

MIDWEST DISTRICT NOTES

KAPPA KAPPA PSI - TAU BETA SIGMA

WINTER EDITION
PUBLISHED DECEMBER 15TH, 2009



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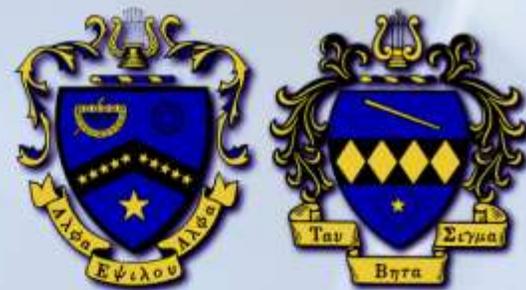
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Letter from Dollie O'Neill (National President – Tau Beta Sigma)

Planning for National Convention 2011?

The 2011 National Convention may seem a bit far off in the future, but it will sneak up on us before we know it! Are you planning on attending? How about your chapter sending a representative? There are many little tasks that we can begin to start planning to attend National Convention in Colorado Springs, CO. Here are some ideas that each chapter can do to help plan and save to ensure your chapter will be represented at National Convention!

Set aside 10 or 15% of all fundraisers into a travel fund: By having a constant set of fundraisers and setting aside a small percentage each time, a small amount of money can add up quick. There are several chapters that divide up their fundraisers, merchandise sales, etc. and put away set percentage. Then when it come times to attend National Convention this fund will be available to help pay for registration, travel or hotel costs.

University funds available for registered student organizations on campus: Many College and Universities have money set aside for registered student organizations on campus to assist in your organization to attend an educational conference. This is usually an application process and usually takes time. There are also no guarantees of how much exactly your chapter may receive. Planning ahead and looking into what is available can prove to be very helpful. I know many chapters have done this in the past and it has helped pay for their registration or travel costs to attend a convention. Basically you don't know what is available until you try and there is money out there for this purpose.

Music & Band Department Assistance: Not all Music or Band Departments are able to assist or may not help in this matter, but some have and will. A good time to ask your Band or Music Department is at the end of fiscal/budget year, so find out when that is for your University. Some departments have a little extra dollars in their budget and if they know it will help a student attend an educational event, or someone that made the National Intercollegiate Band (NIB) they may pass money towards your chapter. The key is to present and inform your departments of the workshops, NIB and events of convention that can enhance your chapter. You never know until you ask.

Conduct a fundraiser strictly for National Convention: A fundraiser planned out in advance and all proceeds go towards National Convention can also assist a chapter to get to National Convention. The key is to plan a fundraiser in plenty of time, get as many members involved and raise as much money as possible to help your endeavors.

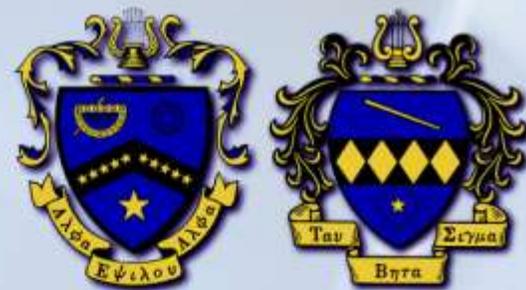
Doing one of these tasks above or a combination will be a sure way to help you get to National Convention. It may not pay for everyone's way or pay the full amount, but every little bit helps and in today's economy putting our resources together will help us get to where we want to go. Good luck with your endeavors and planning for National Convention. It is a trip that is worth attending and you will not want to miss out! ☺

Tau Beta Sigma For Greater Bands!

Dollie O'Neill
National President
Tau Beta Sigma

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Letter from Todd Halling (MWD President)

Greetings Brothers and Sisters,

I've always heard it said that "time flies when you're having fun" and while that may be true; I know for sure time flies when you're busy. I realized a couple weeks ago that my term as District President was already more than half over. I know this may not seem like a huge milestone, but it is a good time to look back on what I've accomplished compared to what I had wanted to accomplish. I won't go into all the details now, but it's definitely bitter sweet looking back.

Since the last issue of the Notes, the majority of my time in the organization has been devoted to planning this year's District Convention in Boulder, Colorado. Convention planning is progress fairly smoothly. I have begun deciding on speakers and the folks in Boulder are on top of things when it comes to room and hotel reservations. I'm definitely looking forward to convention this year and I hope that as many of you as possible will make the trip to Boulder to share it with me.

Other than convention planning, one could say I've been working on joint relations between Kappa Kappa Psi and Tau Beta Sigma. Of course, this is made easier by being married to the Tau Beta Sigma VPSP. It's because of this I'm confident in saying that joint relations this year may be the best they have ever been.

Well, time to get back to studying for finals. I'm looking forward to seeing lots of you this coming semester at Region Days and District Convention. Keep your eyes open for more information. If you ever have any questions, comments, or suggestions email me at mwdpres@kkpsi.org.

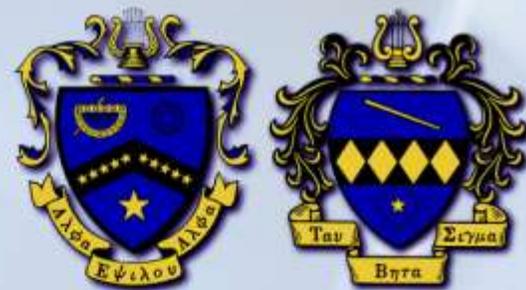
ITB,

Todd Halling
Kappa Kappa Psi
Midwest District President
Mwdpres@kkpsi.org

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Letter from Stacy Laue (MWD VPM)

Greetings Midwest District!

I hope everyone is doing well as the semester comes to a close and finals week is upon or past us. I have been excited by the emails I have received about new members being initiated in our sisterhood. This has been a great, grand, and glorious semester indeed.

There is always something about new sisters that maybe excite all of us. They represent the future of our sorority, our chapters, and the purposes we have striven to uphold. As I have traveled this semester to chapters in Iowa, Kansas, and Wyoming, I have met many new members that now share a part in our bond and I know, without a doubt, they will continue help our sorority grow. Congratulations to all the new members, vice-presidents, and older sisters on a job well done. Tau Beta Sigma could not continue to be what we are without each and every one of you.

With this coming semester, we will see chapters initiating more new members and what a great time to begin working on membership retention as well. We all know that as new members we new as much as we could about our sorority on a local, district, and national level. As time goes on though, we may tend to forget a few of those facts. Membership retention doesn't necessarily have to take hours of education, this can be done over a course of days, months, or a few sisterhood nights dedicated to bonding and retention. Here are a few ideas to get chapters started on ways to continue educating members:

- A Wava Reminder: At each meeting, bring back a few facts about our founder and the history of the sorority.
- Sisterhood Retention Night: Chapter members spend a night together and play games that correspond to our Purposes, Ideals, and the history of the chapter/sorority
- A Jeopardy Game: Dedicated to our sorority.
- Trivia: Post weekly trivia in an assigned place and the first people to answer receive a reward of some sort.

These are simply a few ways to begin membership retention in your chapter. I am sure other chapters in our district have many other ideas and I would love it if everyone could send those ideas to me. As the VPM of our district, I am trying to put together not only examples of membership education programs, but also examples of educational material, retention programs, and ways to help the members of our chapters. These will all be made available on our district website for everyone to look at.

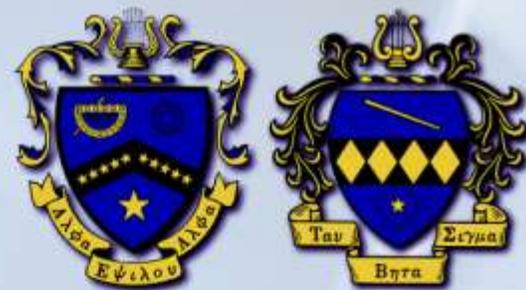
If you would ever have any questions that I can answer for you or would just like a person to talk to, I, as well as any of the other district officers are always available. Please don't hesitate to contact us. You can find our contact information on the MWD website under the 'Officers' tab.

Have a wonderful Fall Semester and an amazing break!

LITB,
Stacy Laue
MWD VPM
Tau Beta Sigma-Theta Mu
University of Nebraska at Kearney

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Letter from Sean Damon (MWD VP)

Brothers of the Midwest District,

I am hoping all of you had a great semester. I know mine was busy, fun, and stressful all rolled into one. That is the life of most college students is it not?

At this time I think a lot of you still do not know what I have been working on for you. I call it the MEP Database. (If you can come up with a better name email it to me and I'll consider it.) What I am hoping this will entail is many, if not all, of your chapter MEPs. The main idea behind this is I know a lot of you have great ideas that work really well in your chapters, and I want to be able to easily share those with everyone in the district. I know, as a past VP of Membership of my chapter, something like this would be extremely helpful. We are essentially teaching all of the same information, but what I want to see is the different approaches that every chapter has. This does not have to only be MEP material, but CMEP material as well. How do you make Membership Education and Continuing Membership Education fun in your chapter?

As of thus far in the year I have received one great MEP. This is not to say that the others were bad, but I haven't received in others. Thank you to Matthew Waldschmitt from Eta Pi. This one will be up on the website soon, and I hope it will be a good example for your VPM's of what I am looking for. Furthermore, I want this to be a resource that is open to any chapter, even outside of our district.

Along with all of this I want to stress that my main prerogative is to do everything that I can to help you as my district. If you have anything that I could possibly help you with please email me, and I would be honored to help you in any way that I can.

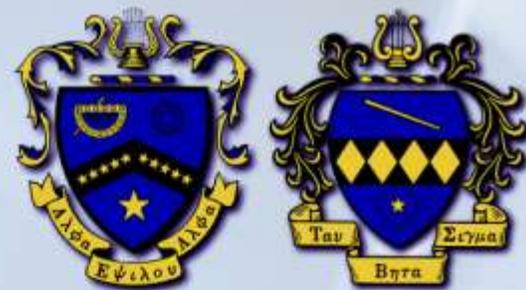
I hope that all of you have a wonderful Holiday Season and I look forward to seeing all of you at MWD Convention in Boulder, CO, if not before then.

AEA and ITB,
Sean Paul Damon
University of Northern Colorado
Kappa Kappa Psi – Alpha Theta
MWD VP, mwdvp@kkpsi.org

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Letter from Denali Alt (Governor, MWD)

There is a problem at the Zeta Zeta chapter. They do not know what to do about it. Where do they go? Whom do they ask? What do they do?

There are a multitude of resources out there to aid in the success of your chapter, however many chapters, officers, and members do not utilize these resources. There is no need to re-invent the wheel every year, why not use the resources provided and improve upon what is already there rather than start over and simply get to the same place the person before you made it to?

Let's talk about chapter resources. First of all, there are not enough chapters who utilize their sponsor or director of bands. They are a fantastic resource! Your chapter exists to serve their band program, which usually is their life, so why wouldn't they be interested in helping? Shouldn't your band director be involved in creating a vision and long-term goals for the chapter? Wouldn't they know best what the band needs?

Another resource at the chapter level would be alumni. Most likely they have been through what you are going through and since they were from the same chapter, they know the ins and outs of your band program. Build off of what they have done. Vice presidents, take the time to FIND their Membership Education Program and then make changes from there. Secretaries, take the time to FIND minutes from previous years as a model. Treasurers, take the time to FIND the budget from previous years and start from there. If you cannot find these things, ask around. It amazes me sometimes how hard we work to start from scratch instead of simply taking the time to FIND what was used before.

Let us now talk about the district level. I have been contacted TWICE this year about chapter issues. Does that mean that there were only two issues in the district? I think not! My job as governor is to help you, not to judge you. If you need help, please ask for it! If I don't know the answer, I will refer you to someone who does. Do not forget that you even have two governors!

Conventions, retreats, summits, etc. – no matter what you call them, I call them help. Send members to these. Go to everything you can! Take notes, and APPLY what you have learned in your chapter. I overheard someone saying at one point, "You can't do that! You stole it from Denali's workshop!" That was totally the point! Steal it! Use it! Contrary to popular belief, I do not give workshops just to hear myself talk!

District officers are also a valuable resource. Take your issues to the appropriate officer. If you do not get a response, bring it to me. I may be able to help with the problem and I will deal with the issue of officers not responding. I cannot help, though, if I do not know there is a problem.

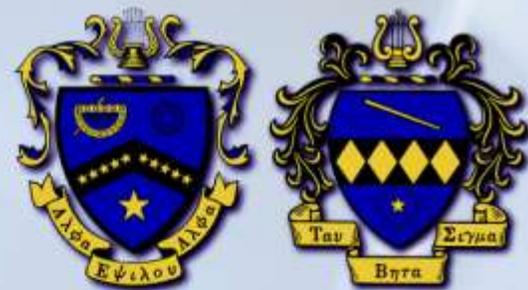
On the district level there are also other chapters. Attend a meeting somewhere else to see how efficiently (or perhaps inefficiently) they run meetings. Attend membership education classes and steal ideas. Read the Notes – find out what others are doing.

Now for the National Level. There are similar resources on the National Level that there are on the district level, simply on a larger scale. National officers, Conventions, Leadership Symposium, the Podium, are all simply the National

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versions of what we do on the district level (or maybe more properly stated, our district programs are an extension of these National ones).

In addition, there are resources online that can be of great help to chapters. At kkpsi.org, under the heading of “Chapter Resources,” there are 39 links! Everything from the Membership Education Teaching Manual to the graduating senior report, from the Chapter Historian Guide to online forums. Most questions can be answered here, you just need to look.

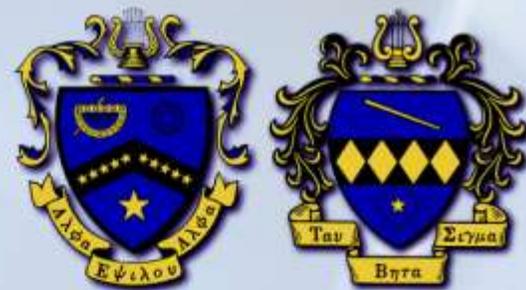
Now don’t misunderstand me. I am definitely NOT saying that you must do things “the way they have always been done.” Take what they have and build off of it. Modify it. Change it. Develop it. Improve it. I see too often chapters who create a new this or that EVERY YEAR!! That is time that could be better spent serving the bands.

Make the best out of your experience with Kappa Kappa Psi. Ask for help. Learn from others. Be the shining light in your chapter. Remember why we exist. Strive for the highest!

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Counselor's Corner

I Want to Pass It On...

By Wendy McCann
Tau Beta Sigma Midwest District Counselor

Flashback to just over twenty years ago (okay, so I don't really want to know that you weren't born then!), but for me, on March 5, 1989, I officially became a member of Tau Beta Sigma. I was initiated into the Tau Chapter at the University of Houston, along with five awesome ladies each of whom I am still proud to call "Sister." For me, the process of joining TBS was an amazing experience, and believe it or not, some lessons stick around for a while. I want to share one with you.

This is the Priority Pyramid.



My first lesson on the Priority Pyramid came alongside my lessons about the history of Tau Beta Sigma and the University of Houston Cougar Marching Band (Go COOGS!). The lesson began something like this: "What you see here is the Priority Pyramid. Use it as a guide in your life to help you better achieve your personal goals and serve your band and chapter."

The pyramid is structured such that one level supports the next. The larger the section of the pyramid, the higher the priority and the more emphasis you should place on that part of your life. In order for the upper levels of the pyramid to be successful, they must be supported by the lower ones. Notice that the largest portion of the pyramid is "Yourself" and the smallest is "TBS." Included in the level titled "Yourself" might be your family, friends and faith. "School" will eventually become "work" (as in a JOB - college really does come to an end someday!). Hopefully, band (of some sort - community band counts) and Tau Beta Sigma will always be a part of your life, even after graduation!

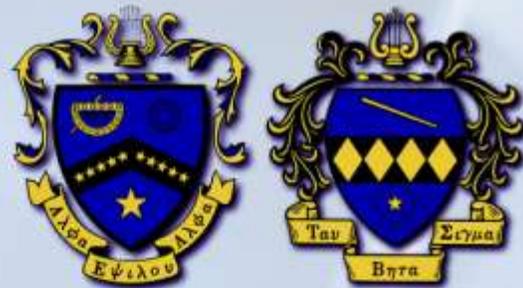
Of course it seems obvious to make yourself and your progress in school the top priorities in your life, but it is easy to lose sight of what is important. You must make sure that you are taking care of yourself, then you can do well in school, then you can perform well in band, and finally you can then work hard for TBS. If the pyramid is reversed and you are

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spending all of your time and energy on Tau Beta Sigma (or band), sooner or later the bottom will fall out and you will lose control! I remember times when I would have much preferred working on a service project or planning a TBS event over going to rehearsal, but if I thought about the Priority Pyramid, I would make sure that I was at rehearsal, paying attention and focused on the music (and drill if it was marching band). After all, without band, there would be no TBS, and without school/college, there would be no college band!

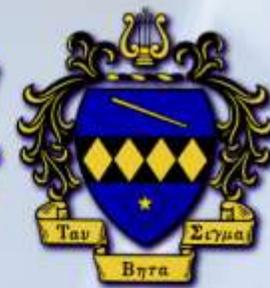
If you aren't being good to yourself, doing well in school, and performing your best in band, then our Sisterhood is being set up for failure. We all need to make sacrifices from time to time, by rescheduling, or planning ahead so we can make TBS succeed, but when you are in a crunch, always look to the pyramid for guidance. When you are faced with difficult decisions in setting your priorities, as you are almost everyday, looking to the Priority Pyramid for guidance will keep you on course so that you are able to work together "For Greater Bands."

Many thanks to the Tau Chapter of Tau Beta Sigma and its members for this life lesson. Thanks also to Chris Foster, TBS Southwest District President and fellow Life Member from the Tau Chapter for his help with this article!

Love in the Bond,
Wendy

Wendy McCann
TBS Midwest District Counselor
wmccann@tbsigma.org

P.S. Shameless plugs: Plan now to attend the Midwest District Convention! Bid for convention, *Midwest Notes* and Retreat! Run for office! But keep your life in perspective by using the Priority Pyramid as a guide!



The Traveling Sisterhood

It's almost winter break, and soon actives will be getting ready to head home for the holidays to spend time with their family. But does this mean you have to forget about or put on hold all things Tau Beta Sigma? Of course not! Here are some things you can do over the holidays to remember the Sisterhood:

- ★ Have a Secret Santa Sister party (this can be a joint event);
- ★ Put together a small ensemble to play Christmas tunes at places around campus;
- ★ Make candy grams for the professors and staff in your Music Department;
- ★ Help people move out of the dorms for the break;
- ★ Pick pen pals and send periodic emails/text messages to your pen pal over the break;
- ★ Plan a phone tree to make sure all actives in your chapter arrive home safely;
- ★ Send Christmas cards to chapters in your district;
- ★ Send e-Cards to Sisters and Brothers (no money spent on stamps!);
- ★ Join the TBS Student Chat on Monday December 21st (8pm CST);
- ★ When home, make a list of short term goals that you want your chapter to accomplish in the next 6 months to a year.

Wishing you all a safe Winter Break!

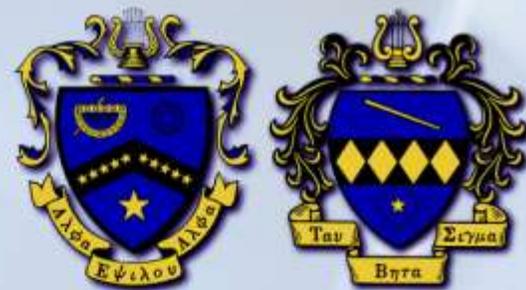
ITB,

Nicole Burdick
Tau Beta Sigma
National VPCR

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College Memories (Lauren Hellmuth, Tau Beta Sigma)

Weeks away from graduation, I've been revisiting some of my dearest college memories and not surprisingly, most of my favorite memories have stemmed from my time in the Iowa State University Cyclone Football "Varsity" Marching Band. From the first time I set foot in Music Hall at freshman orientation--scared to death that I would "bomb" my audition--to the final game of this season when I set foot on the field at Jack Trice Stadium for the last time as a member of the ISUCF"V"MB--music has played an integral part of shaping me into the person I am today.

Without music in my life, I would not have auditioned for the marching band, nor would I have been introduced to Tau Beta Sigma. The sorority has become a staple of my life at Iowa State and given me an extended family while I've been 300 miles from home.

In the beginning, I was the quiet freshman who came from out of state, and I was scared I wouldn't know anyone. Looking back, I realized we were all in that very same boat at some point in time. Each and every one of us experienced that first night in the recital hall, so full of nerves, awkward laughter, and bright smiles. That is exactly what brought us together as friends, and as one of the biggest teams on campus.

To have 350 people all working together in unison to produce a visual and musical performance, well, it wasn't until this very year that it truly dawned on me what a marvel marching bands are. I spent my time, as a staff member, on the sidelines or on a ladder conducting. In the past when I was a marcher, it was my job to be in my spot, play my music, and work with those around me to perfect our small portion of the whole show. By having to perfect many small sections and combine them into one outstanding form on the field, my eyes were opened this year, to the unbelievable wonder marching bands really are.

I had the opportunity to work with *the* band, not just one section, but all of them. Seeing how in synch we must be to, not just pull off a stellar show, but get to the stadium, and have everyone in their proper spots, it takes a huge amount of coordination behind the scenes--of which I was fortunate enough to be a part of.

Working closely with the six other individuals which comprised the student staff, I know I have made life long friends. We have been through the toughest--most grueling--days, and the brightest, best days *together*. We solved problems, we prevented problems from even happening at all, and we even took time to play laser tag!

Throughout my college career as an animal science major, I am proud to say my time here has been defined by my involvement with the music program at Iowa State University, and the people who have shared in the joys, the stresses, the rainy rehearsal days, and the laryngitis from game day shouting--all 350 of them! I can honestly say, that there is no place I'd rather be, than with the marching band.

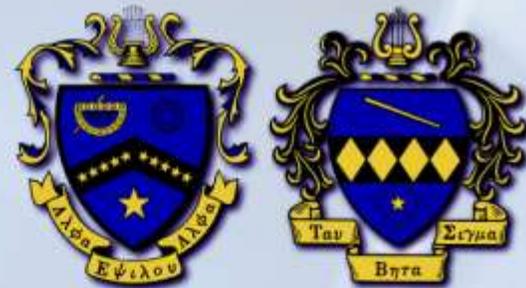
I could not have asked for a more rewarding venture in life. Marching band has been my class to look forward to every day during fall semester for the past four years, and now that I'm on my way into the "real world", I am glad to know that I will have the friendships that were forged in band and the memories to accompany them.

Lauren Hellmuth
Tau Beta Sigma
Theta Xi- Iowa State University
Xi Class 2005 (Life Member 2009)

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Leadership and Motivation

By Josh Larson, Kappa Kappa Psi – Iota Omega, Iowa State University

Within every organization, there tends to be driving force for member participation. Whether it's a common goal or a set of beliefs, each group has a set of factors that inspire its members to work together and accomplish something. Though different, each organization tends to share one thing in particular: a leader charged with inspiring his or her members to do their part. As a brother of the Iota Omega chapter of Kappa Kappa Psi, a brother of a social fraternity (Beta Theta Pi), and a member of other student organizations, I've noticed a number of positive and negative leadership traits that impact motivation within a group. The following are a few traits in particular – I hope you can apply these to your own life, wherever you may go:

Tone

As a leader of a group, you're expected to handle both successes and failures of your organization. It's important that, as a leader, you set a tone best relates to your members. For example, in my social fraternity, our president is very approachable, easy-going, and comical. I think this approach has been successful for a group that contains a lot of guys from different backgrounds and of distinct personalities. Our president has been always able to share successes and failures with the organization, and he's been able to hold members accountable for their actions. The fact that he's set a tone for our organization helps him do exactly what he needs to do as a leader.

Follow Through

On the Iowa State University campus, I serve as the general manager of a student-run television station. In regards to development as a group, the members of the station (which is run as a standard student organization) are not used to a structured system. I've been working to increase our awareness on campus and cover more content, and I've run into the problem of motivation on a couple occasions. One of those occasions involved getting people rounded up to film a story. There was a great story idea, and I'd told our members the great things about covering this story. But as the weeks went on, I became busy and personally less motivated to follow through with it. Because I stopped organizing the story, the other students involved just let it go, and it was forgotten about. I learned that it's important for a leader to follow through with motivational exercises, promises, and goals set by him or her in the beginning to create success.

Foster Brotherhood and Sisterhood

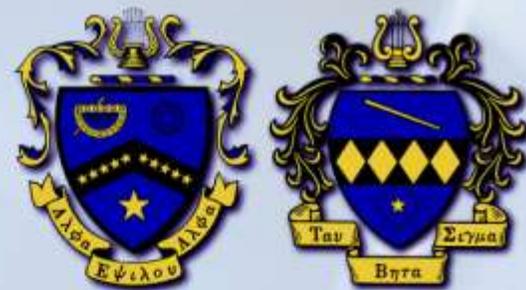
Brothers of Kappa Kappa Psi and sisters of Tau Beta Sigma put forth many hours of work each semester with no monetary payment. In fact, most are expected to pay dues for their membership. However, I've noticed that as a brother, I'm more motivated to work on a project if I'm doing it as a brother and not as an individual. Service projects and other events are both more meaningful and easier to accomplish when I feel like I'm living out the purposes of my organization with my fellow brothers and sisters. The leaders of my chapter have done a tremendous job of fostering a sense of closeness within our group, and I think it's safe to say that we all feel like a family when we meet. As a leader, it's important to keep your members comfortable with one another and to increase their bond with every project or goal that is carried out.

I hope my experiences can be beneficial to you in the future!

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What It Means To Be A Sister

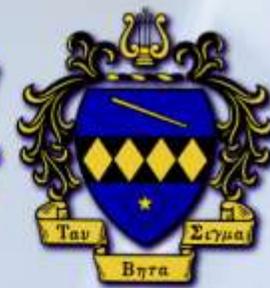
It's a pat on the back, a smile of encouragement, and a hug on a bad day. You can't see it, but you feel it a hundred times a day. It's someone to share with, to rejoice with, to cry with. Sisters are an important part of many women's lives. They are the relatives that you adopt for yourself to be with because when your biological family isn't near, regardless of a 3 mile separation or a 300 mile one, sometimes you need someone to lean on. And when your world seems to be crashing down around you, there is always someone there, willing to listen, and the love that binds us all together gives us the hope and courage that we're going to make it through no matter what happens because you have not only a friend, but a sister standing right there beside you, waiting to sit in the silence when you just need time for you. They are the mirror that shows you who you are when you forget and lose your way. They are also there, jumping up and down laughing, screaming, and crying with you when you get the letter that you have been accepted into your professional program. The hardest thing they go through is having to sit and watch you be in misery and pain and know that they can't make it disappear, because that's how important you are to them. Sticks and stones may break bones, but when pain is deeper than that, there is only so much they can do. But what they can do means so much more than most people think. A hug, smile, and sitting in silence at 3 o'clock in the morning helps more than they even know, but they do it anyway hoping that their efforts don't go to waste.

Recently, I underwent a fairly large surgical procedure on my right shoulder (I am right-hand dominant, by the way), in which the surgeon had to insert four anchors in my shoulder in order to reattach my labrum and bicep tendon. This surgery eliminated me from color guard for the remainder of the marching season. When I learned this, I was heartbroken, beat up, and, quite frankly, a mess. But, my sisters were there with hugs and words of encouragement, both before and after my surgery. In fact, it was my because of my sisters that I originally went to the doctor. They saw how miserable I was because of the pain and talked me into going to see a doctor. Following surgery, I received countless phone calls, texts, emails, and facebook messages offering get well soon's, I love yous, and words of encouragement from my sisters. My sisters have kept me going, driving me to doctor's appointments, therapy, waking me up every four hours to get me my medicine, and even cutting my meat when we go out to dinner. Where would I be without them?!?!?

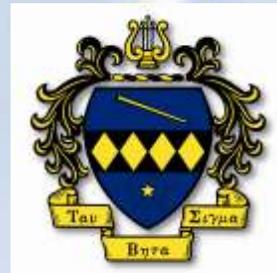
The Theta Mu chapter has officially gained four new sisters as of November 29. These new sisters are amazing and we welcome them into our sisterhood to experience, first hand, the bond that we all share. I hope they treasure the bond of sisterhood as much as many sisters before them have. It truly is a special gift!

My sisters are the best that anyone could possibly ask for! I am so appreciative of everything they have done for me and the sorority. Friends come and go, but sisters are the ones who stand by you when it's easier to walk away and are willing to put aside all your differences in life. I love my sisters more than words can express! Thank you all! The following quote is one of my favorites and truly makes me think of my sisters of Tau Beta Sigma every time I read it! "They are the family we choose to surround us, the sisters bound by love instead of blood. They know when we are lonely, and appear without being called. When we feel lost, they provide a living map to what comes next; when we doubt everything about ourselves, they remind us who we are." ~ Barbara Alpert

Jessica Merten, Corresponding Secretary
Theta Mu Chapter-Tau Beta Sigma
University of Nebraska-Kearney



Database Entry Donations



Help Us Preserve and Protect the History of Tau Beta Sigma!!!

As we move into a new Biennium, the Sorority strives to increase the use of technology for record keeping and historical preservation. Our current endeavor involves entering all of our membership information since our founding into a central database that will give the roster permanence and increased organization. **But we need your help!** Each chapter is being asked to contribute to the entry of their chapter's membership roster into the central database by making a **\$30** donation to the National Chapter. Your donation will also help Tau Beta Sigma in the realization of our goal to move towards a web-based system that was approved at this year's National Convention in the very near future as this data will already be electronic.

Make your Donation by March 31, 2010!

Contact Kathryn Garrett Kelly, MD, National Vice President for Special Projects, or Nicole Burdick, National Vice President for Communication and Recognition with questions or suggestions.