



WOMEN'S HISTORY MONTH ALUMNAE SPOTLIGHT

Every March in the United States, we celebrate Women's History Month to recognize and honor influential women in our history, but did you know it began as just one week?

Women's History Week began in 1978 in Santa Rosa, California. It was planned by The Education Task Force of the Sonoma County Commission on the Status of Women. The week of March 8th was chosen to align with International Women's Day. The following year, other groups began to celebrate Women's History Week as well. In February of 1980, President Jimmy Carter declared the Week of March 8th as National Women's History Week. In 1987, Congress passed a law making the month of March, officially Women's History Month.

As sorority women, we celebrate the accomplishments of our fellow sisters every day. We believe in empowering women to succeed and to strive for excellence in all they do. It is very important that we take the time, especially this month, to reflect on where we came from and celebrate the women who paved the way. I encourage all active sisters to reach out to your alumnae. Build relationships with them. Learn from their guidance.

Happy Women's History Month!





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Why did you join Kappa?

When I was getting to know the sororities on campus I was impressed with the mix of sisterhood, philanthropy, and professionalism I saw the Kappa sisters exhibit and wanted to be a part of it.

ANGELA JACOBS

KAPPA NU, 1992



Did you serve on the National Board?

I served from 1994 to 2007 and held all the positions from Member-At-Large to Executive Director.

What is your favorite Kappa memory?

From my active days the road trips we took to visit other chapters, Convention, etc. were a lot of fun including one to Xi Chapter where I first met Brother Ed Webber who I had the pleasure of getting to serve on the National Boards with for years.

What advice can you give to the active sisterhood?

Take advantage of any opportunity you have to travel, especially internationally. It will open your eyes to new perspectives, views, and experiences that will suit you well throughout your life.

MARY-ELLEN DAMON
KAPPA UPSILON, 1987



Why did you join Kappa?

I moved into an all girls dorm as a freshman and there was a large majority of kappa sisters living on my floor. I got to know many of them because I was basically surrounded by Kappa! I really liked their dedication and admired their loyalty, and of course humor. One night a sister told me that I would make a great Kappa sister and that really stuck with me.

Did you serve on the National Board?

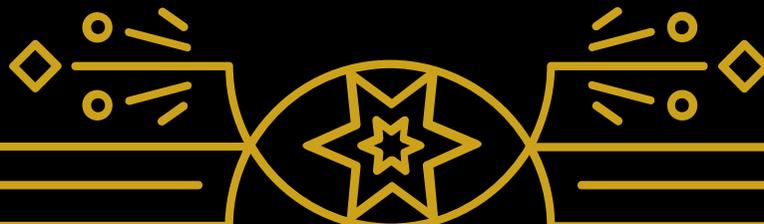
At my chapter I was Sargent at Arms and Assistant Affiliate Educator. On the National board I sat on many committees and served as Chief Operating Officer and Secretary.

What is your favorite Kappa Memory?

My favorite memories always involve Convention! My first was such an amazing experience. Sharing a common bond is so powerful. As an alumnae, I always feel welcomed no matter how much time has passed. It's amazing to see the growth of KDPNAS over the years and I'm very proud to be a sister.

What advice can you give to the active sisterhood?

Don't be afraid to seek out your alumnae. Not only can they provide you history, they are great resources. Let their wisdom guide you, it will be in the right direction.



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MISTY COOLIDGE

KAPPA LAMBDA, 1994



Why did you join Kappa?

I always knew I was meant to be a sorority girl. I love those types of relationships, I cherish friendships, and love community service so I knew it was a natural course for me to take once I landed at college.

Did you serve on the National Board?

As soon as I graduated I joined the National Board and was a very active part of it for 6 years. I loved that time so much. I had the honor of resurrecting Kappa Mu which was exciting. I also served as President of the board.

What is your favorite Kappa Memory?

I have SO many favorite Kappa memories that it's hard to choose only one. I think one of my favorite times was marching as sisters around the Husson circle. We were SO full of spirit and love for Kappa that it was so great to shout it to the skies.

What advice can you give to the active sisterhood?

The best advice I have is to FULLY put every ounce of your being into Kappa so that you too can gain as much I have did. BE ACTIVE. Do everything. I tell the actives all the time that you can only get from Kappa what you put into it. So if you're not feeling the spirit, maybe your spirit needs some shaking up.

Why did you join Kappa?

I joined Kappa because I was introduced to some of the girls through a mutual friend. I immediately liked their sincerity and the loyalty they expressed to each other. I decided to pledge so I could be a part of this amazing group of ladies. I wanted to share the spirit of friendship and camaraderie with these girls. It has been 48 years and we still get together and talk weekly.

DEE TZOVARRAS LAWRENCE

KAPPA LAMBDA, 1971



What is your favorite Kappa memory?

It was a cold, snowy night and we walked to a covered bridge. Each pledge was asked to pick up a heavy beam- which was impossible. When we opened our eyes, our pledge class went "together" to the beam and picked it up. "Together" it could be accomplished. The brothers said, "All for one and one for all". We support each other as individuals AND all of us support each other as a sorority.

What advice can you give to the active sisterhood?

Be trustworthy and honest - NO MATTER WHAT. Respect. Listen. Be there. Be your best at all times. Smile more...and have fun!