

OF GAMMA PHI BETA

The Crescent

Volume 96 No. 1

Winter 1996

Surviving Job Loss
see page 10

Kansas City Convention 1996



Convention '96

Gamma Phi Beta is an organization whose 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.

The 67th Convention will take on a new look with programming created for today's woman. With the message of our mission statement representing each of the days' activities, Gamma Phi Beta will truly be following the message of our Four Founders: *To promote the highest type of womanhood.*

Some of our workshop presenters and speakers are featured on the next 4 pages.

HEAR THE MUSIC, FEEL THE RHYTHM

Sue Ann Willse Fagerberg (Kansas St.)

Paris, Seville and Rome all await you at one easy, central location—Kansas City, site of the 67th Gamma Phi Beta Convention. This is a city of surprises. Built on more hills than Rome, it has more grass than Ireland, more boulevards than Paris and fountains everywhere! Herbert Silverman wrote in "Travel and Leisure," "New York has fountains, and so has Rome, but Kansas City is deluged with them." Andre Maurois, a 20th century French intellectual, wrote in "From My Journal," "Who in Europe, or in America for that matter, knows that Kansas City is one of the loveliest cities on earth?"

Explorers Lewis and Clark first discovered the city bluffs by the Missouri River in 1806. From a tiny fur-trading community, Kansas City has grown in all directions with a unique personality drawn from 50 towns in two states and six counties all dissected by two rivers. It is the perfect place for sisters to "come home." From the "world's most user-friendly airport" (Nast, July '95), to the cheerful red trolleys, you know you are going to be welcomed and comfortable.

Our Convention site, Crown Center, is a city within a city—developed around the world headquarters of Hallmark Cards. This \$500 million development is an attraction itself—our deluxe 725 room Westin Hotel is set within 65 shops, eight restaurants, a live theater, six cinemas and, of course, a fountain you can walk through!

For a change of pace, a red trolley can whisk you off to KC's Country Club Plaza, one of the nation's landmark shopping districts. This area, developed in 1922, is set in Spanish-Colonial decor with terra-cotta tile roofs, frilly iron grills, porticos and even a replica of the Giralda Tower in Seville. Ralph Lauren, Saks and Mark Shale are but a few of the shopping delights. After 73 years, it remains up-to-date and yet timeless, a Kansas City showplace.

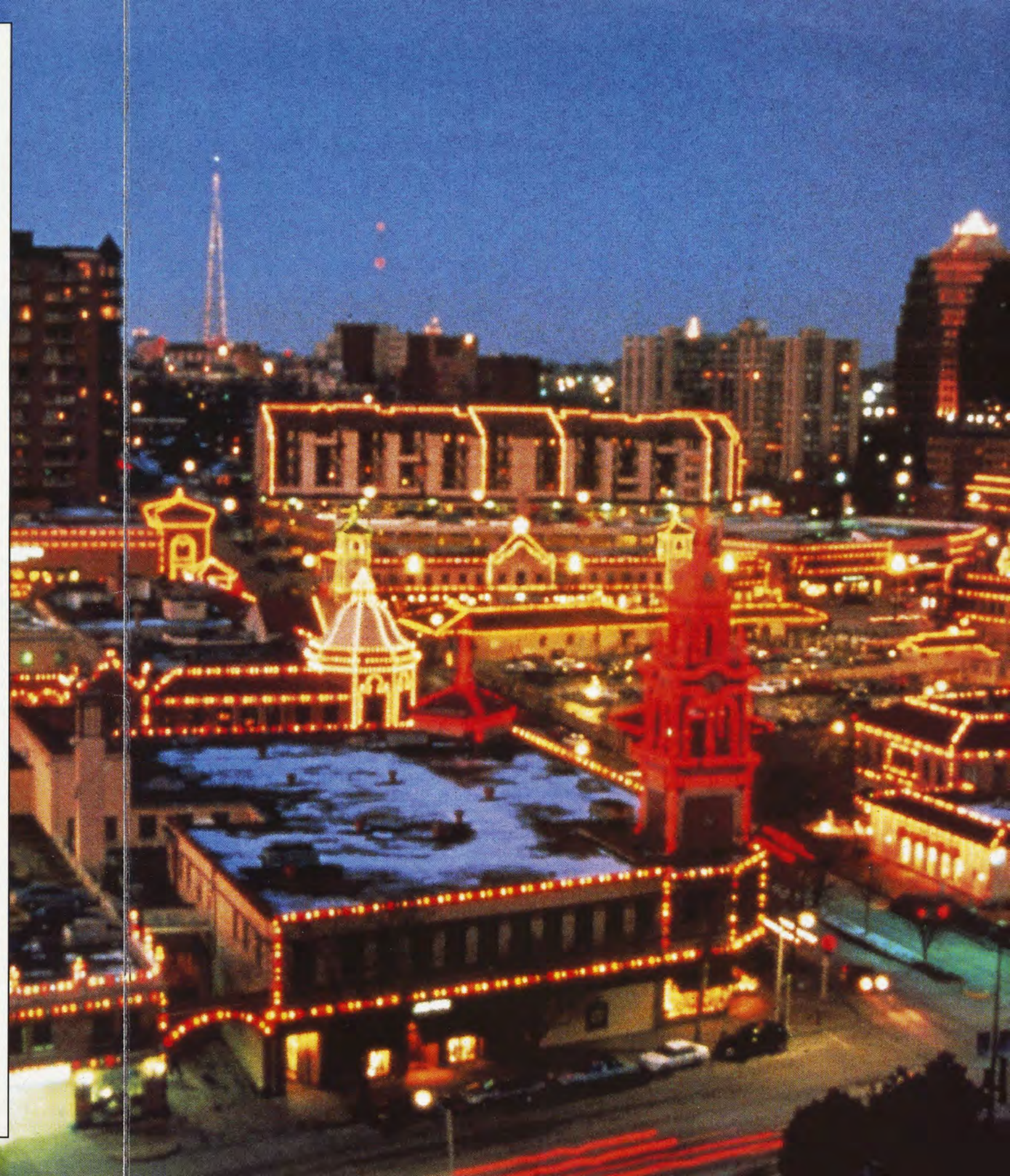
Kansas City loves to boast of its food, especially barbecue—over 100 different BBQ restaurants alone are ready to tempt you. Two theme parks offer a great reason to extend your Convention stay, as well as major league baseball and the NCAA Hall of Champions. In addition, the Nelson-Atkins Museum of Art is world famous for its oriental collection and the Contemporary Art Museum as well as the Toy and Miniature Museum are close by.

"Kansas City Style" was first a musical term that defined the blend of classic blues and ragtime. Jazz was a way of life in the 1920s and 1930s—some of the best jazz in America was rising from the streets of KC. Charlie "Bird" Parker, Benny Moten and Baby Lovett were just a few of the musicians who nurtured the KC style. YOU can "jazz it up"—Kansas City style—at the Gamma Phi Beta Convention.

Our music will soar as sisters from across the country discover new horizons and the rhythm of Kansas City!



Pictured in front of the Crown Center shopping complex aboard the trolley are (l to r): Sue Wright Brownlee, Kansas, Susan Eggleston Donagbue, Kansas, Joyce Cole Hultgren, Wichita State, Linda Lyons Malony, U. of Southern California, Judy Wilkins Schumann, Iowa State, Norma "Bunny" Welborn Corbin, Missouri, Sue Ann Willse Fagerberg, Kansas State. Waiting to board the trolley, standing (l to r): Laura Davis Gregory, Kansas, Kathy Gamet Stephenson, Kansas (Kansas City Alumnae President), Maura Robinson McGiffert, Kansas, Randy Stevens Allard, California State U.-Long Beach (1996 Convention Chairwoman), Donna Hauser O'Neal, Kansas



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

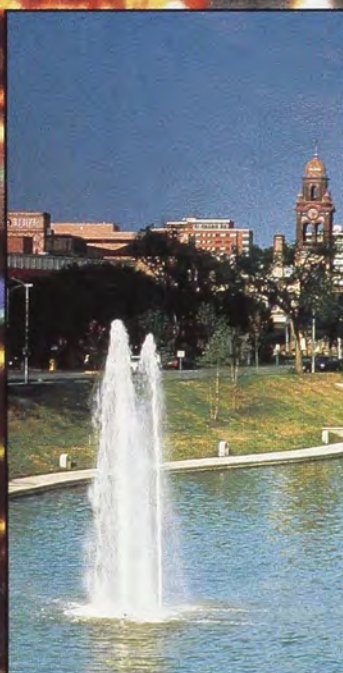
(Intellectual growth & Individual worth)
8:30-2:30 P.M. Workshops
2:30-3:15 P.M. Panhellenic Presentation
3:30-5:30 P.M. Workshops
7:00 P.M. Confirmed Conventioneers
Dinner
9:00 P.M. Roundtables

Friday

(Service to Humanity)
8:00-9:00 A.M. Friends of the
Foundation Breakfast
9:00 A.M. Kay Grace "When the Heart
Is Inspired, Magic Happens"
10:00 A.M.-12:00 P.M. Foundation
Workshops
12:00-1:00 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. Sidney Stoepelwerth -
Keynote
2:00-4:00 P.M. Memorial & Ritual
Service
7:00 P.M. Pink Carnation Banquet



Make your
reservations now.
Call Travel Care:
303-798-6700
1-800-875-3344



Barbara Glanz

Spreading Contagious Enthusiasm



Barbara Glanz
University of Kansas

Barbara Glanz is an internationally known author, speaker and consultant.

During her more than 25 years of experience in the fields of teaching, training and development, and professional speaking, Barbara has presented keynote speeches, breakout sessions and workshops for groups of 15 to 3000 throughout the world.

GMAC, Mobil Research and Development Corporation, IBM, Blue Cross Blue Shield, Ford Motor Company, AT&T, GTE, Hilton Hotels, Southwest Airlines, The American Cancer Society, Rand-McNally, the State of Minnesota and the National Association of Women Business Owners are among the organizations for whom she has presented.

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 acronym C.A.R.E.: 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.

Barbara says, "In whatever I do, I want participants to leave with their thinking whacked, a new sense of mission that they CAN make a difference, and with many creative ideas that they can apply immediately in their jobs and in their lives." She lives and breathes her personal motto: "Spreading Contagious Enthusiasm."



Kay Sprinkel Grace
California-Berkeley

Kay Sprinkel Grace

When the Heart Is Inspired . . .
Magic Happens

Kay Sprinkel Grace, a California based organizational consultant, will be speaking to Gamma Phi Beta about the importance of philanthropy in today's world.

A Trustee of the Gamma Phi Beta Foundation, Kay has worked with non-profit clients for many years. Her clients have included the New York City Opera, the California Foundation, the Junior League of Palo Alto and the United Way of Santa Clara County among many others. Kay is a faculty member of The Fund Raising School at Indiana University.

She has been a panelist and speaker for many organizations, including the National Society of Fund Raising Executives, the San Francisco Arts Commission and Stanford University.

In addition to her work with non-profits, she has consulted with corporations in the area of leadership and management development and human resources management.

Dr. Sharon Whittaker

Keynote speaker

Dr. Sharon Whittaker will be kicking off Wednesday as our keynote speaker. Dr. Whittaker is Vice President for Student Affairs for Stillman College in Tuscaloosa, Alabama. Prior to arriving at Stillman this year, she had been Vice President for Academic Affairs at Mary Holmes College in West Point, Mississippi.

Among the numerous awards

he's been presented, Dr. Whittaker is a member of Who's Who in the Midwest, Who's Who in Higher Education and Who's Who among African-Americans. Additionally, Dr. Whittaker has presented to colleges and universities from Albany State to Western Michigan University with 8 other schools in-between! As the keynote speaker for many conferences including: FC, Association of Student Judicial Affairs Conference, Southern Eastern Interfraternity Conference and SEPC, Gamma Phi Beta is pleased and honored to have Dr. Sharon Whittaker as a speaker for our 67th international convention.



T.J. Sullivan (l) and Joel Goldman

come home ill. He made a decision to seek a job with less stress and travel, and he relocated to his hometown of Columbus, Ohio, to take a real estate development job. Later that summer, a routine HIV-antibody test revealed that Joel was HIV-positive.

But, how? He had always been told that AIDS wasn't a disease of the educated. Fraternity men don't get AIDS! The face of AIDS belongs to thousands of Americans, but he never thought the face of AIDS would be his own.

Soon his life seemed to revolve around his new medical reality. He searched his past to understand how it happened. He worked to keep himself as healthy as possible. And, he began calling friends, family members and others to let them know about his diagnosis.

One of his painful calls was to T.J. Sullivan, a good friend from his college days at Indiana University. Sullivan—an alcohol and health educator—took the news hard, and the two decided to meet at the international display of the NAMES Project AIDS Memorial Quilt in Washington, D.C. that autumn. The emotional experience prompted the two to begin a speaking project. Perhaps they could get college students to realize that "Friendship in the Age of AIDS" is among our most important contemporary challenges.

The two have spoken to more than 100,000 students at more than 150 campuses across the United States.

Gamma Phi Beta is honored to have the two share their knowledge through an interactive "HIV basics" workshop that will leave

us all better informed and hopefully more thoughtful about what we can do to protect ourselves, family and friends.

Joel A. Goldman

Joel is a 1985 graduate of Indiana University's School of Public and Environmental Affairs. After college, he went on to work for his national fraternity as a traveling collegiate consultant and later became the fraternity's Assistant Executive Director. The Association of Fraternity Advisors (AFA) awarded Joel their top honor for interfraternal service, the Jack Anson Award. He was the youngest person to ever receive this award.

T.J. Sullivan

T.J. is a 1988 graduate of Indiana University's School of Journalism. While at Indiana, he was a founding father of Pi Kappa Phi Fraternity. Beginning in 1991, Sullivan began working for The BACCHUS and GAMMA Peer Education Network as a communications specialist and educator on health related topics, consulting with hundreds of campus prevention programs and national fraternities and sororities on their programming efforts.

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, overworked women. She will present "Why Wonder Woman Crashed," a playful look at women, work and finding time, at Gamma Phi Beta's international Convention in Kansas City this July. "Wonder Woman" is informative, fun and filled with insights about women, time bandits and the realities of the treadmill we call our lives. Women may just find their laughing place here (we were tempted to say resting place!). 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.

Lyons Bridge also presents programs from two specially developed series. The first, a series on Creative Communication and Strategic Humor, includes such work-oriented programs as "Surviving Life's Bumps and Grinds with Amusing Grace!" and "The Yoke and Joke of Perfectionism." The second, a four-part series from her research for "The Society for Ladies Who Laugh Out Loud," includes "From Tadpoles to Taboos: Who Stole the Laughter," "Sisters of Perpetual Responsibility," "Ladies Who Laugh Out Loud" and "Women at Play, Women at Peace." As one reviewer wrote of her programs, "Uplifting... better than a cross-your-heart bra... will help a droopy poop staff!"

Originally from Washington, DC, Katherine

Lyons Bridge has lived in three countries and traveled to 20 others. In recent years she escaped the city to live by the sea in Kennebunkport, Maine. She says she gets needed "city fixes" by flying out to speak to different organizations. At home office she writes a "Society" newsletter, a women's business column and is in the process of writing the book that will make her rich and famous. She can be reached at (207) 967-4676, fax 967-5161. Mail comes by lobster boat to The LightForce Resource Network (her consulting company), Land's End, P.O. Box 629, Kennebunkport, ME 04046. Compuserve: 76241,1237. ●



Katherine Lyons Bridge
Founder of the Society for
Ladies Who Laugh Out Loud

Friendship in the Age of AIDS

presented to more than 150 campuses nation-wide, this is a must do seminar for the nineties.

As Assistant Executive Director of Sigma Alpha Mu Fraternity and in his apparent to the top headquarters position, Joel Goldman was enjoying a terrific life in Indianapolis. He had a new house, great friends and many exciting future plans. The new year, 1992, was shaping up to be the best of his life.

Then, suddenly, whenever he awoke for his job, he would

Contents

Volume 96, No. 1

Deadlines

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

On the Cover

What is built on more hills than Rome, has more grass than Ireland, more boulevards than Paris and fountains everywhere? Our cover shows evening lights in Kansas City, home of Gamma Phi Beta's 67th international Convention.

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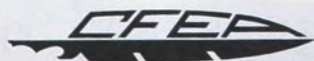
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Gamma Phi Beta (USPS 137-620). *The Crescent* is published quarterly in Fall, Winter, Spring and Summer by Gamma Phi Beta Sorority, Inc., 12737 E. Euclid Drive, Englewood, CO 80111-6445. Subscription price is \$6.00. Produced in the U.S.A. by Maury 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



10

Departments

Ideas on Issues

5

Collegiate News

14

Alumnae News

18

In Memoriam

20

Memorial Gifts

21

In IIKE

26

PACEsetters

27

Women & Health

30

The Mailbox

32

In Celebration

33

Features

6 "A" Members

Gamma Phi Beta members continue to strive for academic excellence.

8 Special Honors

Academic excellence, leadership and commitment to Greek life are a few of the reasons our collegiate members are being recognized.

10 Job-Loss Survival

Pointers on how to land on your feet if the rug gets pulled from under you—from someone who has been there.

22 Meeting the Challenges of Education

The Gamma Phi Beta Foundation awarded nearly 40 scholarships and fellowships to members during the 1995-96 school year.

24 Donating Your Retirement Income

Find out how to avoid taxes and make a difference in the lives of sisters by giving to the Gamma Phi Beta Foundation.

25 The Crescent Reader Survey

How do you think we're doing? What can *you* contribute?

26 1995 Awards

A year in review: alumnae who have given long, devoted and distinguished service locally or internationally from five to fifteen years.

30 Women & AIDS

The fastest growing group of new cases of HIV—women. Find out how not to become a statistic.

Third-Class Tickets

By Sandra Rettke Nauman, Financial Vice President

Whenever I fly I am always aware of the persons sitting in the first-class seats. Probably because I have never had that opportunity. I muse to myself, how nice to be able to board at any time, to sit in the wider seats, to have the added attention from the flight attendants. If a first-class ticket were offered, who of us would turn it down? Recently I read that when taking a stagecoach, there were three types of tickets a passenger could purchase: first-class, second-class and third-class. If you were a first-class ticket holder, you could ride inside the coach, and if something went wrong, a wheel came off, or the coach got stuck in the mud, you would remain in the coach until the problem was fixed. If you were a second-class ticket holder, you also rode inside the coach, but if a problem developed, you were required to get off until the problem was solved. You could stand in the distance, and if you desired, you could lend advice that would help solve the problem. If, however, you were a third-class ticket holder, you rode inside the coach if there was room and if a problem developed,

you had to get off and help fix it. This could mean holding the coach up while the wheel is fixed, or pushing the coach out of the mud.

One can use the stagecoach passengers as an analogy to look at our membership. We have those sisters who are first-class ticket holders. They seem to be asking, "What's in it for me?" They will attend a Sorority function so long as someone else does all the work, makes all the arrangements. These women will be the first to let you know that they have, after all, been initiated which gives them certain entitlements. Then we have the second-class ticket holders. They too will attend a function, and might even offer advice as to where it should be held, what should be served, what the theme should be, but rarely volunteer to help, and if they do agree to lend assistance, will often find an excuse as to why they cannot attend the planning meetings. This group is often vocal with the criticism, especially if their suggestions are not followed. Lastly, there are the third-class ticket holders. The members that are willing to put their shoulder to the wheel. These are the women who step forward to be an officer, to serve on a committee or to lend assistance in any capacity. Gamma Phi Beta needs third-class ticket holders. Women who are determined to be part of the solution rather than part of the problem. Women who want to give back to Gamma Phi Beta so that others may know the joy of being a member.



In this issue of *The Crescent*, you will find information about Convention 1996. Many sisters have been working to make this Convention the best one yet. Sisters that have chosen that third-class ticket. Many more hundreds will be attending. These women come because they love the Sorority and they want to work, to learn and to

grow in the spirit of Gamma Phi Beta. These women are our present and future leaders and are committed to the mission of the Sorority, "... 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." Our vision is to be a leader among women's organizations. As Gamma Phi Beta strives to obtain its vision and accomplish its mission, all members are asked to respond as "Stagecoach Third-Class" ticket holders. We must be willing to work to promote the advantages of Greek life, to financially support our local chapter and the Foundation, and to pay our international dues. We must each be willing to step forward and offer what talents we have to strengthen our Sorority, and in doing so, affirm each sister's worth and share our pride in Gamma Phi Beta.

Each of us needs to look at our own hands and ask, "What kind of ticket am I holding?" ●



"A" Members

WINTER AND SPRING '95

Alpha

Elyse Thibalt (*Spring '95*)

Epsilon

Amy Schlichtemeier (*Winter '95*)

Andrea Spitz (*Winter '95*)

Lisa Erikson (*Winter '95*)

Dayna Gossett (*Winter '95*)

Diane Littlefield (*Winter '95*)

Amy Pitsenbarger (*Winter '95*)

Beth Plank (*Winter '95*)

Irene Shuman (*Winter '95*)

Anya Weisbrod (*Winter '95*)

Katharine Buzzell (*Spring '95*)

Evva Forster (*Spring '95*)

Dayna Gossett (*Spring '95*)

Heidi Dombeck (*Spring '95*)

Diane Littlefield (*Spring '95*)

Beverly Nannani (*Spring '95*)

Kristin Nickels (*Spring '95*)

Michelle Raun (*Spring '95*)

Nancy Anne Ridder (*Spring '95*)

Irene Schuman (*Spring '95*)

Andrea Spitz (*Spring '95*)

Theta

Cherri Barber (*Winter '95*)

Lauren Benotti (*Winter '95*)

Kiley Kilstrom (*Winter '95*)

Kelly Kissell (*Winter '95*)

Jennie Peterson (*Winter '95*)

Dawn Szymborski (*Winter '95*)

Kappa

Jessica Lamm (*Spring '95*)

Lanita Avery (*Spring '95*)

Emily Wennerlind (*Spring '95*)

Lambda

Courtenay Kehn (*Winter '95*)

Xi

Kristen Bissaillon (*Spring '95*)

Julie Dickson (*Spring '95*)

Stacie McCombs (*Spring '95*)

Maryanna Potthoff (*Spring '95*)

Katie Simpson (*Spring '95*)

Tracy Stewart (*Spring '95*)

Katie Egland (*Spring '95*)

Julie Berryhill (*Spring '95*)

Kim Franz (*Spring '95*)

Christine Brown (*Spring '95*)

Jules Summers (*Spring '95*)

Cassie Taylor (*Spring '95*)

Omicron

Jennifer Alberici (*Spring '95*)

Sarah Camper (*Spring '95*)

Sara Champion (*Spring '95*)

Laura Cerny (*Spring '95*)

Stephanie Chase (*Spring '95*)

Carrie Crawford (*Spring '95*)

Bahama DuClos (*Spring '95*)

Melissa Hulting (*Spring '95*)

Leslie Lebo (*Spring '95*)

Catherine Martin (*Spring '95*)

Erin Melnick (*Spring '95*)

Jennifer Morrison (*Spring '95*)

Allison Nunamaker (*Spring '95*)

Gina Perino (*Spring '95*)

Teresa Perry (*Spring '95*)

Kimberly Peterson (*Spring '95*)

Sarah Poss (*Spring '95*)

Brooke Puccini (*Spring '95*)

Jeanette Rahn (*Spring '95*)

Gayle Silagyi (*Spring '95*)

Stephanie Strothoff (*Spring '95*)

Tracy Wilson (*Spring '95*)

Pi

Angela Bangs (*Spring '95*)

Amy Cohen (*Spring '95*)

Steffanie Dittman (*Spring '95*)

Julie Koch (*Spring '95*)

Laura Leising (*Spring '95*)

Kristi Mietzner (*Spring '95*)

Kelley Perkins (*Spring '95*)

Deborah Steckelberg (*Spring '95*)

Cameron Stephens (*Spring '95*)

Nicki Votava (*Spring '95*)

Kristin Warner (*Spring '95*)

Sigma

Tara Donnelly (*Spring '95*)

Lori Gasaway (*Spring '95*)

Becky Kucera (*Spring '95*)

AnneMarie Owens (*Spring '95*)

Jessie Raida (*Spring '95*)

Lindsay Wedel (*Spring '95*)

Tau

Julie Moulds (*Spring '95*)

Susan Schmer (*Spring '95*)

Amy Taylor (*Spring '95*)

Ellen Wall (*Spring '95*)

Chi

Nichole Dragoo (*Spring '95*)

Psi

Crystal Allen (*Spring '95*)

Leslie Allen (*Spring '95*)

April Boczar (*Spring '95*)

Jamie Goldstein (*Spring '95*)

Kari Govier (*Spring '95*)

Stephanie Nunnaley (*Spring '95*)

Jennifer Pelz (*Spring '95*)

Susan Rawson (*Spring '95*)

Julie Stalcup (*Spring '95*)

Vicki Williamson (*Spring '95*)

Omega

Kathy Cormancy (*Spring '95*)

Alpha Beta

Stacy Bender (*Spring '95*)

Beth Dinger (*Spring '95*)

Jennifer Hagen (*Spring '95*)

Anne Hastings (*Spring '95*)

Jennifer Hieb (*Spring '95*)

Amy Lunde (*Spring '95*)

Julie Norton (*Spring '95*)

Jennifer Ouradnik (*Spring '95*)

Kori Riggan (*Spring '95*)

Alpha Epsilon

Jeanine Arico (*Spring '95*)

Susan Dolan (*Spring '95*)

Jennifer Floyd (*Spring '95*)

Jessica Grissom (*Spring '95*)

Kristi Mawk (*Spring '95*)

Erica Heinrich (*Spring '95*)

Courtney Schaefer (*Spring '95*)

Kim Weins (*Spring '95*)

Alpha Nu

Christina Day (*Winter '95*)

Amanda Donley (*Winter '95*)

Jaime Fisher (*Winter '95*)

Amy Fisher (*Winter '95*)

Stephanie Garoza (*Winter '95*)

Kimberly Jacobson (*Winter '95*)

Linda Keller (*Winter '95*)

Carrie Meyer (*Winter '95*)

Kristen Michelson (*Winter '95*)

Kristen Neubauer (*Winter '95*)

Jennifer Schreiber (*Winter '95*)

Marisa Selinsky (*Winter '95*)

Erika Shubert (*Winter '95*)

Kelly Zachocki (*Winter '95*)

Alpha Nu

Kristen Bomberger (*Winter '95*)

Melissa Coomer (*Winter '95*)

Amanda Donley (*Winter '95*)

Jaime Fisher (*Winter '95*)

Dianne Frank (*Winter '95*)

Stephanie Garoza (*Winter '95*)

Kristy Knechtges (*Winter '95*)

Meredith McKnight (*Winter '95*)

Beth Michelfelder (*Winter '95*)

Kristen Michelson (*Winter '95*)

Kristen Neubauer (*Winter '95*)

Jill Pellior (*Winter '95*)

Jennifer Schreiber (*Winter '95*)

Erika Shubert (*Winter '95*)

Hope Simonsen (*Winter '95*)

Mindy Smock (*Winter '95*)

Tina Tran (*Winter '95*)

Elicia Troese (*Winter '95*)

Ellen Werner (*Winter '95*)

Jessica Yoder (*Winter '95*)

Bethany Young (*Winter '95*)

Kelly Zacocki (*Winter '95*)

Alpha Xi

Cindy Tarver (*Spring '95*)

Elizabeth Willard (*Spring '95*)

Alpha Chi

Alyssa Traylor (*Spring '95*)

Alpha Gamma

Christy Bunting (Spring '95)
ynthia Nelson (Spring '95)
eidi Rosekelly (Spring '95)
in Ryan (Spring '95)
ula Vandyne (Spring '95)
uren White (Spring '95)
elinda Holmer (Spring '95)
arianne Keyes (Spring '95)
endi Myers (Spring '95)
zanne Hellwig (Spring '95)
nnifer Hayes (Spring '95)
sa Hammer (Spring '95)
aron Knuth (Spring '95)
istin Locaitis (Spring '95)
ny Majka (Spring '95)
tie Sabo (Spring '95)
becca Weise (Spring '95)
in Vernon (Spring '95)
nily Tyson (Spring '95)

Alpha Eta

annon Dowdell (Spring '95)
ndyl Edgeton (Spring '95)
awn Elsasser (Spring '95)
elanie Engleman (Spring '95)
ope Gerhard (Spring '95)
ista Jibben (Spring '95)
rah Parkinson (Spring '95)

Alpha Mu

eborah Hanuscin (Spring '95)
erri Hoffman (Spring '95)
nnifer Manza (Spring '95)
in Parker (Spring '95)
atherin Chamberlin (Spring '95)
izabeth Johnston (Spring '95)

Alpha Pi

aren Tenbarger (Spring '95)
nnly Wood (Spring '95)
sle Ball (Spring '95)

Alpha Rho

maria Fan (Spring '95)

Beta Upsilon

Karen Frayser (Spring '95)
Nicole Knopp (Spring '95)
Ladonna Kohl (Spring '95)
Cori Kolder (Spring '95)
Kerri Korte (Spring '95)
Desa Marmie (Spring '95)
Shauna Michie (Spring '95)
Jennifer Miller (Spring '95)
Denise Schneeweis (Spring '95)
Beth Thomas (Spring '95)
Jocelyn Viterna (Spring '95)
Nicole Wilson (Spring '95)
Andrea Zakrzewski (Spring '95)

Gamma Iota

Elizabeth Funk (Spring '95)

Gamma Kappa

Brandi Klapal (Spring '95)
Kelly McCaw (Spring '95)
Kristi Seeman (Spring '95)
Stacie Tesnohldek (Spring '95)

Gamma Mu

Amy Ford (Winter '95)

Gamma Pi

Gia Gilk (Winter '95)
Heidi Buskol (Winter '95)
Tracy Lindbo (Winter '95)
Nicki Moritz (Winter '95)

Gamma Tau

Sonya Funk (Spring '95)
Mary Ndel George (Spring '95)
Sara Hefele (Spring '95)
Jenny Meyer (Spring '95)
Jill Thompson (Spring '95)
Christina Bosse (Spring '95)
Sara Hitpas (Spring '95)
Jill Kleekamp (Spring '95)
Theresa Schuh (Spring '95)

Michelle Mettes (Winter '95)
Kristin Tavernas (Winter '95)

Delta Iota

Erica Glenn (Spring '95)
Tanya Jordan (Spring '95)
Kelley Tresnowski (Spring '95)
Renee Fowler (Spring '95)
Amy Gutknecht (Spring '95)

Delta Kappa

Nicole Bodo (Spring '95)
Julie Gayle (Spring '95)
Jessica Fulton (Spring '95)
Dana Picardi (Spring '95)

Delta Lambda

Amy Darlington (Winter '95)
Christine Adriam (Winter '95)

Delta Omicron

Lorie Aldredge (Winter '95)

Delta Tau

Randi Feinstein (Spring '95)
Allison Lefrak (Spring '95)
Alison Barber (Spring '95)
Jennifer Brady (Spring '95)
Beth Pontari (Spring '95)

Delta Upsilon

Amy Pate (Spring '95)
Jennifer Burns (Spring '95)
Lisa Cook (Spring '95)
Devrie Daharco (Spring '95)
Jeana Diddie (Spring '95)
Kimberly Harley (Spring '95)
Kathryn Holahan (Spring '95)
Andrea Leino (Spring '95)
Brandy O'Quinn (Spring '95)
Nicole Robinson (Spring '95)
Kendra Vanaman (Spring '95)
Amy Washburn (Spring '95)
Suzanne Wessel (Spring '95)

Delta Phi

Kathleen Salisbury (Spring '95)

Delta Chi

Annie Jameson (Spring '95)

Delta Psi

Julie Drexler (Spring '95)
Amelia Hughes (Spring '95)
Colleen Keyser (Spring '95)
Stacy Waldman (Spring '95)

Epsilon Beta

Lori Abbott (Spring '95)
Kristin Bender (Spring '95)
Kristin Kuhtic (Spring '95)
Kirstie MacDonald (Spring '95)
Keisha Nelson (Spring '95)
Kari Tousain (Spring '95)

Epsilon Gamma

Deidre Hollars (Spring '95)
Amy Reardon (Spring '95)
Jessica Stenger (Spring '95)
Veronica Cramer (Spring '95)

Epsilon Epsilon

Kristen Angiolini (Winter '95)
Tricia Nelson (Winter '95)

Epsilon Zeta

Kathy Blum (Spring '95)
Anne Skornika (Spring '95)

Epsilon Theta

Michelle Doolittle (Spring '95)
Erin Manahan (Spring '95)
Victoria Percic (Spring '95)
Claire Vaughters (Spring '95)

Epsilon Lambda

Mary Klinger (Spring '95)
Kristen Koncewicz (Spring '95)
Pamela Miller (Spring '95)
Karen Russell (Spring '95)

Epsilon Sigma

Tonya Hatfield (Spring '95)

Zeta Gamma

Katrina Lawrence (Spring '95)

Zeta Delta

Carri Brands (Spring '95)

Omicron Delta Kappa, National Leadership Honor Society

Dr. Richard E. Hoover, president of Omicron Delta Kappa (ODK), The National Leadership Honor Society, is pleased to announce that 2056 members of 88 sororities and fraternities were initiated into ODK during the 1994-95 academic year.

Omicron Delta Kappa brings together members of the faculty and student body who are of high academic caliber and who have shown considerable leadership skills. Membership honors graduate and undergraduate women and men who are in the top 35% of their class academically and who show leadership in one or more of five areas of college life: scholarship; athletics; campus or community service; social, religious activities, campus government; journalism, speech and the mass media; and creative and performing arts.

Unlike an "honorary," a membership into the honor society demands further leadership on the part of its members, whether they be initiated as undergraduates, graduate students, faculty/administration, alumni, or "honoris causa." Each category recognizes those men and women who have achieved at a high level within their community or nationally.

Located on 234 campuses through the United States, Omicron Delta Kappa has over 174,000 members. Gamma Phi Beta is pleased to announce our new members:

Karen Michelle Russell '95, *University of Alabama*
Lynn Elizabeth Benson '95, *Alma College*
Julie Kay Johnston '95, *Alma College*
Keisha Nelson '95, *Alma College*
Christina Anne Blum '94, *Creighton University*
Bridgette Young Cain '94, *Creighton University*
Laura Elizabeth Graves '94, *Creighton University*
Amie Lynn Held '94, *Creighton University*
Megan Marie McGonagle '95, *Florida State University*
Kelli Marie Georgia '95, *University of Hamby*
Annemarie Kathleen Kesler '94, *University of Hamby*
Jennifer May Shook '94, *Illinois State University*
Genevieve Evelyn Imhoff '94, *Jacksonville State University*

Julie Erin Gayle '95, *Lehigh University*
Jaime Lynn Hope '95, *University of Maryland at College Park*
Meridith Florida Hill '94, *University of Miami*
Sheri Lynn Martin '94, *University of Miami*
Ariane Esther Zohar '94, *University of Miami*
Bayles, Karen Elizabeth '95, *University of Oklahoma*
Lindsey L. Word '95, *University of Oklahoma*
Tanya Lynn Jordan '94, *Purdue University*
Dawn Renee Terry '94, *Purdue University*
Holly Ann Arndt '94, *Texas Tech University*
Megan Maureen Smiley '95, *Washington State University*
Jodi Britt Louise Strite '95, *Washington State University*

Sigma Alpha National Greek Honor Society

At the National Board of Director's Meeting for Gamma Sigma Alpha in December of 1993, it was decided that each national fraternity and sorority should be made aware of their members who have been initiated into Gamma Sigma Alpha National Greek Honor Society on an annual basis.

To be a member of Gamma Sigma Alpha, you must be a junior with a cumulative grade point average of 3.5 or higher, or earn a 3.5 grade point average during any semester of your junior or senior year. Membership selection is also based on demonstrated commitment to academic excellence.

The listed members were inducted between January 1994 and February 15, 1995.

Michelle Nicole Baerg, *California State University-Fullerton*
Dawn L. Grant, *California State University-Fullerton*
Lisa Ann O'Connell, *California State University-Fullerton*
Erin Geisick, *University of Denver*
Jennie Patterson, *University of Denver*
Linsey Brown, *University of Illinois at Urbana-Champaign*
Gayle Silagyi, *University of Illinois at Urbana-Champaign*
Tani Long, *University of Iowa*
Tracy Lindbo, *Mankato State University*
Melissa Bezner, *University of Maryland at College Park*

Stephanie Cohen, *University of Maryland at College Park*
Shira Kandel, *University of Maryland at College Park*
Felice Raskind, *University of Maryland at College Park*
Lauren Hrazdil, *Midwestern State University*
Heather Novak, *Morehead State University*
Kristen Pass, *Morehead State University*
Jennifer King, *University of Puget Sound*
Elisabeth Bayless, *University of Southern California*
Liza Moret, *University of Southern California*

The National Order of Omega

Stephanie Crum, *Alma College*
Kori Krاندall, *Alma College*
Beth Lawrence, *Arizona State University*
Jennifer Moore, *Arizona State University*
Gina Taully, *Arizona State University*
Julie Barker, *Bentley College*
Shephalie Bodhe, *Bentley College*
Andrea Devoid, *Bentley College*
Heidi Hanson, *Bentley College*
Kimberly Henin, *Bentley College*
Michelle Stebbins, *Bentley College*
Kristin Crowell, *Boston University*
Sarah Enman, *Boston University*
Rosemary Gencarelli, *Boston University*
Allison Sisk, *Boston University*
Emily Smith, *Boston University*
Jennifer Hanna, *Bowling Green State University*
Kindyl Edgeton, *Bradley University*
Hope Gerhard, *Bradley University*
Teri Gould, *Bradley University*
Tammy Lombardo, *Bradley University*
Jill Moulthrop, *Bradley University*
Jill Kevan, *Cal Poly - San Luis Obispo*
Maria Adams, *Cal Poly - San Luis Obispo*
Reina Lehtinen, *California State U. - Chico*
Michelle Leninan, *California State U. - Chico*
Tiffany Montana, *California State U. - Chico*
Erica Simco, *California State U. - Chico*
Kerry Tepedino, *California State U. - Chico*
Gianna Piscazzi, *California State U. - Fullerton*
Lisa Binkley, *Cal State U. - Sacramento*
Jenelle Moran, *Cal State U. - Sacramento*
Chelsea Taylor, *Cal State U. - Sacramento*
Rebecca McGovern, *Chapman University*
Carrie Bunkers, *Creighton University*
Lisa Marshall, *Creighton University*
Jenna Strickland, *Creighton University*
Patricia Bredegg, *East Texas State U.*
Challon Clark, *East Texas State U.*

HONORS

Kristen Heine, *Florida State University*
 Jody Barefoot, *George Mason University*
 Leigh Braverman, *George Mason University*
 Jeanne Carlson, *George Mason University*
 Maryam Chinisaz, *George Mason University*
 Jennifer Clark, *George Mason University*
 Juliana Grasser, *George Mason University*
 Kathy Pribble, *George Mason University*
 Allison Raveia, *George Mason University*
 Jennifer Sledge, *George Mason University*
 Heidi Tomlinson, *George Mason University*
 Alexandra Donnelly, *Gettysburg College*
 Cindy Crockatt, *Illinois State University*
 Angela Holmes, *Illinois State University*
 Jennifer Quirke, *Illinois State University*
 Jennifer Shook, *Illinois State University*
 Jennifer Pindroh, *Indiana State University*
 Andrea Riffel, *Indiana State University*
 Jennifer Waskom, *Indiana State University*
 Danielle Willmann, *Indiana State University*
 Kara Kersten, *Indiana University*
 Suzanne Luxem, *Indiana University*
 Elizabeth Larsen, *Jacksonville University*
 Heidi Watt, *Jacksonville University*
 Jana Eaton, *Kansas State University*
 Christine Hathaway, *Kansas State University*
 Maria Stecklein, *Kansas State University*
 Samantha Boza, *Loyola University*
 Monique Cerise, *Loyola University*
 Renee Fleming, *Loyola University*
 Brandi McCary, *Loyola University*
 Colleen Connell, *Loyola University*
 Liz Jenkins, *Loyola University*
 Celeste John, *Loyola University*
 Rochelle Strada, *Loyola University*
 Tami Theresa Gilbert, *Mankato State U.*
 Toni Marie Gilbert, *Mankato State U.*
 Kristin Olson, *Mankato State U.*
 Shelly Ashton, *Michigan State University*
 Dania Bauman, *Michigan State University*
 Magan Fogle, *Michigan State University*
 Dana Goldberg, *Michigan State University*
 Nicole Greenwood, *Michigan State University*
 Allison Harnish, *Michigan State University*
 Roselyn Rosemberg, *Michigan State University*
 Karen Sockolosky, *Michigan State University*
 Kim Wess, *Michigan State University*
 Anne Louise Layton, *NEIFC/NEPC*
 Kimberly Baldridge, *Northern Arizona U.*
 Wendy Deusen, *Northern Arizona U.*
 Jen Frank, *Northern Arizona U.*
 Jen Meyer, *Northern Arizona U.*
 Heidi Sorell, *Northern Arizona U.*
 Debra Speert, *Northwestern University*
 Andrea Spitz, *Northwestern University*
 Kimberli Harding, *Oklahoma City University*
 Amy Leavens, *Oklahoma City University*

Rebecca Miner, *Oklahoma City University*
 Lisa Plotner, *Oklahoma City University*
 Amy Haynes, *Oregon State University*
 Lori Holbrook, *Oregon State University*
 Kathleen Sandoz, *Oregon State University*
 Suzanne Nunermacher, *Pennsylvania State University*
 Tanya Jordan, *Purdue University*
 M. Kathleen Sheehan, *Purdue University*
 Tricia Hunter, *St. Louis University*
 Jill Thompson II, *St. Louis University*
 Kenna Cook, *San Diego State University*
 Lori Held, *San Diego State University*
 Natalie Strickler, *San Diego State University*
 Caroline Coker, *Southern Methodist U.*
 Hollie Gibson, *Southern Methodist U.*
 Amy Haller, *Southern Methodist U.*
 Eileen Kennedy, *Southern Methodist U.*
 Melinda Morrison, *Southern Methodist U.*
 Lauren White, *Southern Methodist U.*
 Susan Hawkes, *State University of New York - Brockport*
 Shelly Reeves, *Texas Tech University*
 Caroline Bruce, *Colorado College*
 Karen Russell, *Colorado College*
 Caroline Androski, *University of Alabama*
 Karen Russell, *University of Alabama*
 Kristi Mawk, *University of Arizona*
 Kimberly Norlund, *U. of California*
 Wendy Chang, *U. of California - Berkeley*
 Joan Lange, *U. of California - Berkeley*
 Karen Woo, *U. of California - Berkeley*
 Julie Drew, *U. of California - Irvine*
 Jennifer Neundorf, *U. of California - Riverside*
 Kate Reagan, *U. of California - Riverside*
 Tammi Fan, *U. of Colorado - Boulder*
 Megan Prenger, *U. of Colorado - Boulder*
 Tracy Riggs, *U. of Colorado - Boulder*
 Janet Santuccio, *U. of Colorado - Boulder*
 Kris Tessiatory, *U. of Colorado - Boulder*
 Laurie Weritch, *U. of Colorado - Boulder*
 Kathryn Holahan, *University of Georgia*
 Annemarie Kesler, *University of Georgia*
 Holly Terrell, *University of Georgia*
 Elizabeth Waters, *University of Georgia*
 Teri Carlson, *University of Illinois - Urbana/Champaign*
 Julie Klein, *University of Illinois - Urbana/Champaign*
 Kerri Lundberg, *University of Illinois - Urbana/Champaign*
 Keri Barclay, *University of Iowa*
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 Kandel Shira, *U. of Maryland at College Park*
 Shelby Young, *University of Missouri*
 Kellee Brehmer, *U. of Nebraska - Kearney*
 Cari Kuebler, *U. of Nebraska - Kearney*
 Michelle Williamson, *U. of Nebraska - Kearney*
 Tanya Kleven, *University of North Dakota*
 Kelly Setchel, *University of North Dakota*
 Tricia Eastman, *University of Northern Iowa*
 Kristina Artist, *University of Oregon*
 Tracey Burnside, *University of Oregon*
 Erin A. Hietpas, *University of Oregon*
 Michelle Lemieux, *University of Oregon*
 Laurel Parrish, *University of Oregon*
 Gretchen Wiedermann, *University of Oregon*
 Holly Krejci, *University of Puget Sound*
 Kate Phillippay, *University of Puget Sound*
 Connelia Ross, *University of Rochester*
 Rachel Tunick, *University of Rochester*
 Nicole Alexander, *University of San Diego*
 Kim Cassano, *University of San Diego*
 Elizabeth Fraim, *University of San Diego*
 Jacqueline Jonas, *University of San Diego*
 Katherine Lively, *University of San Diego*
 Julie Tallerico, *University of San Diego*
 Shanwa Terry, *University of San Diego*
 Christy Westad, *University of San Diego*
 Misty Masella, *U. of Southern California*
 Erica Switzer, *U. of Southern California*
 Stephanie Zavala, *U. of Southern California*
 Leigh Harris, *University of Western Ontario*
 Kim Jong, *University of Western Ontario*
 Jennifer Appell, *U. of Wisconsin - Madison*
 Colleen Larson, *U. of Wisconsin - Madison*
 Natalie Potas, *U. of Wisconsin - Madison*
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 Carrie Meyer, *Wittenberg University*
 Amanda Nell, *Wittenberg University*
 Bethany Young, *Wittenberg University*



Job-Loss Survival

By Ann Meier

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ere are some pointers on how to land on your feet if the rug gets pulled from under you—from someone who has been there.

If and when a job loss happens, don't panic. Being fired, down-sized, or laid off can be an emotional experience. But try to pull yourself together and prepare for the termination session. Know what you need, and ask for it. You will not have another chance. Don't waste time pleading your case. Your managers have already made their decision. Instead, use the session to get what you need to survive.

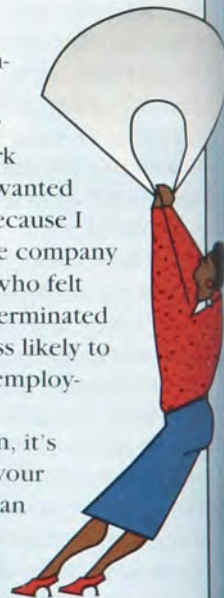
What will you need? What can you ask for? What will you do? The key is to start thinking about your needs and your next steps now—before you lose your job.

Getting severance and unemployment compensation

If you don't like your severance package, ask for what you do need. It is easier to be realistic if you know what is customary. Typically, companies offer two weeks of severance pay for every year of employment.

When I was fired, I got more severance than the company initially offered me. I managed that by arguing successfully that it usually takes a month of job searching for every \$10,000 in salary. Why did that work for me? It wasn't because the company wanted to be nice. It worked because I asked, because I had rational reasons, and because the company didn't want a terminated employee who felt that she had been treated unfairly. Terminated employees who leave satisfied are less likely to file complaints with federal or state employment agencies.

As for unemployment compensation, it's important to know the regulations in your state. Small differences among states can make big differences in the amount of



money you receive. In all states, the reasons for termination are important. In some states, the unemployment compensation depends on what your severance is called and whether it gets distributed all at once.

In some situations, you may be able to collect unemployment compensation and receive severance pay at the same time. But you may have to wait until severance runs out before you can collect unemployment checks. And remember that unemployment compensation is taxable income.

In the termination session, ask how you will receive your severance money. Getting weekly checks instead of a lump sum can make tax planning easier and keep you on the payroll so that your official termination date in employment records is delayed. That bodes well when potential employers call for references.

In most cases, you can't collect unemployment compensation if you quit or were fired for cause. Don't be tempted to resign at the last minute just to save face.

If your boss is giving you impossible deadlines, critical memos, and assignments outside of your area and experience, he or she may be trying to force you to resign. Talk frankly with your boss about your suspicions. Tell him or her that if the company wants you to leave, you'd like to discuss how that could be handled. Don't offer to quit; present your terms for leaving.

Seeking outplacement services

Consider whether you want outplacement services or the cash equivalent, if you have those options. Many outplacement firms offer office space, job listings, search techniques, and message-taking services. They can help you assess your marketable skills and develop job-interview skills. Such firms also provide assistance in writing, copying, and mailing resumes. If you feel that you don't need those services, you can try to negotiate for the cash equivalent and then buy a computer and printer to use at home for sending out resumes.

You might be able to buy a computer or office furniture inexpensively from your company, especially if it is downsizing or going out of business. It's difficult to spend money when you're losing your job. But you will need certain supplies if you plan to work from home on your job search.

Once the termination session is over and you are ready to leave, you should find out how your mail and phone calls will be handled. You may want to request access to your voice mail system for awhile. And you may want to leave a list of calls and mail

that you'd like forwarded to you. Ask what happens to your professional memberships and journals.

Find out what people at your former company will say when potential employers call for references. If you're not comfortable with the answers, say so. Offer to write your own reference letter.

Networking the right way

It's best to wait a few days before putting the word out that you've lost your job. You can't afford to alienate any potential contacts. Take the time to compose yourself. Think about where you want to go and how you plan to get there. If you need to talk to someone choose a friend or family member, not someone who might be able to give you a job or a great lead.

After I was forced out of a job, I made the mistake of calling the vice-president of training at a major company too soon. I desperately wanted to work there. But I had no idea what I had to offer or even what I wanted. I naively believed that all I had to do was to tell the vice-president that I was available.

I was so eager to return to work that I called before I was ready. In fact, I expected to leave my name with a secretary, so I made a very weak impression when the vice-president answered her own phone. I blurted out that I'd been fired and that I wanted to let her know in case she had any openings. It was a terrible approach. But she graciously asked for my resume and circulated it among her staff members.

Later, one of her managers arranged an interview, but not because of the "great" impression I made when I first called. It was because of the relationship I'd built with the vice-president in the past and because of my professional reputation.

To develop your own effective network of contacts, you must be available as a contact. But you should set some boundaries. When people you don't know call for an appointment to talk about the field or to pick your brain, you should respond professionally, even if they are networking badly.

Treat everyone with respect. Remember that you could be in the same boat one day. Ask a few brief questions about people's backgrounds and what they're looking for. If you know of anything tell them. Agree to receive their resumes.

At meetings of your professional association, give a little time to people who are job searching. People whom you treat well will remember you later, should you need help.

Get involved. Meet people with similar interests. Volunteer for professional leadership roles. Whatever role you fill, do it well. Your current demanding



If your boss is giving you impossible deadlines, critical memos, and assignments outside of your area and experience, he or she may be trying to force you to resign.

**It's
important
to redefine
yourself
and be
flexible.**

job that keeps you from giving more to your profession just may evaporate. Then it will be too late to start making positive contacts. Remember that the payoff isn't always immediate.

If you can't devote any time to volunteer activities, consider attending conferences. They're an excellent way to make professional connections and even lifelong friends. Someone you meet in a hotel elevator could be the person who throws you

a lifeline when you're foundering.

Keep meeting new people. The way to build an effective network is to want to know people and learn about what they do.

Never burn your bridges. Former colleagues can open doors for you. Keep tabs on where good people go when they leave your company.

My first forced transition was the result of a merger, which closed the corporate office where I worked. Everyone scattered to new jobs, providing incredible contacts.

Two years after the office closed, Universal Studios opened shop in Orlando. I got hired as the training manager because I called a former colleague who had been hired as the personnel manager. I wasn't even looking for a job when I called.

Assessing your career needs

When you're forced out of a job, you're not in the best position to make major decisions. You should consider various options to pursue in case you do lose your job.

To help clarify your options, seek out resources—such as Peter Block's *Flawless Consulting*. Read about changes and trends in business and in your profession. William Bridge's book *Job Shift: How to Prosper in a Workplace Without Jobs* (Addison-Wesley, 1994) contains some excellent exercises for assessing the options and making decisions about the future. For example, think beyond job descriptions and accomplishments to specify exactly what you had to be able to do in order to perform the jobs you've held.

If you do that while you're still employed, you'll have an advantage. Careers are mobile now. It's important to redefine yourself and be flexible. If you know your strengths and preferences, you can examine your options more creatively.

Keep your resume and job-search plan up-to-date. Keep track of the people who will provide references. Don't count on any one person to verify your past accomplishments. Companies go out of

business, records get lost or destroyed, and former supervisors can't be located.

Don't ignore calls from search firms while you're still employed, even if you're happy in your job.

Read employment ads regularly, even if you never apply for an advertised position. It helps to stay informed about the profession, salary trends, and the skills and experience companies are looking for.

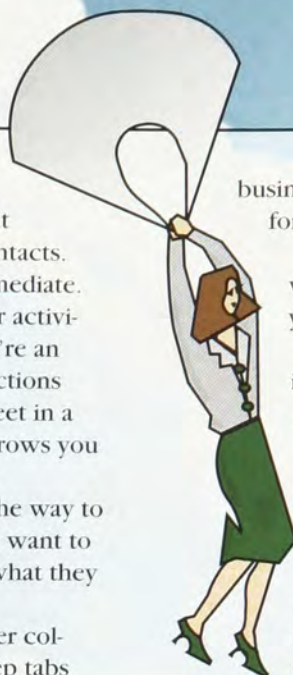
While you're still in your job, become familiar with organizations that you think you might like to work for if your current situation were to change. The more information you gather now, the less scrambling around

you'll have to do later. Learn the names of the key people in your targeted companies. Assess the companies' viability and trends that might affect their businesses in the future.

From time to time, assess your marketability by sending out a few resumes and seeing what kind of responses you get. It's better to find out while you have a job that your resume doesn't represent you well than it is to wonder, when you're out of work, why you can't get interviews.

Think of yourself as a business. You can sell your services on a long-term or short-term basis. But you're always on your own. No one else is going to take care of your career. You may sell your time to one organization at a time. But you and external consultants who sell to several companies at once are both in the same game: survival. You're always in the market for the next piece of work, the next assignment, or the next salary increase. You must be open to opportunities. And you must create opportunities for yourself.

You can also do things to help you stay employed in your current job. Evaluate your skills, develop them, acquire more, and keep them honed. Take courses, attend seminars, teach and get certified. Above all, never lose sight of what is happening around you and in your industry. ●



Assessing Your Personal Needs in Times of Transition

How you react to losing a job depends a lot on your personal style. It's best to conduct a self-assessment on your style before you actually need it.

A Myers-Briggs Type Indicator can be helpful. Such assessments characterize people as extroverts or introverts with different personality dimensions: thinking or feeling, judging or perceiving, and sensing or intuitive.

Extroverts generally have no trouble getting out and meeting people during a transition between jobs. But such strengths should be tempered with caution. During a transition period, people need to be focused and succinct about who they are and what they're looking for. They shouldn't say whatever pops into their heads. And they shouldn't do all of the talking. They need to listen more closely than ever before.

On the other hand, introverts tend to be prepared and focused before they speak. But they need to get out and meet people more.

Intuitive people tend to view things from broad, diverse perspectives. They may be good at creating new options during a transition. But they need to stay aware of the details. More narrowly focused people sometimes have to fight the tendency to get bogged down by daily issues. They also tend to consider only the usual options.

Some people find it easy to let their heads rule their hearts; others let their feelings dominate. During a transition, the thinkers probably have an edge. They're less hampered by a sense of loss and frustration.

Perhaps the strongest differences in dealing with a forced job change have to do with the judging/perceiving dimension of a Myers-Briggs profile. People whose style is judging tend to prefer routine and structure. If that's important to you, renting office space at an outplacement firm may be a good choice. Many people feel better and are more productive if they dress for work and have an office to go to every day.

People whose style is perceiving tend to be well-equipped temperamentally to deal with transitions. They may love the new freedom and have to force themselves to be systematic. Some perceivers may have to make themselves do something every day to keep the job search moving along.

It's important to determine the extent of your needs for affiliation, achievement, recognition, control, and nurturing. That will help you anticipate the difficulties you may experience during the transition between your old job and a new one. Personally, my need for affiliation is high. I'm a joiner. I get satisfaction from my relationships with people. I like being part of a team. Such needs make

forced transitions very hard for me and people like me.

If achievement is important to you, losing a job can hurt. You may feel as if your past accomplishments are no longer valid. It's also hard to satisfy a need for control during this time. A job loss can make you feel completely out of control.

Many people in human resource development like to nurture others. One constructive way to continue nurturing people during a transition period is to volunteer or become involved in professional job-search groups. That way, you're working on your own job search and helping others with theirs.

Don't put off looking for a new position by rationalizing that you finally have more time for your family. But do try to balance your family and personal life with your job search, just as you try to balance things when you're working.

Recognize that you may have negative feelings about your former company. Nurturing people tend to think that organizations need and reward such behaviors as loyalty. When a company lets go loyal employees, nurturing people may have trouble reconciling that action with their view of what the company was like.

If recognition is important to you, take home your awards and plaques and put them up. They'll bolster your spirit better if they're on the wall than if they're in a cardboard box.

DID YOU KNOW?

Job Market Tip #6: Most jobs are never advertised. In fact, one source estimates that 87% of all jobs never appear in the newspapers, but instead are filled by networking. The definition of networking in the 1990's, however, is dramatically different from that in previous years. It's no longer "Who You Know" but rather "Who Knows You" that now makes networking effective. The key to finding a great job in the 1990's, therefore, is to increase the number of employers who are aware of your expertise and experience. So, use technology to expand your contacts and work at your networking every day.

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*(Would you like to see our previous Job Market Tips? Just
give us a call and we'll send them to you.)*

Florida State sisters are proud to announce that they have held their most successful rush ever. They have 49 new members! The chapter is now looking forward to a triumphant homecoming with the Sigma Pis and the Phi Sigma Kappas. The sisters are also in the planning stages of their annual philanthropy entitled "Laugh Off." It is sure to steal the stage again this year.

Another big rush for the sisters at **Colgate University**. The chapter proudly welcomes 45 new members. Fall activities include a Commitment Night ceremony, homecoming tailgate and a Parents' Weekend Brunch. The chapter's annual Walk-a-Thon for Special Olympics in memory of Leslie Kempa is planned for late October.

Sisters from **University of Denver** spent a great deal of time and effort on their four rush theme parties. The result, a wonderful new member class. September's philanthropy was helping the Habitat for Humanity, a local volunteer group that aids in keeping up low income housing by assisting in painting and other housing repairs.

Sisters from the **University of Idaho** welcome 35 new women to the chapter and nine of them are legacies! The chapter's fall retreat was held at Adventures in Dynamics in Spokane, WA. Activities promoted working together, overcoming fears and trusting one another. The chapter was awarded the scholastic honor for the fourth consecutive semester.

Southeast Missouri State sisters are proud of their many accomplishments during their first year as a chapter. In retrospect the women have taken first place in the Lambda Chi Alpha Watermelon Bust, third place in Homecoming, Honorable Mention at the Tri-Delta Indoor Soccer Tournament and second place at the Delta Chi



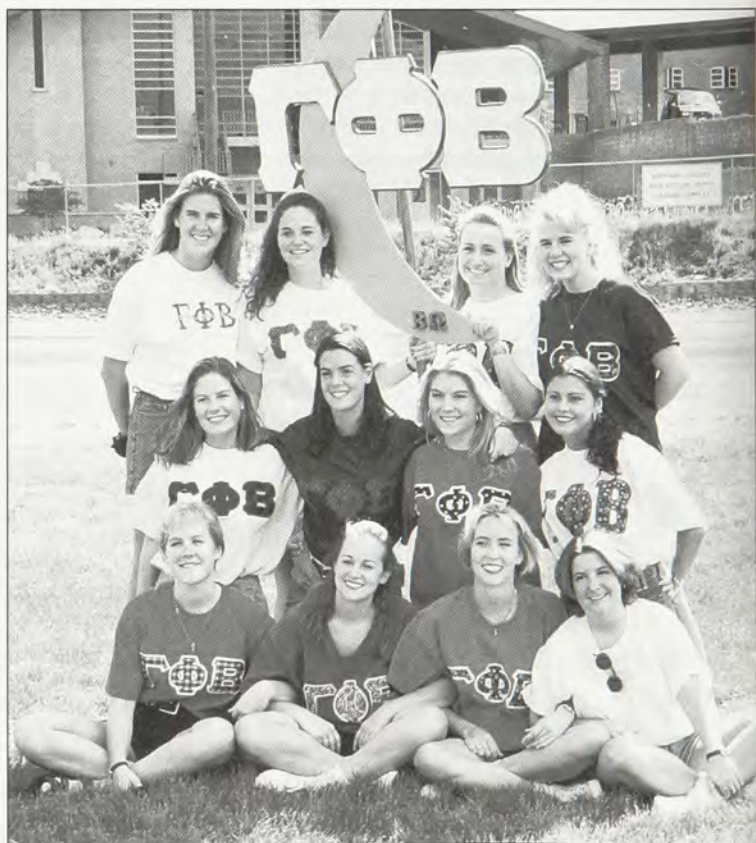
University of Oklahoma sisters gather to welcome their new members on Bid Day.

Volleyball Tournament. The chapter held their first formal rush and now welcomes 33 new members to their chapter.

Delta Chapter, **Boston University**, welcomes three new advisors: new member, financial and rush. The sisters, in recognition of the alumnae for their support, are preparing for a Founder's Day celebration in conjunction with the collegiate chapter from Bentley College.

University of Virginia members spent a day on the river — activities included sunning, tubing and catching-up following the summer vacation. The chapter then kicked into high gear for rush. Their efforts paid off as they welcomed a great new group of women to the house.

Eleven sisters from the **University of San Diego** have headed abroad to study for this semester. Gamma Phi Beta literally



Sisters from the Northern Arizona University gearing up for a great rush.



Sisters from the Arizona State University celebrate Bid-day.



Sisters from the University of Idaho attended Adventures in Dynamics in Spokane, WA. This fall retreat enforced working together, overcoming fears and trusting one another.



California State University at Sacramento sisters await the arrival of their new members.



Tau (Colorado St.) members relax during rush school.

has world-wide representation! The chapter held their first retreat and are planning a bus tour of the San Diego Zoo during Family Weekend. The members will participate in the San Diego AIDS Walk as well as a walk to raise

money for a fellow student who was paralyzed this summer. The chapter will again take part in the Greek system's Adopt-a-School program and a mock trial during Alcohol Awareness Week.

University of Oklahoma sisters welcomed 51 new members, giving the chapter the largest new member class on campus for the third consecutive year. The sisters are now gearing up for the intramural programs and are

hoping to win first place again this year. Fall activities planned include: homecoming with the Sigma Chis, University Sing with the Lambda Chis and the Gamma Phi Beta All-Greek Chili Cook-off.



Camp Sebelt, summer 1995. Contributed by Julie Tallerico, sister from University of San Diego who was a counselor at the camp this summer.

Sisters from **California State University** at Sacramento report a great fall rush, pledging over quota! The chapter is planning their camping retreat near Lake Tahoe as well as the Area Leadership Conference they will be hosting this year.

Oklahoma City University sisters adopted an American pink flamingo from the local zoo. The flamingo is now their official chapter mascot and the sisters are responsible for feeding the flamingo for one year.

Sisters from **Illinois State** put on their annual Mud Volleyball Tournament with the Alpha Gamma Rho fraternity. Over forty men's teams and twenty-five women's teams from Greek houses and school clubs on campus competed in the event. The mudfest was great fun and proceeds benefitted a local girls' camp.

Rutgers University sisters were proud recipients of many awards last spring at the Greek Life Advisory Board ceremony. The most impressive award received was the recognition of the chapter for exemplary performance in all major fields of operations,



Illinois State University sisters enthusiastically await the first day of rush.



Sisters from the University of Virginia dressed for their "On Broadway" rush party.

programs and activities with the chapter and campus community. This is the highest honor bestowed on a chapter at the university. The sisters also participated in Greek Week of Service on campus and won an award for community service and philanthropic events. The chapter holds the second highest GPA of all sororities on campus— only .046 away from first place. Great job!

Kansas State sisters focused their energies on improving their conversation skills and making Preference Night more memorable during rush. Their efforts paid off

as they held one of their best rushes ever!

Purdue sisters celebrated their annual Dottie Maccaw Scholarship Dinner last April. Mrs. Maccaw generously presents selected seniors with financial awards for their contributions to the chapter. Mrs. Maccaw was also the recipient of a prestigious award. She received her 50-year pin from Gamma Phi Beta.

Northern Arizona University chapter congratulates sister Mary Marceau who won a Senator-at-Large seat in student government.

Additionally, three of the chapter's members reside on the university's spirit line and the chapter's president, Jennifer Meyer, serves as Vice President for Student Affairs on campus. The chapter is also proud to announce the addition of 36 new members to the chapter. Preference Night brought a 98% return!

The Sisters of the Epsilon Delta Chapter (**Creighton U.**) have really started the school year off right! In September they hosted a golf tournament called "Get Teed Off" and raised money to help fight domestic violence. It was a great



University of Iowa sisters end their successful rush week by taking a drive with the men of Pi Kappa Alpha. Their mode of transportation . . . a firetruck!



Alumnae from the Inland Empire Alumnae Chapter welcome the seniors from the University of California at Riverside into their chapter. What a welcome . . . free dues for the first year!



Sisters from Kansas State all dressed and ready to go during rush this fall.

success! Members also had a wonderful time at "Gamma Phidental," a date party where they dressed identical to their dates.

Alpha Delta (U. of Missouri)—In addition to their great rush, members have been active with other Greek organizations. Whether it is Panhellenic, Alumnae Association Student Board or the Student Alcohol

Governing Board, Gamma Phi Beta is visible and active on campus.

Eight sisters from **Bradley** traveled Europe this summer. Participating in a study abroad program, they visited England, Belgium, Germany and Austria and shared the Gamma Phi Beta Pride!

Michigan State University sisters are proud to announce that they have 41 outstanding new

members. Beta Delta has kept busy since then with the alumnae at Homecoming, chapter retreat to Uncle John's Cider Mill and holding tailgates with the gentlemen of Delta Chi at every home football game.

Congratulations to **San Diego State University** on winning the 1994-95 Panhellenic Dean's Trophy, recognizing overall excellence in chapter programming.

CRESCENT CLASSICS



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for a complete catalog
of Gamma Phi Beta
Merchandise
or to place an order.*

*Custom Ordering
is also available.*





Alumnae from Northern Arizona University (1963) celebrate their eighth consecutive mini-reunion in Canada this past summer.

Alumnae from **Muncie, Indiana** met in July for a pasta buffet. The group are sisters from a variety of colleges and universities around the country.

The **Gainseville Crescent Circle** is now a proud member of the ever-growing number of alumnae groups across the United States and Canada. Congratulations and welcome to all the new members of the Gainseville Circle.

Orlando-Winter Park alumnae have joined together in a great many fundraising efforts this fall. Monthly meetings are held to discuss fundraising events and philanthropies. The American Diabetes Association Walktoberfest was the most recent benefactor of these efforts as the alumnae cheered for the participants all along the race and rewarded finishers with a goody bag.

Alumnae from the **Rochester, New York** chapter celebrated their 50th anniversary in 1995 and have worked together to reaffirm the goals and ideals of their



Oklahoma City alumnae proudly present a check to Gary Weeks, administrator of the Oklahoma Christian Camp's "Make Promises Happen" program.

sisterhood for the future. Fundraising efforts have been very successful with the chapter's garage sale last summer and most recently with their fall apple and pecan sale. Proceeds from these two events benefitted scholarships and local philanthropies. The alumnae were also recognized by the Hillside Children's Center for their many efforts with the center. "Apples from Alumnae" were sent

to new members at the **University of Rochester** on Bid Day as a welcome greeting.

Gamma Phi Beta is proud to congratulate Jill LaForge Jones (**Oklahoma University**, 1968) on the publication of her novel *Emily's Secret* which was released this past September. *Emily's Secret* is a romantic literary mystery about Emily Bronte and her secret



Orlando-Winter Park alumnae proudly display their Learning Award at the Province VIIIb Leadership Conference last April.

diary which describes how she came to write the literary classic *Wuthering Heights* and invent the character of Heathcliff, one of literature's all-time dark heroes. Jones currently resides with her husband in the Black Mountains in North Carolina.

Houston alumnae have shared their sisterhood at many gatherings in 1995. Events have ranged from: humorous and informative book reviews, fresh pasta cooking demonstrations, interior decorating tips and an evening at the theatre. The alumnae also supported the sisters at Texas Tech by donating items to the chapter house during rush week.

"Still crazy after all these years" is the motto of the alumnae from **Northern University**. These sisters, all class of 1963, have held mini-reunions for the past eight years. This past summer the alumnae reunited in Canada where their hostess, Jeanette Nicholls, acted as the tour guide through the Canadian Rockies. The alumnae look forward to many more years of friendship.

The **Piedmont** Alumnae Chapter helped to make a young girl's dream come true by sponsoring her to attend equestrian camp.

Gamma Phi Beta is proud of our Alumnae Panhellenic Presidents!

Shirley M. Ross
South Bend Mishawaka, IN

Becky Boyd Obarski
Naperville, IL

Shirley Tice
Ames, IA

Sharon Ward
Dallas, TX

Beth Wade Walsh
Galveston, TX

Carol Jory
Palo Alto, CA

Claire Borges
Sonoma County, CA

Monica Guitierrez
Hawaii

Wilma Joy Myers
Downey, CA

Jean Ann Glass
San Gabriel/Pomona Valley,
CA

Frances Recter
SCCAP, CA

Lee Slaten
Junction City/Ft. Riley, KS



Alumnae from Muncie, Indiana join together for a pasta buffet.



Six San Fernando Valley alumnae set sail on the "Queen of Holland" cruise ship. Their two week trip took them from Amsterdam to Vienna via the new Main-Danube Canal.



Sharon Ward, Panhellenic President, and Mary Jo Cater, Alumnae Chapter President, take a break at the annual salad luncheon/May meeting of the Dallas Alumnae Chapter.

Funds for this sponsorship were matched by the Gamma Phi Beta Foundation. The chapter's summer activities included a family picnic and a minor league baseball game. This fall the chapter has planned a garage sale. Proceeds will support their chapter, the Foundation and the collegiate chapter at **Clemson University**.

Happy Birthday to Helen Rose Dodd Winter (**University of**

Wisconsin, 1918) who turned 100 years old this past September 4th. Celebrations were held in Los Alamos, New Mexico with family and friends. Mrs. Winter continues to be an active musician in her community, swims several times a week and is involved in church activities.

Congratulations to Marcia Zimmerman Williamson (**University of Michigan**, 1944) on being

selected as a finalist in the J.C. Penney Golden Rule award for volunteer service. Mrs. Williamson was awarded \$250.00 to support the Friends of Mosquito Hill Nature Center, the organization that nominated her for this award.

Oklahoma City alumnae were proud to present the Oklahoma Christian Camp with a check to support their "Make Promises Happen" program. This program

provides facilities, trained personnel and activities for handicapped and ill adults and children at the Oklahoma Christian Camp. The annual fundraiser found alumnae selling tickets, operating a concession stand and even hosting a party for the cast, crew and audience after a dress rehearsal of a play at the Jewel Box Theater. The Gamma Phi Beta Foundation also provided a supplemental grant to the camp.

ALPHA

Phyllis Lee, '45
Helen Wheatley Johnson, '22

BETA

Helen Mary Bishop, '19
Lois Maher Slusser, '18

EPSILON

Nadine Munns Blumstein, '26
Joan Kunter Marseille, '55
Arlene Gibson Banks, '43
Elizabeth Wright Smith, '25

THETA

Beverly Conine Mason, '41
Dorothy Kellerman Simmons, '16

KAPPA

Helen Solem Sand, ** '28
(National Officer 1942-46)
Martha Shute Archer, '25

LAMBDA

Dean Lombard Brown, '21

MU

Jeanne Tangeman Harriman, '40
Betty Jane Binney Jordan, '39
Margaret Kalenborn Morse, '25

NU

Charlotte Alexander Wendel, '49
Peggy Cullers Boone, '32

OMICRON

Katherine Stubbs Gambrel, '21
Dorothy Blackhall Lenington, '24

PI

Mary Jean Lauvetz Hart, **** '40
Mary Ellen McKee, '39
Helen Rahn Hendrickson, '44

RHO

Jean Swift Keohen, '36

SIGMA

Ruth Morrow Roberts, '42
Dorothy Washburn Proctor, '19

TAU

Marion Woodward Spitler, '32

PHI

Carol Hohengarten Ramsey, '45

CHI

Elise Osburn Blisset, '28

PSI

Catharine Cooke Brown, '39
Lois Trueblood Walter, * '21
Nannie Hall, '25

OMEGA

Ruth Cole Edwards, '35

ALPHA BETA

Margaret Erie Holand, '26

ALPHA GAMMA

Patricia Boicelli Jordan, '67
Louise Gastanaga Baker, '29

ALPHA EPSILON

Lucile Chambers, '25

ALPHA ETA

Jane Ruble Weigle, '49

ALPHA THETA

Jeanne Allen Gaiser, '44

ALPHA IOTA

Carol Dressen Althouse, '52
Florence Andrews, '24

ALPHA LAMBDA

Marjorie Galbraith Dixon, '38

ALPHA NU

Alis Winwood Anthony, '47

ALPHA XI

Betty Graham Robinson, '46

ALPHA PI

Vera Hensell Watson, '30

ALPHA RHO

Ila Jennings Kimball, '30
Charlotte Andress, '30
Mamie Walker Bush, '30
Louise Keily Woodham, '30

Estate Planning and the Tau Epsilon Pi Society



The Tau Epsilon Pi Society—named for Gamma Phi Beta's Greek open motto, *Tethemeliemenae Epi Petran*, Founded Upon A Rock—honors members who have arranged bequests, life income gifts (annuities or trusts) or gifts of life insurance to the Foundation.

These gifts are the result of thoughtful estate planning. They provide the donor with current estate tax benefits and produce exceptional gifts that insure a strong future for the Foundation and members of Gamma Phi Beta.

The Foundation Director is experienced in assisting members and their legal or financial counsel in arranging gifts. Contact the Foundation Director at International Headquarters: 303/799-1874.

ALPHA UPSILON

Susan Furminger Weis, '60

ALPHA PHI

Salle Edwards Slothower, '42

ALPHA CHI

Mary Trumbo Ritchie, '41

ALPHA PSI

Ruth White Wood, '34

BETA EPSILON

Anne Smith Snodgrass, '55

BETA ZETA

Jeanne Fulweber Henniger, '47

BETA TAU

Cathryn Thronburg Short, '58

DELTA IOTA

Mary Allen Jakob, '80

* Merit Award

** Service Award

**** Carnation Award

Florence Andrews

Lois Abbott

Martha Archer

*Minneapolis/St. Paul Alumnae
Bridge Club
Eleanor Evenson Ericson
Greater Kansas City Alumnae
Luncheon Group (including
Dorothy Stone Haren, Hannah
Schooler Forman, Janet Hawes
Foley, Virginia Appel Nelson)*

Elizabeth Ginn Atkinson

Beta Lambda Reunion

Audrey Bell

Beta Lambda Reunion

Ann Bentley

Carol G. Blanchard

Rozella Widows Blacker

Nancy W. Welton

Jeanne Mooney Byers

Jackson Alumnae Chapter

Olivia Boezinger Byler

Edith Dobbelt Sawyer

Dorothy Davis

Beta Lambda Reunion

Roseann Heineman Dollard

Doris Nelson

Virginia Gustafson Drew

Linda Hallenbeck Pelegrino

Helen White Findlater

Elizabeth Evans Hyde

Kay Stubbs Gambrel

*Greater Kansas City Alumnae
Chapter*

**Mary Catherine Johnson
Grist**

*Marie Lancaster
Ernestine McDonald
Hannah Schooler Forman
Florence Louthan Gillham
Rosemary Lofgren Soli
Betty Sneyd Werner
Marion and Louise Everley*

*The nurses in the Neonatal
Intensive Care Unit at The
Children's Mercy Hospital in
Kansas City, Missouri.*

Helen Hoelzel Gumbinger

Carol G. Blanchard

Marion L. Hake

Stillwater Alumnae

Susan Hanzlik

Beta Lambda Reunion

Mary Jean Lauvetz Hart

*Ann Reese Cline
Edward Hart
Margaret Russell Havener
Ann and Jack Groves
Doris Gorden
Rev. Joanne Sallee Kernitz
Evelyn Schmitt
Marian Doty Bickford
Judith Coy
Jean Southard
Cathy Griffin
Philadelphia West Suburban
Alumnae Group
Deborah Freisheim*

Helen Rahn Hendrickson

*Barbara Craton Moore
Cleveland West Alumnae
Chapter*

Ruth C. Herzig (mother of
Joan Herzig Braitsch and Susan
Stephany, grandmother of
Kristen Stephany)
*Gamma Phi Beta Foundation
Trustees*

Linda McMenomy Holt

Beta Lambda Reunion

Helen W. Johnson

Syracuse Alumnae

Dorothy Blackhall

Lenington
Robert James Simonds

Anne McVey Lindamood

Shirley McVey Geiger

Scott Long (son of Jane Long)

Pat Pinney Kelley

Marilyn Olsen Lowell

Carol Hill VanSickle

Margaret Munro McLennan

Syracuse Alumnae

Hal McPherson (husband of

Kitty Higgins McPherson)
Psi Chapter

**Jane "Woody" Woodmansee
Morgan**

*William Morgan
South Orange County Alumnae*

Maxine Meyers Mullins

Beverly Honaker

Edith C. Noble

Syracuse Alumnae

William Nye (husband of

Cathy Willyard Nye)
Sun Cities Alumnae Chapter

Mr. W. P. Oehler (husband of

Mary Rost Oehler)
Phyllis A. Johnson

Mercedes James Perry

Nancy W. Welton

Dorothy Dana Procter

*Greater Kansas City Alumnae
Chapter*

Robert D. Resley (husband of

Regina Williams Resley)
*Joan G. Marks
Albuquerque Alumnae
Chapter*

Eva Cunningham Ritchie

*Nancy Hall Pawka
Geneva Shaw Thomas
Virginia S. Whitson
La Jolla Alumnae Chapter*

Carol Chapman Sides

Mary Jean Lauvetz Hart

Cathy Campbell Sitzes

Nancy Elle Beasley

William (Bill) L. Spahr

(husband of Barbara Morris
Spahr)
Mrs. J. Bernard Boyle

Elizabeth Wright Smith

Cecelia Buckner Bouma

Jane A. Crouch Stevens

Phyllis Baker Kriegel

Marcia Erickson Stough

Beta Lambda Reunion

M. Jane Tripodi

Syracuse Alumnae

Robert Warner VanLengen

(husband of Carol Freiburger
VanLengen)
Barbara Wessel

Opal Wilkins (mother of Judy

Wilkins Schumann)
*Sue Ann Fagerberg
Karen Kline*

Susan F. Weis

State College Alumnae Chapter

Ruth Miriam Wood

M. B. Thomas Hayward

Key:

In Memory of

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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.



The Gamma Phi Beta Foundation

Meeting the Challenges of Education

College tuition is skyrocketing. The typical college student today works an average of 20 hours per week. Students need financial assistance to stay in school and the Gamma Phi Beta Foundation is providing just that.

With the help of donations from members and friends, each year the Gamma Phi Beta Foundation is making magic happen for more than 40 deserving members by providing scholarships and fellowships to help students meet the challenges of education.

For the 1995-96 school year, the Foundation awarded the following fellowships and scholarships:

Fellowships

Erin Geisick, Theta

Lindsey Barbee, \$1,250

After graduating from the University of Denver with an accounting degree, Erin's fellowship is helping her fulfill her dream of receiving a Master of Accountancy degree also from the University of Denver.



Erin Geisick
Theta



Anita Bukowski
Gamma Pi



Amy Schwartz
Beta



Karen Andrews
Alpha Phi



Natalie Danner
Eta



Julie Firestone
Eta

Anita Bukowski, Gamma Pi

Four Founders, \$1,000

Anita is a graduate student at the University of Nebraska-Lincoln pursuing a Ph.D. in clinical psychology. Her goal is to become a pediatric psychologist.

Julie Dres, Delta Eta

Four Founders, \$1,000

Julie, who graduated from the University of California-Irvine, will use her fellowship to attend law school. Julie plans to provide legal assistance for people pursuing civil cases who could not otherwise afford an attorney.

Autumn Gray, Psi

Four Founders, \$1,000

Having just graduated from the University of Oklahoma with a degree in chemistry, Autumn began dental school in the fall of 1995. She plans to specialize in orthodontics.

Megan Prenger, Beta Rho

Four Founders, \$1,000

A former president of Beta Rho Chapter at the University of Colorado, Megan is applying her undergraduate degree in mechanical engineering and applied mathematics to a masters degree in atmospheric science at the University of Wisconsin.

Heather Procter, Alpha Gamma

Fern Holcomb Heath, \$800

Heather is using her fellowship to begin studying for a Master of Business Administration at the University of Nevada-Reno. Her goal is to become the director of a personnel department for a west coast-based corporation.

Tera Hamer, Beta Psi

Audrey Weldon Shafer, \$750

Tera, who served as president of the Oklahoma State University Beta Psi Chapter in 1994, is pursuing a master's degree in speech-language pathology. Tera's research interests include craniofacial disorders, physiological aspects of stuttering and fluency disorders.

Amy Schwartz, Beta

Beta Chapter, \$650

Amy is using her fellowship to complete a Masters of Business Administration dual major in materials and logistics management and human resources at Michigan State University.

Karen Ann Williamson Andrews, Alpha Phi

Louise Wyatt, \$1,000

Karen is fulfilling her lifelong desire to become an elementary school teacher. Having taught at the high school level,

Karen is now seeking a master's in education from the University of Denver.

Natalie Danner, Eta
Eta Chapter*, \$3,750

After completing her undergraduate degree in the Political Economy of Industrial Societies at the University of California-Berkeley and a 5-year career with Metropolitan Life Insurance Company, Natalie returned to school to complete her Ph.D. in medieval history at Brandeis University.

Julie Firestone, Eta
Eta Chapter*, \$3,750

Adding her work experience in sales and management consulting to her Masters of Business Administration degree from Columbia University, Julie's goal is to own a business in the consumer products industry.

Jennifer Lin, Eta
Eta Chapter*, \$3,750

Immediately after graduating from the University of California-Berkeley with a degree in sociology, Jennifer began a master's program in public policy. Jennifer believes a focused graduate program will enable her to grapple with complex social policy issues to improve the public sector.

Scholarships

Tanya Kleven, Alpha Beta
Ruth B. Fox, \$1,400

Cauri-Anne Miner, Epsilon Tau
Elizabeth Fee Arnold/Beatrice Hill Wittenberg, \$1,350

Gloria Wahhab, Epsilon Gamma
Irma Latzer Gamble, \$1,150

Stacey Shannon, Alpha Epsilon
Louise B. Tillotson, \$800

Amiee Hoffhines, Sigma
Jane Benton French, \$1,000

Ashley Gamble, Sigma
Jane Benton French, \$1,000

Lori Gasaway, Sigma
Jane Benton French, \$1,000



Jennifer Lin
Eta



Tanya Kleven
Alpha Beta



Cauri-Anne Miner
Epsilon Tau



Stacey Shannon
Alpha Epsilon



Amiee Hoffbines
Sigma



Lori Gasaway
Sigma



Shelly Mudd
Sigma



Beth Steffan
Gamma Mu



Nicole Alexander
Epsilon Gamma



Jennifer Meyer
Beta Omega



Pamela Ulijasz
Gamma



Jennifer Okal
Zeta Gamma



Andrea Fisher
Zeta Beta



Jennifer Frank
Beta Omega



Susan Jaltuch
Theta



Robin Hopkins
Alpha Xi

Shelly Mudd, Sigma
Jane Benton French, \$1,000

Ann Marie Owens, Sigma
Jane Benton French, \$1,000

Beth Steffan, Gamma Mu
Ellender Dickson, \$1,000

Nicole Alexander, Epsilon Gamma
Ellender Dickson, \$1,000

(Continued on the next page)



*Stella Kondonijakos
Eta*



*Tammy Hoobler
Beta Upsilon*



*Leigh Braverman
Epsilon Pi*

Rachel Wilson, Beta Mu
Ellender Dickson, \$1,000

Jennifer Meyer, Beta Omega
Ardis McBroom Marek, \$850

Pamela Ulijasz, Gamma
Ernestine Chubb Quinn, \$850

Jennifer Okal, Zeta Gamma
Ladyfood, \$750

Susan Hochhalter, Omega
Betty Luker Haverfield, \$700

Andrea Fisher, Zeta Beta
Orra Spencer Reid, \$650

Kristi Zumbo, Chi
Vera Virginia Hill Thayer Dick, \$600

Jennifer Frank, Beta Omega
Kathryn and John F. Winchester, \$700

Susan Jaltuch, Theta
Laura Francis Cottingham, \$600

Robin Hopkins, Alpha Xi
Dallas Alumnae/Alpha Xi, \$1,200

Amy Ford, Gamma Mu
Alpha Omicron, \$1,150

Stella Kondonijakos, Eta
Ellender Dickson/Eta Chapter, \$2,300

Moujan Malekafzall, Eta
Ellender Dickson/Eta Chapter, \$1,000

Donating Retirement Plan Income

Donating a retirement plan is an excellent and easy way to make a difference in the lives of our sisters. To do this, simply designate the Gamma Phi Beta Foundation as your primary or secondary retirement account beneficiary.

Retirement plans (including IRAs) are generally items of income earned by a decedent during life but paid to his or her estate after death. Such income may be included both in the taxpayer's gross estate and in the estate's income.

By naming the Gamma Phi Beta Foundation as the retirement account beneficiary, income and estate taxes may be avoided.

To donate the proceeds of your IRA or other retirement plan to the Gamma Phi Beta Foundation, simply contact your fund custodian to make the beneficiary amendment on the plan document. Then let the Foundation know of this designation so we may invite you to become a member of the Foundation's Tau Epsilon Pi Society.

Tammy Hoobler, Beta Upsilon
Beta Upsilon Award/Vanier Family
Foundation given by Mary Vanier, \$500

Book Awards

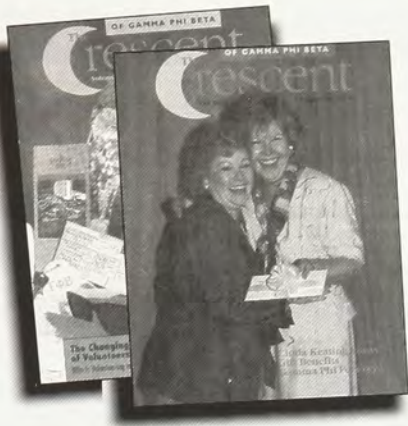
Leigh Braverman, Epsilon Pi
Fellowship Book Award, \$400

Sheri Silva, Delta Lambda
Fellowship Book Award, \$400

Our sisters—alumnae and collegians—need your help to stay in school and to return to school for graduate studies. If you would like to join the Gamma Phi Beta

Foundation in making magic happen for a sister, please send your tax-deductible donation to the Foundation office at 12737 E. Euclid Dr., Englewood, CO 80111. Or if you would like to apply for financial assistance for the 1996-97 school year, please call the Foundation Office at (303)799-1874. Deadline for applying is February 23, 1996.

**Eta Chapter has set up a special endowment for scholarships and fellowships for Eta Chapter members. If you would like to set up an endowment for members of your chapter, please contact Stephanie Hearn, Director of the Foundation.*



Fax 303-799-1876
or mail
Gamma Phi Beta International Headquarters
12737 E. Euclid Drive
Englewood, Co 80111

How are we doing at meeting your expectations? We would like your opinion!

What did you like in this issue? What didn't you like?

What issues [features/story ideas] would you like to see covered?

Where do you look first in *The Crescent*?

- ☐ Collegiate News
- ☐ IIKE
- ☐ Alumnae News
- ☐ Women & Health (new department)
- ☐ Other _____

What would you change if you could?

Future issues: what can you contribute?

- | | |
|--|---|
| <input type="checkbox"/> Job (personal experience, etc.) | <input type="checkbox"/> Financial security/tips & techniques |
| <input type="checkbox"/> Domestic violence | <input type="checkbox"/> Photography/ illustrations/cover ideas |
| <input type="checkbox"/> Gamma Phi Betas "On the Air" | <input type="checkbox"/> Other? _____ |
| <input type="checkbox"/> Eating disorders | |

Name _____ Chapter of Initiation _____

Address _____

Phone-Home (____) _____ Work (____) _____ Fax (____) _____

What can you contribute? _____

Sisters of Gamma Phi Beta

Thanks to everyone who responded to the Open Letter in the spring issue of *The Crescent*. I was not only pleased with the number of letters, but also with the depth of content.

International Council encourages all of our members to communicate their ideas concerning any area of the Sorority at any time. Gamma Phi Beta belongs to its members and it is important that all members know that their ideas will be listened to and appreciated.

Diane Thompson

International President

Thanks to Director of Foundation

Many may be unaware but Stephanie Hearn has worn many hats while maintaining the staff position at International Headquarters as Director of the Foundation.

Among those hats has been the editor of *The Crescent* for the past three years.

On behalf of Gamma Phi Beta, a sincere thank you for the quality and integrity you brought to the magazine.

Susan H. Grant

Colorado St.

Daughters touched by Gamma Phi Beta

I am writing this to share how Gamma Phi Beta was such a major factor in Mother's life, and in the lives my sister and me. After our parents were divorced in 1931, Mother began making children's clothes in our little apartment near the Country Club Plaza in Kansas City. The Gamma Phis were her supporters and her boosters through the early years of her fashion career . . . they even sponsored her first fashion show in the early 1930s and many of us Gamma Phi children were models. It is because of Gamma Phi Beta that my sister (Kappa Alpha Theta) and I (Delta Delta Delta) learned early on the true meaning of lifetime membership and lifetime friendship that come from sorority life. Bless you as you uphold the Panhellenic spirit that means so much to all of us.

Gloria Dana Netherton, daughter of Dorothy Dana Proctor (Sigma)

Gamma Phi Beta Sorority 1995 Awards

Service Roll

Kris L. Baack, Pi Chapter, Lincoln (NE) Alumnae Chapter

Camille A. Cestone, Beta Gamma Chapter, Chicago (IL) Alumnae Chapter

Patricia Lazos Giesea, Beta Lambda Chapter, Balboa Harbor (CA) Alumnae Chapter

Betty Ragenovich Kurkjian, Beta Lambda Chapter, Long Beach (CA) Alumnae Chapter

Loyalty Award

Kris L. Baack, Pi Chapter, Lincoln (NE) Alumnae Chapter

Doris Bird Gorden, Beta Gamma Chapter, Philadelphia West Suburban (PA) Alumnae Chapter

Merit Roll

Jean Keller Beeman, Alpha Upsilon Chapter, Philadelphia West Suburban (PA) Alumnae Chapter

Camille A. Cestone, Beta Gamma Chapter, Chicago (IL) Alumnae Chapter

Sara Mumford Coleman, Alpha Nu Chapter, Cleveland East Suburban (OH) Alumnae Chapter

Donna DeFabritus, Alpha Eta Chapter, Dayton (OH) Alumnae Chapter

Sue Young Fulks, Beta Chi Chapter, Wichita (KS) Alumnae Chapter

Christy Schmidt Gariety, Beta Gamma Chapter, Dayton (OH) Alumnae Chapter

Lee Kennedy Hardacre, Alpha Nu Chapter, Dayton (OH) Alumnae Chapter

Joy Hillerns Hesler, Kappa Chapter, Greater Kansas City (MO) Alumnae Chapter

Maxine Mayhew McDermott, Tau Chapter, Fort Collins (CO) Alumnae Chapter

Barbara Davis McKewen, Beta Lambda Chapter, San Diego (CA) Alumnae Chapter

Jane Rowan Mott, Omega Chapter, Dayton (OH) Alumnae Chapter

Gretchen Haller Reiter, Beta Alpha Chapter, Greater Orange County (CA) Alumnae Chapter

Ann Williams Ross, Psi Chapter, Norman (OK) Alumnae Chapter

Kathy Gamet Stephenson, Sigma Chapter, Greater Kansas City (MO) Alumnae Chapter

Ann Tuthill Storms, Alpha Chapter, Bergen County (NJ) Alumnae Chapter

Geneva Shaw Thomas, Beta Lambda Chapter, LaJolla (CA) Alumnae Chapter

Move Over Martha Stewart

The culinary road traveled by Fran Michael Folsom (Minnesota) began in the beef and potatoes world of Minnesota, wound through the best cooking schools in the United States and Europe, and ended up at the foot of Pikes Peak in

Colorado Springs, Colorado. Today Fran Folsom enjoys the reputation of being Colorado Spring's best known cooking teacher and home entertaining specialist, and is credited with introducing Colorado Springs to a broad and sophisticated culinary world.

Fran's transformation from Mid-western basic beef to 90's style "knock-em dead"

cuisine began with a home economics and business degree from the University of Minnesota and a job with Hotpoint in the 1950s writing instruction booklets and testing freezers with recipes she'd create.

Colorado Springs was one of the stops on her travels across the country to demonstrate appliances. "I looked up at

(Continued on page 28)

Commanding Respect in a Mostly Male World

Submitted by Dorothy D. Welsh (U. of Oklahoma)

Not many women achieve stature in the field of engineering, particularly aerospace engineering, unless they can overcome the intimidation of being a woman in a mostly male world.

Donna Lee Shirley (University of Oklahoma) is such a woman.

Donna now heads the new Office of Mars Exploration at NASA's Jet Propulsion Laboratory. She is a 30-year veteran of space mission design and planning. She acted as the "Voice of Mariner 10" during the Venus and Mercury encounters in 1973-74. Donna also acted as the "Voice of Voyager" during the Uranus encounter in 1986 and Neptune encounter in 1989.

She was a member of the advanced technology advisory committee which provided oversight and reporting to Congress on NASA's application of automation and robotics to the space station, 1985-87. She was a member of the NASA group which planned human missions to the moon and Mars, and led a study to improve NASA's project management.

The deputy director of JPL, Carry Dumas, indicated in an interview that they needed someone to head the Office of Mars Exploration who could juggle the many facets of a space mission, which included educational outreach and international cooperation. He thought it was difficult to find all the qualities needed to fill the position but that Donna had all those qualities.

The Mars Exploration program is sending two robotic missions to Mars every 26 months from now through 2005. In 1996, an orbiter and a lander will be launched. A passenger on the lander is a small rover which will move over the surface, taking pictures and making measurements.

Donna participated in both the current version of the rover and the original larger version.

The rover, originally called "Rocky," is now called "Sojourner Truth." The name was changed after a children's essay contest. The winner of the contest chose "Sojourner Truth" as the name for the rover.

Due to budget cuts for NASA, the original full-sized rover, similar to the one which landed on the moon, became a small vehicle which is roughly 25 inches long and 18.1 inches wide.

The challenge for Donna and her team, however, has been no different than with a full-sized vehicle. They have had to deal

with the same challenges for mobility, computation, thermal control, power and telecommunications.

According to friends, Donna is not only brilliant, but also not easily intimidated. She commands respect in a mostly male world because she is knowledgeable in her field.

Donna was the only female in her undergraduate classes in aerospace engineering at the University of Oklahoma, and was one of the few women in graduate classes at the University of Southern California-Los Angeles. She has a degree in professional writing as well as aerospace engineering.

One of Donna's former roommates noted that she had read numerous science fiction novels while at OU. Becoming a technical writer at McDonnell Aircraft in St. Louis, together with all that reading, helped spur the incentive to complete an aerospace engineering degree and go to work for NASA.

Also, while at OU, Donna received a commercial pilot single engine land and sea rating as well as a multi-engine land rating. She also became a flight instructor at OU.

Donna's honors include being a senior member of the American Institute of Aeronautics and Astronautics, and being one of the Outstanding Young Women of America in 1971.

She has also been named senior member of the Society of Women Engineers, and is the recent past president of the Cal-Tech Management Association.

Although her work load is heavy, Donna still finds time to be a "mom." She and her 18-year-old daughter, Laura, occasionally have time for traveling and skiing. They have even done acting and singing. Performing together, they have been in musicals and plays at Cal-Tech and in Alhambra.



Pikes Peak from Bijou (street) and thought, "This is the most beautiful place in the world," she said. Fran and her husband moved to Colorado Springs in 1968 and ten years later, she began teaching at the newly opened Little Kitchen at The Broadmoor.

When she had the opportunity to travel, she was frequently drawn to cities with famous cooking schools. In her travels she attended Marcella Hazan's original school in Bologna, Italy and Peter Kump's school in New York. She not only brought back recipes to teach at The Little Kitchen; she brought the famous chefs themselves to teach three-day cooking schools! Hazan, Jacques Pepin, Paula Wolfert and Martha Stewart were among the famous chefs she brought to The Little Kitchen during the eight years she ran the program there.

When Fran quit teaching about eight years ago she turned her energies to home entertaining, dazzling her guests with well-planned and interesting menus. "The hardest thing is to choose the menu," she said. She keeps a log of her dinner parties with the date, guests, menu, recipe sources, wine served and whether it went well with the meal. She judges the success of the meal by how long guests linger at the table talking after the meal is finished.

She offers this advice to cooks who feel overwhelmed at the prospect of giving a dinner party:

- Avoid dishes that require last-minute work
- Avoid pasta for large crowds
- Balance difficult dishes with simpler ones
- Do as much as you can the day before; partially prepare things if you can
- Serve what is in season

Among her more than 250 cookbooks, her favorites include a 1960's edition of "The Joy of Cooking" and one of Julia Child's first cookbooks. "I love to go to bed at night and read a cookbook. It's just the best time of the day for me," she exclaimed.

Despite her world travels and study, Fran still considers herself an American cook. "One of the great things about America is that we have so much variety," she believes. "I think we have the skill to take dishes from different countries and put them together and they work."

From Teens to Seniors

Paula Walker McDevitt (Indiana) is equally at home working with teenagers as she is with senior citizens. For the last ten years Paula has worked with both age groups in various positions at the Bloomington, IN Parks and Recreation Department. In June 1995 she became director of the Older Americans Center in the same building where she previously was the teen program coordinator. In talking about her new job, she said "I'm not a stranger to anyone," referring to the time she was assistant program director at the Older Americans Center while a university student.

While facilitating and programming have been her duties with both teens and seniors, her methods change depending on the group. "With teens, you must track them down at school, call to remind them about things, because there's so much going on in their lives and one thing may quickly replace another in importance," she said.

As for the seniors she works with, she comments "They've had a career, run households and families, so they are organized. When you set a date for a meeting or activity, they show up on time and ready to go. They are all so busy, so organized, I have to work to keep up with them."

Whether working with teens or seniors, she helps them realize their ideas and plans. In contrast to the teens, who are less likely to show their enthusiasm or express what they'd like to do, "seniors know what they want to do and they know how to discuss their plans," she noted.

Paula enjoys her new job. "While working at my desk, I sometimes hear the laughter or the kidding around the pool or card tables. There's a great energy going on here. The people I've gotten to know are generous with sharing their lives, telling me about their hobbies or experiences. I've learned a lot."



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Help for the Heartland

The day before the terrorist bombing in Oklahoma City, Demetra George (n. Debbie Giannopoulos, Oklahoma City) was busy caring for her chicken pox-plagued family in Jupiter, Florida. Daughters Devran, 10, and Deniz, 8, were first to fall ill, followed by her husband Mike Mustafoglu. That night she slipped away for a few hours to go to the Gold Coast Opera in Ft. Lauderdale where she was singing the lead in "The Merry Widow."

The next day, April 19, 1995, when national networks flashed pictures of the bombed Alfred P. Murrah Building in Oklahoma City, Demetra couldn't believe her eyes. Oklahoma City was her home, where she had grown up and been Miss Oklahoma to Miss America and Miss Teenage Oklahoma. She couldn't eat or sleep for three days. Her heart hurt and her soul cried out to help. After days of agony and unanswered phone calls home, Demetra decided she could best help fellow Oklahomans by presenting a concert/fundraiser she dubbed "Help for the Heartland—With Love from Florida."

Demetra, a nationally known opera singer, quickly went to work. She enlisted her friends in the arts community to perform. Her husband and parents pitched in, as well as friends Kay Purin, Sherri Louise and Sandra Cundiff who handled the details. Together the women became known as "the mommies on a mission" as they worked at a breakneck pace to put the show together.

On May 5, after nine frenzied days of planning, 40 acts of every shape and size representing the arts community of South Florida came together at the Palm Beach Community College's Eissey Campus Theater before an emotional audience of nearly 800 people. As much as everyone enjoyed and appreciated the performers, most in the audience agreed that the real star of the show was Edye Smith, the 23-year-old red-haired mother who lost her sons, Chase and Colton, in the blast. Edye, who stayed with Demetra and her family while in Florida, attended the concert to thank the audience on behalf of all the victims. Other Oklahoma guests included Lt. Governor Mary Fallin and her husband Dr. Pat Fallin, and Shirley Foutz, the Oklahoma City liaison for the Heartland Concert. It was an emotional moment when the Oklahoma guests were reunited with the Metro Dade Rescue Force 1 Team and their dog Aspen that had worked at the disaster scene. As one of the evening's songs paraphrased a Rodgers and Hammerstein song from the show "Oklahoma," "Oh, the Sooner and the Gator should be friends," so passed the evening in friendship and healing for Oklahomans, Floridians and all Americans.

"It was amazing the way people gave of themselves to make the concert happen," said Demetra. "There was no money in this for anybody except the bombing victims." The concert raised approximately \$20,000 for the Governor's Victims and Family Relief Fund of Oklahoma City. Demetra was ecstatic when William Koch, chairman of Oxbow Energy Group (where her husband works) and 1992 America's Cup winner announced he was matching two to one every dollar raised!

Following the concert, Florida Governor Lawton Chiles called and congratulated Demetra and the "mission moms" on their kind deed and informed them he was nominating them for his annual Florida's Finest Award. As a result of the concert, Ed Eissey, President of Palm Beach Community College, appointed Demetra the Artistic Director of a new Lyric Opera Theater. The group will provide family entertainment using Florida's best talent and each show will donate a portion of its proceeds to a charity.

Reflecting on the concert, the Oklahoma City University trained soprano said, "The people of Oklahoma have great values and a deep love and appreciation of all life. The values and education I received while growing up helped me get where I am today. This concert was a small way for me to repay my fellow Oklahomans." After the concert, Demetra had plenty of time for reflection. She came down with chicken pox!



Home Healthcare Champion

Those in need of home health care in Santa Barbara, California have a champion in Jane Bacheller Haberman (Colorado State). Jane recently began her second term as chairman of the board of directors of the Santa Barbara Visiting Nurse Association (SBVNA). Begun in 1908, the Santa Barbara Visiting Nurse Association is the oldest and largest provider of home health care and hospice services in the area. Jane came to the SBVNA by way of the Hospice of Santa Barbara where she served for 15 years. She was instrumental in the collaboration of Hospice and the SBVNA and was one of three Hospice board members elected to the SBVNA board.

Jane is also a tireless worker for Delta Psi Chapter (University of California at Santa Barbara) where she has served as an advisor or on the house corporation board since the chapter was colonized in 1983. She is currently president of the house corporation. Jane is a member of the Gamma Phi Beta Foundation's Tau Epsilon Pi Society.

In Michigan, She's the News

For reports on the latest local, national and global happenings, television viewers in Marquette, Michigan tune to Laura Hatch (U. of Colorado). Laura serves as an on-air news reporter and anchor for WLUC-TV6. Since joining the station last July, Laura has also served as full time news producer.

Women & AIDS

"There are only two kinds of people in this world: People living with AIDS and people at risk for HIV. Those not already infected can make a choice about which they want to be."

— Dazon Dixon, director of Sisterlove, a group for women with HIV in Atlanta, Georgia

By Danice Rinderknecht (Theta)

THE FACTS:

It is estimated that as of 1995, one-half million Americans will have been diagnosed with AIDS. This is a population equivalent to the size of Alaska. Three-fifths of these people will have died. This figure does not include those who are HIV-infected but not yet diagnosed, an estimated additional 1 million Americans.

Three thousand women worldwide contract HIV every day. This means that by the year 2000, more than 13 million women will have been infected with HIV. Four million of these women will have died.

In the United States last year, at least 16,000 women developed full-blown AIDS.

According to the World Health Organization (WHO), women are the fastest growing group of new cases of HIV infection worldwide. By the year 2000, the number of new infections in women will equal that of men.

The Center for Disease Control and Prevention (CDC) reports that cases of HIV in women are increasing by 17% per year. While the prevalence of the disease is leveling off in the population as a whole, it shows no signs of slowing down in women.

It is estimated that three million women worldwide will die of AIDS in this decade. Still little is known about disease progression or treatment in women, as virtually all studies have been done primarily with men.

AIDS is the fourth leading cause of death in women ages 25 to 44. It is the third leading cause of death in young minority women, and has surpassed suicide and homicide.

As of 1992, more women are being infected with HIV through heterosexual sex than through IV drug use. (That's right, the number one risk factor for women to get HIV is heterosexual sex.)

Ten percent of all women diagnosed with AIDS are over the age of 50. Twenty-three percent of those women are over the age of 65.

Forty-three percent of women over the age of 65 who have a new diagnosis of AIDS will die within one month. Of women aged 50 - 64 years of age, who have a new diagnosis of AIDS, 39% will die within one month.

One in four new cases of HIV in the U.S. occurs in people under the age of 20. The most rapidly growing group of infected individuals is teenage women.

Sixty-five percent of women contracting HIV are between the ages of 20 and 50.

A study in New York City revealed that only 26% of women who are at risk for HIV use condoms as protection.

While lesbians are one of the lowest risk groups, transmission of the virus can occur in female to female sexual contact.

In HIV infected people, women are 33% more likely to die than men in the first 15 months of active disease. In twice as many women as men, death is the first sign that the virus has progressed.

WHY ARE WOMEN SO VULNERABLE?

Many women do not realize they are at risk and so do not take proper precautions. This is particularly true of teens and middle-aged women. Any time a woman has a change of life cycle status (i.e. divorced, widowed, new relationship), she is at increased risk for contracting the virus. Unfortunately, many women are not aware of a partner's non-monogamous behaviors.

In addition, women's bodies more easily facilitate taking in the virus. The vaginal surface is prone to small tears during sex. This is accelerated in the post-menopausal period when the surface thins because of hormonal changes.

Other facts include: women are family caregivers and tend to neglect their own health care, social roles often do not empow-



er women to make sure precautions are taken, and men tend to have had more sexual partners and therefore spread diseases to new partners.

SYMPTOMS IN WOMEN:

HIV initially has no symptoms in men or women. Early symptoms unique to women include chronic or recurrent yeast infections and more significant cases of pelvic inflammatory disease. It is commonly associated with all sexually transmitted diseases (STDs) including chlamydia, trichomonas, bacterial vaginosis, syphilis, herpes and gonorrhea, as well as the human papilloma virus and precancerous changes of the cervix.

HIV & CHILDREN:

The increasing rate of HIV and AIDS in women, especially those in the child-bearing years, unfortunately means more and more children are contracting the disease. According to WHO, more than 1 million children have been infected with HIV through maternal transmission. Of these, the majority will die by age 5. In addition, 80,000 American children will be left motherless by the year 2000 because their mothers have succumbed to AIDS.

A recent study did reveal some encouraging news. When women who have HIV or AIDS receive AZT (an antiviral agent) during labor and delivery, their infants are 67% less likely (a reduction from 25% transmission rate to 8%) to contract the virus. Many obstetricians and family doctors are now routinely testing for HIV during prenatal care, so that these women receive more appropriate care. Of course, the most important strategy in preventing HIV infection in children is to prevent HIV infection in women.

PREVENTION:

- Remember, you are at risk, no matter what your age, ethnicity or walk of life.
- Empower yourself to make sure you are protected whenever you decide to have sex by using appropriate barrier methods (i.e. condoms and spermicidal gel or foam, dental dams, etc.). Seek a respectful relationship in which this can be done.
- Discuss risk factors and testing with your physician. Get tested if there is any question.
- Get tested if you become pregnant.
- Seek good STD care.
- Support research into HIV and AIDS in women including development of new protective devices and treatment options. The female condom is available in some markets!
- Reduce your other risk factors including IV drug use.
- Question the role of sexual discomfort, gender norms and sexual coercion in this epidemic.
- Abstinence. ●

“The very worst thing a woman
can do. . . is nothing.”

*(Zena Atein, co-director of NY State's HIV Center for
Clinical and Behavioral Studies)*

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.

Fall '95 Crescent

The quote on the cover is fabulous! It took my breath away when I read it.

Sbaron Witt Dunbam
Alumnae Vice President

I am distressed at this new practice of listing the birth of babies without the father's name being included. It is ever more important to reinforce family structure. Please reconsider this misguided

feminist gesture. Babies have parents not just Gamma Phi mothers.

Frances Green
Alpha Theta '44

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.

It may be time to refresh the section called PACEsetters. These really neat women were presented in a very average way. Can we snaz-it-up?

Rebecca Boyd-Obarski
Omega

Editors note: The magazine is undergoing a face-lift.

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14. CC/07-G	Crest Lavalier	—	—	27.00	—	19.00
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CONGRATULATIONS

Kris Riske winning the Varner Award from Frances R. Griffin, Barbara Wessel and Carol Caruso.

Kristen, daughter of Penny Nichols, for high school graduation from Linda M. Zuffa.

Chris Amos on her July wedding to Dave Rinehart from Debby Samaras, Cindy McNamara, Terry Schatzle, Krista Davis, Joanne Meloro, Jan Mejia, Linda Johnson, Nancy Schellhase, Pattie Yee, Allison Martin, Missy Morrison, Cathy Griffin, Mary Knaup, Adra Cheek, J.J. Kaelin, Suzanne Williams, Mary Beth Holzbach, Terri Briggs, Nancy Ann Thompson, Marty Pool, Diane Thompson, Buff Baird, Fran Lapham, and Cinda Lucas.

Linda Bain on her engagement to Steve Kerlovich from Deborah Ulbrick.

Edna Hanlon for 10 years of service at Gamma Phi Beta International Headquarters from Billie Molina and the 1995-96 CLCs.

Cinda Ogden on her marriage to Mr. Steven Lee from the St. Louis Alumnae Chapter Executive Board.

Janette Lampe on being selected as a candidate for the Leukemia Chapter's Woman of the Year from the San Diego Alumnae Chapter.

June Skalecky on the completion of clown school and her volunteer work at Kaiser from the San Diego Alumnae Chapter.

Lisa Hintze's new position as Director of Programs from Susan Grant.

Kristen Stephany on becoming Vice President of a credit union from the San Diego Alumnae Chapter.

Joanne Meloro for completing a job well done as Director of Operations-East. "We will miss her" from PCDs and NCDs.

Laura Hatch on her new position as a reporter in Marquette, Michigan from Susan Grant.

Beta Mu Chapter HCB for paying off one note due to the Sorority from the Financial Advisory Board.

Delta Iota Chapter HCB for paying off one note due to the Sorority from the Financial Advisory Board.

The incredibly successful reorganization rush at our Gamma Phi Chapter (Auburn University) from Marsha S. White (PCD VIIIa).

Province VIIIa's fantastic rush results from Marsha S. White (PCD VIIIa).

Stephanie Hearn's engagement to Ed Wassom from Susan Grant.

The Foundation PR Committee's great work from Julie Vowell.

BIRTHS AND BIRTHDAYS

The 40th birthday of Roxane Rockwell Bomersine from Kim Phillips.

The birth of Elizabeth Sara-Marie Seitz on April 3, 1995 from her parents, Mike and Victoria (Bychok) Seitz, and her siblings, David and Katherine.

To Julie Hart Lawson on the birth of Makenna Hart Lawson from Allison Martin and the LaJolla Alumnae Chapter.

The birth of legacy Leslie McMann from the Princeton Area Alumnae.

The birth of Leslie Lauren to Bill and Cathy Frost McMann ('80) from Cathy Griffin.

Samantha Arden Morrison (Clarice Morrison's first grandchild and a legacy) from Melba Spurrier.

In honor of my new granddaughter, Samantha Arden Morrison, born July 26, 1995 from Clarice Morrison.

SISTERHOOD

The strength of Elizabeth Hert Lincoln from Charlotte Mason.

Donna Stoner who jumped in with both feet and has not stopped serving Beta Lambda collegians and the San

Diego Alumnae Chapter since her initiation from Barbara McKewen.

Ann Copeland Milburn for her many years of sisterhood and for sharing her cool headed, tactful pieces of wisdom. . . and for guiding the San Diego Alumnae Chapter as President and Treasurer from Barbara McKewen.

Joyce Ebner Ross's time served on the Beta Lambda HCB and recent election as President of the San Diego Alumnae Chapter.

The Greater Orange County Alumnae Chapter for being a Diamond Circle of Excellence Chapter for four years in a row from Sonja Hernandez.

Receiving the Ardis McBroom Marek Scholarship from Jennifer Meyer.

Sue Price Zwirz as Tallahassee Alumnae President. "You've gotten us going!" from Rosemary Bunn.

Gayle Dudley Carlton as Beta Mu Rush Advisor. "Great job!" from Rosemary Bunn.

Megan McGonagle as Beta Mu Rush Chairwoman and quota-plus for fall '95 from Rosemary Bunn.

Joey Stiver for serving as chairwoman of the Foundation from Frances R. Griffin.

"Thank you to Barbara Hurt-Simmons for her dedication and service to the Epsilon Theta Chapter during our summer rush school and her support throughout our fall rush. Thank you to our enthusiastic CLC Jennifer Tunks for her service in our initiation and rush school," from the sisters of Epsilon Theta at Clemson University.

In recognition of Kristen Heine, CLC, for the great job she's doing from Mary Beth Holzbach.

Mary Diaz for being a wonderful, dedicated sister. Good luck in your future from the sisters at Delta Delta.

**Jennifer knows
how to avoid the
blows of her
frustrated father,
how to comfort
her frightened
mother and how
to care for her
younger siblings.
But she doesn't
know how to be
a child.**

**Gamma Phi Beta
sponsored camps
... where kids
can be kids.**



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