

Sigma Star



Sigma of Alpha Delta Pi Building Corporation | University of Illinois | Spring 2015
www.illiniadpi.com | Alumnae Relations Office | P.O. Box 80828 | Atlanta, Georgia 30366

From the Sigma Housing Corporation



Dear Sisters,

There are a LOT of things happening within the Sigma Housing Corporation this spring but the

thing that is really weighing on my heart is our very real need for corporation board members. We need YOU!

You do not need to live near campus to be a member of the corporation board but you do need to be willing to travel there for meetings twice a year. Other meetings are conducted by phone and a lot of communication is done by e-mail. The Housing Corporation is responsible for everything involving the actual physical house including rent payments, maintenance, and employment of the House Mother. We do not deal with the workings of the chapter itself except in the few areas where they may cross over.

Like many of you, I volunteer my time to a number of different causes and organizations and I am telling you sincerely that the time involved with the Housing Corporation is minimal compared to other groups I work with. At the same time, it is one of the more rewarding volunteer opportunities I have because it allows for such hands-on involvement with our sorority, our chapter, and the historic house we all called "home" at one time. Serving on the Housing Corporation presents a way to give back to a critical component of the chapter without sacrificing too much of your valuable time.

If you have EVER thought about volunteering with Sigma, I urge you to please consider joining us now. You can contact me at shannonsandoval@mac.com for more information.

In other news... as Housing Corporation members we gave a presentation to the chapter earlier this semester to better explain our purpose and the responsibilities set before us. One of the

Housing (Continued on Page 4)

Alumnae Spotlight: *Annika Van Gelder Bankston '91*

Editor's Note: For this edition of the newsletter we're shining the Spotlight on Annika Bankston '91. From the hometown of East Dubuque, Annika came to Illinois in pursuit of her degree in civil engineering. After graduation, she continued her education at the University of Texas at Austin and earned her Master's Degree in Environmental Engineering. Today, Annika is working as Superintendent of Treatment Operations and Maintenance for the drinking water utility for the city of Minneapolis and she has been with the company for twelve years. In 2013, Annika was named Outstanding Young Alumnus for the University of Texas. She is also part of the American Water Works Association, and a committee member of the Membrane Standards and Membrane Process Committees; as well as section Editor for Best Papers books published by American Water Works Association. Outside of work she enjoys spending time with her husband of ten years, Jamie, and their two boys, Frederick (8), and Jacob (6). She also travel, fishing, camping, canoeing, ice fishing, and serving her church in the children's ministry.



What led you to join Alpha Delta Pi?

I grew up in a small town in northwest Illinois with a high school graduating class of 63 students. I was a "big fish in a small pond" as the expression goes. Attending UIUC was a big change in size and scope for me but I was excited to try anything and everything. My freshman dorm roommate came from a similar background in southern Illinois. We met at a summer engineering camp on campus between our junior and senior high school years. She and I talked about it and agreed we should rush. We ended up at different sororities but stayed very good friends. I have two brothers and the thought of sisterhood touched me deeply as well. One of the great benefits I enjoyed was becoming sisters with very involved, intelligent, and inspirational upper classmen. Junior and Senior Delta sisters encouraged me to get involved in university student organizations that I otherwise would not have. My ADPi sisters provided support, validation, and instilled confidence in me. I still felt like a big fish!



2012 family crappie fishing trip.

While earning your Masters degree in Texas how did you become acclimated with the area?

Learning to love Austin is easy! I was fortunate to start grad school with an entering class of students from all over the country who both worked and played hard. There was always a group of students ready to check out a band playing at a hole in the wall, go hiking out in the Hill Country, or play a pick-up game of Ultimate Frisbee. Tiny grad school offices with eight or ten students to an area fostered camaraderie – we'd struggle through tough group assignments while looking forward to weekend plans.

Where did your passion for drinking water science come from?

I liked all subjects in high school but figured focusing on math and science would lead to a more 'lucrative' career. I was a tomboy growing up on a farm with a creek and woods and long hours to play and explore with other kids. I think those outdoor adventures drew me to the water and environment. I enrolled in the Civil Engineering program on an Environmental Engineering track. I was also mentored by a professor who is a luminary in the drinking water field and had the chance to work as an undergraduate research assistant for him. As my undergraduate career was drawing to a close, I still had the desire and energy to focus my studies specifically to drinking water treatment and attend grad school. Water treatment requires knowledge of chemistry, biology, hydraulics, while still getting to design and construct big civil infrastructure.

How did you find a position with Malcolm Pirnie?

I had the good sense to trust in my graduate school advisor. He had placed students and performed

Bankston (Continued on Page 4)

Chapter News

From the Chapter President
Alex Rabadan



Hello Sisters!

My name is Alexandra Rabadan and I am honored to serve as the newest President

for the Sigma Chapter of Alpha Delta Pi. I am currently a sophomore pursuing a Psychology degree. My journey as president has been nothing but exciting. We have been working very hard to strengthen our women as stronger leaders of the community along with giving back to those around us.

We started out the month of March with recognition from the Panhellenic Council for being "Perfectly Panhellenic!" We were recognized for raising over \$600 to send a child to Camp Kesem! Camp Kesem is a free summer camp where college students support children through their parent's cancer treatment.

I am also excited to announce that I am the representative for our house for the Greeks Go Green competition. This competition is new this year and encourages Greek organizations to become more eco-friendly. We currently hold second place out of thirteen houses and I strongly believe that we can beat the rest! We even brought Professor Carol Augspurger from the Department of Plant Biology to speak to us on how to lessen our ecological foot prints.

A long with our usual AD Picnic event, we are working hard to add another event to benefit the RMHC this semester. This spring we will be purchasing new ritual paraphernalia which will be nice for when we receive our new Alpha class next semester.

Our recruitment team has been working very hard in preparation for Fall Recruitment! Panhellenic Council just released the dates and this year's recruitment will begin with Open House on August 28th. Any information on legacies and letters of recommendation would be appreciated and can be sent to Recruitment and Marketing Vice President, **Ashley Camp**, at sigma.rvp@gmail.com.

I hope to see you all at our upcoming events! Happy spring!

L*V,

Alex Rabadan



Chapter Spotlight:

Noël Konken '15



Editor's Note: Representing the chapter as Spotlight is graduating Senior and past Chaplain, **Noël Konken '15**. From the hometown of Park Ridge, Noël is graduating from Illinois with a degree in Food Science & Human Nutrition with a concentration in Dietetics. Supplementing her education with real world experience, Noël works for Campus Dining in the Dining Hall and as a Learning Assistant for The Bevier Café. She also stays busy on campus with the Illini Union Board Musicals as Dance Captain. Noël's talent has earned her the lead role in *Legally Blonde*, the musical. She also gives back to the community by helping out her sister with *Girls on the Run*, a non-profit after school program for girls. The first in her family to go Greek and to graduate college...read on to find out more about our rising Sigma star.

What led you to join Alpha Delta Pi?

Growing up, my older sister, Kara, was my biggest role model, strongest supporter, and best friend. I wanted to branch out my freshman year in meeting new friends, but I was also looking for that special bond I shared with my biological sister. Even though none of my family members had gone Greek, for me, joining a sorority was a lifetime dream. I was smitten by Alpha Delta Pi because of the outgoing and genuine woman I met during recruitment who gave me the confidence to be true to myself and showed me the true values of sisterhood.

What type of work do you do with the Illini Union board?

The Illini Union Board (IUB) is a student-run organization that produces one full-length musical each spring. For five productions, I have been a member of the cast which involves memorizing lines, learning choreography, and attending weekly rehearsals. This semester I portrayed the role of everyone's favorite sorority girl, Elle Woods, in *Legally Blonde* the Musical. Past show credits include: *The 25th... Spelling Bee* (Logainne), *Chicago* (Roxie Hart), *Hairspray* (Penny), and *RENT* (Female Swing). Being a part of IUB requires dedication with 15 hours of rehearsal per week and volunteering with set construction, costumes, and marketing.

How did you get involved with the Bevier Café?

I work as a learning assistant in the instructional kitchen on campus: The Bevier Café. I became involved with the Café after completing the course, Food Production and Service, where seven students learn how to operate every

aspect of a successful restaurant and serve delicious food to 200 guests in 1.5 hours. My professor found me to be a leader in the course and encouraged me to apply for the learning assistant position. Now, I play more of a managerial role, helping other students learn proper culinary technique, customer service, and recipe standardization.

Any plans for after graduation?

I will be attending graduate school at Illinois State University earning a Master of Science. My graduate course work will be coordinated with a dietetic internship which will allow me to sit for the national exam and receive the credential of a registered dietitian.

What advice can you share with your sisters about nutrition and diet?

After studying dietetics for the past 4 years, I am a strong endorser of intuitive eating approach to a healthy lifestyle. Intuitive eating is a non-dieting approach to wellness that promotes satisfaction without over-indulgence. The guiding principles are honoring your hunger, respecting fullness, and incorporating activity into your daily lives. Essentially, the most important advice I can give my sisters is to skip those fad diets and focus more on creating a sustainable, healthy lifestyle.



Noël portraying the role of Roxie Hart in IUB's production of *Chicago*.

Alumnae News



JMK Kamikaze Kid, Palomino Reserve World Champion two year old Gelding & his owner, Jo Ellen Karr Campbell '64.

Carol Knake '51 - Jack and I have been retired since 1990 and living in Florida and Wisconsin. Our family is taking good care of us as we get older. We are very lucky.

Jo Ellen Campbell '64 - I just completed 4 years of service to AAP as V-Pres of Philanthropy of AAP Foundation. It coincided with the 50th year of my initiation! Also, in July 2014, I showed my horse at the Palomino World Championship in Tunica Mississippi. JMK Kamikaze Kid is now a Reserve World Champion Palomino Gelding! He won both the Open and Amateur titles, but I showed him in the Amateur Class. (pictured left)

Cheryl Kroeger '76 - Eight years ago, **Kay Cameron Sullivan '76** got a group of us from our pledge class of '76 together and we've vacationed together annually ever since. Soon we'll be taking a "Big" 10th year trip. Many of us hadn't seen each other since 1979 graduation but we have reformed close knit friendships.

Nancy Jadzak '80 - Newly married!! Nancy Loboda Jadzak

Kathryn Nuelle '84 - Enjoying life with my hubby and six children - Ages 22, 20, 17, 14, 11, 5.



Visit the new Sigma Alumnae Facebook page at:

<https://www.facebook.com/#!/pages/ADPi-Sigma-Alum/551806534952730>

Sisters Helping Sisters

Last year one of our sisters, **Haley Cliffe Lindkel '95**, was traveling home from Florida with her family at Christmas time when all of our really bad storms hit. The Lname family was forced to seek shelter at a hotel in Indiana - still some four hours from their suburban Chicago home. The hotel then lost power and they were stranded without provisions. One of our other sisters lived close by - **Caryn Wycykal Burkes '95**.

The roads were closed so Caryn couldn't get to Haley, but her husband was working nearby. Before he went home, he was able to deliver food to Haley and her family at the hotel, and change a dead car battery! Haley and Caryn never actually saw each other, but Caryn was able to send help to Haley.

This is a wonderful example of sisters helping sisters! If you have a story like this that shows the caring and compassion that Alpha Delta Pi sisters have for each other, please share it with our Account Manager, Kasey Breedlove, at kbreedlove@thelaurusgroup.net. We would love to include in the next edition of *The Sigma Star*!

Snow Globe Sales



Don't miss your chance to own a piece of Sigma history! These limited-edition memory globes were the commemorative gift at our Centennial banquet - and now you can own one, too! The globe features a custom-made replica of the chapter house - and once they're sold out, they're gone forever! Cost is \$15 plus shipping. Email Shannon at shannonsandoval@mac.com to reserve yours today! Checks can be made out to Alpha Delta Pi Sigma Chapter.

Sister Passings

J. Cappie Smith '38 went gently to be with the Lord on November 16th. Cappie was blessed with a full and fruitful life. In addition to a rewarding and successful career, she enjoyed a lifetime of volunteer work and extensive travel with her sister and lifelong companion, Helen. She particularly enjoyed St. Mary Church activities, where she served on the St. Mary Guild, and working with the Friends of the Greenwich Library, where she served as Secretary and Treasurer. Cappie was delighted by people, and her countless friends and acquaintances were delighted by her. Cappie, you will be missed, but not forgotten.



Save the Date

Homecoming 2015



Day: SATURDAY | Date: Oct. 24, 2015
Location: MEMORIAL STADIUM
Time: TBA

Have Alumnae News?

We want to hear from you! Send your personal updates, accomplishments, adventures, and photos to our Account Manager Kasey Breedlove at kbreedlove@thelaurusgroup.net, or simply fill out the tear-away form at the bottom of your cover letter and return it in the mail. We want to share it in the next issue of *The Sigma Star*!



Annika checking chemical dose logs at one of the Minneapolis Water plants.

research with a number of national environmental consulting firms. He recommended me to a couple of firms and I interviewed. One offer was in Pasadena, CA and one was in Akron, OH. Believe it or not, I chose Akron

because I connected well with my supervisor who was tasked with re-invigorating the drinking water practice in the region. I started at the small 12-person office with another woman just out of college who is still a dear friend (she now also lives in the Twin Cities). If there was fun to be had in Akron, we found it!

What kind of projects have you worked on?

A good thing about starting a career in a big consulting company is the variety of projects you work on. I worked on both the drinking water and wastewater side of the pipe. Early in consulting I did a lot of work on hydraulic modeling of combined sewer systems. These are typically older systems that were originally designed to convey both storm runoff and sewage to the rivers when people didn't know any better. The challenge is how to get the relatively clean storm run-off to rivers while keeping the sewage heading to the wastewater treatment plants. I was also involved on design teams tasked with updating 100-year old filtration plants, and then worked in the field on pilot testing of advanced drinking water treatment systems. It was this last work that led me to Minneapolis, where I served as the on-site pilot test engineer for an ultrafiltration membrane system they were planning to use in lieu of more conventional granular media filters.

Now that you are with the City of Minneapolis, what makes your work special?

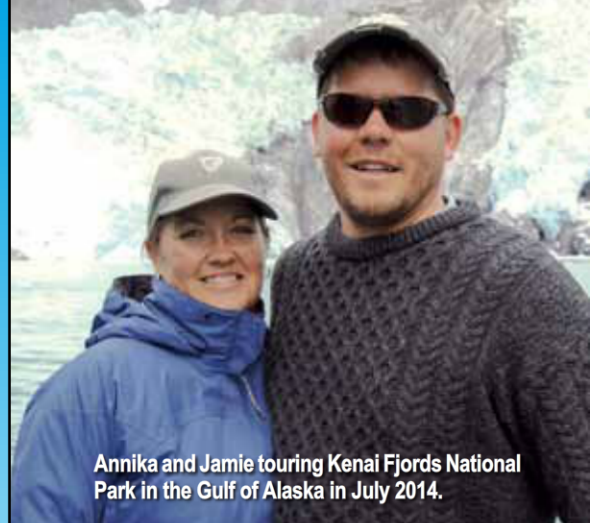
In consulting, you often get to work on the preliminary planning or design of a project but then you move on to another project. What led me to return to and stay with Minneapolis (in addition to the desire to be near my now husband), was the chance to operate and optimize one of the largest ultrafiltration membrane plants in the world. I moved on from the engineering group into management. Now it's not about delivering successful projects, but about building a better utility for now and in the future. Larger, older cities in the U.S., Minneapolis included, must determine how to manage assets that were built 50 to 100 years ago – Repair? Replace? How to fund the needs? I've now been in public service for 12 years, providing safe drinking water to half a million people and being a steward of millions of dollars' worth of public infrastructure. It is easy to remember my sense of purpose each day. My career is lucrative in a different way that I envisioned when I was 17.

You recently journeyed to Alaska for your 10-year anniversary – what was your trip like?

My husband and I had a couple of milestones the past two years (40th birthdays, 10th anniversary) so we used the opportunity to enjoy a couple of 'bucket list' trips – to Ireland and then Alaska. Ireland is so friendly and energetic but with an old soul. We limited ourselves to the Kenai Peninsula of Alaska for this trip, anticipating we will travel there again with our sons when they are older. We enjoyed so many moments that made us pause with wonder and appreciation for our natural world. A couple favorites included kayaking by a huge bull moose contentedly munching on reeds after we had just witnessed the frenzy of hundreds of dying, bright red salmon trying to reach the headwaters of a tiny stream to start the cycle of life. Or, being privileged (and a little sad) to witness the moment a 300-foot section of glacier calved into the sea, hearing the roar, and feeling its massive weight in the power of the waves that rocked our boat.

Outside of work what do you do for fun?

Our family enjoys Minnesota outdoors to the fullest, camping, canoeing, and especially fishing. We have a fishing boat that we get out on at least every other weekend in the summer. This past winter, our boys and I joined my husband on some ice fishing trips as well. I'm also enjoying this relatively short window of time when my sons still look up to me on the driveway basketball court or touch football field. It's fun to teach a backdoor cut with a beautiful bounce pass and have your six-year-old execute it perfectly against his older brother! I like to dabble in gardening – keeping a small vegetable garden and somewhat ambitious landscaping in front of our house – I'm either coaxing some perennials to grow or taming others. The Twin Cities has a great theater and live music scene that I look forward to re-engaging with once babysitters are not a requirement for each evening out. Even better will be to expose our sons to those scenes as well.



Annika and Jamie touring Kenai Fjords National Park in the Gulf of Alaska in July 2014.

How do you stay in touch with your Alpha Delta Pi sisters today?

Being geographically remote from many of my very good friends, this is hard. I tried Facebook for a couple of years but found it didn't suit me. Another challenge is the phase of life most of us are in; with kids in elementary through high school, finding time for get-togethers is hard. I do take solace in knowing that when we do get together, we fall so easily into the fun and rewarding rhythms of friendship; it's like we were living together at 1202 W. Nevada again. When a large group of us returned for Sigma's 100th anniversary a couple of years ago, it felt like a Friday night in 1994 all over again. I think of this as a maintenance phase of those long-distance friendships. The opportunity to grow those bonds of friendship deeper and in new ways will be there when new chapters of our lives start.

What advice can you give the alumnae and actives about relocating for a chance at success?

Trust in the advice of others you respect. When looking at new career opportunities consider why an organization exists (not just what it does or how it does it). Make sure your beliefs align with that 'why' so you can find a sense of purpose. Try new things and enjoy the unique opportunities any area has to offer. Find kindred spirits. Stretch yourself. Find reasons to say "yes."

Housing

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best parts of this for me was the opportunity to attend a chapter meeting and see once again how little has changed while so much has! Paper agendas are a thing of the past, as the chapter is able to utilize a large TV connected to a computer presentation to follow along with an electronic agenda during the business portion of the meeting. Luckily though, not only do they still do "Violets" but they also do them the "old-fashioned" way, writing them by hand. :)

Oh, and before the meeting, a fraternity came and serenaded the women during dinner. Talk about being instantly transported back to my college days! Wow.

Every time I attend a chapter event I am

amazed again at the way YOUR legacy continues on in the chapter today. When we talk at recruitment about "finding your replacement," it seems that's something Sigma really takes to heart. As I sat at the front of the room, I could look around and find the "twins" of ladies who were in the chapter during my time. It's really almost eerie! And yet, it also lends such a warm sense of familiarity and family. The chapter is still as rich and diverse as I remember it, and it's heartwarming to see that legacy stand the test of time.

I hope you will visit Sigma and experience it for yourself soon!

Love and Violets,

Shannon

Shannon Sandovol '94

