



The Kappa Rose

Newsletter of

Kappa Delta Phi

National Affiliated Sorority

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INSIDE THIS ISSUE

Pg. 1 **A Note to
Graduating Seniors**
Pg. 2 **Living Our Ritual**

CHAPTER HIGHLIGHTS

Pg. 3 KAM
Pg. 3 KΣ
Pg.3 KAT
Pg.4 KΛ
Pg. 5 KX
Pg. 5 KO
Pg.5 KY
Pg.6 KT Colony
Pg.6 KP
Pg.7 KM
Pg.8 KH
Pg.8 KI
Pg.9 KAI
Pg.9 KAA

Kappa...Not Just Four Years...Sisterhood for Life!

A Note to Graduating Seniors

As the snow begins to melt and the flowers begin to bloom, graduation fast approaches. You're about to go from college student to college graduate. Your time as active sister is also drawing to close, and as you graduate you join the rank of alumnae. But graduating doesn't mean the end of Kappa. There are so many ways to stay involved.

We have a fantastic alumnae association that you can join and help continue to grow. There's also the Board. During Convention, an announcement will be made seeking Associate Board members. Were you the President of your chapter or you are a marketing major? Maybe you love graphic design or you're the recruitment queen of your chapter. Serving on the Board is a great way to continue your involvement after graduation. We are always looking for talented, dedicated and passionate sisters to help build the National organization and make it its absolute best!

Here are few of the committees you can get involved in:

- Awards Committee
- Expansion Committee
- Meeting Committee
- Insignia Acquisitions Committee (merchandise and jewelry)
- National Philanthropy Committee
- Media/Materials Committee
- Women's Issues Committee

I encourage you to reach out to members of the Board and the Alumnae Associate to learn about the various opportunities within the National organization.

Not sure about joining the Board just yet? That's ok too. I waited two years before joining. It is a commitment. You can still be a great mentor and resource to the active sisters of your chapter. Remember though, you have graduated, and ***it is their turn to lead***. It's easy when you put so much of yourself into something to forget to separate yourself.

The most important thing to remember is that no matter where life takes you, your sisters are always here for you. ***Kappa isn't just four years, it's for life!***

Good luck with finals and best wishes on all of your future endeavors.

Yours in Kappa,

Sara Hauser

National President

Living Our Ritual

This won't be the first time I've talked about Ritual and it's probably not going to be the last however I thought it was time to once again dust off my thoughts on the matter and hopefully make a connection with each of you. A little over six years ago, I was at the annual Northeast Greek Leadership Association Annual Meeting with a couple of other sisters. In a weekend dedicated to imparting knowledge and support to hundreds of undergraduate fraternity and sorority members I came across a session titled "Dude, Who Stole the Ritual" by Dave Westol of Limberlost Consulting. Who wouldn't be intrigued by a title like that? The session was offered in response to how ugly incidents or major situations at chapters were becoming a ritual in itself. First there's the denial, followed by the finger-pointing at other members or groups followed by claims that the media is biased and "Why don't they consider the fact that we raised \$324 for charity last semester?" His resonated with me enough to write about it then and they still resonate with me now. It's time for us to consider our Ritual within Kappa Delta Phi, NAS.

At the time Dave said we need a compass and not a weathervane. It made for a great visual, and I am nothing if not a visual learner. Gone are the days when we simply needed to know that the wind was blowing. In today's Greek world we need direction and focus and this board has worked tirelessly to do that for each of you. Unfortunately, when we lose the Ritual we are going to lose our standards. As individuals we are all different and unique but we are brought together by the bonds of Kappa and those bonds were made through the Ritual in which we all share. It's this reason that makes it so important that the Rituals we do each semester are done as put forth by our Book of Rituals and not deviated from. It's this constant that ties together our chapters and colony through having one shared experience.

As Kappa women, we should be living the Ritual every day but the hard reality is that we don't. Many of us (and I was one) view Ritual as something we pull out once a semester during the education process. We say a few words, we light some candles and once it's over the book is put away again until the next ceremony. But how many of us have truly read the ritual and understood it's meaning without having to do so as part of a ceremony? Since the education session with Dave all those years ago, I find myself opening up our Book of Rituals and reading through it and not just reading it to read it, but reading it to gain a deeper understanding of what Kappa Delta Phi, NAS stands for and what I promised to uphold. It can be easy to forget that long ago pledge we made as new initiates into the sorority when we don't make it a point to live it every day.

It is with that sobering thought that I encourage each and every one of you to take a hard look at your own views of the Ritual. Make an effort to read it and understand its true meaning. The Ritual isn't something that should only be brought out once a semester but should be lived every day. Our bonds of sisterhood are life long and it's the Ritual that will continue to bind us together no matter what we do or where we go in life. So, take this journey with me and live our Ritual as best you can every day.

In Kappa,



Liz Hartford

Executive Director



KAPPA ALPHA MU Chapter



Greetings from Kappa Alpha Mu chapter! This semester we have been very successful and hard working. We are currently in the process of affiliate education with two excellent and passionate girls whom we hope will keep the spirit of kappa going, spread kindness and love to all future sisters. We are still doing kappa hours every week even though we have all become so close that we are together almost every day. Academics wise we have raised the bar. Last semester we had a chapter gpa of a 3.4. We believe we can get our gpa even higher this semester. Our academic advisor, Kitty Webber, has been a great help, she is very useful and open to helping us with anything we need.

Relay for life has been fun and exciting to plan, we are still in the process of setting that up to host at our school in April. We have been working closely with the fraternity on



campus, Phi Mu Delta. Together we have made the greek life program here on campus unified and stronger. We are planning on hosting events with them as well, hopefully to show our school that greek life is more than the stereotypes they see or hear about in movies or the news.



So far we have held two events on campus that our student entertainment committee has given us funding for. Our first event was t-shirt making for any sports event to show NEC pride. We also gave out free hot chocolate at our women's lacrosse opening home game. The turnout for both events was high. With these events we got a lot of interest on campus for not only our chapter but greek life in general. Kappa Alpha Mu would like to wish all the other chapters of Kappa Delta Phi NAS a great rest of the year and congratulations to those sisters graduating at the end of this semester.

KAPPA SIGMA Chapter

Hello from the sisters of Kappa Sigma! We hope that all the snow didn't put a damper on all your fun this semester. It sure didn't for us! All of us in Plymouth took any chance we got to go out and play in the snow. Though with all the fun we were not distracted by meeting our goals for the semester. As a whole we really tried to exceed the amount of community service completed then any other year. One of our sisters got elected to be apart of the Student Support Foundation for all her time and dedication toward our schools food pantry. She was able to fly down to Florida for a weekend to meet with other foundation members from Rollins University. Once there she volunteered her time at the local childcare center to help set up their own food pantry. Many of us also go down to our local community center to do arts and crafts each week with the children. Another sister also went on a service trip to the Dominican Republic over spring break. Down there she helped build and restore an orphanage. We also have met our fundraising goals. With trivia nights, candy sales, recycling programs and dough-raisers, we were able to raise way more than we could ever expect. With all this work we still managed to have fun! Sledding, movie nights, and baking were a must throughout the semester. We are sad to have four seniors leaving us but we can not wait to see what their futures hold. As a whole we are looking forward to our spring formal and all the other fun activities our school holds at the end of the year. Overall Kappa Sigma is very happy with meeting our many goals this semester.

KAPPA ALPHA GAMMA Chapter

It seems as if not too much time has gone by since the last meeting of Sisters at the President/Treasurer Meeting. Despite this Kappa Alpha Gamma has been making the most of every moment! We have been participating in philanthropy events both on and off campus and working in conjunction with our school. We are glad to have many sisters who actively participate in both the communities of our campus and town as well as having one Sister represent our chapter at NGLA this year.

This semester we completed Rush events with an Alice in Wonderland theme and invited six girls to join Kappa. We're so excited to have recently crossed the Alpha Zeta class, the largest class we've had since our founding class. These girls are incredibly passionate and enthusiastic. We're so glad to have been able to welcome them into our sisterhood.

We're excited to have had two Sisters participate in Alternative Spring Break and complete a hundred community service hours between the two of them. Working with the Born This Way Foundation has been great. It was really interesting to see everyone's idea of bravery whether it manifested in small acts like being more confident or activism in the #SelectBravery2014 campaign. We're really excited to be working with the Make a Wish Foundation as this year's national philanthropy. With multiple Sisters having someone close to them affected by a terminal disease we understand the importance of a "wish". With that in mind we have done a few small events like the Letter to Santa program through Macys. We are also working toward putting on a campus wide game night with raffles, prizes, and performances for Make a Wish this month.

We're looking forward ending to this semester with a bang. It's going to be fun filled with more events as the weather gets warmer. We're ready to seize the day!



KAPPA LAMBDA Chapter



Kappa Lambda chapter at Husson University currently has 36 active sisters, and we are proud to announce that three wonderful ladies joined us this spring semester! Due to a negative view on Greek life on campus at the beginning of the fall semester we did not take a Fall 2013 class. We took this time to focus on ourselves as a chapter and building stronger bonds between sisters. We also spent a lot of time fundraising for a local 3-year-old boy in our community, named Tripp. Tripp was diagnosed with an aggressive brain tumor and is travelling back and forth from Bangor to Boston for treatment. We collected paper kisses with words of encouragement for Tripp and sent them along with donations from the faculty and staff at Husson in order to help with the medical expenses Tripp's family is facing. We also have spent lots of time with a local Girl Scout troop. We have been helping them with games and activities at their weekly meetings and have all enjoyed spending time with these little girls! This year we have been regularly making PB&J sandwiches for the local homeless shelter and bringing them in. In December we held our Letters to Santa event, in which we collected 1,070 letters from Husson's Community! On National Believe Day, which was also Kappa Lambda's Founders Day, December 6th, we brought these letters to Macy's. For each letter, Macy's donated \$2 to the Make-A-Wish Foundation! This totaled to \$2,140 going to the Make-A-Wish Foundation! We are excited for events in the next few weeks that will be going towards the Make-A-Wish Foundation, including Sun Tan City, Applebees, and Yankee Candle Fundraisers and our 2nd annual 5k Race and Mr. Husson Pageant!

On a social note we are excited to say that Kappa Lambda is planning our first formal that will be held in April with our brothers of Kappa Delta Phi, Lambda chapter! Everyone is so excited for this upcoming event! We are also very excited to announce that one of our own active sisters was recently proposed to by her longtime boyfriend. Chelsea Husson and Michael Walsh have been together for three years! Chelsea is our current Vice President and has been a sister since December 2010, and needless to say we are all very excited for this Kappa wedding! We are also so excited to report that Katelyn Mosley, who has been overseas on her tour with the U.S. Air Force will be making her way back to us in one piece in just a few short weeks! In May, fourteen of our beautiful sisters will make the transition from active sisters to alumnae! We are both happy and sad to be seeing so many of our sisters take this step, but we know that they will go on to do great things in this world! We wish them and all of the Kappa Delta Phi NAS sisters who are graduating, all the best in their future endeavors! Overall we have had a very exciting and fun filled year and we look forward to ending on a strong note and taking this summer to think of even more fun and exciting things to do in the upcoming school year! ΜΘΣΝΔ

KAPPA CHI Chapter



Hello lovely sisters! This year we have been keeping pretty busy with philanthropy, events and welcoming new sisters! We kicked off our year with passionately pink which raised awareness for breast cancer. We had a winter wonderland themed event where people could do crafts, listen to holiday music and eat yummy food and it turned out well for being a new event and hopefully will be put on again next year! In fall thirteen we welcomed five amazing new sisters. In February we had a valentines card making table for people to make last minute cards and lots of people stopped by to make their friends, family and significant others cards! This spring we also had a new event Mardi Gras where people could win beads from dancing and the more they got the better chance they had to win gift cards. Everyone had a lot of fun dancing and winning beads. We currently have three affiliates as of March. Hope everyone's doing well!

Love, Kappa Chi

KAPPA OMICRON Chapter

Hello sisters, Happy Spring! This semester has been a busy one for us at Kappa Omicron. After coming back from our winter break we were refreshed and ready to get back to work! The day after we moved back to school we took part in MCLA's Martin Luther King Jr. Day of Service. We were placed helping two local shelters re-organize their facilities. Sisters continued returning to their local volunteer programs such as S.T.I.C.S. (Student Teachers in Classroom Support) and H.A.L.F. (Health Athletics Lifetime and Fitness); two programs working with elementary aged children. We sold Valentine's Day flowers and bears on campus to raise money for Make A Wish Foundation that was extremely successful! For another fundraiser we are planning to sell our famous Kappa Pizza Bagels. As education is a huge priority, we donated school supplies to students in Belize. Sisters will also be volunteering and walking in our campus' Relay for Life. Our Alumnae connections are increasing as our yearly Alumni Weekend is approaching. Many alumnae have already confirmed their invitations! The sisters of Kappa Omicron are continuing to better our chapter and intend to finish off our year strong!

KAPPA UPSILON Chapter

Kappa Upsilon has been very busy this semester around campus doing various recruitment events and philanthropies. From the fall semester we welcomed eight amazing affiliates: Erin Slocum, Jen Wall, Courtney Stevens, Molly Reis, April Huff, Emily Batic, Judy Briand, and Vannerya Chum. They have been a wonderful addition to the chapter and have already been doing great things. Our sister's have presented many philanthropic opportunities they we have got to help with over the academic year. During the month of December we got to volunteer at the Hollyball to help an assisted living home have a christmas party. Also keeping in the spirit of the holidays Kappa Upsilon sponsored a family for christmas, by fulfilling five little girls wish lists. We held a bake sale to raise money for the national philanthropy Make a wish on our campus. All sororities on campus got together and made valentines for soldiers for a philanthropic rush event. In addition to this we also participated in a Yankee Candle fundraiser and have been holding bake sales all semester long, which have

been quite successful.

Kappa Upsilon worked very hard this semester recruiting girls through on campus rush events and taking advantage of our recent affiliation with University of Massachusetts Lowell. During our Rush/ Greek week we held a "Get fit night", where we did zumba and kickboxing with other sororities on campus. We also attended a sorority crafting night, and competed in a greek extreme dodgeball tournament.

In the next several months, Kappa Upsilon is looking forward to a variety of things that we have planned. Our upcoming philanthropies include Blanket making with the criminal justice society, a Easter Egg hunt with Kingston Nh parks and recreation and The Cool Kid's 5K. We also plan to take home the Gold at our school's Greek Olympics competing against other greek's on campus. To raise funds Kappa Upsilon is holding a bowling night at our local lanes which is always a favorite among the chapter.

The most exciting thing we are looking forward to is watching our ten new affiliates become sisters and watching our chapter grow and flourish!

KAPPA TAU Colony



Kappa Tau Colony is off to a busy start for its Spring semester. We have lots of different activities that are planned. For fundraisers we are selling bottle cap magnets and key chains at various events and locations on and off campus. We also have our annual Mother's Day weekend car wash at the end of the semester. We have been working with the Dean of Students to try to allow us to do more on campus.

We have been doing lots of philanthropy events on and off campus. We sold blue stars for Make-A-Wish and hung them in our campus center. We participated in the Shiver Me Shamrocks 5K run to support a local children's museum and volunteered to host a Dr. Seuss family event on campus. Other philanthropies that are being planned are our Make-A-Wish basket raffle and a bottle drive to support one of our alumni's brothers who is in the hospital.



KAPPA RHO Chapter

The sisters of Kappa Rho have been very busy this semester. We have been planning and have attended a lot of events to get our chapter name out there. We have recently just welcomed one lovely new sister into our chapter. Her name is Liz Gilman. This is very exciting news to our chapter because this is our first affiliate class since Spring 2011, represent! We are very excited to announce we have three graduating sisters this May, Heather Favreau, Moriah Robinson and Kate Laliberte. They are major assets to our chapter and it will be sad to see them leave. They have made it through great heights and have lead by example to our younger sisters what it means to be a member of Kappa Delta Phi National Affiliated Sorority.

Being a part of this sorority means a lot of hard work and dedication to not only ourselves, but our fellow peers and community. We have been very busy with philanthropy, fundraising, and activities. Philanthropies we have completed so far this semester are the blood drive we co-sponsor with the student nursing organization every year, we have recently helped with the Can-Am dogsled races, where we helped check in the mushers, making sure they have all of their gear. We have worked with our student activities board for setting up with different activities they host on campus, babysitting for alumni sisters, fostering cats from the local animal shelter and cat sitting for an alumni sister, as well as babysitting for an alumni sister. Upcoming philanthropies include serving Easter dinner at the annual event that raises money for the local food pantry, working with Aramark our campus dining service, we are sponsoring a College Feud night similar to Family Feud in which the dining service will donate a portion of their

proceeds that night to our national philanthropy, the Make a Wish Foundation. We will also be helping with the commencement ceremony by carrying country flags representing the graduates from those countries at our university, as well as handing out programs for the commencement ceremony in May. Some sisters will be walking in the Relay for Life event at their home area events.

For fundraising, our new chair person has come up with a numerous amount of new ideas that have popped up, events we have done are as followed, one of our sisters mothers braided a rug and we sold raffle tickets, we sold candy grams during valentines week, bottle drives to raise money for sisters dues, we sell food to on campus students once a week this we call Kappa Kitchen, we are working with one of our sisters selling dorm friendly candle warmers because she is a Scentsy consultant, and we will be hosting a bake sale for St. Patrick's day. Upcoming fundraisers we will be creating Kappa cookbook with a variety of recipes, May day baskets, and new ideas to come.



With every college experience, everyone is always wondering what to do; we are working hard to plan more fun activities on campus. Activities we have done are our annual black light dance that we sponsor with our brothers, we are hosting monthly awareness activities, for the month of March we are doing self-harm awareness providing tips and inspirational quotes to students, for the month of April we are doing thirty days of teal for sexual abuse, we will be painting our nails and wearing teal ribbons, and for our last hurrah we will be hosting tower of power which includes many minute to win it games and obstacle courses, they will be allowed certain amount of time to complete activities and have to complete individual levels to receive their beads and move on to the next one. The minute to win it events will be in between each level, which will make it harder and harder for students to proceed, only a few will make it to the last round.



We look forward to experiencing a conjoined convention with our sisters and brothers, and wish all the best to our chapters for the rest of the semester.

In sisterly love,
Kappa Rho

KAPPA MU Chapter

Kappa Mu has been busy this last semester. We have hosted two different rush weeks. Our first one was from January 27-30. Our second rush week was February 24 and 27 and March 5 and March 6. The types of events we did included craft night, games night, A Very Merry Unbirthday and Project Linus. For Project Linus, we were able to make a total of 10 blankets. Our second rush week was more successful than our first rush week.

During finals week last semester, we helped our brother chapter from Kappa Delta Phi with stacking wood at one of their Alumni's house. We are currently doing Lincoln for a Lincoln with our Alumni as well as a tri-fold for Convention. We hope that everyone has the chance to stop by our table and read what Kappa Delta Phi, NAS means to Kappa Mu. On April 16th (right after Convention), we will be having a table at our campus University Day to help put Kappa Delta Phi, NAS out there.

Over the last year, we have worked hard to rebuild or relationship as actives to alumni. We have started a monthly newsletter that is emailed to all the Alumni whom we have emails for. We hope that everyone else is having an amazing semester and is having great success.



KAPPA ETA Chapter



Kappa Eta currently has one active sister, Miranda Wilson. This semester Kappa Eta is doing many philanthropies including: Working with animal shelters around the US to adopt animals, a book drive for the local middle school, working with green life to better our campus, helping the local food kitchen for homeless citizens, collecting can tabs for the Shriners, winterizing homes, shoveling sidewalks around campus. Our capter may be small in numbers but we are strong in Spirit.

KAPPA IOTA Chapter

Hello there Kappa Ladies,

We hope that everyone is having an amazing year thus far. Since last semester, Kappa Iota now has 22 Active Sisters and currently, our Spring 2014 Pledge Class consists of FIVE lovely Affiliates!

As far as philanthropies go, Kappa Iota has participated in causes both on campus and in the community such as USM's Day of Service, our Gorham House of Pizza Fundraiser (funds donated to Relay for Life), hosting an all Greek clothing Drive and volunteering at our local soup kitchen. There are also several philanthropic opportunities we are looking forward to participating in such as volunteering at the Into the Mud Challenge, the Husky Dash and at local animal shelters.



Kappa Iota has had several very successful fundraisers this semester such as our 50/50 Raffle, Scentsy Fundraiser and our Pie-A-Kappa

Fundraiser. We also have several fundraisers coming up that we are looking forward to such as our annual Sister Auction where friends, family and other community members can bid on sisters to "rent" them for two hours, of which they can have sisters clean their room, watch their kids, etc.!

Kappa Iota is currently working on planning our Active/Alumni Lock-In, which is an event the chapter has not had in years. There will be activities, team builders, fun & games all day/night at this event! We are super excited to bring back this tradition and enjoy spending time reconnecting with some of our Alumni!! Kappa Iota is also working on planning our Annual Spring Formal with our Alumni and Brothers. This event is traditionally used to recognize sisters and brothers who have gone extraordinary lengths for both the Active Sister & Brother Chapters. Kappa Iota is continuing to be a presence on campus through sisters being involved in other student groups and participating in many campus events. We wish you all a great end of the year!!!

With Love,
Kappa Iota



KAPPA ALPHA IOTA Chapter

Hello Sisters! Kappa Alpha Iota sends a smile and a hug to you all as this year is coming to a close and the stress is starting to build! We know that we all are stressed with midterms and trying to pack as much philanthropy in as possible, but remember to relax a little and just enjoy the time you have with your lovely sisters before the summer creeps up on all of us! We as a chapter have been taking this semester to truly work on our bonds of sisterhood by spending more time in planned sisterhood events; from painted toe nails to messy facials together we are striving for stronger friendships and ties. Through these sisterhoods we have learned to take a step back and truly enjoy each other's company highlighting our reasons for joining this amazing sorority. We have also come closer together through our philanthropic events such as helping stock and serve food at Kings Kettle for those in need, canning for relay for life, and the big task of planning our Dash for Diabetes fundraiser to take place later in the semester. These events have not only helped bring us together, but reminded us of our duties as sisters to the community we are a part of. Now more than ever we are appreciating the fact that we hold not only responsibility to ourselves but to everyone we come into contact with; we wear our letters proud knowing we are making a difference everywhere we go.

KAPPA ALPHA ALPHA Chapter

This semester has been a time of planning and change for the sisters of Kappa Alpha Alpha. With a newly reformed rush and pledging program, we have inducted six lovely affiliates who have brought a fresh look at what it means to be a Kappa. Their passion and enthusiasm for our sorority has rejuvenated our sisterhood and inspired so much Kappa pride here at the University of Maine. We can't wait to see how much our chapter will grow with the addition of these six wonderful girls.

Our other big accomplishment this semester has been fundraising for our National Philanthropy, Make-A-Wish. At the end of last semester we gave out cups of Dunkin Donuts coffee during finals week and accepted donations for Make-A-Wish. At the end of the week, had a great start to our fundraising with a total of \$170 in donations.

Our biggest fundraiser this semester will be our first ever Color Me Kappa 5K color run. Over 130 participants have pre-registered to run on April 5th to benefit Make-A-Wish, raising well over \$2,000 for this great philanthropy so far. This is the largest fundraiser our chapter has ever done and would not be possible without our fabulous fundraising chairs, Kasey Watson and Em Krusec.

WORD SEARCH

N F S Y I P V R L L E Y C N Y
V O H S C B N J U V T O K O P
X V I S E A O V O I M Y T I O
F D L T I N R L V M V Z R T R
A E L A A S D I U I O C A O H
M U W S B C T N N U P H D V T
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L U A B S T P N R K G L T D A
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K O E D I R P W Y M O G O N I
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D O F G O O D N E S S O D S P
G Q R U C P D Y S X F B C X G
S D A C V C S E X R V W Z B D
Y E L L O W R O S E Q A H P C

BLACK
KINDNESS
PRIDE
PHILANTHROPY
FAMILY
SISTERHOOD
CROW
CARING
LOVE

GOLD
DEVOTION
COMMUNICATION
TRADITION
COMMUNITY
SORORITY
YELLOWROSE
GOODNESS
SENSITIVITY

ΜΘΣΝΔ