

Pacers Game

What better way for Hoosiers to get together than by going to a basketball game? On January 13th ALDPES members went together to see the Indiana Pacers vs the Atlanta Hawks using ALD funds. The final score was 113-111 so we saw no win. That didn't stop some of our members from being extraordinarily loud though. Montana even won a shirt for being the loudest in our section!



Campus Center Tabling

We tabled several times in the Campus Center to get the word out about ALDPES around the time that we sent out invitations! Invitations went out to 901 superstar students who were eligible to join this year!



Paw's Pantry



Members spent a few weeks volunteering at our campus food pantry in the Campus Center organizing and stocking shelves. The pantry provides free food and toiletries for students and staff who are in need.



Invitation Packaging



Thanks to all of our hardworking officers, we managed to get our invitation mailing out to potential new members in ONE day – all 901 of them!

The packet includes a letter, FAQ handout, brochures, stickers, and bookmarks.



Pizzapalooza

We had our first of two Pizzapalooza info sessions on February 28th. We played some ALDPES bingo with prizes, gave a presentation about everything we do, and ate lots of pizza, of course!



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Pizzapalooza

We had another successful info session on March 1!



Ice Cream Social

On February 28th, our social committee hosted an ice cream social filled with flavorful options! Our members loved getting to know each other and having a great time with their favorite frozen flavor!





Bracelet Making

We had a great turnout for our bracelet-making event on March 23rd at the Campus Center. Thanks to our social committee who provided all of the supplies!

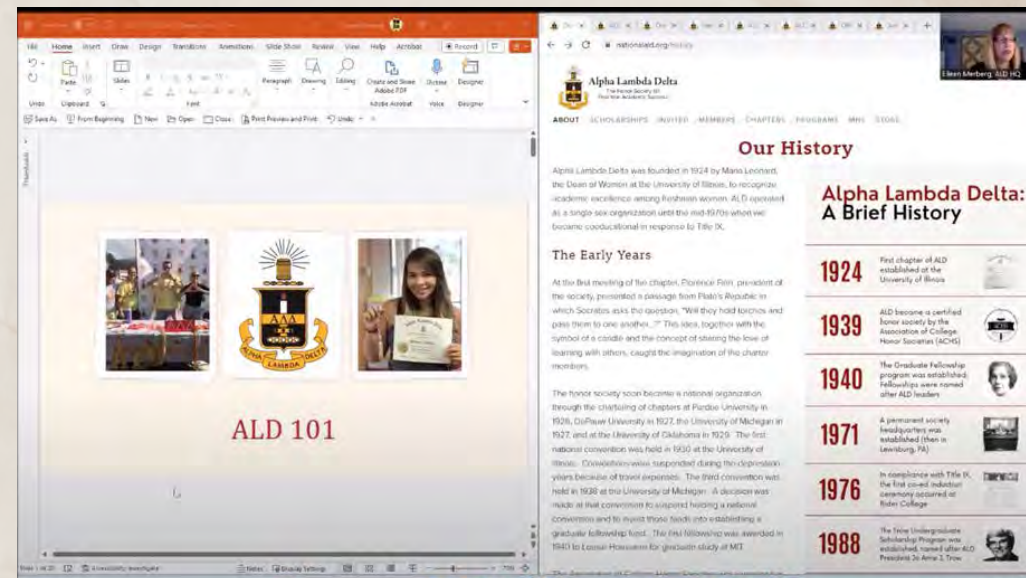


Spring ALD Leadership Summit

We had 24 members, mostly new officers, attend the spring leadership summit. Here are some of their thoughts about it:



Leslie Martinez: Attending the summit help me enhanced my knowledge of how to have a successful chapter here at IUPUI. I also learned a lot from the keynote speaker Scott Clewis. He taught us how to be resilient and fight cognitive distortions.



Carlet Pierre Louis: The main speaker reinvigorated my interest to one day pursue my JD. My dad was a lawyer and I always thought it would be an interesting career path, but I chose engineering instead. I realized that the way I am now, I can achieve a whole lot by being persistent with my life goals.



Reva Pettigrew: It was awesome to learn about how perseverance and optimism will help me throughout my academic and personal life.



Roxy Bewley: One thing I learned in the ALD Leadership Summit had to do with cognitive distortions and skills to help maximize my potential and success from Scott Clewis. Three of these skills included self-awareness, defeating cognitive distortions, and the optimistic explanatory style (with three dimensions - the "cause" of the event is permanent vs temporary, pervasive vs specific, and internal vs external).

Spring Involvement Expo



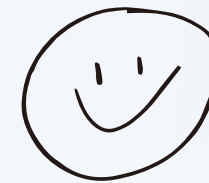
We spoke to a lot of potential new members at the Spring Involvement Expo on February 4 in the Campus Center!



ALDPES ~ ALDPES ~ ALDPES

Riverwalk Cleanup

Some of our new members joined us for our annual Riverwalk spring cleanup, picking up trash around the campus apartments and the White River.



Sam Strong

We made our annual donation to St. Jude in memory of former IUPUI student and ALDPES member, Sam Featherstone. We have donated to St. Jude every year since 2013. Sam passed away from brain cancer on January 2, 2013.

Thanks to all who contributed through purchasing items at our bake sale, getting henna tattoos, and making cards for the St. Jude kids. Our Samstrong Dance will be back next year!

SAMSTRONG WEEK

ALL PROCEEDS AND DONATIONS GO TO ST. JUDE'S CHILDREN HOSPITAL! PLEASE COME SUPPORT US!

MON - Bake sale! @ Campus Center 1:30 - 3:30
cookies - \$2
brownies - \$3

TUES - Henna tattoo! @ Campus Center 12:00 - 4:00
• \$3 starting price

WED - Card Making! @ library basement 11:00 - 4:00
• Free, materials provided.

THUR - Crochet Blankets! @ library basement 11:00 - 3:00
• Free, materials provided.

ALDPES ~ ALDPES

Sam Strong



Sam Strong

St. Jude Children's Research Hospital is always thankful for our donation in memory of Sam! We have donated almost \$16,000 since 2013.

Dear Friend,

Thank you, friend! On behalf of the children of St. Jude Children's Research Hospital, I send you my utmost gratitude for your gift of \$200 in March 2023. Generous gifts like yours do so much to help support our research and treatment for all the children who turn to us each year -- children like Alfredo, Twila and Yates.

Though St. Jude is a happy place filled with hope, one terrible thing connects all these precious girls and boys -- they are being treated for cancer or another life-threatening disease. These children were all referred to St. Jude. And once here, our doctors placed each one of them on a special treatment plan to give them hope for a second chance.

Because of generosity like yours, families never receive a bill from St. Jude for treatment, travel, housing or food -- so they can focus on helping their child live. St. Jude families are so grateful for friends like you who help make it all possible.

Your donation is truly a gift of hope for thousands of children around the world like Alfredo, Twila and Yates. On behalf of the children and families of St. Jude, thank you for your support. God bless your good heart.

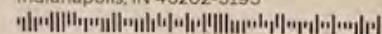
For the children,

Thank You for Your Gift to St. Jude Children's Research Hospital



I'm enclosing my extra gift of \$_____.
See reverse for card payment options.
Please visit stjude.org/joinus to donate online.

IUPUI ALPHA LAMBDA DELTA
755 W Michigan St # 0124f 016
Indianapolis, IN 46202-5195



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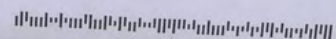
Our children thank you most of all.

BUSINESS REPLY MAIL
FIRST-CLASS MAIL PERMIT NO. 6375 MEMPHIS, TN

POSTAGE WILL BE PAID BY ADDRESSEE

ST JUDE CHILDREN'S RESEARCH HOSPITAL
PO BOX 50
MEMPHIS TN 38101-9929

NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES



2023 Certificate of Appreciation

Presented to:

Iupui Alpha Lambda Delta

In recognition of your 7 years of outstanding support in helping St. Jude Children's Research Hospital keep its promise to children and families battling cancer and other life-threatening diseases.

Presented with gratitude by:

Marlo Thomas
Marlo Thomas

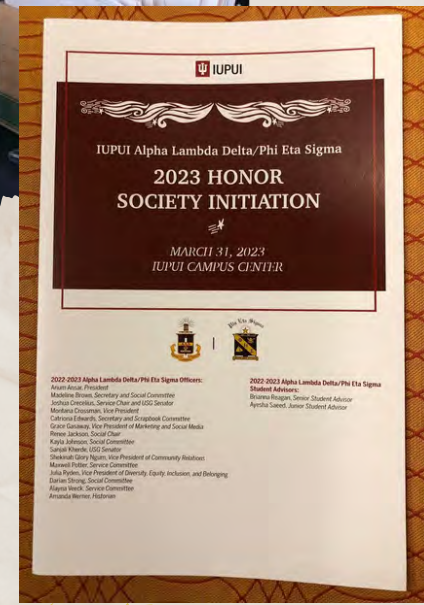
Warm
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Initiation



Our ALDPES initiation was back in person on March 31 with about 600 students and guests joining us for the special night. Our speaker, Professor Mike Polites, did a great job talking about "Your College Road Trip" and also became an honorary member. Our student speaker, Bri Reagan, shared with us her experience and the impact of being an ALDPES member. She received the Maria Leonard Senior Book Award, too! Each new initiate introduced themselves on stage during the ceremony by telling us their name, major, and hometown. The officers each received a framed certificate for their hard work and dedication.



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Initiation



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ALDPES Gear

ALDPES shirts are ready for pickup! If you ordered a shirt (or two or three), come on by the Honors College today until 5 or any day next week between 9 and 5. You'll be looking good in your new shirt!

ALDPES Shirt Order

NAME: _____
 EMAIL: _____
 PHONE: _____
 METHOD OF PAYMENT: CASH VENMO

Please circle your shirt color choice(s) and size(s). Sizes 2XL and 3XL are an additional \$3.

Short-Sleeve T-Shirt (\$12)

COLOR	SIZE
BLACK	S M L XL 2XL 3XL
CHARCOAL	S M L XL 2XL 3XL
HELICONIA (HOT PINK)	S M L XL 2XL 3XL
RED	S M L XL 2XL 3XL
CARDINAL RED	S M L XL 2XL 3XL
PURPLE	S M L XL 2XL 3XL
CAROLINA BLUE (LIGHT BLUE)	S M L XL 2XL 3XL
SAPPHIRE (BRIGHT BLUE)	S M L XL 2XL 3XL
ROYAL BLUE (COLTS BLUE)	S M L XL 2XL 3XL

Long-Sleeve T-Shirts (\$15)

COLOR	SIZE
BLACK	S M L XL 2XL 3XL
CHARCOAL	S M L XL 2XL 3XL
HELICONIA (HOT PINK)	S M L XL 2XL 3XL
RED	S M L XL 2XL 3XL
CARDINAL RED	S M L XL 2XL 3XL

Long-Sleeve T-Shirts continued

PURPLE	S M L XL 2XL 3XL
CAROLINA BLUE (LIGHT BLUE)	S M L XL 2XL 3XL
SAPPHIRE (BRIGHT BLUE)	S M L XL 2XL 3XL
ROYAL BLUE (COLTS BLUE)	S M L XL 2XL 3XL

Hoodies (\$30)

COLOR	SIZE
BLACK	S M L XL 2XL 3XL
CHARCOAL	S M L XL 2XL 3XL
RED	S M L XL 2XL 3XL
CARDINAL RED	S M L XL 2XL 3XL
PURPLE	S M L XL 2XL 3XL
CAROLINA BLUE (LIGHT BLUE)	S M L XL 2XL 3XL
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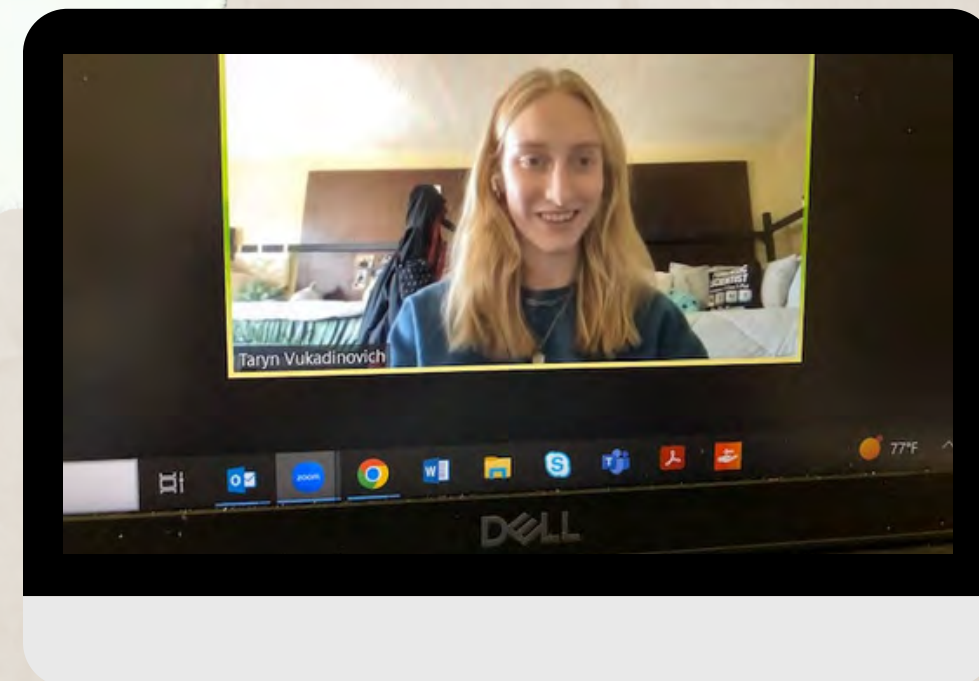
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Officer Interviews

April 11: We finished day 1 of officer interviews – 19 interviews back-to-back followed by 13 more on day 2 as well as a few on Zoom. We were thrilled to have so many wonderful applicants this year!



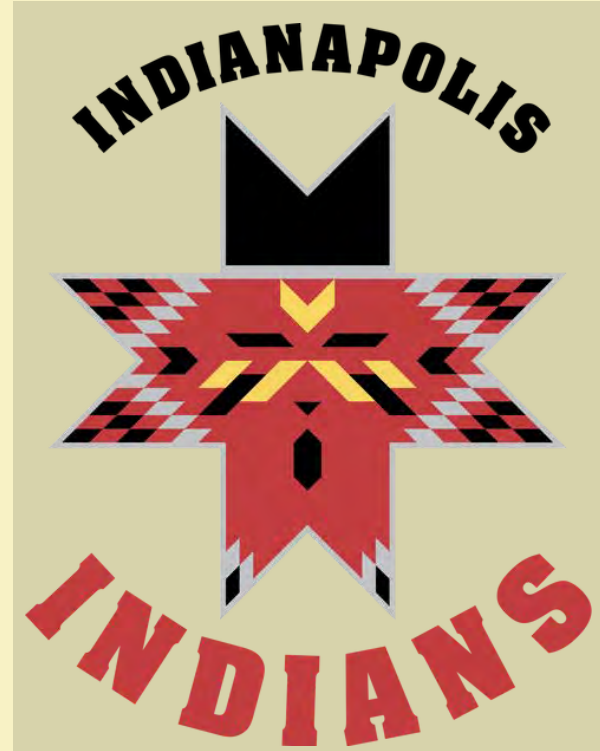
★ ★ New Officers Meeting

The old and new officers had a get-together on April 28 before the chapter's baseball game social outing to get to know each other and talk about the upcoming officer retreat at the beginning of fall semester. Princess Ayesha and Princess Ishita arrived after an Indy 500 Princess event, and Ayesha let Lisa borrow her crown for a minute! Anum brought Smarties for all of us. We are SO excited to have 30 new officers and 9 student advisors for the coming year! We're back in full force!



Baseball Game

Old and new members came together on a chilly evening to have fun at Victory Field to watch our minor league team play right after the first new officer meeting on April 28!



Officer Meetings

ALDPES Officer Meeting
Monday, October 31, 2022

- Geneva App (Grace)
 - New potential mode of communication
 - Have everyone download and join

- Recap and Reflection of October Events
 - Service Event (volunteering)
 - Social Event (pumpkin carving)

- Any comments on last member meeting?
 - How was the speaker?
 - How successful was the icebreaker?

- Holiday Project
 - December 3rd
 - 8 families

- PES Presentation
 - Conference overview
 - What was learned
 - Next steps
 - Any questions or suggestions

- ALD Presentation (Anum, Shekinah, Grace)
 - Conference overview
 - What was learned
 - Next steps
 - Any questions or suggestions

- Next member meeting
 - Date
 - Speaker
 - Any additional comments

- c. Only thing that might work is a QR code at events/ meetings that leads members to fill out a google form. Just need someone to manually enter the data, though
 - i. Need someone in charge of it and officers to have access to ALDPES google account for making the event google forms
- d. Another idea is members taking pictures of themselves at events but we still need someone to verify the information

- Also check into Madame Walker
- Points System
 - Try to create a quick draft together (Google doc?)
- Next Officer Meeting: Monday, October 31, 1 pm in UL 0110
- November 8 meeting
 - Icebreaker: Toss the Ball?
 - Still waiting to hear back from Pete Hunter about Top 100 Presentation

ALDPES Officer Meeting
Monday, September 26, 2022

- Evaluation of previous member meetings/events
 - What went well and what can be improved
 - Battleships
 - Regatta
- How's it going?
 - Does anyone need help or advice?
- October 4 Meeting
 - Speaker wants to go first: Aaron Hollis from the Career Center
 - Icebreaker: ALDPES Bingo with prizes
 - Committee Reports: Service, Social, USG
 - Next meeting November 8
- PES Philanthropy Project Donations
 - Competition among chapters with \$500 prize
 - We're all driving, so we can haul any donations that we receive.
 - Books (paperback and hardcover), stuffed animals, money, online wish list
- Links to ALD Leadership Summit recordings are attached
- ALD service project and ideas from Leadership Summit (Links to videos are attached)
 - Refugees
 - Afghan refugee presenter at ALD Leadership Summit recommended Bethany Christian Services
 - <https://bethany.org/resources-search?category=4c53mh6wm3gnk4g7cpw9f9hpc2&categoryName=Refugees&id=immigrants>
 - Watch parties
 - Something about refugees
 - Recordings of webinars or other informational videos
 - Passing out "You're A Smart Cookie" cookies with ALDPES label on them in the library, Campus Center, etc. during finals week
 - Google IUPUI ALD and see what you get. Would you be impressed as a potential member? What changes are needed?
- Submitted Campus Center request to hold initiation on Friday night, March 31 (only "weekend" date available in March and April other than spring break)
- Samstrong Date and Location

ALDPES Officer Meeting Agenda
Monday, September 12, 1-2 pm

- Evaluation of officer retreat and first member meeting
 - What went well and what can be improved
- Upcoming events – details
 - Tower Volunteer Fair: Wednesday, Sept. 28 from 7-8 pm
 - ALD and PES virtual events
 - Capture the Flag/Shrimp and Sardines
 - Battleships
 - Indy Half Marathon
 - Future Service and Social Events
- Better options than Google forms?
- Creating agendas for officer meetings and member meetings
- October Member Meeting
 - Tuesday, October 4, 5:30 in Lilly Auditorium
 - Icebreaker (ALDPES Bingo?)
 - Committee Reports – NEW info
 - Speaker
- Speaker for November Meeting
 - Top 100
- Next Officer Meeting
 - September 26 or October 31
- ALD and PES National Conferences
 - Organize transportation plans
 - Other details
- Room Reservations for Samstrong (April 15 with March 31 backup) and initiation (April 2 with April 1 backup)
- Planning for Samstrong
- Points System – ideas from ALD website and webinar
- Other items?

12/5/2022 Officer Meeting

1. January meeting
 - a. Unknown date. Need to look at the survey that was sent out on dates/times. Jan 16th MLK day, and we need officer meeting the week before.
 - b. Speech topic ideas: CAPS with stress management or karate/ self-defense intro class? Need an instructor... self-defense class instructor on campus?
 - c. Ice breaker: Kahoot or Quizizz with prizes... have teams to help people get to know each other. Must be with people they don't know or know one person?
 - d. Need social event report
 - e. Service committee: Exodus refugees. Volunteer every Friday 1-3 with group work for 4 weeks.
 - f. Talk about tabling since new member applications go out in January
2. RSVP for Pacer's Game.
 - a. Friday the 13th. need at least 10 drivers
 - b. 50 tickets reserved. Mid-balcony seats with food and hat that go with the tickets
 - c. Washington garage for parking about a block away and \$10
3. Initiation on March 31st: need a room for Samstrong but issues with scheduling rooms due to upcoming renovations
4. Donations for samstrong
 - a. Another service event for business donations for the auction. Baskets and individual items with low prices for bids. Gift cards and tickets were the common items
 - i. Names with contact info on Excel from previous donations and status on the donations
 - ii. QR code with live updates rather than writing down their names for both online and in person bids. Advertise the items on social.
 - b. Issue with number of officers to work on the event. If it doesn't work out, we should do something to save money for St. Jude donation
 - c. April after the initiation like the 15th
 - d. Scrapbook with storybook masquerade theme rather than fantasy
 - e. Snacks for the event. Usually have donations like Insomnia cookies, pizza, and Pepsi. Kroger has donated flowers before. Need to say what we're bringing to get around Chartwells.
 - f. Sell tickets before and at the door. Try Campus Center first with round tables before Tower ballroom. We need 9 rectangle tables with some outside for the auction and tickets
 - g. DJ Scotty Manners since he usually charges \$120 and someone taking photos or place for photos with props
5. Scavenger hunt point system update
 - a. Not free since we want to use it year-round
 - b. Issue with other programs like only 50 members or google spreadsheets with manual entries



Officer Meetings

ALDPES Officers' Meeting Agenda January 10, 2023

- January 17 Meeting Agenda
 - CAPS Speaker: Mental Health and Resiliency
 - Icebreaker: Kahoot?
 - Committee Reports
 - Plans for Spring 2023
 - ALD Scholarship Deadlines/Website
- February Meeting Plans
 - Icebreaker
 - Speaker (Self-Defense?)
- Initiation
 - Stuffing invitation packets
 - Event is Friday, March 31, in CE 450
 - Time reserved is 5-9 pm
 - All officers must attend
- ALD Scholarship Deadlines Approaching
 - Graduate Scholarship Deadline February 1
 - Apply directly on website; no limit
 - Stemler Study Abroad
 - For Summer 2023, Fall 2023, Spring 2024
 - Local deadline February 21
 - National Deadline March 1
 - We can submit two applicants

- Service and Social Committee Plans
- City BBQ Fundraiser?
- Samstrong?
- Scrapbook Update

ALDPES Officers' Meeting February 14, 2023

- Indians Game – April 28?
- Samstrong Week
- Plan for February 21 meeting
- Info Callout Sessions
 - February 28 and March 1, 5:30 pm in Lilly Auditorium
- March 31 Initiation
 - Speaker Mike Polites
 - Senior student speaker or commencement speaker
 - Who is graduating?
 - Time frame
 - Food
 - Names for programs
- Remaining service and social events
- Officer application and interview timeline
- End of year event with current and new officers
- Next meetings
 - Officers March 7
 - Members March 21
- The 2022-2023 Student Organization Awards nomination process is now open. The Student Organization Awards is a great opportunity for members of the IUPUI community to recognize the work that student organization leaders and advisors have contributed to campus. Nominations close on March 3, 2023 so make sure to apply before the deadline.



ALDPES Officer Meeting Agenda March 7, 2023

- March 21 member meeting:**
- Icebreaker
 - Committee Reports
 - Speaker – Which one from the Health and Wellness office?

Healthy Eating and Nutrition (50–75 minutes) – I called them, and they said they can cut it down to about 40 minutes if we want this one.

- Take a bite out of your college experience! This interactive presentation provides you with helpful tips and tricks on how to navigate both on- and off-campus dining. You'll also learn how to identify nutritious snacks and navigate the grocery store, and learn how healthy eating looks different for each person.

Know Your Student Wellness Benefits (15–20 minutes)

- Get a crash course in all things health and wellness related at IUPUI! This interactive presentation connects you with the Student Wellness Directory and gives an overview of all the resources available to IUPUI students, many of them free. You will also learn how to get involved in wellness programs and events so you can be JagWELL.

Initiation topics:

- Shirt Sale
- Decide roles: check-in tables, handing out programs, seat monitor for inside 450, first-floor greeters, shirt sale?
- Officers make packets week of March 27
- Make handout for upcoming events for packets
- Order reception food – what do we want? Budget is \$5000 – have to use Chartwells
- Update officer application and choose deadline and interview dates
- Recorded music – who is in charge?
- Update/Revise Powerpoint
- Update script and send to officers – Who will read the actual initiation part of the ceremony? Who will introduce Mike Polites?
- Make Mike Polites an honorary ALD member?

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Member Meetings

Our monthly member meetings always consist of an icebreaker to help members get to know each other, reports by committee chairs to keep everyone informed about upcoming activities, and a guest speaker who talks about a topic that will be of interest to everyone. This year's topics included how to get involved on campus, how to create a top-notch resume, how to prepare a winning Top 100 application, mental health and resiliency, an interactive self-defense presentation, and healthy eating and nutrition. And, of course, there's always pizza and drinks after the meetings!



Member Meetings

ALDPES Meeting Agenda
Tuesday, September 6, 2022

- Welcome! (Lisa)
 - Officer Introductions
 - Recap of previous year
- Opening Activity (Grace)
- Committee Reports (Anum and Montana)
 - Service Committee (Alayna and Josh)
 - ALD National Project: Refugees
 - PES National Project: 5K for 10K for Literacy
 - Battleships September 20
 - <https://forms.gle/rVnZg8Dq29iwRnNAZ>
 - Regatta September 24
 - Indy Half Marathon at Ft. Ben October 1
 - <https://beyondmonumental.volunteerlocal.com/volunteer/?id=63806>
 - Social Committee (Renee)
 - Scrapbook Committee (Julia)
- ALD Leadership Summit
 - Sunday, September 18, 4-7 pm
 - Register at <https://www.nationalald.org/summit>.
- Officer Panel: Get Involved on Campus
 - Anum, Alayna, Grace, Julia, Ayesha, Unnati, Bri, Sanjali, Shekinah
 - Members, what are you involved in that you'd like to share?
- Next Meeting
 - Tuesday, October 4, 5:30 pm in Lilly Auditorium



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ALDPES BINGO

Plans To Go To Med School	Favorite Food Is Pizza	Has Studied Abroad	Has A Tattoo	Is Taking More Than 18 Credit Hours
Has Never Skipped An IUPUI Class	Last Name Starts With "R"	Played Football or Basketball in High School	Is Not From Indiana	Has A Job On Campus
Plays The Guitar or Piano	Has Been Skydiving	Was In Marching Band in High School	Drives A Toyota	Was Or Is A Cheerleader
Has More Than One Car	Doesn't Have a Car	Has On A Blue Car	Watches "The Voice" on TV	Has More Than One Major

DAVID PÉREZ

Biography: David Pérez is a senior at Indiana University, majoring in Business Administration with a concentration in Finance. He is currently serving as the Treasurer for the Phi Epsilon Fraternity. David is also a member of the Phi Kappa Phi Honor Society and the Beta Beta Beta Honor Society. He has worked for the University of Indianapolis for three years and is currently a member of the Phi Epsilon Fraternity. David is also a member of the Phi Kappa Phi Honor Society and the Beta Beta Beta Honor Society.



ALDPES Meeting Agenda
October 4, 2022

- Guest Speaker: Aaron Hollis, Career Services (Lisa)
- ALDPES Bingo (Kayla)
- Regatta and Battleships Recap (Ayesha)
- Service Committee (Joshua)
 - Hauntless Halloween October 27-29 at Holiday Park
 - Sign up at <https://www.signupgenius.com/go/10C0E45A4AD2FA1FFC07-hauntless> AND <https://go.iu.edu/4zVo>.
 - Phi Eta Sigma Philanthropy Project
 - Drop off children's books (paperback and hardback) and stuffed animals at the Honors College front desk by Friday
 - Donate items to Children's Hospital of Alabama at <https://www.myregistry.com/organization/children-s-of-alabama-birmingham-al/1977879/giftlist?lang=en>
 - Winning chapter receives \$500
 - ALD National Service Project
 - Refugees
- Social Committee (Renee)
 - Pumpkin Carving and Painting
 - Wednesday, October 19, 6-8 pm in Campus Center 409
 - RSVP at <https://go.iu.edu/4AyT>
- Samstrong Dance (Anum)
 - Looking for silent auction donations
- Next Meeting November 8 (Anum)

Member Meetings



ALDPES Meeting Agenda November 8, 2022

- Opening Activity
- Social Committee Events
 - Cookie Making
 - Monday, November 14, 5:30-7 pm in UL 0110
 - Pacers Game
 - Friday, January 23, vs Atlanta Hawks
- Service Committee Events
 - Holiday Project Saturday, December 3
 - Watch for signup link
 - Shoppers meet at Campus Center at 10 am and carpool to Avon Walmart
 - Noodles lunch in UC 104 around noon
 - Wrap presents after lunch
- Phi Eta Sigma
 - Member of Distinction Program
 - <https://www.phietasigma.org/programs>
 - SK for 10K for Dolly Parton's Imagination Library
 - November 30 Deadline
 - <https://runsignup.com/Race/Info/AL/Tuscaloosa/PhiEtaSigmaVirtual5K>
 - Counts as 2 of the required 4 points to earn Member of Distinction status
 - Future with Phi Webinar
 - Thursday, November 17, 4:30 pm our time
 - Find the link at <https://www.phietasigma.org/programs>
- Watch for poll to choose spring semester meeting time
 - Next member meeting in mid-January
- Guest Speaker: Pete Hunter, Director of Operations and Annual Programs at IU Foundation, Top 100 Judge and Expert
 - How to Prepare A Winning Top 100 Application



ALDPES Member Meeting Agenda January 17, 2023

- Kahoot with prizes!
- Service Committee Report
 - Volunteering with Exodus Refugee Immigration Inc
 - Fridays: January 20, January 27, February 3, February 10 from 1-3 pm
 - Sign up at <https://www.signupgenius.com/go/10C0E4AAFA929A0FCC52-volunteering>
- Social Committee Report
 - 44 members attended the Pacers game last Friday
 - Ice Cream Social
 - Wednesday, January 25, 7-10 pm, Campus Center 309
 - Dine and Donate at Blaze Pizza TBD
- National ALD Scholarship Deadlines
 - 3.5 GPA Required
 - Stemler Study Abroad Scholarship
 - Study abroad Summer 2023, Fall 2023, Spring 2024
 - Apply online at <https://www.nationalald.org/stemlerapp> by local deadline of February 21
 - Graduate Scholarships
 - Attending graduate or professional school next fall
 - Apply by national deadline of February 1 at <https://www.nationalald.org/fellowshipapp>
- Phi Eta Sigma Upcoming Events
 - Become a Member of Distinction: <https://www.phietasigma.org/programs>
 - Chapter Operations 101 webinar on Tuesday, January 24, 1:30 pm
 - Register by Monday, January 23
 - <https://docs.google.com/forms/d/e/1FAIpQLsdDZCDdQibEAA0CHhUlcuxShLb-KsCBZCaaUGVZ5-MO2uOn9g/viewform>
 - Midwest Regional Workshop (Virtual): Thursday, February 9, 2-4 pm
 - Register by the deadline of Friday, February 3
 - https://phietasigma.iad1.qualtrics.com/jfe/form/SV_9ZBL6eRTa5se1TM?fbclid=IwAR0JWRnuQ6w2cy6bqP0kXudZ2mSc3l49HVOZYVMHFHnmgrikHXbeTfbNk
- Guest Speaker: Gillienne Boyd, Health and Wellness Promotion
 - Mental Health and Resiliency
- Next Meeting: Tuesday, February 21, 5 pm

Member Meetings



ALDPES Member Meeting
February 21, 2023

- Opening Activity
- Upcoming Events
 - Animal Shelter Volunteering
 - Ice Cream Social
 - Initiation Ceremony March 31
 - Indianapolis Indians Baseball Game April 28
- ALD Leadership Summit (Virtual)
 - Sunday, April 23, 4-7 pm
 - Register at www.nationalald.org/summit
- PES Member of Distinction Opportunities
 - March 3 Scholarships Webinar from 1:30-2:30
 - Watch email for link to register
- National Scholarship Deadlines
 - Alpha Lambda Delta Undergraduate Scholarships
 - Local deadline: Sunday, March 26
 - <https://www.nationalald.org/trowapp>
 - Only for members initiated in 2022
 - Phi Eta Sigma Undergraduate and Graduate Scholarships
 - National deadline May 1
 - Undergraduate open to all students who will be a sophomore, junior, or senior this fall
 - Graduate open to all students who will attend graduate or professional school this fall
 - Application opens on the national website April 1
- Self-Defense Presentation
 - Mike Foddrill, IUPUI Self-Defense instructor



ALDPES Meeting Agenda
March 21, 2023

- Opening Activity (Ayesha)
- Upcoming Service Events
 - Samstrong Week
 - Making cards for St. Jude kids tomorrow from 1-4 in UL 0110
 - Thursday: Crocheting Blankets from 11-3 in UL 0110
 - Volunteering at Paws Pantry in the Campus Center
 - March 30 and April 3 – watch for email link to sign up
- Upcoming Social Events
 - Making bracelets tomorrow night in CE 310
 - All supplies provided
 - Some snacks provided but bring your own snacks and drinks
 - Indianapolis Indians game Friday, April 28
 - Tickets provided
 - Watch for email link to sign up
- Other Events and Deadlines
 - PES Scholarship Q & A Webinar
 - Tuesday, March 28, 6 pm our time
 - Must register at <https://forms.gle/oa85zPePYijhxo8>
 - Scholarship application opens April 1; submission deadline in May 1
 - Initiation March 31 at 7 pm in CE 450ABC – 307 new members!
 - Let Lisa know if you'd like to volunteer between 5:30 and 9 pm (lruch@iupui.edu).
 - PES Member of Distinction Application Deadline is April 1:
 - <https://www.phietasigma.org/programs>
 - ALD Trow Undergraduate Deadline is April 1
 - Must have 3.5 GPA and have been initiated in 2022
 - <https://www.nationalald.org/trowapp>
 - ALD Online Leadership Summit Sunday, April 23, 4-7 pm
 - Register at <https://www.nationalald.org/summit>
 - Keynote Speaker is Scott Clewis; topic is building your resilience.
- Speaker
 - Ryan Anderson, IUPUI Office of Health and Wellness Promotion
 - Healthy Eating and Nutrition

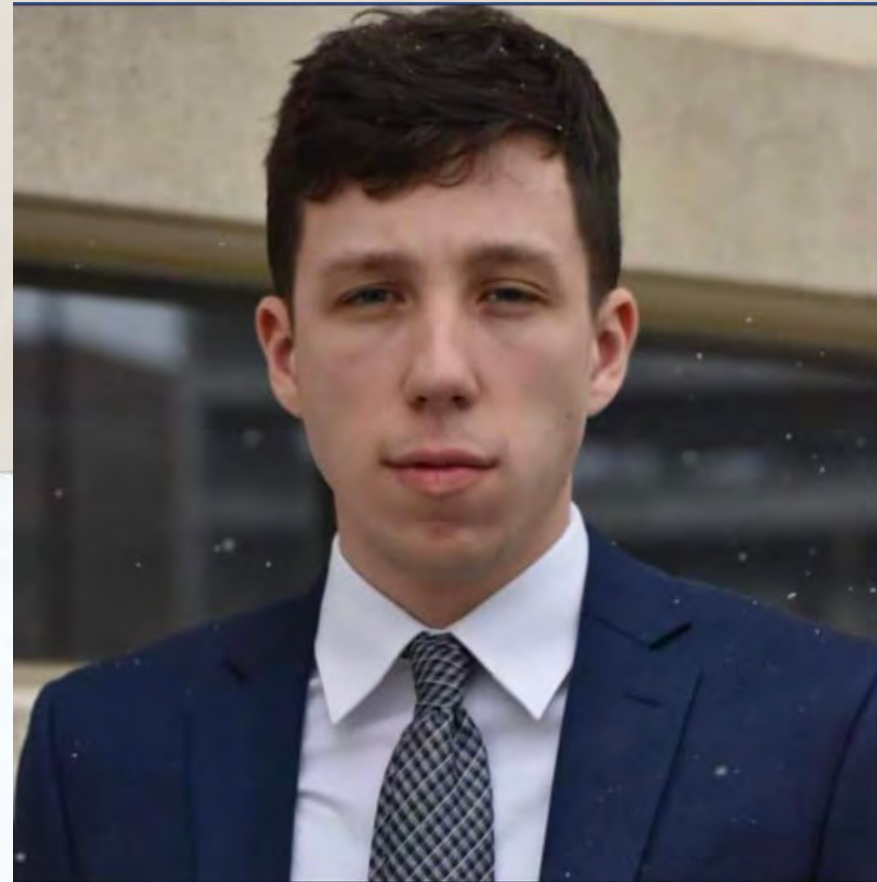


Scholarships



We have three members who were awarded graduate scholarships from National ALD! Congratulations to Ishita Bhedi, Olivia Hendzel, and Nicole Scheive!

Scholarships



ALD awards 50 Trow undergraduate scholarships each year. We had three winners, Mark Saad, Abby Henderson, Jacob Morgan. We had 5 National PES scholarship winners Faith Prochaska, Bri Reagan, Mark Saad, Payal Shah, and Jacob Morgan.



Wins and Gains

Phi Eta Sigma added two alumni members to the Board of Directors this year, and one of them is our very own Nicole Zellers!



Phi Eta Sigma Member of Distinction The 2023 Class

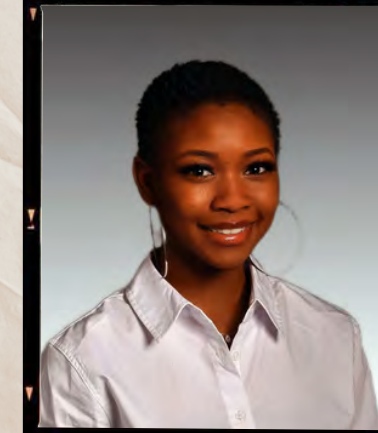
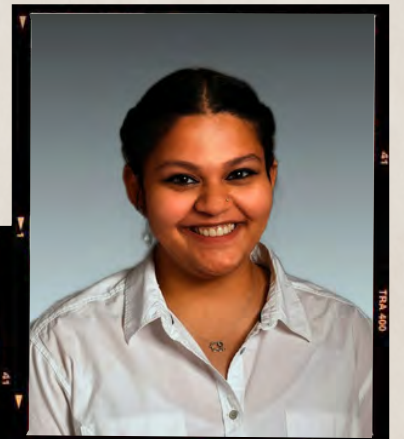
- | | |
|----------------------------------|------------------------------------|
| Sahar Abdullah | IUPUI |
| Marwa Abedrabbah | Syracuse University |
| Sarah Accius | University of Central Florida |
| Gabrielle Anagnostopoulos | Syracuse University |
| Ashley Anselmo | University of Central Florida |
| Breana Anselmo | University of Central Florida |
| Holly Brown | Furman University |
| Dakota Brown | University of Idaho |
| Joshua Crecelius | IUPUI |
| Montana Crossman | IUPUI |
| Dominique Donegan | McKendree University |
| Catriona Edwards | IUPUI |
| Jacob Foster | University of Central Florida |
| Sonia Halabi* | McKendree University |
| Elizabeth Herrman | Kansas State University |
| Kelsey Hollenbach | Moravian University |
| Lane Johnson-Martinez | Kansas State University |
| Colby Leandro | Mercyhurst University |
| Megan Lolley | University of Idaho |
| Isabella Marcon | University of Central Florida |
| Jordan McIntire | University of Central Florida |
| Quinlan Meeks | The University of Alabama |
| Jacob Morgan* | IUPUI |
| Emaan Mughal | New York Institute of Technology |
| Harikeshav Narayan | Indiana University |
| Ashni Patel | Otterbein University |
| Brianna Reagan* | IUPUI |
| Ayesha Saeed | IUPUI |
| Samantha Salisbury | Florida State University |
| Brendan Scott | The Catholic University of America |
| Stephanie Washburn | University of Central Florida |
| Jonathan Werger | Emory & Henry College |
| Diamond Whitley | University of Central Florida |
| Elizabeth Williams | University of Central Florida |

Congratulations to our 55 members who were honored at the IUPUI Top 100 Students celebration on April 14 at the Marriott! Among them were three of our officers, Ayesha Saeed, Unnati Nayak, and Bri Reagan. NINE of the Top 10 students were ALDPES members, and the #1 student, Rebekah Addison, was an ALDPES member! Congrats to all!!!

National Phi Eta Sigma announced the 2023 class of the Member of Distinction program in April for members who go above and beyond in their academics and extracurricular involvement. This year's class consists of thirty-four members, and SEVEN are from our IUPUI chapter!

Wins and Gains

We made the ALD national spotlight again!



The Phi Eta Sigma national office created new regional student leadership positions this year. Two of our officers were selected to lead the Midwest Region! Ayesha Saeed is the Student Regional Director of Philanthropy, and Montana Crossman is the Student Regional Director of Recruiting! Congratulations, Ayesha and Montana, on your new positions! You'll both be great!



Congratulations to IUPUI's four Indy 500 princesses, Ayesha Saeed, Ishita Bhedi, Jenna Nicodemus, and Faith Odiete! All four are ALDPES members (YAY!!!). Ayesha is currently a student advisor; Ishita was a former social chair.

Wins and Gains

We were the Club of the Week on the IUPUI Instagram account!



Cadee Thompson wears her winning IUPUI T-shirt at Indiana University



Alpha Lambda Delta's Ambassadors are a group of student leaders selected from applicants from around the country to help invited students better understand the benefits of joining ALD. Congratulations to our IUPUI chapter president, Anum Ansar, for being selected as one of eight ambassadors for this new program!

Congratulations to ALDPES member, Cadee Thompson, for winning the IUPUI T-shirt design contest! Three finalists were selected and put on a ballot on IUPUI's Instagram account, and Cadee's design received the most votes! Cadee, a Herron School art education major, received a \$250 gift card, and the shirt is sold at the campus bookstore.

Wins and Gains



Our badge for winning the ALD 2022 Maintaining the Flame Award arrived!



March 22, 2023, we celebrated 100 years of Phi Eta Sigma!

Graduation



It's graduation time! Bri is showing off her ALDPES graduation cords and her Maria Leonard Senior Book Award. Members have been picking up the cords they ordered at the front desk of the Honors College, including the officers who get the cords free of charge!

