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**2013-2014
Elected Leadership
Team**

Congratulations to the elected and appointed officers for 2014! If you are interested in serving the alumnae chapter, please contact us and let us know.

**ELECTED
LEADERSHIP TEAM**

President
Kirsten Heck, Gammi Pi

Vice President
Jess Kromer, Delta Beta

Recording Secretary
Pam Emory, Beta Mu

Treasurer
Joell Sperry, Gamma Theta

Historian
Megan MacFeat, Beta Mu

Chaplain
Lauren Harman, Beta Mu

Editor
Diane Raycob, Psi

Alumnae Panhellenic Delegate
Emily Hamsler, Beta Delta

APPOINTMENTS

Fundraiser,
Joell Sperry, Gamma Theta

Newsletter Editor
Jess Kromer, Delta Beta

Tau Times

Baltimore Alumnae
Alumnae Chapter Newsletter

WINTER 2014

Tau love from the President

Hello Sisters, and Happy 2014!

While I'm thrilled to be kicking off a new year with new possibilities and opportunities, I certainly wouldn't mind if Mother Nature gave us a break on these temperatures. I hope you're all staying warm!

Your new leadership team met prior to our January event (Tea with Taus at Joell's house) and it looks like we have a great year ahead of us. We will be meeting quarterly to handle business so that we can continue to have ample social time each month while still operating with efficiency.

If you've never attended an event, there are a lot of great chances coming up to get involved. We'll be gathering in Little Italy to celebrate our third anniversary in February, and are working hard to schedule a collegiate engagement event with our local chapters in the spring.

Our 40th National Convention will be held in Atlanta this June, and historian Megan MacFeat will be serving as our delegate. Please let us know if you plan to also attend convention – it would be great to have multiple Baltimore sisters there!

We received a really nice compliment from HQ this

week, one that I'm proud to share with you all. Justina writes, "When we talk about alumnae engagement and alumnae groups who are doing great things, Baltimore is always high on the list."

Thank you for making our chapter notorious, in a GOOD WAY! As always, watch your email for invitations to events, and follow us on Facebook and Twitter. I look forward to seeing you soon!

Roses,
Kirsten Heck
President



12 Sisters enjoyed "Tea with Taus at Joell's house in January"

Follow us on Twitter: ASTBaltimore
Like us on Facebook : Alpha Sigma Tau Baltimore Alumnae Chapter

Snapshot of 2013

Introduction of our Baltimore Style

- Rolled out our new Baltimore Alumnae T-shirts

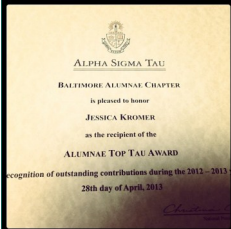


Our Newest Additions

- Liv Momme
- Alyson Wareing
- Surraya Khan

2012-2013 Top Tau Winner

- Jess Kromer for outstanding contributions to our chapter



Special Events

- Hosted a "Secrets to a Successful Interview" at Salisbury University



- Had dinner with the National Council and National Foundation after they met in Baltimore for a meeting



Community Service

- Donated 1000 diapers to My Sister's Place Women's Shelter
- Donated clothes and bottled water to Anna's House, a shelter for abused women
- Ran/walked the Fiesta 5k in May where we raised money for ALS research
- Donated 66 pounds of food to the Maryland Food Bank



Why Pay Dues?

As a member of Alpha Sigma Tau, we made a promise to be faithful to our ideals and our values. Through our yearly dues, we support not only our current chapters but the future of AST. This monetary donation of \$20 for local dues and \$40 for national dues, goes a long way. Stay in the loop with the Anchor magazine and make a difference by contributing to the membership development of our sisterhood.

This past year our local dues supported a local collegiate sister's participation in the AST Summer Immersion trip to Hawaii. The majority of our local dues goes toward chapter communication. Whether it's a dozen roses for a special occasion or a simple card in the mail, our sisters create a bond that goes a long way. We also help our local chapters any way we can. In addition, we donate to the local NPC organization's scholarship fund for all eligible members of the

NPC chapters.

To submit your dues, please contact our treasurer, Joell Sperry at jjs460@gmail.com. She will collect both the national and local dues at the same time.



Fiesta 5K is BACK!

Got fitness goals for 2014?

Let's work on them together! Join the "Alpha Sigma Tau - Baltimore" team for the Fiesta 5K on May 3rd! Proceeds support the [The Robert Packard Center for ALS Research at Johns Hopkins](#). This center is dedicated to researching this incurable disease and receives all its

funding through private philanthropies.

Register for only \$35 at www.fiesta5k.org

Will you be picture in this year's picture?





Mark Your Calendars for 2014

We are exciting to embark on another exciting year full of sisterhoods, philanthropies, and fundraisers that will last a lifetime.

An Evite will be sent before each event so that we have an accurate headcount. If you would like to receive our monthly invites, message us at baltimorealumnae@gmail.com. You can also keep an eye on our Facebook page and Twitter for details, announcements, and reminders!

February 22

Happy Birthday to Us!

Join us for dinner out in Little Italy at Ciao Bella!
www.cbella.com

Time: 6:00 PM

Location: Ciao Bella Restaurant
236 South High Street, Baltimore, MD 21202

March 8

Green and Gold Party

Come sell your old gold and walk away with cash while you spend the afternoon with your sisters.

Time: 2:00 PM

Location: 8209 Hillsboro Court Pasadena, MD 21122

April 12 or 13

Collegiate Engagement Event

Meet and greet some of our local collegiate members, and share your alumnae experience! Come spend the afternoon shopping and viewing the town from Maryland Heights.

Time: TBD

Location: Harpers Ferry, WV

May 3

Fiesta 5K!

Wear your letters and run or walk with the AST team in the Fiesta 5K to support research at the Robert Packard Center for ALS Research.

Time: 8:00 AM

Location: Power Plant LIVE!
34 Market Place, Baltimore, MD 21202

June 14

Rooftop Lunch in Federal Hill

Let's lunch with a fabulous view of Baltimore City! Wine, iced tea, and some light fare will be provided.

Time: TBD

Location: Angela Sorrem's
1612 Light Street, Baltimore MD 21230

August 9

Pool Party and BBQ

Pam has again offered to host this family-friendly event at her home to celebrate the summer, and kick off the fall! Burgers (veggie and meat), hotdogs and beverages provided - Bring a side dish to share, your swimsuit and towel. Spouses/significant others and kids welcome and encouraged! Pam's is the blue house on the corner of Ten Oaks Road and Kentbury Drive.

Time: 11:30 AM

Location: Pam Emory's
12902 Kentbury Drive, Clarksville, MD 21029

September 14

Brunch on the Water!

What's better than bottomless mimosas and bloody Mary's on the water? Enjoying them with your sisters! \$16.95 per person for an entrée and bottomless beverage.

www.littlehavanas.com

Time: 11:30 AM

Location: Little Havana Restaurant
1325 Key Highway, Baltimore, MD 21230

October 11

Oktoberfest

Bring a 6-pack of your favorite premium beer for a tasting hosted by Diane; refreshments provided. Spouses/significant others invited!

Time: 4:00 PM

Location: Diane Raycob's
710 Benjamin Road, Bel Air, MD 21014

November 2

Founder's Day

In 1899, in Ypsilanti, Mich... Join us as we celebrate sisterhood and honor those 8 great girls whose wish came true.

Time: 2:00 PM

Location: Nazie Spurrier's
12213 Statewood Road, Reisterstown, MD 21136

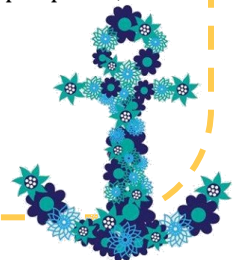
December 7 or 8

Cookie Exchange

Bring one batch of your favorite homemade holiday cookie. We'll take turns sharing what makes our recipe special, and then divvy up the cookies.

Time: 2:00 PM

Location: Hostess needed!



What's Cooking in the Kitchen?

On January 12th, Joell Sperry made a dish during our executive board meeting that was absolutely delicious! We just had to share it.

Chicken Cordon Bleu Crescent Ring

Start to finish: 30 minutes

Makes: 6 servings

- 1 tube (8 oz) refrigerated crescent rolls
- 2 cups of (8 oz) shredded Swiss cheese
- 2 cups cubed cooked chicken
- 3/4 cup mayonnaise

- 1/2 cup cubed fully cooked ham
- 2 Tbsp. honey mustard

1. Preheat oven to 375°.
2. Unroll crescent dough and separate into triangles. On an ungreased 12-inch pizza pan, arrange triangles in a ring with points toward the outside and wide ends overlapping. Press overlapping dough to seal.
3. In a large bowl, mix the remaining ingredients. Spoon across wide end of triangles. Fold

pointed end of triangles over filling, tucking points under to form a ring (filling will be visible).

4. Bake ring 15-20 minutes or until golden brown and heated through.

Submitted by:
Joell Sperry, Gamma Theta
Treasurer



Need Gift Ideas?

Don't have time to shop for the perfect wedding or birthday gift....

Just go online to get exclusive offers on cookie dough and Restaurant.com eCertificates that can be sent as a gift. Also, you can purchase or renew subscriptions to their favorite magazines (like People, All You, TIME, and Sports Illustrated) at up to 85% off. It's super easy!!

Find the perfect gift today on:
My.fundraising.com/
BaltimoreAlumnaeChapter

Each time you make a purchase, we'll receive up to 40% for our chapter. These funds will help support our programs by doing things like sending care packages to our troops, donating to the National Foundation and Pine Mountain, and supporting our local collegiate chapters.



You can also support us by sharing this page and spreading the word to friends and families.

Sign In Contact Us



Created by Kirsten Heck for AST Baltimore Alumnae Chapter on 02/26/2012

Welcome to
AST Baltimore Alumnae Chapter
Online fundraising campaign



Hello Friends!
The Baltimore Alumnae Chapter is raising funds to help support our programs. Your help will enable us to continue to send care packages to our troops, donate to the National Foundation and Pine Mountain, and support our local collegiate chapters in addition to other projects.
You can purchase or renew subscriptions to your favorite magazines (like People, All You, TIME and Sports Illustrated) at up to 85% off, or enjoy exclusive offers on Restaurant.com eCertificates.
Each time you make a purchase, we'll receive up to 40%. You can also support us by sharing this page and spreading the word to friends and family.
Thank You!

Choose a member you wish to support >>

Happy Birthday

January 25th—Kirsten Heck

March 6th—Megan MacFeat

March 15th—Jess Kromer

April 8th—Ruby Marcelo

May 3rd—Diane Raycob



Hope you have a fanASTic day!



Sponsored by the Gamma Tau Chapter
Alumnae Support Team

\$12.00 includes shipping

Charm choices include yellow rose, anchor, turtle, alligator and penguin!

Each Keychain proudly handmade in
Berks County, PA by Emerald Gypsy Designs

Email GammaTauKeys@gmail.com for ordering instructions.



National News

Spring 2014 Advisor Academy

Advisor Academy, which provides in-person educational programming to Chapter Advisory Board members, will be held March 21-23, 2014, at the Hilton Garden Inn Hershey in Hummelstown, Pennsylvania. All Chapter Advisory Board members are encouraged to attend Advisor Academy. For information on registration, please visit <http://www.alphasigmatau.org/national-events/advisor-academy>. The deadline to register is February 15

40th National Convention

SAVE THE DATE — June 26-29th! Alpha Sigma Tau holds national conventions, at least once every two years, to conduct Sorority business, provide an opportunity for members to connect, recognize chapter and individual achievement, and provide valuable educational and leadership training for its membership.

Each chapter is expected to register one collegiate delegate, one collegiate alternate

delegate, and one Chapter Advisory Board delegate. The chapter will be invoiced \$1,600 for the three attendees, due April 15, 2014. Additional collegians may register at the rate of \$350 per collegiate member. Alumnae and additional non-member Chapter Advisory Board members can register at the rate of \$450 each. Registration will be available here soon. Guest meal packages, day rates, and Yellow Rose Banquet information will be available soon on the website.

Chapter Education Schedule

The schedule for webinars and virtual education for collegiate chapters and advisors is available in Officer Portal and [on the national website](#). Webinars offered in the spring 2014 semester include education on topics such as:

- How Do We Work Together?
- Budgeting Basics
- Sharing our Sisterhood Through Alumnae Initiation
- Staying Anchored for Life



International Badge Day 2014

Established in 1997 by the National Panhellenic Conference as a day for sorority women throughout the world to proudly wear their Badges and letters, International Badge Day 2014 is Monday, March 3. Membership in Alpha Sigma Tau is a lifetime journey, so open your jewelry box or closet, dust off your Badge or favorite set of letters, and celebrate being a member of Alpha Sigma Tau!

Why I Joined AST

Share Your Story On Our Facebook Page!!!

"I always had a positive attitude towards Greek life, having a founding sister of the Beta Mu chapter of AST as my mother will do that to you! Growing up, I loved spending time with my mom's sisters and truly respected their lasting friendship. I hoped one day to have that for myself. When I started school at Salisbury University in Fall 2003, I loved the whole college experience and knew that I wanted to join an organization to make the campus my own so naturally I

rushed! I was torn between two sororities and after much consideration, calls at home from Diana (Shepherd) Newman, and going out with my Big Ashley Richards, I knew AST was the choice for me. The women of AST were genuine, fun, and centered on their academic/professional goals while having a great time. The women of AST turned friends into family!"

Written by:
Lauren Harman, Chaplain
Beta Mu



Lauren Harman with a few sisters at Convention located in Orlando in 2006

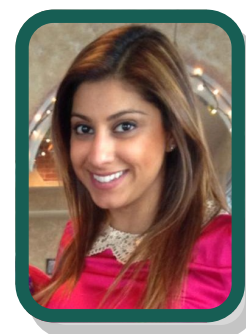


Newest Addition to Our Chapter

"I joined AST my freshman year at University of Illinois Chicago. I knew going into college I wanted to join a house because my older sister was in a sorority and loved it. I moved to Chicago from Florida, so I thought it'd be a great chance to make friends and continue my passion for volunteering. I served on E-Board for 2 years and had the best time during college because of my chapter. I made some life long friendships and realized

that now when our lives are swinging into high gear. My big sister gave birth to a little boy last week, and I love seeing how we are all growing into adulthood. My best friend/pledge sister asked me to be the God mother of her daughter last spring and this summer she'll be my maid of honor. I think it's moments like this where I look back on chapter life and realize that it really is a life long bond between sisters."

Written by:
Surraya Khan
Delta Delta Chapter



Sister Shout Outs

Surraya Khan recently just moved to Baltimore and will be marrying her true love on July 6th in Bristol, RI. Congratulations on your engagement and this new adventure you are about to embark on! She was proposed to on 11/8/2013♥

Kirsten Heck is expecting an-

other AST legacy on the way. She is due this summer!

Nikia Patterson is also expecting her second child. This time a boy named Julian. Due February 20th of this year.

Congratulations to Jess Kromer. Jess pursued her passion in HR and landed a job working with Aerotek, a recruiting

and staffing company.

She passed! Ruby Marcelo took off last month to be a representative with the State Department along the Mexico-Texan Border. Although we miss her dearly, we are proud that she passed her intense Spanish course for her to take the next leap of her life!



200th Challenge

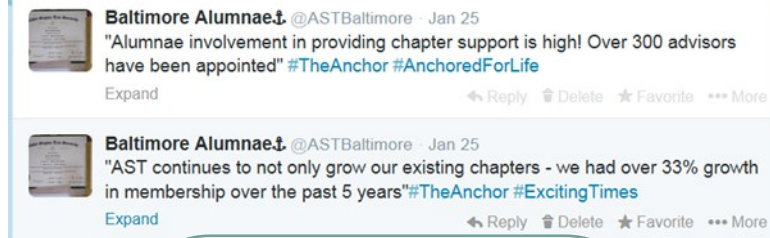


Likes

We post several updates, announcements, sister shout outs, and more online!

Be a part of the group.

There are thousands of AST sisters near the Baltimore, MD area. Why are we are not at 200 likes or follows? Help us get there! You can like us on Facebook "Alpha Sigma Tau—Baltimore Alumnae Chapter" and follow us on Twitter "ASTBaltimore".



Epsilon Nu: Greek Week CHAMPS! Way to go, girls!
Can you say 2-peat? We won Greek games AGAIN, announced at last night's Relay For Life! We also won Greek Sing, which if you haven't seen the video, check it out, we ROCKED IT. Who we be, who we be? Greek week champs! Greek week champs!



Collegiate Recruitment Shout Outs

Expanding our sisterhood....

Salisbury University — 41 new sisters!

Frostburg University—11 new members!

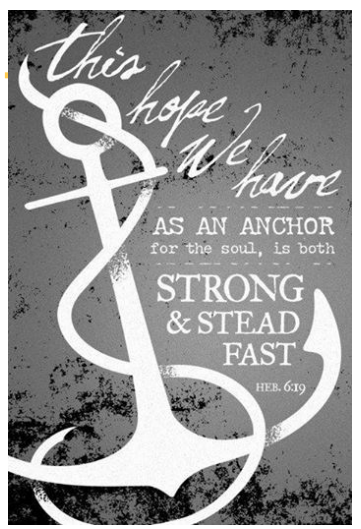
McDaniel University—15 new members!

Lycoming College — 13 new members!

Total of

80

Are Alpha Sigma Tau New Members!



Local Chapters

Beta Mu

Salisbury University

Last semester, the Beta Mu chapter had one of the best academic semesters to date. We achieved the highest GPA amongst the sororities. We also came in second place in Recycle Madness and are determined to win this spring semester! On February 2nd we welcomed home 41 new members. Our largest class yet! The next big event is Mock Rock on March 31st and this one is looking to be even bigger and better than the last one.

Last fall we participated in the Habitat door parade and raised a bunch of

money for Habitat for Humanity. We are currently in the works of participating in a habitat build right here in Maryland. Every chapter meeting we donate our spare change to a different charity each month. Last year we raised enough money to help well over a thousand kids receive clean water.

On May 4th we will engage in the Kidney walk to help raise awareness for disease and disorders affecting the kidneys. We will also be participating in the MS walk in Ocean city. MS has affected our chapter, so this walk is

very near and dear to our hearts. Another event we are excited for is Relay for life. For the past few years we have raised the most money in our school.

We are very excited for what the future holds and will continue to contribute our share to the progress of mankind.



Epsilon Nu Chapter

McDaniel College

Last semester went by in the blink of an eye. We initiated 8 fabulous sisters into our chapter. For big/little reveal, we tried something new this year. All the little's circled around the potential big sisters kind of like musical chairs. When the little landed on their big sisters' lap, she gave them a HUGE hug! It was such a great time.

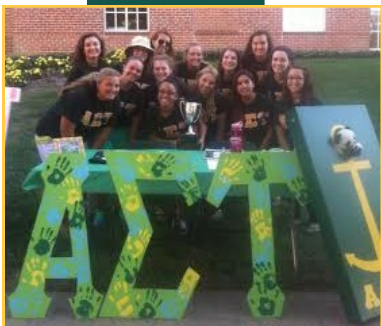
During homecoming "Home Sweet McDaniel", our chapter received the Brandt Memorial Cup for the most outstanding Greek organiza-

tion of the year for having the best grades and campus involvement.

Two of our favorite memories from the fall were completing in the Terror Trot which is a 1.5 mile walk or 5 k run with all proceeds benefiting brain cancer research. We had about 20 sisters participate so as a group we raised about \$200. Another favorite was the sisterhood event, where we did a corn maze in Manchester at a farm out there. It definitely lived up to its name "cornfusion". Among these other events some of us volunteered at the Boys and Girls Club Holiday party where we brought

cookies for the kids to decorate.

This coming semester we're looking forward to recruitment. Our theme is "Sail Away with AST". We are very excited to be getting new members! We kicked off the semester with a sisterhood retreat where we went over the new offices and discussed our goals for this year. We are also looking forward to formal later in the spring as well as many other service opportunities.



Delta Beta



Fairmont State University

The Delta Beta chapter had a very busy fall semester!

During our recruitment, we gained 16 active, self-reliant, and trustworthy new members doubling our chapter size!

We welcomed Educational Consultant, Mor-

gan Shiflett, and Recruitment Specialist, Ashley Smith, this past semester and learned invaluable tips for recruitment.

Our philanthropic and community service events spanned from helping with the local Disability Action Center Fall Formal, volunteering time and donating money to the local Habitat for Humanity, and helping to kick off the first annual Paws for a Cause charity event bene-

fitting the Marion County Humane Society.

As recruitment quickly falls before us for the spring semester, we remember the tools and ideas Morgan and Ashley left us with and look forward to an exciting and successful recruitment!

Submitted by:
Allie Swiger
Collegiate Alumnae Liaison

Psi

James Madison University

We, the Psi Chapter at James Madison University, are extremely proud of the progress we made fall semester. We welcomed 66 Alpha Pis with open arms this past recruitment season, bringing us to a total 202 sisters. We then had an awesome sisterhood retreat at Camp Horizons where we bonded over silly games to get to know the new sisters better. We've continued to celebrate Tau Tuesday weekly, when our sisters can be seen across campus wearing their letters, tweeting pictures with other sisters using the hashtag #TauTuesdayAST, and reading up on blog posts on astatjmu.blogspot.com (check us out!). In November, we supported Pine Mountain Settlement School as well as our local philanthropy, Juvenile Diabetes, with various proceeds nights at local restaurants, a 5K color-run, a trunk show, and collecting school supplies to donate. We even had one of our own

sisters, Nicole Fox, who has Juvenile Diabetes, speak on behalf of the cause in front of our Panhellenic community. The event was a huge success!

We've also undergone a few changes internally. We changed our leadership structure, which meant refurbishing titles and roles of our officer positions, setting up committees, and changing voting procedures for 2014. We updated our sorority house's basement for the first time since 2009. It now has coral walls, impressive new furniture, and hardwood floors that we're really excited about!

We have a lot to look forward to this spring semester! Our Mr. Fraternity Pageant is coming up, where fraternity men compete for the title of Mr. Fraternity which helps us raise money for the Juvenile Diabetes Research Foundation. We also have a parents' banquet, a formal, Greek Week, and other



Camp Horizon Retreat



Bid Day

activities to prepare for. It's going to be another great semester for us.

Submitted by:
Melanie Carothers



Philanthropy Color Celebration

Green and Gold Party Luncheon



Want to earn some extra cash? Then come to AST's Green for Gold Fundraising event and Luncheon on Saturday March 8 at 2:00 at Lauren Harman's home (8209 Hillsboro Court Pasadena, MD 21122). Unlike other fundraisers, you spend absolutely nothing! At this event, you will have the opportunity to have any gold or silver item appraised and given a cash offer for. The cash will not be paid out instantly at the party but only days later after paper-

work is completed. What can be bought/sold - unpolished silver pieces that have been collecting dust in your china cabinet, jewelry from boy-friends/husbands past, broken chains, that one earring you can't find the match to, out of style accessories you no longer wear, things you are not sure if they are real - they will test for you!, basically anything gold or silver in color!

How does AST make money?

Normally the host of the event receives money based off the amount their guests bring, instead that goes to AST. So again, no money comes out of your pocket to benefit the organization. The proceeds will go towards the functioning of our organization (i.e. sending a delegate to convention, social gatherings, and our philanthropic endeavors.)

Please contact Lauren Harman with any questions -

Alpha Sigma Tau
ACTIVE. SELF-RELIANT. TRUSTWORTHY.



Stay Current—Contact Us!

Interested in joining or want more information about our alumnae chapter:

Check out our website:
<http://www.astbaltimore.org/>

Follow us on Twitter:
 @ASTBaltimore

Follow us on Facebook:
 Alpha Sigma Tau Baltimore Alumnae Chapter

Contact Jess Kromer, Vice President:
baltimorealumnae@gmail.com

Have you moved or gotten married recently? Make sure you update your information with us!