

The Crescent

Spring 1984



*Gamma
Phi
Beta*



ΓΦΒ Magazine Agency

Magazine orders benefit all ΓΦΒ members through help in funding:

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- International Rush Consultants
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498	US Magazine (26 issues)	17.95
499	US News & World Report (22 issues)	14.97
522	Women's Sports (12 issues)	8.95
527	World Tennis (9 issues)	5.98

For more information contact: Julie Bean, Gamma Phi Beta Central Office, 7503 Marin Drive, Englewood, CO 80111

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if applicable

Prices good through August 31, 1984. Use separate sheet of paper for additional orders. Make checks payable to Gamma Phi Beta Magazine Agency.

Code No.	Magazine Selection	Dollar Amount Paid	Term	Check One	
				New	Ren
Total Amount Due		\$			

Send orders to: Julie Bean, Gamma Phi Beta Central Office, 7503 Marin Drive, Suite 178D, Englewood, CO 80111.



Spring 1984

Opinion

This issue launches a new look for THE CRESCENT. The reader will find new subject headings and a design which symbolizes Gamma Phi Beta's rich heritage and modern vitality.

That same vitality is demonstrated in the Sorority's outstanding expansion presentation and program developed by Director of Expansion Karen Wander Kline. Under her direction, Gamma Phi Beta is excelling in this era of Greek growth with seven colonies established since fall, 1982. The eighth, at the University of San Diego, will be colonized in March.

Gamma Phi Beta is fortunate to have the benefit of Karen's experience and expertise. Her dedication and commitment to the growth of the Sorority is a source of pride for every member.

We thank her.

Editor

Deadlines

Winter September 1
Spring December 1
Summer March 1
Fall June 1

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ON THE COVER

Melanie Goddard and Michelle Heinz are members of Beta Upsilon Chapter at Kansas State, where Michelle is Sigma Chi Sweetheart.

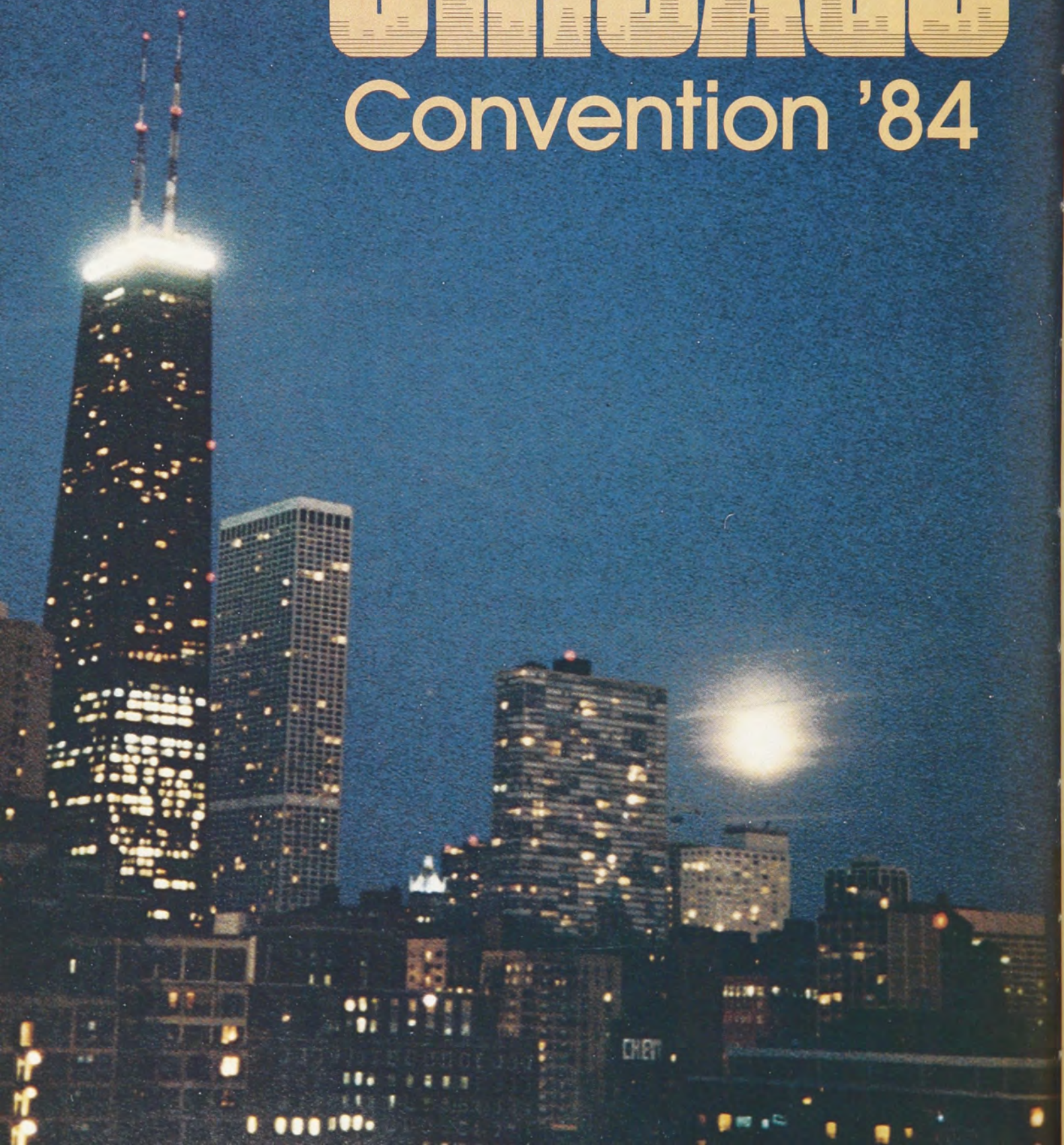
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ГФВ
CHICAGO
Convention '84



The 61st Gamma Phi Beta International Convention will be a celebration of sisterhood and the vitality of Chicago. From touchdown at O'Hare International Airport until the closing ceremonies of the Pink Carnation Banquet, delegates and other members will be welcomed to a "Gamma Phi Kind of Town."

The Convention Committee, led by Chairman Sally Erikson Lewis (Bradley) and Assistant Chairman Frances Rea Griffin (Texas), is in the final stages of planning an exciting meeting from July 31 to August 4. "We have many people working to be sure that everyone enjoys this Convention," said Sally. "We are enthusiastic about the hotel, luncheon and banquet themes, Play Day and the workshops being planned by Grand Council. We can hardly wait for members and pledges to begin arriving in Chicago."

The stunning Hyatt Regency O'Hare will be the headquarters hotel. Its gleaming mirrored columns rise at the four corners, enclosing a lofty 12 story atrium decorated with hanging philodendron and large ficus trees. The hotel provides spacious, sound-proof guest and meeting rooms, excellent restaurants and swimming and other recreational and exercise facilities under one glass roof.

"The Hyatt offers its guests free shuttle service to and from the airport, which is only a few minutes away," said Frances. "The hotel is also located just off Interstate Highways 294 and 90 for those who choose to drive."

This year's Play Day will be an excursion to downtown Chicago's Magnificent Mile. "We are going to let everyone choose for themselves," said Camille Cestone (Bowling Green), Play Day Chairman. "Besides wanting them to see our beautiful skyline, we feel Michigan Avenue offers a wonderful variety of activities." There are world class museums, famous Water Tower Place and other fine stores for shopping, excellent restaurants and hotel dining rooms for lunching, as well as the historic Water Tower and Water Works buildings for visiting. In the summer, boatrides on Lake Michigan are offered frequently. Visitors are also only a few blocks from the beautiful lakeshore and its many beaches, and The Loop with its unique elevated trains and the flagship Marshall Field and Carson Pirie Scott department stores on State Street.

The Convention Committee has planned luncheon and banquet themes featuring Chicago's skyline, Lake Michigan and Gamma Phi Beta traditions. There will



Assistant Convention Chairman Frances Rea Griffin and Convention Chairman Sally Erikson Lewis visit Pioneer Court on Michigan Avenue, a spot conventioners might see on Play Day.

also be a Unique Greek Boutique for conventioners to purchase Sorority merchandise.

Boutique Co-chairmen Gail Pludeman (Wisc.-Oshkosh) and Karen Henry (Wisc.-Milwaukee) are still accepting descriptions of or samples of items from alumnae and collegiate chapters. They approve the items to avoid duplication, but chapters may submit as many different articles as they can produce. For more information contact Gail at 5517 N. Bay Ridge, Whitefish Bay, WI 53217 or Karen at 7607 N. 50th St., Brown Deer, WI 53223.

Many workshops at Convention will focus on rush techniques. There will

also be sessions on financial planning, career networking, public relations, fund raising, the Sorority's camping philanthropy and parliamentary procedure.

Attire for Convention should include summer dresses for meetings, comfortable walking shoes for Play Day, nautical or boating clothes for the Confirmed Conventioneers dinner, and long or short formals for the Awards and Pink Carnation Banquets. In August, Chicago is usually very warm (high 80s to low 90s) during the day and cooler (70s) in the evenings. (More details on Convention clothes in the summer issue.)

Conventioneers should bring at least \$50 to cover breakfasts, lunch on Play Day and other incidental expenses, advised Sally Lewis. There are also \$3 to \$5 admission fees to museums and charges for boatrides.

In addition to her duties as Convention Chairman, Sally Lewis is an executive secretary at the regional headquarters of Merrill Lynch and has served Gamma Phi Beta in many capacities. This year she is also International Rush Consultant to Delta Xi Chapter. At the international level, she served as Public Relations Chairman for five years, Province V Collegiate Director for three years and was a member of the 1981-82 Pledge Committee, which developed the new manuals.

In the late 1970s, she was instrumental in reactivating the Chicago Alumnae Chapter, of which she now serves as corresponding secretary. She has been president of both Chicago and Fairfield County, Conn. Alumnae Chapters.

"Since Chicago is centrally located and is served by the most flights, trains and buses in the country," said Sally, "we know that there is easy access to the Convention. The Convention Committee sincerely hopes that you will choose to be in the Windy City when it becomes a 'Gamma Phi Kind of Town.'"

Gamma Phi Beta Kind of Town **CHICAGO** Convention '84



WHAT'S WHAT AT CONVENTION

Convention Dates

July 31 through August 4, 1984

Site

Hyatt Regency O'Hare Hotel
9300 West Bryn Mawr Avenue
River Road at Kennedy Expressway
Rosemont, Illinois 60018
312/696-1234

Transportation to Hotel From Airport

On arrival, look for Gamma Phi Beta greeters in the Courtesy Bus area outside the Baggage Claim Areas on the lower level of airport. Free courtesy van to hotel every fifteen minutes.

Who May Attend

Any Gamma Phi Beta is welcome and encouraged to attend.

Registration Fee

\$70 if paid before May 1

\$85 if paid after May 1

Registrations should be in Central Office by July 1.

Part-Time Registration Fee

\$20.00 per day

Hotel Rates

Single occupancy—\$50.00/per day

Double occupancy—\$25.00 per person/per day

Triple occupancy—\$21.00 per person/per day

Rates include tax, but do not include tips for baggage in or out, or maid service.

Convention Rates

These same rates will apply two days prior to and two days after Convention.

Other Expenses

Play day lunch and all breakfasts are your personal expense. Plan on at least \$50.00 for spending money.

Agenda

Continuing Education Units (CEUs), business meetings, workshops, "Unique Greek Boutique", Awards Banquet, Confirmed Conventioneers Dinner, Panhellenic Luncheon, scrapbook and newsletter competition, singing, skits, initiation, memorial service, Pink Carnation Banquet and FUN!

Play Day

On Thursday, conventioneers will have a choice of taking charter buses to downtown Chicago for shopping, lunch, sightseeing, etc. or relaxing around the pool at the hotel.

Check-in/Check-out

When checking into the hotel, you should be prepared to post cash or credit card. When checking out, you will be asked to pay for your room, and any personal charges; if attending at international sorority expense, you will be asked to pay only for your personal charges.

Dress

Meetings, Dinners, Lunches, Play Day—Street dress, casual dresses

Formal Banquets—Short or long formals

Confirmed Conventioneers Dinner—"Nautical" clothes (sportswear)

Badges

Badge must be worn in order to be admitted to business sessions. Convention name tags must also be worn at all times.

SEE SUMMER ISSUE FOR MORE COMPLETE
SCHEDULE AND WHAT TO WEAR.

Convention Registration Form
GAMMA PHI BETA INTERNATIONAL CONVENTION
HYATT REGENCY O'HARE—CHICAGO, ILLINOIS
July 31-August 4, 1984

By May 1, 1984, please return to Gamma Phi Beta Sorority, Inc., 7503 Marin Drive, Suite 178D, Englewood, Colorado 80111. A \$15.00 late fee will be charged for registrations received after May 1. After *July 1*, reservations will be accepted on the basis of availability. Full time participants should plan to arrive by 4 p.m. on Tuesday, July 31. Scheduled activities end after Saturday night banquet and reception, August 4.

A check for all applicable fees must accompany this form. The registration fee is non-refundable after July 6, 1984; meals are non-refundable after July 24, 1984. Make checks payable to: Gamma Phi Beta Sorority. All payments must be made in U.S. Funds.

NAME _____
last first maiden husband's

NAME PREFERRED ON NAME TAG _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE () _____

SUMMER ADDRESS (if different from home) _____

CITY _____ STATE _____ ZIP _____ PHONE () _____

Number of conventions attended, including 1984 _____ Gamma Phi Beta relative(s) attending this convention _____

REGISTRATION AND MEALS

Complete one:

1. COLLEGIANS AUTHORIZED TO ATTEND AT INTERNATIONAL SORORITY EXPENSE:

registration fee \$70.00 \$ _____

2. ALL OTHER FULL TIME PARTICIPANTS:

registration fee (includes convention kit) \$70.00

meals (lunches and dinners only) \$172.00

TOTAL REMITTED \$242.00 \$ _____

3. PART-TIME PARTICIPANTS:

registration fee (includes convention kit) \$20.00 per day

(no fee for Tuesday, 7/31)

Wednesday 8/1 _____ Thursday 8/2 _____ Friday 8/3 _____ Saturday 8/4 _____

Total part-time registration fee \$ _____

Tuesday 7/31	6:00 p.m.	Welcome Dinner	\$26.00	\$ _____
Wednesday 8/1	12:00 noon	Panhellenic Luncheon	\$15.00	\$ _____
	7:00 p.m.	Foundation Dinner	\$24.00	\$ _____
Thursday 8/2	6:00 p.m.	Awards Banquet	\$22.00	\$ _____
Friday 8/3	10:30 a.m.	Expansion Brunch	\$15.00	\$ _____
	7:00 p.m.	Confirmed Conventioneer		
		Dinner	\$20.00	\$ _____
Saturday 8/4	12:00 noon	Legacy Luncheon	\$15.00	\$ _____
	7:00 p.m.	Pink Carnation Banquet	\$35.00	\$ _____

Total Meals \$ _____

TOTAL REMITTED (including registration fee) \$ _____

NAME _____
Last First

COLLEGIANS

Chapter _____

Delegate _____ Alternate _____ Visitor _____

Chapter Office _____

ALUMNAE

Alumnae Chapter _____

Delegate _____ Alternate _____ Visitor _____

Advisor _____ International Officer _____

Honor Roll _____ Carnation Award _____

Collegiate Chapter _____

HOTEL AND TRAVEL

Complete One:

1. COLLEGIANS AND INTERNATIONAL OFFICERS ATTENDING AT INTERNATIONAL SORORITY EXPENSE

TRAVEL I plan to fly _____ Arrival date: _____ Time: _____

Departure Date: _____ Time: _____

United Airlines is our official 1984 Convention carrier. Make your flight arrangements by calling **(800) 521-4041** (toll free). You must give the Gamma Phi Beta account number—**8416**—when making your reservation! OR, give these instructions to your travel agent.

I plan to drive _____ Arrival Date: _____ Time: _____

Departure Date: _____ Time: _____

Approximate Mileage: _____

COACH AIR FARE OR 20 CENTS PER MILE WILL BE PAID.

HOTEL Hotel reservations and roommate assignments will be made by Central Office. *(Do not fill out hotel reservations portion of this form.) Personal expenses must be paid to hotel at time of check-out.*

2. ALL OTHER FULL-TIME AND PART-TIME PARTICIPANTS

TRAVEL Please make your own travel arrangements. You will receive the special 1984 Convention air fare rate by calling our official carrier, United Airlines' toll free number, **(800) 521-4041**, and using the Gamma Phi Beta account number—**8416**. OR, give these instructions to your travel agent.

HOTEL Please make hotel reservations below:

I plan to stay at the hotel _____ / _____
yes no

Hyatt Regency O'Hare Hotel Reservations:

Arrival Date: _____ Time: _____

Departure Date: _____ Time: _____ (Check-out is 12 noon.)

Accommodations desired: (prices are *per person, per day*, and payable to hotel at check-out time.) REMINDER: *Do not pay until check-out!*

Single \$50.00/per day

Double or Twin \$25.00/per day

Triple (2 double beds) \$21.00/per day

Please assign me a roommate: Yes _____ No _____

Non-smoker preferred: Yes _____ No _____

Roommate preference: List names of desired roommates (please mail forms together). Every attempt will be made to satisfy your roommate request. If arrival and departure dates differ, you are responsible for the increased room rate.

1. _____

2. _____

3. _____

THERE WILL BE NO ROOM CHANGES ONCE RESERVATIONS ARE CONFIRMED.

Careers: Focus on your future

Have you ever wondered where you will go with your college education after graduation? Or thought about returning to the hallowed halls of higher education for an advanced degree? Are you concerned about returning to a career and debating which field to pursue? Here are ideas and resources you can use to help in steering a clear course to your future.

It used to start with the SAT scores. You would find yourself ranked in a certain percentile, thereby forecasting your success in the future. Recent studies on the SAT have shown that it is not the percentile indicator that predicts future achievements, but rather past grades and involvement in extracurricular activities that mirror future accomplishments. In other words, chances are that a high achiever who has also found outlets for development of social skills, will most likely be able to better succeed in future endeavors.

Articles prevalent in business magazines today reflect this information while adding yet another dimension. Innovations and changes in our social, professional and personal environments require that the successful person will show a good ability to learn coupled with human interaction skills, and an ability to change with the times. And because constant change requires continuous learning and exposure to new experiences, the cycle repeats itself. The bottom line is to keep current with the times.

How do you go about doing this? There are three essential elements to focusing on your future.

Plan

Before deciding on a major or signing up for a class, plan where you expect to be in the next five to 10 years. Focus on the big picture and then break it down into small pieces. Like a puzzle, visualize what you hope to accomplish and then seek out the pieces to put it all together.

In planning, you should make use of all available resources. Talk with people in fields that interest you. Speak with the career planning and placement staff at the local college or community college. Where do they see needs in future positions?

Keep a notebook of who you talk with, what their impressions are, what they recommend. Then read. Everything. Much is being written today regarding the employment picture of the future. Read those

books and articles that address areas of interest to you and note your ideas in the same notebook. When possible, attend meetings or seminars where similar interests and ideas are being discussed. There are numerous professional and informal organizations that sponsor just such information sharing meetings. Network.

Analyze

Given the information you've gathered, take time to reflect on your needs and interests. Ask yourself questions such as, "What motivates me?". Whether it be money, pleasant surroundings, meaningful work or ability to advance, these things are critical to your career selection and future success.

Most employers today and in the future will be looking for applicants and employees who show strong analytic, expressive, communicative and computational skills. So says a recent study published by the Bureau of Labor Statistics. Consider your own strengths in these areas. How do you make decisions? Do you like working with and resolving problems? Are your written and oral communication skills up to par? How do you plan and organize your time?

Once you have analyzed your particular strengths and weaknesses, you're ready for the third and final step.

Act

If your communication skills are lacking, take a course or enroll in a program that will enhance these skills. Join the local Toastmistress organization. Take an active role in Gamma Phi Beta leadership. Sign up for committee positions with community groups which will require you to make presentations.

Challenge your awareness and realize there is no field, no opportunity, you cannot undertake. Develop a future based on what you know about yourself and what you know about the needs of your chosen profession. The resulting marriage will undoubtedly be firm and long lasting. Yet remember that change will remain your byword if you are to keep your future course steady.

Ed. Note: Karen Hedine is corporate personnel supervisor for data processing for Safeco Corp., Seattle, Wash., and Gamma Phi Beta International Ritual Chairman.



Delta Psi Chapter was installed November 19, 1983, the same day these charter members were initiated.

Gamma Phi Beta installs its 119th chapter at Santa Barbara

From its April colonization, Delta Psi Chapter has excelled and become an outstanding addition to Gamma Phi Beta and the University of California-Santa Barbara campus.

One week after pledging, the colony participated in the intersorority volleyball tournament, winning its round. And a successful first rush the next fall saw the addition of 34 pledges (one over quota).

A food drive for the needy and PACE programs on scholarship, campus issues and effective communication all contributed to colony members' knowledge and support of Gamma Phi Beta ideals. Barbeques, movies and theme and fraternity parties were some of the colony's social events. Big and little sisters were revealed on Halloween and a campus open house was held at the new chapter house.

All of these activities led up to a long awaited installation weekend held at the convention center of the Miramar Hotel in Santa Barbara. The days of love, labor, learning and loyalty, firesides, secret sisters, gifts and notes contributed to a memorable Inspiration Week in final preparation for initiation on the afternoon of November 29, 1983.

Charter members of Delta Psi Chapter were initiated under the direction of Assistant International Ritual Chairman Cindy Anderson (Oregon St.). Members of Delta Delta Chapter at California State-Fullerton conducted the initiation and model chapter meeting. Collegians from California State-Long Beach, California State-Bakersfield and San Diego State were among the guests.

Province XVIb Collegiate Director Cheri Lamont

Brumleu (USC) served as mistress of ceremonies for the installation banquet held that evening. Greek Affairs Advisor Barbara Deutsch welcomed the chapter on behalf of Panhellenic, and Alumna Advisor Lois Kirchner Abbott (San Jose St.) thanked everyone who had worked with the colony.

Chapter members received handmade gifts from Expansion Supervisor Erin Oates (Arizona) and pink carnations from the Santa Barbara Alumnae Chapter. Chapter gifts presented that evening were a gold wall clock from the colony, a book from Erin Oates, a framed print from the alumnae chapter, two silver trays from the province and an engraved silver punch bowl and ladle from the Sorority.

Kim Eichorn was named the outstanding pledge in recognition of her service as colony membership chairman. Chapter advisors and Erin Oates were rec-



President Brooke Bailey receives the Delta Psi charter from Grand President Ann Mullen Bronsing.

ognized for their service with gifts from chapter members.

President Brooke Bailey received the president's badge from Cheri Brumleu and accepted the Delta Psi charter from Grand President Ann Mullen Bronsing (Indiana St.).

Other Gamma Phi Betas in attendance were Province XVI Alumnae Director Susan Jacobsen Rose (UCLA), Province XVIa Collegiate Director Judi Nesbitt Abbott (Cal. St.-Long Beach) and former Expansion Supervisor Barbara Hurt (Kearney St.).

Charter members are Nidette Aquio, Robin Arbuckle, Brooke Bailey, Michelle Bean, Daphne



Expansion Supervisor Erin Oates (right) congratulates Kim Eichorn, who was named the outstanding pledge.

Blumin, Michele Grommel, Becky Certeza, Julie Daniels, Mimi Edwards, Kim Eichorn, Cindy Gandy, Dayle Gillepsie, Lauren Graber, Kay Hall, Kathryn Holden, Eileen Jackson, Valerie Johnson, Chris Judas, Catharine Kleiman, Karen Kuckuck, Cyndy Landis, Jennifer Laumann, Kimberly Lotak, Denise McGovney, Krista Morris, Sheila Newell, Melissa O'Farrell, Marie Olson, Linda Paoli, Carol Pelescak, Carol Rhodes, Dana Rikimaru, Sue Rodriguez, Annie Sanders, Jane Sheer, Molly Smith, Sabrina Smith, Sherolyn Smith, Susan Stewart, Laurie Sweet, Cindy Tade, Patty Vallette, Robin Vogel, Lisa Weingard, Beth Wilson, Janis Yuen and Andrea Zander.



Director of Expansion Karen Wander Kline presents the Sorority gift to President Brooke Bailey.

California innkeepers are in keeping with tradition and style

Maybe you haven't heard of Healdsburg, Cal. (pop. 7,217), but two Gamma Phi Betas have managed three of the five inns there and report enthusiastically of the beautiful Sonoma County wine region and their novice days as innkeepers.

Tracy Logan (California) moved to Healdsburg in 1982 to manage and innkeep the Grapeleaf Inn where she lived and "did it all—chief cook, laundress, housekeeper, wine buyer, hostess and tour guide."

The Grapeleaf Inn is a Queen Anne style "Victorian home away from home," that has been restored and decorated to reflect the turn of the century while providing modern conveniences for guests. Since wine is the product of the region—especially that of the Russian River Valley—a sample of the county's wine is poured in the afternoon in the front parlor or on the veranda surrounded by the Victorian garden with old fashioned flowerbeds and walkways. Tracy said that a complete breakfast featuring special egg dishes and coffee cakes is served at this bed and breakfast inn.

She took her experience at Grapeleaf to work as restaurant hostess and assistant to John and Carol Muir at Madrona Manor, a majestic three-story mansion on eight acres of wooded and landscaped grounds. It was built in 1881 as a summer home and weekend retreat by wealthy San Francisco businessman John Paxton. Many of the 17 rooms and five suites in the hotel/restaurant contain antique furni-

ture and Persian carpets, and the carriage house is furnished and decorated throughout with handcarved rosewood.

On the move again, though still in Healdsburg, Tracy is now wine buyer and "bartender" for a cafe on the town's main square where she is in complete charge of the wine list. Her most recent accomplishment, however came about because of her special love of voice and theater. While she played the role of Princess Winnifred in a local production of "Once



The ongoing renovation of the Camellia Inn is a project for Del and Ray Lewand and family.


Camellia Inn



Upon A Mattress," she fell in love with her "prince charming" and became engaged to Peter Immordino.

Del Pierce Lewand (UCLA) and her husband Ray own and innkeep Camellia Inn, built in 1869 as the home of Ransom Powell. Before its career as an inn, the Italianate Victorian townhouse that still has all its original features to delight architectural buffs was home, office and Healdsburg's first hospital when Dr. J. W. Seawall occupied it in 1892. Luther Burbank was a family friend, Del wrote, and many of the 30 different varieties of camellias on the grounds are attributed to him.

"Ray and I decided we wanted to move to this area about five years ago, and after a trip to Europe we realized that a bed and breakfast inn would enable us to make the move and maintain ourselves. We looked for three years for the 'right' property."

"We are still in the process of restoring," Del added, noting that one room at a time is slow going but worth the effort as business has picked up to the point where she needs to hire one, and possibly two maids. It's been a family project as her three grown daughters have all pitched in. Her complimentary breakfast includes fresh fruit, soft-boiled eggs, freshly baked rolls and bread with homemade jam, Viennese coffee and tea served buffet style in the main dining room which is graced with a massive handcarved mahogany mantle.

Wine is served from crystal decanters in the afternoon at Camellia Inn in front of the twin white marble fireplaces of the double parlors or on the terrace of the villa styled swimming pool. Del also prepares gourmet picnic baskets and caters continental meals.



Tracy Logan managed the Grapeleaf Inn with the help of Bibbur the cat.



Guests at Camellia Inn are greeted with fresh flowers and complimentary wine in six spacious bedrooms named for camellia species: Firelight, Royalty, Moonglow, Demi-tasse and Tiffany. Some rooms contain family memorabilia. For example, Firelight features Del's grandfather's shaving mirror and the white iron double bed in Demi-tasse is covered with a handmade crocheted bedspread that has been in the family for years. Tiffany, named in honor of Del's aunt, Aletheia C. Brown, noted Michigan nature artist who spent a year constructing a stained glass window under Louis Tiffany's direction, contains many of Mrs. Brown's watercolors. Other rooms boast antique armoires, oak mantles, brass fixtures, a massive maple testered bedstead imported from an ancient Scottish castle and marble topped dressers.

Both Tracy and Del are proud of their adopted town, an hour's drive north of San Francisco in a county of rolling hills reminiscent of the French wine countryside. Visitors will be charmed with scenery punctuated by whitewashed farmhouses, grazing dairy cattle, orchards and vineyards. As innkeepers Tracy and Del extend the hospitality of the region.



Anorexia Nervosa Bulimia

Eating disorders: Not a lack of self control,
but control of distorted self

Ed. Note: Camille Cestone attended a workshop conducted by the National Association of Anorexia Nervosa and Associated Disorders and has done extensive study on eating disorders in conjunction with the preparation of PACE Packet #2, which was sent to all Gamma Phi Beta collegiate chapters.

Anorexia nervosa. Bulimia. Many of us have heard about these disorders through the media, but are not exactly sure what they are. What causes them? How are they treated? Who is affected? What are the symptoms? What do you do if you know someone who seems to be getting thinner and thinner for no apparent reason?

There are many myths surrounding anorexia nervosa and bulimia, so let's start with a clear definition. Both of these illnesses are eating disorders that make people starve, purge themselves or vomit because they think they are fat.

Control is at the center of an eating disorder. The symptoms of food obsession—binging, vomiting, self-starvation and purging—illustrate the victim's psychological need to control her life. It must be emphasized that anorexia nervosa and bulimia are psychological disorders with physical symptoms.

A major principle basic to the understanding of an eating disorder is to recognize that food is not the issue! Many families spend weeks and months fighting with an affected family member about eating, which only aggravates or intensifies the victim's struggle for control. Because an eating disorder is, in fact, an internal struggle for control of one's life and body, trying to force the victim to eat normally will only make the situation worse.

The causes of anorexia nervosa and bulimia? There are many. Among the most prevalent is the society in which we live and the message it sends to young adults—especially young women. It demands that we be smart, talented, successful and beautiful. Beautiful in our society has come to mean thin. "You can never be too rich, or too thin," the saying goes.

The complete intolerance with which our society

deals with overweight women supports the messages that to be truly good, you must be thin. Look through a magazine and notice the product names and slogans for makeup, cigarettes, toilet articles, jewelry and food. What message do you get?

Now consider the fact that classy, rich or successful female role models such as Jane Fonda, Cathy Rigby and Cherry Boone have all admitted their anorexic or bulimic problems. Karen Carpenter died of complications of anorexia. The message of thinness pervades every part of our culture. Sociologists say that because food is plentiful, a thin woman is the standard of beauty. Throughout history, in times of want, a plumper standard of beauty applied.

A second cause in the increase of eating disorders is the pressure to deal with achievement orientation: the "superwoman" image. She is told to be wife, mother, career woman—all at the same time and all perfectly. Success pressure is applied at a much younger age now, starting in early high school. What college, what career?

Contributing to an increase in anorexia nervosa and bulimia is the pervasiveness of sexual messages through the media and in the lives of young women. Peer pressure and parent pressure combined with a proven lack of factual information confuse, frustrate and mislead young women. The fear of having to deal with sex and the changes in her own body may cause a young woman to stop eating. This prevents the onset of menstruation, keeping the body child-like, or will cause the menstrual cycle to cease.

These three factors—obsession with thinness via the media, the success orientation of our society and fear of sex—add up to the startling prediction that there may be one million or more victims of anorexia nervosa and bulimia. The reason: lack of control.

Who is affected by the psychopathology of an eating disorder? There are established psychological deficiencies which lead to the victim's susceptibility to anorexia nervosa or bulimia. They include a consistent lack of self-esteem, the inability to express feelings, wants and needs, and a strong need for approval from others. Additionally, there is a lack of

a sense of herself and individuality, and frustration at feeling that she must conform to others' expectations and demands.

A "typical" profile of a victim does not exist, but any eating disorder which has a non-physical cause has some common symptoms. One of them is abnormal eating habits. This can be a cessation or marked reduction of food intake, which is anorexia nervosa's most prominent symptom. It can also be the binge-purge syndrome, characterized by compulsive over-eating and vomiting and/or laxative abuse, alternating with self-starving and excessive amounts of exercise which are bulimia's most prominent symptoms.

A second symptom of a psychologically based eating disorder is a distorted body image. This is the inability to perceive one's own thinness despite concern on the part of one's family and friends. The victim continues to feel fat even though she is at a normal body weight or far underweight. This is combined with an intense fear of getting fat, which in reality is the fear of losing control.

Peculiar eating habits or strange eating rituals are other symptoms. These may include a rigid time schedule for meals, eccentric or idiosyncratic menus, amounts of food or food preparation.

A history of conforming and overachieving behavior also is associated with eating disorders—the "perfect little girl."

And the prevention or cessation of menstruation caused by robbing the body of nourishment, is symptomatic of a psychological problem which manifests itself as an eating disorder.

How are anorexia nervosa and bulimia treated? There are several therapies and views of "cures." Some therapists believe that eating disorders which are psychologically based are incurable in the same way that alcoholics are incurable. Victims have the tendency to behave certain ways and are always "recovering."

Family therapy focuses on changing patterns of family interaction. Trance therapy is practiced in England. Hypnosis is employed by some therapists but may be resisted by those who fear even a semblance of control by others.

In cases where the victim is seriously emaciated, there must first be physical treatment to stabilize her condition. Then, psychological treatment can be added to attempt to solve the control issue. All forms of treatment take time—a few weeks in mild cases to years in severe cases.

What can you do? Learn as much as you can through reading about anorexia and bulimia. If you know of someone suffering from either of these disorders, don't try to control her, but talk supportively with her about it. Denial of the problem is usually

Characteristics

Victims of anorexia nervosa are usually:

- Struggling for self-respect
- Striving for control and identity
- Wanting to be the best: perfectionistic
- Isolating themselves around mealtimes
- Always trying to comply with the wishes of family and friends
- Afraid of failure
- Obsessive and compulsive
- Ambivalent about relationships
- Maladaptive in coping
- Around food, preparing it for others, but not eating it themselves
- Perceiving themselves in a distorted view

Statistics

Studies have shown that:

- One percent of adolescents has some degree of anorexia nervosa
- The disease kills five to 25 percent of its victims
- More than 90 percent of the potential victims are females who tend to be healthy, well-to-do, well-educated and are the youngest in a small family
- The female victims are hospitalized five times more than men.
- Men, four to six percent of the victims, have an earlier onset age (10-13 years old).

total in the victim's mind. You might leave a book on the subject where she could read it without being observed.

If you think you might be a victim, try to understand that you can best overcome it by seeking help. Seek out a therapist who understands and treats eating disorders.

Here are a few publications for more information on anorexia nervosa and bulimia:

Gamma Phi Beta, *Personal and Chapter Enrichment Packet #2, Anorexia Nervosa/Bulimia: Becoming Aware of Eating Disorders*, 1983.

Bruch, H., M.D., *The Golden Cage: The Enigma of Anorexia Nervosa*, Harvard University Press, 1977.

Levenkron, S., *The Best Little Girl in the World*, Contemporary Books, Inc.

Levenkron, S., *Treating and Overcoming Anorexia Nervosa*, Charles Scribner, 1982.

Rebeta-Burditt, Joyce, *The Cracker Factory*, Bantam, 1978.

TranSISters transition to 'down under' compared to California without people

Sisters who live "down under" in Australia or New Zealand have fascinating stories to tell of their adopted homelands, how they came to live on the other side of the world, and cultural, economic and climatic differences.

Despite a teaching crunch at present, many found careers in that field either by choice or because jobs were unavailable at the time in the United States. Barbara Whilldin (Mankato St.) put down permanent roots in Australia by building a home six years ago in the small town of Kojonup. She answered an ad for a teacher "without a backward glance." Having done substitute teaching in Chicago, she wrote, "It was pure bliss to drive for hours through sheep country with an occasional pub and petrol station and, very rarely, a small town along the way."

Life isn't too different from California, she noted, except for the absence of people in Australia. Climate, scenery and casual lifestyle are similar, but she had adjustments. "Shopping hours were a hassle. Shops shut on Wednesday afternoons so they could be open on Saturday mornings. Nowadays shops are open for late night trading on Thursdays until 9 p.m. and on Saturday mornings. Garden and hardware stores are open all day Saturday." Other differences she learned to adjust to were the butcher shops complete with pig carcasses and trying to cope with unsliced bread. She switched to rolls until she realized a special knife was needed. "My bread is either too thick or too thin!"

Barbara is now thoroughly used to driving on the other side of the road and "would not dare drive on California highways." Things she stocks up on when in America are shoes, sheets and towels. She craves Hershey bars, R.C. Cola, saltwater taffy and fudge.

Chris O'Connor Collie (N. Iowa) also went to Australia via an ad in the newspaper. Her spur was curiosity and she thought 18 months there would be a pleasant way to use her degree. For her first three years (so much for 18 months!) she taught in a special school for mentally handicapped children. Since then she has taught in primary schools as well. Chris met her Australian husband while on a trip to New Zealand and they have made their permanent home in the outer suburb of Melbourne. She, too, misses weekend shopping but wouldn't trade the diversity of cultures and scenery.

After receiving a masters degree in zoology from the University of Michigan, Margaret Cruickshank Baylis (Northwestern) took a teaching post at the University of Sydney. A Northwestern graduate student was the one person she knew, and only casually at that, when she got to Sydney. They eventually married and Margaret "retired" from the university after 10 years. She now enjoys two young children, tennis, gardening and community activities. The hardest adjustment for her was a hot Christmas, since seasons in the southern hemisphere are reversed. The school year starts in February and runs through mid December.

Less enthusiastic about life in Australia is Karen Kirton Kitchen (Oklahoma), a special education graduate who came via England. She misses the northern hemisphere and finds Australia a harsh country both in weather and landscape. She wrote that women in her city seem to have trouble forming close relationships with one another because so much of their life is based on sports and competition.

However, her close family and varied activities give Karen a busy, fulfilled life. She teaches bridge classes to teenagers and middle-aged ladies, attends classes in needlepoint, history, antiques and crafts, and teaches special education two mornings each week. Karen and a friend entertain elderly widows at weekly luncheons, and she enjoys business entertaining for her husband's Swiss company and skiing as often as possible. A new family venture is a 23 acre blueberry farm south of Melbourne.

Karen Metthiessen Simpson's (California) "down under" life includes both Australia and New Zealand, arriving, as she said, "by a somewhat circuitous route." While in Europe she met a Scotsman whose family had emigrated to New Zealand. They were married and lived in New Zealand for seven years while she worked for an airline. Karen, too, finds attitudes and pastimes to be similar to her native California. She lived in Melbourne, working as a student counselor in vocational colleges, and recently returned to Adelaide.

She added, "After so many years here I feel very comfortable, though it does at times feel a bit strange to have a son who plays cricket." The family has visited friends at a sheep property farther north who don't believe they live in the "outback." Yet, they are far enough out that their children received their pri-

mary school education through correspondence and School of the Air. "No one thinks it's a big deal to drive 70 miles or so for shopping or 100 miles for a picnic. And they often have a hand-reared kangaroo for a pet."

Ada Russell MacPherson (Wyoming) traveled to New Zealand on an International Farm Youth Exchange program where she was billeted with Country Girls Club members throughout the country for six months. During this time she met her husband. A 400 acre sheep farm with some cattle and a few acres of oats keeps her busy as well as interests in home, garden, family and community service.

Dorothy Trott Hopkins (McGill) went from England to New Zealand in 1951 when her husband accepted the Chair of Civil Engineering at Canterbury University. She and her husband were in England in 1980 when he received his Order of the British Empire from Queen Elizabeth at Buckingham Palace.

A lifelong interest for the Hopkins has been the World Bridge Organization, for which Dorothy represented New Zealand women in the Far East Bridge Federation Tournament in Singapore (1972), Hong Kong (1973) and Holland (1980).

Ten granddaughters and four grandsons in New Zealand also keep Dorothy busy. She had always thought she was the only Gamma Phi Beta in the country until New Zealand's TranSiSter was featured in THE CRESCENT. Now her feeling of being "out of touch, imagining she was the only one down under," is diminished.

Kathy Benyo Gilbo (Kent St.), New Zealand's TranSiSter, came to the country because of her Norwegian husband's job with Rank-Xerox. She describes the pace in Auckland as much slower than America, but is involved with scouting and as a cheering parent for her son's soccer team. She considers herself lucky to have a job teaching remedial reading since there is a teacher surplus due to free public education, including university. Kathy also attends Auckland Teachers College where she is doing graduate work in the teaching of gifted children.

Kathy describes the culture, complete with American television programs and all the latest hits, as "a combination of British and American. Of a population of 3.5 million, 6,000 are Americans. It's amazing that most of the textbooks and educational programs come from America."

"Because it is such a long, skinny piece of land, the weather is rather changeable," Kathy wrote. "One minute we are all experiencing a tropical, windy down-pour of rain and the next minute the sky is crystal clear, displaying an immense rainbow. It's called the 'Land of the Long White Cloud,' and that's exactly how the clouds appear rather than the heavy dark ones that always seemed to loom when I lived in Scandinavia."

Kathy said the society is agricultural with sheep



Chris Collie cuddles a wombat in her classroom.



Celebrating his acceptance of the Order of the British Empire are Dorothy and Harry Hopkins. They live in New Zealand.

and dairy products being the mainstay of the economy. Although there are no active volcanos, old, grass covered volcanic mounds can be seen everywhere. They are usually used for grazing sheep and horses. Sailing and golf are great pastimes due to the climate, which she compares to that of Washington, D.C. Flowers bloom nearly year round and there is little noticeable change of season except for the temperature.

Planning your next vacation or move "down under" or somewhere else? Check the listing which begins on the next page for the name and address of a TranSiSter who is waiting to hear from you.

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Knoxville (B&B)

Olympic Reception

Planning to attend the Olympics this summer? The Southern California Intercity Council is hosting a Gamma Phi Beta open house July 28, after the opening ceremonies. Proceeds from the event will go to the Arnold-Wittenberg Scholarship Foundation which was established in 1973 to assist a Gamma Phi Beta senior or graduate student in furthering her education.

For more information on this event or general assistance for your stay in Los Angeles contact Province XVI Alumnae Director Susan Jacobsen Rose, 390 Peralta Ave., Long Beach, CA 90803, 213-431-5107; or San Fernando Valley Intercity Delegate Lyn Perkins Mesner, 22287 Cass St., Woodland Hills, CA 91364, 213-340-6239.

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 Calgary, Alberta T2S 2M9, Canada
 Phone: 403-243-0688

BRITISH COLUMBIA

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 Helen M. Francis (UBC)
 #5-1870 Yew Street
 Vancouver, BC V6K 3G2, Canada
 Debbie Phippen (UBC)
 #3 1465 W. 14th Avenue
 Vancouver, BC V6H 1R4, Canada
 Phone: 604-733-9841
 Victoria (B&B)
 Mrs. H. James Portelance
 (Letitia Clarke—Washington)
 2923 Glen Lake Road
 Victoria, BC V9B 4B2, Canada
 Phone: 604-478-1350
 Whistler (B&B)
 Mrs. William McCance
 (Susie Becker—Oklahoma)
 Box 411
 Whistler, BC V0N 1B0, Canada
 Phone: 604-932-3302

NOVA SCOTIA

Cape Breton
 Mrs. Robert Milks
 (Barbara Anne Leisinger—Syracuse)
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 Campbell Road
 Victoria County
 Cape Breton, Nova Scotia B0E 1T0,
 Canada
 Phone: 902-756-2536

ONTARIO

Guelph (B&B)
 Mrs. JoLynn Folusewych
 (JoLynn Edgington—Kent St.)
 2 Augustine Court
 Guelph, Ontario N1G 2Y8, Canada
 Phone: 519-821-3267
 Ottawa (B&B)



Barbara Whildin finds a field of wild flowers in the Australian bush.

Mrs. Graeme Barber
 (Sally Whitby—Toronto)
 504 Highland Avenue
 Ottawa, Ontario K2A 2J7, Canada
 Phone: 613-722-1407
 Tillsonburg
 Mrs. Don Watkins
 (Sharon Mickle—Toronto)
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 Canada
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 Windsor (B&B)
 Mrs. Americo Dean, Jr.
 (Barbara Galbraith—Michigan St.)
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 Belle River, Ontario N0R 1A0,
 Canada
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QUEBEC

Montreal
 Mrs. Wendy Hand Bohn (McGill)
 645 45th Avenue
 Lachine, Quebec H8T 2TB, Canada
 Phone: 514-634-4391

AFRICA

Equatorial Guinea
 Mrs. Susan B. Niblock
 (Susan Butler—William and Mary)
 c/o American Embassy
 Malabo, Equatorial Guinea
 Africa

AUSTRALIA

Barbara Whildin (Mankato St.)
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 Kojonup, Western Australia 6395

CHINA

Beijing/Hong Kong
 Mrs. Sidney Yung-fat Tsang
 Barbara Anderson—Wisconsin)
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 Beijing, China
 Phone: 338731, Suite 365 or
 G.P.O. Box 10242
 Hong Kong
 Phone: 5-550619 or 5-8917798

ECUADOR

Quito
 Miss Renate Klocker (Florida St.)
 P.O. Box 11-271 CCNU
 Quito, Ecuador
 South America

ENGLAND

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 Mrs. Ira Fishman
 (Allene Osborn—UCLA)
 "Rosemount," Lake Road
 Windermere, Cumbria, England LA23
 2EQ
 Phone: (STD 09662) Windermere
 3739
 Slad, Stroud (B&B)
 Mrs. Elspeth MacKay Mitchell
 (Elspeth MacKay—McGill)
 The Old Vicarage
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 Phone: Painswick (0452) 813887

Northampton
 Ms. Jane Hampton
 (Jane Dengel—Wittenberg)
 Cross Farm
 Walgrave, Northants
 England
 Phone: Northampton (STD0604)
 781277

FRANCE

Chambery (B&B—write ahead)
 Mrs. Patricia Anderson-Gerfaud
 (Illinois)
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 Barberaz
 73000 Chambery
 France
 Phone: (79) 85-27-93

GERMANY

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 Miss Reagan E. Heese (Idaho) (B&B)
 HQ USAREUR-7A
 ODOS RM Box 46
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 239 Hauptstrasse
 6900 Heidelberg, Germany
 Phone: 06221-15679; 8115 or
 6668 Heidelberg Military
 Mrs. George J. Gisin
 (Kathy Kostelnik—SW Texas St.)
 HQ, 7th Medical Command—Box
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 APO New York 09123
 Wiesbaden
 Judith Markeson (Cal. St.—Fullerton)
 Hainerberg Elementary School
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 Iraklion
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INDONESIA

Dr. Winifred L. W. Djajengwasito
 IKIP Negeri, Jalan Semarang
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 Jalan Citandui 11
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 (Karen Wagner—Wisconsin)
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MEXICO

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 Mrs. Henry Schafer
 (Shirley Jackson—Iowa St.)
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 Phone: 622-2-35-90
 Mexico City
 Mrs. Elena E. Hannan De Renero
 (Colorado College)
 Apartado, Postal 5-225
 Mexico, D.F., Mexico 06500
 Phone: 905-812-0271; 511-1896

NETHERLANDS

Ter Aar
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NEW ZEALAND

Auckland
 Mrs. O. J. Gilbo
 (Kathy Benyo—Kent St.)
 16 Cornelian Crescent
 Bucklands Beach
 Auckland, New Zealand
 Phone: 535-8662
 Invercargill
 Mrs. A. C. MacPherson
 (Ada Russell—Wyoming)
 Springhills #6 RD
 Invercargill, New Zealand

PHILIPPINES

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 (B&B)
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 (Theresa Chuka—Arizona St.)
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 FPO San Francisco, CA 96656
 Phone: 886-3831

PANAMA

Miss Laura Gross (2nd Lt.)
 (Michigan)
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 Mary)
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SPAIN

Madrid
 Denise Davis (Nebraska)
 Monte Verde, 2
 Madrid, Spain

WEST INDIES

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 Judith Gaudin Riese (UBC)
 c/o Marine Supply Services
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 Aruba, Netherlands Antilles
 Nevis
 Mrs. Joseph Roby
 (Bette Adams—Washington)
 Box 512
 Nevis, West Indies
 Phone: 809-465-5205

Service Roll

In recognition of alumnae who have given long, devoted and constructive service to chapter and international Sorority

Merit Roll

In recognition of alumnae who have given long, devoted and distinguished service to the Sorority at the local level

1983 Service Roll

Jacquelyn Hilger Graves—Southern Methodist, Denver
Edna Sue Herzog Johnson—William and Mary, Dallas
Ruth Donlon Lowell—California State-Long Beach, Long Beach
Theora Kurt Schonberg—Iowa State, Omaha

1983 Merit Roll

Diana Wild Burgwald—California, Beverly Hills-Westwood
Marilyn Bachnik Callahan—Wisconsin, Dallas
Sandra Bonicamp Duncan—Wichita State, Denver
Gwendolyn Whitnell Egleston—Arizona, Philadelphia North
Margaret Cook Evans—Missouri, Greater Kansas City
Judith Rogers Flanders—Kansas State, Lincoln
Mary Sperry Frederick—California, Berkeley
Latane Jordan Graham—Auburn, Dallas
Virginia Harris Hammond—Colorado, Denver
Inez Sheldon Holt—Pacific, South Orange County
Audrey Buchanan Hetherington—British Columbia, Vancouver
Beulah Ashton Hudson—Western Ontario, Vancouver
Jane Dick Ladewig—Southern Methodist, Dallas
Linda Booth Larsen—Nebraska, Lincoln
Patricia Baldwin Lawrie—Nebraska, Lincoln
Mary Louise Frank Martin—Illinois, Quad Cities
Georgia Sanford Merchant—Minnesota, Long Beach
Ruth Pringle Moore—Ohio Wesleyan, Pittsburgh
Jane Woodmansee Morgan—Miami, South Orange County
Catherine Willyard Nye—Bowling Green, South Orange County
Constance King Osborne—Iowa State, Omaha
Judith Dimke Pistillo—Wichita State, Omaha
Georgina Hal Renner—Northwestern, Denver
Nancy Buell Renton—Oregon, Eugene
Sharon Weiss Rittgers—Colorado State, Denver
Evelyn Rapee Schmitt—William and Mary, Philadelphia North
Jolene Marra Schultz—Missouri, Columbia
Anita Waninger Steck—Washington-St. Louis, St. Louis
Frances Woolverton Tysor—Texas, Denver
Marion Wilton Whitmore—Iowa State, Peoria
Rebecca Syverson Young—Denver, Denver

Nurse promotes acceptance of midwifery as profession

Libby Kuykendall Dickson (W. Virginia) is the first practicing certified nurse-midwife in the Greensboro-High Point area of North Carolina. She is also director of the Carolina Birth Center, the state's first free standing birth center. There she delivers babies and conducts the first pre-natal (or even pre-pregnancy) examination and care for patients, continuing through delivery and follow-up visits both at home and in the office.

But the road to her position in the community has not been easy. The idea of total care is what first attracted Libby to her profession. Completing her nursing studies as a member of the first nursing class at West Virginia University was the beginning for a young woman whose idol was Mary Breckinridge, a woman who rode through the hills of Kentucky delivering babies.

"I wanted to become trained in midwifery for a long time," Libby said, "but my kids were small and we didn't stay in one place. The timing was always wrong." And the timing didn't get better since Libby had to move to South Carolina for a year of training, leaving her children in Greensboro under the care of their father.

Her motivation was to help couples have a good birthing experience, but after numerous turn downs by local obstetricians she became reconciled to teaching, chalking up her year in South Carolina as "a learning experience."

Finally, Dr. Robert C. Crawford, trained in California where the practice of midwifery is more prevalent than in the east, asked her to join a group of doctors who were planning to build a new building and birth center. So Libby became a reader of blueprints and job descriptions as well as a nurse-midwife as the Carolina Birth Center was built.

It is the atmosphere of the center

of which she is most proud. As homelike as possible, the center features a lounge with kitchenette, television and double bed in the birthing room. Fathers and even children are encouraged to attend delivery, and afterward, "everyone can climb in the bed and be a family," Libby said. She monitors the entire process, although the physician arrives at a birth just in time to deliver the baby. "Managing the labor is the hard part," Libby said.

She makes a home visit three days after the birth and mother and baby come into the office three weeks and six weeks later, which is all part of the total care Libby prefers.

Nurse-midwives are trained professionals, not to be confused with the lay "granny midwives" who delivered babies in much of rural America until recent years. They can deliver babies and perform other medical acts on their own but are required to practice in association with one or more physicians.

Although she has met some opposition from the medical community, Libby and her physician associates attribute this to the dislike of competition more than anything else. Their medical package is less expensive than what one would pay for an obstetrician plus hospitalization. And they feel Libby is providing her special emphasis on natural childbirth and extensive pre-natal care and counseling. Instead of a few minutes per patient visit, Libby spends an hour with each patient at each visit.

Questions about the safety factor are countered by the fact that Libby accepts only healthy clients with no medical conditions that increase the chance of a difficult delivery. Patients who develop problems during care or labor will be moved for delivery to a hospital two blocks away. Also, the birth center has the basic



*Libby Kuykendall Dickson
(W. Virginia)*

technology to handle emergencies that may develop during delivery itself—an electronic fetal monitor to check heartbeat and infant resuscitation equipment.

"I enjoy pregnant couples," Libby said. "It gives me a good feeling to see a couple have a good birth experience, especially if they feel they have control over what's happening to them and they have made the decisions."

UCLA Celebration

Alpha Iota Chapter will celebrate its 60th birthday on April 29, 1984. All alumnae are invited to attend the afternoon event. For further information contact Vikki Steinman at 213-824-0435.

Director's Seminar

The National House Director's Seminar will be held June 17-22, 1984, at the University of Missouri. For further information contact Margy Harris, Sorority Advisor, Department of Residential Life, 123 Jesse Hall, University of Missouri, Columbia, MO 65211; 314-882-7275.

In Memoriam

ALPHA

Marian Mills Drake
Alice Coonley Machold
Ervanna Cummings
Schaefer
Kathleen Halsted Small
Louise Buckley Tuttle

BETA

Virginia Brown

EPSILON

Alvera Allegretti Hass
Barbara Campbell McCune
Kathryn Spigler Scott

ZETA

Nell Watts Clark

ETA

Helen Bridge
*** Gertrude Comfort Morrow

THETA

Bernice Bowen Brown
Helen Burdick Butcher

KAPPA

Marion Parsons Cowin
Eleanor Stevens Fuller
Janet E. Ryan (Heinrich)
Ruth Yetter Windmiller
* Elizabeth Young Wright

LAMBDA

* Ann Donovan Brown
Margaret Livingston Bunker
Virginia Cole Pringle

MU

Ruth Bacon Vickery

OMICRON

Rose Briem
Vivian Trenary Rayner
Mabel Sperry Stone

TAU

Marion Ward Newell
Carolyn Joan Young

CHI

Isabel Lambert Cuthbertson

PSI

Dorothy Walter Cathriner

OMEGA

Jaren Evers Boyce
Gretchen Duncan Fowler

ALPHA BETA

Charlotte Hanson Gibbs

ALPHA GAMMA

Emily Ross Baxter
Joan Cunningham Underwood

ALPHA DELTA

Mary Quisenberry Griffith
Lucille Jones Haas

ALPHA EPSILON

Veronica McDonald Conley

ALPHA ZETA

Gladys Miller Morgan

ALPHA ETA

Betty Irvin Herold
Maribel Adkins Miller

ALPHA THETA

Ruby McMurtry Foster
Ellen Couch Kuhn

ALPHA XI

Mary Michelle Mitchell

ALPHA OMICRON

Pattie Follett
Lewista Hanley Paris

ALPHA CHI

Nancy Norton Gregory

ALPHA PSI

Marijane Jackson Zaput

BETA BETA

Dorothy Haislip Grier

BETA SIGMA

Anne Wrubleski Westberg

* Merit Roll

*** Honor Roll

Gertrude Comfort Morrow

Gertrude Comfort Morrow, who designed the Gamma Phi Beta coat-of-arms, died last fall in Tucson, Ariz.

She was initiated at Eta Chapter at the University of California in 1914, where she was a member of Phi Beta Kappa. Her name is listed on the Gamma Phi Beta Honor Roll for designing the coat-of-arms.

Mrs. Morrow was an architect and lived most of her life in the San Francisco area. She was a member of the California Council of the American Institute of Architects and the Association of Women in Architecture.

She is survived by her daughter, Eleanor Morrow Mead (Arizona).

ETCETERA

Shirley Fenner Reidenbaugh (Syracuse) was awarded the Florence Savage badge at Province I Area Leadership Conference. The badge recognizes the most outstanding alumna or collegian in the province. Shirley is a member of the Syracuse Alumnae Chapter.

Christine Rollins (Michigan) has been appointed to the position of field manager of advertising and promotion for C.A. Muer Corp. in Detroit. She coordinates and supervises all marketing activity for 37 restaurants in 10 states.

Frances Hartenstein was named 1983 valedictorian and Scholastic Scholar at Syracuse University. She is now attending medical school.

At California State-Long Beach, **Susan Black** received scholarships from the Alumni Association and the Assistance League of Long Beach. President **Karen Leuer** was awarded a scholarship by the Ebell Association of Los Angeles. Susan is majoring in public administration and Karen in business administration.

Brenda Bender (Wichita St.) graduated magna cum laude in 1983 and is employed by Arthur Anderson and Co. in the tax department. She was a member of Mortar Board and other honor societies and received a scholarship from the American Society of Women Accountants.

At the October Annual Writers' Conference in San Diego, sponsored by California Press Women, Southern District, former Grand President and CRESCENT Editor **Ardis McBroom Marek** (Northwestern) won first place for her short story, "The Second Hand Coat."

Climaxing the conference was the overall award of "Writer Par Excellence," judged the best entry in all divisions. Ms. Marek was named the winner of this award, the first annual Mindy Gates O'Mary Scholarship Fund Award. Her name is the first inscribed on a permanent bronze plaque which will hang in the San Diego State University School of Journalism.

The parents of Mindy conceived



Mr. and Mrs. Gates present the Mindy Gates O'Mary Award to Ardis McBroom Marek.

and presented the award which honors their daughter, a young writer of great promise whose career has been slowed by multiple sclerosis. Though hospitalized, Mindy, no longer able to hold a pencil, still "writes" by dictating.

"I could not believe that these two awards were given me," said Ms. Marek. "This is the first fiction I had ever written and resulted from a class assignment." Ms. Marek is in her second year of a creative writing class and is a member of the Fallbrook, Cal. Writers' Workshop.

"After a couple of rejection slips from magazines where I had submitted the story, I had about decided to forget fiction and go back to article writing. I knew something about that. These awards and a most encouraging critique from the judges may persuade me to take another shot at story telling."

Ms. Marek credits her years as CRESCENT Editor for laying the groundwork and polishing her skills as a writer. "My 30 years of Gamma Phi Beta service, from chapter president through to Grand President, have afforded me a kaleidoscope of experiences and social contacts that are invaluable."

Convention Chairman **Sally Erikson Lewis** (Bradley) was recently promoted to secretary to the regional director at Merrill Lynch North Central Regional Headquarters in Chicago. Her replacement is 1983 alumna initiate **Sheila Farkos** (Bradley), who is secretary to the regional sales manager. Two Gamma Phi Betas in one office!



*Christine Rollins
(Michigan)*



*Brenda Bender
(Wichita St.)*

APPOINTMENTS

Susan Jacobsen Rose (UCLA)—Province XVI Alumnae Director. Susan assists husband Jack, who is executive director of the National Track and Field Hall of Fame, and acts as hostess for many of its events. She and her husband lead student tours in physical education and Olympic history both in the United States and abroad. In 1980 she was honored as Southern California Intercity Council of Gamma Phi Beta Woman of the Year.

Mary Helen Fisher Griffith (S. Methodist)—Province VII Alumnae Director. Mary Helen is part-time financial secretary for Hope Presbyterian Church in Austin, Tex. She is the mother of five children and daughters Linda and Cheryl are Gamma Phi Betas. Mary Helen served the Austin Alumnae Chapter as area recommendations chairman, Panhellenic representative and 1982 Convention delegate, and is president of the Alpha Zeta Chapter House Corporation Board.

Doris Bird Gordon (Bowling Green)—Alumnae Bylaws Chairman. Doris was Courtesy Resolutions Chairman for the 1982 Convention and has been a delegate to four Conventions. The mother of four children and four grandchildren, Doris is a volunteer at the Bryn Mawr Rehabilitation Hospital where she is assistant to the director of recreational therapy. She enjoys needlework and is an avid health spa attendee. Doris has served the Philadelphia West Suburban Alumnae Chapter as president, vice president, area recommendations chairman and magazine chairman.

Marilyn Bachnick Callahan (Wisc.-Oshkosh)—Province VII Collegiate Director. Marilyn has been pledge, rush and social advisor, and a member of the house corporation board for Alpha Xi Chapter at Southern Methodist. She also served as vice president, president-elect, president and parliamentarian of the Dallas Alumnae Chapter.

Janet Pierce (Wittenberg)—Area Financial Advisor. Janet graduated with a degree in business administration and a certification in second-

ary education. She is manager of the Banc One Corporation regional audit office in Akron, Ohio. Janet is a member of the National Association of Accountants, the Bank Administration Institute and Ascension Lutheran Church. She served as alumna advisor for Alpha Eta Chapter at Ohio Wesleyan and was active in the Columbus Alumnae Chapter.

Ann Molenaar (Idaho)—Province XII Collegiate Director. Ann is manager of the family owned jewelry business in Ontario, Ore. and has been nominated for Who's Who in American Women. She is vice president of Boise Panhellenic, a member of American Business Womens

Association, Daughters of Penelope and the Idaho Barrel Racing Futurity Association. Her mother and two sisters are Gamma Phi Betas.

Linda Brooks (California)—Province XIIIb Alumnae Director. Linda is administrative assistant to the United States District Court for the Northern District of California and recently started her own catering service for cocktail parties, wedding receptions, luncheons and dinners. She has been president of the San Francisco Alumnae Chapter and is Eta Chapter alumna advisor and San Francisco area recommendations chairman. Linda is a member of the San Francisco Museum Society and the San Francisco Com-



*Susan Jacobsen Rose
(UCLA)*



*Mary Helen Fisher Griffith
(S. Methodist)*



*Doris Bird Gordon
(Bowling Green)*



*Marilyn Bachnick Callahan
(Wisc.-Oshkosh)*

monwealth Club.

Karen Burton DeKoker (Michigan)—Alumnae Initiate Chairman. Karen has served as treasurer of the Cincinnati, Ohio Alumnae Chapter, president of the Birmingham, Mich. Alumnae Chapter and been a member of the Beta Chapter House Corporation Board. She is active in P.T.O., Outreach and Christian Fellowship Commission and Junior League. Karen serves as a health clinic volunteer and is a substance abuse educator and advocate to community, parents and students for comprehensive prevention programs relating to the misuse of alcohol and drugs. Her spare time hobbies include tennis, skiing, cooking and interior decorating.

Amanda McCoy Harries (Arizona)—Province XI Alumnae Direc-

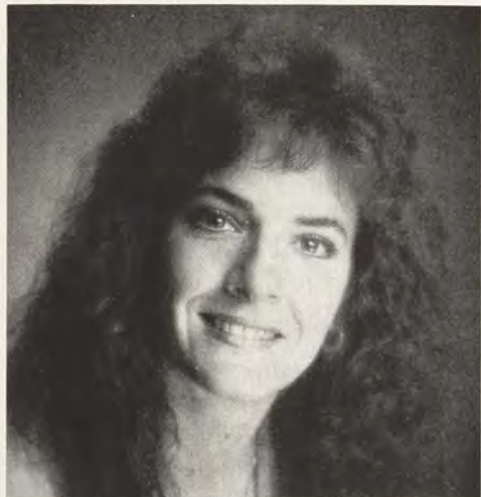
tor. Amanda is owner of Success Skills, a leadership training firm in Scottsdale, Ariz. She has been president and corresponding secretary of the Phoenix Alumnae Chapter and rush advisor for Beta Kappa Chapter at Arizona State. Amanda is active in a variety of activities including Junior League, Phoenix Art Museum and Kiva Elementary School.

Mary Lou Jordan Smith (Arizona)—Province VIII Alumnae Director. Mary Lou is a retired curriculum supervisor for the Dayton, Ohio public school system. She has been president of the Dayton Alumnae Chapter, Dayton area recommendations chairman and a member of the 1972 International Nominating Committee. She and her husband live in a suburb of Tampa, Fla.

New York Fellowships

New York City Panhellenic will award two \$500 fellowships to sorority women doing graduate work during the 1984-85 school year at a college or university in the New York Metropolitan area. Those interested should request an application from Ms. Celeste M. Paprocki, 145 W. 58th St., New York, NY 10019, and should return the completed form by August 1, 1984.

In past years these fellowships have assisted women working for advanced degrees at New York University, Columbia University, Rutgers University, John Jay College, Kean College of New Jersey and Adelphi University.



*Ann Molenaar
(Idaho)*



*Linda Brooks
(California)*



*Karen Burton DeKoker
(Michigan)*



*Amanda McCoy Harries
(Arizona)*



*Mary Lou Jordan Smith
(Arizona)*



*Janet Pierce
(Wittenberg)*

ALUMNAE

The Westside Auxiliary of the Beverly-Westwood, Cal. Alumnae Chapter was formed to give working alumnae in the area an opportunity to participate through evening meetings and working with Alpha Iota Chapter at UCLA. They had an art party, gave up sleep to serve breakfast to UCLA's new initiates, learned about money management and assaults against women, and journeyed to Malibu for an Irish theme party also attended by a few leprechauns disguised as husbands and guests.

Grand Forks, N.D. alumnae wel-

comed many sisters and friends to their open house and h'ors d'oeuvres party during Homecoming festivities marking the 100th anniversary of the founding of the University of North Dakota. Earlier, they congratulated new pledges with a salad potluck.

The day group of the Houston Alumnae Chapter heard about crime and rape prevention, while the evening group saw a travel film on Jamaica in September. Both groups visited a showhouse of interior designs to benefit the American Cancer Society, and both supported

Panhellenic Sorority Sampler by providing baked goods and craft items.

Families were included in many Lincoln, Neb. activities for the year. In the fall a fashion show at the Pi Chapter house featured collegians, alumnae and alumnae children as models. Friends and families were invited to a Homecoming open house after the game, and Gamma Phi Beta mothers and grandmothers brought their little ones to the annual Gamma Phi Beta Christmas party. Spring involved whole families in the annual Art Alley to raise funds for philanthropies, and collegians treated children and grandchildren to an Easter egg hunt. They also had a color demonstration and a casino party.

Day and evening meetings dotted the calendars of North Orange County, Cal. alumnae for the convenience of all. They spent the fall helping Delta Delta Chapter with rush, managed a "Harried Housewives and Working Women" luncheon in Tustin, and a happy hour get together.

Greater Pittsburgh alumnae held their annual summer family picnic at South Park with an invitation to all alumnae and collegians and their families in the area. Their fall activities kicked off with a project for their adopted collegiate chapter at Bucknell. Plans also called for marketing a pecan cookbook they compiled to sell with bags of shelled pecans.

The providers of the favorite wine and cheese were awarded prizes at San Francisco's fall kick-off, a wine and cheese social, complete with a speaker on wines.

State College, Penn. alumnae worked all year with Penn State collegians. They observed Founders Day with them, honored their scholars and beamed proudly as they won the Province II Scholarship Achievement Award. Seniors were invited to a Swedish auction and juniors were invited to a program on developmentally delayed children.

Former Grand President (1950-54) Evelyn Gooding Dippell (Illinois)

Bank move yields chapter

The Diablo Valley Alumnae Chapter began as the dream of a Gamma Phi Beta from southern California. On September 18, 1983, her dream became reality with the installation of the new alumnae chapter with 32 charter members.

Deborah Silk Furtado (Cal. Poly-San Luis Obispo) moved to Diablo Valley in the San Francisco East Bay area when her husband accepted a new position with Bank of America. She soon discovered that her realtor, Sandy Hauser Gaylord (Bradley), was also a Gamma Phi Beta who had moved from the Chicago area because her husband had also accepted a new position with Bank of America.

Their desire for an alumnae group in the area spurred them into action. They obtained a membership list of more than 300 Gamma Phi Betas in the area from then Province XIIb Alumnae Director Jean Murphy Ferrini (San Jose St.), and with the help of Margaret Blair (Texas), Veralie Brookins Nicoll (USC) and Suzanne Roberts Stanley (UCLA) began to form the group.

The first event, a continental breakfast, was publicized through a mailing and an item in the local newspaper. It was attended by 23 enthusiastic women. "The support Gamma Phi Beta has shown for us has been great," said Deborah. "With the encouraging help of Alumnae Vice President Phyllis Donaldson Choat (Nebraska), Alumnae Expansion Chairman Cyndy Meisner Howes (Indiana St.), Province XIIIb Alumnae Director Linda Brooks (California) and Jean Ferrini, our work has been easy."

"This has been such a positive experience that I strongly encourage Gamma Phi Betas everywhere to get involved with alumnae groups," said Deborah. "And if your area doesn't have a group yet, then start one. Just call us for support. The five of us have plenty of ideas."

Gamma Phi Betas in the Diablo Valley (Contra Costa County) area can contact Deb Furtado at 415-672-2353 for meeting times and information.



Diablo Valley's first 50 year member, Mary Roach Casady (Oklahoma), is congratulated by Vice President Margaret Blair and President Deb Furtado.

received her 50 year pin at the Washington, D.C.-Northern Virginia-University of Maryland joint Founders Day observance at Congressional Country Club. Mrs. Dippell regaled those present with tales from her days as Gamma Phi Beta's first traveling secretary. Barbara Briggs Payne (Wisconsin) also received her golden crescent, and both had Gamma Phi Beta daughters present to make it even more special. "Gamma Phi Beta has meant so much to me—even more since my daughters have become Gamma Phi Betas. I can see time going on, and I am convinced we are indeed immortal," said Mrs. Dippell.

The Washington, D.C. Alumnae Chapter has a lot of new faces this year, and the group found out a lot of things they never knew about herbs from expert Peggi Cochran Thornburg (Iowa), owner of Merry Meadow Herbs. They also learned about what colors to wear and how to apply makeup. Funds for philanthropies were raised by purchasing members' crafts and baked goods at the Christmas meeting.

A special Gamma Phi Beta badge set with native Arizona turquoise was presented to Beta Kappa Chapter at its joint Founders Day celebration with Phoenix alumnae. To be presented yearly to the collegian with the highest grade point average, the badge was donated by Virginia Martin Stroup (N. Arizona). Aleene Carter Thieme (Kansas) donated funds for the special setting.

Berkeley alumnae staged a career night for Eta Chapter collegians, and are raising extra funds to send as many members as possible to the Chicago Convention. They are planning a 99th birthday party. Fifty year pins were presented to Harriett DeWolf Alden (Kansas), Katherine Schulz Bruce (Washington) and Mary Sperry Frederick (California) on Founders Day.

Founders Day was a special celebration for Little Rock, Ark. alumnae. It marked the first time the group has met since 1972. After luncheon and ceremony, Joy



Attending the Denver Founders Day celebration are 50 year members Barbara Hitchings Griffiths (Denver), Tacy Campbell Fisher (Kansas), Jean Orendorff Berney (Iowa), Mary Lou Kelly Wyatt (Denver) and Verna Lackner Johnstone (Denver).



Former Grand President Evelyn Gooding Dippell (Illinois) and Washington, D.C. Alumnae Chapter charter member Ernestine Hall Walker (Michigan) cut the chapter's 60th birthday cake.

Cranford Blacklock (Arizona St.) reminisced at the piano with everyone joining in. The group hopes to reactivate.

Atlanta alumnae have added responsibilities now that there is a chapter at the University of Georgia. They helped with rush and had an excursion to visit the new chapter house. The alumnae chapter also supports the chapter at Southern Technical Institute. Atlanta has a day group, a night group and a



Dressed in period costumes, Cincinnati alumnae hosted a tour of the home of Gertrude MacRae McIlwain (Northwestern) (seated). A portion of the proceeds were donated to Camp Sechelt.

bridge group and will be adding a new philanthropic endeavor this spring. They plan to raise funds for children with leukemia.

Pleased with their profits from the annual fall nut sale, Balboa Harbor, Cal. alumnae will use the money earned for the Betty Luker Haverfield Graduate Memorial Scholarship. The scholarship is awarded an-

ALUMNAE

nually to a graduating senior at Delta Eta Chapter, University of California-Irvine. Donations are also made to local philanthropies. Several chapter members have been cross stitching small wall hangings featuring Greek letters and pink carnations to be presented to collegians on Loyalty night during Inspiration Week. Meetings are planned featuring fashions, interior design and museum tours.

Denver alumnae have been networking through their newsletter and have published a listing of alumnae and some husbands by occupation for use with the networking project. Their annual art auction netted \$1,377.59, and they also sold pecans.

Alumnae in **Des Moines** made up a reunion and memory book for Gamma Upsilon Chapter graduates from all over the country. It featured news about each graduate and what she had been doing since graduation.

Evansville, Ind. alumnae had a nostalgia night, which proved lively as alumnae toted in scrapbooks, old yearbooks, composites, stuffed animals and a variety of precious keepsakes bearing Greek letters. Other meetings evolved around physical fitness, baking and cooking instruction, and silk flower arranging. The group's year usually ends with a salad buffet feting collegians in the area.



Karen Hormuth Modesitt (Purdue) displays her memorabilia at the Evansville, Ind. Alumnae Chapter nostalgia night.



Lincoln alumnae recognized on Founders Day are 50 year member Fayne Smithberger Merritt (Nebraska), and Merit Roll honorees Patsy Baldwin Lawrie (Nebraska) and Judy Rogers Flanders (Kansas St.).



Lori Moylan (San Diego St.) and Martha Steps Frank (Kansas St.) meet at the Berlin Wall.



Catherine Moore Pilley (Vanderbilt) receives her 50 year pin from Philadelphia West Suburban Alumnae Chapter President Margaret Windsor Rogers (Arizona).



The egg race is one of the events at the Pittsburgh family picnic. Ready to go are Jean Kerth Hawks (Wisconsin), and Sherill Geistillinger McGown (Nebraska) and her daughter, who won the three legged race.



Alumnae at the Founders Day celebration in Montgomery, Ala. are Barbara Gollihar Carpenter (Cal. St.-Long Beach), Louise Kirkland Medley (Iowa St.), Kay Moseley Keeshan (Auburn), Beth Tunnel Deal (Auburn), 50 year member Corrie Hill Tankersley (Goucher) and Jaunita West Ausbon (Auburn).

Reunions!

Reunions are an increasingly popular activity for mobile Americans, and Gamma Phi Betas bring an extra special something to the tradition. When sisters get together, the nostalgia is thicker than usual as they recall college days and catch up on each other's lives.

Forgotten are the late nights spent writing term papers and cramming for exams, the broken romances, the losing athletic teams. What remains are the shared memories of serenades, pinnings, sisterhood, ritual, growing, late night confidential chats, rush week, building floats with fraternities, sharing it all.

Gamma Phi Beta reunions take many forms, from small gatherings in faraway places or opposite coasts, to large back-to-the-campus migrations.

Some Nebraska Gamma Phi Betas did a bit of reminiscing when they gathered in Phyllis Knipping Crawley's Manhattan apartment in August prior to the Nebraska-Penn State football game. Phyllis served as hostess and tour guide for Pennsylvanias Karen Schroeder Over and Sherrill Geislinger McCown, who were joined by Dian Moody Williams who had come from Nebraska. All were class of 1964.

Still more Nebraskans gathered for a grander scale reunion that drew more than 250 alumnae from across the country for the burning of Pi Chapter's mortgage. Planned for the weekend of the Nebraska-Syracuse football game, the Pi reunion included a Friday night class party, a pre-game brunch at the student union, the game and an open house. A gala banquet featured a champagne toast during the mortgage burning.

It took a year of planning for the "Nifty Fifties Gamma Girls Reunion" held in Madison, Wisc. last June. More than 30 women came from California, Virginia, Florida and the midwest to renew old friendships and reminisce. They



Phyllis Knipping Crawley, Karen Schroeder Over, Dian Moody Williams and Sherrill Geislinger McCown meet in New York City for a Pi Chapter reunion.



Members attending the Gamma Chapter reunion at the chapter house are (front) Mary Warsinke Rodencal, Cathy Einum Eimerman, (back) Janet Mount Pipkorn, Jane Welton Meyers, Janet Grout Schuette, Sue Ihrig Adams, Nancy Emmons Smith, Dorothy Marling Aikins, Mary Tutter Sherman, Jan Place Walker and Liz Mattex Lampky.

sang songs and slept in their old rooms in the house. Some Phi Delta Thetas serenaded them, insisting they were returning some strange looking objects their fathers had stolen in panty raids in the fifties. The gathering also featured a cocktail cruise on Lake Mendota, a banquet, rush skits, non-stop conversation, picture sharing and laughing.

Planning a reunion for your chapter or class is an easier undertaking with the new directory, since the time consuming step of locating addresses is eliminated. Lots of Gamma Phi Betas who have done it highly recommend it.



Pi Chapter alumnae reunion committee members are Nancy Wagery Osborn, Jo Berry Schleiger, June McCracken and Mary Louise Babst.

HEADLINERS

Formerly shy, she's a political force with whom to reckon

When Rho Chapter at the University of Iowa pledged a shy girl named Dorothy Moak, chapter members would have been amazed had they seen what was ahead for her in a lifetime of family, community and national involvement. Dorothy Moak Minkel's involvements were to span several states and touch the lives of countless people of all ages and nationalities.

With the supportive encouragement of her husband, Dorothy managed a life of volunteering, while still managing to give more than ample time to her children, Susan and Alan. Susan is now a marriage and family counselor in Glenwood Springs, Colo. and has three children. Alan is an Air Force Captain with two children.

During World War II while Dr. Minkel served overseas for four years, Dorothy's survival tactics included being president of the Fort Dodge, Iowa Women's Club, president of the Iowa Medical Auxiliary, organizer of Intergroup Council for Foreign War Brides, lobbying for mill levy usage for recreation purposes and organizing a tennis program for city recreation. She served as chairman of women's division of United Way, legislative chairman for Iowa State Women's Clubs and delegate to state and county Republican conventions. And she still found time to sponsor all Susan's grade school and junior high activities and group adventures.

A move to Lead, S.D. in 1954, where her husband affiliated with Homestake Mine Hospital only served to broaden her horizons as she jumped in to provide aid and help to South Dakota Indian reservation schools, continued church activities and P.T.A., and aided in the installation of Gamma Delta Chapter at the University of Wyoming. The Minkel home also became a haven for young enlisted men from Ellsworth Air Force Base

in Rapid City, as they bunked in on weekends and skied nearby Terry Peak ski area with the Minkels.

In the 1960s, Boulder, Colo. gained the Minkels and Dorothy's efforts focused on being a night dorm counselor at the University of Colorado, a foreign student sponsor, Crippled Children's chairman, band parents president and a member of Boulder County School District advisory committee for school expansion.

After spending 10 years with the National Center for Atmospheric Research in Boulder, she retired and turned her energies to the Retired Volunteer Service Program. She helped organize its first recognition day and received the director's award for outstanding volunteer.

Her husband's death in 1972 was a loss of positive support for Dorothy, but rallying, she channeled her grief into organizing the Western Slope Area on Aging and the Garfield County Council on Aging, and again served as county and state Republican delegate. While she organized a regional legislative meeting on issues affecting older citizens, she became actively involved in the lobbying process. This led to a four year appointment to the Governor's Commission on Aging. During this term, she organized a statewide Older Citizens Day at the legislature to educate older citizens about the legislative process.

In 1980, Dorothy was the victim of a mugging which resulted in a broken hip. This misfortune prompted her to write and lobby for a bill providing for compensation for crime victims, which was enacted in 1981.

Her lobbying skills have made her a public speaker, a member of High Times Board, a panel speaker on the weekly High Times radio broadcast and a recipient of the High Times Sponsor's Award, presented by actress Lillian Gish. She was also



*Dorothy Moak Minkel
(Iowa)*

nominated for the Nine Who Care Award by the Garfield County Council on the Aging, and has received numerous other accolades and awards.

Dorothy is on the board of the National Center on Rural Aging, which is part of the National Council on Aging. She is legislative chairman of the Colorado Coordinating Council of Women's Organizations and the Older Women's League, and is a member of the Association of American Retired People and the National Council on Senior Citizens. Dorothy continues to voluntarily attend nearly every legislative session as a citizen advocate, especially for rural issues, and remains active in the political process.—Susan Minkel Kilton (Colorado)

Twins are people TWO

Twins: Nature's Amazing Mystery by Kay Adams Cassill (Iowa) has led to amazing developments in the lives of the author and her twin sister Marilyn Adams Holmes (Iowa). The book has spawned The Twins Foundation, headed by the author and created to establish a medical and scientific research library to collect and distribute information, create a museum and traveling exhibits relating to twins and establish a Hall of Fame of twin achievers. The foundation will also publish a magazine.

Marilyn, who is vice president for development/membership, said the most important part of this undertaking is scholarships as well as education of the general public and twins about the positive aspects of the twin relationship. "We also discovered the need for better communication and education and a support system for twins and their families," said Marilyn. "For instance, one man announced a scholarship available for twin girls at a midwestern university was going begging, because there was a large communication gap."

"The average twin pregnancy lasts 36 weeks rather than 40, and many only 33 weeks," Marilyn said, "so the babies weigh much less than other infants and are more vulnerable to health problems. Also, the cards are so stacked against twins and other multiples that I realized how fortunate we were to reach maturity with relatively few problems. We felt a special responsibility to help twins who were not so fortunate. There are 33,000 sets of twins born in the United States alone every year."

Thus the idea was born for The



Marilyn Adams Holmes (Iowa) is vice president and Kay Adams Cassill (Iowa) is president of The Twins Foundation.

Twins Foundation to be the resource "to provide the needed communication between twins and other multiples, the medical community and the general public." Board members, who are all twins, include John Mack Carter, managing editor, *Good Housekeeping*; Richard Stolley, managing editor, *Life*; Kathryn McLaughlin Abbe and Frances McLaughlin Gill, noted photographers and authors of *Twins on Twins*; and Dr. Louis Keith, Northwestern University Medical School Department of Obstetrics and Gynecology, and his twin Donald Keith.

In her book Kay examines the special bond between twins, believed by some experts to be stronger than that between mother and child, and what scientists have learned from studying them as well as the myths, mystery and mixups

that are part of the baggage twins tote through life. She has tracked down all that science has discovered about the mysteries of twinning, highlighting the key role of twins in the study of genetics and disease. Kay also portrays the private world of multiples, their communication through ESP and body language, how they cope with rivalry, separation, outside hostility and the need for independence, and how parents of twins cope with the sometimes baffling closeness of their children.

Kay and Marilyn participated in similar school activities, winning national honors in synchronized swimming competitions, sharing youthful careers as models and writers and winning the "Which Twin Has the Toni?" contest. They continued to dress alike until they graduated from the University of Iowa.

Camp Sechelt is fun and freedom

A perfect way to spend a summer is in the Canadian wilderness of the Sunshine Coast. Surrounded by the clear, blue Pacific Ocean and the dense, green forest, Gamma Phi Beta Camp Sechelt brings summer fun, happiness and excitement to more than 100 girls who otherwise would not have a holiday. The campers are referred by local school nurses and social workers, and are either underprivileged or experiencing some form of emotional stress at home.

Campers have relaxed and enjoyed themselves at Camp Sechelt for 50 years. Away from the worries of home, they spend 12 busy days canoeing, hiking, making new friends and playing in the beautiful outdoors. It is the many hours of work by the Vanouwer Camp Board and camp staff that make it possible for campers to enjoy summer after summer of fun.

Last year the camp staff was from New York, Texas, Oklahoma, Kansas, Nebraska, Missouri and California. With so many creative minds planning events, the campers never knew what to expect. One minute they were hunting for Easter eggs, the next building pebble castles on the beach.

The counselor's role is both rewarding and physically and emotionally tiring. One must be prepared to make friends quickly with the campers and act as mother, confidant and mediator. Counselors are expected to know the answers to all questions, and have great fun arranging jungle breakfasts, helping with dress-up and donning the Big Bird costume.

Gamma Phi Beta Camp Sechelt is a place of fun and freedom for the campers who go there each summer. It is a time of happiness away from the many responsibilities of home, and a time to enjoy the innocence of being 10 years old.

Camp Gift List

Collegiate and alumnae chapters are encouraged to send gifts or donations to purchase gifts to Gamma Phi Beta Camp Sechelt. Items such as ditty bags and creative kits can be made as a chapter philanthropy project. Or the proceeds of a fundraiser can be sent to purchase a rowboat or other items which would be too costly to mail. Your chapter or individual gift can be selected from this list:

- Volleyball net (1)
- Rowboat (1)
- Toothpaste and brushes (36)
- Small prize items
- Headbands and bandannas (36)
- Ditty bags (36)
- Toiletries (36)
- Dress-up costumes in good condition
- Electric bug zappers (3)
- New board games
- Innertubes
- Children's books
- Creative ideas kits—include description of activities and materials for crafts, sports or games for a group of 36
- Batik materials
- Craft materials and kits
- Cash donations
- Support a counselor or camper through the Adopt A Camp, Camper, Counselor program

Send gifts to:

Mrs. J. K. Gardiner
885 Eyremount
W. Vancouver, B.C.
Canada V7S 2B2

Dear Sisters,

I remember that first day of rush week, when I ran two pair of nylons in the process of getting ready to meet you. Of course I was nervous and very unsure of what I was getting myself into; although I was even more afraid of not getting into anything! I thought that maybe I wasn't the right "type" and that I really wouldn't be able to fit in anywhere. But when I first saw you standing there, wearing ridiculous costumes and a smile that encompassed nearly 80 girls, I knew that I had to get to know you. Even more impressive was that you seemed to want to get to know me.

You didn't seem to care why I was going through rush and why I was at college. You were just glad that I was here. You tried so hard to let me know how special Gamma Phi Beta is, without being pushy or phony about it. But you know, you really didn't have to try at all because I could already tell.

I remember the last day of rush week, running down the street with tears in my eyes, toward my new sisters and new home. I never felt such a sense of relief as when I found out for sure that I was really "here". Dear Gamma Phi, you know I wouldn't be anywhere else and I'm so happy to have been given the chance to love you.

Love in IIKE,
Coreen Dwyer
Kearney State

Corporation Meetings

Beta Chapter, April 14, 1984, 11:00 a.m., Chapter House, 1520 S. University, Ann Arbor, MI 48104.

Beta Theta Chapter, April 26, 1984, 7:30 p.m., Chapter House, 385 E. San Fernando, San Jose, CA 95112.

Chi Chapter, April 14, 1984, 10:00 a.m., Chapter House, 645 N.W. 23rd St., Corvallis, OR 97330.

Beta Beta Chapter, April 29, 1984, Noon, Chapter House, 9 Fraternity Row, College Park, MD 20740.

Phi Chapter, April 23, 1984, 7:30 p.m., Chapter Room, Washington University, St. Louis, MO 63130.

Alpha Theta Chapter, April 5, 1984, 6:30 p.m., Chapter House, 2411 Kensington Pl., Nashville, TN 37212.

Epsilon Chapter, May 19, 1984, 10:30 a.m., Chapter House, 640 Emerson St., Evanston, IL 60201.

Alpha Iota Chapter, May 4, 1984, 7:00 p.m., Chapter House, 616 Hilgard Ave., Los Angeles, CA 90024.

Housemother serves chapters

When Margaurite McConnel became the housemother for Chi Chapter at Oregon State University a record may have been set, for it is her fourth position as a Gamma Phi Beta housemother.

At the time she was widowed, Mrs. McConnell was living in Ft. Collins, Colo. Several of her Gamma Phi Beta friends urged her to become housemother at Tau Chapter at Colorado State University. It became a way of life.

Three years later she was persuaded to move to the northwest where daughter Barbara was living. Inquiries revealed there was a position open at the University of Oregon and soon she was ensconced at Nu Chapter in Eugene.

Mrs. McConnell attracted the attention of Beta Sigma Chapter members attending province conference four years later. Soon she was off to Washington State University, where she could be closer to

her daughter and two grandchildren in Spokane.

She stayed in Pullman for 11 years and in 1982 decided the time for a change had come. "I had always loved Oregon with the beautiful Willamette Valley and the closeness of the ocean beaches," she said, "and so I decided to apply to Oregon State." The post at Chi Chapter was offered and, "I didn't even have to change the sticker on my car," Mrs. McConnel said.

Many Gamma Phi Betas still keep in touch with her and 40 of them gathered for a surprise farewell dinner in her honor before she left Pullman. She said she has enjoyed seeing them blossom during their college years. "It has been sheer delight, knowing so many fabulous girls," she said, recalling the achievements of many.

Next year will mark 20 years of housemothering for Mrs. McConnel. Her interests and enthusiasm,

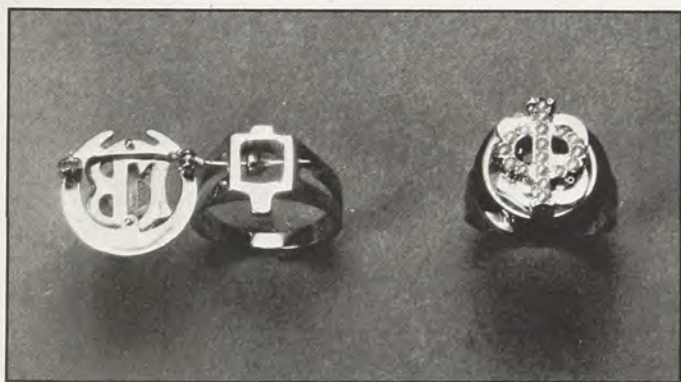


Margaurite McConnel

her zest for life and her involvement with the chapter members and their surroundings all have added positively to the growth of the members of four Gamma Phi Beta chapters.—
Helen Berg Towne (Idaho), Spokane Alumnae Chapter

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COLLEGIANS



Esther Wakeman and Lyn Leyenbauer make valentines at Oregon State.



Excited California State-Fullerton pledges learn the names of their big sisters at Pledge Presents.



San Diego State sisters show off their Greek week sandcastle.



Charlyn Brown, Jennifer Watts, Kristen Arnston and Joanie Williams are excited to welcome rushees to Gamma Phi Beta Camp Day.



Gamma Gamma sisters enjoy an evening at the University of Wisconsin-Milwaukee Panhellenic ice cream social.



Dickinson sisters celebrate Founders Day in the Gamma Phi Beta apartment.



After months of waiting, initiation night has finally arrived for Lamar pledges.



University of Missouri sisters smile for Gamma Phi Beta.



Bradley Gamma Phi Betas agree that Gamma Phi Beta is number one.



Beta Phi sisters are happy to be University of Indiana Gamma Phi Betas.



Bid day brings members and pledges together at California Polytechnic-San Luis Obispo.

COLLEGIANS



The Rice Krispy squares sale table is a popular Greek week spot at Bucknell.



Laura Mooney and Mary Dean are ready for a Halloween party at St. Louis University.



University of California-Irvine members get together with their new sisters after the pledge ceremony.



Oregon State pledges find a home in Gamma Phi Beta on bid day.



University of Maryland members cheer pledges who are following the strings to their pledge moms.



An excited group of University of California-Santa Barbara sisters build a pyramid to celebrate a win at volleyball.



Balloons and smiles welcome pledges on bid day at Vanderbilt.



Bid night at Illinois State is doubly exciting as members welcome new pledges to their new chapter house.



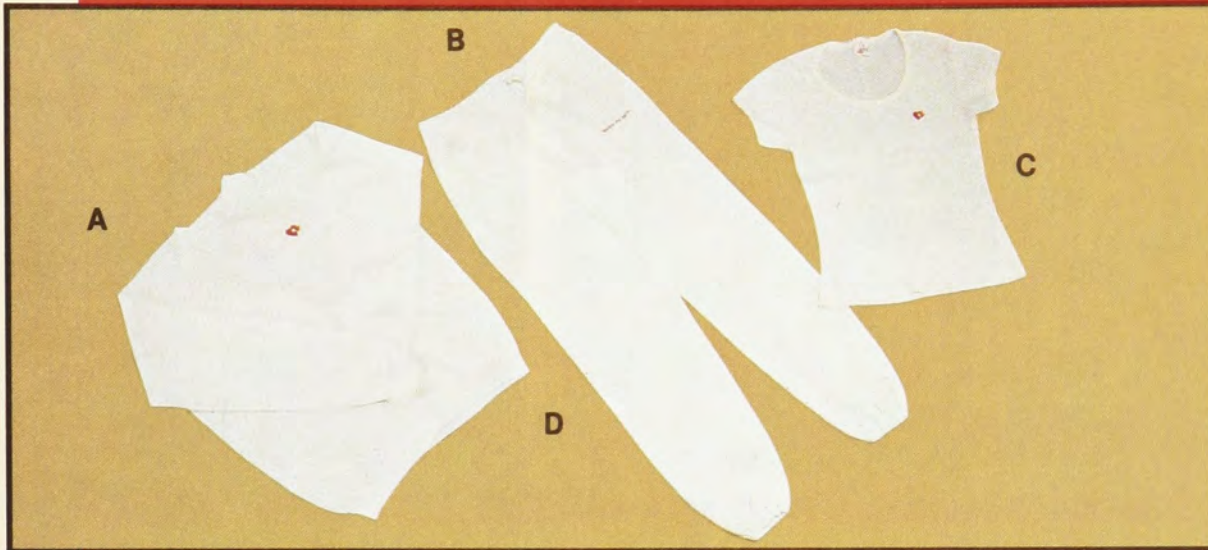
Two sisters cheer for Gamma Phi Beta and Rutgers.



Beta Chapter members and pledges smile for Gamma Phi Beta on bid night at the University of Michigan.

BOUTIQUE

Gamma Phi Beta



Gamma Phi Beta Foundation

A Sweatshirts: White, long-sleeved sweatshirt with red and orange Foundation logo on left front. Sizes, L and XL.

B Sweatpants: White with Gamma Phi Beta in red on left leg. String tie waist and elastic at ankles. Sizes, L and XL.

C T-Shirts: Ladies short-sleeved scoop neck T-shirt, white with red and orange Foundation logo on left front. Sizes, S, M or L.

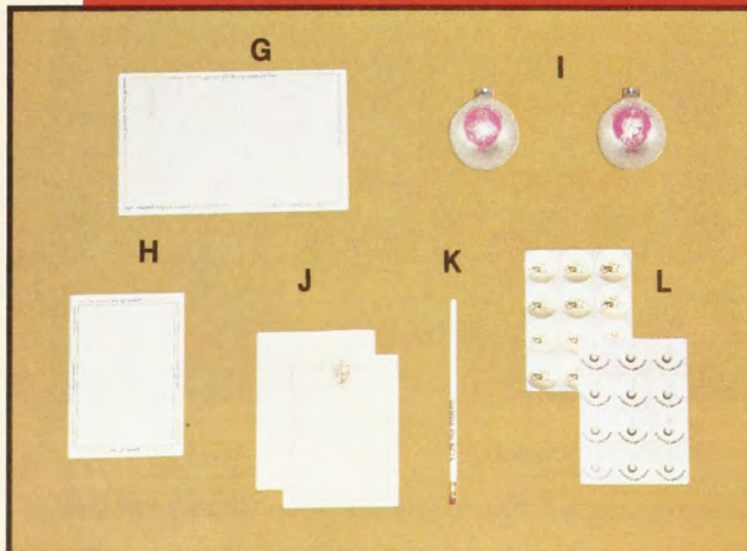
D Sweatpant and Sweatshirt Set.

E Shirts: Kelly with navy monogrammed letters or Ivory with brown monogrammed letters. Greek letters Gamma Phi Beta on shoulder. Short-sleeved. Sizes M, L and XL.

F T-Shirt: Traditionally styled short sleeve T-shirt. Available in red, royal or kelly with four inch white Greek letters on front. Sizes S, M or L.

G Notepads: White 1/2 page notepads.

H Postcards: White postcards.



I Christmas Ornaments.

J Crested Notecards. Invitation size notecards and envelopes.

K Pencils: White #2.

L Stickers: Crested or Carnation.

M Ski Hats: White wool caps.

N Visors: White visors with brown greek letters Gamma Phi Beta on the band.

O Man's Necktie: Navy blue tie accented by crescent moons.

GAMMA PHI BETA MERCHANDISE PRICE LIST

(prices subject to change without notice)

- A) Sweatshirts:** White, long-sleeved sweatshirt with red and orange Foundation logo on left front. 50%/50% cotton/acrylic.
 Sizes, L and XL. **\$11.00/each**
- B) Sweatpants:** White with Gamma Phi Beta in red on left leg. String tie waist and elastic at ankles. 50%/50% cotton/acrylic.
 Sizes, L and XL. **\$11.00/each.**
- C) T-Shirts:** Ladies short-sleeved scoop neck T-shirt, white with red and orange Foundation logo on left front. 50%/50% cotton/acrylic.
 Sizes, S, M or L. **\$8.00/each.**
- D) Sweatpant and Sweatshirt Set.** **\$20.00/set.**
- E) Shirts:** Kelly with navy monogrammed letters or Ivory with brown monogrammed letters. Greek letters Gamma Phi Beta on left front. Short-sleeved, 50%/50% cotton/polyester blend.
 Sizes M, L and XL. **\$19.00/each.**
- F) T-Shirt:** Traditionally styled short sleeve T-shirt. Available in red, royal or kelly with four inch white Greek letters on front. 50%/50% cotton/polyester.
 Sizes S, M or L. **\$9.00/each.**
- G) Notepads:** White 1/2 page notepads with a four color border of Gamma Phi Beta.
 50 sheets per pad. **\$1.50/each.**
- H) Postcards:** White postcards with four color border of Gamma Phi Beta.
 10 postcards to a package. **\$2.00/package.**
- I) Christmas Ornaments:** Crested or Carnation.
 **\$5.00/each.**
- J) Crested Notecards:** Invitation size notecards and envelopes. Brown on ivory.
 10 notecards to a package. **\$3.00/package.**
- K) Pencils:** White #2 with Gamma Phi Beta printed in brown. **35¢/each or 4 for \$1.00.**
- L) Stickers:** Crested or Carnation. One sheet contains 12 labels. Ideal for letters, nametags or posters.
 **75¢/sheet.**
- M) Ski Hats:** White wool caps with Gamma Phi Beta written in rainbow colors. **\$16.00/each.**
- N) Visors:** White visors with brown greek letters Gamma Phi Beta on the band. **\$6.00/each.**
- O) Man's Necktie:** Navy blue tie accented by cream colored crescent moons which are separated by single diagonal stripes. Individually gift boxed.
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GOOD BUYS

Suncatchers

Catch the sun and the heart of a Gamma Phi Beta with a hand painted glass suncatcher from the St. Louis alumnae. The hand poured glass is collared in lead, and hand painted pink carnations and delicate leaves border the message, Sisters are Special—ΓΦΒ. Perfect for hostess gifts, graduation presents and thoughtful remembrances, the suncatchers are \$6 plus \$1 postage and handling. Send orders to Carol Johnson, 1892 Shoettler Valley Dr., Chesterfield, MO 63017.

Tunic Apron



An attractive tunic apron, appliqued with pale yellow crescent, pink carnation, green stem and dark brown Greek letters is the offering of the North Harris County, Tex. Alumnae Chapter. The background is khaki and features two large pockets. Perfect for rush for collegians and alumnae, the cost is \$16.95 plus \$1.50 postage and handling. Special postage arrangements can be made for group buys. Send orders to Sharon Graham, 7927 Battlecreek, Houston, TX 77040.

License Frame

"It's Great to be a Gamma Phi" proclaims a license plate frame offered by Long Beach, Cal. alumnae. The lettering is dark brown on a light brown frame, and has a pink carnation and Greek letters in the lower corners. Priced at \$7 a pair, or \$3.75 each, plus \$2 postage and handling, they may be ordered from Cindi Lovejoy, 14632 Kimberly Circle, Tustin, CA 92680.

Ceramic Tiles

A great gift for graduating seniors would be the ceramic tiles offered for sale by Bloomington, Ind. alumnae. The 4½" tiles have a gold border and green felt backing with the 1896 style monogram displayed in brown in the center. The chapter name and year is inscribed on the bottom. The chapter prefers that orders be limited to a minimum of 10, but individual tiles may be ordered at \$5 each. For orders of 10 or more, the cost is \$3 per tile, plus 10 percent for postage and handling. Allow three weeks for delivery and send orders to Myra Baker, 2717 Spicewood Ct., Bloomington, IN 47401.

Needlework Patterns



Bakersfield, Cal. alumnae are offering needlework designs featuring the Gamma Phi Beta badge design, a crescent moon and carnation or four stylized carnations with Greek

letters. They are suitable for use on clothing, linens, boutique items, pillows and wall hangings. The set of four charted designs with instructions and color suggestions is available for \$3 per set, postpaid. Send orders to Mrs. Kathy Hanna, 256 Las Flores, Bakersfield, CA 93305.

Ladyfood

Every chapter can share in the profits of sales of *Ladyfood*, the Gamma Phi Beta cookbook with recipes solicited from sisters all over the country and Canada. For each copy sold, \$1 goes to that chapter's treasury, plus \$2 is donated to the Gamma Phi Beta Foundation. *Ladyfood* may be ordered from Pat Mullins, 1104 Yale Cir., Plano, TX 75075. The price is \$8.95 plus \$1.05 postage and handling. Texas residents must add 45 cents sales tax. For chapter sales, write Pat Mullins or contact your Province Alumnae Director or Province Collegiate Director.

Brass Letters

Bloomington-Normal, Ill. alumnae are raising funds for the new chapter house at Illinois State University by selling original design brass letters to be used as paperweights or wall hangings. They are approximately 5¼" x 5½" and are \$10 plus \$1 postage and handling. Available through Sue Quane, 1107 W. College Ave., Normal, IL 61761, they would make great gifts for seniors, big or little sisters or advisors.

Cross Stitch

Enterprising collegians at Northwestern University are offering the 1896 monogram and crescent design in cross stitch. The monogram can be ordered in kit form for \$12, or, if there is sufficient demand, the graph only for \$5. The complete kit includes the design graph, 14 or 18 count ecru aida cloth, brown embroidery floss and a needle. Order both items from Gamma Phi Beta, Northwestern University, 640 Emerson, Evanston, IL 60201.

An Opportunity

*Gamma Phi Beta alumnae
living in areas without alumnae groups
are invited to
form new Alumnae Chapters
or Crescent Circles
for sisterhood, fulfillment and fun*

*R.S.V.P. Alumnae Expansion Chairman
Cyndy Meisner Howes
2005 Moran Road
Franklin, TN 37064*

CHANGE OF ADDRESS OR NAME REPLY

Members are responsible for all address changes. Allow 4 weeks.

Maiden Name _____ Chapter _____

My profession or training is in _____

New name if different from label

_____ Title Last First Middle

Entire new address

Street _____

City _____ State _____ Zip _____

PLEASE DO NOT REMOVE OLD LABEL

☐ Check here if change of address is for other than addressee.

Clip form, place in stamped envelope and mail to Gamma Phi Beta Sorority, 7503 Marin Drive, Suite 178D, Englewood, CO 80111-2292.