

2016-17 Sister of the Week Archive

Atlanta Chi Omega Alumnae Association

Sister of the Week: Samantha Zellefrow

I recently relocated to Atlanta with my new husband, Donny. We met in undergrad at The University of Cincinnati where we were both members of the fraternity and sorority community and the school of design.

During my time at Pi Alpha, I served as the GTB, GNV and recruitment chair and also had the special privilege of representing my chapter as Panhellenic president. After graduation, I continued to stay involved. In Cincinnati, I served as the alumnae chapter treasurer and then president; For three years, I partnered with another alum to serve as a co-recruitment advisor at Miami University in Oxford, OH.

My favorite Chi Omega memory was from my senior year. Our chapter had a tradition of hosting a 4-way party every fall called Tacky Wedding. The oldest members of each chapter would be paired up and "married." That year, I was the most senior member of Pi Alpha and Donny was the most senior member of SAE. We had a "wedding party" made up of our littles and grand-littles and even wrote vows. It was an amazing memory and about 5 years later we sealed the deal with real nuptials!

I now work at Kimberly-Clark in Roswell as a design manager. I lead brand identity and packaging design for the company's industrial portfolio that's sold business to business. I've learned so much since I started in June and am looking forward to continuing to build my experience.

We found a little apartment in Virginia Highland right by Ponce City Market so we are enjoying everything the Beltline has to offer in addition to the awesome food that's surrounding us in the city! In my free time, I love to travel, camp, cook - and recently, took up baking. I'm still looking for a good hot yoga studio in Atlanta so send me recommendations!



Sister of the Week: Sheena Virji



I pledged at the Zeta Zeta chapter at Samford University in Birmingham, AL. Since 2012, I have been involved with the Nancy Walton Laurie Leadership Institute of Chi Omega and have traveled to many Chi Omega chapters across the country to discuss leadership with collegiates and alumnae.

I currently work at The Home Depot Store Support Center in Atlanta as a Sr Human Resources Manager for the Supply Chain organization.

I love to run and travel, so one of my favorite activities is traveling with my Atlanta Chi O sisters to different cities to run half marathons.

I've been a Chi Omega for over 20 years but I think this year really made me realize the strength of this sisterhood. My mom was diagnosed with ovarian cancer in January and unfortunately, lost her battle in June. The support and love that my dad and I received from Chi Omega was overwhelming... from the many days in the hospital to my mom's passing, we felt so much support through phone calls, cards, texts, flowers and many visits. In September, Dad and I participated in the 2016 Atlanta Teal Trot in support of ovarian cancer funding and awareness. We created a team in honor of my mom, #TeamFredaV, and raised over \$5000. We had over 40 people on our team, many of whom were Chi Omega sisters and their families. That kind of love and support is what Chi Omega is all about. I'm blessed and honored to be part of this sisterhood.

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Sister of the Week: Allie Hartman



I have had the best time as an alum of Chi Omega. Moving from Seattle to Dallas to Atlanta, I have relied on my Chi Omega sisters along the way. What I love most about our alum group is that we CHOOSE to be involved. Although I have made amazing lifelong friendships from my time at the University of Washington as a Chi O, I appreciate even more the bonds of sisterhood from those who have chosen to continue their involvement in our amazing organization. In college, I served as Alum Relations and Treasurer. In our alum group, I have served as President for two terms, Secretary for over 10 terms, and Philanthropy Chair for five terms (mostly overlapping with my other roles).

My proudest accomplishment as a Chi O was developing and coordinating (with the help of many incredible sisters) the successful Make-A-Wish event "Stew & Brew" that ran for 7 consecutive years. Similar to the wine event we host currently, it had a live auction and live music, but it was hosted at a local brewery that offered beer tastings and included a soup/stew/chili and a dessert cook-off. What I liked most was that it became a true community event as family, friends, and friends of friends attended year after year! I used to have so much fun securing silent auction items, but time became a premium once Dave and I had Hannah and David (they will be 5 and 3 in May) and my roles within Nestle USA continued to change (currently I am an Account Manager handling the Costco account).

In addition to managing family and work, Dave and I started a small business this past year called 404 Proud where our mission is to glorify all things Atlanta namely through high-quality t-shirts with designs on them that are iconic/nostalgic/comedic and specific to Atlanta. We sell our Atlanta-themed items at local festivals and via our online store: www.404proud.com. You can also find us participating in all of the Atlanta parades. If interested, please come join us for the St. Patty's Parade on March 11th! I owe a huge 'thank-you' to all of the sisters that have supported us in this endeavor!

I would say the line in the symphony that most describes me as the worker-bee that I am is "To work earnestly," so I was so surprised and honored when I was the 2015 sisterhood award recipient of the Carnation Award which says "To be in the best sense democratic rather than exclusive and loveable rather than popular." She promotes our first purpose: Friendship. This sister takes a proactive approach in participating in the programming of our organization, making an effort to connect our sisters, encouraging diversity (ages/interests/etc.) at events, strengthening the bonds of sisterhood across our diverse group, and encouraging growth within our membership by welcoming new and returning members."

It is a true privilege to participate and serve in this incredible organization!

Sister of the Week: Chantel Adams

I was a Chi Omega at the University of Evansville in Evansville, IN! Majored in Biology, Minored in Spanish (I'm not fluent!) There, I served as the Pledge Class Vice President, Career Development Chairperson, and the active chapter Vice President. When I graduated, I moved to Atlanta and became involved with the Atlanta Chi Omega Alumnae—serving as Secretary and then as the President of the Southern Crescent Alumnae Chapter. I love Chi Omega! Now I live in Canton. I go to Woodstock City Church, serve on the Cherokee County Juvenile Court Citizen Review Panel, and I am the Vice Chair of Highland Rivers Health—a Community Service Board that provides for the mental health needs of twelve counties in North Georgia. I'm also on the Community Board for our local magazine, Around Canton, and was part of a community focus group for revitalizing our downtown. I love seeing communities thrive, and so I also volunteer at the Nicholas House Homeless Shelter for Families in Atlanta and serve as a guide for their Open Door Tours. As a side note, I'm the room mom for my daughter's 3rd grade class!

I'm the founder and CEO of **Forever We, Inc.** We partner with other nonprofits, corporations, foundations, and individuals all over the country to bring our huggable companions and books to kids with cancer. I also contract with North Point Ministries as a curriculum writer for some of their message series' study guides.

In my free time, I love exercising, hiking, and reading. This year, my goal is 60 books! (memoirs, history, fiction, business—I love it all!) I heard there's a Chi-O book club, so I'm excited to learn more about that! My favorite color is CLEAN, my favorite food is chocolate (the darker the better), and my favorite days are always spent with good friends.

Don't forget to be OWLSOME!



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Sister of the Week: Anne Parker

I grew up in suburban Westchester County north of New York City. In the fall of 1966, I left home for the "great Midwest" and entered Purdue University in Indiana to earn a BS degree in Speech and Hearing Therapy (now referred to as Speech/Language Pathology and Audiology.) In January 1967, fifty years ago this month, I joined the Chi Beta chapter of Chi Omega which became my beloved second home. Back then, recruitment took place in January. Two significant benefits of waiting until January were that it afforded freshmen more time to adjust to university life and to form friendships across the campus.

While at Purdue, I served Chi Omega as Ritual Officer and represented the chapter in the Panhellenic Association for three years. As Vice President, I presided over weekly meetings with the presidents of all the sororities on campus, sharing information with the goal of keeping the Greek system strong and vital to the college community. As Rush Chairman, I was in charge of recruitment along with another Panhellenic officer and our advisor from the Office of the Dean of Women. I will never forget spending many evenings in the bowels of the Administration Building with hundreds and hundreds of 3"x7" punch cards in trays ready to be "fed" into the computer for matching. The computer, in those "good old days," was the size of a large room! Even so, it got the job done, night after night, albeit not nearly as quickly as today, of course.

After graduation, I returned to New York in order to earn my MS degree in Speech and Language Pathology from Columbia University. Diploma in hand, I moved to Atlanta to begin my first job at The Atlanta Speech School. At the time, I thought that I might remain here for a few years. However, life had a different plan and 45 years later, I am still here! I was blessed to meet my wonderful husband and to welcome our three sons into the world here. Although I taught at the Speech School for a total of 21 years, followed by a private practice, I was fortunate to be able to take a 14-year "maternity leave" when our children were young before returning to work. We now also have two grandsons who light up our lives!

As an alumna it has been a privilege to work with the Chi Omega Foundation as administrator of the Victoria M. Shelli Memorial Scholarship Fund benefitting Chi Omegas at Purdue. This scholarship, established by my family in 1992 in memory of my Mother (XB '38), has awarded 23 scholarships thus far. In April, we look forward to awarding this year's scholarship to another outstanding Chi Beta sister. Actives and alumnae have worked together to help make this possible, exemplifying the true meaning of Chi Omega.

Suffice it to say, I believe that Chi Omega is indeed "for a lifetime." It has enriched my life with friendships both old and new. At the request of one of my "new" friends, our Chief Owl Kristen, I have included a picture from my sophomore year with my two senior roommates in their "Senior Cords." These customized gold corduroy skirts made by the women (and slacks for men) were worn on "Senior Cord Day" which was on a home football game weekend each fall. Hall Purdue!



Sister of the Week: Anne Parker



Sister of the Week: Dianna McShane

I have been a proud Chi Omega since pledging in the fall of 1971, at the University of Mississippi. Our chapter was and is very active in the Ole Miss community. My favorite assignment was pledge trainer, as I got to meet and know the pledges on a very personal basis. As an alumnae my involvement with the Panhellenic association has been another opportunity to know wonderful ladies, both Chi Omegas as well as many different sororities.

I have been a residential realtor for 18 years. Currently I am with Dorsey Alston Realtors. I work with all age clients and price ranges, in most areas of Atlanta, from Buckhead and Vinings to north to Alpharetta. Helping people achieve their housing needs is my favorite part of my job.

In my spare time, I like to shop, antique, travel and watch football. I enjoy the mountains, and the beach especially in fall and spring.

I have two sons and a daughter in law, whom all live in Atlanta. And a super boyfriend who is just great!!! :-).

Friendships made with other girls in my chapter is the most special thing about being a Chi O. I have several best friends that I still travel with, meet at Ole Miss for ball games and speak with often on the phone. These close ties that have lasted through the decades are sincerely the best thing in life!

Thanks for choosing me as Sister of the Week!



Sister of the Week: Dianna McShane



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Sister of the Week: Jena Gress

Thank you for the honor of chosen as the Sister of the Week! I began my journey with Chi Omega in the Xi Delta chapter at The University of Toledo. After graduation, I moved around and did not come into contact with an alumni chapter until I moved to Atlanta in the winter of 2013 and sent an email to Leslie McBride and Kristina (Fine) Lee asking about Night Owls. I've been a part of our chapter ever since! Since then I've served on our executive board and worked on our Make-A-Wish events, and I now serve on the Chi Omega Housing Corporation at Oglethorpe University.

I am a Program Manager with Girls on the Run of Atlanta where I recruit new teams, community volunteers, and coaches.

In my free time, I love running, cooking and baking in my kitchen, and exploring Atlanta. I've hosted many sisterhood events in my home; my favorite event is candy making for our Wine for Wishes event!

I don't think I truly understood "Chi Omega is for a lifetime" until I became involved with our alumni chapter. I've made wonderful memories with some of the greatest friends a girl could ask for! For anyone who hasn't come to an event, you're busy or nervous because you are new, don't pass up the opportunity, you'll be missing out on a chance to meet a great new group of friends!



Sister of the Week: Jena Gress



Sister of the Week: Courtney DiSalvo



"When I went through recruitment 14 years ago I didn't know of the lifelong friendships, memories and experiences that awaited me. Sisterhood truly is for a lifetime and I am so lucky to have been in sisters' weddings, had them stand beside me and support me at mine, and leverage the national reach to network and make friends in new cities. I can honestly say Chi O has shaped the woman I have become and I am better because of it."

I am involved with Chi O alumnae and chairing Night Owls, social advisor for the local Delta Theta chapter of Chi O, on the alumni board for Oglethorpe University, and transfer advisor director-elect for the Jr League of Atlanta. In my spare time, I love to spend time with my husband and friends, cheer on the Tide to another National Championship, travel, attend Broadway shows (my mom and I have season tickets at the Fox), read, binge movies and tv, and do crafts and sew. I also love working in sponsorships at State Farm and providing people with great experiences from a great compan

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Sister of the Week: Patricia Chandler

It is such an honor to be chosen as Sister of the Week. I have been a very proud member of Chi Omega since 1972 at West Georgia College (now University). I knew during recruitment that Chi O would be my first choice. Serving as recommendations chairperson not only gave me the opportunity to get to know pm's before recruitment but also allowed me the chance to work with many alumnae and learn firsthand about their importance.

As a dues paying member of the Atlanta Alum chapter for many years, it was only upon my retirement as a public educator that active participation was possible. Serving as a volunteer docent at the Governor's Mansion and attending meetings soon became a priority.

I have also had the opportunity to join two Chi O travel adventures and plan to do many more. I now have Chi Omega girlfriends from all over the country!

My husband Bruce and I will be celebrating our 42nd anniversary this week. We have an adult son and daughter who are also married. My retirement allows me more time in the gym, traveling and taking care of grandpups.



Sister of the Week: Heather LeCompte

I was a Chi Omega at The University of Alabama graduating in 1999 where I majored in Health Care Management. My family has and always will be HUGE Alabama fans three generations strong! At UA, I served as Assistant Rush Chairman. When I graduated, I moved to Birmingham, Al and worked as a sales representative for Aerotek. While at Aerotek, I met my husband Kevin and soon after we relocated to Nashville, TN. The fun and stress began again with moves to Tulsa, Ok, Atlanta, Chicago and finally back to Atlanta (Johns Creek area). This is where we want to raise our family and are thankful we could make those corporate moves when ours kids were very young. During that time, I was a Continuing Care Territory Manager and Regional Distribution Manager for BBraun Medical. While in Chicago, I was a member of the Downtown Chicago Chi Omega Chapter. I will forever remember that fun experience as it blessed me with one of my closest friends Kristin Shepard. Kevin and I have three amazing children, Walker (12), Charlie (6), and Stella (4). They keep us extremely busy with soccer, swimming and ballet! I am a Kindergarten room mom for Charlie's class. I teach Catholic education to the Kindergarten class at St Brigid Catholic Church as well as being a Board Member for the Mom's Group. My responsibilities as Social Chairman are facilitating annual activities for the members and their families. Since I am no longer in corporate America, I spend most of my time volunteering and being present for my kids.

I am the founder and owner of GameDay Baby! LLC. It all started when I couldn't find the perfect outfit for Stella to wear to Alabama games. Being from the South we dress up for football games! So I decided to create it! I now make Fashionable Tutu's for your favorite high school, college and NFL teams. I have an ETSY store and Facebook page. I sell items at local markets around Johns Creek/Alpharetta.

In my free time I love exercising, shopping, and spending time with girlfriends. My Chi O pledge sisters still get together for football games and reunion trips. My absolute favorite thing is TRAVELING! I love learning about different cultures and trying all the amazing food.

I have enjoyed being part of the Atlanta Chi Omega Alumnae Association and meeting all of these incredible women. It has been a privilege serving as your VP of Philanthropy. My all time favorite Chi Omega quotes are "First you're a part of it, then it becomes a part of you." "Chi Omega symbolizes all that we wish to accomplish in our lives. Chi Omega represents the struggles we all face as we grow. Why we cling to Chi Omega no one can explain, but in the end, we are all stronger for it." I will always be grateful for the lifelong friendships this organization has granted me.



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Sister of the Week: Cori Ross

I joined Chi Omega at The Women's College of Brenau University. I chose Chi O because the women were diverse and had substance. In addition, I was impressed by Chi Omega's strong national presence. Eta Zeta became my home where I served as pledge class president and GNV. My favorite Chi Omega memory was attending national convention in Phoenix, Arizona. I was in awe of the magnitude of our sisterhood and had a blast meeting sisters from all over the country. The energy was incredible and I was proud to be part of such a dynamic organization. I was honored to represent my chapter and learned how Chi Omega really lasts a lifetime.

I graduated Brenau with a BA in psychology and entered the corporate arena where I work as a technical trainer for 10 years. I enjoyed traveling around Atlanta and meeting new people. While working, I attended graduate school at UGA and earned my masters of social work. I have found that my work in the field has allowed me to make meaningful connections, something that I lacked in my earlier employment. I have had the opportunity to work in mental health, with seniors, and with women rejoining society from incarceration. I aspire to work on my licensure and find more opportunities to work and volunteer.

My boyfriend and I live in John's Creek with our two pugs, Oliver & Izzie. We enjoy going to Falcons games and are excited about the new stadium. I recently took on the project of remodeling our home. I had fun (and fits) working with contractors and designing. I am obsessed with pugs, pizza and coffee. I love to read and practice yoga. My favorite city is Montreal, Canada, and I and hope to visit the Scandinavian countries soon.

Thank you for the opportunity to share. I look forward to learning more about each one of you. I am excited to be involved with the Atlanta Alumnae Chapter once again.



Sister of the
Week:
Cori Ross

