

### Public Speaking Workshop

Our PA Director, Kelly (Position Class), shared some great pointers for tackling public speaking. We learned how to practice and present, as well as how to overcome nervousness before a big presentation. It was a great workshop for conquering my fear of public speaking and giving me a confidence boost. With a practice, Kelly (Position Class)

### Yoga Class at the 3rd Edge

NO., took some time to relax and enjoy some each other at a weekend yoga class where we zen. It was a truly unique experience where we to practice both physical and mental balance and our sisters. Doing yoga with my sisters, we needed the food, so productive. It was challenging it was, the poses had the strength. With my friends made the food so good. It was a great start to my Saturday. 3rd Edge



### Strawberry Valley Food Bank

We're so thankful that our Natives love giving back to local College Station and Bryan communities. Thanks to our Director of Philanthropy, Michelle Long, we had the opportunity to work with the Strawberry Valley Food Bank, whom we frequently hold canned food drives for. It was extremely rewarding packing and organizing boxes of food with sisters knowing that those boxes will eventually go to local people and families in need.



# NOVA

## NOVA Omega Chapter's Day

January 1st was Omega's Day, celebrating 100 years since the first Kapa Omega Colony was founded in 2018. The first meeting consisted of just 10 girls out of the foundation of our amazing organization. Since then our chapter has grown tremendously, expanding to currently consisting of majors in 2020 and just 27 actives to over 36 majors, 14 actives and 50 alumnae currently in 2023. We love how much we've grown and can't wait to see how else we expand in the future.



The very first meeting for the Kapa Omega Colony



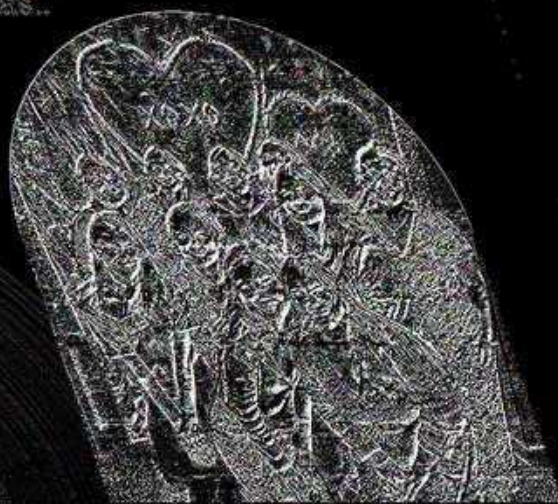
Official installation as an A.O.L. Chapter.



Initiation for our most recent candidate class, Ha...

## Galentine's with N.O.V.A.!

We had such a fun time with the Women in Consideration! We had snacks, crafts, and a bonding time with a bonding word a day.



"I had so much fun celebrating Galentine's with N.O.V.A. - everything was super well planned, and everyone was so welcoming and inclusive. Loved doing the 'build your dream boy' and craft 'NOVA' shirt" (-Ha Class)

## NOVA's 100th Anniversary

It wouldn't be a successful Omega Chapter without shared. During our visit to Kapa Omega, we had a bonding time with a bonding word a day and delicious sausage.

## NOVA's 100th Anniversary

Every spring, we hold funds for the sorority funds, and strong Kapa Omega - it's so much more than just a sorority, it's a community. We have a design in order to be more inclusive who wants to support for S.N.V. We check out grad's and who...



Jan - Feb 4 Weeks

Were so excited to celebrate another year with our sisters.

- 17: Bobbi Goodby (Epsilon Class)
- 18: Patricia O'Neil (Vota Class)
- 18: Kennedy Fresh (Vota Class)
- 18: Nancy Burkhardt (Vota Class)
- 18: Emily Wong (Vota Class)
- 122: Vickery DeVolo (Upsilon Class)
- 113: Agustina Wovoli (Delta Class)
- 217: Alex Harris (Upsilon Class)
- 218: Kerilyn Clark (Upsilon Class)
- 212a: Mariana Nunez (Vota Class)



Over 40 Wonderful Things to Do

Under the guidance and instruction of Angela Baker (Vota Class), we celebrated some wonderful occasions in the shades of "oyster", whites, and sand colors. The cookies were all really delicious, and we had a great time crocheting, no matter how slow. Want to try doing cookies at home? Follow the basic steps below with any design you may come up with.

- 1) Put food coloring and regular cookie frosting into bags and seal the top of the bag.
- 2) Choose your fill, color and outline the areas wanted to fill with regular frosting, then apply.
- 3) Press the outlined areas to the cookie and the cookies to seal, preparing for every color.

Crafting Ideas

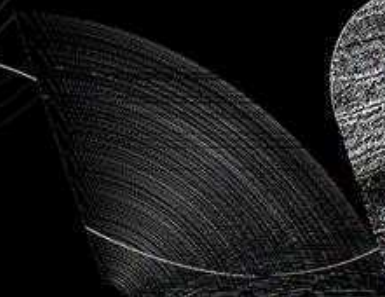
Crocheting for Fun

Lots of our sisters love crocheting games, so what better to craft than a bag for their coffee? Here's a step-by-step guide.

Materials Needed: Crochet Hook, Yarn (x2), Yarn Needle, Scissors (Optional: Embroidery



Decorations wanted, add the drawstring!



Create the bottom of the bag with a double-crochet ring.



Build up the sides of the bag with single-crochet rows.



Add any threads

group. Follow the pattern for items you need to understand the magic ring, chain 2, and double-crochet (dc). Start the bag off by creating a magic ring. Then you'll add rows to the body of the bag. Chain 2, then put 2 dc into the ring. Then you'll add the sides of the bag. Put the magic ring tight, then only 2 dc into the ring halfway around. Start chain 2, then dc of the second round. Then you'll add the top of the bag. Chain 2, then dc into the ring, then 1 dc into the ring. Then you'll add the top of the bag. Repeat rounds of 1 dc into the ring, then 2 dc into the ring (essentially starting a chain of 2 dc). Then you'll add the top of the bag. Cut the yarn off and close the bag. Sew in the ends of the hanging strings. To create the drawstring, create about 100 stitches as long as the length of your bag (in a row color if you so choose). Use a yarn needle to weave the drawstring through every stitch the way around the bag, then add the ends together as shown in the photo. Can be added using embroidery thread to sew them to the bag. Enjoy your



