



2014 – 2015 Officers

President

Linda Standish
Alpha Omicron Pi
LSSsew@aol.com

Secretary

Lisa Paul Sierk
Zeta Tau Alpha
lisasierk@yahoo.com

Treasurer

Lauren Hanna
Delta Zeta
lhanna@BTOhio.com

Member Groups

- * Alpha Chi Omega
- Alpha Delta Pi
- Alpha Epsilon Phi
- Alpha Gamma Delta
- Alpha Omicron Pi
- * Alpha Phi
- Alpha Sigma Tau
- * Alpha Xi Delta
- * Chi Omega
- * Delta Delta Delta
- * Delta Gamma
- Delta Zeta
- * Gamma Phi Beta
- * Kappa Alpha Theta
- Kappa Delta
- * Kappa Kappa Gamma
- * Phi Mu
- Phi Sigma Sigma
- * Pi Beta Phi
- Sigma Delta Tau
- * Sigma Kappa
- Sigma Sigma Sigma
- Theta Phi Alpha
- Zeta Tau Alpha

* Represented at first
Cleveland Alumnae Panhellenic
Association Meeting
May 15, 1914

Newsletter Editor

Alison Borodkin
Alpha Epsilon Phi
acborodkin@hotmail.com

clevelandpanhel@gmail.com

Lines from Linda

Is it really November already? The beautiful leaves have almost all fallen from the trees. Just a month ago at the October CAPA meeting Gretchen Swasey and the Ways & Means Committee kicked off a new fundraiser, the sale of mixed-use, reusable bags. Hopefully, we will get a good response. Continue to encourage your friends, family, neighbors and other sisters to peruse the catalog or check-out CAPA's Facebook page for all the many and varied reusable bags that are offered.

Also don't forget about our Community Service project to collect items for FrontLine Services. A critical need exists for new baby items such as diapers, wipes, formula, bottles, cream and other hygiene items. Bring them to the November meeting. To make a tax-deductible contribution, checks should be made payable to FrontLine Services. Alternatively, you can let Kappa Kappa Gamma's "extreme coupon-er" do the shopping for you.

Way too many groups have not yet given Julia Lazar of the Scholarship Committee a contact list of schools in Ohio having chapters or any out-of-state school where you know some local students are attending. You know who you are! Contact julialazar3@gmail.com ASAP, please.

Did you have a chance to look for a photograph of your chapter that Annamarie Crell

can use for the updated Website? Send her a picture of you and your sisters busy with activities or just hanging out.

See you on Tuesday, November 11 at the American Heart Association Building for CAPA's meeting of members. We have lots of good things we are working on, and it's so much fun to do them together!

Linda Standish
Alpha Omicron Pi
President, CAPA



November Anniversaries

Alpha Sigma Tau
November 4, 1899
Sigma Kappa
November 9, 1874
Gamma Phi Beta
November 11, 1874
Delta Delta Delta
Thanksgiving Eve, 1888
Phi Sigma Sigma
November 26, 1913

Mixedbag designs Fundraiser

Reusable bags and other eco-friendly products. Great for gifts or your own personal use.

Order online at www.mixedbagdesigns.com with our ID#: 347779 or bring your order to the Nov. 11 meeting.

November 11 is the last day to place orders. For more information call Gretchen Swasey at 216-272-3695.

Well-Being of Fraternity and Sorority Alumni

The National Panhellenic Conference (NPC) and the North-American Interfraternity Conference (NIC) partnered with Gallup to conduct well-being research as part of the Gallup-Purdue Index. More than 30,000 college graduates participated in the study, designed to measure the relationship between the college experience and the five essential elements of well-being. The results confirmed that fraternity and sorority members are more likely than all other college graduates to be thriving in each of the five elements of well-being: purpose, physical, social, financial and community. Here are some highlights of the research:

Forty-three percent of fraternity and sorority members who are employed full time for an employer are engaged in the workplace compared to 38 percent of all other college graduates who are employed full time.

More fraternity and sorority members (37 percent) strongly agree that their institutions prepared them for life after college than all other college graduates (27 percent).

Twenty-two percent of college graduates who are members of a fraternity or sorority are emotionally attached to their alma maters. Graduates who were not members of a fraternity or sorority are slightly less likely to be attached (17 percent).

For more information on the research and to download the full report, visit the Gallup blog: <http://bit.ly/1qcluqc>.

College Panhellenic Corner

Correction to our grade rankings for Spring Quarter at JCU. Congratulations to Kappa Alpha Theta at John Carroll University for having the highest GPA of all Greek organizations on campus for Spring Quarter

News and Notes

Sigma Sigma Sigma Sorority is proud to announce the formation of a new colony at Case Western Reserve University! There are currently 66 new members and who are looking forward to being a part of the Greek community at CWRU.

Kappa Alpha Theta volunteered at the Cleveland Foodbank on Oct. 22. In September the group attended Ripe! Fest at the Cleveland Botanical Gardens.

Sigma Kappa was represented by two teams for the Walk to End Alzheimer's at the Cleveland event on Sept. 21 and in Akron on Oct. 5.

Gamma Phi Beta Sponsored a presentation on "Human Trafficking" for members and their guests

The Education of Girls

In the September newsletter, I told you about the amazing work of Camfed, the international organization dedicated to erasing poverty in Africa through the education of girls. This month I'd like to tell you about another great group that focuses on the education of girls. She's the First sponsors girls' education in low-income countries with the goal of creating first-generation graduates and our next generation of global leaders. In university campuses all over the US, independent chapters of She's the First host fundraisers throughout the year and also work to spread awareness of the need

My daughter, Natalie, is involved in the Indiana University Bloomington chapter of She's the First and serves as Vice President. You can find out more about the work of She's the First at their website, shethefirst.org.
by Linda Standish

CAPA Marketplace

Cleveland West Pi Beta Phi is selling Georgia pecans once again. One pound of mammoth halves is \$10. One pound of medium pieces is \$9. Sherry Hildebrandt will have them at the November meeting.

Recipes by Request

Kelly's Cheese Ball

Ingredients

16oz cream cheese, room temp
2 cups cheddar cheese
3 tbsp. minced onion
3 tbsp. salsa
1 tsp ground cumin
2 cups nacho cheese chips, crumbled
Top of 1 bell pepper for stem garnish

Instructions

1. With a mixer, combine cream cheese, cheddar, onion, salsa and cumin. Mix until creamy.
2. Scoop mixture onto plastic wrap and use wrap to form a ball and chill for at least 2 hours.
3. When ready to serve, roll ball into the crushed nacho chips and place bell pepper stem on top. Serve with chips, vegetables or pretzels!

Seasons Greetings 2014-2015 Calendar

Tuesday, November 11, 2014

Delegate Meeting

Social Time-11:30 am

Business meeting-12 Noon

Tuesday, January 13, 2015

Delegate Meeting

Social Time-11:30 am

Business meeting-12 Noon

Tuesday, February 10, 2015

Delegate Meeting

Social Time-11:30 am

Business meeting-12 Noon

Tuesday, March 10, 2015

Delegate Meeting

Social Time-11:30 am

Business meeting-12 Noon

Tuesday, April 14, 2015

Delegate Meeting

Social Time-11:30 am

Business meeting-12 Noon

Tuesday, May 5, 2015

Delegate Meeting

Social Time-11:30 am

Business meeting-12 Noon

Saturday, May 16, 2015

CAP Spring Luncheon

Executive Caterers at Landerhaven

Stay In Touch With CAPA

Join our Facebook group:

Cleveland Alumnae Panhellenic Association