

**2018– 2019****Officers***President*

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- * 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 Phi Epsilon
- 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 on May 15, 1914

Newsletter Editor

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**A Note from Gretchen**

November is upon us and our CAPA committees are busy with great projects including fundraisers, philanthropy holiday drives, and marketing the scholarship.

On October 9, we hosted 24 delegates from 16 sororities. We kicked off the fall Cherrydale fundraiser benefiting both the CAPA operating budget and CAPEF, promoted the November holiday drive for Ohio Guidestone, and shared ideas to strengthen our alumnae chapters.

The impressive and varied experiences of our delegates and alternates is such asset to CAPA. Watching our committees work reminds me of the *Hamilton* lyric “the room where it happens.” It’s a privilege to be in the room leading CAPA and energized by the collaboration devoted to bettering our association and community. Although lesser known than *Hamilton*, our own NPC video *Courage and Conviction** also contains a line worth noting, “what we achieve, we achieve together” and to me, that’s CAPA.

Sincerely,
Gretchen Swasey
CAPA, president

*<https://npcwomen.dynamic.omegafi.com/wp->

content/uploads/sites/2037/2017/11/Courage-And-Conviction-LIVE-PLAYBACK-1.mp4

Fall Fundraiser is Online at Cherrydale thru 11/19

Our Fall fundraiser with Cherrydale supports all our CAPA programming: scholarships, social events, meetings and more. No need to turn in money! All orders should be placed online. Orders of \$75 or more include free shipping so pool your alumnae groups’ shopping lists and save.

To place an order, go to Cherrydale.com and select “Shop Now.” Our fundraiser code is CAPSO and the CAPA logo should be visible in the upper left corner while you shop. CAPA receives 40% of the purchase price.

Please Shop Now! We are way behind in our goal with only 5 shoppers so far and sales of about \$500 (profit of only \$200). Online orders are shipped via UPS and are processed, packed and shipped within 10 business days. The sale will end November 19, 2018.

If you have questions or problems ordering, please contact Ways & Means Chair Nori Wieder at (440) 666-4878 or nbwieder@yahoo.com \$8.95.

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,



Trunk or Treat at OhioGuidestone

On October 28, CAPA helped make Halloween special for the kids served by Ohio Guidestone with our very own trunk-o-treat display. Kids enjoyed trick-or-treating, games and fun while dressing up in their favorite costumes. The ladies of CAPA also jumped into the fun with their own costumes.

CAPA Recipe Corner – Pass It On!

Jen Bufo's Kick-It Corn Dip – from Kathy Woolner's Recipe – Tri Delta Made for October 2018 meeting by Pat Magee – AGD
Who's next? Yumm!

- 3 cans white shoepeg corn, drained

- 4 oz. jalapenos canned or jarred, drained (if you're lucky, you can find diced jalapenos in your grocery store – I found them in the olives department)
- 4 c. sharp cheddar cheese (shredded)
- 16 oz. mayonnaise (may use slightly less)
- ½ medium red onion, or more/less to preference

Finely dice jalapenos and red onion. Mix all ingredients together. It will be thick & yummy. You may not need all the mayo, but you don't want the mixture to be dry or too dense. You can add a little of the liquid from the jalapenos if you need to thin the mixture. Chill at least 4 hours, but for best flavor, chill overnight. Serve with small round or scoop-style Tostitos.

CAPA Marketplace

Support our Panhellenic Sisters in Their Fundraisers

[Sigma Sigma Sigma](#) has an online fundraiser to raise money for the 100th anniversary of the Greater Cleveland Alumnae Chapter and for the Tri Sigma Foundation. The fundraiser ends on November 30.

Please go to: [boonsupply.com](https://www.boonsupply.com) Search for Tri Sigma Cleveland Alumnae or use this link: <https://www.boonsupply.com/collections/all?fundraiser=90944>

[Pi Beta Phi](#) is again selling pecans. We have mammoth halves and medium pieces (chopped). The price for each is \$11 per pound. Pecans will be available to purchase at the November CAPA meeting

Theta Phi Alpha is selling Holiday Wreaths through Lynch Creek Farms. Ordering is online through this link: www.lcffundraising.com/c/155287 Any one can order online, shipping is FREE and you can schedule your ordering of the product to when you want it.

[Delta Delta Delta](#) is once again taking orders for our annual Holiday Poinsettia Fundraiser! All ORDERS must be received by Friday, November 9th.

PAYMENT must be received by Tuesday, November 13th. Approximate delivery date is Sunday, November 18th. Order form attached.

News & Notes

At convention in Phoenix this past summer **Delta Gamma Fraternity** recognized Cleveland-East with the Outstanding Philanthropy Fundraising Award in Region IV for their commitment and achievement with Night at the Races benefitting the

Cleveland Sight Center. Cleveland-East also was honored with Alumnae Excellence at the highest level (Bronze) overall, highlighting scholarship, foundation, recruitment, and sisterhood.

The theme of Cleveland East **Delta Gamma's** October meeting was "Discover What's Under the Hood." They welcomed Kaili Schindler, an Automotive Technician, who enlightened us about the perils of women maintaining their cars in a male dominated business. She gave helpful tips about dealing with repair costs and making the right moves when it comes to car maintenance. Leslie's take- "Always put the correct octane fuel in your tank per the manual or you will have engine problems in the future and your car will be happier."

Alumnae Chapter Members: Retention and Attendance

Here are some great ideas shared at our Oct. 9 program

- **Gamma Phi Beta:** Try and make each year's monthly programs unique so that alumnae members are experiencing new locations, programs, activities each year helping to keep it fresh.
- **Phi Mu:** Try to vary the times for socials to have something for everyone: 4 times per year they host a lunch for those available during the day; 4 times per year they host a happy hour geared towards younger members.
- **Kappa Kappa Gamma:** They are launching a new buddy system pairing up a longtime member with a new member to encourage participation and involvement. The VP Membership publishes an annual directory for all members. They also get a roster from their nationals of all alumnae in area to market their chapter.
- **Delta Gamma:** Uses Survey Monkey before planning meeting to all members to gauge interest to help plan activities and events.

BOOK CLUB NEWS

Please join Tri-Delta for the Poseidon's Readers Book Club 2019 planning meeting on Sunday, November 11th, 2pm at Forage Public House,

14600 Detroit Ave., Lakewood. We will be making our 2019 book selections as well as, planning our meeting dates, times and locations.

Bring your book and meeting location suggestions! We meet once a month, (except December), and you are welcome to drop in whenever you can

CAPEF Trustee Needed

We are currently seeking volunteers for a SECOND-CLASS TRUSTEE position opening soon. The current second-class trustees are members of Alpha Chi Omega, Kappa Delta, and Zeta Tau Alpha. These 3 sororities are NOT eligible for the open position. Those women interested in applying for CAPEF's open Trustee position should send a resume to CAPA president Gretchen Swasey at gswasey@hotmail.com by Nov. 12. Applications will be considered at our Nov. 13 board meeting.

REMINDERS

- Don't forget to collect and bring your new, unwrapped donations for Ohio Guidestone's holiday drive to the November Meeting.
- Get collegiate email contact lists from nationals and email to Scholarship Chair Sarah W. ASAP to help market our scholarships.

NPC News

NPC Launches Redesigned "Something of Value" Program

NPC has announced the launch of a redesigned "Something of Value" program. The redesigned program is a full-day interactive community building experience that helps College Panhellenic communities build capacity, relationships and influence in addressing risky situations in their community.

"As we set out to redesign the 'Something of Value' program, we knew we wanted to apply many of the lessons from NPC's 'Call for Critical Change,' which was a gathering of leading industry professionals in January 2018," said Carole Jones, NPC chairman. "Changing student cultures regarding risky behaviors requires an unprecedented level of candor, collaboration and cooperation between student leaders, university officials, fraternity/sorority advisors and alumnae advisors. The new program takes all of that into account, so sorority women can lead the way for the type of necessary social change required to

improve student safety on their campuses."

"Sorority women must become more engaged advocates in the fight against dangerous campus cultures," said Dani Weatherford, executive director of NPC. "What 'Something of Value' does is help them review specific aspects of their College Panhellenic community and campus culture related to risky behaviors and determine how to define a new future for their chapters, their fraternity/sorority community and on campus."

NPC partnered with RISE Partnerships to refresh the "Something of Value" program. The program refresh included taking a new approach to the curriculum, providing more resources before and after the program presentation and creating new promotional materials.

The new "Something of Value" curriculum features a real-life simulated call to action, lessons in peer influence and social change, and deep, honest dialogue across chapters about healthy behaviors in the community.

"We have extensive experience developing education and risk prevention programs for fraternal organizations, and we combined that experience with research, theory and good practice in risk prevention to redesign the curriculum for 'Something of Value,'" said Dan Wrona, CEO of RISE Partnerships. "The program is structured around the principles of community action, and the scenarios are tailored to the unique issues on each campus, so the curriculum will remain relevant even as risk management scenarios or topics change over time."

Weatherford said, "Ultimately, we want women who participate in 'Something of Value' to be better connected with each other and the resources available to them, be more empowered to make significant, lasting culture change and have stronger influence over others as they work to prevent risky behaviors in their communities."

NPC plans to pilot the refreshed "Something of Value" program on three campuses this fall. The pilot will continue during the winter/spring 2019 semester.

For more information about "Something of Value," visit the NPC website.

Upcoming Events

SAVE THE DATE for the Annual Scholarship Luncheon 'Wild About SoROARities' hosted by the Kappa Delta Cleveland West Alumnae chapter on Saturday, May 18, 2019 at the Cleveland Metroparks Zoo – Stillwater Place event center. FREE parking, FREE shuttle service to the venue and FREE zoo admission after the luncheon! Mark your calendar now for this special luncheon where we honor our scholarship recipients, celebrate our accomplishments and raise funds for future scholarships.



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All Sorority Happy Hour

January 16, 2019

5:30-8:00 pm

Shula's II

To RSVP or pay online go to:

<http://clevelandpanhellenic.org/event/2019-all-sorority-winter-happy-hour/>

2018-19 Calendar

Tuesday, November 13, 2018

Delegate Meeting
Parma-Snow Library
Social Time-5:30 p.m.

Business meeting-6:00 p.m.

Tuesday, January 8, 2019

Delegate Meeting
Parma-Snow Library
Social Time-11:30 a.m.

Business meeting-12 Noon

Tuesday, February 12, 2019

Delegate Meeting
Parma-Snow Library
Social Time-11:30 a.m.

Business meeting-12 Noon

Tuesday, March 12, 2019

Delegate Meeting
Parma-Snow Library
Social Time-11:30 a.m.

Business meeting-12 noon

Tuesday, April 9, 2019

Delegate Meeting

Location TBA

Social Time-5:30 p.m.

Business meeting-6:00 p.m.

Tuesday, May 7, 2019

Delegate Meeting

Location TBA

Social Time-5:30 p.m.

Business meeting-6:00 p.m.

Saturday, May 18, 2019

CAPA Spring Luncheon

Cleveland Metroparks Zoo

Stillwater Conference Center

Stay in Touch With CAPA

Join our Facebook group:

Cleveland Alumnae Panhellenic Association