



Metropolitan Muse

Sigma Alpha Iota New York Alumnae Chapter Phi B Province

President's Letter

Dear Sisters & Friends,

Another SAI year is coming to a close. It's hard to believe how quickly a year flies by. This has been an amazing year. I would like to take this time to thank everyone for making this year so memorable. A huge thanks goes out to our generous sisters who have opened their homes for us to having our meetings and even a musicale! I would also like to thank Angela Zurlo for her amazing work on the newsletter over the past two years. She has done a great job.

It has been a pleasure working with the 2009 – 2010 Executive Board: Melissa Pelkey, Lynsday Varsaci, Sue Landis, Kim Dulchinos, Kat Maresco and Jenellen Fischer. You ladies have been wonderful throughout the year. On behalf of the chapter, we thank you for your service to the chapter.

I would like to congratulate the incoming 2010 – 2011 Executive Board. On Sunday, June 13th, we will install our new board (Melissa Pelkey, Cara Roldan, Rosemary Metcalf, Kathleen MacHose, Lynsday Varsaci and Stefanie Britton) as well as celebrate Founder's Day at the home of our lovely PO, Amber Womack. If you haven't already done so yet, please RSVP to Amber or our co-hostesses, Amy Hawley and Jenellen Fischer, whether you are attending or not.

Love & Roses,

Michelle Ingram

Next Newsletter Deadline... Wednesday, August 25

Send submissions to the [new!] editor at stefanie.britton@gmail.com or 863.214.1684

Visit www.sainyac.com for a complete list of deadlines throughout the year.

June 2010

Angela Zurlo, Editor



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2010/2011 Exec Board

Presenting the executive board for next year...

President

Michelle Ingram

1st VP Membership

Melissa Pelkey

2nd VP Ritual & Fraternity Ed

Cara Roldan

Corresponding Secretary

Lyndsay Varsaci

Recording Secretary

Kathleen MacHose

Treasurer

Rosemary Metcalf

Pan Pipes Editor

Stefanie Britton

Congrats!

Membership Form

Submitted by Michelle Ingram

It's getting to be that time again where we start gearing up for the 2010 - 2011 year. A few weeks ago we elected our new officers. Now it's time for everyone to fill out the 2010 - 2011 membership form, found at the end of this newsletter. Also, don't forget: to be a voting member of the New York Alumnae Chapter, you must be part of the National Alumnae Association. If you have any questions, please let me know.

Share It with your sisters

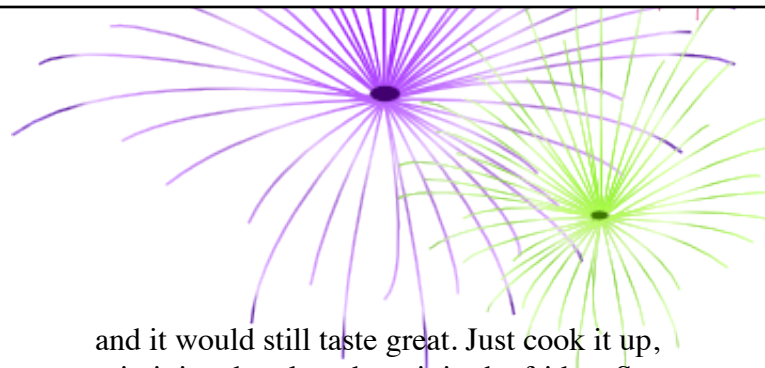
I ran my first 10k (6.2 miles) on Saturday, May 15 in Central Park. My goal was to run it in 1 hour, 15 minutes. My final time was 1 hour, 17 SECONDS! I beat my goal by 15 minutes! Yay :) // Stefanie Britton

Mom's Pasta Salad

Pasta salad is a summer staple in our house. Mom will make a whole thing of it and it will (or, should) last the week. It's quick and easy and everyone always loves when I bring it to parties. You can add/subtract ingredients based upon what you like and what's in the pantry, but here are my standards:

Two pounds of tri-color pasta (my favorite is rotini)
Can of chickpeas (rinsed)
Can of artichoke hearts (quartered & drained)
Bag of frozen veggies (chopped broccoli or peas)
One diced red pepper
One bottle of Kraft Zesty Italian dressing

Honestly, it's all in the dressing. You can make up a pound of cold pasta with just the dressing



and it would still taste great. Just cook it up, mix it in a bowl, and put it in the fridge. Serve cold.

Some tips:

*When the pasta is nearly done cooking, toss in the frozen veggies while the heat is still on. It'll thaw pretty much right away.

*Again, ingredients may vary. We've also added: roasted red pepper (instead of raw); hearts of palm; cucumber; cherry tomatoes (sliced). Some people add pepperoni, but I'm a vegetarian and all.

*If prepping for a party, I suggest making it the night before so it's good & cold before serving.

Revlon Run/Walk

Submitted by Michelle Ingram



On May 1st, Sara Bong, Stefanie Britton, Rosemary Metcalf, Cara Roldan, Pam Turowski, and I discovered our womentum as we participated in annual Revlon Run/Walk. For the first time, our team included runners AND walkers. It was a fantastic day to spend with each other while walking to support to make a difference in the fight against cancer. To date our team has raised \$1,080 to help with the fight. Donations can still be accepted for our team, SAI NYAC (team # 1659) at www.relvonrunwalk.com.



American Musicale

Submitted by Michelle Ingram

What do you get when you have five vocalists, 2 pianists and a baritone saxophone player? An amazing celebration of American composers at our chapter's American Musicale. The performance opened up with a set of musical theater pieces sung by our wonderful Province Officer, Amber Womack. Following Amber, Confidence Stimpson sang a rendition of "Memphis Blues" from W.C. Handy. This song was a "Southern Rag" published in 1912. Following



that rare selection, President Michelle Ingram performed in her first musicale since joining the chapter with her own musical theater set. Also making her first American Musicale debut was Stefanie Britton, who performed a song with Michelle Ingram. The middle of the musicale, Kat Maresco, our only instrumentalist on the program, performed Follies by John David Lamb. Carolyn Geer serenaded those in

attendance with a Samuel Barber in honor of what would be his centennial birthday. The concert ended with a magnificent set from Yolanda Johnson, who sang pieces from New Romen, George Gershwin and Franklin Sheppard. All performers in the musicale were accompanied by the talented Jennifer Hughes. If you were unable to attend the event or would like to listen to the performances again visit our YouTube Channel at [sainyac](http://sainyac.com).



In addition to the musicale, we also hosted a bake sale after the event. We made \$140 dollars that day from donations and the bake sales. Thank you to Rosemary Metcalf and Serena Robbins for organizing such a great day!

Calendar of Events

June 13

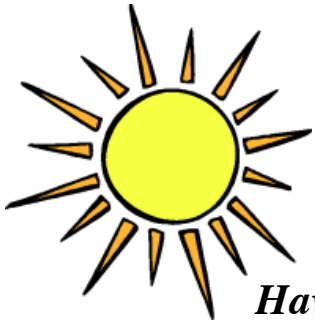
Founder's Day Pot Luck/Installation

Sunday, June 13, 3:00 p.m.

Hostess: Amber Womack, 436 W. 49th St, #3

RSVP by 5/30:

ambersai@mac.com or 817.821.3586



Have a great summer!

Summer Birthdays



Chrissie Reiswig	6/12
Rachel Berney	6/14
Rosemary Metcalf	6/15
Erin Zapcic	6/26
Aimee Steele	6/28
Marjorie Merrick	7/16
Kathleen MacHose	7/22
Helen McGranahan	7/25
Serena Robbins	7/29
Cara Roldan	7/29
Karen Smith	8/12
Jennifer Rosa	8/18
Jeanne Royston	8/27
Pam Turowski	8/31

LOCAL DUES

Please check the member status that applies to you and send a check (made out to SAI) for the full amount with this questionnaire to:

Michelle Ingram 29 West Drive Kings Park, NY 11754

___ \$35 NYAC Full Membership (previously known as Active Member)* ___ \$15 Friends of NYAC (for people who live outside the NY area)*

*Please note that ALL Alumnae Members will be billed \$25 from National each year to cover your Alumnae Association dues. That \$25 will go DIRECTLY to National, not to our treasurer! Watch for your notice in the mail from the Alumnae Association. Be sure to pay it PROMPTLY. If you do NOT pay your Alumnae Association dues, you may NOT be a fully participating, voting member of the NYAC. Those members who are 50+ year members and/or 70+ years of age are NOT required to pay Alumnae Association dues or local dues. However, if you would like to pay local dues, you may. Thank you!

YEARBOOK/NEWSLETTER

We e-mail both the Yearbook and the Newsletter to our members. If you do **NOT** have access to e-mail, please check that you would like to receive these by **Regular Mail**. Yearbook:___ Newsletter:___

VOLUNTEERING & COMMITTEES

Please check all committees and ad-hoc committees on which you are willing to serve/chair. Please note that you will be assigned to all committees you check!!! (Note that an officer serves as an automatic committee chair for Newsletter, Membership, and Finance.)

If you are willing to serve on ANY committee, check here: ___. (You will be assigned to a committee or committees where you are needed the most.)

Serve		Serve	Chair	Serve	Chair	Serve	Chair
___	Newsletter	___	___	Fundraising	___	___	Honors
___	Membership	___	___	By-Laws	___	___	Program/Ritual
___	Finance	___	___	Service Project			Scrapbook/Chapter History
							Social/Special Events

Would you be willing to be to host a meeting? ___ Yes ___ No Would you be willing to coordinate a monthly social event? ___ Yes ___No
 Would you be willing to perform on a musicale? ___ Yes ___No
 Are you serving on any National Committees? ___ Yes ___No If Yes, what committee? _____

EMERGENCY CONTACT

We get worried when we don't hear from our members on a regular basis. We will always try to reach members by the contact information they have given us. However, in the rare case we aren't able to reach a member for a significant period of time, we are asking members to please provide an emergency contact. This will remain confidential—only the NYAC Executive Board will have access to it. An emergency contact can be ANYONE, ANYWHERE that we can contact in order to find out if a member is OK. This section is optional!!!

Name: _____ Address: _____ City/State/Zip: _____
 Home Phone: (____)_____ Work Phone: (____)_____ Cell: (____)_____ E-mail: _____

If you have any questions about this form, please contact Michelle Ingram at: 631.335.6637 or sainyac.president@gmail.com