

OF GAMMA PHI BETA

The Crescent

Volume 97 No. 1

Winter 1997



Building Tomorrow's Leaders

1996-97 Scholarships and Fellowships on page 26

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On the Cover

Gamma Phi Beta congratulates the 1996-97 graduates on their achievements and wishes them success as they look to the future.

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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. Periodicals postage paid at Englewood, CO and additional mailing offices. Copyright 1997, Gamma Phi Beta Sorority.

Postmaster: Send address changes to *The Crescent*, Gamma Phi Beta Sorority, 12737 E. Euclid Drive, Englewood, CO 80111-6445. Printed in the U.S.A. **Subscribers:** Send changes of address, notices of marriages and deaths to Gamma Phi Beta Sorority, 12737 E. Euclid Drive, Englewood, CO 80111-6445. Phone: 303-799-1874. Fax: 303-799-1876.



Member of the College Fraternity Editors Association



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Kansas State sisters made quite a showing at Convention this year as over 20 sisters were in attendance.

You Can Make a Difference in Gamma Phi Beta

By L'Cena Brunskill Rice,
International President

Enthusiastic, academic, loyal, dedicated—are some of the words that come to mind when I think of the hundreds of alumnae who continue their “lifetime membership” in Gamma Phi Beta as Greek-letter advisors. **ENTHUSIASTIC** because they actively volunteer in over 100 Greek-letter chapters in one of the many advisor roles. **ACADEMIC** because they value the excellent education they received and are continually recruiting the best and brightest prospective Gamma Phi Betas from across the United States and Canada. **LOYAL** because members of Gamma Phi Beta started their commitment as students and continue supporting the Sorority with their time, talents and financial resources throughout their lifetimes. **DEDICATED** because they know that their continued involvement in their chapters and their communities reflects well on Gamma Phi Beta to make the difference between a good and a **GREAT** Sorority.

Where would you go if you really wanted to “Make a Difference in Gamma Phi Beta?” You would go to your nearest collegiate chapter and offer to be an advisor. This is the ideal way to give back some of the support that was so important to you as you went through your college experience. Gamma Phi Beta is a support group for women. The advisors are the leaders of this support group. They are the pivotal point

behind the success of the Sorority. They are the ones who commit the collegians to action.

We spend time mentoring students because we know it helps them achieve academically and bond emotionally. Gamma Phi Beta provides workshops and training sessions for advisors because it helps them become successful leaders and model the true meaning of sisterhood. Gamma Phi Beta advisors instill vision, meaning and trust in collegians. They make Sorority programming exciting, promote the development of life skills, encourage women to take advantage of the programs dealing with women’s issues and offer members the opportunity to experience personal growth in a safe and nurturing environment.

The university is a place for women to learn and grow. One of my very special advisors once said to me, “Advisors work with growing people,”



L'Cena Brunskill Rice

with the word “growing” used in the way it is with plants. The individual plant does the actual growing just as our individual members do, but there are a number of things which can be provided that will improve the environment, and lead to a more healthy and balanced kind of growth. The advisor’s role is that of listening, asking questions, and trying to assist these growing women as they learn to work through and solve their own problems.

Gamma Phi Beta strives to assist her members throughout their lives to grow spiritually, intellectually, socially and physically. Gamma Phi Beta needs strong advisors to assure this growth. Consider what contribution *you* can make, then call International Headquarters (303-799-1874) for your local contact. ●





Southern California Alumnae committee for "Celebrate the Magic of Gamma Phi Beta," a benefit for the 1998 international Convention to be held June 23-29 at the Marriott in Newport Beach.

Southern California alumnae hosted "Celebrate the Magic of Gamma Phi Beta," a benefit auction held at the acclaimed Village Crean Estate in Newport Beach. The afternoon featured a silent auction, music, strolling magician and fortune teller. Over 150 Gamma Phi Betas, spouses and friends gathered for this special event. Over \$13,000 was raised to benefit the 1998 international Convention to be held at the Marriot June 23-29, 1998.

The New York City Alumnae Chapter celebrated New York Cares Day '96 with 8,000 other New York City volunteers on October 19. The day-long event gave New Yorkers the chance to restore and revive 100 inner-city schools to help make each one a brighter and safer place for children. The New York City Gamma Phis were assigned to Public School 150 in Queens, where they painted stairwells, reorganized a closet for the third grade teachers and helped create a mural in the gym. On October 20th they rallied again for another day of giving. Despite rain, Gamma Phis



Greater Kansas City alumnae Terri Huntington, Pam Adams and Kathy Stephenson present a check to Bill Reed, general manager of KCPT, Channel 19. The alumnae's Antique and Garden Show philanthropy has raised nearly \$58,000 to support Channel 19 in the past two years.

participated in the American Cancer Society's "Making Strides Against Breast Cancer Walk." A busy weekend—but worth it!

The Tulsa Alumnae Chapter recognizes Ann Briley for receiving the State and South Central Division Certificates for Out-

standing Service to Veteran Patients. Ann was a runner-up for the National Certificate. Congratulations, Ann! Chapter news... the Tulsa group held a "Meet and Greet" for area collegians in June and a Happy Hour in September to get members geared up for the new year.



Heather Kalb (Wittenberg, '86) and Jocelyn Peskin (Rutgers, '90) take a break from their sea turtle research at Playa Nancite in Costa Rica. The two were surprised to learn that they were both Gamma Phi Betas with the same birthday!

ANNOUNCING
Annual House
Corporation Board Meeting

Beta Alpha Chapter
737 W. 28th Street
Los Angeles, CA 90007

February 24, 1997
at 5:00 p.m.

The St. Louis Alumnae Chapter is proud of their tradition of creating unique and attractive scrapbooks and this year's effort was one of the best ever. Donna Davis Prior's scrapbook, entitled "What's Cooking at St. Louis," is the result of two years of collecting memorabilia and photos of the chapter's activities.

The Tampa Bay Area Alumnae Chapter presented its first \$500 scholarship to Robin Black at Florida State University. The alumnae expect to award a schol-



The St. Louis Alumnae Chapter proudly presents their \$1,000 contribution to Camp Wyman. Proceeds will benefit 1996 camperships.



Fort Collins alumnae welcome six graduating seniors from Colorado State to the chapter. Pictured Top Row: Margaret Ann Wash Crites, Sally Dykeman Wright, Julie Beall Fay, Patty Ball Blanchard, Annabelle Walek Simpson, Jan Prust, Mary Ann Boldt; Bottom Row: Heather Henderson, Laura Slovik, Rachel Voth, Jen Ibsen, Samantha Morse, Kelly Jones.

arship each year to help a college or graduate student in Province VIIIB. The chapter was well represented at the Kansas City Convention this summer. Nine alumnae from the chapter joined the Convention and strengthened their commitment to Gamma Phi Beta.

One can never guess where a Gamma Phi reunion might take place. Heather Kalb (Alpha Nu, '86) cannot agree more. While conducting field research for her Ph.D in Zoology, Heather was pleasantly surprised to learn that Jocelyn Peskin (Rutgers, '90) is also a Gamma Phi. Both were



Pepperdine sisters show their stuff!

Gamma Phi Beta is pleased to announce the initiation of the members of the Beta Tau Chapter at Texas Tech University Saturday February 1, 1997 and the initiation and installation of the Zeta Theta Chapter at Pepperdine University January 17 & 18, 1997.

For more information please contact Abby Pierson, Assistant to Director of Chapter Services at International Headquarters at 303-799-1874.

studying the sea turtle in Playa Nancite in the Santa Rosa National Park in Costa Rica. Rarely are there more than eight people at Nancite at one time!

The Greater Kansas City Alumnae have donated approximately \$58,000 to Channel 19,

the public broadcasting television station in Kansas City, over the past two years. This contribution is a result of the Antique and Garden Show which is presented in cooperation with Channel 19 each year. The show takes place in October and is in its 36th year. The philanthropy has contributed

Philanthropies sponsored:

The Volunteer Center, 1736 House (women's center), the Syracuse Triad, South Bay Panhellenic Dollars for Scholars Benefit and The Human Race (fundraiser).

Chapter activities & socials:

- A Holiday Tea
- A Holiday Recovery Lunch
- A retreat each spring
- Luncheons for special occasions

Recruitment activities:

- South Bay pays the first year's local dues for new alumnae who have graduated during the past five years
- Alumnae members join collegiate members of Beta Alpha (USC) for the senior induction ceremony each year

Special things about our chapter:

South Bay's list of charter members includes newly elected International President L'Cena Brunskill Rice (a past president of the chapter), Province Financial Director XVIa Rita Swartz, Beta Alpha Chapter Advisor Linda Babcock and Pepperdine Colony Chapter Advisor Jennifer Nelson. As you can see, our members are actively involved!

Anything else you want the rest of Gamma Phi Beta to know?

There are some 800 Gamma Phis living in the South Bay area, but only 40-50 of them actively participate in the alumnae chapter and/or pay dues. South Bay Alumnae Chapter invites all Gamma Phi Beta sisters in the South Bay area to join the chapter, even if you only pay dues and attend one meeting a year. All levels of membership, enthusiasm and involvement are welcome!



Nine sisters from the Tampa Bay Alumnae Chapter took part in Convention activities this past summer in Kansas City.

to many local charities, camps and collegiate chapters since it began. Congratulations to all who continue to make this annual show a booming success!

Alumnae from Hawaii are busy with plans for the 1996-1997 year. Pot-lucks, luncheons, speakers and theater are on the books so far. The chapter also is pleased to announce making a donation to the local Girl Scouts for camperships. A \$50 contribution was also made from the chapter's treasury to the international camping program.

A grand welcome from the alumnae to the graduating seniors from Colorado State was a highlight for the **Fort Collins Alumnae Chapter**. An induction ceremony followed by a delicious dessert and conversation made the evening a success. The chapter also hosted a fall ice-cream fun social for the newest members at Colorado State. Eleven alumnae were present to chat with the newest sisters.



Sara Hession (left) and Dianna Johnson (right) from the Tampa Bay Area Alumnae Chapter present Robin Black (center) with a \$500 scholarship check. Robin is president of the collegiate chapter at Florida State University.



University of Oklahoma alumnae, initiated 1981-1983, reunited in Orange Beach, AL this fall.

Sisters from **Washington State** are pleased to report a successful rush with the addition of 29 new women. The sisters also continue to be very active on campus. Currently one member is a student body senator and two others hold positions in the Panhellenic Association. The chapter is looking forward to their annual fundraiser, Gammie Golf. Other events on the agenda include Homecoming, Dads Weekend and Initiation.

Miami University sisters kicked off the fall with their participation in an all-Greek competition. Greek Week is an annual event at Miami to introduce first-years and the campus to Miami's Greek organizations. The sisters held their annual Moonshine celebration in October and they look forward to rush in January. In April 50th anniversary celebrations will take place with all alumnae being invited to share in the festivities.

News from **California**
Polytech University in San Luis Obispo is an "awesome" rush. Congratulations! The sisters also enjoyed an all-house retreat camping trip in October and work is underway for a holiday food drive.

Sisters from the **University of Northern Iowa** have been busy with highway clean-up, Big



Sisters from Texas A&M University-Commerce (formerly East Texas State University) celebrate Bid Day with a picnic at a local park.



Sisters at Miami University take place in Greek Week's football challenge.

Brother/Big Sister bowl-a-thon and a pumpkin patch fundraiser for breast cancer this fall—lots of work for many good causes.

University of Arizona sisters have also been doing their part in helping others. The chapter participated in Tucson's annual Cedric Dempsey Cancer Run to



Sisters from Northern Iowa are full of patriotism during their recent fall rush.

raise money for the Arizona Cancer and Research Center. The chapter also cleans a local park each month to help keep Tucson clean. Other programs include: sponsoring camperships for underprivileged girls, raising

money for the campus library and collecting canned food for the Tucson Community Food Bank.

Sisters from the **University of Denver** got a jump start on rush and are ecstatic with their 1996



Sisters from California Polytech State University in San Luis Obispo gearing up for rush at their rush workshop.



Sisters from the University of Arizona celebrate during Bid Day this fall.



Elizabeth Bruck and Christy Russell from California State at Long Beach enjoying their experiences at last summer's Gamma Phi Beta Convention.



Sisters from the University of Denver celebrate a successful Bid Day.

pledge class which totals 34 young women. The chapter is planning their all-campus fall flag football philanthropy. The girls are also in training for their See-Saw philanthropy coming up this winter. The sisters will see-saw for 24 straight hours to raise money for Rainbow House, a day care for children affected by AIDS.

Indiana University sisters kicked off their fall semester at their annual all-house retreat featuring speakers on empowering women. The chapter was thrilled to have 44 new members move into the house this fall. The sisters successfully competed in Greekfest and held their annual "3-on-3 G-Phi-B Basketball Tournament." Proceeds benefit Camp Sechelt. Coming up is the 1996 36-hour Indiana University Dance Marathon and the sisters look forward to doing their fancy footwork to help in this event to benefit a local hospital.

Sisters from **Arizona State University** are excited to announce their 5th Annual Gamma Phi Grand Prix philanthropy. This three day event involves fraternity participation in various events to raise money for Camp Sechelt.

Sisters from **Arizona State University** are excited to

announce their 5th Annual Gamma Phi Grand Prix philanthropy. This three day event involves fraternity participation in various events to raise money for Camp Sechelt.

Wichita State sisters celebrated a great fall rush which added 21 new women to the sisterhood. In October the chapter held their Shocktoberfest Week, which is similar to Homecoming. Date parties and Greek Week have also kept the sisters busy and they all

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OLD ENGLISH

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are looking forward to their Christmas Formal on December 6th.

Colorado State sisters welcomed 29 new members after a successful week of formal rush. The chapter is planning their November 11th Founders Day activities and their annual

Spaghetti Dinner. Proceeds from the charity benefit Camp Sechelt.

Talk about quota busters . . . **St. Louis University** sisters welcomed 46 new members to their chapter. They currently are the largest sorority on campus with 122 members! Over 20 sisters also took part in Conven-

tion this past July. The chapter was pleased to receive the Excellent Financial Planning, Efficiency in Reporting and Outstanding Advisory Board awards. Congratulations.

Reports are in and according to our sisters at the **University of Wisconsin at Madison**, rush was a "smashing" success that welcomed 34 new women. Themes such as "Camp Gamma Phi" and the "50s," complete with motorcycles and root beer floats, made this rush a sure winner. Congratulations!

Sisters from **Vanderbilt University** are gearing up for Homecoming this year. Last year the chapter, along with the Lambda Chi Alpha Fraternity, won the Homecoming Banner and Spirit competition. They are looking to do just that again this year. The chapter also held their Gamma Phieta in October. Proceeds benefit their local philanthropy.

After a weekend retreat, the sisters at the **University of Wisconsin in Milwaukee** are focusing on organization, dedication and teamwork as their goals

Tampa Alumnae Panhellenic Association Offering College Scholarships

More than \$5,000 each year is awarded to outstanding college women who are from or attend school in Hillsborough county, who are members of a National Panhellenic Conference Sorority and who exhibit scholastic achievement and campus and community involvement. To receive a scholarship application write to: TAPA, P.O. Box 320544, Tampa, FL 33679-2544

for the upcoming year. The work has paid off already as this year's rush doubled the chapter's membership! The sisters are looking forward to a busy semester including "The Great Pumpkin Sit-In" with a local fraternity to raise food donations for area families and the annual Badger game trip with the Phi Sigma Kappa Fraternity.

Sisters from **Creighton University** held their second annual "Get Teed Off, Fight Domestic Violence" benefit. This year 85 people participated in the tournament and \$3,200 was

HONORED

Omicron Delta Kappa brings together members of 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; creative and performing arts. Unlike an "honorary," membership in our honor society demands further leadership on the part of its members whether they be initiated as undergraduates, graduate students, faculty/administration, alumni or honoree. Each category recognizes those men and women who have achieved at a high level nationally or within their communities.

Gamma Phi Beta is proud of our newly initiated members:

Univ. of Alabama
Kristen Koncewicz

Alma College
Staci Hill
Laura Rice

Auburn Univ.
Carolyn Cain
Dorothy Sheffield

Bowling Green State Univ.
Kristen Woods

Univ. of Georgia
Megan Watkins

Illinois State Univ.
Cynthia Dietz

Univ. of Miami-Florida
Sonia Vittoria

Univ. of Missouri-Columbia
Katharine Forsyth
Constance Prinios

Purdue Univ.
Erica Glenn
Jenny Lothamer
Kelley Tresnowski

Vanderbilt Univ.
Emily Love

Washington State Univ.
Ashlee Anderson
Cheri Fraser

Wittenberg Univ.
Kristen Bomberger
Beth Michelfelder
Kelly Zachocki

Jacksonville Univ.
Denise Colabella
Kelly Setchel
Kirstin Thieser

Univ. of Northern Iowa
Stacey Randall

Creighton Univ.
Kathleen Drake
Jill McCarthy
Theresa Schneider
Kersten Schwarz

Univ. of Calif.-Riverside
Amy Darlington

Christopher Newport Univ.
Anne Davis



The fall new member class from Wichita State proudly displays their pins at formal pinning this fall.

• **Philanthropy & a bit about how it is executed:** Laugh-Off benefits the American Cancer Society. Local comedians try out and then compete for prizes on a given night at a local club we rent.

• **Traditional chapter events and socials:** Crush (Moonstruck); Crescent Ball Formal; Boxer and Water-guns Social with exchange; Hayride, Grab-A-Guy; Destination Unknown; Semi-formal; Holiday Party.

• **Campus/Greek life:** Our Greek life is huge (16 sororities and 24 fraternities). We all actively participate in each other's events. Also, Homecoming and Dance Marathon are mostly Greek events. We also make up the majority population in outside organizations.

• **Special things about your chapter:** We have had two very successful quota-making rushes in a row. Our sisters are very involved on campus. All of our officers are members and/or officers of other clubs. Lastly, we are well respected on FSU's campus.

• **Anything else you want the rest of Gamma Phi Beta to know?** We are very proud of our beautiful house. We have a very supportive house corporation. Also, our alumnae are extremely involved.

Editors note: An overwhelming response on the Reader Survey was to have a feature on different chapters in each issue. If you would like your chapter featured, contact International Headquarters.



A little relaxation and picnicking made the day for sisters from Texas A&M University-Commerce (formerly East Texas State U.) this fall.

raised for Catholic Charities. Other activities this fall include two date parties and a semi-formal in November. The sisters are gearing up for the new year and are looking forward to rush.

Another record breaker—the **University of Missouri**. The chapter welcomed 57 new members! This is the most on the university's campus. Congratulations! The chapter also celebrated their 75th anniversary last semester. Festivities were enjoyed by over 300 alumnae. The chapter house also underwent a major face lift and the sisters returned this fall to find a completely redecorated first floor and air

conditioning. The sisters are looking forward to Homecoming and hope to maintain their title as 1st



Ann Mitchell, sister from Puget Sound, poses with her fellow co-chair Brent Smith. The two students were elected to co-chair the 1996 Western Regional Greek Conference held in San Francisco, CA.

place All-Around. Also on the agenda are a blood drive, canned food drive, house decorations and



Sisters from Colorado State during Rush this fall. Their efforts paid off with 29 new women joining the chapter.



Sisters from Mankato State are "styling" at Preference Night during fall rush.



Michigan State sisters celebrate a successful fall Rush during Preference Night.

a fall fling. Following an October initiation, the members at the University of Missouri total over 160!

Sisters from **Mankato State University** also reached their quota for fall rush. With their new sisters, the entire chapter enjoyed a weekend camping retreat to set goals for the upcoming year. The sisters held a pumpkin carving philanthropy at a local nursing home.

Thirty-three new members joined the ranks of sisterhood at **Illinois State University** following another successful rush. The chapter added a Walt Disney theme to their rush activities. It must have been successful as 98% of the rush guests returned

to the house the following day. Congratulations!

"All Roads Lead to Gamma Phi Beta," was the theme for rush at the **University of Georgia**. The sorority house was decorated to include places such as Syracuse, Atlanta, New Orleans and New York City. It was a big hit. The sisters are looking forward to their chili cook-off to raise money for their philanthropy, a '70s date night, Homecoming activities and Parents Weekend.

Special recognition to Ann Mitchell, sister at **Puget Sound**, on being elected as the 1997 Western Region Greek Conference Co-Chair. Ann will be responsible for helping to organize and host the 1997



Sisters from the University of Michigan show their pride in Gamma Phi Beta by painting the rock "billboard" on campus.

conference, coordinate 12 area representatives, and recruit and retain councils for the Western Region Greek Conference.

Michigan State sisters also report a great rush which brought 35 new members to their chapter. Goal setting was given first priority at the sister's all-house retreat. Celebrating a job well done, the chapter enjoyed a rollerskating party. The sisters are now gearing up to place in the Homecoming competitions.

Thirty-three new members were added to the chapter at the **University of Nebraska** at Kearney following their fall rush.

Word has it from Kearney that rush was "awesome." The chapter held their fall philanthropy, which found them picking test plot corn to raise money for Camp Sechelt and other local charity groups. Following their field labor, the sisters held a "Ranch Dance" which was enjoyed by all.

University of Arizona welcomed 40 new women to their chapter. The new members received a crescent moon pillow case, picture frame and many hugs on Bid Day. The chapter celebrated at a local family fun center where miniature golf, bumper cars and racing go-carts were just a few of the many activities.

Sisters from **Iowa State** also report a successful rush as 22 new members joined their chapter. Bid Day was filled with serenades and a live band to celebrate the addition of the new members. The chapter has a busy fall planned with building a haunted house and gearing up to place at Homecoming.

Alma College welcomed five new members this fall and the new sisters were welcomed at "Alma's Bid Bash," an all-Greek campus event. Plans for Home-



Sisters from the University of Arizona display their artwork at a sign painting contest.



Milena Sedlacek, sister at Indiana University, spent the summer studying abroad in Italy through the IU Overseas Study Program.



Sisters from Creighton University at their "Get Teed Off, Fight Domestic Violence" fundraising event. Proceeds benefit Catholic Charities.



Moorhead State sisters cheer up hospital patients during their recent "Operation Cheer UP" philanthropy.

coming are in the works as are philanthropy projects and an Adopt-A-Highway clean-up event.

Sisters from **Southeast Missouri State** are getting ready for another event-filled year. The chapter came back to school one week early to prepare for their fall rush entitled "Rush For A Change Of Atmosphere." The sisters held an all-house retreat in September and are looking forward to participating in the Sigma Chi Fraternity's Derby Days event.

Moorhead State sisters held their "Operation Cheer-UP"



Sisters from Illinois State University dressed up for their Walt Disney Rush Day.

philanthropy this fall. The chapter went to a local hospital and passed out balloons to the patients. The sisters report another successful rush and are pleased to announce that they again reached quota. Gamma Games also took place in October. Proceeds benefit the chapter's local and international philanthropy.

Sisters from the **University of Michigan** organized and carried out a Jump-Rope-A-Thon to benefit the HIV/AIDS Resource Center. Nearly \$500 was raised. The chapter is looking forward to an exciting Parents Weekend and a successful fall rush—their first formal rush as a chapter!

University of **North Dakota** sisters, along with the other sorority and fraternity houses on campus, began holding workshops for their first "no frills" rush, which includes philanthropy events instead of skits and house decorating. The chapter will be making care packages for the girls at Camp Sechelt as part of their rush activities. Other activities for the chapter this fall will include philanthropy events, retreats and initiation of their new members.

A "French Toast Feed" proved to be quite a hit for the **University of Nebraska at Lincoln** chap-

ter. The sisters made french toast and served it at the chapter house to raise money for Camp Sechelt. Nearly \$2,000 was raised.

University of California at Berkeley sisters participated in various philanthropies this semester. They made journals for the girls at Camp Sechelt and held their annual Halloween philanthropy for a local shelter. The chapter also volunteered to babysit children of alumnae while they held an auction to raise money for the cure of breast cancer.

Another unbelievable rush for the sisters at **Kansas State**—Forty-six new members joined the chapter! A picnic in the park, an all-house circle and a slip-n-slide party highlighted just a few of the chapter's fall activities. The Kansas State sisters also made quite a showing at Convention this year as over 20 members were in attendance.

Sisters from **Chico State** are proud to announce that they have a beautiful new residence. The chapter worked hard to refurbish the house before fall rush and are pleased to announce that 31 new women have pledged their chapter.



Support Gamma Phi Beta

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

Money raised will benefit you directly through
leadership training.

DID YOU KNOW?

JOB MARKET TIP #4: Most resumes only get 15 to 45 seconds attention when they are first received and reviewed in an organization. Consequently, your resume must lead with your strengths. A Key Word Preface at the top of your resume, just below your name and address, is one way to highlight your special skills and expertise. This Preface should include 25-35 nouns or short phrases that detail your knowledge, skills, abilities and experience. Use initial caps for each entry, followed by a period. Then, use the rest of your resume to provide additional detail about each item in the Preface.

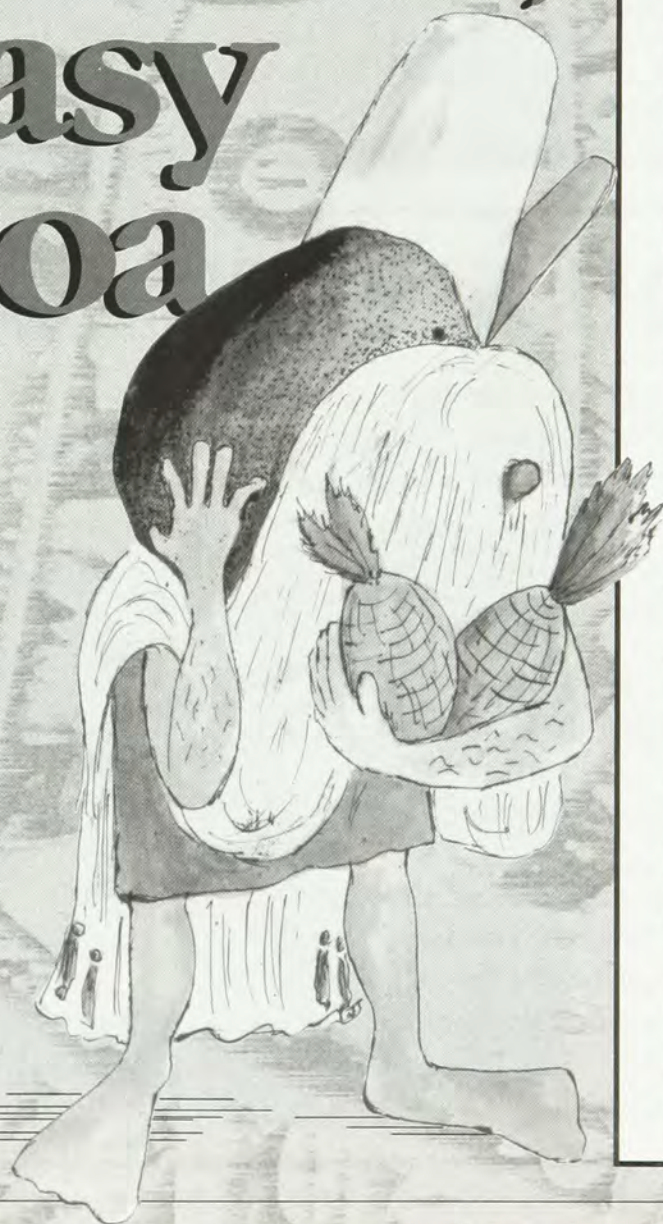
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Easy Cooma, Easy Goa



By Ginny Hammond (Colorado)

No doubt about it. The Coomas were a beguiling breed, though sadly now extinct. Small in stature, the Coomas were, nevertheless, a hearty group. Their long blond hair protected them from most elements and their inherent stoop was easily compensated for by a sprightly, if webbed step. The brattle fruits they coveted grew high in the trees so the Coomas plucked them with a leaping, springing vault. Natural admirers of beauty and oddities, they often stopped along their way to gather novelties and add them to the load of brattles they carried on their backs—a bit of heather here, a bauble for the long hair there, perhaps a table, some odd chairs, a to-die-for chandelier.

Unhappily, the stash of stuff the Coomas collected and carried on their backs gradually became more important than beauty or brattles. Over time, it became the sole determinant of one's social standing. The bigger the load, the greater the status. A fatal fad some said.

Soon they were unable to vault and pluck the benevolent bunches of brattles. They missed the best opportunities. When the month of rains came, the heavily laden Coomas could neither run to escape the mired mud, nor avoid the sinking, slathering slides that engulfed them. They couldn't avoid the worst threats.

Finally, they starved—or they sank—or both. Poor Coomas.

I've actually never met a Cooma myself but I do know that having a viable financial plan allows us to respond to serendipitous opportunities (the best brattle fruit), and survive financial threats or crises, (the rainy season).

I also know that today's "overload" is likely to be credit card debt. Indeed, some of us are truly sinking under the burden.

Their loads became heavy... and then the rains came.

- ♦ Nationally, between 1985 and 1995, total credit card debt rose from \$108 billion to \$4,324 billion.
- ♦ In 1976 the average household debt, excluding mortgages, was \$2,563. Today it's \$12,018.
- ♦ 11% of lower income earners (under \$10,000, like college students) had credit card debt in 1983. By 1992 it was up to 24%.

A fatal fad some said.

Why this is happening may best be left to psychologists, sociologists and economists but we can garner glimpses of the driving forces behind this "fatal fad" by observing other cultural icons.

A larger than life credit card advertisement on a city bus blares, "Live Beyond Your Means!" Compare that to Suggestion #195 from *Life's Little Instruction Book*, "Live beneath your means." Or how about this? In the past two years, 5 billion credit card solicitations have been mailed. That's 32 invitations to every American between the ages of 18 and

64. Better yet, take a look at the new hit quiz show, *Debt*, where contestants compete for a chance to pay off bills. Producer Andrew Golder explains the show's rationale this way, "... we figured that by the way Americans were spending money, most of them had already bought their prizes."

Many of the contestants know their trivia but not their credit card balances or the interest rate they're paying. Contestants also say their financial problems are not their fault; debt is just the price of their lifestyle. Poor Coomas.

There is a better way. We can avoid the rainy seasons and still pluck our own best brattles.

Agility Ability

The first step in reaching safe financial ground and staying there to enjoy the good things in life involves assessing and understanding our immediate ability to withstand a crisis or take advantage of an opportunity. The parlance of my profession calls this ability for agility "Cash Reserves."

Cash Reserves provide a cushion to fall back on when an emergency arises, an unexpected repair or replacement is needed or an attractive opportunity presents itself. From two to six months' worth of expenses is generally recommended. This money should be liquid—easily convertible to cash when needed and not tied up in investments whose values could go down when you need to cash them in.

While it sounds easy, what often happens is that once the bills are paid, many of us today find that we don't have anything left over for building Cash Reserves, let alone longer term investments. Because this first step toward financial security is so crucial, I ask clients to write down their assets and liabilities, to take a look at how much they own versus how much they owe. Then I ask clients to document their personal spending plan—a listing of what comes in, what goes out and where it goes. (I emphasize "spending plan" over budget because a budget implies imposed constraint while a spending plan implies informed choice. And spending is, after all, our choice.)

There are two main categories of expenses: "Committed Expenses" like housing, telephone, car insurance or taxes and "Discretionary Expenses" like entertainment, dining, gifts or hobbies. It is this last category where the "lost dollars" are usually found, especially if the items have been "paid for" with a credit card.

It's the continuous bulky balances that sink us.

To find your own lost dollars, analyze your discretionary spending for two to three months. Look at clothing, entertainment and items on your charge card. Remember, too, that credit or charge cards are not inherently bad. They offer us flexibility and are convenient at the gas pump. It's the continuous bulky balances that sink us. So, when looking at your charges, keep this simple interest (not compound) example in mind:

A \$4,000 credit card balance at 14%, costs you \$560 a year.

A \$4,000 credit card balance at 18%, costs you \$720 a year.

By contrast, if you invested the interest paid each year at a modest 6%:

\$560 per year, invested for 5 years = \$3,157

\$560 per year, invested for 10 years = \$7,381

\$560 per year, invested for 15 years = \$13,035

\$720 per year, invested for 15 years = \$16,759

The bottom line is this: There's no virtue in paying interest.

If you suspect Cooma overload is putting you in jeopardy and preventing you from having adequate Cash Reserves, look for these warning signs:

- ♦ Paying only the minimum amount due on credit cards.
- ♦ Shuffling bills to pay some this month and some next.
- ♦ Owing payments to creditors that exceed 20% of take home pay after rent or mortgage payments.
- ♦ Using savings for daily expenses.
- ♦ Using cash advances from credit cards to pay bills.

With a leaping, springing vault...

To jump start your Cash Reserves, consider these tips:

- ♦ Pay off your credit cards so you aren't paying high interest rates on your purchases. If you can't pay off the balance every month, at least make sure you have a credit card with a reasonable interest rate. Better yet, consider using a charge card that requires the balance to be paid off each month.
- ♦ Don't use shopping as a recreational sport. Studies show that 53% of groceries and 47% of hardware store purchases are made on impulse.
- ♦ Shop around before making a major purchase. Comparison shopping or shopping at discount stores can save a tremendous amount of money. Take the money you save and invest it.
- ♦ Don't borrow money for assets that won't appreciate in value. If you can't pay cash for your vacation or clothes or entertainment, don't make the purchase. The cost increases dramatically when interest is factored in.
- ♦ Keep your car for a couple more years than you ordinarily would. Once your car loan is paid off, keep writing a check for the same amount, using that check to increase your Cash Reserves.

Finally, Don Quixote reminds us: *"A little in one's pocket is better than much in another man's purse. 'Tis good to keep a nest egg."* ●

Editors Note: Ginny received her BA from the University of Colorado in 1965 and her MBA in 1995. She is a Certified Financial Planner and is a personal financial planner with American Express Financial Advisors Inc. Her practice is located in Denver, CO.

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Looking for a few special women

Camp Sechelt in Vancouver, British Columbia is hiring directors and camp counselors for summer 1997.

Call International Headquarters for an application. Deadline is April 1 or when positions are filled.

Two Summers of Rewards

By Lisa Marshall (McGill)

I've been a friend, a nurse, a disciplinarian, a counselor, a smile-maker, a cook—the list could go on and on. I have spent the last two summers working as the Director at Camp Sechelt.

I am not going to lead you astray—time spent at Camp Sechelt is hard work, but the rewards are beyond price! The smile on a young girl's face can light up an entire room. At the beginning of a camp session, you watch a group of young girls hop off a bus as they arrive at Camp Sechelt. Many are anxious and scared as it is their first experience away from home, others have a real "tough" attitude; it varies from child to child. At the end of 12 days, that same group of 36 girls gets back on the bus, but things have changed. . . there are smiles and there are tears. These girls have fun-filled memories of arts and crafts, of swimming in the ocean, of all the camp activities. Most importantly, they know that there are people who care, counselors who show them unconditional love. Their self-esteem has been boosted and their days made a bit brighter.

Camp Sechelt is a wonderful place. It brings Gamma Phi Betas from across Canada and the United States together for a

very special and unique bonding experience that goes beyond the links of sisterhood. Also, over the summer, 108 girls get a camping experience that they would normally miss out on if it was not for Gamma Phi Beta.

We must show our support for this worthwhile project. I urge you to apply to work at Camp Sechelt. It is a demanding job, but it is the experience of a lifetime. I have learned a great deal over the last two summers and have benefited from the experience. I only wish that all Gamma Phis could be as lucky as me and experience Camp Sechelt and all that it has to offer.



April Cleaver - camper

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April 15, 1961-1973
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February 9, 1963-1972
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May 15, 1965-1977
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May 14, 1966-1976, Reactivated 1985 (Va)
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1968-1983, Reactivated 1995
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February 3, 1968-1991
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1970-1991
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November 12, 1977-1994
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1978-1990
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- DELTA PHI (Calif. St. College-Bakersfield)
April 23, 1983 (XIIIb)
- DELTA CHI (Calif. St. U.-Sacramento)
May 14, 1983 (XIIIa)
- DELTA PSI (U. of Calif.-Santa Barbara)
November 19, 1983 (XVIa)
- DELTA OMEGA (Oakland U.)
April 7, 1984 (IVa)
- EPSILON ALPHA (LaSalle U.)
December 10, 1983 (II)
- EPSILON BETA (Alma College)
September 22, 1984 (IVa)
- EPSILON GAMMA (U. of San Diego)
October 27, 1984 (XVIIb)
- EPSILON DELTA (Creighton U.)
February 22, 1986 (XVb)
- EPSILON EPSILON (Union College)
May 3, 1986 (Ib)
- EPSILON ZETA (Jacksonville U.)
November 21, 1987 (VIIIb)
- EPSILON ETA (Bridgewater St. College)
November 22, 1987 (Ia)
- EPSILON THETA (Clemson U.)
April 9, 1988 (VIIIa)
- EPSILON IOTA (Christopher Newport University)
April 30, 1988 (XIVa)
- EPSILON KAPPA (Calif. St. U.-Chico)
November 12, 1988 (XIIIa)
- EPSILON LAMBDA (U. of Alabama)
February 4, 1989 (VIIIa)
- EPSILON MU (Loyola U.)
April 22, 1989 (VIIIb)
- EPSILON NU (Chapman University)
April 29, 1989 (XVIIb)
- EPSILON XI (Rhodes College)
October 28, 1989 (XIVb)
- EPSILON OMICRON (U. of Calif.-Santa Cruz)
February 10, 1990 (XIIIb)
- EPSILON PI (George Mason U.)
April 28, 1990 (XIVa)
- *EPSILON RHO (Stephen F. Austin U.)
May 5, 1990-1994
- EPSILON SIGMA (Morehead St. U.)
January 19, 1991 (XIVb)
- EPSILON TAU (U. of Rochester)
February 2, 1991 (Ib)
- *EPSILON UPSILON (U. of South Dakota)
April 27, 1991-1996
- EPSILON PHI (Bentley College)
December 8, 1991 (Ia)
- *EPSILON CHI (Marquette U.)
April 11, 1992-1994
- EPSILON PSI (U. of North Carolina-Asheville)
November 21, 1992 (XIVb)
- EPSILON OMEGA (U. of Miami, Florida)
April 17, 1993 (VIIIb)
- ZETA ALPHA (Eastern Washington U.)
November 13, 1993 (XII)
- ZETA BETA (U. of Virginia)
April 9, 1994 (XIVa)
- ZETA GAMMA (Sonoma St. University)
May 7, 1994 (XIIIb)
- ZETA DELTA (Southeast Missouri St. U.)
November 5, 1994 (X)
- ZETA EPSILON (Duquesne U.)
November 11, 1995
- ZETA ZETA (Coastal Carolina U.)
April 12, 1996
- ZETA ETA (Lander U.)
April 13, 1996
- *Chapter Inactive
- To contact a collegiate or alumnae chapter, send correspondence to International Headquarters.

Menopause

We live in an aging society. For women born in 1900, the life expectancy was only 48.3 years. For a woman born in 1990, life expectancy was 79.3 years, and it is estimated that a woman born in 2050 will have an expectancy of 83.6 years. It can be predicted that women now live one-third of their lives in the post-menopausal period. Given these statistics, menopause is an important topic in women's healthcare, although one that is often misunderstood and feared. A recent Harris survey indicated that only half of working women of menopausal age were able to name any long-term health concerns associated with menopause. Of those who could, 27% named osteoporosis and only 6% mentioned heart disease. With the right information, menopause can be a time in a woman's life for growth and not one that need be feared.

One cannot address the topic of menopause without also discussing the somewhat controversial topic of hormone replacement therapy and the consequences thereof.

Statistics are astounding. There are 30 million women in menopause and an estimated 6 million more will

enter menopause in the next decade. A woman undergoes a number of changes during this time. The definition of menopause is the last spontaneous menstrual period that occurs as a result of the loss of ovarian function. Menopause can be either surgically induced or naturally occurring. The climacteric is the term used to define the span of the entire transition from the reproductive to the postreproductive interval of a woman's life. To put it simply, menopause is one event during the climacteric. The average age of menopause is 51, but symptoms of the perimenopause can begin as early as age 35. Cigarette smoking can cause menopause to occur one to two years earlier.

Menopause is the result of ovaries no longer having the

ability to produce estrogen. As we age, the number of active follicles ("eggs") in the ovary decrease and they produce less estrogen. The decrease in estrogen then leads to the signs and symptoms of menopause, including the most common complaints of irregular menstrual cycles and "hot flushes."

There are many clinical changes that are important as one goes through the climacteric and experiences of menopause. As mentioned above, the majority of women will experience irregular menstrual cycles prior to cessation of menstruation. Even though this is common, irregular bleeding can be a symptom of cancer and should be investigated by your physician. If it is determined that you are menopausal, hormone therapy can be instituted to regulate the cycle.

The classic sign and major complaint of menopause is the hot flush (or hot flash). Almost 75% of women during the perimenopause and menopause will experience these. It is a sudden, transient sensation ranging from warmth to intense heat that spreads over the body, occurring particularly on the chest, face and head. It can be accompanied by flushing and perspiration and followed by a chill. The duration is variable, lasting from seconds to several minutes. One of the major problems associated with the hot flush is that they often occur at night, waking the patient and leading to fatigue.

Other changes that occur during this time is atrophy of the vagina, vulva, urethra and bladder. All of these contain estrogen receptors and undergo changes with menopause and the resultant loss of estrogen. This leads to an increase in infection, trauma and pain. There may be an increased number of bladder infections. There may be a decrease in vaginal secretions leading to dryness and less comfort during intercourse. Incontinence symptoms may appear or worsen. Studies have shown that all of these can be relieved with estrogen therapy.

Estrogen also plays a role in psychological function. In recent studies, it has been shown to maintain short-term



Amy Johnson, M.D.
(U. of Denver)

memory, particularly verbal memory. Estrogen has been shown to enhance mood. There is compelling evidence that it may reduce the occurrence of Alzheimer's disease or lessen the severity. Currently there are ongoing trials to further elucidate this. In addition, there are certain types of depression that can respond to estrogen.

Although all of these are important to a woman's health and quality of life, perhaps two of the most important issues are osteoporosis and coronary artery disease. Osteoporosis affects more than 20 million women in the United States: 1.2 million fractures per year are related to osteoporosis. Our skeletal mass increases until about age 30. Then both environmental and hereditary factors play a role in the loss of bone. Whenever there is a period of estrogen deficiency, no matter what age it occurs, there is a loss of bone mass. Estrogen administration protects from the loss of bone and reduces the incidence of fractures. Important facts that affect the development of this condition include cigarette smoking; thin, white or oriental; family history; sedentary lifestyle; and steroid use. Means of prevention include adequate calcium intake, weight bearing exercise, vitamin D and estrogen replacement therapy.

To establish the diagnosis of osteoporosis, a bone density study can be done. There are also urinary tests being studied to help establish the diagnosis and follow the effectiveness of the treatment. Therapy for osteoporosis includes estrogen replacement therapy and calcium supplementation of 1500 mg/day.

There have been many recent articles on new treatments of osteoporosis. They are exciting drugs in that they have been shown to not only retard the loss of bone, but also help increase bone mass. However, it has no effect on other symptoms of menopause and estrogen remains the standard for treatment of osteoporosis.

Currently, cardiovascular disease is the leading cause of death among women. A woman has a 23% lifetime risk of dying of heart disease. Hormone replacement with estrogen is an effective method of stopping this process, and probably one of the most convincing pieces of evidence there is to use estrogen. Estrogen acts both directly and indirectly to stabilize blocked blood vessels and even lead to reversal of the blockage. Estrogen has a beneficial effect on cholesterol and contributes to an increase of "good" cholesterol (HDL) and a decrease of "bad" cholesterol (LDL). Estrogen acts as an antioxidant and protects the walls of the vessels from injury which can lead to the development of blockages. It has been demonstrated that estrogen replacement therapy reduces cardiovascular mortality by about 50%.

Even though there is convincing evidence that estrogen replacement in the menopausal years can improve the quality of life, many women do not take it. Many fear the



risk of cancer or the onset of uterine bleeding. One of the biggest concerns is the effect estrogen has on the development of breast cancer. Although there are many studies out there, the question has not been unequivocally answered. However, what we can say is that if there is a risk, that risk is very small. Another concern is the development of endometrial cancer. It has been shown that estrogen therapy alone given to a

woman with a uterus will lead to the development of hyperplasia and cancer. Today, that risk is negated by the addition of a progesterone compound.

Throughout this article, I have made a convincing argument that hormone replacement is beneficial. However, as with everything, there are those who cannot take estrogen, even in the small doses given to reduce menopausal symptoms. Women with impaired liver function or acute vascular disorders, such as embolism or stroke, should not take estrogen. Patients with seizure disorders, elevated cholesterol levels and migraines should be watched closely when on estrogen. If you are unable to take estrogen, other treatments can be used to alleviate symptoms. Vaginal dryness can be relieved with K-Y gel and there are medications to help reduce hot flushes such as clonidine.

Both physician and patient alike must take responsibility to improve the quality of life in the menopausal period. The physician must take the time to educate the patient and provide close follow-up to help ensure compliance and to allow the patient to make an informed decision whether or not to take HRT. Patients must ask for information and understand the information that is given to them. One study said that only 44% of women were satisfied with the information provided by the physician, and less than 20% of postmenopausal women have ever had hormone therapy prescribed. Less than 70% for whom it is prescribed will be compliant and 30% never fill their prescriptions.

Modern medicine has given us the ability to maintain the quality of women's lives throughout menopause. With education and staying informed, you can make sure that your aging years are successful ones of health and happiness. Remember this quote: "Nobody gets to live life backward. Look ahead—that's where your future lies."

Recommended reading:

- *Midlife, Madness, or Menopause. Does Anyone Know What's Normal?* by Richter and Duvivier
- *Menopausal Years, the Wise Way* by Susan Weed
- *The Silent Passage, Menopause* by Gail Sheehy

—Amy is currently in private practice in Obstetrics and Gynecology in Denver, Colorado.



GAMMA CHAPTER

Marjoree Nee Deo, '26

DELTA CHAPTER

Anne Jenkins Adams, '20

THETA CHAPTER

Isabelle Birney Ludwig, '24

OMICRON CHAPTER

Billie Higgins Frese, '37

RHO CHAPTER

Esther Noreen Koch, '35

SIGMA CHAPTER

Marie Wachter Heryer, '31

PSI CHAPTER

Lela Smith Weirich, '21 **

Mary Campbell Winchester, '52

OMEGA CHAPTER

Margaret Stewart, '30

ALPHA THETA CHAPTER

Margaret Denslow Harris, '36

Mavis Vanpeenán Villareal, '54

ALPHA IOTA CHAPTER

Florence Hawkins Martin, '27 **

ALPHA OMICRON CHAPTER

Margaret Brunskill Paulsen, '47

ALPHA TAU CHAPTER

Eleanor Hunter Sim, '36

BETA TAU CHAPTER

Rebecca Smith Ozias, '90

GAMMA CHI CHAPTER

Katrina Clanahan Druart, '84

*Merit Award

**Service Award

Dear Sisters of Gamma Phi Beta:

On July 26, 1996, one of Gamma Phi Beta's finest, Katrina Clanahan Druart, 31, passed away after a year long battle with colon cancer. Katrina was president of the Gamma Chi Chapter of Gamma Phi Beta at Southwest Texas State University (SWT) during the 1986-87 academic year. She also served as president of SWT's Panbellenic Council, was a member of Order of Omega, Phi Upsilon Omicron, and was the recipient of the Sallie Beretta Outstanding Senior Woman award during graduation ceremonies in 1987.

Katrina accomplished a great deal in her short life, but most important were her faith, family, and friends. Her Sorority sisters were a source of strength and love, both before and during her illness. You were truly among God's greatest gifts to her and continue to be a blessing to her family with the thoughtful remembrances.

At our wedding, her sisters sang "A Gamma Phi girl is selected with care." I know that to be true, because of the love, hope, and care her sisters shared with us both during the joyous moments and those when we needed support the most. The friendships and bonds that you share are very special. I am thankful that I had the opportunity to share that joy as Katrina's best friend and husband.

After graduating from SWT, Katrina became Assistant Director of Admissions and Orientation for the institution. Her goal was to make sure that every student who chose to attend SWT had as good an experience as she did. To help keep her memory alive and make her goal a reality, she asked that we start a scholarship in her name. The Katrina Clanahan Druart Scholarship will be available to first generation college students and to legacies of Gamma Phi Beta Sorority who attend SWT. Contributions can be made through the SWT Development Foundation, 601 University Drive, San Marcos, TX 78666.

Katrina's strength, leadership, friendship, and faith, will live on. As our six year old niece said, "God sometimes needs young people to be angels." Having known and loved Katrina, like the sisters of Gamma Phi, I know God selects His angels with care.

*May God Bless,
Tad Druart*



Katrina Clanahan Druart

Marie Rogers Barnard
Mary Chamberlain Howard

Elizabeth Bishop
Epsilon Omega Chapter

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Patty Giese
Sue Hotz
Betty Kurkjian

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Jeanne C. O'Brien)
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*The staff of Mesa Public
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Helen Holbrook Tunstall

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*Albuquerque Alumnae
Chapter*

Key:
In Memory of
Given by

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



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

The Crescent Reader Survey



Fax: 303-799-1876

Email: prdir@gammaphibeta-hq.org

or mail: Gamma Phi Beta International Headquarters

12737 E. Euclid Drive

Englewood, Co 80111

A year ago we asked for your opinions. We do listen! We started a 4-part series on financial well being, chapter spotlights and more contributions from our members. What more can we do? Let us know!

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
- ☐ Other _____

What would you change if you could?



Future issues: what can you contribute?

- | | |
|--|--|
| <input type="checkbox"/> Job (personal experience, etc.) | <input type="checkbox"/> Photography/illustrations/cover ideas |
| <input type="checkbox"/> Gamma Phi Betas (In the Media) | <input type="checkbox"/> Pacesetter information |
| <input type="checkbox"/> Eating disorders | <input type="checkbox"/> Other? _____ |

Name _____ Chapter of Initiation _____

Address _____

Phone - Home (_____) _____ Work (_____) _____

Fax (_____) _____ E-mail _____

Celebrate!

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

CONGRATULATIONS

Joan Braitsch's 25th wedding anniversary from Stephanie Hearn.

Congratulations to the Kansas City area alumnae, International Headquarters staff and International Council for a great Convention from Peggy Mauter.

Sally Andrews for winning the Helen M. Dodge Award from Camille Cestone.

The outstanding job done by the 1994-96 International Council from Camille Cestone.

Betty Quick's appointment as chairman of the NPC College Panhellenics Committee from Camille Cestone.

Diane Thompson's four years of outstanding work as International President from Camille Cestone.

Jacki Falkenroth's election to Member-at-Large from Camille Cestone.

Eunice DeVoin Easley's 57 years as a Gamma Phi Beta from Jean Murray Mullen.

Amanda DeYoung's marriage to David Taylor on December 7, 1996, from Amy McGuire Troiano.

Stephanie Hearn's marriage to Ed Wassom from Frances Griffin and Phyllis Choat.

Suzy Baker on her engagement to Scott Yager. We wish the two of you a lifetime of happiness from Jen, Stacy, Amy and Kristi.

L'Cena Rice on becoming International President from Carol Blanchard.

Janice Hiller on her marriage to Dan O'Toole from Tamra Selleck.

Diane Thompson for completing her 2nd term as International President from Ames Alumnae Chapter and Omega Corporation Board.

BIRTHS AND BIRTHDAYS

Nancy Montgomery's triplets from Camille Cestone.

The birth of Erin Crawford to Shelly Stevens Crawford and Larry Crawford of Denver.

Dixie Dragon Klingaman's new granddaughter from Barbara Wessel.

The birth of daughter Kelsey Elizabeth Carlton to Gayle Dudley Carlton from Rosemary S. Bunn.

The birth of legacy Eden Haley McMann to Rick and Tami (Burch) McMann from Sonja Hernandez.

The new arrival of Nicholas Stofa to Wendy Mele Stofa and husband Frank from Lisa Gaskill Johannsen.

The birth of Sophia Lawrence Pennachio to Nancy Lawrence and husband Chuck from Lisa Gaskill Johannsen.

The birth of Laura Marie to Kay McFarlin Wilms and husband H.P. from Lisa Gaskill Johannsen.

The birth of Jonathan Franklin to Carla Raglin Hahn and husband Brian from Lisa Gaskill Johannsen.

The birth of my first grandchild, Jennifer Catherine Klingaman, from Dixie D. Klingaman.

The birth of legacy Jessica Kathleen to Bob and Molly Brown Noren from Kathleen Boettner Murphy.

The birth of Duncan McCullough Williams to Cynde and Drew Williams from Nancy Enright, Sharon Aston and Cindy Moore.

SISTERHOOD

Diane Blankschaen for being my alumna initiate sponsor and for all the wonderful sisters I now have at Cleveland East Suburban Alumnae Chapter from Cheryl Hipp.

Thanks to all Province VIIIb alumnae chapters and crescent circles for your support last year and best wishes for a great 1996-97 season from Peggy Mauter.

Thanks to Alumnae Vice President Sharon Dunham for her leadership as champion of the Alumnae Department from Peggy Mauter.

Twenty five years of sisterhood with Sally Andrews, Beth Kilchenman and Pat Wagar from Camille Cestone.

The founding of Gamma Phi Beta from Gertrude Call Hirt.

Carolyn Tilton Cunningham's continuing work on the 50th anniversary celebration for the U.C. Berkeley Class of '48 and for yearly reunion parties at her home for Berkeley chapter alumnae from Mary Alice Bonar Van Kleeck.

The efforts of the Southern California Convention Benefit Committee (Marta Lombardi Brown, Roxanne Beat, Gigi D'Prey Eyre, Jennifer Fox, Elizabeth Goode, Anne Doyle Grey, Heidi Green, Rene' Matz, Linda Hallenbeck Pelegrino, Stephanie LaRoque Richards, Linda Chase Rogers, Susan Jacobsen Rose, Melissa Sickles, Kathy Meadows Smith, Angela Patrone Wright) from Sonja Hernandez.

The collegians who helped make the Southern California Benefit a huge success (Addy Bernard, Grace Chen, Amber Ferris, Anne Hoffman, Betsie Mayes, Michelle Barberetta, Alicia Bullard, Kristine Choe, Bianca Herrera, Corrine Ho, Teri Lombardo, Chi Troung, Lisa Wang). I thoroughly enjoyed working with all of you from Kathy Meadows Smith, Volunteer Coordinator.

The friendship and sisterhood of Betty Symmes from Michele Everett.

Wishing Mary Loscher the best of health from Andrea Lesch.

Alpha Delta's courteous hospitality from Audrey Shafer.

Building Tomorrow



Paula Kluth
GAMMA



Amy Putthoff
GAMMA IOTA



Carrie Guthrie
ETA



Kristin Stephany
ETA



Marcia Anderson Rauch
BETA DELTA



Carol Caruso
BETA KAPPA



Holly Jensen
GAMMA OMEGA



Tracie Ballard
EPSILON NU



Stephanie Wong
ETA

College tuition rises every year. It is more difficult than ever before for our sisters to fund their educations. Students need financial assistance to complete their degrees and the Gamma Phi Beta Foundation is providing that.

Generous donations from alumnae and friends are helping to **build tomorrow's leaders** by awarding scholarships and fellowships to deserving members. However, each year the number of requests for funds far outweighs the awards available. This year the Foundation awarded more than 50 scholarships and fellowships to young women. We are proud to be able to assist them in achieving their educational goals and to help them become the **leaders of tomorrow**. With your gifts, next year the Foundation can help more students.

For the 1996-97 school year, the Foundation awarded the following fellowships and scholarships:

Fellowships

Paula Kluth, Gamma
Foundation Award, \$600

After finishing her undergraduate degree at the University of Wisconsin, Paula earned a master's degree from Harvard University. Paula is using her fellowship to pursue a Ph.D. in special education. Paula is particularly interested in the study of autism in children.

Amy Putthoff, Gamma Iota
Four Founders, \$1000

As a graduate from Midwestern State University, Amy is pursuing a Ph.D. in experimental psychology at the University of Texas at Arlington. Her studies will focus on infant cognitive development.

Carrie Guthrie, Eta
Eta Chapter, \$2,600

After completing her undergraduate degree in psychology and anthropology from the University of California-Berkeley, and a four-year career as a Vocational Rehabilitation Consultant, Carrie is returning to school to complete her master's in social work at the University of Chicago.

Kristin Stephany, Eta
Eta Chapter, \$2,600

Kristin is a University of California-Berkeley graduate. After being in the work force for several years, Kristin has gone back to school to pursue her Master of Business Administration degree. Kristin's goal is to become a CEO.

Marcia Anderson Rauch, Beta Delta
Louise Wyatt, \$1,000

Marcia is returning to school after many years working as a bookkeeper and raising her two children. She is pursuing a degree in second language education at State University of New York at Buffalo. Eventually, she would like to teach English as a second language overseas.

Janet Snyder, Beta
Beta Chapter, \$600

Janet is using her fellowship to pursue her degree in business management at Spring Arbor College. Janet, who helped found *Hear My Voice*, an organization which promotes the rights of all children to have safe, permanent homes, would like to study how custody issues for children are handled in courtroom situations.

Carol Caruso, Beta Kappa
Four Founders, \$1,000

A former president of Beta Kappa at Arizona State University, Carol has returned to school for her Master of Arts in education counseling from the University of Phoenix. Carol intends to pursue a career in high school counseling.

Holly Jensen, Gamma Omega
Four Founders, \$1,000

Immediately after graduation from the University of Wisconsin-Platteville with a degree in criminal justice and English, Holly began law school. Holly is pursuing her law degree and a master's degree in library science. Her goal is to be a legal librarian.

Tracie Ballard, Epsilon Nu
Lindsey Barbee, \$1,000

Tracie is using her fellowship to obtain her teaching credentials from Chapman University, where she just completed her undergraduate work. Tracie is focused on teaching special education (inclusion and multi-age classrooms).

Leaders through Financial Aid



Natalie Lising
ETA



Cathleen Jamison
EPSILON NU



Samantha Boza
EPSILON MU



Nicole Robinson
DELTA UPSILON



Jessica Lamm
KAPPA



J. Katie Egland
XI



Courtney Schaefer
ALPHA EPSILON



Shana Maynor
SIGMA



Lindsay Lundholm
SIGMA



Becky Kucera
SIGMA



Jennifer Buck
SIGMA



Lora Anderson
BETA OMICRON

Stephanie Wong, Eta
Eta Chapter, \$2,600

Having just graduated from the University of California-Berkeley with a degree in molecular and cell biology, Stephanie began a four-year research program at the University of San Diego Medical School.

Karla Gordon, Beta Chi
Fern Holcomb Heath, \$650

Karla received her undergraduate degree at Wichita State University. After graduation she opened her own retail store. She returned to school to pursue her Master of Business Administration. Karla plans to work in the marketing field.

Natalie Lising, Eta
Eta Chapter, \$2600

After completing her undergraduate degree in rhetoric & mass communications at the University of California-Berkeley, Natalie is at Georgetown University studying family law.

Cathleen Jamison, Epsilon Nu
Four Founders, \$1000

After working as a Senior District Executive for a non-profit, Cathleen returned to school to pursue her Master's in human

resource development and management from Webster University.

Samantha Boza, Epsilon Mu
Audrey Weldon Shafer, \$600

Samantha, who graduated from Loyola University, will use her fellowship to attend Florida International University where she will pursue her Master's of Public Administration. Samantha's goal is to work in government affairs.

Lori Henson, Eta
Eta Chapter, \$2600

After graduating from the University of California-Berkeley with a degree in psychology and social welfare, Lori is using her fellowship to pursue her Master's degree in technology and special education at the University of San Francisco.

Scholarships

Nicole Robinson, Delta Upsilon
Ruth B. Fox, \$1,100

Jessica Lamm, Kappa
Elizabeth Fee Arnold/Beatrice Hill Wittenberg, \$1,100

J. Katie Egland, Xi
Ima Latzer Gamble, \$1,000

Courtney Schaefer, Alpha Epsilon
Louise B. Tillotson, \$700

Amanda Landes, Sigma
Jane Benton French, \$1,000

Shana Ann Maynor, Sigma
Jane Benton French, \$1,000

Lindsay Lundholm, Sigma
Jane Benton French, \$1,000

Becky Kucera, Sigma
Jane Benton French, \$1,000

Jennifer Buck, Sigma
Jane Benton French, \$1,000

Lora Anderson, Beta Omicron
Ellender Dickson, \$750

Staci Hill, Epsilon Beta
Ellender Dickson, \$750

Stacy Muller, Epsilon Iota
Ellender Dickson, \$750

Carolyn Cain, Gamma Phi
Ellender Dickson, \$750

Karen Fitch, Lambda
Lambda, \$800

Amy O'Neal, Sigma
Kathryn Allen Woodward
Greater Kansas City, \$650



Staci Hill
EPSILON BETA



Stacy Muller
EPSILON IOTA



Carolyn Cain
GAMMA PHI



Amy O'Neal
SIGMA



Tracy Patrizi
RHO



Susan Cobaugh
EPSILON ALPHA



Jolie Copelin
ZETA ALPHA



Jennifer Alt
ZETA BETA



Lisa Heigel
EPSILON PI



Jessica Morales
ETA



Jodi Lugger
BETA LAMBDA



Rebecca Sandfort
BETA KAPPA

Tracy Patrizi, Rho

Ardis McBroom Marek, \$700

Susan Cobaugh, Epsilon Alpha

Ernestine Chubb Quinn, \$700

Jolie Copelin, Zeta Alpha

Ladyfood, \$600

Michelle Doolittle, Epsilon Theta

Betty Luker Haverfield, \$600

Jennifer Alt, Zeta Beta

Orra Spencer Reid, \$550

Jodi Lugger, Beta Lambda

Vera Virginia Hill Thayer Dick, \$500

Rebecca Sandfort, Beta Kappa

Kathryn and John F. Winchester, \$500

Heather Sullivan, Tau

Laura Francis Cottingham, \$500

Jennifer Treutelaar, Alpha Xi

Dallas Alumnae/Alpha Xi, \$950

Kori Riggin, Alpha Beta

Alpha Omicron, \$540

Moujan Malekafzali, Eta

Ellender Dickson/Eta Chapter, \$2,500

Stella Kondonijakos, Eta

Ellender Dickson/Eta Chapter, \$2,500

Jenny Chang, Eta

Ellender Dickson/Eta Chapter, \$1,500

Jessica Morales, Eta

Ellender Dickson/Eta Chapter, \$1,500

Jessica Lytle, Beta Upsilon

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

Rebecca Epstein, Delta Tau

Leslie Kempa Memorial, \$1,000

Irma Latzer Gamble Book Awards

Betsy Sheffield, Gamma Phi

\$250

Caroline Reid, Delta Tau

\$250

Ellender Dickson Book Awards

Rachel Rolfson, Alpha Beta

\$250

Suzanne Rohan, Alpha Chi

\$375

Lisa Heigel, Epsilon Pi

\$375

Every year it is becoming more difficult for our sisters (collegians and alumnae) to achieve their academic goals. If you would like to join the Gamma Phi Beta Foundation in Building Tomorrow's Leaders, 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 1997-98 school year, please see your chapter president for an application or call the Foundation Office at (303) 799-1874.

Deadline for applying is February 14, 1997.



Jennifer Treutelaar
ALPHA XI

Kori Riffin
ALPHA BETA

Moujan Malekafzali
ETA

Stella Kondonijakos
ETA

Jenny Chang
ETA

Jessica Lytle
BETA UPSILON

Betsy Sheffield
GAMMA PHI

Caroline Reid
DELTA TAU

Rachel Rolfson
ALPHA BETA

Suzanne Rohan
ALPHA CHI

Karen Fitch
LAMBDA

FOUNDATION

Gifts of Stock—The Hows and Whys

Giving a gift of appreciated stock to the Gamma Phi Beta Foundation is easy and can be rewarding in several ways! First of all, you will not have to pay capital gains tax on stock that has appreciated over the years. Second, you will receive an income tax charitable deduction for the full fair-market value of the stock on the date of the gift. Third, your stock gift will benefit Gamma Phi Beta by making possible leadership and educational programs, scholarships and special camping for girls.

How can you deliver the stock to Gamma Phi Beta?

Securities held by the donor

If you hold the stock certificate(s), simply send the endorsed certificate(s) by overnight or certified mail to the Gamma

Phi Beta Foundation. Then, under separate cover, send a stock power for each certificate to the Foundation with a letter stating the purpose of your gift. Your gift date is the date you mailed the certificates. The value of your gift is the mean of the stock high and low for that day.

Securities held by the broker

If your broker holds the certificate(s), then instruct your broker in writing that you wish to make a contribution of securities to the Gamma Phi Beta Foundation and provide details on the number of shares and company. Instruct them to transfer the stock to PaineWebber, Inc., DTC #221 for credit to client account #IP43940-10, Gamma Phi Beta Foundation. Send a copy of your instructions, along with a letter stating the purpose of the gift to Stephanie Hearn, Executive

Director for Foundation Development, 12737 E. Euclid Drive, Englewood, CO 80111. The gift date is the day the securities are transferred to the Foundation's account. The value of your gift is the mean of the stock high and low for that day.

If you have questions about stock gifts or want to proceed with a gift, please contact Stephanie Hearn at the Foundation office, 303-799-1874, ext. 305.



Doing Just About Everything Right

Not everyone can be a gourmet cook and few of us would try. However, Carol Grinstead Maupin (U. of Oklahoma) not only is such a cook, but is also the innkeeper of a nationally recognized bed and breakfast.

Conde Nast Traveler recognized the Inn at Woodyard Farms near Pawhuska, Oklahoma as one of the Top 50 All-American Bed and Breakfasts in the United States.

Carol, who majored in home economics/fashion merchandising at the University of Oklahoma, had as her first job a stint in the Zodiac Room at Neiman Marcus in Dallas, under the direction of the infamous Helen Corbitt. Under Corbitt, Carol started as a "food slave" at the very bottom of the ladder.

She peeled shrimp, washed vegetables, cleaned refrigerators, ran the dishwasher and did other such jobs. She eventually worked up to second in command of the food preparation and sometimes took Miss Corbitt's place at speaking engagements.

Carol notes that Miss Corbitt demanded perfection from everyone—from the dishwasher to the head hostess. "She frequently screamed at me, 'Miss Grinstead, can't you do anything right?'" Carol says that she stuck it out during her training period because Miss Corbitt was a genius with food, and she wanted to learn.

After six years at Neiman Marcus, Carol moved on to other jobs. She was Administrative Dietitian at Southern Methodist University where she put together a cookbook entitled *Morning, Noon, and Night for the Food Director*. She also oversaw the feeding of the athletes at the athletic dorm. She next went to Denver where she ran the tearoom for Denver Dry Goods and planned all the special events.

After Denver, it was back to Texas, where she oversaw the building maintenance and food preparation for the Houston Junior League Tearoom. Carol notes, "This was my favorite job of all. I made wonderful friends at the League that continue even today."

Carol remained in Houston for seven years before returning home to Pawhuska, Oklahoma in February 1990 to help her sister set up and run the Inn at Woodyard Farms.

The Inn was built as a special project by the carpentry class at Pawhuska High School. The class had no project for 1989 because the economy was bad and no one was building, so Carol's sister, Nancy, decided to go ahead with the project which they had planned for three years in the future. The Inn is a tribute to this high school class and is probably the envy of some experienced carpenters. The architecture is typical of early-day Oklahoma ranch houses.

Nancy is the proprietor. Carol takes care of guests, plans menus and cooks. Carol sees that guests get their morning start with a special breakfast which might consist of anything from Eggs Benedict to a generous biscuit containing a delectable filling of creamed chicken and mushrooms and, of course, many extras.

According to an article in the *Albuquerque Journal*, one of the reasons for Woodyard Farms' selection as one of the top 50 spots in *Conde Nast Traveler* was Carol's fresh biscuits. Before moving back to Oklahoma, Carol was voted "Best Biscuit Maker in Texas" by *Texas Monthly*.

Carol relates that she does sometimes serve dinner if a special request is made well in advance.

Carol used to serve hundreds at Neiman's, Denver Dry Goods and the Houston Junior League Tearoom. She says that she is now used to crowds, but "when I first started, *Food for Fifty* was my bible." The maximum she can serve at the Inn for special events is 24, but she says that planning for 20 guests for dinner is easier.

It is a fact that anyone can achieve anything if she works hard enough. Carol has achieved the status of a "great cook."

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

Teacher of the Year

Dianna Johnson (West Virginia U.) was selected District IV Journalism Teacher of the Year by Florida Scholastic Press



Dianna Johnson

Association. She is the Silver Star Yearbook advisor at Gaither High School in Hillsborough County. Dianna has received numerous awards for her outstanding publications from National Scholastic Press

Association and Florida Scholastic Press Association. Dianna qualifies for the State Journalism Teacher of the Year Award which will be announced in May.

Local Hero Recognized

Vesta Spurgeon Voss (U. of Missouri-Columbia) was inducted, with only four others in the state, by Governor Mel Carnahan into the 1996 Order of Distinguished Older Missourians. Her lifetime of volunteer activities include:

being a founder of the Columbia Meals on Wheels, in which she has been active for 24 years; assisting families of patients in the surgical unit at University Hospital for ten years; and two



Vesta Voss

terms as president of the Missouri Dietetic Association. Vesta was recognized by the Columbia Altrusa Club with the Community Service Award and the J.C. Penny Golden Rule Award for individual service. Her remarkable dedication and service are an inspiration to all.

Editor's Note: If you know a Gamma Phi Beta who is a PACEsetter, please contact International Headquarters at 303-799-1874.

A. Etched glass coffee mug	CC118	\$11.95
B. Stoneware crescent mug	CC119	\$7.95
C. Etched blue glass coffee mug	CC120	\$11.95
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E. Postcard—A new fun way to surprise your Gamma Phi sisters! This postcard has been approved by the U.S. Postal Service and is a fun and affordable way to send G Phi B greetings!		CC122 \$3.95



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