

# THE GOLDEN TRIANGLE

Fall 2005

September 8, 2005

## SIGMA KAPPA SORORITY

alzheimer's association  
**memory walk '05**  
Taking steps to end Alzheimer's

### *COTS 2005: Living Our Values*

The most recent Collegiate Officer's Training School (COTS) was held July 14-17 in Indianapolis, IN. This year's event focused on exploring the values of Sigma Kappa. Specific programs were held for alumnae & collegiate presidents, vice presidents of new member education and Web masters.

Hand outs from COTS can be found on the "Sisters Only" section of the Sigma Kappa site. Also, check the COTS Handout section of the site for new updates to the National Policy Handbook. The link is titled "NPH Rationale."



*COTS 2005: La Jolla Alumnae Chapter members gather for a picture during COTS.*

### *San Diego Memory Walk*

Help support the Alzheimer's Association. Donate to and/or register for the San Diego Memory Walk. The La Jolla Alumnae, SDSU & Zeta Mu Chapters will all participate.

KEEP SAN DIEGO #1! "San Diego Sigma Kappas" is the number ONE Sigma Kappa team in the Nation and the second overall team in San Diego! To date, we've helped raise over \$2,000. More money is always needed... please donate.

### **Walk Information:**

Date: Saturday, Sept. 10, 2005

Meeting Time: 7:00 am

Meeting Location: On the lawn by the Hall of Champions (corner of Park Blvd & President's Way) in Balboa Park.

Register or Donate at the following link:  
<http://alzwalk.kintera.org/faf/home/default.asp?ievent=100633>

If you have any questions regarding Saturday, contact Karina Moyano at [kreenie@brainysmurf.com](mailto:kreenie@brainysmurf.com) or on her cell at 858-774-1995.

### *NEW! [www.SigmaKappa.org](http://www.SigmaKappa.org)*

Go to the newly updated national Sigma Kappa Web site. Our new site has a fresh new look & is re-designed for easier browsing. Additions include: sections for parents, chapter expansion, national calendar & an updated message board.

To participate in national discussions, sign in or sign up for the new Sigma Kappa bulletin board.

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*New Alumnae SIG!*

The La Jolla Alumnae Chapter is starting a new Young Alumnae Special Interest Group (SIG). This group will focus on events that our younger alumnae will be interested. Look for an announcement on the first event later this month.

If you have any ideas for upcoming events, contact Meredith Marquis at beagletail@yahoo.com.

*Upcoming Events*

More information can be found on our Yahoo Group site at the following link: [groups.yahoo.com/group/LaJollaAlumnaeChapter](http://groups.yahoo.com/group/LaJollaAlumnaeChapter)

- Saturday, Sept. 10 Memory Walk  
*Balboa Park @ 7am*
- Tuesday, Sept. 13 Tennis SIG\*  
*Serra HS @ 5:30pm*
- Monday, Sept. 19 Movie Night SIG  
*Meredith's @ 6:30pm*
- Saturday, Sept. 24 Walking SIG  
*Banker's Hill @ 9am*
- Tuesday, Sept. 27 Tennis SIG  
*Serra HS @ 5:30pm*
- Tuesday, Oct. 4 Happy Hour  
*The Spot in La Jolla*
- Sunday, Oct. 9 Walking SIG  
*Location TBD*
- Tuesday, Oct. 11 Tennis SIG  
*Serra HS @ 5:30pm*
- Saturday, Oct. 15 Antiquing  
*Little Italy @ 9am*
- Tuesday, Oct. 18 Movie Night SIG  
*Leslie's @ 6:30pm*
- Sunday, Oct. 23 New Member Wine & Cheese Reception  
*Meredith's 3-5pm*
- Tuesday, Oct. 25 Tennis SIG  
*Serra HS @ 5:30pm*

If you are interested in attending any events, please RSVP to Meredith Marquis at beagletail@yahoo.com.

*Beta Psi News*

Beta Psi will be going through Fall Formal Recruitment in a very short time. If you are able to help at any events, please contact the Advisory Board Chair, Serena Zanini, at zanini555@yahoo.com.

**SDSU Recruitment Information:**

- Thursday, Sept. 15 Letter Day #1
- Friday, Sept. 16 Letter Day #2
- Saturday, Sept. 17 Service Day
- Sunday, Sept. 18 House Tours
- Monday, Sept. 19 Preference Night
- Tuesday, Sept. 20 Bid Day

*Zeta Mu News*

**AWARDS!** Zeta Mu received the following two awards at COTS 2005:

- Honorable Mention, Wava Chambers Brown Award
- One Star Standard of Excellence



*Local alumnae & collegiates Zeta Mu's Alumnae Career Day in April of 2005.*

Zeta Mu needs your help with recruitment 2005!!! If you are looking for ways to help out, why not spread a little cheer and donate some \$\$\$ for recruitment supplies?!! :) The girls are having a bit of trouble with obtaining the larger items such as helium rental, U-Haul Rental, etc.

What I am looking for is anyone who can help out--every little bit counts. If you are willing to donate money, please send a check made out to Sigma Kappa (in the Memo section please put ZM Recruitment) to myself. I know that people in the past have asked me how they can help with recruitment, and here is your chance!

Melissa Caputo  
9607 Stonecrest Blvd.  
San Diego, CA 92123

Please, if possible, send your donations by September 19th so I can plan accordingly.

Also, we are always in need of happy alumnae to help out with actual recruitment--your time is precious to the girls and I know that any time you could come to UCSD to help out would be appreciated.

~ Love in the Dove, Melissa

**UCSD Recruitment Information:**

Friday, Oct. 7	Open House
Saturday, Oct. 8	Open House
Sunday, Oct. 9	Philanthropy Day
Monday, Oct. 10	Preference Night
Tuesday, Oct. 11	Bid Day

*Alumnae Chapter Officers*

**President**

Natalie Hsu  
hsunatalie@hotmail.com

**VP Membership**

Rwan Saffarini  
rsaffarini@gmail.com

**VP Programming**

Meredith Marquis  
beagletail@yahoo.com

**VP Finance**

Melissa Cobian  
melissacobian@yahoo.com

**Secretary**

Missy Ahrns  
skmissy@aol.com

**Foundation Chair**

Karina Moyano  
kreenie@brainysmurf.com

**Newsletter & Webmistress**

Kristy Bikadi  
kristy@sigkapulv.org

**Beta Psi Collegiate Liaison**

Jen Steiger  
jensteiger@hotmail.com

**Zeta Mu Collegiate Liaison**

Melissa Caputo  
ladybugg858@yahoo.com

*Newsletter Published By:*

*Kristy Bikadi  
La Jolla Alumnae Chapter  
1608 India Street #204  
San Diego, CA 92101  
619.255.5987  
kristy@sigkapulv.org  
www.geocities.com/sdsigkap*