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The beauty of preference. The excitement of wearing the first Gamma Phi Beta shirt. The beginning of Sorority pride for Arizona State University colony members.

THE CRESCENT

OF GAMMA PHI BETA

Spring 1990



Eating healthy and staying slim

By Sandra Gordon
(Nebraska)

Eating right and staying slim can be two of college life's greatest challenges. After all, with a full course load, homework, meetings, social functions and maybe even a part-time job, who has time to always make it back to the house or cafeteria for a balanced meal?

Even then, eating can be a mixed blessing. On one hand, "It's easier to eat healthy because I have all my meals prepared for me," says one chapter president. Yet, lasagna, buttery garlic bread, Oreo ice cream cookie sandwiches...the abundance of tempting fare can sabotage even the firmest resolve. So says Erin Gothard, THE CREST Correspondent at the University of Missouri: "I do watch my weight but it's a hard thing to do because sometimes it seems like the only things dietetic are salad and fruit."

In addition to constant temptation, the desire to splurge can be overwhelming. Studies show that group dining, though an uplifting morale booster, can distract you from keeping tabs on quantity, especially when you see others going back for seconds.

Eating healthy sets the tone for how you feel physically, your ability to concentrate, your sense of style. It's an important part of being the best you can be. But, then again, it's easy to fall victim to social forces that conspire to veer you off track. What can you do? Take charge of your eating habits. Follow these eight suggestions for eating healthier and staying slim, sensible tactics that can work for you.

Eat something for breakfast

Studies show that eating something for breakfast not only helps you meet your daily nutritional requirements, it keeps you alert all morning, less prone to high-fat snacking *throughout* the day. Plus, by the time lunch rolls around, breakfast eaters are less apt to overindulge, a practice that

contributes to the sluggish feeling you get during your afternoon classes. What should you eat? For a productive study mode, make breakfast light. Good choices include: fruit juice (for vitamin C) and fiber-rich cereal with milk (such as Raisin Bran, Shredded Wheat or Cheerios), whole grain breads, English muffins, bagels or nonfat yogurt. If you like presweetened cereals (most are vitamin fortified), sprinkle them on top of cereal that is better for you (instead of sugar). Keep breads low fat with just a smidge of peanut butter, cream cheese, butter or margarine. Or dab on jam instead. And, save heftier fare—French toast, pancakes, eggs, bacon and sausage—for the weekend or when you're sure to be more physically active.


Don't rely on caffeine

Within limits (two cups of coffee or cans of soda a day), caffeine is harmless. Consumed in copious quantities however, caffeine can weaken your stress limit and make you susceptible to undue anxiety, insomnia and the caffeine "jitters." Rather than risk straining already taxed nerves, supplement your caffeine consumption with rejuvenating glasses of water, bouts of fresh air and exercise or a 20-minute nap.

Keep going with a good lunch

After a light breakfast and a morning filled with classes, who isn't famished for lunch? Yet, grabbing a bite can sometimes pose a problem. "I never intentionally skip lunch," says Shannon Molloy, a sophomore marketing major at Southern Methodist University. "But I sometimes have meetings to go to instead."

Whether or not meetings dovetail with classes, it's important to squeeze lunch in.



After all, food fuels the brain! Studies show that skipping lunch or waiting to eat too late in the afternoon can dull your afternoon concentration, inhibiting your ability to learn due to a drop in your blood sugar level.

- You'll feel less alert and more susceptible to stress.
- You'll deny yourself time to recover from thinking class-oriented thoughts, causing your productivity to slacken.
- By dinnertime, your hunger will be out of control (if you haven't opted for a candy bar) and you'll be likely to overindulge at the time of day when most of us are less active. To make the most of your afternoon:

Strive for a routine lunch time

Eating lunch at about the same time every day will help regulate your hunger clock. Find a break in your schedule and try not to vary it day to day by more than an hour.

Take time to eat

Studies show it takes 20 minutes for the brain to register you're full. By taking less time to eat, you won't get the full benefit of physical and mental satisfaction and you'll miss your body's satiety signals, causing you to eat as much as 50 percent more than you actually need to satisfy your hunger. If you do eat on the run, grab nutrient-dense portables: an apple, a banana, yogurt or a frozen yogurt cone, and aim for a balanced dinner.

Continued on page 17

Watch out for hidden lunch time fat

Believe it or not, salad dressings are the greatest source of fat in most women's diets. Just three tablespoons of fat in most women's diets. Just three tablespoons of creamy dressings such as ranch, bleu cheese or thousand island will add an average of 225 calories to your salad and 25 grams of fat (your salad will have more fat than a plain hamburger). Even oil and vinegar dressing, at 70 calories per tablespoon, is no calorie bargain. Keep calories from fat at bay by strategically positioning your salad dressing on the side of your plate and drizzle it on to taste. Or, request salad dressings that are reduced calorie. More foods to lighten your lunch: one percent low fat (vs. regular four percent) cottage cheese, tuna packed in water, skim milk, mustard instead of mayo, broth-based rather than cream soups, regular bread instead of croissants (they're flaky due to loads of butter).

Make dinner a lesser meal

Although dinner includes a vegetable or fruit if you care for it, calories can add up fast if the rest of your meal is high in fat. If you do splurge, don't fret—it's the calories over the course of a week that count, not the calories in one day. But, avoid falling into the hefty dinner habit.

- Plan menus that include low fat recipes, those without a lot of hidden extras such as cream sauces and soups, butter, sour cream, cheese (a cube of cheese has nearly as much fat as a ball of butter) and oil. Beware of casseroles, notorious for being fat havens.

Convention 1990



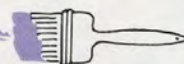
Gamma Phi Pride Build On It! is the theme of the 1990 Convention, July 24-28, in Denver. Conventioneers will celebrate pride in Gamma Phi Beta and pride in the Sorority's new international headquarters.

Convention will be held at the Hyatt Regency Tech Center, located in southeast Denver with stunning views of the Rocky Mountains.

Colorado is a popular family vacation destination with recreational opportunities ranging



Pride... build on it!



from sightseeing to hiking, fishing, golf and tennis. Denver attractions include the gold-domed state capitol building, governor's mansion, Molly Brown House, U.S. Mint, Denver Art Museum, Botanic Gardens, Museum of Natural History and zoo. Nearby are the Air Force Academy and the Professional Rodeo Hall of Champions. Several mountain resorts are within an hour or two of Denver. Come early or stay later and enjoy Colorado.

Trip to London

One lucky Gamma Phi Beta attending the Sorority's Convention in Denver next summer will win a trip for two to London, compliments of American Airlines. The winner will be announced at the Gamma Phi Beta Foundation dinner. Certain restrictions apply, such as dates of travel and availability.



Convention Presentations



Deanell Reese Tacha (Kansas)

Deanell Tacha

Gamma Phi Betas attending the Denver Convention will have the opportunity to hear Deanell Reece Tacha (Kansas) speak at the opening dinner on Tuesday. Deanell, a judge for the U.S. Circuit Court of Appeals, earned an undergraduate degree at the University of Kansas and a law degree at the University of

Michigan.

"If there's a key to women doing well," she said in a 1987 article in *THE CRESCENT*, "it's to choose to do something not only that you like, but that you do well." That philosophy has been evident in her career choices—attorney, law professor, law school associate dean, university vice chancellor and judge.

As an undergraduate, Deanell was president of Sigma Chapter, a member of Phi Beta Kappa and named the university's outstanding senior woman. The first year after law school she worked for the Nixon administration, traveling to southeast Asia and Africa to explore U.S. policy, and then was employed by a Washington, D.C. law firm before deciding to return to Kansas.

Will Keim

What will North America look like in the 21st century? What skills will students need to cope with life in a new world that de-



Will Keim

mands cooperation, not competition? These questions and others will be answered by Will Keim when he speaks about leadership at the Panhellenic luncheon.

A member of Delta Upsilon Fraternity and Order of Omega, he earned undergraduate and master's degrees at the University of the Pacific and a Ph.D. in

education at Oregon State University. "Leadership development cannot be accomplished in 60 seconds, 60 minutes or 60 years for that matter," he said. "It is a lifetime commitment to learning, sharing and caring about the community, nation and world in which we live."

Will has spoken at many campuses, Panhellenic and Interfraternity Conferences, and sorority and fraternity conventions.

Robin Sawyer

A Friday afternoon workshop will feature a presentation by Robin Sawyer, director of health education at the University of Maryland. His area of expertise is adolescent sexuality.

A native of Great Britain, Robin did his undergraduate work at the University of London. He has a master's degree in education and will be awarded a Ph.D. in health education this year from the University of Maryland.

Continued on page 10

Convention Presentations

Continued from page 9



Maureen Mulvaney

Maureen Mulvaney

Stressed out? Maureen Mulvaney has the solution.

Maureen's Thursday afternoon workshop will focus on handling stress, a subject with which she is familiar. At age 22 she was a self confessed workaholic who spent the next five years in and out of the hospital. The diagnosis: stress did this to you.

Since that time she has been a therapist, college instructor, public relations executive and special education teacher. Maureen combines her professional experience with personal knowledge in a presentation which is entertaining and informative.

Heidi Thomas

Heidi Thomas will add a special touch to the Pink Carnation Banquet Saturday evening. An



Heidi Thomas

accomplished musician, she is a graduate of the University of Denver Lamont School of Music

and has been active in music and theater in the Denver area for many years.

Heidi has sung the national anthem at professional athletic events, and performed at many private functions. She also directs the children's and youth choirs at First Plymouth Congregational Church, and is assistant director and accompanist for the Highlands Ranch Community Chorus. Describing herself as a self professed dreamer, she says "she's here to help us remember that dreams can come true!"

Heidi is married to former Alpha Tau Omega National President Dave Thomas, who spoke at the 1986 Gamma Phi Beta Convention.

Convention Schedule

Tuesday, July 24

- 8:00 - 4:00 International Officer Training
- 4:30 - 5:45 General Orientation Session
- 6:15 - 8:30 Province Dinner
- Speaker: Deanell Reece Tacha
- 8:45 - Bylaws Information Session (optional)

Wednesday, July 25

- 7:00 - 7:30 Aerobics
- 8:00 - 8:45 Parliamentary Procedure
- 9:30 - 12:15 Business Session
- 12:30 - 1:45 Lunch (with chapter of initiation)
- 2:00 - 5:30 Business Session
- 6:30 - 8:30 Recognition Dinner (awards)

Thursday, July 26

- 6:30 - 7:30 Aerobics
- 8:00 - 8:45 Parliamentary Procedure
- 9:00 - 12:00 Workshops*
- 12:15 - 1:45 Panhellenic/Legacy Luncheon
- Speaker: Will Keim
- 2:00 - 5:00 Workshop
- Speaker: Maureen Mulvaney
- 6:00 - 8:00 Confirmed Conventioneers Dinner
- 8:00 - 9:00 Extension Presentation

Friday, July 27

- 6:30 - 7:30 Aerobics
- 8:00 - 8:45 Parliamentary Procedure
- 9:00 - 11:30 Business Session
- 12:00 - 1:15 Public Relations Luncheon
- 1:30 - 3:30 Initiation and Memorial Service
- 4:00 - 6:00 Workshop
- Speaker: Robin Sawyer
- 7:00 - 9:00 Foundation Dinner

Saturday, July 28

- 6:30 - 7:30 Aerobics
- 8:30 - 11:30 Workshops*
- 12:15 - 1:45 Capital Endowment Campaign Luncheon
- 2:00 - 5:00 International Headquarters Celebration
- 7:30 - 9:30 Pink Carnation Banquet
- Entertainment: Heidi Thomas
- 10:00 - 11:00 Reception

*Financial, collegiate and alumnae workshops will be scheduled.

REGISTRATION FORM

GAMMA PHI BETA INTERNATIONAL CONVENTION HYATT REGENCY DENVER TECH CENTER DENVER, COLORADO JULY 24-JULY 28, 1990

By May 1, 1990 please return to Gamma Phi Beta Sorority, Inc., 7395 East Orchard Rd., Suite 200, Englewood, Colorado 80111-2509. **Any registration postmarked after June 1, 1990 must be accompanied by a \$50 late fee!** Late reservations will be accepted on the basis of availability. Full time participants should plan to arrive on Tuesday, July 24. Scheduled activities begin at 4:30 p.m. and end after Saturday night banquet and reception, July 28.

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 () _____

COLLEGIANS

Chapter _____

Alt. Delegate _____ Visitor _____

Chapter Office _____

Campus Panhellenic Office _____

Total number of Conventions attended including 1990 _____

My legacy(ies) attending Convention is/are: _____

ALUMNAE

Alumnae Chapter _____

Delegate _____ Alternate _____ Visitor _____

Collegiate Chapter _____

Alumnae Panhellenic Office _____

ALL FULL-TIME AND PART-TIME PARTICIPANTS:

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. You will not be put in a triple unless you provide names of roommates and all forms arrive together.

1. _____

2. _____

3. _____

THERE WILL BE NO ROOM CHANGES ONCE RESERVATIONS ARE CONFIRMED.

TRAVEL: Bev Adams is our official Convention travel agent. Call 1-800-875-3344 and ask for Bev. Be sure to identify yourself as a member of Gamma Phi Beta. Anyone coming to Convention at the expense of Gamma Phi Beta must make her travel arrangements through Bev Adams or she will not be reimbursed for travel expenses. Please make your own travel arrangements.

In order for registration to be complete, payment for registration, meal and hotel fees (as applicable) **MUST** accompany this registration form.

Enclosed in my check for \$ _____

Make check payable to Gamma Phi Beta Sorority. All payments must be made in U.S. funds

Please charge to: Master Card Visa Account Number _____

Expiration Date _____ Signature _____

REGISTRATION, HOTEL AND MEAL FEES ARE NON-REFUNDABLE AFTER JUNE 30, 1990.

NAME _____ Last _____ first _____

COMPLETE THE APPROPRIATE SECTION BELOW:

FULL-TIME PARTICIPANTS

REGISTRATION FEE (includes Convention kit) \$ 75.00

HOTEL PACKAGE (includes room, lunches, dinners, and all taxes, gratuities, bellman and room tips).

I prefer:
(check one)

☐ Single \$675

☐ Double \$462

☐ Triple \$392
(King plus rollaway or 2 double beds)

Cost of Hotel Package \$ _____

Personal expenses must be paid at the time of check-out.

TOTAL REMITTED \$ _____

PART-TIME PARTICIPANTS

REGISTRATION FEE (includes Convention kit)—\$20/day

Wednesday 7/24 _____ Thursday 7/26 _____ Friday 7/27 _____ Saturday 7/28 _____
(No fee for Tuesday 7/24)

Total part-time registration fee \$ _____

MEALS

Tuesday 7/24	6:15 p.m.	Province Dinner	\$29.00	\$ _____
Wednesday 7/25	12:30 p.m.	Chapter of Initiation luncheon	\$15.00	\$ _____
	6:30 p.m.	Recognition Dinner	\$35.00	\$ _____
Thursday 7/26	12:15 p.m.	Panhellenic/Legacy Luncheon	\$15.00	\$ _____
	6:00 p.m.	Confirmed Conventioneers Dinner	\$29.00	\$ _____
Friday 7/27	12:00 noon	Public Relations Luncheon	\$15.00	\$ _____
	7:00 p.m.	Foundation Dinner	\$32.00	\$ _____
Saturday 7/28	12:15 p.m.	Capital Endowment Campaign Luncheon	\$18.75	\$ _____
	7:30 p.m.	Pink Carnation Banquet (favor included)	\$50.00	\$ _____

Total cost of meals \$ _____

Hotel: I plan to stay at the Hyatt Regency Denver Tech Center: Yes _____ No _____

COMPLETE THE FOLLOWING **ONLY** IF STAYING AT THE HYATT REGENCY DENVER TECH CENTER

Arrival date _____ Time _____

Departure date _____ Time _____

Cost of part-time hotel room includes bellman and room tips. Check one—remit total:

☐ Single – Total number of nights in hotel _____ x \$88.00 \$ _____

☐ Double – Total number of nights in hotel _____ x \$46.00 \$ _____
☐ King Bed ☐ Two Double Beds

☐ Triple – Total number of nights in hotel _____ x \$32.00 \$ _____

Personal expenses must be paid to hotel at time of check-out.

TOTAL REMITTED \$ _____

The opportunity is knowledge

By Mary Babbitt Bilby (Arizona)

With friendship and sisterhood as the foundation, our Founders properly considered the primary purpose for enrolling in college was to acquire an education. While there are thousands of ways to increase your knowledge every day, the four short years of college offer the most concentrated array of opportunities of your entire lifetime depending on the effort you are willing to put forth.

To supplement this tremendous advantage, and from the vast wealth of more than 100 years of know-how, Gamma Phi Beta offers experiences to bolster your self confidence, to help you develop your greatest potential, and even to make you more employable. One word describes the most important contribution Gamma Phi Beta makes to your future-opportunity!

- Consider your opportunities to learn time management. The thousand and one activities connected with Sorority membership make it absolutely essential you learn to use your time systematically, to do things when they are supposed to be done, and to do them as efficiently and quickly as possible. Gamma Phi Beta makes high scholarship the requirement for initiation. Why? Because good scholarship demands dedication, initiative, self discipline and tenacity—all basic tools for successful people in every walk of life.

- Consider your opportunities for practical training. When you combine your talents to build a float or put on a rush skit, you learn about preparation and production, working within a budget and the magic of teamwork. When you take food to the needy or raise money for Camp Sechelt you learn the satisfaction that comes from helping others.

- Consider your opportunities for relationships. Living with dozens of sisters with a variety of personalities, attitudes and backgrounds, you learn some important lessons

about getting along with people, how to disagree without being disagreeable, how to defend your personal point of view. You develop a sensitivity about the desires and goals of others, and you learn consideration, compromise and the importance of setting a good example.

- Consider your opportunities for social skills. Almost without conscious effort, you assimilate lessons about good grooming and appropriate dress. You also learn some lasting lessons about etiquette and table manners, and you learn how to make conversation with anyone anywhere.

- Consider your opportunities for leadership training. Every time you present a program, direct a service, organize a social event, serve on a committee or take a Sorority office, you acquire new leadership skills. You learn responsibility and dependability, how to work with people, how to delegate, how to communicate, how to inspire and motivate.

- Consider your opportunities for the future. You'll find friendly sisters everywhere—involved, interesting, capable women who value their Sorority experience enough to help someone else enjoy and benefit from it.

Why has Gamma Phi Beta expanded and flourished for 115 years? Because we provide experiences that can't be taught from a textbook, but are learned almost without effort during the fun of routine Sorority life. Because our alumnae believe in and practice the Golden Rule.

Let each of us resolve to do our part to preserve and enhance the heritage that we have received and to pass it on as a special treasure for generations to come.

Editor's Note: Mary Bilby, a former Director of Extension, delivered this speech at the Founders Day gathering of the Phoenix Alumnae Chapter.

Support the Capital Endowment Campaign!



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Province Collegiate Directors

By Lin Schafer Sanford, Collegiate Editor

The 17 women who supervise more than 100 Gamma Phi Beta collegiate chapters are teachers, businesswomen, office managers, nurses, lawyers, homemakers, wives and mothers. They also are dedicated to Gamma Phi Beta and maintaining pride and excellence in strong, successful chapters.

The job they hold is Province Collegiate Director (PCD). They supervise the chapters in their provinces and field questions concerning procedures and problems. According to PCD XI Vicki Carlson Read (Arizona) the job entails special qualifications. She says it helps to have "a Ph.D. in organizational skills and master's degree in guidance and counseling." She says "you need time, flexibility, patience, creativity, a high shock tolerance, good communication skills and to be a computer expert. Also a love of TV dinners, long phone conversations and a need for very little sleep."

Each Province Collegiate Director supervises from three to eight chapters and spends anywhere from six to 30 hours a week on phone calls and endless amounts of correspondence and reports to their chapters, chapter advisors and International Headquarters. They attend Convention, Leadership Training School and Area Leadership Conference.

At least once a year they make a two or three day visit to each chapter to meet with the president, executive council, chapter advisor, Panhellenic advisor, house director and other officers. They also attend a chapter or PACE meeting and a pledge meeting. PCD VIII Sandra Rettke Nauman (Arizona) likes "to discuss goals, give suggestions for improvement, solve problems and generally get to know the chapter members so they feel comfortable with me."

PCD XIII Diane Soderstrom Goff (Idaho) says during her chapter visits she meets with members "from 9:00 to 9:00." PCD XVIb Cheryl Speer (Calif. St.-Fullerton) also tries to "eat, sleep and have fun!" during her visits. Several PCDs who live near their chapters are able to visit more of-

ten for rush, Founders Day, initiation and other special events.

Basically, the PCDs see guidance as their major responsibility to the chapters. "Helping them reach their fullest potential and gain strength," says PCD XV Mary Anne Fitzgibbon Rennebohm (Iowa St.). "To see that they continue to be 'green and growing,'" says PCD IX Ellen Matthews Duncan (Oklahoma), "and help them meet all criteria for chapter excellence while guiding individual women to be the best they can be."

A good working relationship with the chapter advisors is essential for PCDs. "I love the advisors," says PCD XII Michele Pond-Bell (Idaho St.), who sends each one a note every fall to encourage communication and praise their voluntarism. "They're my eyes and ears of the chapter. They're wonderful." PCD V Jeannine Rudolph (Penn St.) agrees, saying, "An advisor that does a good job makes my job easier." Most PCDs send a monthly or bimonthly newsletter to advisors and chapters in addition to copies of correspondence.

Being a good listener and having a good sense of humor top the list of qualifications listed by the PCDs, along with common sense and love of Gamma Phi Beta. They also agree that it is helpful to have held an executive office at the collegiate level and/or an advisory position as an alumna. PCD VII Linda Daniels Johnson (Vanderbilt) thinks "the best background is a year as a Collegiate Consultant." But she admits, "Of course, I'm biased."

Many international Gamma Phi Beta resources are available to aid PCDs. Among the resources most often used, PCDs cited manuals, President's Book, Leadership Training School, international officers with specific areas of expertise, the helpful staff at International Headquarters and other PCDs. The one resource mentioned repeatedly was Assistant to the Collegiate Vice President-Operations Diane Tjaden Thompson (Iowa St.). "She is the most valuable resource and has done a tremendous job in motivating all the PCDs," says Ellen Duncan.

As with most advisory positions, rewards are somewhat intangible and individual to each PCD. Overall, contributing to the lives of young women, seeing chapters thrive and turn challenges into successes are the most often repeated rewards. "Watching bored expressions turn to enthusiasm," is how PCD II Ellen Nicholson (Dickinson) describes her reward. "The awards received at Convention make it worthwhile for me," says Diane Goff.

The job of PCD is not without its challenges. The frustrations include the never-ending mountains of paperwork, not enough hours in the day, and continually trying to come up with fresh ideas and inspiration. "Seeing smart, good chapters make stupid mistakes," disappoints Jeannine Rudolph. Sandra Nauman sums up the unanimous frustration of having to remind chapters over and over to complete something by saying, "I compare it to reminding your children to get their elbows off the table. Once is just never enough."

When asked what advice they would give a new PCD, they said to be calm, get organized, get tough, have fun and trust your instincts. "Buy a computer or word processor and an answering machine, warn your mailman about the increase in mail, and call Diane Thompson a lot," advised Linda Johnson.

AWARDS

1989 Service Roll

Alta Patricia Denton (Oklahoma City),
Glen Ellyn, Illinois

1989 Merit Roll

Barbara Teig Adams (N. Iowa), Ames,
Iowa
Loya Getz Adams (Iowa St.), Ames, Iowa
Barbara Harman Allgood (Nebraska),
Omaha, Nebraska
Dorothy Gardner Appleberry (Kansas
St.), Greater Kansas City, Missouri
Shirley Pippert Benfer (N. Iowa), Cedar
Rapids, Iowa
Barbara Smith Binkley (Colorado),
Ames, Iowa
Joan Herzig Braitsch (San Diego St.),
N. Virginia, Virginia
Barbara Termohlen Cooper (Ohio
Wesleyan), Deerbrook, Illinois
Virginia Knight Crowley (Wash.-
St. Louis), St. Louis, Missouri
Delores Olenburg Durham (Bowling
Green), Cleveland West, Ohio
Barbara Franklin Fuller (N. Iowa),
Cedar Rapids, Iowa
Jo Halstead Gruenwald (Wis.-Platteville),
Cedar Rapids, Iowa
Kay Malcolm Gwinn (Oklahoma),
Evansville, Indiana*
Joan Heath Hawks (UCLA),
San Fernando Valley, California
MeiMei McMichael Huber (Syracuse),
St. Louis, Missouri
Sharon Livengood Ihde (Kansas St.),
Greater Kansas City, Missouri

Elizabeth Linthicum Jones (UCLA),
Beverly Hills-Westwood, California
Sally Hoffman Jones (Iowa), Ames, Iowa
Anne Louise Layton (McGill), Toronto,
Ontario
Barbara Pratt McMullin (Colorado),
N. Virginia, Virginia
Ruth Jo Mellen Mendenhall (Arizona),
San Fernando Valley, California
Sue Ann Haines Ott (Kansas), Greater
Kansas City, Missouri
Jacqueline Heitman Ruthsatz (Wash.-
St. Louis), St. Louis, Missouri
Jan Peltier Samuelson (N. Dakota St.),
Ames, Iowa
Judy Lively Sandstrom (Oregon St.),
Portland, Oregon
Barbara Missert Sassaman (Syracuse),
Syracuse, New York
Judith Renje Seybt (Wash.-St. Louis),
St. Louis, Missouri
Virginia Dawe Thompson (Bowling
Green), Houston, Texas
Shirley Busch Tice (Iowa St.), Ames,
Iowa
Sybil Foster Underwood (Kansas St.),
Greater Kansas City, Missouri
Agnes Gordon Van Norren (William and
Mary), Jacksonville, Florida
Carole Safford Wayne (Bradley),
San Fernando Valley, California
Nancy O'Connor Whitted (Nebraska),
Omaha, Nebraska
Barbara Babson Wolfgang (Oregon St.),
Hawaii

*1988 Merit Roll

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.

- Request grilled or broiled meats instead of fried. Bread and batter coatings used in preparing fried foods act as grease sponges.

- Save calories by not eating the skin from your chicken. Without it, chicken is virtually fat-free. (Save even more calories by having the skin removed before cooking—the fat from the skin won't cook into the meat.)

- Request fish. It's low fat and a great source of protein, B vitamin, minerals and essential amino acids—and because it has little connective tissue it digests easily.

- Watch out for condiments that up entree calories: sour cream, mayonnaise, guacamole, tartar sauce, salad dressing, cheese sauce. Lower fat choices: salsa, vegetable fixings, tomato sauce, lemon juice.

- Avoid taking extra pieces of food just to nibble on. It's too tempting not to eat the whole thing.

- Avoid going back for seconds (or thirds). Eating too much at one sitting encourages lethargy, breaking your study mode. A better idea: wait a little while. Your appetite may dissipate after your food has had a chance to digest.

- Eat dessert if you want it. But savor a *small* piece. It's a common phenomenon to monitor every bite during your entree then reward yourself with a hearty slice of dessert.

Eat light before a test

"If you eat a high fat meal before a test, a lot of energy will go into digestion," says Susan Travis, registered dietician at Cornell University. "During your test, you'll feel tired." Going into a test on an empty stomach however, may produce the same effect. Your best bets: "Complex carbohydrates such as whole grain breads, pasta, vegetables and fruit," she says. These digest quickly (in one hour), supplying you with almost instant energy. If your test is later in the day, make sure your pretest meal includes lean protein such as nonfat yogurt, poultry or fish, low fat cold cuts or cottage cheese for longer term staying power.

Snacking can be good for you

Although eating between meals has gotten a bad review ("it spoils your appetite"), research indicates that snacking may actually be better for you; small quantities of food throughout the day digest more efficiently. If you love to snack, make sure you're eating for the right reasons (out of hunger not because you're bored or panicked for a test) and don't eat so much that you skip meals—they're part of the social fabric. Good snacks include: air popped popcorn, pretzels, graham crackers and milk (a healthy cookie substitute), apples, peaches, nectarines, plums, fruit juice, raisins, celery sticks, carrots, cucumbers, broccoli, cauliflower, nonfat yogurt. A snack to avoid: microwave popcorn that isn't "lite." Most regular brands, natural or butter flavor, contain as many as eight grams of fat per three cup serving, similar to eating potato chips.

Munch judiciously at social functions

Protect yourself from succumbing to late night fast food by limiting your alcohol consumption. The calories you eat on a late night false appetite are apt to stick with you. At ice cream socials, feature nonfat frozen yogurt instead of premium ice cream and save as many as 200 calories from fat per cup. When dining out, beware of high fat appetizers that pack as many calories as an entree: batter fried cheese and vegetable pieces, breaded chicken nuggets, "loaded" nachos and potato skins.

A reoccurring theme: limit fat

As you probably know by now, eating low fat foods is key. It's the easiest way to keep your calorie intake at a healthy minimum to reduce your risk of obesity, some forms of cancer and high blood cholesterol, a pathway to heart disease. The reason? Compared to protein and carbohydrates, fat not only has more than twice as many calories per gram, which makes fat a more concentrated calorie source, it converts to body fat more easily due to its chemical structure. Although there's room for any food in your diet in moderation, knowing which foods are high in fat will help you make better eating decisions, now and after you graduate.

Favorite Gamma Phi Beta Foods

U. of Missouri-Baked
potato bar
U. of Nebraska—"Dirt," a
dessert made with
crushed Oreos and ice
cream; Mexican food bar
Southern Methodist U.-
Fajitas
U. of Minnesota-Taco salad

U. of Georgia-Lemon
chicken and fried potato
patties
Florida State U.-Lasagna
U. of Southern California-
Barbecued swordfish,
hamburgers, hot dogs
U. of North Dakota-Pasta,
freshly baked bread

BOOKS



Francine King Rivers (Nevada)

Not So Wild A Dream is the favorite novel of **Francine King Rivers** (Nevada), who has written eight historical novels and three contemporary novels in her 12-year writing career. "I stretched myself and incorporated some of my personal beliefs and struggles with God in it. It is also the novel that won the Golden Medallion Award as the best historical romance of 1985."

Her books have sold more than 3 million copies, been awarded the Western Romance Award, Critic's Choice Award, a Golden Certificate, and a **PORGIE** Award from the West Coast Review of Books, in addition to the Golden Medallion. A readers' poll conducted by *Affaire de Coeur* magazine twice rated her as one of the favorite romance writers in America. Several of her novels have been reprinted in Norwegian, German, Swedish, Italian, Greek and Japanese.

Although she had always written as a child and even chose her college because she wanted to study under novelist Walter Van Tilburg Clark who provided her constant encouragement, it wasn't until her first pregnancy that Francine wrote her first novel. And even it stayed in the closet for two years until her husband persuaded her to send *Kathleen* to a publisher. The book received such rave reviews that it was out of print after three months on the market. "The first time I saw my book in the store I had such an intense reaction that I walked right out without even looking at it," she said.

Francine believes that the most successful writers write for themselves first, yet, "we must speak to all facets of the human personality—mental, physical, emotional and spiritual." Although she prefers working in the morning, she will write whenever the opportunity presents itself. Sometimes that

is late at night, she added. "Writing is like working out. If you don't keep at it, you get stiff. Writing is matter of self-discipline. If I don't write every day, the words come more slowly and with great pain."

When her three children were new babies, she incorporated them into her writing routine by putting them in the cradle behind the typewriter so she could talk to them and play with them as she worked. "They loved the sound of the typewriter and slept well as long as I was plunking away. As they grew older, I put games and toys in the desk drawers. My daughter used to pull the bottom drawer out, empty it, and take her nap there."

She says her inspiration comes from everywhere and anywhere at any time. She always carries a small notebook so she can job down ideas, thoughts, things people say and descriptions. She tries to write several hours a day, but will work as long as 10 to 12 hours at a stretch when deadlines are upon her. "Once I start a project, I seem to stay in the minds of the characters. The hardest part is separating myself from the work." She says her husband used to tease her, asking whether she was the hero or villain on any given day. "I have to stop and remind myself that I am wife and mother first, writer second. My priorities can get confused when I am really into a book."

Francine is active in various professional writers' groups. As well as lecturing at colleges and universities, she addresses writers' workshops, community groups, high school classes and women's organizations.

The Way of the WAVES by **Marie Bennett Alsmeyer** (Texas) is a compilation of the letters she sent home starting with her entry in boot camp and ending with her return from



Marie Bennett Alsmeyer (Texas)

service in World War II. "It is the only book of personal experiences taken from actual letters written at the time of enlistment," said Marie. All the letters are now at the Naval Historical Center in Washington, D.C., where the curator says they are the gem of their collection.

The book tells how a very small girl from a very small town in deep south Texas enlisted in the Navy to see what the rest of the world was all about. "I was one of the first women to enter boot camp on the campus of Hunter College in New York," Marie said. "From there I was sent to hospital corps school and then duty at a naval receiving hospital in Oakland, Calif." Among her early duties as pharmacist's mate in the pathology laboratory was assisting in autopsies. Serving in a hospital that grew from 600 to 6,000 patients during her tour of duty, she later worked with severely injured patients in occupational therapy and met hospital ships at the San Francisco piers.

According to Captain Hancock, USN (ret.), the book sets forth the mores of that time and the patriotism of the women who, though not faced with any draft, asked only to serve where and how they could be helpful.

Beverly Howell Burlingame (Michigan) has turned her love of golf and talent at cartooning and calligraphy into a charming cartoon history, **Wanna Play A Round?**

She calls it a well-researched history (complete with bibliography) of the game, and "even the cartoon characters are dressed in authentic costumes of the day." The book opens with Christopher Columbus, then takes us to golf's dark days in Scotland when King James II decreed in 1457 that "Golf must be utterly cryit dunel!" because the game had become a threat to national security. Early on, rabbit holes in those creatures' "dancing floor" were the balls' destination points. Did you know that the famous St. Andrews course was started during the reign of Mary, Queen of Scots with only 11 holes? It would be another 200 years (1764) before 18 holes became the accepted number for a full course.

Most interesting is the change in composition of golf balls. "Featheries," those made of leather stuffed with "a hatful of goose feathers," were replaced by gutta prercha, hand-dented early on to remove swerving drives. "Gutties" gave way in 1898 to the ball of wound elas-



Beverly Howell Burlingame (Michigan)

tic thread.

Her advice, inscribed in the official Gamma Phi Beta copy, is, "Remember to keep your spirits up and your head down!"

Bev says she has been a freelance cartoonist for many years, making posters and greeting cards for countless organizations and businesses. With her calligraphy skill she has designed menus for many Detroit area restaurants, and "I've addressed more wedding invitations than I care to count."

Too many women waste their lives awaiting the day they will be thin, when they should be dressing appropriately for their shape. **Lynda Olesen Millner's** (Washington St.) book, **Looking Great Without Diet or Exercise** is jam-packed with tips on how to create an illusion of thinness and beauty. She says, "With a little simple knowledge about clothes, fashion, style, makeup and color, any woman can fake out fat, belittle her behind, and whittle away a not-so-little middle." Develop a sense of style and carry it off with finesse, she advises.

And, Lynda knows how it feels to be overweight. It took her years, but she finally learned to 'hover' at her optimum weight of 125, 30 pounds less than her post-marriage high. "However, even when I was overweight, I dressed to enhance my figure assets. I didn't postpone living."

Jane Russell, champion of "the full-figured woman" wrote in her introduction to the book, "I've never let being over my normal weight stop me from living my life. To hold off on buying that new wardrobe until you've lost 30 pounds is like saying you're not going to drive a car until you can have a Rolls Royce. You can't wait for weight loss to be happy."

More than 80 percent of American women are overweight, and half of all adult women in America spend a



Lynda Olesen Millner (Washington St.)

quarter of their lives dieting. Still, one-third of all American women wear a size 14 or larger. Lynda would counsel all women represented in these statistics to get on with their lives in the most flattering manner possible. They can create an illusion of thinness with clothes, fashion, style, makeup and color—without losing a pound first.

The how-tos of dressing thin come from analyzing one's body shape, developing a personal sense of style and watching what accessories are worn. Lynda cautions against duplicating the shape of one's face with hair, jewelry or necklines. She also spends a chapter discussing flattering colors, and another on uncluttering closets. Do's and don'ts for the five basic body types are detailed in drawings of different types of blouses, skirts and even styles of sleeves.

Tips sprinkled liberally throughout the book can provide instant improvement. The "model's stance," for example, shows a way of standing that will make anyone look immediately five to 10 pounds slimmer. Modeling is also part of Lynda's life these days, as she discovered herself in the midst of a major lifestyle change. "My children were teenagers, I had more time to myself and I turned 40!" Since she had given seminars on fashion, style, im-

age, color and makeup in Italy, Spain and the United States, and conducts life enrichment programs on cruise ships, she went to a modeling agency thinking she could teach fashion and beauty courses. To her surprise, she ended up as a classic fashion model. "Age isn't chronological," Lynda says. "Rather it's a state of mind. You're never too old to learn new things. Stretch yourself!"

Sue Ann Armstrong (W. Virginia) has written a music method, **Patterns and Practice for the Student Accompanist**, to teach theory and piano accompanying skills. Any student or teacher can become a better piano accompanist with the aid of this book.



The exercises are based on the fact that most music written for school choral groups has rhythmic and chord progressions that are both predictable and repetitive. The patterns represented in the method are in every major and minor key. By practicing the necessary patterns the students are able to bridge the gap between being a piano soloist and being a competent piano accompanist.

Sue Ann has been a middle school general music and choral director for 19 years. During the past school year, her 90-voice chorus had 12 competent student accompanists trained by her method.

IN MEMORIAM

ALPHA

Eugenie Eusten Givens
Marian Blumer Dyer

GAMMA

Virginia A. Law
Alice Louise Evans Geer
Elizabeth Ball Dietrich

DELTA

Conjetta Vanacore Snelling

EPSILON

Camelia (Twiggy) Denise
Mannings
Mary Fraser Preston

ETA

Susana Burkert Lamb
Martha Jean MacKenzie

THETA

Leta Hawkins Gregory
Patricia Helen Young

KAPPA

Jean MacMillan Collins
Katherine Lemon Lord
Mary Mosher Winchell
Juliet Hazard Buffington

LAMBDA

Gladys Whitwell Radford
Raylene Marie Griffith
Holderman

MU

Clarisse Haberfielde Main
Evelyn Haydock

OMICRON

Marilyn Hartley Allen

PI

Flora Dirks Orange
Evelyn Otte Jensen

RHO

Ann Wellington Hodgson
Ruth Dagget Leinhauser

SIGMA

Mary Hutton Tusten
Barbara Brehm Doran

OMEGA

Stella Blanche Edwards
Brevoort
Harriet Hein Iversen

ALPHA ALPHA

Virginia Kitto
Shirley Young Redpath

ALPHA GAMMA

Inez McKenna Walker

ALPHA DELTA

Virginia Hicks Whitacre
Julia Berry Hall
Virginia Babb Sapp
Barbara Lindsay Berkman

ALPHA ZETA

Reita Pattillo Rhodes

ALPHA ETA

Phyllis Williams Lichte
Sydney Pennington Horvath

ALPHA LAMBDA

Dorothy Menten Craig
Laura Wilcox

ALPHA PHI

Shirley Temple Teason

ALPHA PSI

Helen Louise Clark Pulis

BETA GAMMA

Marian McGinn Whittler

BETA LAMBDA

Ruth Austin Hunt

BETA MU

Barbara Burke Faunt

BETA RHO

Nancy Lee Tyler

BETA PSI

Edith Dodd Culver

Proof of death must be submitted to International Headquarters before a member's name will be listed in the In Memoriam column. A newspaper obituary is preferred, but consideration will be given to a letter from a family member or executor of estate.

The Sorority appreciates the return of a deceased member's badge, when possible, so that it might be preserved and bring joy to others.

MEMORIAL GIFTS

Donors' names are listed below the names of those in whose memory gifts were given.

Minnie E. Brewer

Claudia Brewer Strite

Juliet Hazard Overholt
Buffington

Martha Shute Archer

Elvera Woolner Fitzgerald
V. Lynn Baker Mueller

Angela F. Lombardi
Marta Brown

Geraldine Y. McConnell
Gertrude Merry

Josephine Michael

Ann Mullen Bronsing

Allie Bowman Osborn
Ruth Harmon

Mary Fraser Preston
Nancy Probst Crandall

Eleanor Sloat
Margaret Swift Fair

Ida Tudor
Kathryn Moore Coen

Kari Ann Vanover
The Grand Council of
Gamma Phi Beta

Patricia Browning Willis

Marion Benson Hastings

Donations in memory of friends, sisters and loved ones may be sent to: Gamma Phi Beta Foundation, 7395 E. Orchard Rd., Ste. 200, Englewood, CO 80111. If you would like the Foundation to send a card in recognition of your memorial gift, please include a family member's name and address.

COLLEGIATE NEWS

Alpha Epsilon (Arizona) members made philanthropy their priority last fall both on campus and in the community. Some of the projects they participated in were collecting trash in nearby neighborhoods in the Glad Bag-a-thon, a spaghetti dinner which raised \$1,000 for Camp Sechelt, a blood drive, clothing drives, canned food drives and adopt-a-family programs. They also entertained underprivileged children at the zoo, made Christmas cookies and decorations with children in a foster home and went caroling

To promote Panhellenic spirit, Gamma Phi Beta and another sorority had a secret sister program. They exchanged names, left cheerful notes and revealed their identities at the Panhellenic formal.

Freeze-a-Frame, a scavenger hunt/photo event, was a successful philanthropic fundraiser for Gamma Phi Betas at **Bowling Green**. After a visit to the Toledo Zoo, chapter members decided to "adopt" an animal. They selected a Meer-kat, and are listed as the sponsor on a



University of California-Santa Barbara Gamma Phi Betas welcome Olivia Newton-John to the Humane Society benefit.



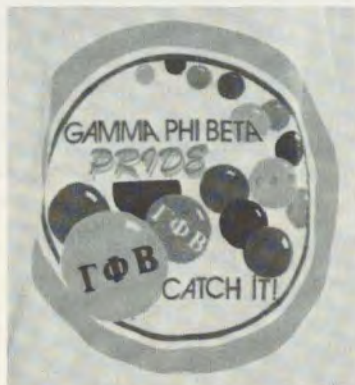
Illinois State members play in the sorority softball tournament.

at the University Medical Center.

North Dakota Gamma Phi Betas raised money for a local camp for diabetic children during their teeter-totter-a-thon and treated blind children to a Halloween party. Their annual Christmas Ball was held with Delta Delta Delta.

Gamma Gamma (Wis.-Milwaukee) members helped host a haunted house on Halloween. Hundreds of children enjoyed the spooky evening and the proceeds were given to an elementary school on campus to use for school supplies.

The Sunshine File is used for notes of appreciation and thank you. Notes, which members drop in the file at any time, are read at chapter meeting.



Oklahoma City Gamma Phi Betas are seen around campus in T-shirts with this logo.

plaque in front of the cage.

Children of local alumnae were treated to a Halloween and cookie decorating party by **Purdue** Gamma Phi Betas. Santa visited the annual Christmas party and distributed gifts to 30 underprivileged children.



Tammy Brenton, Keri Johnson, Mary Schlechter and Marlisa Webb are ready for rush at the University of Oregon.

Members of Beta Omega Chapter (**Northern Arizona**) raised funds for Camp Sechelt through entrance fees to a volleyball tournament. A retreat, held at a local ski resort, featured singing, skits and discussions about personal and chapter goals. Founders Day was celebrated with an early Thanksgiving dinner.

More than \$500 was raised for cerebral palsy by Epsilon Epsilon Chapter (**Union College**) members who held a balloon launch during the Homecoming football game and published a

Greek calendar. Members and pledges baked cookies and became better acquainted during a PACE meeting; the cookies were sold to raise funds for chapter activities.

Gamma Phi Betas at **California State-Fullerton** enjoyed rush work week last fall as they practiced songs and skits and held a fashion show. The chapter retreat was held in Big Bear; activities included riding horses, sledding and telling ghost stories.

California State-Sacra-

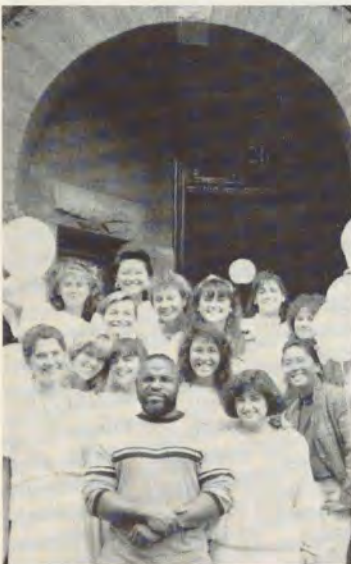
COLLEGIATE NEWS

mento initiates and members of their quota pledge class sponsored the All Around Greek Contest. They also raised \$850 for the Capital Endowment Campaign.

San Diego State Gamma Phi Betas attended a Founders Day celebration at the Mission Valley Marriott. A slide show of Gamma Phi Beta history, accompanied by singers Jennifer Weingarden and Kimberlee Trulin, was presented.

Members of the **Vanderbilt** chapter kicked off the fall semester by raising more than \$1,000 for the Juvenile Diabetes Foundation at their Rajun' Cajun party. The buffet included New Orleans style gumbo and entertainment was a Dixieland band.

On Founders Day, Gamma Phi Betas at the **University of Washington** held a fashion show depicting the clothing styles during 100 years of statehood. Clothing was donated and modeled by alumnae and collegians. Mistress of Ceremonies Monica Hart narrated state history as the clothing styles progressed decade by decade from 1889 to 1989.



Alpha Alpha Chapter (Toronto) members pose with Mr. T., who was filming a television episode down the street from the chapter house.

Chapter members are excited about the redecoration of their house. The three-year, \$175,000 project will result in a new look for the first floor, including living, dining, TV and phone rooms and front entry. New colors will be soft green, pink and mauve.

Epsilon Zeta members at **Jacksonville University** were volunteers for Teen Crowd Control sponsored by the city to maintain safety at concerts. They took part in a haunted house benefit for local children and continued their philanthropic projects at a retirement



Sharon McLaughlin and Michelle Young celebrate Founders Day at the University of Michigan.

home where they sing to the residents on Sunday afternoon. In recognition of their involvement on campus and in the community, they were honored at a reception at the home of the university chancellor.

After celebrating their second Founders Day, Epsilon Kappa (Calif. St.-Chico) members held a dedication ceremony for their new chapter house.

Pledges at the **University of Maryland** organized fundraisers, tuck-ins and a skip-out.

The annual Swing Into Spring tennis tournament that was rained out last year was held this fall by **Miami** collegians; it benefits Camp Sechelt. Social events have included a date party to the Cincinnati Zoo, a pledge formal and a Gotcha



Preference is a special event at Delta Theta Chapter (Calif. Poly-San Luis Obispo).



Beta Pi Chapter's (Indiana St.) trike team prepares for the race, an annual Homecoming event.



Big and little sisters get together at the University of Wisconsin-Milwaukee.

party, where water guns were a necessity.

Besides raising funds for retarded children and victims of Hurricane Hugo, **Kearney State** members went trick-or-treating for canned food for the local food bank and participated in a teeter-totter-a-thon for the Hospice Fund. Buses transported members and their dates to the Ranch Dance held at a ranch near Kearney.

After pledging quota in rush, **Southern Methodist** members

were busy with the Woodchopper's Ball to which they invited their parents, Parent's Day luncheon and Founders Day at the University Club in Dallas.

Sigma Chapter (**Kansas**) hosted a delicious brunch and gave guided tours of the chapter house during the annual Dad's Day celebration. The day was also Spirit Day for the football game against Oklahoma State, which daughters and dads attended.

Track Attack, the annual fundraiser hosted by **Idaho** Gamma Phi Betas, included a song competition, relay race with a backwards 50, bat spin and egg-spoon run.

The annual pledge live-in week at the **University of Oregon** concludes with pledges being introduced to their big sisters. Pledges are treated to gifts and surprises throughout the week. The chapter held its first Balloon Buy to benefit the Gamma Phi Beta Foundation,

and on Founders Day was presented a chapter composite from its founding year of 1908.

Oklahoma City members pitched in to help other Greeks host games for needy children on Special Care Day. About 100 students attended an all-campus presentation on alcohol awareness sponsored by the chapter.

Delta Psi (Calif.-Santa Barbara) Chapter members donated their time to help with the Santa Barbara Humane Society

Gamma Phi Betas at the University of Missouri invited three Soviet students studying at the university and their advisor to dinner. After dinner a River Birch tree was planted in the yard in their honor.

Gamma Mu Chapter (Moorhead St.) celebrated its 25th anniversary on Homecoming. An open house, a brunch and program, and a dance were highlights of the event for collegians and alumnae.



Epsilon Kappa members are proud to be California State-Chico Gamma Phi Betas.



University of California-Riverside members show their Gamma Phi Beta spirit.

benefit. They sold ice cream, and food and drink tickets, and had the opportunity to meet Michael Douglas, Olivia Newton-John, Robert Mitchum and Jane Seymour, all of whom attended the event.

Washington State Gamma Phi Betas held their annual Gammie Golf Classic. Fraternities paid an entrance fee and competed for prizes. On Dad's Weekend, parents donated gifts for a silent auction sponsored by the pledge class. They earned \$800.



The Wizard of Oz is a favorite rush skit at Lamar.



California State-Fullerton Gamma Phi Betas went to Big Bear for their chapter retreat.

Gamma Epsilon (Puget Sound) Chapter sponsored a blood drive which turned out to be scheduled for the day after the San Francisco earthquake. A new record was set with 114 pints donated. During the first annual Rock-a-Thon, Gamma Phi Betas rocked for 24 hours and raised more than \$1,000 for the Prince William Sound Cleanup and Rehabilitation Fund.

The University of Wisconsin chapter, along with Theta

Delta Chi Fraternity, sponsored Fall Frolic to raise \$750 for Camp Sechelt. On Founders Day, dinner preceded the traditional ceremony at which alumnae from the graduating class of 1931 were present.

The **Delta Theta Chapter (Calif. Poly-San Luis Obispo)** house was included in the annual home tour sponsored by a local club. The Victorian revival home, built in 1947, houses 18 members.

Bound Issues Available

A limited number of bound issues of **THE CRESCENT** are available from International Headquarters. The attractive binding makes them the perfect addition to an individual or chapter library, and they also are ideal remembrance gifts for graduating seniors. The two volumes cover spring 1981 to winter 1984-85, and spring 1985 to winter 1988-89. For each volume ordered send your \$15 check payable to Gamma Phi Beta to 7395 E. Orchard Road, Suite 200, Englewood, CO 80111.

ALUMNAE NEWS

On the 115th anniversary of the founding of Gamma Phi Beta, loyal sisters all across the United States and Canada put aside their holiday preparations to honor the memory of our Four Founders.

Greater Kansas City, traditionally the site of one of the largest Founders Day gatherings, had a later than usual celebration due to the schedule for their Antique Show. International President Randy Stevens (Calif. St.-Long Beach) was on hand to present her Founders Day message in person. Judy Wilkins Schumann (Iowa St.) was honored as Woman of the Year for her long and devoted service, and Mary Weir Jones (Kansas) received her 50-year pin from Chapter President Sue Wright Brownlee (Kansas).



Mary Weir Jones (Kansas) receives her 50-year pin from Sue Wright Brownlee (Kansas) on Founders Day in Kansas City.

More than 100 alumnae and collegians celebrated Founders Day in **Long Beach, Calif.** A special roast bid farewell to Susan Black (Calif. St.-Long Beach), alumnae chapter president, who recently left for two years in the Peace Corps. After the traditional ceremony in which 13 chapters were represented, the California State-Long Beach chapter led the group in song.



Susan Mathis Richard (Michigan) speaks at the Washington D.C./Northern Virginia Founders Day celebration.

Fargo-Moorhead alumnae and collegians from North Dakota State and Moorhead State celebrated together. A 50-year pin was presented to Emi Oram Jackson (N. Dakota St.), and seven chapters were represented during the traditional ceremony.

and Camp Sechelt. A presentation by a psychologist from the American Association for Marriage and Family Therapy was a popular fall program.

Denver area alumnae and collegians celebrated with a buffet dinner and presentations to 75- and 50-year members. Forty-five alumnae and 22 collegians were present to honor the Four Founders; 22 chapters were represented. Beth Kliss Bennett (Colorado College) and Elizabeth Bull Blohn (William and Mary) were honored for 50 years of membership.

year's secret sisters were revealed. Plans were made for the annual holiday party for Cuidando los Ninos Daycare Center for the homeless, and food was gathered for holiday baskets for the needy.

Washington, D.C. and **Northern Virginia** alumnae and University of Maryland collegians gathered to hear a presentation by Susan Mathis Richard (Michigan) on what Gamma Phi Beta has meant to her throughout the years and her career. A former member of the White House staff, she is now vice president of indus-



Delta Eta charter members Krista Martin Stuhr, Sharon Gathman Law and Linda Roberts Savage attend the chapter's 15th birthday party.



Catherine Guthrie Lindauer (Iowa St.), Patricia Thomas Pinney (Oklahoma), Calvina Morse Vaupel (Denver) and Catherine Curtis Sweeney (Vanderbilt) spoke on Founders Day in Denver.

Albuquerque alumnae celebrated with a morning coffee at the home of Margaret Alley Farrell (N. Arizona). Golden Crescent Awards were presented to Marie Bradley Adams (Colorado St.), Sue Trulock Bradley (Vanderbilt) and Margaret Voorhees Shively (Colorado College). New names were drawn for the popular secret sister program, and the identities of the previous

try communications for the National Cable Television Association.

Proceeds from the annual nut sale sponsored by **South Orange County, Calif.** alumnae were used for Girl Scout camperships and Camp Sechelt. Chapter meetings are scheduled for both day and evening, and the group has summer and

Christmas parties to which they invite guests. Founders Day is celebrated with the Leisure World Crescent Circle.

Three collegians from the Santa Cruz colony joined **Monterey County, Calif.** alumnae for a Founders Day luncheon. Fifty-year pins were awarded to Marge Krulish Higgins (S. Methodist), Mary Lou Skipton Peterson (Minnesota) and Ruth Hart Rennels (Minnesota).

Nashville alumnae held their annual salad supper at the home of Cindy Heinemann Waites (Vanderbilt). At the October meeting, members enjoyed a presentation by a fitness physiologist. Marjory Lettner Jones (Vanderbilt) organized the Founders Day celebration at which 50-year pins were presented to Vera Knoepker Gordon (Kansas) and Martha Thack Currey (Vanderbilt). Lucille Cochran Nabors (Vanderbilt) was named the Gamma Phi Beta of the Year at the Nashville Panhellenic fashion show.

husband donated the toiletries and Mary Lou Service Martin (Colorado St.) made the ditty bags and delivered them to Camp Sechelt on a summer camping trip. Chapter members also enjoyed a dinner out, boat party and family barbecue.

Thirty New York City Gamma Phi Betas and friends benefitted the Capital Endowment Campaign while watching the United States Open Tennis Championships. The event raised \$150.

Omaha alumnae and Creighton University collegians celebrated Founders Day with a banquet and heard an update about the Capital Endowment Campaign from former Alumnae Vice President Phyllis Donaldson Choat (Nebraska). Alice Stillman Rogers (Arizona), a 60-year member, and Marge Henningson Durham (Iowa St.), a 50-year member, were honored. Bobbie Harmon Allgood (Nebraska) received the Hall of Fame Award.



Enjoying the ice cream social given by Tucson alumnae for University of Arizona pledges are Shirley Grounds Duncan (Arizona), Andrea Womersley (Arizona), Province XI Alumnae Director Eileen Bureau McDonald (San Jose St.) and Kathleen Roberts Stevenson (S. Methodist), alumnae chapter president.

Diablo Valley, Calif. alumnae had a camp night meeting at which they shared camp stories and filled ditty bags for Camp Sechelt campers. Jackie Ennis Falkenroth's (Nevada)

Balboa Harbor, Calif. alumnae sponsored a 15th birthday party for Delta Eta chapter at the University of California-Irvine. More than 150 members attended the Mexican brunch.



Paula Choplin Shryock (left) and Carla Evans Wilsey (right) congratulate alumnae initiates Joyce Choplin and Jeanne Croka. They were initiated on August 8, 1989 by Beta Psi Chapter, Oklahoma State University.

Alumnae Initiates

"Grandma, now you're a Gamma Phi!" My young daughters were as delighted as I when my mother was initiated into Gamma Phi Beta last fall. Often I had wished that Mom could be a Gamma Phi Beta like me. The chance came when the Stillwater, Okla. Alumnae Chapter, of which I am a member, decided last spring to add some alumnae initiates.

As a former chapter advisor and current rush advisor, I felt I was more than qualified to teach these women about Gamma Phi Beta. But, in reality, it was a learning experience for me, too.

As I prepared for each alumnae pledge meeting by reading the pledge manual and Gamma Phi Beta history, I was impressed by the accomplishments of the Four Founders in establishing our Sorority and instilling the ideals for which Gamma Phi Beta stands.

We discussed the history of Gamma Phi Beta, the symbols of our Sorority and the operating structure, and I began to really see our sisterhood. We are all indeed linked together, bound by the ideals and purposes of Gamma Phi Beta.

Just as I rediscovered our sisterhood, I wanted the rest of my alumnae chapter to renew themselves in Gamma Phi Beta. We plan to hold opening and closing ceremonies at two of our monthly meetings, and feel that by participating in the ritual we will rediscover the purposes of our Sorority and feel a closeness and sisterhood with all members.

Sorority education now will be a part of each meeting. Whether it is information about our structure, an explanation of a Gamma Phi Beta service or another topic, it will further the growth of every member.

An alumnae initiate program is just as rewarding to long-time initiates as it is to those women new to the Sorority. By increasing our knowledge of Gamma Phi Beta we can create a closer bond and instill a sense of pride in being Gamma Phi Betas.

Paula Choplin Shryock
(Oklahoma St.)

HCB provides scholarship incentives

*By Jane Grimsley
(Oklahoma St.)*

An announcement by Beta Psi Scholarship Advisor Maryanne Myers Mowen (Colorado College): "The Beta Psi House Corporation Board would like to recognize and encourage the fine academic efforts of Beta Psi Chapter members by establishing scholarship awards. The board joins with Stillwater alumnae in expressing our pride for the academic excellence shown by chapter members, and it is our hope the scholarship awards will encourage even more scholarly activity according to our Sorority's aim to encourage a higher mental culture."

With this statement, Maryanne announced the establishment of scholarships to be awarded in the fall and spring semesters to members of Gamma Phi Beta's chapter at Oklahoma State University.

Surprised collegians smiled with delight as the names of Jody Cruikshank and Julie Wohlhuter were announced as recipients of \$50 each for a previous semester grade point average of at least 3.75 but less than 4.0. Shawna Bruner, Linda Hemphill, Alice Kahl, Amy Kahl, Kathy McIlhaney, Becky Pitts and Rachel White each received \$200 for a 4.0 grade point average. Those with the first, second and third most improved grade point aver-

ages received awards of \$100, \$75 and \$50 respectively; Tish Anglin, Kristin Halve and Michelle Smith were recognized for their efforts.

In establishing the awards, house corporation board members decided action speaks louder than words. According to one member, "We were always talking about how they needed to improve their grades; yet we did not really provide additional incentives. Money talks!"

With that end in mind, it was decided to award scholarships and also to purchase an all-pearl Gamma Phi Beta badge for every pledge who earns a 4.0 grade point average her first semester.

Because this is an ongoing program with scholarships being awarded in October and February, the house corporation board set guidelines, which include:

- Members must be enrolled in at least 12 semester credit hours at Oklahoma State University during both eligibility and award semesters.
- Recipients must be in good standing and be initiated members of Beta Psi Chapter during both eligibility and award semesters.
- Only one scholarship may be received during an award semester, i.e. members will be granted the highest award for which they qualify.



Oklahoma State scholarship recipients are Rachel White, Becky Pitts, Kathy McIlhaney, Amy Kahl, Shawna Bruner, Linda Hemphill and Alice Kahl.

PROFILES

California State Senator **Marian Crittenden Bergeson** (UCLA) is a candidate for California lieutenant governor. She was first elected an assemblywoman in 1978, and in 1984 was the first Republican woman to be elected state senator.



Marian Crittenden Bergeson (UCLA)

Marian is chairman of the Senate Local Government Committee and vice chairman of the Bonded Indebtedness and Methods of Financing Committee. She also serves on a number of other committees and is chairman of the Select Committee on Planning for California's Growth.

In Illinois, Congresswoman **Lynn Morley Martin** (Illinois) is a candidate for the U.S. Senate. Now in her fifth term in the U.S. House of Representatives, she is admired for her wit and political talents. Lynn served as co-chairman of President George Bush's 1988 campaign.

Rebecca Richards (Iowa St.) is a freelance makeup artist working in print, commercials, film, television and music videos, and has worked on films such as "Platoon," "The Last Emperor" and "River's Edge." Rebecca also works in legal records management for a film corporation.

Darci Dillman (Kearney St.)

has been appointed a student member of the Nebraska State College Board of Trustees. She is a senior majoring in math, business and secondary education.

Kari Ferguson (Oklahoma) has been named corporate communication coordinator for Sonic Industries in Oklahoma City. In her position she edits a monthly newsletter and bi-monthly magazine, travels with the national Sonic Carhop of the Year and assists in producing television commercials.

"I work to promote Sonic," said Kari, "whether it be by publicity, advertising or promotions. I work closely with several people on Sonic's staff to make sure we're getting the publicity we need to create a better awareness of Sonic drive-ins."

Ann Kerian (N. Dakota) was Gamma Phi Beta's representative to the Alpha Tau Omega LeaderShape Institute last summer. The institute is designed to develop the leadership skills of collegians, including communication, handling pressure and group dynamics.



Ann Kerian (N. Dakota)

Three Gamma Phi Betas serve as executive officers at the University of Oklahoma. Norman campus Provost Joan Krueger Wadlow (Nebraska) is chief academic officer; Anona

Adair (Oklahoma) is vice president for student affairs; Donna Murphy (Oklahoma) is interim vice president for university affairs. All three have brought honors, both community and academic, and expertise to their positions.

Joan is responsible for undergraduate and graduate programs, research, and continuing education and public service. Each college, research unit, the university libraries, and all related programs report to her. She has initiated the Strategy for Excellence, a dynamic strategic plan that articulates university-

piled one of the first guides to scholarships and financial aid available in booklet form and on a computer data base. For her achievements at the university, students have honored her with several awards, and colleagues selected her the Outstanding Student Personnel Administrator in Oklahoma in 1988.

Donna has served as interim vice president for university affairs for two years with responsibility for development, alumni activities, legislative relations, special events, news services, publications, and electronic media and photo services. In



Gamma Phi Betas who are administrators at the University of Oklahoma are Donna Murphy (Oklahoma), Joan Krueger Wadlow (Nebraska) and Anona Adair (Oklahoma).

wide goals, establishes future frontiers, and addresses college priorities for the university's Norman campus. She has been honored three times for outstanding teaching.

As vice president, Anona oversees all student services, including housing programs, minority student services, career planning and placement services, the counseling center, student activities, Greek programs, student health services, financial aid, and high school and college relations.

Under her guidance, the University of Oklahoma has com-

addition, she is director of the university's centennial celebration, working with the Centennial Commission and coordinating the \$100 million Centennial Campaign. During her tenure the university has recorded an all time high in private fundraising, more than \$1 million more than the previous high. Donna previously directed the university's public relations program.

Elizabeth Oursler Taylor (Oklahoma St.) celebrated her 100th birthday in 1989. She graduated from Oklahoma State

PROFILES

in 1912 with a degree education, and was initiated into Gamma Phi Beta along with the charter members of Beta Psi Chapter.

The Zanesville, Ohio chapter of the American Business Women's Association selected **Debra Fellers Moore** (Bowling Green) as its Woman of the Year. Nominees were judged on the basis of education, work experience and community involvement.

Margie Aiken Rector Stevenson (Northwestern) is a coach for the Fort Bend, Tex. Dulles High School Academic Decathlon team. The team placed first in Texas competition and second in the national contest.

Marian Schumann Higgins (Texas) was nominated for the Outstanding Texas History Teacher. She is history department chairman at a Houston middle school, and a recognized authority on the battleship Texas.

Local newspapers featured two Salem, Ore. alumnae. **Peggy Cullers Boone** (Oregon) was chosen Volunteer of the Week by the *Salem Statesman Journal* for her work as coordinator of the Meals on Wheels program. She is also active in St. Paul's Episcopal Church and Camp Fire.

Lee Luder Ebersole (Oregon) was featured in *The Oregonian* for her skills as an executive secretary to a Portland department store manager, for teaching others the retail business and for 15 years as secretary to the minority leader of the Oregon Senate.

The Mortar Board National Foundation awarded a fellowship to **Danice Rinderknecht** (Denver). A medical student, she is a member of Phi Beta Kappa, Omicron Delta Kappa and Alpha Lambda Delta, and was president of Theta Chapter



Cathy Einurn Eimerman (Wisconsin) joined her son, John, and other students enrolled at the University of London for a trip to Russia. She discovered three more Gamma Phi Betas in the group: Nicole Waldrop (N. Arizona) and her mother Lynne Ingraham Evans (Arizona), and Jane Bloemaker (Arizona).

as an undergraduate.

DeDe Staskal Hicks (Colorado College) is an extraordinary volunteer who recently received three awards. Soroptomist International of Torrance, Calif. presented her its Woman of Distinction Award, Palos Verdes Chamber of Commerce/Rotary Club of Palos Verdes named her Citizen of the Year, and the Community Association of the Peninsula recognized her with the Agnes R. Moss Award.



Dede Staskal Hicks (Colorado College)

Dede has held leadership positions in the Community Association of the Peninsula, Norris Theater, Palos Verdes Community Arts Association, League of Women Voters and her church,

and is a member of Women in Management, Peninsula Seniors, Friends of the Library, South Coast Botanic Gardens and Rancho de los Palos Verdes Historical Society. She has been executive director of the South Bay/Harbor/Long Beach Volunteer Center since 1986.

Teresa Thomas Quandt (Kansas St.) has been promoted to administrator of the personal financial management program at Rhein Main Air Base near Frankfurt, Germany. She began three years ago as a volunteer counselor in the program, which assists Air Force personnel in personal financial matters.

The Milwaukee Alumnae Panhellenic Association presented its Woman of the Year Award to **Sharon Rowland Zurawski** (Wis.-Milwaukee).

Marge Henningson Durham (Iowa St.) has donated a campanile to the University of Nebraska-Omaha campus. The bell tower is a memorial gift for her parents and sister.

Marge received the Carnation Award at the 1986 Gamma Phi Beta Convention. She is a board member for the University of Nebraska Foundation, Millard Foundation, Joslyn Art Museum,

Goodwill, Bellevue College, Junior Achievement and YWCA.

Liz Crosby Martin (Colorado) recently completed her term as president of the Denver Area Alumnae Panhellenic Association. The 43rd president, she is the fifth Gamma Phi Beta to hold the position.

Suzy Crew Frumess (Colorado) was recognized for outstanding accomplishment in administration by the Houston Association for Children with Learning Disabilities. She is assistant superintendent of special education for the Houston Independent School District.



Kellie Citron Brimberry and Dana Heath Ingram (both USC) test recipes from the Junior League of Pasadena's cookbook.

Rita Harkins Dickinson (N. Arizona) was elected to the Madison School District Board of Education in Phoenix, Ariz.

Cazenovia College has named **Carol Valmy-Merchant** (Syracuse) to the position of acting director of fashion merchandising. Formerly an adjunct instructor of business management at the college, she also operated her own marketing and communications business for seven years.

Judy Antell Fuller (San Diego St.) was sworn in as a member of the Florida Bar Association by her husband, a Cir-

cuit Court judge. She began her legal career as a secretary and paralegal, and when the couple's children grew older (they adopted a sibling group who were then 6, 7 and 12), decided to enter law school. After an accelerated course combined with working 30 hours a week as a law clerk, she graduated, passed the bar exam and is now in private practice.

Judy has served Gamma Phi Beta as pledge, rush and chapter advisor, and as alumnae chapter president.

Syracuse University recognized **Barbara Nicholson Conklin** (Syracuse) for outstanding service to the university. She has been active in the National Alumni Association and served as president of the Naples, Fla. Alumni Club.

The Palos Verdes Chamber of Commerce/Rotary Club of Palos Verdes presented an Educator of the Year Award to **Kaye Harrison Furlong** (USC). An elementary school teacher, she has written 23 books for classroom use and received the Silver Service Award from her school's PTA.



Barbara Davis Blum (Kansas)

Barbara Davis Blum (Kansas) is president and chief executive officer of the Adams National Bank in Washington, D.C. Prior to joining the bank she was deputy administrator of the U.S. Environmental Protection Agency.

Barbara is a director of the Washington Board of Trade, chairs the District of Columbia Economic Development Finance Corporation and is senior advisor to the U.S.-Japan Environment Program.

Frances Franklin (Indiana), a lyric soprano, has found herself booked solid as singer/actress, combining operatic roles with musical comedy and Pops concerts. "You have to extend yourself for opera, but the benefits are overwhelming, since in no other medium do passion and intellect meet so explosively," she said.



Frances Franklin (Indiana)

Her first goal, of course, is to perform in major roles in major houses. "But I have an important personal goal—to make people feel degrees of emotion they have never felt before



Judy Antell Fuller (San Diego St.) is sworn in as an attorney by her husband Judge Richard Fuller.

about a performance." She has performed as soloist with the Indianapolis Symphony Orchestra, The Rochester Philharmonic in a Pops concert, and the Opera Theater of St. Louis, where she made her professional debut.

Phyllis Hoke Johnson (Nebraska) was elected to the South Dakota Bowling Hall of

Fame. She has a cumulative average, for 48 years, of 173.

Mary Stoikes (Drake) was appointed to the board of directors of the New York State Council of Hospital Pharmacists as division director of organizational affairs. She is clinical coordinator of pharmacy services at Park Ridge Hospital in Rochester.

Marilyn Markham Ross (San Diego St.) was elected chairman of COSMEP, the international association of independent publishers. It is the largest organization of independent book and magazine publishers in the United States. Marilyn is the author of the award-winning book, "Complete Guide to Self-Publishing," and is listed in Who's Who and Contemporary Authors.



Alumnae who have been named Milwaukee Panhellenic Woman of the Year are Gail Gleissner Pludeman (Wis.-Oshkosh), Karen Joost Henry (Wis.-Milwaukee), Sharon Rowland Zurawski (Wis.-Milwaukee) and Martha Conrad Clark (Wis.-Oshkosh).

Continued on page 33

ETCETERA

Alumnae-Collegiate Relations

The lifeblood of Gamma Phi Beta is its collegians, but its strength comes from its alumnae. Through the alumnae-collegiate relations program, that strength reaches Gamma Phi Beta collegians.

Gamma Phi Beta is a lifetime experience. It is a lifetime of sisterhood, friendship, learning and caring for sisters of all ages. Collegians learn about lifetime commitment through contact with local alumnae who assist the chapter and at special events such as Founders Day and Senior Celebration Week. These positive collegiate experiences encourage collegians to remain actively involved when they are alumnae.

By promoting the benefits of continued involvement, Gamma Phi Beta will continue to gain from its strength.

Panhellenic Scholarship

The Fairfield County, Conn. Alumnae Panhellenic Association will award a \$1,000 scholarship to a National Panhellenic Conference sorority member whose home residence is in Fairfield County.

Applicants may be enrolled at any college or university and must be sophomores or juniors. Selection is based on academic record and service to the sorority, school and community. For more information contact Pat Berry, 29 Horseshoe Road, Cos Cob, CT 06807. Deadline for submitting completed applications is April 1, 1990.

Panhellenic Grant

New York City Panhellenic will award one \$2,000 fel-



Thirty Eta Chapter (Calif.-Berkley) alumnae and House Director Phyllis Casburn attend a 10 year reunion in San Francisco.

lowship to a sorority woman doing full-time graduate work at a college or university in the New York City metropolitan area during 1990-91. Those interested should request an application from Ms. Jane Riemenschneider, 671 Bronx River Rd., Apt. 5H, Yonkers, NY 10704, and should return the completed form by June 1, 1990.

In past years the fellowships have assisted women working for advanced degrees at schools such as New York University, Columbia University, Rutgers University and Adelphi University.

Alumnae Panhellenic Groups

Thinking about organizing an alumnae panhellenic group in your area? Fees are minimal—\$10 affiliation, \$15 annual dues. For help, contact the National Panhellenic Conference advisor for prospective alumnae panhellenics: Jan Covington, 1112 Walnut Dr., Morgan City, LA 70380.

Extension

Gamma Phi Beta's extension team conducted a successful colonization rush at George Mason University in February.

The same month, Beta



Mr. and Mrs. Walter Cornelius, collegians and alumnae gathered at the Michigan State chapter house to dedicate a plaque in remembrance of Lisa Ann Cornelius. The Corneliuses have endowed a scholarship in their daughter's name. Attending the event are Erika Smiley, chapter president; Michele Nickel, scholarship recipient; Mr. and Mrs. Cornelius; and Karen Berger Marvin (Miami), house corporation president.

Kappa Chapter was reorganized at Arizona State University.

Corporation Meetings

Epsilon Chapter, May 12, 1990, 10:30 a.m., 640 Emerson St., Evanston, Ill.

Phi Chapter, April 16, 1990, 7:30 p.m.; call 843-2341 for location.

Psi Chapter, April 10, 1990, 6:15 p.m., 1105 College, Norman, Okla.

Alpha Theta Chapter, April 5, 1990, 6:30 p.m., 2411 Kensington, Nashville, Tenn.

Beta Psi Chapter, April 22, 1990, 2:00 p.m., 1405 W. Third

St., Stillwater, Okla.

Delta Chi Chapter, April 16, 1990, 7:30 p.m., Student Union, California State University, Sacramento, Calif.

Officer Appointed

Jeannine Rudolph (Penn St.) has been appointed Province V Collegiate Director by Grand Council. A member of the Chicago Alumnae Chapter, she is an international trade specialist for the University of Illinois International Business Development Program. Jeannine's interests are world affairs, traveling, history of women and feminist writing.

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Gamma Phi Beta Sorority

Founded November 11, 1874;
Syracuse University

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—	85.00	—	50.00

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10. ML/14-M-G	Sculptured Lavalier	—	—	30.80	—	14.40	15. C/01-G	18" Chain	—	3.60	31.60	—	3.60
							16. BP/G	Pin-On Badge Pendant*	—	—	85.00	\$95.00	40.00

*Badges not included. Fits all existing badges. Pendants come with 26" endless chain. Optional 18" Gold Filled or Sterling Silver neckchains (C/01-G) available. See above.

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Address _____														
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Price (Total of Above)	\$													
Sales Tax IL & MO Only 8%	\$													
Postage Handling & Insurance (min. \$2.25) 6% of Total	\$													
TOTAL	\$													
Greek name and letters for chapter _____														

MAKE CHECKS PAYABLE TO: Gamma Phi Beta Jewelry
DIRECT ORDERS TO: Gamma Phi Beta
Dept. NB
7395 E. Orchard Rd. Suite 200
Englewood, CO 80111-2509

PROFILES

Continued from page 29

Beta Eta Chapter at Bradley University initiated **Helen Evans** as an alumna initiate on November 11, 1988.

Barbara Varra Urbom (Colorado St.) is a Ft. Collins, Colo. cookie entrepreneur. For years she ignored her family's sugges-

tion that she sell her cookies. Then son Mike made them the subject of a college marketing class project and she was in business.

Barbara started small, with family members selling cookies at their offices. Three years and several hundred thousand cookies later, she now supplies convenience stores and restaurants, and shares the baking with

daughter Cheri.

Joyce Lemon Dunn (Northwestern) is the Phon-a-thon chairman for Northwestern's School of Education and Social Policy. She also has served as member-at-large on that school's alumni board.

Linda McBee Clemons
(Memphis St.), an analyst with

Federal Express, was featured in the article "How to Stand Out from the Crowd" in *Working Woman*. She was recognized for establishing an employee hot line to field complaints and suggestions for cutting red tape and expenses. The program's success saved Federal Express money and earned Linda several quick promotions.

and may be ordered from Ann
Zultner, 12 Wallingford Dr.,
Princeton, NJ 08540.

Bergen County, N.J. alumnae are selling regulation size postcards, which are perfect for meeting reminders because they signal Gamma Phi Beta. With these cards, corresponding secretaries will always have the appropriate invitations. Two kinds are available: traditional brown design (carnations, coat-of-arms or logo) on parchment, and pink cards with carnation motif printed in black. Both designs are \$5 for 50 cards. Add \$1 for shipping and order from Virginia Leritz, 385 Franklin Turnpike, Allendale, NJ 07401.

The Corvallis Alumnae Chapter is once again offering RyCraft cookie stamps as a great gift or keepsake of Gamma Phi Beta. The ceramic cookie press has the crescent moon with a long stem carnation across it and imprints beautifully in shortbread or cookies. A recipe book is included. The chapter prefers that orders be limited to a minimum of 10, but individual stamps may be ordered at \$3.50 each. For orders of 10 or more, the cost is \$3 plus 10 percent postage and handling. Send orders to Becki Metzger, 2215 NW 17th St., Corvallis, OR 97330.

The Princeton Area Alumnae Chapter offers three stationery items perfect for every Gamma Phi Beta's desk. Selling for \$1.80 is a package of 50 Post-It notes printed with "Gammagram." A pad of 100 8 1/2" x 5 1/2" rainbow colored notepaper with a carnation motif is priced at \$3. The third item is a package of 10 plastic red and white heart shaped "I ♥ ΓΦΒ" paper clips. Each package sells for \$1.25. All items are postpaid.

Imagine having or giving a replica of an antique Gamma Phi Beta stamp. Syracuse alumnae are offering reproductions of an old stamp belonging to an Alpha alumna. Use the stamp for correspondence, name tags, place cards, rush favors, etc. Also available are brown stamp pads specially made to be used with the stamps. The stamps sell for \$3 each and the pads are \$4. For orders of \$10 or less, add \$1 postage to the U.S. and Canada and \$2 for orders to foreign countries. For orders over \$10, add \$2 for U.S. and Canadian orders and \$3 for foreign. Send orders to Judy Kaspar, 101 Harwinton Ct., Camillus, NY 13031.

Shirley Jean Hay Bills (Miami) designed carnation note paper for Cleveland West alumnae to sell. It features a lovely carnation tied with a pink bow and printed on heavy paper. A set of 10, with envelopes, sells for \$5 plus 90 cents postage. Checks should be made payable to Cleveland West Alumnae Chapter, and order sent to Dorothy Cibula, 3270 W. 159th St., Cleveland, OH 44111.

Gamma Phi Beta lapel pins are available from the St. Louis Alumnae Chapter. These lovely pins feature the Greek letters in gold and enclosed in a white enameled crescent embellished with three pink carnations. They make ideal gifts for pledging, initiation, graduation or any special occasion. Each pin is \$4 postpaid. For orders of

24 or more, the rate is \$3 per pin, postpaid. Send orders to Joyce Merrill, 9825 Waterbury Dr., St. Louis, MO 63124, and make checks payable to St. Louis Alumnae of Gamma Phi Beta.

Minneapolis-St. Paul alumnae are selling pink pearl ballpoint pens with Gamma Phi Beta logo. they come in a pink vinyl carrying case and grey suede finish gift box and carry a lifetime guarantee. The perfect gift for pledging, initiation, holiday, birthday or as a reward for yourself, each pen is \$15 plus \$2 shipping and handling. (Minnesota residents add 90 cents for sales tax.) Make checks payable

to Minneapolis-St. Paul Alumnae Chapter and send orders to Beverley Edwards, 5201 W. 96th St., Bloomington, MN 55437. Allow three to four weeks for delivery.

The Atlanta Alumnae Chapter has what every other alumnae chapter needs—Gamma Phi Beta nametags. Collegiate chapters can use them for mixers, alumnae functions and rush. They are \$8 per 100, or \$2.50 for 25, plus 90 cents postage and handling. Make checks payable to Atlanta Alumnae Chapter of Gamma Phi Beta and order from Peggy Marlatt, 2428 Windon Ct. NE, Atlanta, GA 30360.

Please send me information about:

- ☐ Closest alumnae chapter ☐ TranSister Program
☐ Sister Link Program ☐ Crescent Catcher Program
☐ Convention ☐ Mothers Clubs
☐ Alumnae Initiate Program ☐ Gamma Phi Beta Visa Card
☐ Other _____

Please send me these forms:

- ☐ Recommendation
☐ Legacy Introduction
☐ Other _____

☐ Enclosed is a check for \$15 annual membership dues. Alumnae dues are not tax deductible.

Name _____
(first) (maiden) (last)

Address _____
(street)

(city) (state) (zip)

Collegiate Chapter _____

Mail to: Gamma Phi Beta Sorority, 7395 E. Orchard Road, Suite 200, Englewood, CO 80111

The Official Gamma Phi Beta Sorority Watch

A Seiko Quartz timepiece
featuring a richly detailed
three-dimensional re-creation of
the Sorority Crest.

Convenient interest-free
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For faster service, credit card orders may
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Illustration reduced. Actual diameters of watches are 1 5/16".

Detach order form below. Mail ordered to: Gamma Phi Beta Sorority, c/o Post Office Box 511, Wayne, Pennsylvania 19087.

Personal Reservation Form

Mail Orders to:

GAMMA PHI BETA SORORITY
c/o Post Office Box 511
Wayne, Pennsylvania 19087

Please accept my order for the following Official Gamma Phi Beta Sorority Watch(es):

- _____ Ladies' Seiko Quartz Wrist Watch with Leather Strap (GPB-SLS) @\$200* ea.
_____ Ladies' Seiko Quartz Two-tone Bracelet Wrist Watch (GPB-SLT) @ \$230* ea.
_____ Ladies' Seiko Quartz Gold-tone Bracelet Wrist Watch (GPB-SLG) @ \$255* ea.

* Plus \$5.75 handling and insured shipping charge per watch. On
shipments to Pennsylvania, include 6% state sales tax to total of order.

Purchaser's Name _____

Street Address _____

City _____ State _____ Zip _____

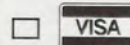
Daytime Phone () _____ - _____

Please allow 4 to 6 weeks for shipment.

I prefer to pay as follows:

- ☐ ENCLOSED IS MY INITIAL INSTALLMENT of \$40 for
each strap watch, \$46 for each bracelet or \$51 for each
gold-tone watch, payable by check or credit card
(information provided below), together with shipping and
handling charge of \$5.75 per watch. I agree to pay the
balance due in 4 monthly installments of \$40 for each
strap watch, \$46 for each bracelet or \$51 for each gold-
tone watch.** (On shipments to Pennsylvania only,
please include 6% state sales tax on total order to your
deposit.)
- ☐ IN FULL BY CHECK. Enclosed please find my check or
money order for the full amount due, made payable to
"Gamma Phi Beta Watch".
- ☐ IN FULL BY CREDIT CARD. Following shipment of my
watch(es), please charge the full amount due to my
credit card as indicated below.

Credit Card Information: ☐



Full Account Number:

Expiration Date:

Mo. Yr.

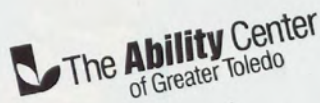
SIGNATURE _____

If "ship to" address is different from above please attach correct
address to order form.

**All orders are subject to acceptance. There is no finance charge on the monthly payment plan. The
amount of payments (total sales price) is equal to the single payment price. If purchaser fails to pay any
portion of the total payments scheduled, the entire balance shall become immediately due at the election
of the watch distributor, Wayneco Enterprises.

FOUNDATION

Toledo alumnae support Camp Cricket



Independent Living
Services for Persons
with Disabilities.

5605 Monroe Street
Sylvania, Ohio 43560
419/885-5733 (Voice)
419/862-2387 (TDD)

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Richard L. Gunden

June 20, 1989

Ms. Marjory Shupert
Gamma Phi Beta Foundation
7395 East Orchard Road, Suite 200
Englewood, Colorado 80111

Dear Ms. Shupert:

The Ability Center of Greater Toledo would like to thank you and members of your organization for the generous contribution to our Camp Cricket program.

Camp Cricket has been a successful program for over 30 years and we are confident it will be a successful program again this year because of your help. Support from you and others will enable children with disabilities an opportunity to attend Camp Cricket and learn to live as independently as possible.

Thank you, again, for your support.

Sincerely,

Richard L. Gunden
Richard L. Gunden
Executive Director

RLG:dkf



The Toledo Alumnae Chapter has adopted Camp Cricket as its philanthropic project. The day camp, operated by The Ability Center of Greater Toledo, benefits from campership donations and volunteer service by Toledo alumnae.

Fourteen Gamma Phi Betas, and some of their children, assisted campers and counselors on a trip to the zoo last June. Although it was a hot, humid day, the 40 campers enjoyed the African Savannah where animals roam in natural surroundings. Then it was on to a building where the children could touch objects, participate in exper-

The meaning of sisterhood

My memories of Sorority life are wonderful—parties, friends, support and sisterhood.

I am sure everyone can remember at least one special sister that was there whenever she was needed. For me it was Laura Winslow Kershaw. She was truly a unique individual, volunteering for every job, writing inspirational notes or setting a flower on a desk when someone was sad.

A few years ago, Laura was stricken with multiple sclerosis, which worsened after the birth of her son Nick. Her condition seemed to improve for a period of time but she now requires 24-hour care. Physically she is totally dependent, but she is alert and hopeful that someday a cure will be found to help her and others.

Many Gamma Phi Betas have helped Laura. Carolyn Blair McInerney and myself have notified chapter members about Laura's condition and needs. Berkeley, Calif. Gamma Phi Betas have volunteered at Laura's house for more than a year, and donations have assisted in the many areas insurance does not cover.

The Gamma Phi Beta Foundation granted Laura a Doris B. Gorden Special Sister Grant which helped purchase a van with a lift. "We stripped out seats for Laura to maneuver and position her motorized cart in a somewhat normal seat location," said Laura's husband Nick. "Friends and I take her where we can. Your funds helped make this all possible."

When we consider our sisterhood and all of our wonderful times both past and present, we should remember a special quote given to me by Laura: "The world is such a happy place that children whether big or small should always have a smiling face."

Laura and her family wish to thank these Gamma Phi Betas for their help: Dana Bleakley, Patricia Curry Brennan, Mimi Stine Calfee, Nalyce Gumowitz Callender, Margaret Ecord Glover, June Heider Maclellan, Dawn Dalin Heil, Louise Hoffman, Ann Zegob Hoffman, Leslie Niven Holterhaus, Betsy Anderson Lafontaine, Ann Spector Loeff, Janet Martin, Leslie Melzer, Valerie Nabolotny, Susan Simon Palmer, Cindy Puzauskas, Heather Werder Schaffner, Janet Vidal Stuhli-reyer, Sarah Allender and Maureen O'Connor Heintz.

*By Dawn Dalin Heil
(Denver)*



Dear Gamma Phi Beta Sisters,

I wanted to write a more personal letter of thanks to let you know just how much I appreciate the Foundation scholarship. As I feel the crunch of bills I think, "Where would I be now without that wonderful scholarship?!"

The extra money is what is enabling me to pull the semester together during this time of transition. And what a pleasant surprise to see my name in **THE CRESCENT**!

Thank you very much!

Kimberley Rittenhouse
(Calif.-Berkeley)

Hawkins Bequest

The Gamma Phi Beta Foundation received a generous bequest from the late Mildred Hawkins. A 1924 initiate of Omega Chapter at Iowa State University, Miss Hawkins was a resident of Rock Rapids, Iowa at the time of her death.



iments and create art projects. "They really enjoyed the latter," said Margie Morton Rummel (Ohio St.), "as it is a unique place in the activities it offers—and it was air conditioned!"

The group arrived at the zoo at 10:00 a.m., took a 45-minute lunch break and headed home about 2:00 p.m. According to Margie, loading and unloading the children takes some time because of wheelchairs and other equipment.

"This was a new experience for us," said Margie. "These children really enjoy doing things that most children enjoy and it was amazing how much knowledge many of them gained and shared with us. It really made for a good feeling knowing you were actually helping the kids experience new sights and adventures."

Toledo alumnae raise campership funds through a white elephant auction held at a dinner meeting. Because each article is gift wrapped, some items have become classics and are recycled year after year, cleverly disguised with packaging and attractive wrapping. Some items are desirable and others are hilarious. Alumnae purchase chips with which to bid on the mystery packages; the proceeds, along with a supplemental grant from the Gamma Phi Beta Foundation, provide camperships for Camp Cricket.



Γ
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Β



The beginning of Sorority pride for
Arizona State University colony members.



CHANGE OF ADDRESS OR NAME REPLY

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

Maiden Name _____ Chapter _____

New name if different from label

Title	Last	First	Middle
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Entire new address

Street _____

City _____ State _____ Zip _____

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

Clip form, place in stamped
envelope and mail to Gam-
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