returning home from the Leadership Institute, my father-in-law, who was also a good friend of mine, passed away.

So what does Life Balance and packing a bag every night have to do with each other? In some things, it doesn't matter how responsible you are, how much you plan, how lucky you are, how capable you are, what connections you have, how much experience you have, how old you are, how wise you are, how easy going you are, how stress free you are: Life Still Happens! And it happens fast and furiously, and sometime without your control.

As Alumnae, we are entering (some of us actively living) the life that we saw "all the adult people" in our lives lead. I share this story because for all the things that we get prepared for, that we plan for, that we think we are responsible about, we eventually encounter something that we can't change or influence. It is frustrating and difficult, you feel unprepared, and suddenly you are that "adult".

Two great resources from the Leadership Institute that I utilized in a stressful situation were, 1. Take a moment to gather yourself, reflect on the option you have, or to simply take a break from the situation. This could be longer than a few minutes - whatever you need to go back to the situation and be able to face it. 2. Build and Utilize a Support Network. Chi Omega's mission is a "sisterhood that provides a network of friends and lifelong development for collegiate and alumnae members - for life. I have been able to connect with new sisters here in Indianapolis, and make lifelong friendships. I was able to lean on my sisters for support during this year, and especially during the last few months. That is a gift that I am truly grateful for!

So this year, I invite YOU to Connect with the sisters of the Indianapolis Chi Omega Alumnae Chapter. This year, we are going to have some new events with special emphasis on building connections between members. You will see member and Exec Board spotlights and events where we connect with each other and the community. So c'mon, come connect with your sisters!

All We Need Is YOU!

Loyally-
Pam

September new member party

Our 2008 new member party will be held on Tuesday, Sept. 9 from 6-8 p.m. in the Johnson Room in Robertson Hall at Butler University, 4600 Sunset Ave., Indianapolis. The FREE event is

a great way to learn more about the chapter or to reconnect with long-lost sisters. Please bring a Chi Omega memory to share with the group. Food and beverages will be provided.

Our new member party is also the kickoff for our new community service initiative, where we'll be collecting items for a different local charitable organization at each event. At our new member party, we're collecting items for the Ronald McDonald House of Indiana. Items needed include food for the pantry, cleaning supplies, toiletries and office items. For more information, visit the [Wish List](#) on their Web site.

Join us for an evening of fun, charity and sisterhood!

It's time to renew your membership!

We are now in the middle of our 2008 membership drive. Soon, you will receive a postcard with our 2008-2009 event schedule, as well as information on ways to renew your membership. There are four ways to renew:

- **Online, both membership form and payment:** Visit our [Web site](#) and scroll down to the "Join" section. There, you will find the links to fill out your membership form and pay online via PayPal.
- **Online, membership form; payment, USPS mail:** Visit our [Web site](#) and scroll down to the "Join" section. There, you will find the link to fill out your membership form online. You can mail your payment via check to membership chair Annie Tetrick at 1020 N. New Jersey Street, Indianapolis, IN 46202.
- **Online, downloadable membership form; payment, USPS:** Visit our [Web site](#) and scroll down to the "Join" section. There, you will find a link to a PDF of the membership form that you can download and send along with your payment via check to Annie Tetrick at 1020 N. New Jersey Street, Indianapolis, IN 46202.
- **USPS:** To have a membership form mailed to you, contact Annie Tetrick at 765.860.4917 or anne.tetrick@comcast.net. She will mail the form to you, and you can mail it back to her along with your payment via check to 1020 N. New Jersey Street, Indianapolis, IN 46202.

General membership questions? Contact membership chair Annie Tetrick at 765.860.4917 or anne.tetrick@comcast.net.

Upcoming events

- I Am a Chi Omega (new member party) - Sept. 9, 2008 at 6:30 p.m. in the Johnson Room in Robertson Hall at Butler University, 4600 Sunset Ave., Indianapolis
- Covered dish dinner - Oct. 14, 2008, Sarah Hayden's home, 13051 Coyote Run Court, Fishers. Bring your favorite salad, side item or dessert!
- Chi Omega is Fun - Nov. 11, 2008, wine tasting event, location TBD

We need party chairs and phone tree callers!

Are you interested in getting involved with our alumnae chapter but don't want to commit to an executive board position? We are still in need of several party chairs and phone tree callers, and neither involved a huge time commitment involved. Party chairs are responsible for organizing one event, and phone tree callers remind members of upcoming events. Interested? Contact Abby Rardin, vice president, at abbyrardin@hotmail.com for party chair slots, and contact Heather Spinner at hspinmakesitsimple@yahoo.com to find out more about the phone tree.

We're on Facebook and MySpace!

We've joined the year 2008 and now have Chi Omega Alumnae of Indianapolis pages on both Facebook and MySpace.

To view our MySpace page, visit myspace.com/indychiomega.

To view our Facebook page, you must be a member. Once you log in as a member, search for "Chi Omega Alumnae of Indianapolis" within the groups section. You'll find us there.

These pages are a great way to stay in touch with current alumnae, meet other alumnae in the area and find out about upcoming events. If you are a MySpace or Facebook member, please visit our page and add us as a friend! Contact Annie Tetrick at anne.tetrick@comcast.net (Facebook) or Jen Hockemeyer at jenren435@hotmail.com (MySpace) with any questions or feedback.

Area Recruitment Information Chair needed in Bloomington

Are you in the Bloomington area and interested in becoming the area's Recruitment Information Chair? If so, contact Jen Hockemeyer, our state recruitment information chair, at jenren435@hotmail.com or 317.538.3917.

Call for RIFs. Do you know these ladies?

Do you know one of these ladies?

- Meg Alexander, Avon High School
- Carly Campbell, Crown Point High School
- Emmaly Fiantt, Lawrence Central High School
- Cameron O'Banion, Culver Academies
- Madeline Patterson, Park Tudor High School
- Mary Risk, North Central High School
- Anne Simacek, Desert Vista High School
- Cristin Small, Carmel High School
- Caitlin Small, Carmel High School
- Alyssa Spungen, Munster High School

If so, please take a few minutes to fill out a Recruitment Information Form (RIF) and mail it to Jen Hockemeyer at 4750 Mallard View Drive, Indianapolis, IN 46226. Questions? Contact Jen at jenren435@hotmail.com or 317.538.3917.

Executive board member spotlight: Pam Quintana, President

- College, year initiated:
 - o New Mexico State University, 1995
- Current job:
 - o Clinical Trial Supply Coordinator - Eli Lilly and Company
- Why did you join Chi Omega?
 - o I saw how close the girls in my chapter were, truly like sisters, and I wanted to be a part of that. I fell in love with the Symphony and everything it embodied. I knew pretty quickly that Chi Omega was for me!
- Favorite Chi Omega memory?
 - o It would be hard to think of a memory that wasn't a good one. My favorite was my Alumna Ceremony because it gave me an opportunity to see how much of an effect Chi Omega had on me and others.

- Why did you join the alumnae chapter?
 - o Moving so far away from home and my friends, I knew that no matter where I went, and what Alumnae chapter I joined, I knew that the sisters in that group held the same purposes and values that I did close to their hearts. I am really grateful to be in a location that has an alumnae chapter.
- What does your role as President entail?
 - o One of the most important things I do is encourage members to participate, which sometimes leads to getting some responsibility! I also coordinate the work of all of the Officers (which isn't hard since everyone is very proactive). I am the Official Delegate to Nationals for the chapter, and so have some responsibility in reporting information on the chapter. This year, I have a few "Special Initiatives" that I'm working on with other Indiana Alumnae Chapters and The Chi Omega Foundation - more on those later!
- Hobbies?
 - o Right now, planning a wedding! Not much of a hobby, I must admit. Otherwise, I like to read (thanks to the yearly event at Borders!), volunteer, sing, and go shopping.
- Favorite thing to do in Indianapolis?
 - o Wow, that's a tough one; there are a lot of great things to do here. Since we are approaching fall, I am going to go with Colts games!

New member spotlight: Sarah Hayden (also serves as board treasurer)

- College, year initiated:
 - o Bradley University, 2000
- Current job:
 - o Sales and Service Representative, First Merchants Bank
- Why did you join Chi Omega?
 - o I saw how much my friends enjoyed it, and I wanted to have the same experiences they did. I felt it could fulfill the desire to belong to something great.
- Favorite Chi Omega memory?
 - o I think the year I lived in the house was my overall favorite memory. Watching the class behind me go through initiation was a very moving experience.
- Why did you join the alumnae chapter?
 - o I wanted to stay involved with Chi O and felt this was a great way. I also wanted to meet other ladies who hold the same values and probably had similar experiences I did.
- Hobbies?
 - o Working out, gardening, cooking
- Favorite thing to do in Indianapolis?
 - o I haven't lived here long enough to experience everything I want to, but so far, it's a toss up between going to Indianapolis Raceway Park to watch my boyfriend's car club drag race or Symphony on the Prairie.

White Carnation sponsors

Thank you to our 2007-2008 White Carnation sponsors! If you're interested in becoming a 2008-2009 White Carnation sponsor, contact membership chair Annie Tetrick at 765.860.4917 or anne.tetrick@comcast.net.

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The Lewis Team specializes in the Central Indiana marketplace with buying, selling, building, or investing. If you or anyone you know would appreciate our services, please call or e-mail us! We love your referrals!

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