

OF GAMMA PHI BETA

The Crescent

Volume 96 No. 2

Spring 1996



Panhellenic Spirit

Putting the Pieces together for Women

Contents

Volume 96, No. 2

Deadlines

Winter	October 1
Spring	January 1
Summer	March 1
Fall	July 1

On the Cover

Used by The National Panhellenic Conference, a group devoted to cooperation and giving each chapter an equal opportunity for success, the illustration of "woman" was developed by The National Panhellenic Editors Conference. Sharing our resources, ideas and energy for the betterment of all, this is what it means to be Greek, and a member of Gamma Phi Beta Sorority. Artwork provided by Zeta Tau Alpha.



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Editors

Editor:

Susan Hamilton Grant
12737 E. Euclid Drive
Englewood, CO 80111-6445

Feature Editor:

Phyllis Donaldson Choat
2116 S. 113th Ave.
Omaha, NE 68144

Alumnae/Collegiate News

Editor:

Kristyn Wiggin Golberg
5220 Malibu Dr.
Edina, MN 55436

Graphic Artist: Jody Toth

Business Manager:

Marjory Mills Shupert
International Headquarters

Gamma Phi Beta (USPS 137-620). *The Crescent* is published quarterly in Fall, Winter, Spring and Summer by Gamma Phi Beta Sorority, Inc., 12737 E. Euclid Drive, Englewood, CO 80111-6445. Subscription price is \$6.00. Produced in the U.S.A. by Maury Boyd and Associates. Second class postage paid at Englewood, CO and additional mailing offices. Copyright 1996, Gamma Phi Beta Sorority. **Postmaster:** Send address changes to *The Crescent*, Gamma Phi Beta Sorority, 12737 E. Euclid Drive, Englewood, CO 80111-6445. Printed in the U.S.A. **Subscribers:** Send changes of address, notices of marriages and deaths to Gamma Phi Beta Sorority, 12737 E. Euclid Drive, Englewood, CO 80111-6445. Phone: 303-799-1874. Fax: 303-799-1876.



Member of the College Fraternity Editors Association

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Convention 1996- Jazzin' it up!

July 9th—13th

Gamma Phi Beta

Our mission is to foster a nurturing environment that provides women the opportunity to achieve their potential through life-long commitment to intellectual growth, individual worth and service to humanity.

Tuesday

4:00 P.M. Orientation
5:00-7:00 P.M. Dinner
7:00-8:00 P.M. Forum
8:00-10:00 P.M. Advisor Reception

Wednesday

8:00 A.M. Dr. Sharon
Whittaker - Keynote
9:30 A.M. Delegate Parade
10:00-1:00 P.M. Business Session
Lunch on your own
2:30-5:00 P.M. Business Session
6:30 P.M. Awards Dinner
9:00 P.M. Roundtables

Thursday

(Intellectual Growth & Individual Worth)
8:30-2:30 P.M. Workshops
2:30-3:15 P.M. Panhellenic Presentation
3:30-5:30 P.M. Workshops
7:00 P.M. Confirmed Conventioneers
Dinner
9:00 P.M. Roundtables

Friday

(Service to Humanity)
8:00-9:00 A.M. Friends of the
Foundation Breakfast (Invitation only)
9:00 A.M. Kay Grace "When the Heart
Is Inspired, Magic Happens"
10:00 A.M.-12:00 P.M. Foundation
Workshops
12:00-1:30 P.M. Special Camping for
Girls Lunch
Play Day
6:00 P.M. Foundation Dinner and Raffle

Saturday

(Lifetime Commitment)
9:00 A.M.- 12:00 P.M. Business Meeting
12:00-1:30 P.M. Sydney Stoeppelwerth -
Keynote
2:00-4:00 P.M. Memorial & Ritual
Service
7:00 P.M. Pink Carnation Banquet



*To register for this outstanding conference,
contact International Headquarters at:
phone: 303-799-1874
fax: 303-799-1876
for your registration form.*

Convention 1996

Sydney A. Stoeppelwerth

Keynote Speaker

A member of Gamma Phi Beta since 1959, Sydney will be our keynote speaker on Lifetime Commitment Day. In 1960, Sydney realized she was losing her sight. By the age of 27 she was completely blind. Since then she has received her master's degree, taught high school, launched an oil production company and now is a professional speaker! Sydney has shown that anyone can overcome obstacles to achieve fulfillment and success through commitment.



acronym CARE: C=Creative Communication; A=Atmosphere and Appreciation for All; R=Respect and Reason for Being; E=Empathy and Enthusiasm. Sisters will profit from a new understanding of spirit in the Sorority, the vitally important role of each individual in creating that spirit, and the relationship of spirit to productivity and profit.

Kay Sprinkel Grace

When the Heart is Inspired . . . Magic Happens

Kay Sprinkel Grace, a California-based organizational consultant, will be the keynote speaker for Service to Humanity day, sponsored by the Foundation. She will be discussing the importance of philanthropy in today's world.



Barbara Glanz

Spreading Contagious Enthusiasm

Barbara Glanz is an internationally known author, speaker and consultant. Gamma Phi Beta is pleased to have Barbara present her workshop: Send a C.A.R.E. Package-Regenerate the Spirit in Your Organization. Designed for leaders at all levels in the organization, this action-oriented, motivational presentation is based on the



Dr. Sharon Whittaker

Keynote Speaker

Dr. Whittaker is Vice President for Student Affairs for Stillman College in Tuscaloosa, Alabama. Kicking off our Convention on Wednesday, this dynamic speaker will have you motivated and full of anticipation for the week's events.



T.J. Sullivan and Joel Goldman

Friendship in the Age of AIDS

Presented to more than 150 campuses nation-wide, this interactive "HIV basics" workshop will leave us all better informed and hopefully more thoughtful about what we can do to protect ourselves, families and friends.

Katherine Lyons Bridge

Why Wonder Woman Crashed

Katherine Lyons Bridge is the founder of an organization called "The Society for Ladies Who Laugh Out Loud," a cross-country network of rebellious, over-worked women. She will present "Why Wonder Woman Crashed," a playful





look at women, work and finding time, at Gamma Phi Beta's international Convention. "Wonder Woman" is informative, fun and filled with insights about women, time bandits and the realities of the treadmill we call our lives. This program guarantees to help you reclaim laughter, energy. . . and a touch of amusing grace. Come find a way to keep Wonder Woman from crashing.

Mary E. Ryan

Powerful Non-Verbal Communication:
Establishing Credibility and Authority

Why are women getting creamed?
Women are just as smart, educated and capable.



Mary E. Ryan, founder of Speech Communication Specialists, Ltd., a communication education and consulting firm in Denver, Colorado has asked herself that question. Her

answer: we are socialized differently.

Mary will use her 10+ years of experience to help us adapt our behaviors to specific situations, especially those where we need to establish credibility and authority.

Corre Anding Stegall

Panhellenic Keynote Speaker

Chairman of the National Panhellenic Conference (NPC)

Extension Committee, NPC Area Advisor, and NPC

Delegate for Kappa Delta Sorority, Corre Stegall understands the importance of inter-fraternity service. Our keynote

speaker to kick off the Panhellenic portion of "Intellectual Growth and Individual Worth" day, Corre will share her insights about being Greek, Panhellenic spirit and pride in our organization and ourselves.



speaker to kick off the Panhellenic portion of "Intellectual Growth and Individual Worth" day, Corre will share her insights about being Greek, Panhellenic spirit and pride in our organization and ourselves.



The official carriers for the 1996 International Convention are Delta and USAir Airlines. Special discounts apply.

Make your reservations now!

Call Travel Care: (303) 798-6700 or
(800) 875-3344.



Michigan State University sisters kicked off 1996 with a bang! After initiating 40 new members in November, the chapter elected a new executive board. The focus of the chapter will continue to be on sisterhood and unity. The sisters are looking forward to Greek Week. Proceeds from this event help to support Area 8 Special Olympics and the sisters are gearing up to make this week a successful and profitable one again.

Thirty-five new women were initiated into the Zeta Delta Chapter at **Southeast Missouri State University** this fall. Not only did the chapter host its first annual Moms' Day, but the members also took second place in Homecoming and third place in the Lambda Chi Alpha Watermelon Bust!

Congratulations to two sisters at **Oklahoma City University**. Mary-Elizabeth Johnson was initiated into the Alpha Psi Omega National Honorary Dramatic Fraternity and Robin Newton was crowned Homecoming Queen.

University of Miami, Florida had a very successful Homecoming, placing first in a community service day called "Hurricanes Help the Hometown," second in the blood drive, third in the float and FIRST overall among the sororities! Great job!

Sisters from the **University of California-Berkeley** hosted their annual Halloween party for children from the Clay Street Shelter. The children enjoyed a pizza dinner, plenty of candy and spooky decorations of cobwebs and bats at the chapter house. Additionally, as part of their PACE and philanthropy activity, the chapter recently decorated and donated socks and hair barrettes to Camp Sechelt.

The sisters at **Northern Arizona University**, in conjunc-



Robin Newton is crowned Homecoming Queen at Oklahoma City University.

tion with the Sigma Nu Fraternity, volunteered to help a local school host its 6th Annual Music Festival. The event is a benefit concert to raise monies for the Native American Scholarship Fund. This year's proceeds netted over \$60,000. Guy Grand, Events Coordinator for the festival, gave special praise to the $\Gamma\Phi\beta$ s and the Sigma Nus for their initiative and hard work.



Moorhead St. sisters take a break from a hypnotist show on campus.

"Leap Frog from Lucan to London" kept the sisters from the **University of Western Ontario** busy this last October. The chapter, along with the Phi Gamma Delta Fraternity, held this annual event to raise money for the Ronald McDonald House. Proceeds this year netted \$3,000. Congratulations on a job well done!

The **University of Missouri** initiated sixty new members this

past October! Since initiation, the sisters focused a great deal of energy on the chapter's Homecoming activities. Paired with the men of Delta Tau Delta, the sisters placed first in house decorations, first in parade, and FIRST overall!

Decorating pumpkins and bringing good cheer to a local nursing home was the order of business for the women at **Mankato State University**. The chapter adopted



The new initiates from George Mason University dress in blue for their "New Member Introduction" event. New members are introduced to the alumnae each year at their fall meeting.



Sisters from Mankato State make the day a little brighter for residents at a local nursing home.

this project as their local philanthropy and brought smiles to many faces at the nursing home. They also cooked dinner for the men of Phi Kappa Psi after their fraternity house suffered fire damage.

Sisters from the **University of Idaho**, in conjunction with the men of Sigma Alpha Epsilon, held their "Olympics" to raise money for their philanthropy. The sisters

also enjoyed an activity with some other special guys — their dads — over Dads' Weekend. The chapter also initiated 35 new sisters in October. With exchanges, house elections and Founders Day celebrations, the members enjoyed a break during the holidays.

University of Nebraska at Kearney sisters were the proud winners of the University's Homecoming competition. The mem-

bers were paired with the men of Phi Delta Theta and Sigma Phi Epsilon. The sisters' November was one that was up and down — literally. The chapter, along with the Sigma Tau Gamma Fraternity, teeter-tottered continuously for 24 hours to raise money for Hospice. The sisters also raised money for the Association of Retarded Citizens by going door-to-door selling honey.

Congratulations to the sisters at **Bowling Green State University** on initiating 17 new members. The chapter hosted an "Ultimate Frisbee" philanthropy which was a big hit. The sisters' social calendar was also quite full with "The Ultimate Trip Thru Time" and "Moonshine Madness" date parties, as well as a tea with the newly founded chapter of the Kappa Alpha Fraternity.

Sisters from the **University of Wisconsin at Madison** are proud to report winning Homecoming for the second consecutive year. The sisters competed with a float, banner and "Yell like Hell" chant. A blood drive and charity run were also part of the festivities. The chapter reports a highly successful Rush that welcomed 36 new women to Gamma Phi Beta. And, congratulations to Angie Ray on



Angie Ray, sister from the University of Wisconsin at Madison, is crowned Homecoming Queen.

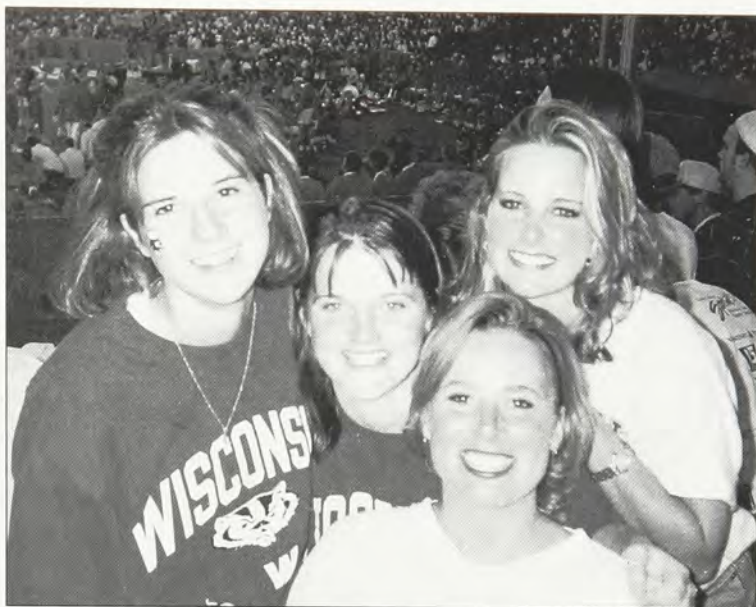
being crowned as the University's Homecoming Queen!

Iowa State members had a great showing at their Homecoming. They took second place for tournaments and second place for "Yell Like Hell" chant. The chapter held a pancake breakfast for the public before the last home football game. Proceeds benefited ACCESS, an organization that provides temporary housing for battered women and their children.

Sisters from **Rutgers University** continue full steam ahead with their many philanthropy projects. Adopt-A-Highway has been greatly enhanced by the sister clean-up efforts. The chapter participated in an AIDS walk, a neighborhood clean-up, a special fundraiser for children with AIDS, and a holiday party for the sick children at the Robert Wood Johnson University Hospital. Socially, the sisters were busy as well — from Founders Day and Homecoming celebrations to a crush party and formal. Next order of business is spring rush. Keep up the good work!



University of California at Santa Barbara sisters dress the part for their Rush skit "Gamma Phi Through the Years."



Having fun at the Homecoming game are Mandy Dryer, Maggie Buckland, Dani Barta and Michelle Quenton, sisters from the University of Wisconsin at Madison.

The University of Wisconsin, Oshkosh chapter celebrated Parents' Night with a light supper, watching the play "Last of the Red Hot Lovers" and a silent auction. The silent auction exceeded their goal of \$500 and they have been

able to set aside \$1,000 for philanthropic activities and donations given directly for Special Camping for Girls. They hope to send two girls to the local Girl Scout Camp, as well as formally adopt the camp.



Sisters from the University of Rochester, hard hats and all, pose in front of their Adopt-A-Highway sign.



Reunited after 10 years - the 1985-86 pledge class from Kearney State College. Front row, left to right: Kristin Olson-Kudrna, Molly Maguire, Shauna Dicke-Fertig; middle row: Jaime Gutierrez-Vela, Tammy Travis-Nelson, Debi Bischof; back row: Kristy Dobrman-Swain, Pam Kenkel-Mathison, Karen Fitzgerald-Albers, Tressie Harms-Nootz.

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To place an ad in **Sister Space**, simply follow these guidelines: 1. Submit your typed ad by mail to International Headquarters, attn.: **Sister Space**, Gamma Phi Beta Sorority, 12737 E. Euclid Dr., Englewood, CO 80111. 2. Ads must be submitted by *The Crescent* deadlines listed on page 3. 3. Checks must accompany the ads. The fee is \$.50 per word per issue. 4. Ads are limited to 75 words. 5. *The Crescent* reserves the right to edit, limit or refuse ads. 6. No display ads, artwork or photographs will be accepted. 7. Gamma Phi Beta is not responsible for handling responses to ads. Ads must include an address or phone number for responses.

NEED HELP PLANNING A REUNION? CONTACT INTERNATIONAL HEADQUARTERS

Philadelphia West Suburban Alumnae celebrated Founders Day in the home of Cynthia Westgate, president of the chapter. Doris Bird Gorden was presented with her 50-year pin and the Loyalty Award, Jean Keller Beeman was awarded the Merit Award and Connie Butler Long was awarded the local IIKE Award. Congratulations to all!

The Junior Alumnae group of the **Greater Kansas City Alumnae Chapter** adopted a family of three for the 1995 holiday season. Clothing, dishes, jewelry and toys were brought, wrapped and delivered to the family. The City Union Mission of Kansas City coordinates the families' needs and ensures these needs are met. The alumnae group hopes to adopt an even larger family in 1996!

Sisters from coast to coast came together last August to renew old friendships. The group, all alumnae from **San Diego State University** initiated between 1960 and 1966, united at the home of Sue Lange Hotz in San



The Philadelphia West Suburban Alumnae Chapter acknowledged three of their members for outstanding service at their recent Founders Day celebration. (Left to Right) Connie Butler Long received the local IIKE Award; Doris Bird Gorden received the Loyalty Award; Jean Keller Beeman received the Merit Award.

Diego. This was the second reunion of its kind and was deemed such a success that the 1997 reunion is already being planned!

Reuniting after 10 years were alumnae from **Kearney State College**. The alumnae, all members of the 1985-86 pledge class, made a night of it! This slumber



Ralphine Ronald Staring, University of Idaho, a former president and long-time active member of the Washington alumnae, received a 65-year certificate. Pictured with Joan Herzig Braitsch, San Diego State University (right) and a Gamma Phi Beta Foundation Trustee.

party included looking through college scrapbooks, singing Gamma Phi songs and lots of laughing. (see page 8)

The **Washington D.C. Alumnae Chapter** held their Founders Day luncheon in Bethesda, Maryland. Alumnae from George Mason University, the University of Maryland and the Mid-Maryland Crescent Circle were in attendance.



San Diego State University alumnae initiated between 1960 and 1966 held their second reunion this past summer in San Diego.



Three alumnae traveled overseas this past September on a University of Michigan Holiday Campus Abroad program to Switzerland. As it turned out, three of the 19 travelers were Gamma Phi's! (Pictured left to right): Amy Belser (U. of Michigan), Frances Koblebard Marcus (Northwestern), and Mary Elizabeth Wagner Gall (U. of Michigan).



Eleven sisters from the St. Louis Alumnae Chapter enjoyed three days touring Branson, Missouri in November.



Rochester alumnae celebrate Founders Day and the 50th anniversary of the chartering of their chapter.



Fort Collins alumnae celebrate Founders Day. Back row L-R: Judy Lang-Byars, Darla Dakin, Marjorie Mills Shupert, Margaret Wash Crites, Betsy Smith Eichenberger. Front row L-R: Sharon Page Anderson, Maxine Maybaw McDermott, Dottie Ammon White and Patty Ball Blachard.

Marion Benson Hastings, Mary Jane Reiney Harvey, Janet Huddle Doetsch, Marilyn Sacks Brown and Pauline Juncal Price all received their 50-year pins. Ralphine Ronald Staring, a former president and long-time active member of the Washington Alumnae Chapter, received a 65-year certificate. Congratulations to all six on a lifetime of service to Gamma Phi Beta!

You just never know where Gamma Phi Beta alumnae might turn up — just ask Frances Koblebard Marcus (Northwestern U., '49). She and her husband joined 17 others for a University of Michigan Alumnae Holiday Campus Abroad trip to Switzerland this past September. Two other sisters had the same idea! The threesome had a wonderful time tromping through Switzerland together.

The **Treasure Coast Crescent Circle** (including Ft. Pierce, Vero Beach and Stuart, Florida) held their Founders Day luncheon. Sixteen members were present and the group hopes to include more members next year.

Eleven sisters from the **St. Louis Alumnae Chapter** took off for Branson, Missouri this past

November. Favored activities included shopping at "Dressin' Gaudy," lunching and the Andy Williams Christmas show. The tour was a huge success and plans for a trip next fall are already underway. The chapter also held their annual Christmas party on December 8th. Nearly 40 alumnae and their guests joined to celebrate the season. Founders Day celebrations included presenting Mildred Osland Dahms for her seventy-five years as a Gamma Phi Beta, as well as eight other sisters their 50-year pins. Jackie McIlhagga was awarded the Elizabeth Woods Mize Award for outstanding service to the chapter.

The **Rochester Alumnae Chapter** celebrated Founders Day and the 50th anniversary of the chartering of their chapter. Helen King (Syracuse, '26) and Helen Clark (U. of MN-Minneapolis, '42) were recognized for over 50 years of service. The chapter awarded Marian Hitchings with the Golden Crescent 50-year Award and awarded the IIKE Award to Renee Heiser for her efforts with both the alumnae and collegiate chapters.

The **Fort Collins Alumnae** kicked off their fall activities with an ice cream social honoring the



The San Antonio Alumnae Chapter celebrated Founders Day at a luncheon at the Sonterra Country Club.

fall new member class of Tau Chapter. Good conversation and indulging in scrumptious sundaes made this event a success. The alumnae were guests of Tau Chapter. Dottie Ammons White (Colorado State, '45) was presented her 50-year pin. Maxine Mayhew McDermott (Colorado State, '35) received the Merit Roll Award. Following the ritual ceremony, the group enjoyed wonderful desserts.

The **Alumnae of Houston** spent Founders Day lunching at the Junior League of Houston. Several were lucky winners of raffle gifts and certificates. Proceeds from the event went to the Brookwood Community, the Houston alumnae philanthropy project. The alumnae were honored to have Judge Ted Poe, a criminal judge of the 228th Criminal District Court, speak at this celebration. His humorous and interesting talk illustrated his

philosophy of having the sentence fit the crime. Anne Payne Biega, Bonnie Bland Brauer, Gloria Griggs Hodge, Marian Schumann Miller, Mary Larsen MacDonald and Evelyn Posey Wamble all received their 50-year pins. Congratulations to all for their lifetime of service to the Sorority!

Exactly 30 years to the day, the **Arlington, Texas Alumnae Chapter** celebrated the anniversary of their charter. The chapter made a donation to the Foundation fund to commemorate this event. The alumnae look forward to another 30 years of leadership!

The **San Antonio Alumnae Chapter** celebrated Founders Day with a luncheon at the Sonterra Country Club. Thirty-two members were present, representing 16 chapters. Special acknowledgment was given to Eleanor Langworthy



Five University of Maryland alumnae received their 50-year pins at the Washington D.C. Alumnae Chapter's celebration of Founders Day. Pictured L-R: Marion Benson Hastings, Mary Jane Reiney Harvey, Janet Juddle Doetsch, Marilyn Sacks Brown and Pauline Juncal Price.

Carnes and Jean Eaton Deutser. Congratulations to them both on receiving their 50-year pins.

The **San Diego and La Jolla Alumnae Chapters** celebrated Founders Day with the Beta Lambda collegiate chapter in November at the Princess Resort on Mission Bay. The Beta Lambda alumnae of

the late 1950's pledge classes were in town for their reunion and attended the Founders Day luncheon. The San Diego Chapter was awarded with the Diamond Circle of Excellence, Barbara Davis McKewen received the Merit Award and Jean Couch Perry received the IIKE Award. Congratulations to all!

College Panhellenics

What does it take to keep 2,912 collegiate chapters working together on 614 college campuses?

The cooperative efforts of the 26 National Panhellenic Conference member groups on all campuses are an important piece of successful chapters. A Panhellenic devoted to cooperation and giving each chapter an equal opportunity for success encourages an interest in sorority membership.

The 1995 NPC Biennial Session theme was "An Eye To The Future." Among the Resolutions passed at that session pertaining to College Panhellenics were:

- Deleting College Panhellenic sanctions against rushees who intentionally single preference
- Deleting College Panhellenic sanctions against rushees withdrawing from rush and providing that such rushees shall be eligible for Continuous Open Bidding
- Sponsoring the National Disorders Screening Program
- Supporting the aims of the NPC/NIC Commission on Substance Free Housing
- Reaffirming the responsibility of the twenty-six NPC member groups to honor the Unanimous Agreements
- Encouraging each member chapter of a College Panhellenic to adopt a Code of Ethics for the recruitment process and each College Panhellenic to adopt a Code of Ethics for recruitment.

What support does NPC offer to College Panhellenics?

PROGRAMS

- Scholarship
- Officer Training
- Rush/Recruitment
- Public Relations
- Women's Issues
- "Hand in Hand" Breast Cancer Program
- National Eating Disorders Screening Program
- "Something of Value," a value-based risk management program
- Insurance for College Panhellenics — watch for additional information about specific coverage

Submitted by
Elizabeth Ahlemeyer
Quick,
National Panhellenic
Conference Delegate

RESOURCES

- Area Advisors to College Panhellenics
- Regional Conference Advisors/Liaisons
- Extension Consulting
- Partnerships with Administrators
- Rush Assistance
- NPC Consulting Teams
- NPC Housing Agreements
- Advisors to New College Panhellenics
- Various Printed Publications
- NPC Links Videos

How does Gamma Phi Beta encourage College Panhellenic programming to enhance the Greek system on campuses?

Gamma Phi Beta sponsors an award at four regional Panhellenic conferences. This award recognizes the Panhellenic who develops a program that enhances the Greek image on campus.

THE 1995 WINNERS:

MAPCA — Purdue University "Greek Marketing Team"

NEPC — Bucknell University "Tradition of Excellence — New Member Education Series"

SEPC — Georgia State University "Community Service Day"

WRGC — University of the Pacific "Lecture Series"

GAMMA PHI BETA COLLEGIATE PANHELLENIC PRESIDENTS:

Angela Richini — California State University-Bakersfield

Kelly Setchel — Jacksonville University

Cara Baughman — Southern College of Technology

Amy Ites — University of Northern Iowa

Jennifer King — Morehead State University

Sue Conde — Bridgewater State College

Carrie Hequembourg — University of Missouri-Columbia

Michele Topf — Creighton University

Jamie Tederman — University of Nebraska-Lincoln

Beth Daniels — University of North Carolina-Asheville

Rachel Ownes — Midwestern State University

Kathleen Tierella — George Mason University

Gamma Phi Beta is proud of these members for sharing their time and talents to promote inter-sorority cooperation and good will.

the npc puzzle



Alumnae Panhellenics

What do more than 267 Alumnae Panhellenics in Canada, England, Mexico and the United States working together to publicize the many positive aspects of sorority membership accomplish?

They raised over \$329,000 during the 1993-95 biennium for community services and financial aid for women students while continuing the tradition of interfraternal friendship and cooperation. They are a vital piece of the NPC Puzzle. Their efforts to encourage membership in sororities is critical. These alumnae, working to enrich their communities, are the best example of the purpose of sorority membership. They demonstrate the value of Greek organizations to others.

How does NPC support Alumnae Panhellenics?

PROGRAMS

- Officer Training
- Public Relations
- Women's Issues
- Links Program
- "Re-membering" Program to encourage alumnae involvement

Resources

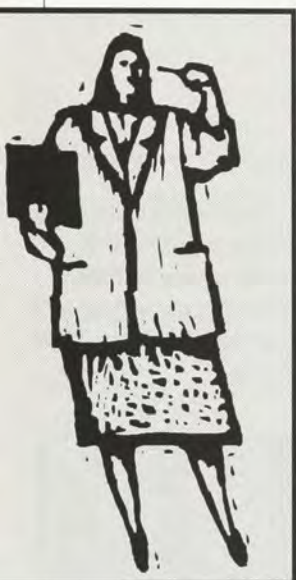
- Area Advisors to Alumnae Panhellenics
- Advisors to Prospective Alumnae Panhellenics
- Newsletters and Other Publications

The luncheon for the Alumnae Panhellenic members at the Biennial Session in St. Louis helped put the pieces of the NPC Puzzle together. Member groups honored their alumnae who work to increase Panhellenic awareness in hundreds of other communities. It is with this involvement and commitment that the Greek System can remain viable and strong.



Preventive Health Exams: WHY & WHEN?

Submitted by: Danice Rinderknecht,
M.D. (Tbeta)



This article was prompted by a case I was involved in this past week. A 44-year-old woman who had no family history of breast cancer and a normal physical exam received a screening mammogram. A lump was found and surgically removed. The diagnosis: Breast cancer. There was no evidence of spread of cancer and she is doing well.

This is the third case of breast cancer I've diagnosed in women under 45 in the past year. The other two were in their thirties.

The following is a review of preventive health services for women and generally accepted recommendations regarding frequency of exams. As always, these need to be individualized to your personal situation and your family history taken into account.

If you have any questions, do not hesitate to contact your health care provider.

Pap Smears

A pap smear is a test in which cells are taken from the cervix and just inside the opening of the cervix to detect precancerous changes.

This tends to be, understandably, one of our least favorite tests. So why bother?

Because cervical cancer is preventable! Cervical cells go through very predictable changes before actually turning into cancer. The chart below illustrates this:

Atypia: cells that are not quite normal, but not precancerous either; often caused by low grade infection.

Dysplasia: precancerous changes.

Carcinoma in situ: cancerous changes that are very localized.

Cervical cancer: malignant cells in the cervix.

If precancerous changes of the cervix are found early, they can be treated very easily. The next step is usually Colposcopy. This is a procedure done in your physician's office

under circumstances similar to your pap smear. Your physician looks at your cervix to see where the abnormal cells are located. If abnormalities are found, a biopsy will be done to determine the best treatment. Often all that is necessary is to freeze the cervix. This is a procedure that is done in the office and takes about 10 minutes. Other options are available and may be indicated depending on the exact results of your pap smear or Colposcopy results.

What causes cervical cancer and precancerous changes?

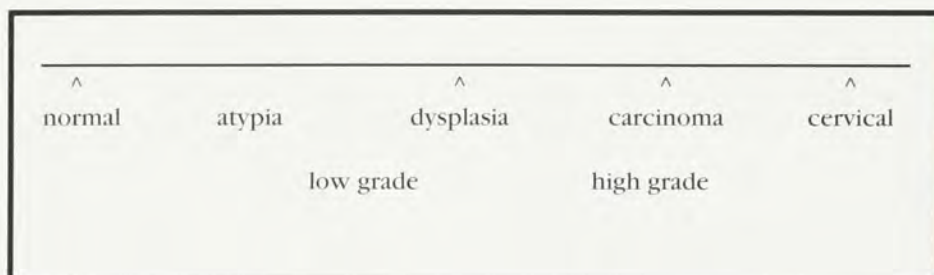
The most common cause is a virus called the Human Papilloma Virus (HPV). This virus also causes genital warts. Other risk factors include smoking, multiple sexual partners and early age of first intercourse.

Who: Any woman who has been sexually active with men, regardless of age, or beginning at age 18.

When: Yearly. If you have had abnormal pap smears, you may need more frequent exams; some women may be able to have exams less often, depending on their age and risk factors.

Breast Exams

There are three primary types of breast exams: Breast Self Exams (BSE), Clinical Breast Exams (CBE) and Mammograms. All are done to detect breast cancer as early as possible. One in nine women will get breast cancer at some point in their lives. This means that you have greater than a 10% chance of getting this disease. The sooner it is detected, the more treatable it is.



Risk factors include smoking, a family history of the disease (particularly in a first-degree relative, a woman on your mother's side, or if they contract it pre-menopausally), never bearing children, late age at first pregnancy, high socioeconomic status and a history of exposure to high-dose radiation. Whether or not estrogen (including birth control pills), obesity and high fat diets contribute is still unclear. However, if you have had breast cancer in the past, you should definitely not take estrogens.

Breast Self Exam

Every woman should check her breasts on a monthly basis. The best time is the week after your period. If you are not having periods, then get into the habit of doing it the same day of every month, like the first day of the month.

A quick lesson: Start with checking your armpits, then move across the upper outer part of your chest (there is some breast tissue in a tail up there), then move slowly around the breast from the outside in toward the middle. You are checking for anything that feels harder and rounder than the surrounding normal breast tissue, almost marble-like in a tapioca background. You should do this lying down and standing up. Many women do it in the shower. In addition, you should take a look in the mirror to check for new dimples, redness, skin that looks like orange-peel or any other changes, including changes in the nipple.

All women have normal small lumps and bumps. It's important to do this monthly to get used to your own lumps and bumps.

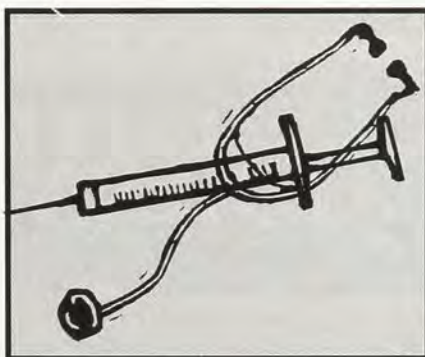
If you do find a lump, don't panic! Only approximately one in four lumps is actually cancer. Do get it checked out though!

Who: All women.

When: Monthly.

Clinical Breast Exam

This is simply a physician or other primary health care provider checking your breasts. This should be done yearly starting by at least age 30.



Mammograms

Mammograms are x-rays of the breasts. The breasts have to be compressed to make a two-dimensional picture of your breasts (which are obviously three-dimensional). This can be uncomfortable, but some discomfort is unfortunately necessary to get a good picture. Mammograms can show early changes of cancer before a lump can be felt.

Who and When: This is controversial. I recommend considering a baseline mammogram at age 35, having a mammogram every two years between ages 40-50, and yearly mammograms beginning at age 50. If you have significant risk factors for breast cancer or have previously had a suspicious lump removed, more frequent screening may be necessary.

Colorectal Cancer Screening

Colorectal cancer is among the top five causes of death in people over the age of 40 and is the second most common cancer. Sixty percent of people diagnosed with colon cancer have metastases at the time of diagnosis. There are three main methods of screening for large bowel cancer.

Fecal Occult Blood Testing (FOBT) is simply testing a stool sample for small amounts of blood. This can be a sign of a polyp or an early cancer. This should be done yearly over the age of 50.

Sigmoidoscopy is a test in which the lower portion of the large colon is visually inspected to detect any abnormalities. Recommendations vary, but it is generally suggested that this be done every three to five years after the age

of 50. This may be done in conjunction with a barium enema (an x-ray test of the large bowel).

Colonoscopy is visual inspection of the entire large bowel. This is usually recommended at regular intervals if you have a family history of colon cancer, or a family history of syndromes which involve multiple polyps or cancers of the colon, or if you have other conditions such as ulcerative colitis.

Vaccinations

Tetanus: Approximately one in four people who get this serious disease die from it. It is easily preventable.

You should have had an initial series of three shots. Then you need a booster shot every 10 years. If you are in a major accident or have a serious cut between five and 10 years after the shot, you should have your booster at that time.

Measles, Mumps, Rubella

Measles and mumps outbreaks have been more common in recent years, particularly on college campuses. Complications of measles can include pneumonia and encephalitis. If you were born before 1957, you are not considered susceptible. Everyone else should be vaccinated before entering college, whether or not you were vaccinated as a child.

Rubella is generally a mild illness, but if a pregnant woman contracts the illness in the first 16 weeks of pregnancy, it can have profound effects on the fetus. Miscarriage and stillbirth are common. Those infants born with Congenital Rubella Syndrome may have visual and hearing loss, growth retardation, developmental delays and heart defects. All women of childbearing age should either be tested for immunity to Rubella or vaccinated.

Hepatitis B

Hepatitis B is a viral infection that affects the liver. Approximately one in four people who become infected with the virus will develop ongoing problems. These can include cirrhosis (scarring of the liver) or cancer of the liver. It is transmitted through blood contact and through sexual contact.

Those who should be vaccinated include health professionals, those who have or have had multiple sexual partners or have had a sexually transmitted disease, hemophiliacs, some international travelers, some people receiving dialysis and IV drug users.

Influenza

Influenza vaccination should be given yearly to anyone over the age of 65, to anyone who has chronic medical problems and to health care providers.

Pneumococcus

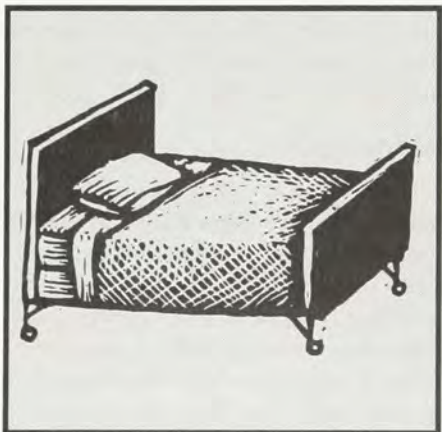
Pneumococcus vaccine protects against many of the common strains of bacteria that can cause pneumonia. It obviously cannot protect against all of them. This should be given to anyone over 65 years of age and to anyone who has chronic medical problems, including anyone having had their spleen removed.

Skin Exam

If you have done extensive tanning or had severe burns in the past, check your skin regularly. If any lesions are growing in size, changing in color, have different colors within them, begin to itch, hurt or bleed, or have irregular borders, have these evaluated.

Blood Pressure

High blood pressure is one of the major risk factors for heart attacks, strokes, kidney failure and other conditions. You should have your blood pressure checked yearly.



Cholesterol

Cholesterol screening is recommended every five years in women aged 45 to 65 (35 to 65 in men). Otherwise, screening depends on your risk factors for atherosclerosis (clogging of the arteries). These include smoking, diabetes, high blood pressure and a family history of high cholesterol or early heart disease. If you have any of these risk factors, screening may need to be done more frequently.

Blood Sugar, Anemia and Thyroid

Routine screening is not recommended, but may be indicated depending on your personal situation.

Injury Prevention

Accidents and injuries are the leading causes of death between birth and age 40. Precautions should be taken regarding wearing seat belts and helmets; using fire safety, smoke detectors and gun safety. Dangerous activities (boating, swimming, handling firearms, etc.) should not take place while intoxicated or under the influence of any substance.

In the elderly, particular care should be taken to prevent falls.

Dental, Vision, Hearing

Everyone should have:

Dental exams - every 6-12 months

Eye exams - every year if you have any eye problems and every 1-3 years otherwise

Hearing exams - if there are any questions of problems with hearing

Advance Directives

In our time of increased medical technology, it is important to remember that there are times in which intense intervention is either not wanted or not appropriate. These times, unfortunately, can occur very quickly and unexpectedly. Please take the time now to discuss your life values and health care wishes with both your physician and your family, in case a time comes in which you are unable to do so yourself. If you fill out a Living Will, please make provisions concern-



ing such details as artificial use of food, fluids and antibiotics.

Remember that all of these recommendations depend on your personal health and history. As always, if you have any questions, please do not hesitate to contact your health care provider. ●

"This is the third case of breast cancer I've diagnosed in women under 45 in the past year."

Editors note: Danice graduated from Dartmouth Medical School in 1992 and the Maine-Dartmouth Family Practice Residency in 1995. She is now in a group family practice in Lewistown, ME.



Atlanta '96

Are you going to the Olympics?

The Atlanta Alumnae invite you to their Olympic gathering Saturday, July 20, 1996, 11:00 A.M. - 5:00 P.M. at Lake Lanier Island. Bring your families, suits and towels for a day of fun and food with fellow Gamma Phis! If interested, call and leave your name and number on our hotline at 770-512-8315.

Annual Corporation Meeting

Delta Delta Chapter
April 1, 1996 at 7:00 p.m.
600 E. Chapman Ave.
Fullerton, CA



Welcome Back!

Gamma Phi Beta Sorority, Inc. would like to welcome back our once lost — now found — members.

Drake — Gamma Upsilon

Virginia H. Costanzo '79
Judith A. Rangel '73
Susan Stark '76
Laura M. Morton '81
Tammy J. Perkins '81
Amy L. Burzalff '81
Mary E. Stoikes '82
Lauren K. Locke '83

San Diego State University — Beta Lambda

Arlene M. Rau '54
Judith M. Rocle '54
Shirley E. Wooley '54
Bonnie L. Fuson '56
Betty Ann Gutzmer '61
Judith C. Owens '65
Thelma Dea Logie '67
Jane E. Christianson '72
Kathleen E. Williams '73
Suzanne Yavorsky '75
Suzanne C. Devarences '79
Mari Jenefsky-Titus '80
Susan Denise Shaw '81
Judy Howell '81
Lisa Kimberly Vrooman '81
Kathleen Ann Murphy '84
Susan Marie Pickel '87
Krista Olson '86
Kimberly Dawn Stanphill '87
Christiana Michelle Cawelti '90
Diana Lynn Eyres '90
Tania Meyers '91
Leigh Noelle Cobb '90

Rollins College — Alpha Mu

Dorothea B. Blakemore '50
Elizabeth B. Herblin '61
Betsy R. Woodard '63

Northern Arizona University — Beta Omega

Nanette M. Stapleton '59
Roberta Buttrum '62
Sally B. Stryker '63
Marycay Armer '65
Janice Kendig '69
Bonnie J. Patch '69
Joan L. Newby '70
Wanda W. Butler '70
Rebecca L. Hickman '74
Paula Weston '74
Kathleen J. Zduniak '75
Rosina Wright '78
Bethann L. Vandenhandle '82
Johanna Thomas '88

Gamma Phi Beta

Do you know someone who isn't receiving *The Crescent*? Contact International Headquarters at 303-799-1874 or send in the change of address card with the correct address. We will get it changed immediately.

Reflections

Reflections



Seated, left to right: National Panhellenic Conference Delegate Betty Ablemeyer Quick (Indiana), Alumnae Vice President Sharon Witt Dunham (Nebraska), International President Diane Tjaden Thompson (Iowa St.), Executive Director Marjory Mills Shupert (Colorado St.), Collegiate Vice President Linda Daniel Johnson (Vanderbilt) and Financial Vice President Sandra Rettke Nauman (Arizona). Standing: Member-at-Large Cinda Keating Lucas (USC).

“Alumnae are the body of Gamma Phi Beta, collegians the life blood. Both groups working together will keep Gamma Phi Beta viable in the 21st Century.”

—Elizabeth Quick, National Panhellenic Conference Delegate

Future, vision, growth, dedication — all buzz words when talking about the accomplishments over the past biennium. It is important as members to be aware of where our Sorority has been and, more importantly, where it is going. Our International Council, seven women who give their time, energy and love to

**"The greatest success of this
biennium has been the
creation of the Membership
Department. From the
conception of the idea
through the ongoing
process of implementation,
this has been a group
effort."**

—Diane Thompson
International President

the growth of the organization, had a few thoughts when reflecting on their accomplishments and challenges, as well as some words of advice for our 100,000+ membership.

Q. What has been your greatest success this past biennium?

Diane Thompson: "The greatest success of this biennium has been the creation of the Membership Department. From the conception of the idea through the ongoing process of implementation, this has been a group effort. This opportunity has been especially rewarding to me because so many members have been part of this new department plan. Through patience and a lot of hard work by dedicated Sorority officers, we have developed a department which will coordinate rush and extension efforts. While we have come a long way from the summer of 1994, we still have a long way to go to refine the department to its maximum potential, a challenge that I know will be met with continued enthusiasm and commitment from the officers in the Membership Department."

Sandra Nauman: "I share my greatest success, over the past 18 months, with all members in the Financial Department. Rita Schwartz, PFD XVI, has developed a software enhancement to the *Quicken* program that is Gamma Phi Beta-specific for our financial forms. The software has been loaded and given to the PFDs and CLCs to begin implementing at the collegiate chapter level. We intend for the software to greatly reduce the time spent on hand writing financial reports."

Q. How are we continuing the traditions of our Four Founders?

Marjory Shupert: "We continue to be women supporting women, the very reason our Sorority first began."

Q. Advice to collegians?

Cinda Lucas: "Every collegian should take advantage of the multitude of opportunities presented to them during their collegiate experience. Get to know alumnae in your area. Find alumnae in your field of study who might serve as mentors and help with career planning and advancement. Realize the benefits

that can be gained from getting to know women of all ages, locals and experiences. Take advantage of leadership training, whenever possible. Give to your sisters, your chapter, your school, your community and your Sorority. If you have an opinion, share it. Only when we are all informed and contributing can we really make a difference to the betterment of our community, our society."

Q. How can Gamma Phi Beta remain a viable organization in the 21st century?

Linda Johnson: "Only by focusing on our mission, striving for relevancy in our programming and listening to our membership."

Elizabeth Quick: "With members committed to living the values implicit in our ritual, we will be encouraging our sisters to reach their potential. Collegiate and alumnae activities that support the educational mission of the colleges and universities where we have chapters demonstrate the value of sorority life to the campus and local community. Alumnae chapters and Panhellenics share the values of our organizations as they participate in community activities."

"The alumnae are the body of Gamma Phi Beta. The collegians are the life blood. Both groups working together will keep Gamma Phi Beta viable in the 21st century."

Q. Do you have a word of advice for alumnae?

Sharon Dunham: "Say 'yes' when someone asks you to become involved

with Gamma Phi Beta. There are dear friends to be encountered in your work with the Sorority, but you'll never meet them if you are too busy to become involved. Remember, even if you're too busy now, Gamma Phi Beta is a lifetime commitment — when you have the time for the Sorority, it will be there for you. If you're interested in volunteer work, Gamma Phi Beta is interested in you! Please file a Volunteer Information Form (VIF) with our Volunteer Resources Coordinator, Barbara McKewen. Her address is: 4416 Mt. Herbert Avenue, San Diego, CA 92117."

Q. What would you say to our volunteers?

Linda Johnson: "My sincere thanks and appreciation for all that you do for Gamma Phi Beta. Your service is an inspiration for all with whom you have come in contact. Volunteerism is immensely rewarding, but not when it becomes all-consuming. Gamma Phi Beta volunteers serve both the Sorority and themselves best when they ENJOY what they are doing!"

This year at our 67th Convention in Kansas City, Gamma Phi Beta will elect the new International Council officers for the biennium. These women will begin working on answering questions like: Is the Sorority encouraging women to achieve their personal best? Is the Sorority challenging members to make a contribution to their communities and chapters in some capacity — always? Are we teaching women to be self-sufficient and yet acknowledge the importance of community? Are we giving every member a positive experience? International Council members will also continue monitoring and improving programming that is in infancy now, rest on the successes that have preceded them and work to answer and implement questions and challenges they encounter. As members we look forward to these answers and action plans that will be instituted to ensure Gamma Phi Beta remains a viable women's organization, following the ideals and purposes set forth by our Four Founders, for the 21st century. ●

ALPHA

Mary Neaf Mabbett '62
Margaret Munro McLennan '30
Edith Noble '26
Jane McCausland Tripodi '57

BETA

Elizabeth Hert Lincoln '31

GAMMA

Elizabeth MacFarlane
Spencer '20
Patricia Ewell Trumble '45
Harriet Scofield Ueland '19

DELTA

Marjorie White Harper '20

EPSILON

Leah Herbert Burhans '36
Jan Eaton Burress '44
Virginia Gustafson Drew '45*
Mary Frances Faulkner
Jones '41
Joan Schock McLeese '45
Jean Ballantyne Ransom '49*
Marietta Warner Smythe '35
Marion Schiffilin Vanzandt '24

ETA

Margaret Bell Baker '25
Eva Marcus Barker '42
Nancy Gray Bradley
Spielman '48

THETA

Beverly Hopley Burrows '47
Shirley Kirkpatrick Cross '42
Charlotte Bundy Waldo '35

KAPPA

Elizabeth Sargent Palmer '32

LAMBDA

Amelia Scruby Argersinger '33
Julie Legg Cushman '42
Barbara Harshberger
Fletcher '43
Margaret Lamping Maguire '42

NU

Margaret Kern '20
Rachel Robinson Lundell '42

XI

Betty Nelson Carson '38
Dorothy Simpson '31

OMICRON

Eleanor Kelly Brandon '36*
Tirzah Kane Geuther '33
Jacqueline Gear Reitsch '53

PI

Joy Schaefer Henry '25

RHO

Ruth Neff Potter '24

SIGMA

Louise Saltmarsh Baltis '21
Joan Carr Hedges '43
Vera Saunders Jackson '20

TAU

Dorothy Heisen Chaffee '21

PHI

Margaret Burnet English '20

CHI

Mildred Moran Puckett '38

PSI

Jean Brown '21

OMEGA

Mildred McBeath Harvey '28
Patricia Koch Morton '48
Florence Browne Quist '26

ALPHA BETA

Betty Paulsrud Brown '40
Estelle Deichart Lillie '20

ALPHA DELTA

Sue Thurman Crysler '48

ALPHA ETA

Antoinette Main Mason '26

ALPHA IOTA

Lillian Bean Peterson Kelley '33

ALPHA MU

Harriet Vandame Watrous '29

ALPHA XI

Marilynn Mott Richards '42*

ALPHA OMICRON

Miriam Narum Garnaas '31

ALPHA TAU

Mary Thompson Shoults '39

ALPHA PHI

Josephine Hetherly Hanlon '33
Ann Wibel Sutherland '41

ALPHA OMEGA

Frances Ball Quigg '36

BETA ALPHA

Alyce Ansell Nichols '42

BETA BETA

Nancy Reppert Tilghman '55

BETA LAMBDA

Dolores Roeckel Hallett '49

BETA RHO

Barbara Smith Binkley '57*

BETA CHI

Ann Ninh '95

BETA PSI

Margaret Nichols '79
Jane Crouch Stevens '69
Anne Caraher '94

GAMMA LAMBDA

French Crowder Taylor '64

GAMMA OMICRON

Kathryn Wyatt Johnson '68

GAMMA PHI

Ruth Henderson Krogland '68

*Merit Award

**Service Award



*The Sorority appreciates
the return of a deceased
member's badge, when
possible, so that it might be
preserved in
our archives.*

MEMORIAL GIFTS

Danny (nephew of Corinne Martinez)
Gamma Phi Beta Foundation Trustees and staff

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Diane Linderman

Kathie Beres
Jean Jacob

Barbara Smith Binkley
Cheryl Gunter and Paul Rabe

Orval C. Boettner (father of Kathleen Boettner Murphy and grandfather of Molly Brown Noren)
Boettner family

Peggy Cullers Boone
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Barton C. Brown

Catharine C. Brown
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Gloria J. Nelson

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Charlotte Classen Dickman
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John and Lois Taylor

Connie Garske
Her children Diane Peterson, Paul Garske, Linda Lezer, Perry Garske, Hugh Garske, Christine Matsuki, Connie Cole and Tom Garske

James I. Godfroy (father of Mary Phyllis Godfroy Sieger)
Mary Phyllis Godfroy Sieger

Marion Townsend Hake
Melba Spurrier

Dolores Roeckel Hallett
Iola Nelson Arakelian
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Mary Jean Hart
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Joy Schaefer Henry
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Merry Ellen Fredeen Daniel
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Christopher Sendroy
(son of Catherine Sweeney)
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Carol Chapman Sides
Dianne Dyatt Hornbrook

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Emily Margaret Allen Witham

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Joan Braitsch
Gamma Phi Beta Foundation Trustees

Mildred Zimmerman
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Key:
In Memory of
Given by

Donations in memory of friends, sisters and loved ones may be sent to the Gamma Phi Beta Foundation at International Headquarters. If you would like a card sent to a family member or friend, please include their address.



Sisters from Duquesne University celebrate their installation.

*Submitted by Rochelle Strada (Loyola)
Collegiate Leadership Consultant*



November 11, 1995 Gamma Phi Beta celebrated its 121st birthday. It also represented the 149th chapter of Gamma Phi Beta to be installed. For the 51 women who were initiated into the Zeta Epsilon Chapter at Duquesne University in Pittsburgh, Pennsylvania, it represented their first experience as an NPC sorority.

International Alumnae Vice President, Sharon Dunham (Nebraska), presented the charter to chapter president, Lisa Notarfrancesco, at the Installation banquet held at Pittsburgh's Westin William Penn Hotel.

Celebrating the Installation with the newly initiated members were Director of Ritual, Audrey Weldon Shafer (Missouri), New Chapter Director, Chris Amos Rinehart (Bowling Green), Province Collegiate Director, Krista Davis (Bowling Green) and Collegiate Leadership Consultants Jodi Strite (Washington State) and Rochelle Strada (Loyola). Sisters from Wittenberg University (Alpha Nu) performed the initiation ceremony.

The Zeta Epsilon Chapter, formerly a local sorority, Tau Delta Tau, wanted to affiliate with a national sorority and chose Gamma Phi Beta in the fall of 1994. These women are well on their way to success with socials, Panhellenic activities, Greek Week, carnival and philanthropic events like caroling this past holiday season at the cancer institute. Members are involved in Panhellenic, honor and professional fraternities and many other organizations. These dynamic women are wonderful representatives of the ideals and purposes of the sorority and we wish them a warm welcome and congratulations as one of the newest chapters of Gamma Phi Beta.



Submitted by Kristen Heine, Iowa State Collegiate Leadership Consultant



On January 20, 1996 the newest installed chapter of Gamma Phi Beta was initiated — 110 members strong — at Auburn University in Auburn, Alabama. Two alumnae initiates, family members of Gamma Phi Betas, also celebrated this memorable occasion. The initiation ceremony was performed by Director of Ritual Audrey Weldon Shafer with the assistance of the Epsilon Lambda Chapter, University of Alabama.

The ceremony was followed by a banquet for 475 friends and family of the newly initiated charter members. The banquet began with a welcome by the President of Auburn University. Sandra Rettke Nauman, Financial Vice President, followed with a speech reminding the new members of the lifetime commitment to Gamma Phi Beta Sorority. The evening proceeded with province gifts, chapter gifts and the presentation of the Gamma Phi Beta charter from International Council.

Other sorority representatives included: National Panhellenic Conference Delegate Betty Quick, the Mistress of Ceremonies Julie

Dunn, Province Financial Director Melody Cathey and International Rush Consultant, Paula Kiker. The Montgomery Alumnae group was also present, along with Collegiate Leadership Consultants Kristen Heine, Rochelle Strada and Jennifer Tunks.

Since the colonization as the 16th sorority on Auburn's campus, the members have had a busy fall! Michelle Donovan, one of the charter members, was chosen as Miss Homecoming for Auburn University in October of 1995. They raised over \$800 through a philanthropic project for child abuse advocacy, celebrated Founders Day with the Montgomery Alumnae group and have held socials, barbecues and a fall formal.

This colonization could not have been possible without the help of many outstanding Gamma Phi Betas. We thank the following: Director of Extension J.J. Kaelin, Assistant Director of Extension-Colonization Barbara Hurt-Simmons and the extension team of Sharon Dunham, Lisa Hiles, Rene Matz, Linda Malony, Julie Gannon-Smith, Edie Denten, as well as Beta Mu (Florida State), Epsilon Theta (Clemson), Delta Upsilon (Georgia) and the Montgomery Alumnae group.

The women of Gamma Phi Chapter have worked hard and we welcome them into Gamma Phi Beta. ●



Sisters of Gamma Phi Beta — Can you help?

My five-year-old daughter, Contessa, is facing a heart/lung transplant within the next three years. I would like to know if anyone has gone through this with their child, and if you can share advice, thoughts or experiences. I've been told by her doctors she will be taken care of through either UCLA or UCSD. The Kaiser HMO network she is currently insured with does not provide the heart/lung transplant surgery services. Quite frankly, I don't know what to expect. Any input will be welcome.

Please write to: 9333 Darren Circle, Riverside CA 92509

Thanking you in advance,
In IIKE,
Marion Herlikofer Carbajal
U. of California - Riverside '85

Touched by Sisters' Generosity

I am an alumna from Psi Chapter, University of Oklahoma. I wanted to share a very special story about sisterhood with the readers of *The Crescent*. On April 19th of this year, I lived in Oklahoma City across from the Alfred P. Murrah Federal Building. At the time, the FBI told me that it was unlikely I would ever be allowed access to my apartment because of the extensive damage it suffered from the explosion. I was continuing my education at the Health Sciences branch of the University of Oklahoma and money was tight in general. Now, however, I had no underwear, socks, toothbrush — home. Not knowing where to turn, I called my old roommates from the chapter. Within hours they collected clothes, toiletries, money, everything I could need. The women of Psi Chapter also provided me with the little luxuries like bath gel, perfume and jewelry. Their

acts of kindness still bring tears to my eyes. I was broke and homeless and suddenly, I was completely cared for. My sisters provided a bed, food and countless words of encouragement. Without my sisters, I do not know what I would have done.

On April 19th, I lost many personal possessions, two neighbors and one friend to the bombing of the Federal Building. Although I count myself lucky that I was physically unharmed from the explosion, I feel equally fortunate to have such caring sisters. I will never be able to sufficiently express my thanks for their actions. To me, that is what the sisterhood of Gamma Phi Beta stands for: a mutual interdependence that is unselfishly returned to each and every member.

The women of Psi Chapter exemplify everything Gamma Phi Beta was, is and ever will be.

I thank you all and love you dearly for helping me so

selflessly during the roughest time of my life.

Love in IIKE,
Melanie Ames
U. of Oklahoma '93

A Sincere Thank You

Thank you so much for the charming handkerchief which commemorates my 75 years as a Gamma Phi Beta. My Sorority experience has had a life-long influence on my life, beginning when I was a pledge at 16. Throughout a busy, active adult life I have always had close friends who were Gamma Phis, including my daughter, who were there to encourage me in whatever endeavor I engaged in. So, for 75 of my 89 years, Gamma Phi Beta has been a prime factor in whatever success I've had. I shall treasure my handkerchief and will remember all the good times, relationships and friends Gamma Phi Beta has given me. Love in IIKE,
Eleanor Burkitt
U. of Oregon '23



Support Gamma Phi Beta

Order music, magazines or renew subscriptions by calling: 1-800-368-1385.

Money raised will benefit you directly through leadership training.



Celebrate!

Gifts have been given to the Gamma Phi Beta Foundation in celebration of:

CONGRATULATIONS

Billie Molina's 15th anniversary with Gamma Phi Beta and her devoted service from Sandra Rettke Nauman.

Betty Quick's acceptance of the chairmanship of the College Panhellenic Committee for NPC from Sandra Rettke Nauman.

Sharrone Timpe Salisian's initiation at Beta Alpha with her daughter, Melissa Salisian from Linda S. Babcock.

Columbus Alumnae Group for a Great "State Day" Founders Day — Great job planning — from Sandra Burba.

Mary Merritt on becoming a Gamma Phi Beta from Rene C. Matz.

Corinne Martinez' new business — EVOLVE Software, Inc. launched 11/20/95 from Barbara Wessel.

Congratulations to the Raleigh, North Carolina, Alumnae Chapter on its 30th year of sisterhood from Kendra Chase Dorn.

Jean H. Miller's 60 years as a Gamma Phi.

To the generosity and insightfulness of the five southern Californians who founded the Advisors Convention Education Endowment: Robyn Steele, Judi McMahon, Marta Brown, Una Mae Markle, and L'Cena Rice from Beverly J. Gosnell.

The initiation of Angela Hoener (Willie Grund Hoener's granddaughter) as a Special Initiate of Alpha Delta from Virginia Vint.

Anona Adair for receiving the University of Oklahoma Distinguished Alumna Award and for her expert leadership as president of the Psi House Corporation Board from Margaret West Pape.

Susan Grant's first issue of *The Crescent*. "Great job!" from Stephanie Hearn.

Susan Mayer for her new position as Accounting Division Manager for the City of Sacramento from Barbara Endres.

Province XIII's great leadership conference from Sharon Green.

BIRTHS AND BIRTHDAYS

The birth of Camille Cestone's twin legacies from Jacki Falkenroth and Melba Quick Spurrier.

Amy Harbor's birthday, Nov. 5, from Kelly Rose.

The birth of Nancy Donovan Montgomery's triplets from Jacki Falkenroth and Joanne Roman.

A baby boy, Keenan Matthew, born to Leah Davis Leary from Lisa Johannsen.

A baby girl, Madison Rachel, born to Debbie Agler Stream from Lisa Johannsen.

The birth of twin boys to Lynn Harvey from Melba Spurrier.

SISTERHOOD

Amy Hansen Hammons for her outstanding efforts as New Member Advisor and for her support on the Psi Advisory Board from Margaret West Pape.

Linda Clarke Anderson — "Thank you for helping celebrate two special birthdays" — from Margaret West Pape.

Joey Stiver for her service to Gamma Phi Beta and Gamma Phi Beta Foundation from Gloria J. Nelson.

In honor of Dorothy Ferrick Dunkle from Evalyn M. Preston.

Epsilon Sigma Chapter for their assistance on several occasions during the past two years from Clearfield Elementary School.

Delta Chi's love and support from Carrie Bucher.

Katriona Lucas, Alumna Initiate. "We welcome you. Looking forward to many years of fun and happy memories" from Delta Chi Chapter.

"The wonderful Delta Chi Chapter. I love you girls and miss you all dearly" from Chelsea Taylor.

Being Kelly Rose's mom from Carrie Meurer.

Karen Moody becoming a new member of the Delta Phi Chapter from Leslie Jiles.

New member class, Alpha Alpha, at Delta Phi Chapter from Rebecca Loomis.

Attending Leadership Conference at Sacramento State from Tanya Cochran.

"My Gamma Phi Beta daughter Victoria, my best friend Becky D., and my roommate Allyson T" from Sabrina Giss.

Lisa Whitlock becoming a new member of the Delta Phi Chapter from Angela Richina.

"The strongest Delta Phi Chapter I've ever seen" from Mary Apprill.

"Many wonderful memories of our family at Christmas" from Sharon and David Green.

Chrissy White Hancock for her outstanding efforts as president of Norman, OK Alumnae and as Area Reference Chair and for her support on the Psi Advisory Board from Margaret West Pape.

Eva Ritchey (who died on 7/6/95) was "a joy to us all" from San Diego Alumnae Chapter.

To honor Christy Long McCormick and Robin Woolever Kieffer as the new co-presidents of the San Fernando Valley Alumnae Chapter.

Jane Hensel as a friend, neighbor and sister. Thanks for your moral support and help the day my car was totaled. "You're the best," from Barbara McKewen.

L'Cena Rice's inspirational talk at San Diego's Founders Day from San Diego Alumnae Chapter.

Donna Burke Connor's strength and courage from Stephanie Hearn.

Betty Hailey Crooker for her years of service as President of Sigma Corporation Board from Emily Margaret Allen Witham.

Marta Brown and her zest for life from Rene C. Matz.

Elizabeth Freeman (Valerie Johnson's daughter) from Rene C. Matz.

Thank you to Corinne Martinez for underwriting the Foundation's FY'95 Annual Report from Foundation Trustees.

Keeping the Peace

Eugenia Barnes Netherery (Texas) is the Chaplain of the Salt Lake Women's Council which is responsible for the international Peace Garden of Salt Lake City, Utah. Eugenia also serves as the representative of the First Methodist Church to the Council.

New Trustee Elected

Claudean Berry Reynolds (Oklahoma State) was elected trustee of the Community Partnership Development Foundation in Stillwater. She and the other trustees are developing a mission statement and a five-year plan for the foundation that began in 1990. Claudean, who joined Gamma Phi Beta as an alumna initiate in 1994, is the housemother for Kappa Kappa Gamma Sorority at O.S.U. Prior to that, she was the director of the Oklahoma State Museum and was in charge of the box office at Town and Gown Community Theater.

Touching Lives

For Margie Vines Oldehoeft (Iowa State), the little things mean a lot. As Director of Volunteer Services at Mary Greeley Medical Center in Ames, Iowa, Margie knows the value of "little things"—a warm scarf, a candy bar, a friendly face, art work hanging on the hospital walls—and how important they are to the patients that come to Mary Greeley Center. "I feel like you touch so many different lives," she said.

But Margie's job is anything but "little." She coordinates nearly 1,000 volunteers who provide more than 39,700 hours of assistance each year and raise more than \$100,000 annually in cash and services. Margie, who has held her position since 1981, coordinates the services, trains and supervises more than 60 program volunteers and is constantly on the look-out for unmet needs. Through personal interviews, she helps match potential volunteers with tasks most suited to their interests. "One thing I try not to do is prejudge whether a male or female [wants a specific task]. Some men like to be in the Hospitality Shop and work with food, like Omega Chapter's 'house dad' who volunteers in the gift shop."

Technically Speaking — She's Making A Difference



Joseph Paolino, United States Ambassador to Malta, and Cheryl Gunter, Fulbright Scholar, at a reception to honor Fulbright Scholars, held at the Ambassadorial Home near Attard, Malta.

Dr. Cheryl Gunter (Tennessee), Associate Professor of Communication Disorders and Director of the Speech-Language-Hearing Clinic at Iowa State University — Ames, recently spent ten months at the University of Malta, Msida, as a Fulbright Scholar.

Before being selected as a Fulbright Scholar, Cheryl underwent a rigorous application process. Her credentials were first reviewed by professionals and government officials on the J. William Fulbright Foreign Scholarship Board, and then forwarded to United States embassies overseas for additional review. Fulbright Scholars

receive invitations to visit countries as lecturers, researchers and/or consultants in their own academic areas. It is a distinct academic honor to be selected as a Fulbright Scholar.

While in Malta, Cheryl was affiliated with the Department of Communication Therapy at the Institute of Health Care of the University of Malta. Started in 1991, this Department trains speech-language therapists in order to meet the critical shortages in this area. When Cheryl went to Malta, there were only four therapists to work with over 4,000 individuals with communication disorders! Cheryl served as the instructor for several classes, coordinated clinical activities where students translated classroom learning into clinical situations, led seminars to enhance the skills of the four local therapists and presented lectures to educators and health care workers about evaluating and treating communication disorders.

Cheryl, who has been at Iowa State since 1985, has received 14 local, regional and national awards for her teaching and advising activities. She is also active in Gamma Phi Beta and currently serves as Province Alumnae Director XV and as international Archivist/Historian. A recipient of the IIKE and Merit Roll Awards, Cheryl has been president of the Ames Alumnae Chapter and has been a new member and scholarship advisor for Omega Chapter.

Margie has become personal friends with many of the volunteers, who range in age from 12 to 90. "They deliver a Samaritan cart loaded with magazines and treats

to patients, make sure mail is delivered, offer Medicare counseling, prepare food in their homes for cancer-support group meetings and make sure all newborns are

given knitted caps." She is also responsible for the Hospitality Shop, a gift and food store, that raises \$60,000 annually for the medical center and for the Fantasy of Trees, a Christmas event that raised \$30,000 toward the purchase of a new nurse call system.

Margie, who also finds time to be active in the Ames community, credits her parents for encouraging her to help others. One of her newest commitments is Gamma Phi Beta. Margie joined Gamma Phi Beta as an alumna initiate in 1993.

Training & Development Specialist

Linda Johnson (Oklahoma), who worked alongside Barbara Hurt-Simmons as Gamma Phi Beta co-chairman of the concession stand at the Nationwide Seniors P.G.A. Golf Tournament last year (*see next article*), is a nationally recognized training and development consultant and is president of Lincor, Inc. The Stone Mountain, Georgia resident was previously training and development coordinator for Georgia's 42 Electric Membership Corporations (EMCs) and worked for 20 years in customer service and technical training for Whirlpool Corporation.

Prior to moving to Georgia, Linda served as arbitrator for the Louisville, Kentucky Better Business Bureau and was on the Electric League of Arizona's Consumer Affairs Committee. She served on the Major Appliance Repair Steering Committee for the Vocational U.S. Skill Olympics, was appliance repair curriculum advisor of the Maricopa Community College in Phoenix and Curriculum Advisory chairman for Skyline High School in Dallas.

Linda belongs to the Electrical Women's Round Table, Inc., where she has served as national president, vice president and secretary, and she was named Member of the Year in 1988 by her local Bluegrass Chapter. She is a member of the American Society for Training and Development and the Society of Consumer Affairs Professionals. She received the University of Oklahoma School of Journalism/Mass Communications 1992 Benefactor Award and the Council of Rural Electric Communicators 1991 Award of Excellence for Best Wild Card, her publication entitled "Georgia's EMC's Training and Development Catalog."

In addition to her professional activities, Linda is a member of the OU Club of Atlanta's Board of Directors, is a public information volunteer at the Olympic Experience and a 1996 Olympic Games Volunteer Interviewer.

1 Vote Does Count!

Barbara Hurt-Simmons (Nebraska-Kearney) would be the first to stand up and disagree with any apathetic voter who says, "My vote doesn't count. I'm just one person." On November 9,

1995 Barbara won the election to the Alpharetta, Georgia city council by a scant 12 votes! In her first bid for elected public office, Barbara defeated a 13-year incumbent and became the second woman in Alpharetta's history to win a seat on the six-member council. Julie Dunn (Florida State), a 1995 Collegiate Leadership Consultant, served as Barbara's campaign manager and helped her win the non-partisan race.

Barbara points out that her recent election closely parallels one she was involved in at college. She and another woman ran together to become the first female president-vice president team on the student senate. They won by six votes! Again, Barbara's campaign manager, Lori Goa McClurg, was a Gamma Phi Beta!

Since Alpharetta, a city of 20,000 just north of Atlanta, has been named "The Fastest Growing City in Georgia," much of Barbara's work centers on monitoring and encouraging that growth, such as hearing zoning appeals. Noting that Alpharetta's economic base is just beginning to develop, she says she anticipates that her four-year term will be an exciting and challenging time to be involved.

Barbara indirectly credits Gamma Phi Beta for influencing her to run for public office. Last year when she was Gamma Phi Beta chairman of the concession stand, run by the Atlanta Alumnae Panhellenic



for the Nationwide Seniors P.G.A. Golf Tournament in Alpharetta, she became acquainted with people involved in political life. Then, when officials asked her to publicize the city and its involvement with the tournament, she had further opportunity to work closely with city officials. She also became acquainted with Alpharetta's political life when she served a two-year term on the homeowner's association board for the 1,200 homes in the planned community where she and her husband, Jim, and two preschool children, Alex and Rachel, live.

Barbara is not only committed to her city, but to Gamma Phi Beta as well. After graduation from college, she became a collegiate consultant and extension supervisor for the colony at the University of Georgia (Delta Upsilon Chapter). When she was international Alumnae-Collegiate Relations Chairman, she initiated the Senior Celebration program. She has also been a New Chapter Director and Extension Coordinator and is currently serving a third time as an International Rush Consultant. She has served as president of the Atlanta Alumnae Chapter and is currently secretary for the Atlanta Alumnae Panhellenic. She is slated to be Alumnae Panhellenic President in 1997-98. You can bet she'll encourage everyone to vote!

Advancing A Higher Mental Culture

Oklahoma graduates Marjorie Ruth Killebrew Graham and Judith Reeves Butler both credit Gamma Phi Beta for their success as educators.

When Ruth retired in 1980, a Supervisor of Instructional Media and Resources for Gifted and Talented Programs for the Grand Rapids, Michigan Public Schools, she only thought she was retiring! Soon after she and her husband, Carl, moved to Palm Beach, Florida, the Institute of New Dimensions of Palm Beach Community College asked her to lecture for adult education in Palm Beach County Schools. Her next call was to teach a writers' workshop at the Jewish Community Center. In 1985, her program was added to the Adult Education Program at the Henry M. Flagler Museum. Ruth and Carl have three grown children, nine grandchildren and a great-grandson.

Of her Gamma Phi Beta experiences,

Making the Connection

Harriette Stewart McCaul (Kansas) believes in making connections. As a professor of management at North Dakota State University (NDSU), she believed in connecting management theories with practical business applications. Now as Dean of the College of Business Administration at NDSU, she connects her personal mission with that of the college's mission statement—to connect the real world of business with the student's academic world.

"I used to believe in lecturing while the students took notes as fast as they could," says Harriette. "Tests emphasized only memorization, and it was total information overload for the students. But over the years, I changed my style. I believe in using more small groups and more discussion. Students bring a wealth of knowledge and experience to the classroom, and they should be encouraged to share this knowledge. I believe in interactive learning as opposed to passive."

Undergraduate business majors in college can participate in practical internships with local businesses or study abroad in Mexico, the Netherlands and Australia. Students and faculty work together as project consultants for businesses statewide. For example, students might develop marketing and business plans, consult on employee policies and procedures or redesign an accounting system for companies.

Harriette believes more women should consider a masters degree in business administration. "Our MBA program courses at NDSU are designed to give a broad overview of business and are especially helpful for people who have non-business undergrad majors. It may be what a woman needs to move to middle and upper management with her company, or just become more competent in her current job. It's better to be prepared because you never know when that advanced degree will come in handy," she encourages.



Harriette, an advocate of career planning, recalls that she was influenced by her Gamma Phi Beta sisters because they were career-oriented. However, she is the first to admit that she didn't always have a plan. "I'm a terrible example of career planning. My college education and career have more or less unfolded as I've gone along." She explains that by her junior year she still didn't have a major. "I loved everything—history, anthropology, psychology. So one day I thumbed through the college catalog and spotted personnel administration. I had taken several of the required courses already and thought the major looked interesting to me." She earned her bachelor's degree in personnel administration and psychology, followed by a Masters

in Business Administration from the University of Kansas and a doctorate in organizational behavior from the University of Nebraska.

Harriette connects her business sense with her community, as well as her students. She serves on the Board of Directors of the State Bank of Fargo, the Rape and Abuse Crisis Center and the Fargo Rotary Club. In the past, she

participated in the Leadership Fargo Institute, the Girl Scout Council, United Way, Chamber of Commerce Human Resource Committee and as an elder in her church.

She and her husband Kevin, a professor of psychology, have two children, David and Laura.

"In my teaching," Harriette concludes, "I've tried to use my own life experiences to make the classes come alive and be interesting. As a Dean, I want to make a difference and contribute to the lives of students, the university and the community."

she says, "I've had many leadership positions since [my] Sorority experience. Speaking in front of organizations, working with many society affairs, greeting, working, cooperating—these qualities were first developed in Gamma Phi Beta."

Judy, a sixth-grade science teacher for the Glynn County Schools in southeast Georgia, says, "Gamma Phi will always hold a fond memory in my life. The Sorority

experience definitely helped me to become self-assured, independent and able to deal with people successfully. A successful sorority works in a "team" and "partnership" mode and that is precisely the type of situation I work under as a middle school teacher." Judy is a representative for the Professional Association of Georgia Educators, is active in her church and volunteers for Adopt-a-Highway. She

and her husband, Jerry, have two grown children and live on Saint Simons Island, a resort community off the coast of Georgia.

Do you know an outstanding Gamma Phi Beta? Let us know! Contact Phyllis Choat at 2116 S. 113th Ave., Omaha, NE 68144

Introducing a new 1996 Collegiate Leadership Consultant



Stephanie Snethen
Epsilon Theta
Clemson University

Major: Marketing

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Honors /Awards: Order of Omega, most involved member, Epsilon Theta

Campus Activities: Panhellenic Public Relations Vice President, American Marketing Association, Greek Council, Rush Counselor

"Gamma Phi Beta has touched my life through sisterhood, encouragement, inspiration and support. The Sorority has helped me become who I am. Traveling as a CLC will enable me to touch someone else's life, make a difference, and give back to the Sorority which has given me so much."

Gamma Phi Beta Foundation Director of Development

The Gamma Phi Beta Foundation seeks applications for a Director of Development. This position is responsible for coordinating all development activity for the Foundation. Duties range from implementing the Annual Appeal, to overseeing special campaigns, to securing major and planned gifts from alumnae, parents and friends to meet the Foundation's goal and secure its mission. The successful candidate will have a proven professional development background, be willing to travel, demonstrate exceptional communications and organizational skills, have a high work ethic and be an aggressive self-starter. A bachelor's degree and a minimum of five years fund-raising experience is required.

Send a letter of application, resume and list of three references to: Gamma Phi Beta Foundation Search Committee, International Headquarters, 12737 E. Euclid Dr., Englewood, CO 80111-6445.

Director of Chapter Services

Job Description:

Responsible for direct services to our collegiate and alumnae chapters, liaison with Greek advisors and campus administrators. Manage administrative staff and all computer functions at International Headquarters. Some travel required.

Requirements:

Bachelors degree in Business, Management, Computer Science or related field. Proven managerial, analytical and communication skills. Competency in Windows NT, Word and Excel required.

Send resume and salary requirements by June 1, 1996 to:

Search Committee DOCS, Gamma Phi Beta Sorority
12737 E. Euclid Drive
Englewood, CO 80111-6445

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CCBOX3LT \$23.95

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It is with a bit of irony that I read the item in *Alumnae News* entitled, "A Truly International Sorority" (Fall '95).

I have resided in Singapore for nine years and presently, I know of two other Gamma Phi Betas who live here as well as many others who have come and gone. So please update your records if you want to stay current with the title "International Sorority" to which we have been at least a decade.

Denise Sloan Tippie
University of Northern Iowa '77

I just received my winter issue of *The Crescent* and I think it really looks dynamite. The information on Convention was presented in a really dynamic way.

J. Kaelin
Colorado '78
Director of Collegiate Extension

This issue of *The Crescent* looks great! I really liked the cover and the colors used. I want to go to Convention now!

Andrea Nevotti Raubut
Bradley '89

The Crescent welcomes your thoughts. Address letters to The Editor, 12737 E. Euclid Drive, Englewood, CO, 80111. Letters may be edited for clarity or length.



Call for WWW volunteers

Gamma Phi Beta World Wide Web Experts — we need you! International Headquarters is in the process of developing a Web Page and wants your help. If you have experience developing and/or maintaining Web Pages, please contact Lisa Hintze, 303-799-1874 ext. 327.



Gamma Phi Beta



Foundation

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