

CHI OMEGA

FALL '09 ST. LOUIS ALUMNAE NEWSLETTER™

President's Message

Greetings to all of the St. Louis Chi Omega Alumnae! Your new Board has planned another fun filled year. Coming to our meetings is something I look forward to, and hope you do as well! We have a fantastic group of multi-generational women, all sharing the common bond of Chi Omega.

One of the goals for our Alumnae Group is to share our common experience. Every year at Eleusinia, I look forward to the 50 Year members sharing Chi Omega memories from their collegian days. Some experiences are similar, some vastly different, but all are special memories. See more news inside this newsletter about a meeting this fall focusing on our early days as Chi Omegas!

Do you have a Chi Omega sister in town that doesn't join in the fun? Please reach out and invite her to join us for a meeting. We always like to welcome our sisters.

New this year will be a slight change in the meeting times. We will be trying to gather a bit earlier, at 6:45pm, for social time. No worries if you have a tight schedule coming home from work, errands or whatever... the short business meeting and programming will begin closer to 7:15pm. We are a flexible group, so late arrivals are always welcome. I hope to see you in September!

Loyally in Chi Omega,

Cheryl Gamache

President



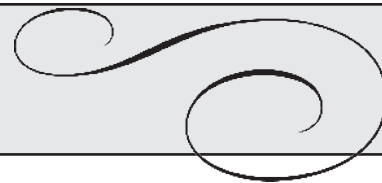
We Invite you to Connect!

Membership is rewarding! You should receive your membership notice in September. The cost of joining our alumnae chapter will not increase this year. The membership levels are \$35, \$45 & \$60. As an active member, you will receive our newsletters (electronically for those on the Yahoo Group, via postal mail for others) and a directory of active alumnae.

Please return the membership form with your check no later than October 31, 2009. Forms can be found online at <http://www.stlchiomega.com>, or will be available at the September and October meetings.

I am a Chi Omega!

We make a difference!



Chi O's Support Make A Wish

Thanks to everyone who donated gift items for the St. Louis Make-A-Wish chapter. We collected over 5 boxes throughout the 2008-2009 year of small ice breaker gifts. All gifts collected will be used for local families who have a child with a life threatening medical condition. Thanks to everyone for their support.

Holiday Kindness

Each year at our December Cookie Exchange, attendees have made a donation in return for leaving with a plate of homemade goodies. The funds raised are used for our Holiday Kindness. Members nominate a charity that could use a little extra money at this time of year. The chapter votes on the recipient to receive the holiday kindness. While we have made donations to individuals in the past, the Board would prefer donations only to qualified organizations.

Last year, Barnes-Jewish Hospital Case Management Services was the recipient of the Holiday Kindness. To make sure our membership is as informed as possible about the nominees, please submit your nominations by December 1 and include a brochure or website printout that we could use on a display board.

Send your information to Cheryl Gamache, 1728 Carman Valley Dr., Ballwin, Mo. 63021 or email to ctgamache@gmail.com.

Yahoo Groups

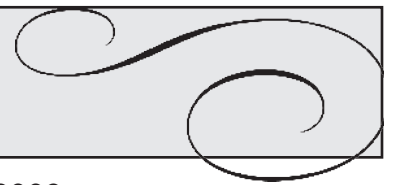
Many of the St. Louis Chi Omegas are members of our Yahoo group - are you one of them? The Yahoo Group is the primary means of communication between newsletters. Members receive last minute updates to our schedule, recruitment information and announcements. We can post our newsletter, other documents and photos online. You can set your profile to receive individual emails, a daily digest and special notices. If you would prefer not to receive emails, you can check postings at your leisure. It is a completely closed group, so you must receive an invitation to join. Your invitation will provide simple steps to follow, which may involve setting up a Yahoo id if you do not already have one. This does not mean you must use a Yahoo email address. If your invitation has expired or you have never received one, please contact our webmaster Renee Rogles at heyrae1280@hotmail.com.



Visit our Website for more information & updates!

Chi Omega is fun!

Mark your calendars!



Tuesday, September 8, 2009

End of Summer Ice Cream Social

Mix & Mingle - 6:45 pm, Meeting - 7:15 pm

Your presence is requested to kick off the 2009 – 2010 Chi Omega Alumnae year at Cold Stone Creamery. This will be an evening to reconnect with friends and hear our exciting plans for the upcoming year! Don't miss this chance to learn how ice cream is made and enjoy a favorite summer treat.

Location: 6662B Delmar University City, MO 63130. PH 314-863-5595

Tuesday, October 13, 2009 6:45pm

Chi Omega Memories

Mix & Mingle - 6:45 pm, Meeting - 7:15 pm

Come relive our Chi Omega experience from our collegiate days to present! We will view a photo slide show of our memories. Join us as we travel through the decades and stroll down Chi O Memory Lane. Be sure to dress in Cardinal & Straw or your alma mater's colors and be prepared for a night of fun.

Location: At the home of Cheryl Gamache: 1728 Carmon Valley Dr., Ballwin, Mo 63021. PH: 636-394-4952.

Tuesday, November 10, 2009 6:45pm

A Lesson in Self Defense

Mix & Mingle - 6:45 pm, Meeting - 7:15 pm

A Lesson in Self Defense

Are you comfortable defending yourself if threatened? Gain more confidence and learn the latest self defense techniques to keep yourself safe and aware of your surroundings. Please join us for a self defense lecture by Laura Clark of St. Louis Self Defense & Fitness.

Location: At the home of Lucy Marshall: 618 Roundstone Drive, St. Charles, Mo 63304.

PH: 630-928-3734.

Tuesday, December 8, 2009

OUR ANNUAL COOKIE EXCHANGE

Mix & Mingle - 6:45 pm, Meeting - 7:15 pm

It's time for our annual cookie exchange! Bring a plate of cookies and the recipe to share with your sisters. A donation will get you a plate to pile high with cookies to take home and the money raised will go to our holiday kindness chosen philanthropy. We will continue this tradition at the home of Kathryn Kercher as she has graciously hosted the cookie exchange for decades! Bring lots of holiday cheer.

Location: 20 Bellerive Country Club Grounds Dr, St. Louis, Mo 63141. PH: 314-434-8626.

ANOTHER NOTE ABOUT MEETINGS!

WE NEED YOUR HELP. PLEASE RSVP YOUR INTENTIONS TO ATTEND A MEETING BY EMAIL TO AGRANOTE@YAHOO.COM OR 314-477-0084 BY THE SATURDAY BEFORE THE MEETING. THIS IS NECESSARY TO ASSIST OUR HOSTESS AND CO-HOSTESS IN THEIR PLANNING FOR THE MEETING. OUR GROUP ATTENDANCE IS GROWING AND WE CONSIDER THAT TO BE POSITIVE. THE INFORMATION OF PLANNED ATTENDANCE WILL GIVE US AN IDEA OF APPROXIMATE NUMBERS ATTENDING SHOULD WE NEED TO RENT ADDITIONAL TABLES AND CHAIRS, ORDER MORE FOOD OR PROVIDE THE HOSTESS WITH MORE HELP. IF YOU FORGET, IT IS NOT A PROBLEM, COME ANYWAY. WE NEED AN APPROXIMATE COUNT. THANKS!

All driving directions will be posted on the website and the Yahoo Group.





Chi Omega Fraternity
St. Louis Alumnae
Cheryl T. Gamache
1728 Carman Valley Drive
Ballwin, MO 63021

St. Louis Chi Omega Alumnae 2009-2010 Board

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Treasurer Emily Threlkeld emilythrelkeld@hotmail.com 314-488-8090	SRIC - Jessica Mills jessica_mills21@hotmail.com 314-352-8922
	Cheer and Owl Chair Virginia Watson VEWatson@swbell.net 314-434-8858

Join a New Small Group!

Would you like to get together with sisters who have similar interests as you?

Night Owls: Happy Hours, dinners out, and plays are just some of the events where you would meet our Night Owls. Contact Liz Singer: ChiOWiz@aol.com

Nesting Owls: Have you added a little owl or legacy to your nest lately? This group gets together to enjoy some adult conversation while the children play. Contact Kat Foust: klmcf2001@hotmail.com

Lunch Bunch: Join your sisters for lunch on the fourth Friday of the month—great food and conversation. Contact Sandra Brenner saundrabrenner@yahoo.com

Wise Owls: The next meeting of the Wise Owl Book Club will be held Thursday, September 17, 7:00 pm at the home of Ginger McCartney. The book selected by those attending the July discussion is: Water for Elephants by Sara Gruen. For more information, contact Sandra Brenner saundrabrenner@yahoo.com, or cell phone: 314 640 6420.

Crafty Owls: Some interest has been expressed in having a group that does needlework or scrapbooking. If you would like to be part of such a group or lead one, please let me know. Contact Cheryl Gamache ctgamache@gmail.com