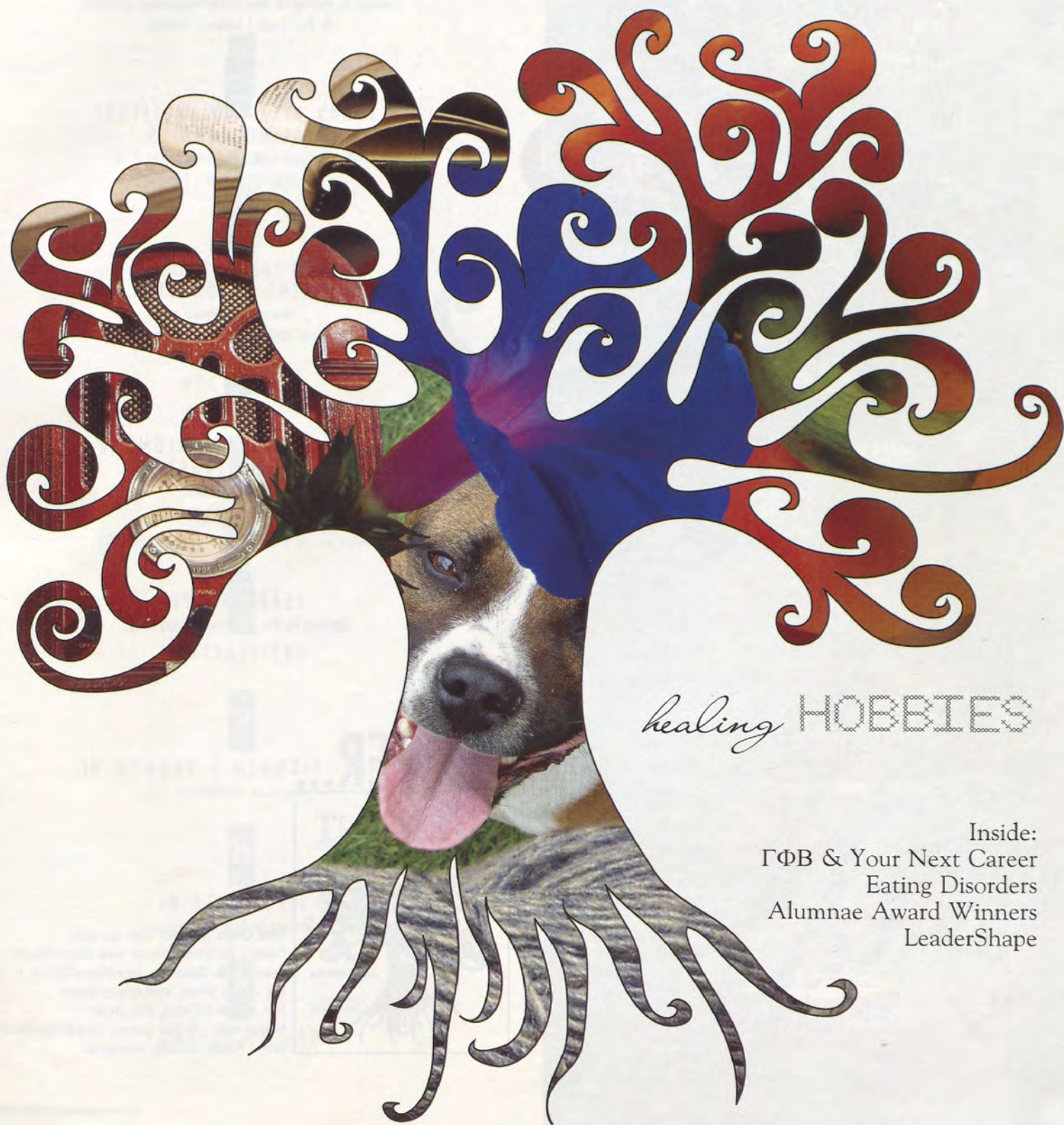


THE Winter 2005

CRESCENT

of GAMMA PHI BETA



healing HOBBIES

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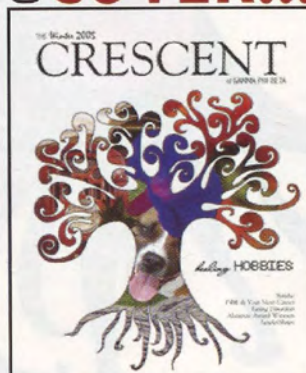


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THE Winter 2005

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OF GAMMA PHI BETA

VOLUME 105 NUMBER 1

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SORORITY MISSION STATEMENT

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.

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MAGAZINE SUBMISSION DEADLINE

Spring issue January 1
Summer issue April 1
Fall issue July 1
Winter issue October 1

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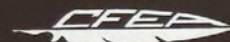
E-mail your old and new information to address@gammaphibeta.org, call 303.799.1874, fax 303.799.1876, or mail to Address Changes, Gamma Phi Beta Sorority, 12737 E. Euclid Drive, Centennial, CO 80111.

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The Crescent (USPS137620) is published quarterly.
Periodicals postage paid at Centennial, CO and at additional mailing offices. Non-member subscription price is \$6.00.

Produced in the U.S.A. by Maury Boyd and Associates.

POSTMASTER: Send address changes to *The Crescent*, Gamma Phi Beta Sorority, 12737 E. Euclid Drive, Centennial, CO 80111.



Member of the College Fraternity Editors Association



Member of the National Panhellenic Conference

THE GIFT OF SISTERHOOD



...experience
the joy of giving
and receiving
the gift
of sisterhood.



■ **DURING THE HOLIDAY SEASON** our minds are often obsessed with gifts. What are we giving? What will we get? ■ **BUT A CHANGE TAKES PLACE** as we consider the New Year; our minds fill with hopes, dreams and resolutions for a new beginning. ■ **CONSIDER THE PRICELESS GIFT** the San Antonio Alumnae Chapter gave to one of their eldest members. Upon turning 100 in early September, Virginia Rutledge Stark (Texas) received birthday letters from the President of the United States, Willard Scott of TV weather fame, the International President of Gamma Phi Beta and many other Gamma Phi Beta sisters and friends. But the gift that touches Virginia most is one from the alumnae of San Antonio: 100 pink carnations, delivered one a day, by her Gamma Phi Beta sisters. Can you imagine what that gift means to Virginia? Imagine what it would mean to you! ■ **DURING THIS SEASON OF PRESENTS AND NEW YEAR'S RESOLUTIONS**, experience the joy of giving and receiving the gift of sisterhood. Take the time to reconnect with a special sister and remember once again the tie that binds us.

Linda Daniel Johnson
International President

SIMPLE
RULES
OF

SKIN CANCER

By Margaret E. Parsons, MD (California-Berkeley)

We enjoy the outdoors, but unless we're smart about it, we'll join the hundreds of thousands each year who are diagnosed with the most common form of cancer, skin cancer.

What is skin cancer? The ultraviolet radiation we receive from the sun is a carcinogen, a cancer-causing agent. Skin cancer comes in three forms: basal cell carcinoma (BCC), squamous cell carcinoma (SCC) and malignant melanoma. BCC is the most common form. It is slow-growing, but can cause serious deformities on the face, and cause unattractive scars when treated. BCC can show up as a sore or bump that bleeds easily or can be a red scaly area that gradually increases. SCC is very similar to BCC, but can occasionally spread to other areas.

Malignant melanoma is the most dangerous form of skin cancer. There are at least 96,000 new cases of melanoma each year in the U.S., and the number is increasing. Melanoma has the fastest increasing incidence of all cancers—skin and otherwise. At least 7,500 people die each year in the U.S. from melanoma and it is the most common type of all cancers in women 25 to 30 years of age. Melanoma may occur in an existing mole, but in $\frac{2}{3}$ of the cases it develops on its own.

What can you do to protect your skin? It's easy; proper sun protection protects us from cancer and is also one of the two best beauty tips for lifetime skin health and fewer wrinkles. (The second tip is don't smoke.)

Here's what to do:

AVOID OUTDOOR ACTIVITIES during peak sun hours (Noon-3 p.m.).

WEAR SUNSCREEN. Choose one that is at least SPF 30 or higher and has zinc oxide, titanium dioxide, or Parsol 1789 (avobenzone). Reapply sunscreen every two hours when outdoors.



WEAR A HAT with a 3-inch brim. A baseball cap will protect part of the face, but it won't shield the ears and lower face. Go for the cute straw hat when gardening, running errands or at the beach.



WEAR SUNGLASSES. They protect eyes from cataracts (a clouding within the eye making your vision seem blurry) and help prevent squinting and crow's feet.



EXAMINE YOUR SKIN REGULARLY.

Know your ABCDs (asymmetry, border irregular, color varied, diameter larger than 6 mm or larger than a pencil eraser) of moles and watch for any other unusual new bumps or sores. See a dermatologist if you have any concerns about lesions or if you have a lot of moles. It could save your life.

DO NOT USE TANNING BEDS—ever.

The National Institutes of Health has declared tanning beds to be a carcinogen. They contain 15 times the UVA radiation of natural sunlight. The only "safe tan" is a fake tan. Other forms of tanning endanger your health and put you at risk for melanoma and skin damage.



Follow these simple rules of skin cancer prevention for a lifetime of healthier skin. It is one of the easiest "good for you" things you can do!

For more information, visit the American Academy of Dermatology at www.aad.org.



Dr. Margaret "Maggie" Parsons (California-Berkeley) is a board-certified dermatologist in private practice in her hometown of Sacramento, California, and also an Associate Clinical Professor at California-Davis. The leadership skills and training Maggie gained while at Eta chapter, along with the Foundation scholarships and fellowships she's received, and her tenure as chapter president, have served her well in the field of medicine.

Maggie served as president of the California Society of Dermatology and Dermatologic Surgery and advocates for patients and health care issues in the state capitol on a regular basis. Nationally, she is chair of the Council of Government Affairs, Policy and Practice of the American Academy of Dermatology, working on health policy at the federal level. Maggie also serves on the Board of the Women's Dermatologic Society, which focuses on mentoring and networking.

UTILIZE YOUR GAMMA PHI BETA EXPERIENCE TO CAPTURE YOUR NEXT CAREER

By Brad Karsh, President of JobBound

You have worked hard as a leader in your sorority, but when it comes time to land an internship or job, you need to make sure the recruiting director knows it. Getting your resumé to stand out is no easy task. There are hundreds and maybe even thousands of people applying for the same job. Competition can be fierce. Additionally, with so many applicants, recruiting directors may have only 15 seconds to read a resumé.

Don't worry if you know what you're doing and you identify what companies are looking for, you'll make it to the interview stage. Whether you know it or not, your sorority experience is key in helping you emerge from the endless stack of resúmes.

So how do you write about Gamma Phi Beta in a compelling, relevant way that will make your resumé move to the top of the pile? The most important thing you can do is focus on your specific accomplishments.

A vast majority of applicants write job description resúmes—they simply tell the reader what *anyone* in that particular position would do, as opposed to what they specifically accomplished.

Let's look at an example:

PRESIDENT, Gamma Phi Beta Sorority, Fall 2004

- ☐ Responsible for the operations, facility and administration of 95 member sorority
- ☐ Oversee all activities of executive board and committee members
- ☐ Key correspondent with other chapters on campus

The fact is, ANY sorority president in the history of the Greek system, whether at Gamma Phi Beta or in another organization, can write this exact same statement. All you've done is tell the reader what a sorority president does. And guess what? The recruiting director already knows that!

If what is written in your resumé can be written by the person who did the job, before, with, or after you, then you haven't done yourself justice. Resúmes need to be infused with numbers, accomplishment and specificity. This task can be difficult, but will dramatically improve your resumé.

When listing your accomplishments, think about the following:

- ✓ How is the organization better as a result of YOUR involvement?
- ✓ What did YOU specifically accomplish?
- ✓ How did YOU do it differently from the person before, after, or next to you?
- ✓ How were YOU selected?
- ✓ Use facts and figures whenever possible.



Let's take a look at how to rewrite the president's job:

PRESIDENT, Gamma Phi Beta Sorority, Fall 2004

- ☐ Responsible for the operations, facility and administration of largest Greek chapter on campus, increasing membership by more than 15%
- ☐ Chapter recognized nationally as 1 of 12 out of 114 for outstanding scholarship, philanthropy, social service, leadership and overall excellence
- ☐ Increased community service by 50% to more than 8,000 hours in one year; second highest national chapter total
- ☐ Raised weekly meeting attendance 25% by overhauling meeting content and format

Now that's impressive! This can work for you even if you weren't the president of your chapter. For instance, if you were the recruitment chairwoman, talk about how many members your chapter recruited, how the class compared to previous classes or even how it compared to other groups on campus. The key is to make sure it's specific to what you accomplished.

Companies are searching for people with strong leadership skills and a host of real world experience. You have the skills; just remember to convey them in a compelling and meaningful manner.

Good luck!

For more great resumé and interviewing advice, visit www.job-bound.com. Brad Karsh, President of JobBound, is a nationally recognized job search expert specializing in helping college students with their resúmes and interviews.

He has presented at dozens of universities nationwide, and has been featured on CNNfn, CNBC, and quoted in *The Wall Street Journal*, *Fortune* magazine, the *Chicago Tribune*, *CNN.com* and many others.

Brad is available to speak at Gamma Phi Beta chapters or to the greater Greek community. He is also willing to work one-on-one with students to assist with resumé writing.

For more information, contact Brad at bkarsh@jobbound.com, or call 800.979.1121. You can also contact Angie Dimit, Gamma Phi Beta Education Vice President, at adimit@uiuc.edu, or call 217.367.5362 with questions.





■ CRESCENT CATCHERS TO THE RESCUE

The Crescent Catchers have done it again, this time rescuing the badge of screenwriter Judy Howard (UCLA), wife of Rance Howard (father of actor/director Ron Howard). The group recovered a sweetheart badge (the $\Gamma\Phi\beta$ badge attached to the Acacia badge of her college sweetheart) for Judy. She said, "I must say, looking at these two pins, remembering the night Warren and I were pinned and serenaded, give me an unsettling feeling—thinking of the badge's journey—and I suppose mine!"

■ $\Gamma\Phi\beta$ CARRIES THE OLYMPIC TORCH

Amy Bartlett Thornton (Idaho) was in Greece over the summer after she was chosen to carry the Olympic Torch for a stretch near Kavala, Greece on July 19. Amy, who began running as a young girl growing up in Sandpoint,

IN LIKE: WHAT DOES GAMMA PHI BETA SISTERHOOD MEAN?

My daughter, Kathlyn "Katie" Simpson Woodard (Colorado State) was diagnosed in early December 2002 with a very rare auto-immune kidney disease known as Anti-GBM (also called Goodpasture Disease) which, in many instances is fatal. As a result, Katie lost all kidney function and needed dialysis treatments three times a week. For more than a year she was not a candidate for a kidney transplant because the Anti-GBM antibodies in her system would destroy a transplanted organ.

In early 2004, her antibody count had diminished to a level that would permit a transplant. We were thrilled! She was placed on transplant lists in Texas (where she and her family were living in the greater Dallas area) and in Colorado (when they were transferred back to the Denver area).

Katie has three sisters and we believed that at least one of them would test as her donor. However, none did. Next came her husband, Curtis (Phi Gamma Delta, Colorado)—no-go there, also. A brother-in-law also was ruled out as a donor; we thought Katie's step-brother would be the next tested. However, one of Katie's Tau (Colorado State) chapter sisters, Tari King Vickery, had started the rigorous testing procedure and the initial results were looking very positive. After weeks of numerous tests, on Friday, August 13, 2004, Katie received the wonderful news that Tari was a match!

Katie and Tari had surgery on August 25, 2004, at Denver's Presbyterian/St. Luke's Hospital. Tari gave Katie the gift of renewed health and life. Without that great gift, Katie would continue to live only with the aid of dialysis. Now she will be able to live a full life and watch her two children grow to maturity and beyond. She will be able to relish the joy of watching grandchildren grow.

What is Gamma Phi Beta sisterhood? In Katie's case, the gift of life and health! Her sisterhood bond with Tari will be strengthened for their lifetime. And Tari? She will walk with the angels forever. —Patti McDonald Chandler (Idaho)

Editor's Note: Pictured above, Tari, on the left, and Katie, right, have made full recoveries from the transplant surgery. Tari has resumed her busy schedule of yoga, Bible studies, hiking, mountain biking and life with her husband and 3 1/2 year old son. Katie also is enjoying life with her husband and two children, ages five and eight. Katie's dialysis schedule has been replaced by kickboxing, Bible study and volunteering at her children's schools.

The Alpha Beta (North Dakota) 1985 pledge class smiles at a summer reunion in Bismark, North Dakota. From left: Deb Woo Jonson, Kim Perry Veil, Jackie Brewster Fredrickson, Ann Poeschel and Jen Clark Naudlin.



Idaho, now lives in Tigard, Oregon. She told the Portland Oregonian, "I've never done anything like this. It's such an honor."

■ 100 DAYS OF PINK CARNATIONS

Gamma Phi Beta played a big part in helping Virginia Rutledge Stark (Texas) celebrate her 100th birthday on September 3, 2004. More than 150 friends, family members and sorority sisters attended two galas in Virginia's honor.

Linda Daniel Johnson (Vanderbilt), International President, sent a congratulatory letter, along with an embroidered handkerchief. Virginia received letters from President



Virginia Rutledge Stark (Texas)

George W. Bush and First Lady Laura Bush. The San Antonio Alumnae Chapter celebrated Virginia with 100 days of carnations—one a day, brought by chapter members. Virginia

said, "I was awed that so many people cared about me. I really appreciated it all."

Virginia has been active in the Sorority for more than 50 years. She is a charter member of the San Antonio group, along with 86-year-old Cathryne G. Melton (Texas), who came up with the idea of the 100 carnations.

Virginia remains in excellent health and is the mother of three daughters, the grandmother of 11, and the great-grandmother of 21.

■ A VACATION OF OLYMPIC PROPORTIONS

Chiara Benitez and Danielle Reed, both alumnae from Delta Sigma chapter at the Florida Institute of Technology, recently returned from a whirlwind vacation in Greece.

The women attended the opening ceremonies of the Olympics and marveled at the extraordinary talents of the qualifying athletes. Chiara and Danielle visited four out of the seven Wonders of the World, the city of Olympia where the first Olympic Games were

held and went swimming in the Aegean Sea. The duo got autographs from members of the gold medal Olympic swim team and had their photo taken with them.

Chiara says she has already started a fund to attend the 2008 Olympics in Beijing. ☾

If you would like to be featured in Out & About contact Megan McDermott; mcdermott@gammaphibeta.org, or Gamma Phi Beta International Headquarters, Attn: The Crescent, 12737 E. Euclid Dr., Centennial, CO 80111-6445. Remember, we do not publish wedding photos or birth announcements.

Chiara Benitez (Florida Institute of Technology) and Danielle Reed (Florida Institute of Technology) attend the opening ceremonies of the Summer 2004 Olympics in Athens.



A Beta Eta (Bradley University) reunion was held at the home of Marilyn Hubbell Lageschulte June 26, 2004. Approximately 30 Gamma Phi Betas attended for an afternoon of memories, laughs and renewed friendships. Some attendees hadn't seen one another in 35 years.

CORRECTION

On page 22 of the fall issue of *The Crescent*, we incorrectly identified the Order of the Crescent, listing the levels in reverse order. The correct order should be: Order of the Crescent with five crescents, love level with four crescents, labor level with three crescents, learning level with two crescents and loyalty level with one crescent. We apologize for any confusion this may have caused.



healing

HOBBIES

By Megan McDermott | Editor

New research suggests hobbies not only have therapeutic properties, they may also prevent arthritic hands, heart attacks and Alzheimer's disease.

Help for Arthritic Hands

The Center for Disease Control recently reported that 70 million Americans—that's almost one in three—have arthritis and/or chronic joint symptoms, up from 43 million in 1997. Experts say that instead of giving up your favorite hobby, you should continue your cherished activities, but make modifications. Continuing your hobby will keep you going and maintain your range of motion so your hands don't get stiff.

If you choose to **garden**, choose garden tools with enlarged handles that don't require such a tight, strong grasp or elongated handles that use larger muscle groups in the arm, not just the hand.

Margaret West Pape (Oklahoma) turned to gardening after retiring from teaching. She took a master gardener course offered by her county extension office. The master gardener program is offered nationally and consists of approximately 14 sessions that give a comprehensive look at all aspects of gardening.

Since Margaret's yard is mostly shade, she chose plants with interesting foliage rather than flowers. She's had suc-



cess with hostas and ferns and has three or four different varieties of Japanese Maples that she enjoys pruning in a bonsai type style.

Margaret says, "Working in the garden is very relaxing and the perfect hobby to enjoy the miracles of nature."

Whether you regard **cooking** as a hobby or necessity, you'll enjoy it more with some modifications that reduce wear and tear on your hands:

- ✦ Buy prepackaged chopped onions and jars of minced garlic instead of chopping.
- ✦ Set your cookbook on a holder.
- ✦ Save energy by laying out all ingredients before you begin, like the TV chefs do.

For other hobbies, vary projects as much as possible. Fortunately, more and more commercial products are becoming available to help you enjoy your favorite activities. The Arthritis Foundation provides a list and description of products they've awarded the Ease-of-Use commendation.

Pet Positives

If your pet is your hobby, there's good news about your health. Pet owners reap several health benefits from their furry friends. To name a few:

- ✦ Pet owners have lower blood pressure, lower triglyceride and cholesterol levels than non-owners.
- ✦ Pet owners have better psychological well-being.
- ✦ Pet owners have higher one-year survival rates following coronary heart disease.
- ✦ Having a pet may decrease heart attack mortality by 3%. This translates into 30,000 lives saved annually.
- ✦ Pet owners have better physical health due to exercise with their pets.
- ✦ Dogs are preventative and therapeutic measures against everyday stress.

Pet owner Kristi Williams (Northern Arizona) often combines her two favorite hobbies—pets and hiking. Her two dogs, Buffet, a Cocker Spaniel, and Holly, a Shih-Tzu, occasionally accompany Kristi on her hikes. Kristi says she gets pure joy from the sights, sounds and magic she experiences from her hikes and from setting a goal and attaining it. Growing up, her family camped and took short day hikes, and she's always loved being in the forest.

Her favorite hike is the Grand Canyon. Of the millions of annual visitors to the Grand Canyon, only 1% ever get to the bottom, and an even smaller percentage hike down. (Mules also carry visitors.) "To see the canyon from the inside out and the bottom up is something that changes you. Step by step, looking back down to see the progress you've made is inspiring," says Kristi.

Exercising the Brain

According to a June 2003 article on *WebMD.com*, when it comes to preventing Alzheimer's disease, you fare better with several laps around a Monopoly board than around the block.

The article cites a *New England Journal of Medicine* study showing that activities such as reading, playing cards and board games and doing crossword puzzles may prevent or minimize memory loss from aging.

Fighting Depression

Barbie Chadwick (Vanderbilt) uses her mind and body in the cultivation of her hobby, gardening. She gets simple joy from weeding a bed, deadheading and cutting flowers. But Barbie hasn't always been a gardener. In fact, for ten years she lived in a condo because she didn't want to "hassle" with a yard.

When Barbie's mother passed away, she quit her job due to a serious bout of grief-induced depression and discovered

the joys of gardening. At first, she hired someone to put in a terrace and front beds. In the fall, the gardener planted hundreds of bulbs for the most spectacular display she'd ever seen. Barbie was hooked and started wanting to "do my own yard."

"Gardening is a great therapy for my soul. To this day, my garden and growing things helps me fight my chronic depression," says Barbie.

Barbie says her Nashville garden became an unconscious tribute to her mom, who, after living many years in South Florida, always loved and missed the variety of flowers the four seasons would bring up north.

In the spring, Barbie is thinking of going to Holland for the tulip displays. She says, "I'm healthier than I've ever been and having great fun. I owe a lot of my health to this 'hobby' of mine."

Tip HOBBIES

Thanks to television programs and personalities like Martha Stewart, Oprah and the TLC Network, it's once again cool to do some of our favorite hobbies.


Crocheting, the New Yoga

Gail Carabin Silva (Bridgewater State College) learned how to crochet from her mother when she was five years old. She says last year, when knitting became the new yoga, she started thinking about it again. After finishing a scarf, she started looking for new patterns online. Since then she's made shawls and ponchos as they came into style.

"Crocheting really allows me to relax. I can crochet while I'm watching TV, riding in the car and talking with someone. Since it's something that my mother taught me to do, I enjoy continuing to practice it. It's rewarding when I finish a project knowing that I completed it myself," said Gail.

Hidden Treasures

National Panhellenic Conference Delegate Betty Quick (Indiana) started collecting antiques in high school when she was given a pressed glass goblet. Growing up with family pieces gave her an appreciation for old things.



After getting married, Betty's collecting increased because antiques were less expensive than new furniture. Walnut and cherry are Betty's favorite woods and she particularly likes unusual or handmade pieces. Betty says, "Refinishing furniture is like discovering a treasure. One never knows exactly what is under the coats of paint or varnish."

Book Club Buddies

Mary Knaup (California State-Fullerton), director of new chapters, says that for pure escapist pleasure, one of her favorite hobbies is reading. Luckily, she has a reason to read on a regular basis; she's part of a monthly book club. Currently there are eight Delta Delta members and a couple of other friends who participate. Jennifer Malkenhorst McNabb came up with the idea for the club and they've been going strong for five years.

Each month a different member chooses the book and hosts the party and discussion. Mary says, "Being in the club has challenged me to read books I might not have otherwise considered. But I think the best part of the night is the opportunity to get together with good friends and reflect on the fact that Gamma Phi Beta brought us all together."

Volunteering—Not a Hobby, a Passion

Kris L. Baack, Ph.D. (Nebraska-Lincoln), director of leadership development, says that like most of us, she grew up in a great community with parents who stressed the importance of giving back to the community.

Upon completion of her masters degree, Kris became a volunteer for Gamma Phi Beta, first as a chapter advisor and then as a province collegiate director. With more than 23

years of volunteering, she is now in her ninth international office.

Kris was also asked to chair a research study on the needs of women and children in the community who were victims of domestic violence. As president of the Junior League of Lincoln (JLL), Kris worked to give \$85,000 from JLL to start a second shelter, Friendship Home 2. She has found the cliché is true: You get back more than you give when you help others.

Sweet Poetry

For Linda Guerra Thompson (Maryland), poetry is an art form that comes from what's in her heart. In her poem, *Your Dreams and Goals*, Linda says, "Plan and pursue and love what you do, then place your faith in our loving God who is truth." It was Linda's dad who encouraged her at age 13 to write a poem for a poetry contest held by a local newspaper. She entered the contest by submitting a poem on the subject of balloons. Linda says, "It was cute and short and never published, but that's fine with me because now it's my favorite hobby."

Sources

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Yarn, pages 12-13 - Michael Connors, MorgueFile.com.

GAMMA PHI BETA AWARD WINNERS

MERIT, LOYALTY & SERVICE AWARD CRITERIA

Merit: Member in good standing with minimum of 15 years of service to the Sorority at the local level and a minimum of five years of financial support.

Loyalty: Member in good standing with minimum of seven years of service on the international level and a minimum of seven years of financial support to the Sorority or Foundation.

Service: Member in good standing with minimum of five years of service on the international level and 15 years total at both the local and international level and a minimum of five years of financial support to the Sorority or Foundation.

MERIT ROLL

Holly Brisbin Anhalt

Omega Chapter
Cedar Rapids Alumnae Chapter

Kathy Shoemaker Beltz

Beta Psi Chapter
North Houston Alumnae Chapter

Marilee Gilbert Benage

Sigma Chapter
Greater Kansas City
Alumnae Chapter

Marian Doty Bickford

Zeta & Alpha Upsilon Chapters
Green Mountain Crescent Circle

Kimberly Robin Younger Drvol

Pi Chapter
Omaha Alumnae Chapter

Lucile McVey Dunn

Sigma Chapter
Pasadena Alumnae Chapter

Thalia Welborn Eddleman

Psi Chapter
Oklahoma City Alumnae Chapter

Lurene Jochem Frantz

Alpha Upsilon Chapter
State College Alumnae Chapter

Sharon Smith Graham

Gamma Chi Chapter
North Houston Alumnae Chapter

Claudia Anne Hardy Hitchcock

Psi Chapter
Oklahoma City Alumnae Chapter

Lesley Hagood Kennedy

Sigma Chapter
Greater Kansas City Alumnae
Chapter

Megan Byrne Krueger

Beta Phi Chapter
Chicago Alumnae Chapter

Melissa Panko LaBrash

Omicron Chapter
Chicago Far West Suburban
Alumnae Chapter

Catherine Frost McMann

Beta Delta Chapter
Princeton Area Alumnae Chapter

Susan English Nobles

Beta Omicron Chapter
Oklahoma City Alumnae Chapter

Kathleen Meadows Smith

Beta Lambda Chapter
Greater Orange County
Alumnae Chapter

LOYALTY AWARD

Adra Mason Cheek

Beta Omicron Chapter
Oklahoma City Alumnae Chapter

Emerald Kuepper

Alpha Chi Chapter
Princeton Area Alumnae Chapter

Cheryl Speer

Delta Delta Chapter
Portland Alumnae Chapter

Karen Harris Story

Alpha Theta Chapter

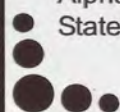
SERVICE ROLL

René Matz Thompson

Delta Delta Chapter
Greater Orange County
Alumnae Chapter

Ann Cibula Zultner

Delta Iota Chapter
Princeton Area Alumnae Chapter



CIRCLE OF EXCELLENCE CRITERIA

- Payment of alumnae dues, postmarked by December 1.
- Payment of forms fees, postmarked by December 31.
- Filing of Alumnae Chapter Officers List, postmarked by May 1.
- Filing of Alumnae Chapter Presidents Report, postmarked by June 1.
- Hold four or more alumnae chapter gatherings, events, or activities per year.
- Participate in the Gamma Phi Beta Connection Program by assisting a collegiate chapter.

CIRCLE OF EXCELLENCE

All of the Circle of Excellence criteria.

Toledo, OH

CARNATION CIRCLE

All of the Circle of Excellence criteria, plus three of the higher circle criteria listed below.

Bakersfield, CA

Greater Baltimore, MD

PEARL CIRCLE

All of the Circle of Excellence criteria, plus four of the higher circle criteria listed below.

Cedar Rapids, IA

Charlotte, NC

Lubbock, TX

DIAMOND CIRCLE

All of the Circle of Excellence criteria, plus five of the higher circle criteria listed below.

Albuquerque, NM

Arlington, TX

Atlanta, GA

Atlanta Southern Crescent, GA

Bergen County, NJ

Beverly-Westwood, CA

Chicago, IL

Chicago NW Suburban, IL

Chicago-Far West Suburban, IL

Cincinnati, OH

Cleveland West, OH

Columbia, MO

Dallas, TX

Dayton, OH

Denver, CO

Eastern Virginia, VA

Evanston North Shore, IL

Evansville, IN

Fort Collins, CO

Glendale, CA

Grand Rapids, MI

Greater Fort Myers, FL

Greater Kansas City, MO

Indianapolis, IN

Kearney, NE

Kent, OH

Las Vegas Valley, NV

Long Beach, CA

Louisville, KY

Naples, FL

Nashville, TN

New Jersey Metro, NJ

North Houston, TX

Oklahoma City, OK

Omaha, NE

Pasadena, CA

Philadelphia North, PA

Portland, OR

Princeton, NJ

Quad Cities, IA

Raleigh, NC

Richmond, VA

San Antonio, TX

San Diego, CA

South Bay, CA

St. Louis, MO

Syracuse, NY

Washington, D.C.

Wichita, KS

FOUNDER'S CIRCLE

This prestigious award is presented to chapters attaining either the Pearl or Diamond Circle of Excellence for the past five consecutive years. Three of the five years must have been Diamond, although Diamond years need not have been consecutive.

Arlington, TX

Chicago, IL

Chicago NW Suburban, IL

Cleveland West, OH

Columbia, MO

Dallas, TX

Dayton, OH

Evansville, IN

Greater Fort Myers, FL

Greater Kansas City, MO

Kent, OH

Long Beach, CA

Nashville, TN

Oklahoma City, OK

Pasadena, CA

Portland, OR

Quad Cities, IA

South Bay, CA

TO ACHIEVE A HIGHER CIRCLE

Meet the Circle of Excellence Criteria as well as three or more of the following:

- Make a Founders Day gift to the Sorority.
- Contribute to the Foundation.
- Support any local philanthropy—may be a camping program.
- Send a representative to a Regional Leadership Conference or Convention.
- Publish/distribute a newsletter/letter informing members of chapter activities.
- Initiate an alumna initiate within the calendar year.
- Participate in Alumnae Department Chapter Challenge.
- Participate in Alumnae Panhellenic.
- Increase dues paying members by 5% from the previous year.
- Update chapter bylaws (credit given once a biennium).

EATING DISORDERS THE DOWNWARD SPIRAL

When was the last time one of your friends told you she was going on a diet? The last time she missed a meal? Or when she tried a few diet pills to drop a few pounds? How did you respond to her?

What if she said she *wants* to have an eating disorder?

Would you have the same reaction if she said she wanted to go on a diet? You should.

Dieting is not an innocent behavior. It is one of the most common precursors to an eating disorder. Eating disorders, such as anorexia nervosa and bulimia, affect more than 16 million American women. If you add in binge eating disorder, the number increases to 25 million. How many women in your chapter are part of this statistic?



Lauren with Tracy VonGruben, her ΦΒΒ roommate, best friend and biggest supporter.

As sorority members, we spend a lot of time on alcohol awareness and education. This is a very serious issue that demands our attention, but so are eating disorders. The cycles of dangerous dieting, disordered eating and eating disorders can haunt women for years after graduation.

A 1995 study showed that 91% of college women have dieted and 22% diet often or always (Kurth et al., 1995). Dieting does not cause eating disorders, but can start a cycle that can lead women down a dangerous path. The term "slippery slope" is often used when talking about dieting and disordered eating.

I struggled with an eating disorder for almost 10 years. I know what the downward spiral feels like. Often the media glamorizes eating disorders by reporting high and low weights, medical complications, and specific behaviors. One person's experience can trigger or encourage others with eating disorders. It is also common for women struggling with eating disorders to learn new behaviors from others who are struggling.

Eating disorders are not just about weight, which is a common misconception. Eating disorders may develop for a number of reasons, such as:

- Family and relationship problems
- Low self esteem
- Feelings of inadequacy
- Loss of control
- Trouble expressing feelings and emotions verbally
- History of issues with body weight or size
- History of abuse (physical, sexual or emotional)
- The media and its portrayal of unachievable beauty ideals
- Society's emphasis on food, weight and appearance
- A biochemical, biological or genetic cause

Every eating disorder is different, just as every person is different. Someone does not have to be visibly emaciated to have an eating disorder. It is not uncommon for women struggling with bulimia and restrictive eating habits to look normal. Because of the shame and guilt surrounding eating disorders, asking for help or trying to help a friend can be very difficult.

It can be especially hard for women who look normal on the outside to ask for help. Often the person or friend they choose to confide in will not believe they have an eating disorder, which leaves them feeling helpless and unable to trust someone else with their secret. The first time I left for treatment,

HOW GAMMA PHI BETA CAN HELP

The National Panhellenic Conference (NPC) is partnered with Screening for Mental Health, Inc. for the National Screening and Eating Disorders Screening Program (NEDSP), which will be held during Eating Disorders Awareness Week, February 27-March 5, 2005.

The goal of the program is to raise the level of awareness about eating disorders and to encourage people who may be suffering from eating disorders to seek further help and treatment. NEDSP includes a written screening test and the opportunity to meet one-on-one with a health professional. Online screening is now also available. To learn more about the program and to order materials, visit www.mentalhealthscreening.org/college.

RDERS SPIRAL

By Lauren Landwerlin (Loyola-New Orleans)

one of my sorority sisters told me, "I don't understand why you are doing this, I'm thinner than you are and I don't have a problem."

Become educated about eating disorders, appreciate people for who they are—not what they look like. Respect and listen to your body.

If you are a **collegian**, support your local Eating Disorder Awareness Week or do a PACE on eating disorders. If you are a **parent**, support your daughter and react to her dieting as you would if she started smoking. If you are an **alumna**, support your local collegians to raise awareness or become involved in the National Eating Disorders Association.

I thank the National Eating Disorders Association and Dr. Craig Johnson, PhD, director of the Eating Disorders Program at Laureate Psychiatric Clinic and Hospital, for the information used in this article. For more information, visit www.nationaleatingdisorders.org.



Lauren Landwerlin is finishing a masters degree in social work at the University of Oklahoma. She moved to Tulsa three years ago to work at the Laureate Psychiatric Clinic and Hospital Eating Disorders Program under the direction of Craig Johnson, PhD. She currently works as an admissions coordinator and serves as National Eating Disorders Awareness Week coordinator for the Tulsa area.

"AND THEN THE DAY CAME WHEN THE RISK TO REMAIN TIGHT IN A BUD WAS GREATER THAN THE RISK IT TOOK TO BLOSSOM."

—ANais Nin

WORK TOGETHER AS WOMEN

By Megan Smiley (Washington State)

As an NPC Something of Value (SOV) team leader and collegiate department operations director, I have spent time with sorority women on their campuses. Increasingly they state that eating disorders are a challenge for not only one chapter but the entire campus.

I have participated in four SOV sessions and, while the program kicks off focusing on risk management issues such as hazing and alcohol misuse, in each program I have witnessed the women end the day by discussing eating disorders and sexual harassment. Whether in the Greek community, athletic department or classroom, women reported feeling harassed and put down for not measuring up to certain definitions of beauty.

The Greek community is a unique environment for women. It can breed a particular sense of competition among and within sororities. This type of competition can cause women to place value on the wrong things, such as body image and material wealth. I believe stronger, more supportive and compassionate relationships among women and through the College Panhellenic is the first step to combating eating disorders.

Our members need the tools and education to handle this issue both one-on-one and within their Greek community. College Panhellenics are in a unique position to work together to effect change by educating themselves and working together.

HOW TO HELP A FRIEND WITH EATING AND BODY IMAGE ISSUES

- **Learn** as much as you can about eating disorders. Read books, articles, and brochures.
- **Know the differences** between facts and myths about weight, nutrition, and exercise.
- **Be honest.** Talk openly and honestly about your concerns with the person who is struggling with eating or body image problems.
- **Be caring, but be firm.** Caring about your friend does not mean being manipulated by her. Your friend must be responsible for her actions and the consequences of those actions.
- **Compliment** your friend's wonderful personality, successes or accomplishments. Remind your friend that "true beauty" is not simply skin deep.
- **Be a good role model** of sensible eating, exercise and self-acceptance.
- **Tell someone.** It may seem difficult to know when, if at all, to tell someone else about your concerns. Don't wait until the situation is so severe that your friend's life is in danger. —Taken from www.nationaleatingdisorders.org

By Patricia M. Crowley (Northwestern) | Executive Director

Women of Vision NPC National Panhellenic Conference Women of Action

2004 INTERIM SESSION

"Women of Vision, Women of Action," was the theme as delegates and representatives of the twenty-six member groups of the National Panhellenic Conference (NPC) met at the DFW Lakes Hilton Executive Conference Center in Grapevine, Texas, for the 2004 Interim Session. Gamma Phi Beta's NPC Delegate, Elizabeth "Betty" Ahlemeyer Quick (Indiana), is Secretary of NPC and a member of the NPC Executive Committee.

Gamma Phi Beta's delegation, which represented the Sorority during business sessions and committee meetings, includes Betty Quick and:

First Alternate Delegate
Margaret West Pape (Oklahoma),

Second Alternate Delegate
Karen Gamel Urette (Oklahoma),

Third Alternate Delegate
Darla Click Dakin (Arizona State).

International President Linda Daniel Johnson (Vanderbilt) and Executive Director Patricia M. Crowley (Northwestern) attended information and discussion sessions for like officers. Megan McDermott, *The Crescent* editor, attended the NPC Editor's Conference.

The NPC interim session ran smoothly due to the able assistance of these Gamma Phi Beta sisters who served as pages:
Diane Soderstrom Goff (Idaho)
Sandra Biegelman Burba (Miami, OH)
Chandra Claassen (Nebraska-Lincoln)
Lillian Hallstrand (Denver)
Mindy Sutton (Southern Methodist)
Kristy Robinson (Colorado-Boulder) assisted with meeting arrangements, and Susan Grant Schneider (Colorado State) organized the vendor area.

During the Business Sessions, two resolutions amending the UNANIMOUS AGREEMENT on College Panhellenic Associations, were adopted:

- potential new members are now required to sign a binding agreement of membership regardless of the style of recruitment used; and,
- a signed membership acceptance must be used when preferential bidding system is used.

Three other resolutions were adopted:

- "Continuous Open Recruitment" will now be called "Continuous Recruitment"; and,
- NPC member groups will advise their collegiate chapters to plan events with men's fraternities recognized by their national organizations and the college/university or with local fraternities recognized by the col-

lege/university; and,

- NPC Executive Committee will pilot a focus group with undergraduate Panhellenic women during 2005.

Additionally, the Bylaws of the National Panhellenic Conference were amended to:

- clarify that alternate delegates are eligible to serve as voting members on standing committees and special committees; and
- permit NPC member groups to establish chapters at schools accredited through regional university accreditation processes used in Canada and other countries. The Unanimous Agreement on Extension, will also be clarified to include this change.

NPC has developed collegiate Greek community standards as minimum expectations of collegiate chapters of the National Panhellenic Conference groups. Gamma Phi Beta collegians will learn more about these expectations at Gamma Phi Beta's Regional Leadership Conferences this spring.

The 14th Edition of the NPC Manual of Information will be released early in 2005. It will be available in paper copy and on CD from International Headquarters.

NPC has three new committees. The Government Relations Committee will monitor United States congressional and federal activities related to fraternal organizations and serve as the liaison to the Capitol Fraternal Caucus and the North-American Interfraternity Conference Committee on Government Relations. The other two new committees are the Recruitment Committee and the University Assessment Documents Review Committee. ☺

Pictured below are those who attended the NPC Conference. Margaret Pape is not pictured.



National Panhellenic Conference

Remember your pledge of loyalty
Wear your badge with pride

International Badge Day MARCH 7, 2005

Co-sponsored by National Panhellenic Conference and Sun Protection & Aesthetics, Inc.

**NATIONAL PANHELLENIC CONFERENCE
MEMBERS CELEBRATE INTERNATIONAL
BADGE DAY 2005**

The 26 member organizations of the National Panhellenic Conference (NPC) will celebrate International Badge Day, March 7, 2005. During the annual event, sorority women everywhere honor their Greek affiliations by wearing their badge or letters. The theme this year is "Remember Your Pledge of Loyalty... Wear Your Badge With Pride."

International Badge Day honors this spirit and celebrates the pledge of loyalty each member has taken. For more information about NPC's International Badge Day, contact the NPC Office at 317.872.3185 or visit the Web site at www.npcwomen.org.

GAMMA PHI BETA COLLEGIATE AND ALUMNAE CHAPTERS ARE HAVING FUN, HELPING THEIR COMMUNITIES AND IMPACTING THE WORLD AROUND THEM.



Beta Phi members get pumped up before the Hoosiers Outrun Cancer 5K Race, benefiting cancer research and education.

■ TAU COLORADO STATE

Colorado State Gamma Phi Betas, alumnae and parents celebrated the completion of chapter house renovations at the ribbon cutting ceremony. Later in the fall, collegians headed to Denver for a chapter retreat and Rockies game, and were a natural addition to the Jumbotron broadcast at Coors Field.

■ ALPHA ALPHA TORONTO

Alpha Alpha members launched the school year with sisterhood events. They watched the University of Toronto football team, attended the Panhellenic New Member Social and Greek Week, held their new member retreat and celebrated Founders Day.

■ ALPHA BETA NORTH DAKOTA

The chapter successfully completed another camp week, earning \$1,800 for Camp Sioux, a camp for diabetic children.



Zeta Epsilon women attend their annual Walk Miles for Kids Smiles, a walk-a-thon benefiting the Children's Institute of Pittsburgh.

■ ALPHA DELTA MISSOURI-COLUMBIA

Alpha Delta made plans for their new philanthropy, Crescent Casino, which benefits Camp Hickory Hill, a local camp for diabetics.

■ ALPHA IOTA UCLA

The chapter created new slideshows, songs and decorations for recruitment, and received the award for highest sorority grade point average for the 2003-2004 academic year.

■ BETA ALPHA SOUTHERN CALIFORNIA

Members and new members bonded at a bowling party house retreat. The event was a home run! Beta Alphas also participated in a dodge ball tournament in October, which helped the chapter raise money for Troy Camp.

■ BETA DELTA MICHIGAN STATE

The chapter invited two representatives of Alcoholics Anonymous (AA) to a PACE meeting. The first presented information about the AA program and the other, a college student, shared her story about a personal battle with alcoholism.

■ BETA MU FLORIDA STATE

The chapter welcomed 50 new members after a successful recruitment.

■ BETA OMICRON OKLAHOMA CITY

Beta Omicron started the semester with a sisterhood week filled with team-building activities. Chapter retreat was a fun-filled day at the Oklahoma City Zoo. The women also participated in many university events, including Parent's Weekend and a mud volleyball tournament, Race for the Cure and Homecoming.



Senior Alpha-Deltas pose on Bid Day 2004.

Beta Omicron members participate in Sisterhood Week.



COLLEGIANS



Beta Chi members anticipate the arrival of their new members.

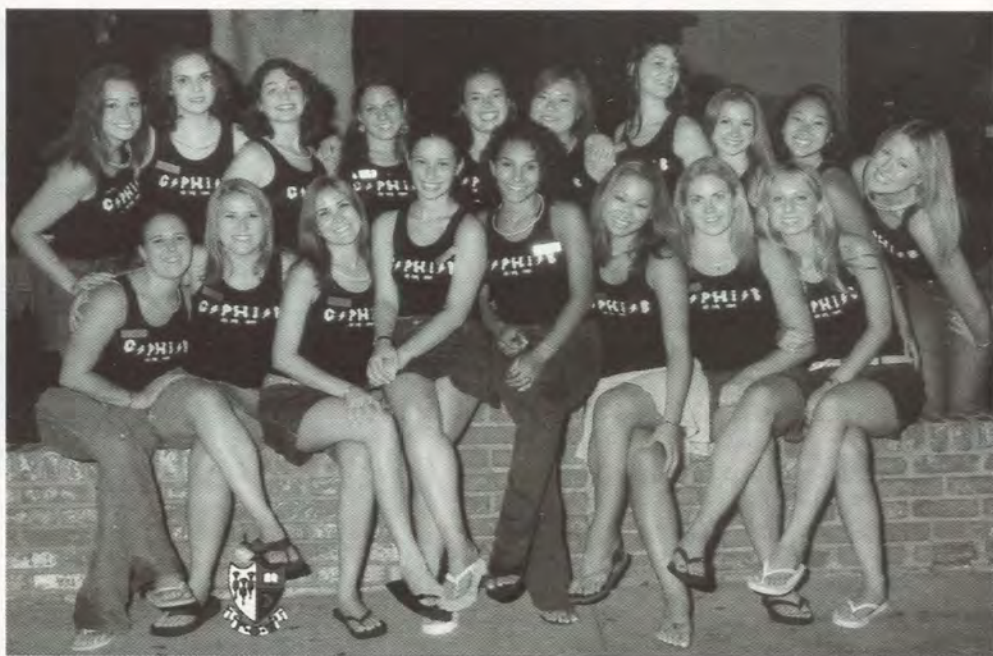
■ BETA RHO COLORADO-BOULDER

Beta Rho chapter members welcomed their new house mom, Barbara, and her golden retriever, Murphy. For Homecoming, chapter members created a replica of the Parthenon for their float and dressed in togas to greet parade spectators. They also held their 50th anniversary chapter celebration.

In an effort to stay active on campus and in the community, the chapter signed up for Adopt-A-School, a program where members tutor young children at a local elementary school.

■ BETA PHI INDIANA

Beta Phi collegians continue donating time to the Bloomington community by participating in more than 10 philanthropic events in the first two months of the school year. Members Delta Tau members show off their new shirts.



Senior members of Beta Alpha celebrate Bid Night 2004.

supported the Hoosiers Outrun Cancer 5K Race and the Diabetes Walk and started a new Euchre Tournament, which raised money for Camp Fire USA. The chapter looks forward to its annual 3-on-3 basketball tournament, which supports the Boys and Girls Club of Bloomington.

■ BETA CHI WICHITA STATE

Beta Chi had much to celebrate last fall, including 23 new members and their house mother, Mom Smith, who has been with the chapter for 10 years.

■ GAMMA IOTA MIDWESTERN STATE

Gamma Iota chapter at Midwestern State held its first-ever Camp Out for Camp Fire and raised \$1,500 to send local girls to camp.

■ GAMMA MU MOORHEAD STATE

The chapter took part in the 48-hour Teeter-Totter-A-Thon and raised more than \$200 for the United Way. The women also held a Date Dash Social and continued their annual Gamma Gammy Ceremony.

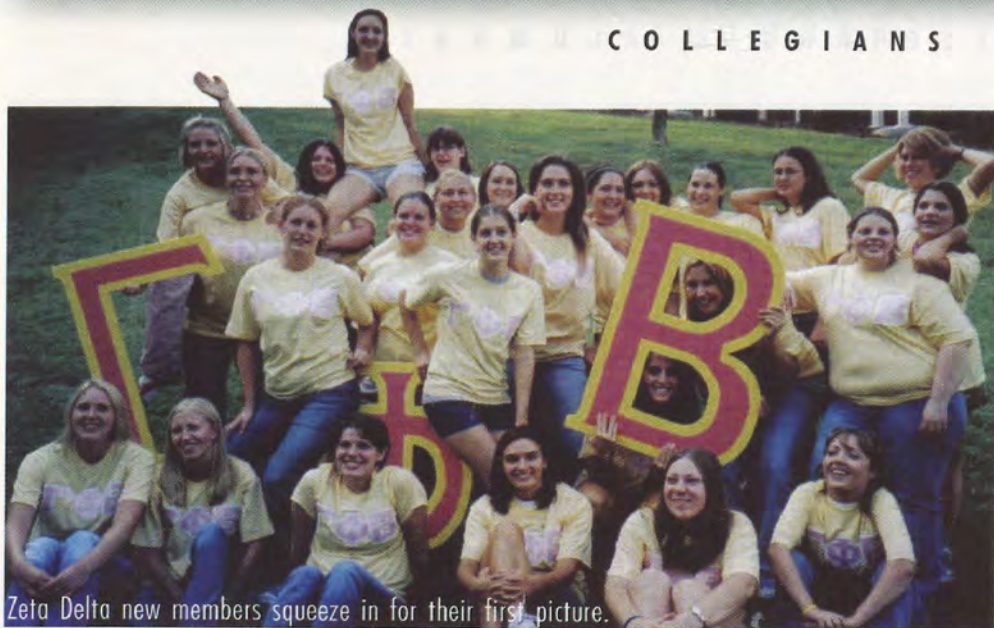
■ GAMMA TAU ST. LOUIS

Gamma Tau chapter started off the school year by welcoming 49 new members. They went on their first annual Camping for a Cause, which raised \$5,000 for Girls Inc. The week-long event included a whiffle ball tournament, barbecue and raffle. The women say the experience was amazing and a great way to show new members what Gamma Phi Beta is all about!

■ DELTA ETA CALIFORNIA-IRVINE

Delta Eta held its annual Gammie Grand Prix philanthropy which raised more than \$1,500 for the Orange County Foundation for Oncology Children and their Families. The sisters also took a well-deserved summer

COLLEGIANS



Zeta Delta new members squeeze in for their first picture.

break, and some traveled to Spain, Italy and New Zealand.

■ DELTA IOTA PURDUE

Gamma Phi Betas at Purdue University held a chapter retreat at Purdue Horticulture Park, where sisters participated in a low ropes course.

■ DELTA TAU COLGATE

Delta Tau chapter held its first overnight retreat at Camp Fiver, and also enjoyed the annual Pumpkin Gram fundraiser, String Fling and Winter Formal.

■ EPSILON DELTA CREIGHTON

Creighton sisters got off to a great start last fall with a full schedule of events. They extended

their commitment to philanthropy, requiring each member to perform at least 15 hours of community service each semester. Parents Weekend dinner was a huge success and a dozen women went to Louisiana for their annual fall break service trip.

■ EPSILON EPSILON UNION COLLEGE

Fall activities for the chapter included Parents Weekend, a camping retreat and a Soup Kitchen volunteer event.

■ EPSILON ETA BRIDGEWATER STATE COLLEGE

Epsilon Eta chapter members helped with freshman move-in. Their biggest goal of the

Delta Epsilon members dress up during recruitment as celebrities for "A Night at the Gammys."



Zeta Beta members having a great time during Alumni Weekend.

year is to beat the 1,000 hours of community service they did last semester.

■ ZETA BETA VIRGINIA

Zeta Beta chapter celebrated its 10th anniversary at the University of Virginia. Members held an alumni weekend where they met for a tailgate, cheered on the Wahoos in a victory over Akron and danced at semiformal. The next morning, an alumnae brunch was held at the chapter house. Current members gave tours and looked through old scrapbooks.

■ ZETA DELTA SOUTHEAST MISSOURI STATE

Zeta Delta sisters returned from summer break to a beautifully remodeled lounge and chapter room. They were thrilled to learn that their grades were first on campus for the 2003-2004 school year.

Delta Eta sisters are all smiles during Summer Retreat held at Frazier Park.



C O L L E G I A N S & A L U M N A E

■ ZETA EPSILON DUQUESNE

Zeta Epsilon chapter started the semester by enthusiastically raising more than \$2,500 for the Children's Institute of Pittsburgh at its annual event, Walk Miles for Kids Smiles. In addition, sisters shared laughter and stories at Mother-Daughter Tea and enjoyed competing in Greek Week and Greek Sing. They celebrated the end of a successful semester with Crescent Ball.

■ ZETA ZETA COASTAL CAROLINA

After welcoming 15 new members, Zeta Zeta chapter members took their annual retreat at Pawleys Island. The chapter also held the annual Big Man on Campus and golf tournament, which raised money for Camp Fire USA.

■ ZETA ETA LANDER

Zeta Eta's 12 new members are already getting involved in activities, meetings and community events. The chapter held a retreat and spent

Zeta Gamma members smile on Bid Day.

time at a local hospital visiting a sister who was injured in a car accident.

■ ZETA OMICRON JOHN CARROLL UNIVERSITY

Zeta Omicron chapter members hosted the all-Greek powder puff football tournament complete with sorority sisters as football players and fraternity brothers as cheerleaders. They visited their local philanthropy, Camp Cheerful, and held a Halloween dress-up date party.

ALUMNAE ■ CALIFORNIA

BEVERLY WESTWOOD alumnae held a successful fundraising party at the home of Jean Ciminelli (UCLA). The group also helped the UCLA (Alpha Iota) chapter with fall recruitment.

The SAN DIEGO Alumnae chapter held its annual July luncheon on the patio of the Guadalajara Restaurant in Old Town San Diego. Their traditional kick-off event of the



Greeting new Gamma Phi Beta Executive Director Patricia Crowley (Northwestern), seated, are from left, Heather Michaud (Indiana State), Leigh Ann Kudloff (Denver), Cheryl Haskell (Wyoming), Kitty Sweeney (Ohio State), Darla Dakin (Arizona State) and Janice Jacobovitz (San Jose State).

year was held at the home of Ann Milburn (San Diego State).

■ COLORADO

Laughter, Interests, News, Knowledge and Sisterhood, (LINKS), is a new membership



A L U M N A E



San Diego alumnae gather at their annual luncheon.

boosting activity for the **DENVER** Alumnae chapter this year. Created by President Leigh Ann Kudloff (Denver), LINKS are small interest groups meeting at least once a month with activities ranging from bridge and movie nights to downtown dining, a book club and even a Gamma Phi Beta pampering day. Leigh Ann reports that one-third of dues paying members are new this year, many of them attracted by the LINKS program that connects Gamma Phi Beta alumnae through activities they already enjoy. For information regarding LINKS, contact Leigh Ann by e-mail, lkudloff@jeffco.k12.co.us.

The chapter enjoyed a kick-off party at the home of Nancy Nethaway Gooding (Colorado-Boulder) and held its annual Founders Day celebration.

In October, the chapter hosted a welcome reception for Patricia Crowley (Northwestern), the new Gamma Phi Beta Executive Director. The autumn-themed reception took place at International Headquarters with staff and Denver Alumnae Chapter members in attendance.

■ FLORIDA

In September, **TAMPA BAY AREA** alumnae celebrated their 3rd annual Snacks, Pedicures and Manicures Party. The group gathered at a

local nail salon in Tampa for an evening of pampering.

■ MICHIGAN

DETROIT METRO alumnae started fall with their first Passport Dinner of the year. The goal of the monthly Passport Dinner is to sample a variety of international cuisines. In October, the group chose a German restaurant and in February they will experience French fare.

Atlanta alumnae get together at a recent chapter event.



Members also paid a visit to a local cider mill, gathered for Lunch Bunch, held their Cook for the Cure Potluck and celebrated Founders Day. The alumnae chapter also supported the local collegiate chapters with recruitment.

■ MISSOURI

GREATER KANSAS CITY alumnae are proud of the four awards they received at Gamma Phi Beta Convention. They also congratulate Betty Crooker (Kansas), who received the Carnation Award.

Several members of the **ST. LOUIS** alumnae chapter enjoyed a beautiful late summer day in Forest Park when they met for brunch at the new Boathouse. The group also escaped for a fall getaway weekend at Lake of the Ozarks and historic Arrow Rock, Missouri. They enjoyed a weekend of sightseeing, shopping, boating, hiking and history. Among the places they visited were the Lyceum Theatre and several restored early 19th century homes and buildings.

■ VIRGINIA

EASTERN VIRGINIA alumnae collected school supplies for their local philanthropy, Camp Fantastic.

RICHMOND alumnae enjoyed a Friday Cheers concert, dinner at Legend Brewery, the Richmond Panhellenic fall bazaar and their annual Founders Day celebration at the historic Jefferson Hotel. ☾



■ ANOTHER FIRST FOR GAMMA PHI BETA

Susan Joseph-Reel (Vanderbilt), left, will be the first woman to serve as general chairman for the International Instrumentation Symposium, when the group has its 51st meeting in Knoxville, Tennessee, in May of 2005.

Susan is a senior electrical engineer with specialization in instrumentation and controls. She works at the Oak Ridge National Laboratory on the construction of the Spallation Neutron Source, which is an accelerator-based neutron source facility for scientific research and industrial development.

Prior to Oak Ridge, Susan worked in the aerospace industry at several NASA and U.S. Air Force facilities. While at NASA she received the Space Flight Awareness Award, NASA's most prestigious award given to a non-astronaut, for continued outstanding support of the space shuttle missions.

Susan, her husband, Tom, and two daughters reside in Kingston, Tennessee.

■ ALUMNA RECEIVES OPRAH CIVIC LEADERSHIP AWARD

Kathleen "Katie" Farrand (California-Santa Barbara), right, received the Oprah Civic Leadership Award in 2003. She was awarded the \$12,000 scholarship for her work at City Year Chicago for promoting the values of education and citizen service.



City Year, a non-profit organization that is part of Americorps, enlists a diverse group of 17-24 year olds in a year of citizen service with children. Katie began her service at City Year Chicago after graduating from the University of California-Santa Barbara.

Katie says, "My two years at City Year Chicago allowed me to continue my dedication to service that began as a collegiate member of Gamma Phi Beta." Katie plans to attend the University of Florida to gain her masters degree in elementary education.

■ HEAR HER VOICE

Janet Reynolds Snyder (Michigan), right, was honored with a Congressional award for work in the field of child welfare through her role as executive director for Hear My Voice (HMYV), an Ann Arbor, Michigan based national non-profit child advocacy organization.



Hear My Voice was selected by U.S. Congressman Dave Camp (R-MI) to receive a 2004 Angels in Adoption Award from the Congressional Coalition on Adoption. The award was presented in Washington, D.C. at a national ceremony on September 23, 2004, in recognition of the organization's outstanding work in the field of child welfare and adoption.

Janet's mother, Nancy Townsend Reynolds, and aunts, Barbara Townsend Rogers and Deborah Townsend, are also Gamma Phi Betas from Beta chapter. Janet was Province IV financial director from 1990 to 1993, and is now an HCB member for Beta chapter. Janet received a Beta Fellowship from the Gamma Phi Beta Foundation, which she used to earn an MBA from Spring Arbor University in 1999.

Janet and her family—husband, Art, and their three children, Joan, Adam and Jean—live in Dexter, Michigan.

For more information about Hear My Voice, visit, www.hearmyvoice.org, or call 734.747.9654.

■ MARION DOWNS RECOGNIZED FOR EXCELLENCE

Marion Pfaender Downs (Minnesota), right, was recently honored at a gala celebrating her legacy of service to the University of Colorado Health Sciences Center.

Marion received her masters degree in audiology at the University of Denver and later went on to direct the program. She initiated the practice of fitting hearing aids on infants younger than six months in the early 1950s with Doreen Pollack, a founder of the Auditory-Verbal

approach. In 1959, Marion became a faculty member at the University of Colorado School of Medicine where she began to investigate behavioral responses of newborns to sound. It wasn't until 1997 that the professional community accepted her thesis of early intervention, and now screenings of newborns are mandated in 44 states and several countries in Europe.

In 1997, a national hearing center was named in Marion's honor. She received the Doctor of Science, Honoris Causa, from the University of Colorado Health Sciences Center a few years later.

Marion, who celebrated her 90th birthday in 2004, is married to W.G. Hemenway, M.D., former chief of Otolaryngology at the University of Colorado School of Medicine. In addition to her three children, she has 11 grandchildren and 20 great grandchildren.

■ ALUMNA VOLUNTEERS

Patricia R. Carley Esq. (Penn State), member of the New Jersey Metro Alumnae chapter and an attorney specializing in employment and discrimination matters, served as an American Disabilities Act (ADA) volunteer during the 2004 Republican National Convention. She assisted special needs delegates and their families. ☾

Marion, still young, on a recent skydiving adventure.



United States Postal Service
Statement of Ownership, Management, and Circulation

1. Publication Title
The Crescent of Gamma Phi Beta

2. Issue Frequency
Quarterly

3. Publication Number
137 420

4. Issue Date
10/1/04

5. Number of Issues Published Annually
4

6. Annual Subscription Price
\$1.00

7. Complete Mailing Address of Known Office of Publication (Street, city, county, state, and ZIP+4)
1237 E. Euclid Dr. Centennial, CO 80111

8. Complete Mailing Address of Headquarters or General Business Office of Publisher (Not printer)
1237 E. Euclid Dr. Centennial, CO 80111

9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor (Do not leave blank)
Publisher (Name and complete mailing address)
*Maury Boyd + Associates, Inc.
6300 E. 75th Street, Suite 212, Indianapolis, IN 46250-2700*
Editor (Name and complete mailing address)
*Megan M. Dermott
1237 E. Euclid Dr.
Centennial, CO 80111*
Managing Editor (Name and complete mailing address)
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1237 E. Euclid Dr.
Centennial, CO 80111*

10. Owner (Do not leave blank. If the publication is owned by a corporation, give the name and address of the corporation immediately followed by the names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock. If not owned by a corporation, give the names and addresses of the individual owners. If owned by a partnership or other unincorporated firm, give its name and address as well as those of each individual owner. If the publication is published by a nonprofit organization, give its name and address.)

11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities. If none, check box
☒ None

12. Tax Status (For completion by nonprofit organizations authorized to mail at nonprofit rates) (Check one)
☒ Has Not Changed During Preceding 12 Months
☐ Has Changed During Preceding 12 Months (Publisher must submit explanation of change with this statement)

PS Form 3526, October 1999 (See instructions on Reverse)

13. Publication Title
The Crescent of Gamma Phi Beta

14. Issue Date for Circulation Data Below
Winter 05

15. Extent and Nature of Circulation

	Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Total Number of Copies (Not press run)	93605	94024
b. Paid and/or Requested Circulation	91657	91518
(1) Paid (Include paid circulation outside the USPS)	N/A	N/A
(2) Paid In-County Subscriptions (Based on Form 3541, include advertiser's proof and exchange copies)	N/A	N/A
(3) Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Non-USPS Distribution	N/A	N/A
(4) Other Classes Mailed Through the USPS	N/A	N/A
c. Total Paid and/or Requested Circulation (Sum of 15b(1), (2), (3), and (4))	91657	91518
d. Free Distribution by Mail (Complete, complement, and/or free)	N/A	N/A
(1) Outside-County as Stated on Form 3541	N/A	N/A
(2) In-County as Stated on Form 3541	N/A	N/A
(3) Other Classes Mailed Through the USPS	N/A	N/A
e. Free Distribution Outside the Mail (Carriers or other means)	1548	1548
f. Total Free Distribution (Sum of 15d and 15e)	1548	1548
g. Total Distribution (Sum of 15c and 15f)	93205	93066
h. Copies not Distributed	459	12
i. Total (Sum of 15g and 15h)	93664	93078
j. Percent Paid and/or Requested Circulation (15c divided by 15g times 100)	97.86%	98.32%



Absolutely Incredible Kid Day®, celebrated annually on the third Thursday in March, is Camp Fire USA's national call to action asking adults to write letters of love and support to youth—sons and daughters, nieces and nephews, neighbors, even kids they don't know.

Absolutely Incredible Kid Day® is March 17, 2005. Get involved, Gamma Phi Beta! Encourage your collegiate chapter, alumnae chapter or crescent circle to participate. Last year, Gamma Eta chapter at California State University-Long Beach invited children to the chapter house for a day of fun-filled activities and Tulsa alumnae hosted their second annual doughnut decorating party at Krispy Kreme Doughnuts. To get involved with Absolutely Incredible Kid Day® in your community, contact your nearest Camp Fire USA council.

The Crescent staff wants to hear how you participated in Absolutely Incredible Kid Day®. Send copies of your letters, photos or a summary of your event, or tell us how your group got involved! Your success story could be published in *The Crescent*, *The Crescent Communicé* or *S'More News*.



Regional Leadership Conferences for sharing and learning.

The 2005 Regional Leadership Conferences (RLCs) are right around the corner!

Collegiate members from across the continent, including chapter executive officers, emerging chapter leaders and their chapter advisors are preparing for a weekend of exciting new workshops, training sessions and opportunities

Traditionally, RLCs have provided officers and members with leadership education while enhancing their knowledge of international Gamma Phi Beta. This year's conferences promise more of the same!

RLCs will be held in Oklahoma City and Seattle, February 4-6; Charlotte and Irvine, February 25-27; and Indianapolis and Philadelphia, March 4-6, 2005. This year's goal is to provide collegiate leaders with the tools necessary to effectively lead chapters and develop individual skills. To achieve this goal, attendees will participate in individual officer training and group executive officer training.

Workshops tailored to the needs of both chapters and individual members are planned. Some of the topics will be officer transition, motivating members, confrontation skills, writing public relations plans, PACE, Crescent Values, finance and budgeting, NPC recruitment resolutions and emerging leaders. **Please note that alumnae workshops will not be included in RLCs this year.**

Collegians, don't miss this opportunity to tune up your toolbox! If your chapter has not registered yet, please look for on-site registration instructions at www.gammaphi-beta.org.



Above is *The Crescent* of Gamma Phi Beta Statement of Ownership. Per the requirements of the United States Postal Service, this statement must run in the magazine once a year.



THANK YOU

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

DONATIONS

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. A member's name will be listed in this section upon receipt of a confirmed death notice, obituary, funeral program or written notification from a deceased member's family.

LEAVE A LEGACY

Remember the Gamma Phi Beta Foundation in your will or estate plans. For information on easy ways to support the organization you love, contact the Foundation office at 303.799.1874 or write us at 12737 E. Euclid Drive, Centennial, CO 80111. You can also receive more information about planned giving options on the Foundation page via the Gamma Phi Beta Web site at www.gammaphibeta.org.



Alpha Syracuse University
1937 Virginia Schlottman Fuller
1941 Frances Terziew

Beta University of Michigan
1932 Margaret Beckett Boynton

Gamma University of Wisconsin-Madison
1932 Ruth Lunde Winney
1948 Wilma McRae
1957 Sarah Johnson Hahn

Epsilon Northwestern University
1927 Josephine Fawcett Tope
1930 Marion Brokaw Clarke
1931 Laura McCarty Palmberg
1949 Catherine Luthmers Monceau

Zeta Goucher College
1924 Charlotte Bush Failing

Eta University of California-Berkeley
1945 Suzanne Keyes Johnson

Kappa Univ. of Minnesota-Twin Cities
1940 Jean Leighton Johnson
1945 Joan Carlson Wilson

Lambda University of Washington
1927 Phyllis Graham Richmond
1934 Mary Hart Bagley
1941 Margaret Price Magnusson

Mu Stanford University
1934 Jane Lemmon Heaton

Nu University of Oregon
1943 Ruth Munro

Omicron University of Illinois
1927 Sarah Worst Bloom
1936 Mary Bartlett Goeppinger
1941 Phyllis Dolan Richmond
1942 Ann Roy Cole

Pi University of Nebraska-Lincoln
1926 Kathryn Norris Buffett
1944 Joann Lehman Friesenborg
1954 Lou Shinn Smith

Rho University of Iowa
1929 Margaret Smoot Kaiser
1954 Arlette Eiten Donath

Sigma University of Kansas
1940 Mary Edmiston Baptiste

Phi Washington University
1929 Virginia MacMillan Crossman
1929 Elizabeth Flynn Schneider

Chi Oregon State University
1925 Elizabeth Peattie Floyd
1942 Phyllis Moore Wood

Psi University of Oklahoma
1932 Helen Hough Roach

Omega Iowa State University
1928 Gladys Strickford Buchele
1966 Jane Breckenfelder Rasmussen

Alpha Delta University of Missouri-Columbia
1940 Helen Trippe Ball
1958 Minda McComb Laerdal
1958 Kathleen Kidd Whitaker

Alpha Epsilon University of Arizona
1954 Joyce Grove Ceyler

Alpha Zeta University of Texas
1937 Mary Snider Perry
1952 Amy Purcell Powell
1965 Patricia Bowers

Alpha Eta Ohio Wesleyan University
1948 Margaret Stanforth Todd

Alpha Theta Vanderbilt University
1949 Joan Brown Hickerson
1954 Dorothy Davis

Alpha Iota University of California-Los Angeles
1928 Dorothea Fischer Moon

Alpha Nu Wittenberg University
1936 Marie Wurtenberger Gourley
1957 Patricia Guigliano Weller

Alpha Xi Southern Methodist University
1949 Babs Blaine Webster

Alpha Omicron North Dakota State University
1948 Jane Shea Kegel

Alpha Upsilon Pennsylvania State University
1937 Eloise Rockwell Engel
1954 Janet McKee Crawford

Alpha Chi College of William & Mary
1947 Edith Horn
1948 Carolyn Hooper Lundberg

Alpha Psi Lake Forest College
1955 Donna Cowan Cazel

Alpha Omega University of Western Ontario
1996 Anastasia Friel

Beta Delta Michigan State University
1946 Eileen Buckley Kader

Beta Zeta Kent State University
1947 Ruth Baker Klever

Beta Eta Bradley University
1951 Eleanor Beyer Patterson

Beta Iota Idaho State University
1978 Sandra Sherwood

Beta Lambda San Diego State University
1950 Harriet Webb Smith
1951 Carol Bertschi Smith
1954 Judith Johnson Halbert

Beta Pi Indiana State
1953 Barbara Toth Bielaczyc

Beta Phi Indiana University
1973 Cindy Farmer Jordan

Gamma Xi University of Tennessee
1969 Sarah Howell Lievan

Gamma Psi University of Northern Iowa
1968 Charlotte Burton Hinson

Friend of Gamma Phi Beta,
Lyman French

The Gamma Phi Beta Foundation acknowledges the following individuals who contributed to the Foundation in memory of a loved one. Memorial Gifts are listed with the person being memorialized in **BOLDFACE** type. The name of the person making the gift appears below. This list represents gifts received through October 31, 2004.

George E. McKenzie (husband of Natalie Meyer McKenzie, Northwestern '55)
Natalie McKenzie

Dorothy Goldblum Brochner (UCLA '91)
Lori Lennon
Donald Lynch
Lisa Ross

Eric P. Nelson (son of Gloria Swanson Nelson, Oklahoma '40)
Randy Allard
Joyce Hultgren
Sandy Burba
Betty Quick

June Hughes Mouden (Iowa State '38)
Frances Applehans

Dennis W. Hobbs (husband of Tucky Wheeler Hobbs, Iowa '60)
Terrie Huntington

Judy Hubbard White (Kansas State '60)
Terrie Huntington

Lois Moon Garver (Kansas '30)
Betty Crooker
Tucky Hobbs
Greater Kansas City Alumnae Chapter

Eleanor Beyer Patterson (Bradley '51)
Sally Lewis

Helen Hough Roach (Oklahoma '32)
Oklahoma City Alumnae Chapter

Amy Purcell Powell (Texas '52)
Ann Weeks

Marjorie Jane McPhillamey (UCLA '37)
Harriett Wilson

Eloise Rockwell Engel (Pennsylvania State '37)
State College Alumnae Chapter
Mary Goodwin
Lurene Frantz
Virginia Czekaj
Beverly Hickey

Lyman French, Jr.
Lesley Kennedy
Molly Mueller
Sigma Chapter
Linda French Wilson
Sally Beck

Mike Lowry (husband of Linda Johnson Lowry, Indiana State '64)
Donna Prior

Ellen Reed Burns (UCLA '33)
Cynthia van Empel

Elizabeth Flynn Schneider (Washington '29)
Gladys Myles

Bill Zintl (husband of Paula Gray Zintl, San Diego State '64)
Betty Kurkjian
Kathy Nolan

William P. Tennity (husband of Marilyn Smith Tennity, Syracuse '40)
Barbara and David Wessel

Jane Breckenfelder Rasmussen (Iowa State '66)
Steven A. Rasmussen

Catherine Luthmers Monceau (Northwestern '49)
Nancy Probst Crandall

Jane Hicks Caldwell (Miami (Ohio) '50)
Lois Chapman Browning
Dorothy Baxter Cibula
Joy Deatherage Kirkendall
Joan Hauck Lamb
Esther Morris Montague

Josephine Fawcett Tope (Northwestern '27)
Jeannien Ludwig

Suzanne Keyes Johnson (California-Berkeley '45)
Barbara May

Corrections from Memorial Gifts in the fall 2004 issue of *The Crescent*:

The following gift should have appeared in the fall issue of *The Crescent*:
A brick in memory of **Willa Starkweather Finley** (Oklahoma '24) has been inscribed and placed in the Sisterhood Plaza in recognition of the gift made by Shirrell Finley Davis.

The gift by Laura Mooney Mayville in memory of Carolyn Collier Mooney **should have** been in memory of Carolyn Krull Mooney, her mother. The Foundation would like to apologize for the confusion.

FOUNDERS SOCIETY GIFTS

Unrestricted Gifts totaling \$250-\$499

Nancy Crandall (Northwestern '49)
Bernadette Ewen (Indiana State '85)
Linda Felber (Nebraska-Lincoln '66)
Susanne Hubbach (Washington '38)
Joyce Hultgren (Wichita State '59)
Corinne Nelson (Oklahoma '83)
Betty Quick (Indiana '61)
Lorene Secord (Florida State '50)
Susan Sismondo (Michigan '58)
Joyce Smith (Oklahoma City '55)
Ginger Snapp (Eastern Washington '93)
Janette Strickland (Denver '78)
Sharon Wallace (Southern California '77)

Unrestricted Gifts totaling \$500-\$999

Cecilia Eifert (Southern California '75)
Elizabeth Freeman (Bradley '77)
Lucerne Hamer (Southern California '44)
Shirley Hill (Missouri-Columbia '45)
Cary Loewen (Miami-Ohio '55)
Rosemary Seminoff (Southern California '41)
Cheryl Truex (Oklahoma '78)

Unrestricted Gifts totaling \$1,000-\$1,873

Lois Abbott (San Jose State College '52)
Marion Hunter (Minnesota-Twin Cities '26)
Susan Kaufman (Syracuse '90)
Margaret Myers (Colorado College '70)
Roberta Parker (Michigan '36)
Katherine Wilson (Oklahoma '78)

1874 SOCIETY GIFTS

Unrestricted Gifts totaling \$1,874-\$2,499

Dorothy Hoehn (Northwestern '28)
Helen Lovaas (Arizona '57)

Unrestricted Gifts totaling \$2,500-\$4,999

Patricia Chandler (Idaho '52)

Unrestricted Gifts totaling \$5,000 and over

Marilyn Tennity (Syracuse '40)

The Gamma Phi Beta Foundation acknowledges the following individuals who contributed to the Foundation to celebrate a special event. This list represents gifts received through October 31, 2004.

THANK YOU

In Celebration of outgoing International Council members Vicki Read and Diane Goff.

Barbara Hurt-Simmons

In Celebration of the Brazos Valley, Houston and North Houston alumnae who supported the Zeta Rho chapter's first recruitment by counting votes and serving refreshments, and to all alumnae who wrote references for the chapter.

Nancy Enright

In Celebration of Kris Baack, Ann Ross and Whitney Passmore for their invaluable assistance during Zeta Rho Recruitment School and Recruitment Week.

Nancy Enright

Thanks to Brenda Rickert for a great job as interim Sorority Executive Director.

L'Cena Rice

A sincere thank you to all the Gamma Phi Betas who came to help me out, or the more distant sisters who wrote notes of encouragement. The "new lefty" is oh so ever slowly regaining use of her right arm (and at least can wash her own hair!)

Ruth Andrea Seeler, M.D.

CONGRATULATIONS

In Celebration of Epsilon Lambda chapter's successful fall recruitment and their wonderful new members!

Jacy Douglas

Elizabeth Beemer

In Celebration of Anita Holcomb Thompson's alumna initiation at Convention 2004. Congratulations, Mom!

Jacy Douglas

In Celebration of a job well done on Convention 2004!

Chicago Far West Suburban Alumnae Chapter

Congratulations to the new Sorority Executive Director, Patricia Crowley.

L'Cena Rice

In Celebration of Bonnie Payne winning the Foundation Professional of the Year Award at the 2004 North-American Interfraternity Conference.

Betty Quick

In Celebration of Cheryl Gunter's promotion to Full Professor at West Chester University.

Elizabeth Phillips

In Celebration of Kris Riske winning the Carnation Award at Convention.

Frances Griffin

In Celebration of Ann Bronsing being named to the Honor Roll at Convention.

Frances Griffin

In Celebration of the newly elected 2004-2006 Nominating Committee.

Frances Griffin

In Celebration of Terri Briggs' appointment as chairwoman of the 2004-2006 Nominating Committee.

Frances Griffin

In Celebration of the successful completion of the duties of the 2002-2004 Nominating Committee.

Frances Griffin

In Celebration of the 2004-2006 International Council.

2002-2004 Nominating Committee

SISTERHOOD

Get well wish for Trustee Dr. Ruth Andrea Seeler, M.D.

L'Cena Rice

In Celebration of Epsilon Alpha senior class of 2004 for taking big steps and big risks and for always knowing that you have your sisters' support wherever you relocate to or find yourself! Much love to fall 2001.

Lindsay Burke

In Celebration of my little sister Christine Leiva (Epsilon Alpha class of 2005) for accomplishing everything you set your heart and mind to. Your big loves you and is so proud!

Lindsay Burke

In Celebration of all the Gamma Phis at La Salle University, past and present. You will always be my home.

Lindsay Burke

In Honor of Joyce French and Bev Lang, 2004 Antique, Garden and Home Design Show co-coordinators.

Greater Kansas City Alumnae Chapter

ENGAGEMENTS, BIRTHDAYS, WEDDINGS & ANNIVERSARIES

In Celebration of the 70th birthday of Sally Lewis.

Frances Griffin

In Celebration of the engagement of Karen Belding (Alpha Tau) and Denis Pare in Montreal, Canada.

Suzanne Lee

In Celebration of the birth of Russell Edgar Aryeh Acre-Hosein to Dr. Yael Acre (Alpha Tau) and Chris Hosein. A brother for Joshua!

Suzanne Lee

In Celebration of the marriage of Jana Nobles to Colin George Martin.

Mary Knaup

Vada Baird

Valerie Underwood

L'Cena Rice

Betty Quick

Linda Malony

In Celebration of the marriage of René Matz to Donald Thompson.

Linda Malony

In Celebration of the marriage of Marylessa Connoles to Rob Mittelholtz in Maui, HI on July 16, 2004.

Balboa Harbor Alumnae Chapter

In Celebration of the arrival of Brenna Jean O'Toole to Dan and Janice Hiller O'Toole.

Balboa Harbor Alumnae Chapter

In Celebration of the birth of Ashley Lynn Simpson on September 1, 2004 to Dave and Debby McFadden Simpson.

Balboa Harbor Alumnae Chapter

RESTRICTED GIFTS

The Gamma Phi Beta Foundation acknowledges the following individuals who contributed Restricted Gifts totaling \$1,000 or more to the Foundation. These gifts are designated for specific scholarships/fellowships, chapter gifts and various others. This list represents gifts received through October 31, 2004.

Gifts totaling \$1000-\$4,999

Barbara Conklin (Syracuse '42)
Sylvia Armstrong-Poppelbaum (Syracuse '58)
Jeanne O'Brien (Syracuse '66)
Deidre Elleman (Syracuse '73)
Carinne Martinez (California-Berkeley '83)
Linda French Wilson (Kansas '64)

Gifts totaling \$5,000-\$19,999

Robin Henry (Syracuse '88)
Lucile Dunn (Kansas '36)
Donna Marsh (Southern California '53)*
James Franson

**Wills and Bequests*

Gifts to the Gamma Phi Beta Foundation from loyal sisters, spouses, parents and friends make it possible for the Foundation to continue to further its mission.

One way to make a gift that has lasting impact is to include the Gamma Phi Beta Foundation in your estate planning. In the past year, the Foundation has received several large gifts from wills and trusts, including a bequest from a member endowing a scholarship in memory of her sister, who also was a member of the Sorority.

The Tau Epsilon Pi Society recognizes members who include the Gamma Phi Beta Foundation in their estate planning. Membership in the TEPI Society has increased approximately 40% since 2003. There are more than 250 TEPI Society members, including most Foundation Trustees, pointing up the importance Gamma Phi Betas place on estate planning with the Foundation as a beneficiary. Each Tau Epsilon Pi member has found it relatively easy to plan for a gift of surprising significance to Gamma Phi Beta that will have an impact on generations of future sisters.

While we often stress how your gifts to the Foundation help your sisters, planned gifts may also benefit you. The most appropriate planned gift for you improves your financial and tax situation. You may, perhaps, take a current income tax deduction, avoid long-term capital gains tax, increase income and effective rates of return and/or reduce estate and gift taxes. **To determine the best plan for you, it is important that you obtain the counsel of a professional who specializes in estate planning.** As you do your planning, here are some options for gifts that you might consider:

A current will

A bequest in your will allows you to make a larger gift that may be possible during your lifetime. You can give cash or specific property, a dollar amount or a percentage of your estate, with or without restrictions. A bequest can provide for either an unrestricted gift to the Gamma Phi Beta Foundation or for the creation of a specific endowment. There are two kinds of bequests to consider: (1) a specific bequest, identifying an exact amount or a specific asset; or (2) a residuary bequest which

leaves a percentage of the remaining estate after the specific bequests have been met. Many of the Tau Epsilon Pi Society members have chosen to remember the Foundation in their wills.

Appreciated assets

Transferring appreciated assets to the Gamma Phi Beta Foundation is one of the most efficient methods of giving. You can set up a planned gift with appreciated stocks or property that will ultimately benefit the Foundation. One sister chose to fund a very large endowment in this way.

Life insurance

Name the Foundation as contingent beneficiary (along with a family member) or as the ultimate beneficiary to make a generous gift. Many sisters with no spouses or children often choose to list the Foundation as beneficiary on their employer-paid or personal life insurance.

Retirement plan assets

Having the Foundation as the primary or contingent beneficiary is a way of providing for your future and avoiding income taxes for your heirs. Several Gamma Phi Beta women have chosen to list the Foundation as beneficiaries of their IRAs and/or 401k plans.

Life Income Gifts (charitable remainder trust, charitable lead trust or a gift annuity) These more complex planned giving instruments allow for significant flexibility in giving to the Foundation while still maintaining income for you and your family. The husband of a member set up a charitable remainder trust in his wife's honor that is now endowing a scholarship.

Estate planning is especially important for women. As custodians of our own finances, or as participating/surviving spouses, we need to make sure that our assets are distributed as we wish. If you have no estate plan, state probate law takes over control of your estate, and the results may not be what you would want.

Ginny Hammond (Colorado-Boulder), chair of the Foundation's Finance and Investment Committee and a Certified Financial Planner™ practioner, feels strongly that all women should make estate planning a priority, no matter what their age or family status.

"Not only can a planned gift make a difference for the Gamma Phi Beta Foundation, it shows that you are in control of your assets. Women are not as involved in this aspect of financial planning as they should be. It is critical that we all take the time to consider this important issue," Ginny says.

Thank you for supporting the Gamma Phi Beta Foundation's important programs. We look forward to the opportunity to discuss specific planned gift arrangements and appropriate language with you and/or your advisers. For more information on planned giving and including the Gamma Phi Beta Foundation in your estate plans, please contact Bonnie Payne, Executive Director, at the Foundation office at 303.799.1874 ext. 305 or bpayne@gammaphibeta.org.



Corrections to the 2004-2005 Annual Report

Page 28, Beta Eta \$500-\$999:
Should be Sally Erikson Lewis.

Page 12, 1874 Society members:
Frances Rea Griffin should not be listed as a new member of the Society. She has been a member in the past.

Pages 33-36, Laurel Clark Endowment:
Green Mountain Crescent Circle should be listed as a donor.

LEADERSHAP A LIFETIME OF OPPORTUNITY



"I FEEL BLESSED TO BE A PART OF AN ORGANIZATION (GAMMA PHI BETA) THAT ENCOURAGES AND SUPPORTS ME ALWAYS. I AM CONFIDENT THAT LEADERSHAP EQUIPPED ME WITH THE SKILLS I NEED TO TAKE THAT EXTRA STEP TO MAKE A DIFFERENCE IN MY CHAPTER, ON CAMPUS, IN THE COMMUNITY AND EVENTUALLY IMPACT THE WORLD. WITHOUT THIS EXPERIENCE, I KNOW MY PERSPECTIVE WOULD BE DIFFERENT."

SARAH BRAY (OKLAHOMA)

JANE RENNER (CREIGHTON), DESCRIBED THE ENVIRONMENT AT THE INSTITUTE AS, "VERY ACCEPTING AND SUPPORTIVE AND ENABLED ME TO GROW TREMENDOUSLY AS A PERSON AND A LEADER."

"I HAVE RECENTLY RETURNED HOME FROM ONE OF THE GREATEST EXPERIENCES OF MY LIFE, AND I HAVE THE FOUNDATION TO THANK FOR IT.... ANOTHER REASON LEADERSHAP IS SO SUCCESSFUL IS THE INDIVIDUALS THEMSELVES. THE DIVERSITY WITHIN THE COMMUNITY IS A HUGE ASSET. SIMPLY PUT, THESE ARE THE NATION'S FUTURE LEADERS AND PHILANTHROPISTS."

DESIREE ABELEDA (COLGATE)

"I TRULY BELIEVE IN THE LEADERSHAPE SPIRIT AND I KNOW THAT WE ALL HAVE THE ABILITY AND CAN MAKE A DIFFERENCE IN THIS WORLD. THIS EXPERIENCE HAS GIVEN ME A POSITIVE OUTLOOK ON LIFE. I WANT TO CONTINUE TO INSPIRE OTHERS AND HELP CREATE A BETTER WORLD TO LIVE IN." ERIN GAYNOR (CHAPMAN)

"IN JUST SIX SHORT DAYS, I HAD THE LIFE CHANGING OPPORTUNITY TO ATTEND THE LEADERSHAPE INSTITUTE. IT WAS AN EXPERIENCE THAT CHALLENGED ME AND DARED ME TO LOOK BEYOND, TO THE IMPOSSIBLE. I AM TRULY BLESSED TO HAVE BEEN GIVEN THE OPPORTUNITY BY THE GAMMA PHI BETA FOUNDATION TO ATTEND THIS INCREDIBLE SESSION."

KATHERINE SEARING (CHAPMAN)

"I WAS EXPECTING A PROGRAM THAT, LIKE OTHER LEADERSHIP PROGRAMS, TAUGHT ORGANIZATIONAL SKILLS AND THE TECHNICAL ASPECTS OF BEING A LEADER. THANKFULLY, I GAINED SO MUCH MORE FROM LEADERSHAPE THROUGH THE FOCUS ON LEADING WITH INTEGRITY AND COMMUNITY VALUES." RISA PAYANT (BRITISH COLUMBIA)

Since 1986, more than 18,000 participants from over 500 colleges, universities, corporations and other organizations across America have been part of The LeaderShape Institute. Each session of The LeaderShape Institute is comprised of approximately 60 men and women—ages

17-25—sponsored by various organizations from diverse ethnic, religious and cultural backgrounds. During the summer of 2005 there will be eight weekly sessions—seven in Champaign, IL and one in Santa Barbara, CA.

Gamma Phi Beta firmly believes in the benefits of The LeaderShape Institute for our members, chapters, campuses and communities. The LeaderShape Institute describes itself as a highly interactive and energizing program that provides the tools for individuals to:

- act consistently with core ethical values, personal values and convictions.
- develop and enrich relationships.
- respect the dignity and contribution of all people.
- believe in a healthy disregard for the impossible.
- produce extraordinary results.

Because of the results and enthusiasm we have seen from our members who have attended in the past, the Gamma Phi Beta Foundation will again offer scholarships for 10 collegiate members to attend The LeaderShape Institute in 2005. If you are interested in applying for these scholarships (valued at \$1,450) please submit the 2005 application form and supporting documents to Gamma Phi Beta International Headquarters by January 28, 2005.

For more information on The LeaderShape Institute and the Gamma Phi Beta scholarships, log on to: www.leadershape.org and www.gammaphibeta.org. If you have questions, please contact your chapter president or Kris Baack, Director of Leadership Development, at Kbaack1@unl.edu.



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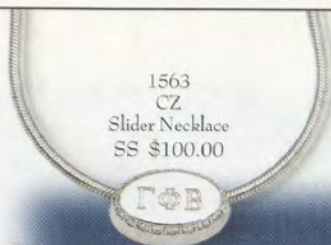
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0461

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0452



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Ring w/Crest
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