

The Alumnae Link

"our chain is made of well-trying peerless links"

A Publication of the Nashville Kappa Delta Alumnae Association

National Women's Friendship Day – September 18th

Ask any woman--there's something special about her friendships with other women. Our female friends know us better than anyone else. They are there to listen, to console, and to encourage. They are our loudest cheerleaders and our most compassionate confidantes. Our women friends come in a wide variety--sister, mother, neighbor, childhood playmate, college roommate. We make connections at the playground, the workplace, the gym, and over the proverbial back fence.

From a leisurely Saturday afternoon over coffee to precious moments stolen for a late night phone call, our relationships with other women can sustain us and give life depth. We need to remember the important roles our women friends play in our lives.

In 1999, Kappa Delta Sorority created National Women's Friendship Day to do just that. Celebrated the third Sunday in September each year, National Women's Friendship Day offers all women the opportunity to remember their special friends.

In the six years since Kappa Delta created the day, women have celebrated with luncheons and spa days, weekend trips and seminars on issues important to them. Groups visited museums and toured historic sites. They reached out to women in need by visiting nursing homes and collecting supplies for women's shelters and women in the military. The power of women's friendship is amazing!

Every year, more and more women hear about

the day. We now have 25 states with governors' proclamations endorsing National Women's Friendship Day. We are excited to report that several magazines and numerous newspapers have featured the day. Many companies have

also promoted the day, including Vera Bradley, Suzy's Zoo and General Foods International. This year Mary Phillips of Mary Phillips Designs has created a shirt in honor of National Women's Friendship Day.

*A friend is quick to listen, slow to judge,
& always ready to shop.*



Celebrate National Women's Friendship Day!
www.womensfriendshipday.com

Race for the Cure with Kappa Delta & Friends



It is that time of year again. The 14th annual Susan B. Komen Race for the Cure in Nashville. The race is set for September 25, 2005 at MetroCenter Business Park. The race day registration is from 7:00-9:00, 8:00 service of hope, 9:00 parade of pink and 9:30 1 mile walk and 5k Run/Walk.

As most of you know, I lost my mother to breast cancer July 2002. My daughter, Adrienne Elizabeth, will never know her grandmother "monkey" however her legacy will live in her forever. Addie is

named for the two special mothers in my life- mine and my mother in law.

The money raised at this worthwhile event helps to fund awareness and research this disease. Please join my team, Kappa Delta and Friends, on Sept 25th. The cost is \$18.00 to preregister and \$10 for kids 6-12 and children 5 and under are free.

To join please go to <http://www.komen-nashville.org/raceForTheCure.htm>.

Scroll down to ways to register, then on line and click on team member registration. Our team is Kappa Delta and Friends and the password is Monkey. Complete the registration form.

I will be in touch closer to the event. Please let me know if you have any questions.

Thanks,
Betsy Bean



Nashville Alumnae Association Receives Award



The Nashville KD Alumnae Association was presented with the Alumnae Association Excellence Award for the biennium at the 2005 Convention in Washington, D.C.

This award is presented to the top echelon of associations in the nation, based on overall performance with regard to Kappa Delta expectations. Particular consideration is given to membership building efforts, positive visibility within the local community, and chapter support efforts.

Shannon Worley Helfenberger, Nashville AA President, was present to receive the award.

Nashville KD AA Upcoming Events...

September

Thursday, September 15th

Join the Nashville KΔ AA in celebrating National Women's Friendship Day at the Bonefish Grill in Cool Springs.

Cocktails at 5:00 p.m.
Dinner at 6:00 p.m.

www.bonefishgrill.com

October

Sunday, Oct 23rd
Founders' Day Celebration

Join us at 1:30 p.m. for Sunday Brunch at Ellendale's Restaurant, 2739 Old Elm Hill Pike in Donelson

884-0171

www.ellendales.com

November

Sunday, November 6th
3:00 p.m. to 5:00 p.m.

We are hosting a Build a Bear Workshop with a local Girl Scout Troop. The Girls Scouts will earn their Kappa Delta badges and the bears that they make will be donated to children from the Exchange Club Family Center.



Advisor-E Newsletter

The Alumnae Advisor-E Newsletter published its first issue in July of 2001. The original concept was to create an official electronic communication instrument for alumnae worldwide with periodic distribution, on an as needed basis, to a list of subscribers. In a very short period the subscription list grew from a handful, into the hundreds and now into the thousands.

Each month Kappa Delta Sorority Alumnae Advisor-E subscribers receive notification that their new editions are awaiting them on the Kappa Delta server. The popularity of this newsletter has positioned it

as the monthly standard in alumnae reading. Many sisters consider it the communication that keeps them in touch in between the much anticipated arrivals of their award winning quarterly magazine, The Angelos.

If you are a Kappa Delta sister who is not currently receiving e-mail notices for the arrival of the newsletter and would like to subscribe visit www.kappadelta.org.



Congratulations!!!

Congratulations to new Mom Mandy Jones on the birth of her son Hutton Jones...

Hutton arrived at 2:14 p.m. on Thursday, August 4, 2005. He weighed 6 pounds 13 ounces and was 19 inches long.



Find us on the web...

www.nashvillekdaa.com