

the CRESCENT

of Gamma Phi Beta

*Breaking
the
Stigma
around
Mental
Health*





STRENGTH OF SISTERHOOD

Gamma Phi Beta has existed for 143 years because of the support of every member who has joined the everlasting bonds of our sisterhood. While we are all different, we are connected through our values of Love, Labor, Learning and Loyalty. We strive to live these values every single day, and they are the foundation of membership in our organization.

As the years pass by, the world around us is constantly changing, so it's vital that we hold fast to our values and the strength of our sisterhood. Social media makes it easy for us to stay connected to one another, but it also can create a false sense of reality. All too often, we fall into the trap of thinking someone's life is perfect. Could it be that we are conditioned to only put the best versions of our lives online?

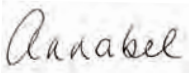
While there's nothing wrong with this, it's important to remember that just because a sister seems like she has it all together, she may be struggling. Go ahead and "like" the pictures posted, but focus on the interactions that you have with your sisters outside the digital world. We must be one another's greatest support system, and we can only do that if we focus on our real, genuine connections with one another.

The main feature in this issue of *The Crescent* is about mental illness and how to recognize the signs in yourself and others; signs that are often masked by the façade of social media. One of our featured sister's careers is focused on teaching people across the country how to recognize the signs of mental illness and react appropriately. In fact, she even trains our collegiate leadership consultants on this very topic.

You'll also read about a sister who lives with depression and anxiety, which I hope will help you better understand how this affects the ones we love. Another sister dealt with postpartum depression and wants to share her story because no mother should feel shame or guilt about not being her usual self after giving birth. Finally, you'll meet two biological sisters who decided to turn their father's suicide into an opportunity to honor his life, help others better understand mental illness, and hopefully, encourage those who are struggling to ask for help.

It is so important that we come together as sisters to support one another. These women shared some of their most personal thoughts and moments with us so they could help start a conversation and let sisters all over know that they are not alone. I hope this issue will help start a conversation with our members so that we can support one another and help our sisters when they are struggling the most. We are strongest when we come together.

In LIKE,



Annabel Jones
International President

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MISSION

To inspire the highest type of womanhood.



28 | Artemis and Sophia Mazzini (Rutgers) hosted a 5k to honor their father after he committed suicide in April 2017. They want to break the stigma around suicide and mental illness through conversations and awareness. Turn to page 28 to learn more.

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we hope you enjoy reading our magazine, too! If your
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GAMMA PHI GETS SOCIAL

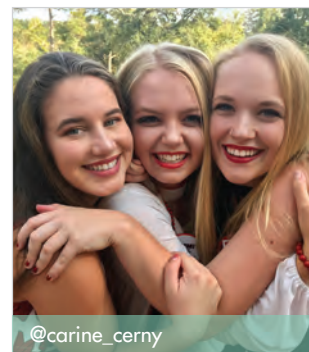
Gamma Phi Beta loves to see what our sisters are doing throughout the year, and social media is the perfect way to show us! If you're interested in having your photos shared or published in *The Crescent*, tag @GammaPhiBetaSorority on Instagram and use #GammaPhiBeta. Be sure to follow all our social media accounts to see our chapters and members in action.



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Welcome Home!

ETA ETA CHAPTER (SOUTH FLORIDA)

In spring 2017, Gamma Phi Beta's Facilities Management Company (FMC) received the news that Eta Eta Chapter (South Florida) had been awarded space in the University of South Florida's Greek village. After just a few short months, the FMC had the facility prepared for sisters to move in for the fall! Now, 27 sisters live in this beautiful new home and build lasting memories within the walls. It is a wonderful opportunity for our sisters to be living in the Greek village. This location allows for members to interact more easily with the residents of the village and further build our bonds of Panhellenic sisterhood.



Complete with palm trees in the front yard, our sisters call this view home each day.



In this space, sisters can study and spend time together while surrounded by Gamma Phi Beta symbols.



Inside their home, members have access to a modern and sleek student kitchen.



Eta Eta sisters celebrated their new home at the facility dedication in September.



The front of the Kappa Chapter facility is welcoming to all, and shows off the sisters' Gamma Phi pride!



This fence serves as security for members, but also adds a touch of our letters and the crescent moon.



The new porch is now a great place for members to spend time.

KAPPA CHAPTER (MINNESOTA-TWIN CITIES)

The affiliated house corporation at Kappa Chapter (Minnesota-Twin Cities) has been hard at work to prepare their newest addition: a secure and stylish porch. The porch was unveiled for collegiate and alumnae members at the end of August, just in time for sisters to move in and prepare for formal recruitment. They received plenty of compliments from potential new members, and everyone loves the Gamma Phi Beta details in the fence. Now, sisters have a comfortable outdoor space to relax in, and a new sign to welcome them home!

Honoring Panhellenic Excellence



In October 2017, the National Panhellenic Conference (NPC) Annual Meeting was held in Denver, Colorado. Gamma Phi Beta is proud to share that three sisters were honored at the conference! Jennifer Pierce (North Carolina-Asheville) received the Outstanding Panhellenic Advisor Award; Elizabeth "Betty" Quick (Indiana) received the Distinguished Service Award; and our Panhellenic Affairs Vice President Sandy Burba (Miami-Ohio) was installed as NPC's finance chair.

Jennifer is the assistant director for fraternity and sorority life at the University of Tennessee, Knoxville. She advises the university's 40 sorority and fraternity organizations and more than 4,000 members. Jennifer is committed to fraternity and sorority life, and is especially passionate about philanthropic endeavors. She advocated for the adoption of the Circle of Sisterhood Foundation as a Panhellenic philanthropy on her campus. Circle of Sisterhood brings sororities together to raise money to help eliminate diseases, raise awareness for important health issues, help girls get an education, aid the disabled and aging and more all over the world.

"As a Panhellenic community, we are so much stronger together than separate, and my wish for all of our organizations is that we work together to face some of the challenges that our fraternity and sorority communities are currently having to address," Jennifer said.

In addition to Circle of Sisterhood, Jennifer organized a fundraiser to benefit an all-girls school in Haiti. She even traveled to Malawi, Africa to help another group of sorority women build a school. Jennifer also serves on Gamma



Gamma Phi Beta members in attendance at the NPC Annual meeting (left to right): Darla Dakin (Arizona State), Executive Director Megan Wick (Washington State), Sydney Molod (Delaware), Panhellenic Affairs Vice President Sandy Burba (Miami-Ohio), Elizabeth "Betty" Quick (Indiana), Jennifer Pierce (North Carolina-Asheville), International President Annabel Jones (Oklahoma) and Jill Martin (Auburn).

Phi Beta's philanthropy volunteer team as the Building Strong Girls specialist.

Betty was honored to receive the Distinguished Service Award at the NPC Annual Meeting. Her service to NPC began in 1984 when she was appointed to Gamma Phi Beta's NPC delegation. Since then, she has served as College Panhellenics chairman, treasurer, secretary and chairman of NPC from 2005-07.

Over the years, Betty helped establish multiple new programs and projects. She focused on the development of NPC's first strategic plan and implemented a refreshed dues structure for NPC. Betty also developed the coalition assessment, in partnership with the North-American Interfraternity Conference.

"Working together for the benefit of all members contributes to the strength of the National Panhellenic Conference," Betty shared at the NPC Annual Meeting. "We are strong when we work together and speak with one voice."

Betty continues her service to NPC as the first alternate delegate on Gamma Phi Beta's NPC delegation. She also serves on the Fraternity and Sorority Political Action Committee.

Sandy was the final Gamma Phi Beta to be honored at the NPC Annual Meeting when she was installed as NPC's finance chair. Sandy serves Gamma Phi Beta on International Council as Panhellenic Affairs Vice President and we are so proud to have her representing us on the NPC board of directors.

Prior to her current role, Sandy was on the Gamma Phi Beta Foundation Board of Trustees. She also served on International Council as Alumnae Vice President from 2002-06, and has volunteered for multiple collegiate chapters as an advisor and on affiliated house corporation boards.

Congratulations Jennifer, Betty and Sandy! Thank you for inspiring the highest type of womanhood.



Sandy Burba (Miami-Ohio) was installed as the finance chair on the NPC Executive Committee at the Annual Meeting. Sandy, (far left) is pictured here with the full Executive Committee, Vice Chairman Malaea Seleski (Zeta Tau Alpha), Chairman Carole Jones (Alpha Omicron Pi), Advocacy Chairman Donna Chereck (Alpha Chi Omega) and Panhellenics Chairman Frances Mitchelson (Phi Mu).



Jennifer Pierce (North Carolina-Asheville) received the Outstanding Panhellenic Advisor Award at the 2017 NPC Annual Meeting.



Betty Quick (Indiana, pictured left) accepts the Distinguished Service Award from 2015-17 NPC Chairman Donna King (Sigma Kappa).

points of Pride

Shining bright since 1874, here's a snapshot of some notable Gamma Phi Beta moments and accomplishments!



Did you read about the **three** Gamma Phi Betas who were honored at the National Panhellenic Conference Annual

Meeting in Denver, Colorado? Turn to page eight to learn about Jennifer Pierce (North Carolina-Asheville), Sandy Burba (Miami-Ohio) and Elizabeth "Betty" Ahlemeyer Quick's (Indiana) accomplishments!



In fall 2017, Gamma Phi Beta collegiate chapters across North America initiated **5,412** new members!

Congratulations to our **76** award-winning alumnae chapters! We had two Circle of Excellence, seven Carnation Circle, 24 Pearl Circle, 25 Diamond Circle and 18 Founders Circle chapters.



Our **78TH** Convention is just around the corner! Gamma Phi Beta will be visiting Dallas, Texas, for our 2018 Convention. Register today at GammaPhiBeta.org/Convention.



A recent Girls on the Run study shows **85 percent** of participants increased their confidence. Thank you for supporting Building Strong Girls!



Share your point of pride for an opportunity to be featured! Email TheCrescent@gammaphibeta.org with your chapter's inspiring accolades.

Megan enjoyed showing her legacy, Amelia, the Delta Iota Chapter (Purdue) facility.

Leader, Mentor, LIFE LOYAL: MEGAN DEJAGER (PURDUE)



"It was very important to me to be able to give back," Megan Dejager (Purdue) said. "Gamma Phi Beta means so much to me and the sisterhood is truly lifelong."

Megan signed up for Life Loyal because of the lifelong bonds and friendships she has formed through her collegiate and alumna membership. She was also inspired to join because it financially made sense and she wanted to fulfill her financial responsibility as an alumna. "Just sitting down and crunching the numbers, it makes the most sense to become a Life Loyal

member," Megan explained. "I wanted to fulfill that responsibility but also be fiscally responsible for my own personal finances."

When asked her favorite part of being a Gamma Phi Beta alumna, she said, "Sharing life with these amazing women I call sisters. As we get older and experience new phases, these are the women I reach out to for advice."

Gamma Phi has taught Megan how to be a confident woman of character, and thanks to our sisterhood, she has surrounded herself

with women who hold the same values. She has also stayed involved with the Sorority beyond fulfilling her financial obligations. Megan advises remotely for her initiating chapter, Delta Iota (Purdue), and locally for Gamma Rho Chapter (Wisconsin-Oshkosh).

In addition to her devotion to Gamma Phi, Megan is passionate about her work and family. She said she lives our Core Values every day because Love, Labor, Learning and Loyalty sum up motherhood.

"Gamma Phi Beta shaped me during college into who I am today: wife, mother, pharmacist, friend," she shared.

"I am more compassionate and understanding. I am a leader. I am a mentor. I know humility and share grace. I am a better person because of my Gamma Phi Beta experiences."

Do you want to fulfill your financial obligation and show your devotion to Gamma Phi Beta? Visit GammaPhiBeta.org/LifeLoyal to sign up and learn more!

Life Loyal Members

Life Loyal is a special program available for all Gamma Phi Beta members to continue their lifelong support of our beloved Sorority beyond their collegiate years while receiving exclusive benefits. This is just one way to continue your lifetime involvement as a member of Gamma Phi Beta while fulfilling your financial obligations with an easy, one-time payment. The dedication of our alumnae members who continue to be involved and financially supportive helps ensure the future of our traditions and sisterhood.

Thank you to the following sisters who joined Life Loyal between August 1 through October 31, 2017.

Alpha – Syracuse

Judith Herbert Dillon
Alice Ingalls Kessler
Jean McMillan Kimber
Jeanne Cramer O'Brien
Sylvia Finch Poppelbaum
Erica Richmond
Gail Hoadley Schongar
Judith Danz Swanson

Beta – Michigan

Sharon Carey Brubaker
Olivia Carr
Julia Fielding
Natalie Green
Maria Marcantonio
Patricia Hodge Zangerle

Gamma – Wisconsin-Madison

Carolyn Young Arenson
Barbara Bina-Morrison
Kyle Fritzsinger
Patricia Bernick Holly
Patricia Gibson Marshall
Joan Elliott Piper
Ruthanne Strohn

Delta – Boston

Anne Swadel Marvin
Kimberly Pedroni Schiela
Sara Szyanski Szymanski
Valerie Lenski Xiberras

Epsilon – Northwestern

Sarah Eberspacher
Theresa Lederer Fulton
Frances Koblegard Marcus
Jill Yule Houk
Marnie Kalmus Kapuscinski
Coleen-Shannon Barrettsmith Licar
Marilyn McCready Little
Glenna Pfeifer Olcott
Ann Harris Straw
Marilyn Streitmatter Woodman

Eta – California-Berkeley

Kendra Felisky-Watson
Kathleen Fitzsimmons Goodman
Christy Hunt Henle
Patricia McGaffigan
Barbara Briggs Pratt
Ann Furtado Slauson

Theta – Denver

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Carolyn Conner
Alexandra Aronoff Katz
Jeannine Pratt Manley
Gina Morrone Melstrom
Donna Kelley Palmer
Sandra Yarmoski Petrocchio
Mary Beth Harcourt Starzel
Patty Teal Zemke

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Kappa – Minnesota-Twin Cities

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Gail Taylor Hanson

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Lisa Hawkins Mead
Marlys Stowell Palumbo
Jo Anne David Shanahan
Nicole Sprunk

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Marie Wyttenberg Winston

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Georgia Marshall
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Portland Cotton Koester
Kristine Melby McCulloch
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Bonnie Weis
Kathleen O'Connor Williams

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Joni Asleson Casey
Jodeen Mueller Fletcher
Molly Kamrath Gillespie
Julie Lancaster Goodman
Briana Bates Jackson
Sylvia McNally Jenkins
Connie Hurst Miller
Marjory Ross Nosbusch
Katherine Carstens Safiris
Karen Stimbert-Guck
Barbara Reiser Storm
Babs Hansen Weinberg

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Carolyn Jensen Holcomb
Diane Hawkinson Morain
Gretchen Meier Oosterink
Deborah Yount Veale
Mary Guhin Whitaker

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Meghan Malone
Virginia Urban Merrill
Kelly Whelan Reilly
Dionne Scherff
Linda French Wilson

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Darci Tosch O'Connell
Gae Oldemeyer Reid
Dominique Shands
Kathleen Walsh Sigler
Maradith Ensor Wilkins

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Faye Morris Haley
Matred Hutchison Taylor

Chi – Oregon State

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Christine Lindauer Kilpatrick
Suzanne Melville Neville
Lyn Lehenbauer Ortiz
Janice Clarke Shaw
Cornelia Clausen Spanier

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Jean Ellson Heltinger
Patricia Stow Jackson
Jewel Wendt Kintzinger
Melissa Martyr-Wagner
Betsy Sanders Parker
Erin Schilling
Sarah Rowland Wells

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Dianne Perkin

Alpha Beta – North Dakota

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Alpha Gamma – Nevada

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Alpha Delta – Missouri

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Kimberly Nentwig
Nancy Brown Scollay
Lana Yeokum Slack
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Gerry Uhlenhaut
Susan Kelly Wheeler

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Sue Morrison Field
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Karen Luddeke Hames
Anne Dickson Harris
Debra McClelland Randolph
Barbara Bourgeois Steidinger

Gamma Psi – Northern Iowa
Virginia Chizek Schene

Gamma Omega – Wisconsin-Platteville
Eva Hallberg Bernhardt
Catherine Lauinger Robinson
Olivia Simenz Zeman

Delta Delta – California State-Fullerton
Cindy Eubanks Anderson
Jamila Thomas Iannone

Delta Eta – California-Irvine
Sita Vemuri Beasley
Farrah Evagues
Bettina Ho
Anita Spano Trotta

Delta Theta – California Polytechnic State
Kelsey Lancaster
Janet Lyndel Muller
Diane Hiller Sikora

Delta Iota – Purdue
Kaitlyn Byanski
Kristen Dietz
Sasha Harrison
Ashley Lamie Higgins
Melanie Hopmeier
Jordana Marcus
Tawnya Sharps Racoosin
Erin Retzlaff-Roberts
Karen Lindgren Schrum
Lisa Rosander Thomalla

Delta Lambda – California-Riverside
Barbara Olson Collopy
Kathryn Elizabeth Walck

Delta Mu – Rutgers
Florence Giordano Prestholdt

Delta Nu – Missouri State
Diane Altvater
Conner Aubuchon

Delta Xi – Bucknell
Mary Fertig Theisen

Delta Pi – Illinois State
Catherine Leon Cawthon
Stacey Hughes Szczepanski

Delta Sigma – Florida Institute of Technology
Charlotte Strudgeon Eaton
Melissa Pumphrey

Delta Tau – Colgate
Laura Pritzker Peck

Delta Upsilon – Georgia
Ashley Asbell
Emily Green Ray
Lynette Sappe-Watkins

Delta Chi – California State-Sacramento
Cindy Suzane Hart
Ashley Pantoja

Delta Psi – California-Santa Barbara
Sheri Plymell Barainca
Wendy McEnulty Garcia
Charlotte Hill
Ruth Johnson

Delta Omega – Oakland
Trina Montalto Fox
Nicole Hiltner
Tamara Lamreaux
Ashley Paruch

Epsilon Delta – Creighton
Julie Walker Ermer
Carlyn Pentzien

Epsilon Zeta – Jacksonville
Cynthia Toman-Todd

Epsilon Eta – Bridgewater State
Sydney Paoletta
Julie Raynor

Epsilon Theta – Clemson
Tara Gregori

Epsilon Kappa – California State-Chico
Krista Lea
Jackie Martell

Epsilon Lambda – Alabama-Tuscaloosa
Shelby Brooks
Elizabeth Curran
Anna Simpson Moulton
Robin Preussel Phillips
Heather Whaley
Annalise Winans

Epsilon Nu – Chapman
Stephanie Prince Harris
Shanel Salomon Wilson

Epsilon Pi – George Mason
Melissa Joe
Kirsten Klokis
Julie Womble Trkula

Epsilon Rho – Stephen F. Austin State
Jo Benavides-Franke
Laura Ligon Roffmann

Zeta Beta – Virginia
Rebecca Davis Morrison
Emily Nelson
Rachel Palmer

Zeta Gamma – Sonoma State
Audrey Hock
Shelby Swanson

Zeta Delta – Southeast Missouri State
Madeline Movesian

Zeta Zeta – Coastal Carolina
Ashley Heintzelman

Zeta Eta – Lander
Alexie Fields

Zeta Theta – Pepperdine
Alexandra Lilly
Sheena Torres Link

Zeta Iota – Valparaiso
Abigail Gieschen Matejczyk

Zeta Kappa – Southern Indiana
Hilliary Carr Juncker

Zeta Mu – St. John's
Jessica Wiggins

Zeta Nu – Detroit-Mercy
Mary Mikko

Zeta Rho – Texas A&M-College Station
Emily Adamcik
Masae Falcon Ellis
Michelle Schroeder
Amy Stephenson Twardowski
Rachel Oyler Wolff

Zeta Sigma – South Carolina
Kaitlyn Tedesco

Zeta Phi – Arkansas-Fort Smith
Jenny Phomakay

Zeta Chi – Texas Christian
Emma Breyer

Zeta Omega – Kennesaw State
Jayme Blosser
Samantha Sadler
Hannah Taylor

Eta Beta – Florida Southern
Emily Griest

Eta Delta – Grand Valley State
Kelsey Endres

Eta Epsilon – Virginia Tech
Chloe Toner

Eta Eta – South Florida
Shelby Fouts-Harley

Eta Kappa – Tennessee-Chattanooga
Katherine Swartwood

Eta Lambda – Central Florida
Amber Mariano

Eta Mu – Duke
Patricia Spears

Eta Xi – Florida
Hannah Batten
Sarah Carranza

Eta Pi – Quinnipiac
Ashley Foreman
Jessica Sainz

Eta Tau – Colorado Mesa
Robin Toomey



10 A LOOK BACK: Top 10 Social Media Posts of 2017

Gamma Phi Beta has an array of social media channels to communicate and engage with our members. Through network analytics and insights tracking tools, these posts and stories were ranked the highest due to interactions – combined Twitter retweets, Facebook and Instagram likes, comments and shares. Thanks for engaging with us, sisters!



10 GAMMA PHI BETA RITUAL REMINDERS
More than 4,000 members tapped through to read this fun and engaging list of the top 10 phrases and words that remind every Gamma Phi of our ritual: Bit.ly/Tumblr10Reminders.



9 BID DAY 2017
So many new sisters! This Facebook album features 68 fall 2017 Bid Day photos. Bit.ly/BidDayFall2017.



8 #SHEIS
Gamma Phi Beta started our #Shels movement two years ago with a video. Members have actively participated in #Shels posts and have even created their own versions of the video. In October 2017, Gamma Phi Beta posted never seen before footage!



7 #BUILDINGSTRONGGIRLS
On International Day of the Girl, we thanked members for Building Strong Girls in communities everywhere.



6 WHICH FOUNDER ARE YOU?
Our Sorority celebrated 143 years on November 11, 2017, and more than 4,500 followers took our 'Which Founder Are You?' quiz. Haven't taken it yet? Visit Bit.ly/FDQuiz.

true and constant

GAMMA PHI BETAS
ARE CONFIDENT WOMEN OF
CHARACTER — EVEN ON HALLOWEEN.

5 FRIENDSHIP FRIDAY!
Members had the opportunity to recognize their true and constants by tagging sisters on Instagram and Facebook in the comments below this graphic.

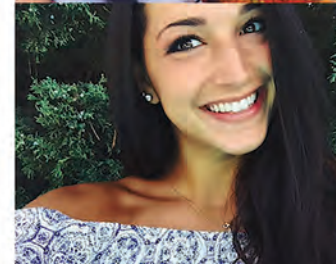
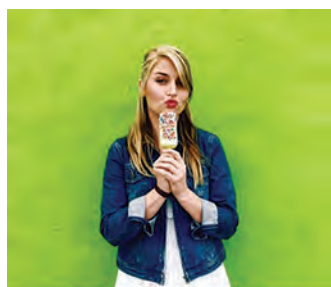
4 COSTUME CONFIDENCE
Gamma Phi Betas are confident women of character — even on Halloween. More than 900 women agreed and read this story online: [Bit.ly/TumblrHalloween](https://bit.ly/TumblrHalloween).

YOU'RE A TOTAL
ECLIPSE
OF GAMMA PHI'S
HEART.



3 TOTAL ECLIPSE OF THE HEART
On August 21, 2017, people across the United States put on their eclipse glasses to view the "Great American Eclipse." Our followers loved this graphic celebrating the event!

2 FALLING FOR GAMMA PHI
Our sisters loved our Gamma Phi Beta fall-themed post. We've all fallen for these three letters!



2016-17 HIGHLIGHT VIDEO

During the 2016-17 academic year, Gamma Phi Beta accomplished many things — and you loved watching it! This video is simply a snapshot. Check it out here: [Bit.ly/GPhiBHighlights2016-17](https://bit.ly/GPhiBHighlights2016-17).

inspiration board



COLUMBUS, OHIO'S FIRST FEMALE HEALTH COMMISSIONER

In 2002, Teresa C. Long, MD, MPH (California-Berkeley) became Columbus, Ohio's first female Health Commissioner. As the health commissioner for the 14th largest city in America, Teresa protected the health of nearly one million residents by overseeing more than 40 public health programs and 500 employees. Teresa says it has been a privilege and an honor to serve in this position for the last 15 years.

INDIVIDUAL ALUMNAE AWARD WINNERS

Congratulations to our individual alumnae award winners! Stephanie Gauchat Carriere (Arizona) and Wanda De'Prey Eyre (California-Irvine) earned the Service Roll Award for their devoted service at the international and local levels of Gamma Phi Beta for more than 15 years, and their financial support to the Gamma Phi Beta Foundation for the last five years. Our Merit Roll Award winner is Susan Schueller Veatch (Wisconsin-Madison). She has given devoted and distinguished service to the Sorority at the local level for 15 years. Finally, our Loyalty Award goes to Suzan Zetterman Culver (Nebraska-Kearney), Shannon Bradley (Nebraska-Lincoln), Chandra Claassen Soule (Nebraska-Lincoln) and Jana Nobles (Oklahoma City) for serving at the international level and financially supporting the Sorority and Foundation for seven years.





ANOTHER TERM AS PRESIDENT

Congratulations to Gamma Phi Beta Foundation Executive Director Kitty L. deKieffer for being elected to a second term as president of the board for the North American Interfraternity Conference Foundation.

2018 MARSHALL SCHOLAR

Jamie Kwong (Southern California) recently learned she earned a prestigious 2018 Marshall Scholarship. The scholarship is awarded to about 40 American students of high ability to allow them to study for a graduate degree in the United Kingdom. Currently, Jamie is simultaneously pursuing undergraduate and master's degrees at the University of Southern California. She plans to use her scholarship to continue to study nuclear nonproliferation and disarmament at King's College London, while earning a Ph.D. in war studies.



HELPING HOUSTON

After the events surrounding Hurricane Harvey, Keller and Carlisle Gesoff (Oklahoma) decided they wanted to help the people of Houston, Texas. They began to collect supplies and donations, and with the help of their chapter, they donated necessary supplies and more than \$400 to an organization helping those affected by Hurricane Harvey.

Continuous Connections

Carmen Namenek (Western Ontario) is a training and development specialist for Gamma Phi Beta. Her role is to help develop education and training resources for our members across North America. She enjoys focusing on quality resources for our members and giving them the tools to develop meaningful connections and produce great work. This volunteer role fits in perfectly with her busy schedule! Continue reading to learn more about Carmen and what she's learned from her Gamma Phi Beta journey.

The Crescent: What does being a Gamma Phi Beta volunteer mean to you?

Carmen Namenek: Being a volunteer means that I am giving to something greater than myself, repaying all the generosity shown to me in my lifetime and paying forward all the blessings I have yet to receive! It also means I am given the opportunity to work alongside like-minded strong women who inspire me and drive me to be the best version of myself.

TC: What is something not everyone knows about you?

CN: I spent most of my childhood and collegiate years singing in musical theater. It was a blast!

TC: Describe yourself in three words.

CN: Driven, disciplined and devoted.

TC: What is your favorite Gamma Phi Beta memory?

CN: Besides my initiation in 1991, which was pretty special, I would say finding my alumnae chapter when I moved to California from Canada in 1997. I did not know anyone and attended a holiday party at the home of Mary Knaup (California State-Fullerton). She was a gracious host and Rene Matz Thompson (California State-Fullerton) became a fast friend.



Carmen (pictured left) poses for a photo with Jennie Zamora (Chapman, right), who she recommended for alumna initiation.

TC: What skills did you develop as a collegiate member that have helped you in your volunteer role?

CN: My collegiate membership allowed me to develop strong presentation skills which I have used both as a volunteer and professionally. I feel equally comfortable speaking in front of one person as I do hundreds! In college, I was philanthropy chairwoman and planned fundraising events and spoke in front of groups to encourage them to support our cause.

TC: What do you do in your professional career?

CN: I manage the primary care practices at Children's Hospital of Orange County. I manage the operations of five clinics, two mobile asthma clinics and the community health education department. It is challenging, energizing and incredibly fulfilling to know what a difference we make every day in our community. I truly

love what I do! I also own a travel agency on the side because it feeds my passion for travel, and apparently, I cannot just have one job! I love to be busy!

TC: What advice do you have for women looking to get involved as volunteers?

CN: Take a leap of faith and just do it! Even if you start out small and just volunteer for one day or a few hours at your local collegiate chapter during recruitment, you will not only make a difference, but you will be changed for the better!

.....
Do you know an advisor or volunteer you would like to see in The Crescent?
Email TheCrescent@gammaphibeta.org to nominate them today!
.....



Find your shine

Gamma Phi Beta values our members and your time. That's why we want to make volunteering for our Sorority valuable to you! Whether you're interested in working with collegiate members at a chapter near you, or aren't quite sure what you want to do for the sisterhood that's given you so much, we will find the role for you. Are you unsure if one of our open positions is right for you? Fill out our volunteer interest form, and we will set up a call to discuss your interests and skills to ensure you have the best volunteer experience possible.

Visit GammaPhiBeta.org/Volunteer to view open volunteer and advisor positions.

go gamma phi



crescentcorner.com



Laid back styles for every Gamma Phi



CRESCENT
CORNER

Breaking the Stigma around Mental Health



Dear Sisters,

In the October 1912 issue of *The Crescent*, E. Adeline Curtis said, "Since the rock is the firmest and most enduring substance, able to withstand the ravages of time, and offering the strongest protection, it seemed fitting that Gamma Phi Beta should be thus founded."

Throughout my days as a collegian at the University of Iowa, an advisor and now a therapist within an academic environment, I have witnessed the power of sisters coming together during times of distress. Whether it was a stressful class or a case of the flu, sisters had a strong support system from Gamma Phi Beta. However, we tend to focus on physical illnesses as a society, as mental health is less understood, less glamorous and results in many of us experiencing discomfort we don't know how to handle. Ironically, we all know someone impacted by these illnesses.

The most empowering thing we can do is start to talk about mental health, to better understand it and therefore, move toward fearing it less. During my days as a collegian, the insecurity of what to do if a sister was struggling often allowed for the situation to be ignored. When volunteering in an advisory role, the question asked of me most often in regard to mental health was about what to say or how to help. Presently, in my private practice setting as a licensed mental health counselor, I continue to hear the same pressured question of how to help, best ways to approach and inquisition about what to say to someone. Notice the themes? Just talking about it, and being available to someone, is a great place to start.

Early on in my career, I learned about the power to feel understood. This is one of life's true gifts, and sisterhood embraces this. As Gamma Phi Betas, it is important for us to create bonds where we can give sisters the opportunity to feel understood and heard.

In the stories that follow this letter, you will meet a few sisters who made themselves heard and ultimately, received the help they needed. Whether you are dealing with your own internal battle or know someone who may have a mental illness, it is vital that you speak out. Ask for help if you need it. It makes you stronger, not weak. If someone shares their struggles with you, listen to them and be willing to talk if they're ready. Ask a friend or family member if they are feeling okay or if they want to talk about anything. It's better to start a conversation than stay silent because of the fear of making things worse.

Mental health is an increasingly discussed topic in today's society, and people are beginning to break the stigma around mental illness. It is vital that we assist in this endeavor. I encourage you to talk about mental illness – address it as though it's a physical illness. We have no problem asking if someone who is sick is feeling better or bringing them soup to help. Be there for those who are dealing with a mental illness, because they need your help, too.

Let's start the conversation and break the stigma, together as sisters of Gamma Phi Beta.

In LIKE,
Erica Lutz Bobst LMHC, RN

As we start the conversation about mental illnesses, it's important to have some knowledge of how prevalent they are in our society. Depression is the **leading cause** of disability worldwide.

43.8 million

adults experience mental illness in a given year.



HALF of all chronic mental illness begins by the age of 14; **three-quarters** by the age of 24.



18.1 PERCENT of American adults live with anxiety disorders.

That's **42 million** people.



Approximately **46.4 percent** of adults will experience a diagnosable mental illness at some point in their life.

Almost **SEVEN PERCENT** of U.S. adults experience a major depressive disorder in any given year.



Nearly **60 percent** of adults with a mental illness didn't receive mental health services in the previous year.



According to the Centers for Disease Control and Prevention, **11 to 20 percent** of women who give birth each year have symptoms of postpartum depression.

Statistics on this page are gathered from NAMI.org and the National Comorbidity Study.

Education: The First Step in Understanding

When a chapter sister broke her leg, Rachel Taube (Valparaiso) and her sisters made sure they were there to help with anything she needed. As a program director for Mental Health First Aid, Rachel now sees that people don't often drop everything for others who have mental illnesses. "Mental illnesses are real, and we should support them in the same way as we support people with physical illnesses."

In her role with Mental Health First Aid, Rachel trains the people who teach mental health first aid courses across the United States, in addition to teaching these courses herself. A mental health first aid course is an eight-hour training to help people understand the basic skills they might need to talk to people with mental illnesses, and help them contact a professional. These courses are offered to people with different professions and backgrounds, including military personal, police officers, higher education professionals, Gamma Phi Beta's collegiate leadership consultants and more.

This training doesn't make participants experts in the mental health field or give them the tools to diagnose or provide treatment, but it does prepare them to recognize the signs and symptoms of mental health challenges. By being prepared, people can respond appropriately, and help those they work with and their loved ones get the help they need. Rachel said, "If everyone had some basic

level of skill, we'd be able to help support people because mental illness is really common."

According to the National Comorbidity Study, the first large-scale field survey of mental health in the U.S., approximately 46.4 percent of adults in America will experience a diagnosable mental illness at some point in their life. A little more than 18 percent of U.S. adults will have an anxiety disorder and almost seven percent may experience a major depressive disorder in any given year.

Rachel believes education is the first step to breaking the stigma around mental illnesses, and that often starts with statistics and conversations. Many times, we don't talk about mental illnesses because we don't know what to say about them and are worried we will make things worse or just uncomfortable. However, Rachel thinks it's better to approach a loved one than to not say anything. Her advice: "Even if they don't have a mental illness, there's such power in being able to listen to someone in a way that just makes them feel heard."



Rachel (far right) enjoys spending time with her Zeta Iota Chapter sisters. From left to right: Ashley Van Drunen, Abigail Appleton (back left), Sara Casile, Dana Dutcher, Jamie Fritz, Cassie Navarro and Megan Westphal, who is holding Naomi.

For example, if a sister who is usually outgoing and always attends chapter meeting does not make it one night, ask if she is feeling okay. Reaching out and asking a question about a sister's health, mental or physical, will foster a better response than simply asking why she wasn't at the chapter meeting. Of course, Rachel says it could be nothing. Your sister may have just had a study session or exam she forgot to tell you about, but better to have asked than said nothing. According to Rachel, "You could save someone's life."

In the mental health first aid program, participants are taught to speak up when they think something may be wrong. This is an easy thing for every sister to do, as well. "I think change happens incrementally," Rachel said of changing the stigma of mental illnesses. We won't be able to get rid of the stigma overnight, but starting conversations and listening to those around you can help.

The program is helping to make change happen. Rachel shared that the most rewarding part of her job is participants' "lightbulb moments." It's not infrequent that participants grew up in areas or with families who didn't discuss mental illness. "We do have data out there. We know that mental illnesses change brain chemistry,"

Rachel explained. "People have some responsibility to seek out education and understanding. I think information is really powerful to changing peoples' minds."

We can begin to educate ourselves and break the stigma around mental health without taking one of Rachel's courses. "I see the sorority environment as a place where we can have huge impacts on mental health," she said. "Often when you're experiencing a mental health challenge you're not already at the doctor. You're with sisters or family."

Just by asking a sister if she's feeling okay when she misses class or chapter, or reaching out to a friend who you think might be struggling, can help. Rachel emphasizes listening to and supporting one another. We cannot be afraid to talk about mental health or illness. In fact, talking about it with someone can be very beneficial. "Research shows that people who have caring and supportive friends and family have better recovery," Rachel explains. "It actually makes a difference in their mental health."

Show those around you that they don't have to suffer alone. Listen to what your loved ones are telling you. "If you offer to be a good friend and listen, that has huge, huge power," Rachel said. "Listening is a powerful tool."

As a sister, it is not our job to diagnose, but often we are the best people to notice and provide support. Some of these signs could indicate something else, like a physical health concern, but that doesn't mean we can't *reach out and check in* with someone to see how they are, especially if there are multiple signs or we notice big changes in that person's typical behavior.

Signs and Symptoms of Mental Health Challenges

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Changes in sleeping habits such as sleeping too much or too little
- Changes in eating habits such as increased hunger or lack of appetite
- Increased use of substances like alcohol or drugs
- Multiple physical ailments without obvious causes such as headaches, stomach aches, vague and ongoing aches and pains
- Feelings of helplessness or hopelessness
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance
- Changes in school performance
- Skipping class or meetings
- Secretive behavior like not wanting to eat around people

Discovering Strength

When Jordan Zeigler (Oregon) was 16, she was diagnosed with anxiety and depression. "For the longest time, I didn't really ask for help. I was dealing with it for almost a year and a half, until it got to the point when my boyfriend at the time got concerned about me." At that point, Jordan asked him to tell her parents because she was nervous to do so herself. The next day, her parents took her to see a doctor. "I knew I needed to get help and I just didn't know how to start the conversation."

Now, Jordan is on medication and stays active because it's therapeutic for her. She also encourages those around her who are struggling to ask for help and start conversations about mental illness.

As a freshman at the University of Oregon, Jordan met her roommate, Sage, who encouraged her to go through formal recruitment. "As soon as I stepped into the house, I knew it was where I wanted to be," Jordan said about Gamma Phi Beta. "I got this overwhelming sense of calmness."

She sprinted to the house when she received her bid and was the first person there. Sage also joined Gamma Phi Beta, and Jordan was comforted to know she was already close to one sister who she could rely on when she was having a hard time. "She saw me every day, so she would see my really bad days," she shared. "She always knew how to make me feel better."

Sage would leave Jordan notes of encouragement around their room, and was always there to listen when Jordan needed to talk. Before long, Jordan met her Big Sister who she added to her support system. When she's having a hard time, Jordan knows she can call her and she'll be there with a



Jordan is proud to wear her badge to show her love of Gamma Phi Beta, the sisterhood that has helped her so much.

milkshake as soon as she can. "They were always going to be there for me and that has helped me so much," Jordan said of her Gamma Phi family. "I have improved drastically since becoming a Gamma Phi."

With support from her closest sisters, Jordan felt comfortable, and began sharing more about her struggle with depression and anxiety. She even led a mental health-focused PACE meeting. Jordan led the presentation with three other women and they discussed mental illness and how to recognize the signs that somebody might not be okay. She shared her personal struggles and said, "It opened up a conversation. Some of these women never had the platform to share before."

Sisters began sharing their own stories and talked about how supportive the sisterhood has been for them. "From that point, I knew this needed to happen more," Jordan said.

It wasn't easy for Jordan to be open to talking about her struggles. "I'm not going to say it went away because it's not something that just goes away. I still have my bad days and anxiety attacks," she said. "But for most of the days, I'm like myself again. I'm happy. I love that I'm in school and in the Sorority and can get involved."

She reached this point, in part because of her great support system, and from working to change her mindset. Jordan told herself, "I want to get better. I want to be happy and live my life the way I want to live it." And now she's doing just that.

Jordan is proud of what she's overcome, but never really considered how much strength it took. During a recruitment school activity, Nu Chapter took a page from *Girls on the Run's* book and picked power words they felt described one another. One sister said "strong" and another sister tapped Jordan's shoulder to show that she thought that represented her. "I started breaking down crying. I never pictured myself that way."

It has been a long time since Jordan had what she calls "a really bad day." On these days, it's difficult for her to even get out of bed. When asked what advice she would give to sisters in her situation, she shared the two things she would have liked to have been told: "One, there's nothing wrong with getting help. Getting help is the first step to feeling better and overcoming your challenges. Two, you are really not alone. No matter how much it feels like it."

She explained the feeling of being alone as tunnel vision. She couldn't see the friends she had in high school when she was struggling the most. There were people who wanted to help her, but she was so focused

on how difficult things were, she couldn't see the support around her. Now, her tunnel vision has been lifted, and she recognizes the support she receives from her family and friends, and the strength it gives her.

With this strength, Jordan is determined to help break the stigma around mental illness by talking about it and sharing her story with others. She feels that there is a lack of education about mental health. While there's a lot of information about the importance of being physically active and healthy, not many people address mental health. For example, Jordan didn't even realize she might be depressed until she was in a psychology class in high school. "That kind of sounds like what I'm dealing with," she thought while reading the symptoms of depression.

While there are signs and symptoms of depression and anxiety, Jordan says it is important to recognize that not everyone is the same or has the same experiences.

"People have their own triggers for things, but there are some common symptoms," she said. This is important to keep in mind when discussing mental health with your peers because everyone is going to have

different experiences, but it is vital that we start the conversation.

Now, Jordan is glad she's able to share her story and hopes that it might help someone else along the way. "I thought asking for help would make me look weak," she said. But she has since realized that asking for help and getting it was the strongest thing she could do.

Jordan's mental health has vastly improved since becoming a Gamma Phi Beta thanks to the support of members like Ashley Gardner, her Little Sister.

"I'm not going to say it went away. It's not something that goes away. I still have my bad days and anxiety attacks, but for most of the days, *I'm like myself again.* I'm happy, I love that I'm in school and in the Sorority and can get involved."



Into the Light

On April 26, 2016, Phil Mazzini took his own life in the woods near his New Jersey home. Artemis and Sophia Mazzini (Rutgers) had always known their father struggled with depression. Looking back at the year before he committed suicide, they realize he was struggling more than usual. "No one ever saw this happening to our family," Artemis shared. "It can happen to anyone. That's why we need to talk about it."

One of the Mazzini's family friends is a mental health professional and explained to the sisters how their father's depression was affecting him. They described his mental illness as one would describe a physical illness, like a fever. It was as though Phil was living with a 100-degree fever for his whole life. The year leading up to his death, he felt like it was a 103-degree fever, and that morning in April, he woke up feeling like it was 105. He just couldn't take it anymore. After hearing this, Artemis said, "It made me really sympathetic for him. I'm able to not feel angry and not feel guilt."

His daughters said Phil was always very level-headed and did everything he could for his family. He flew to Kansas from New Jersey every week

for work, and always encouraged Artemis and Sophia to be kind to others. Sophia said, "He loved to dance. He loved to laugh. I have never pictured him as always being depressed." Phil helped with their homework, and Artemis, who struggles with anxiety, knew she could always turn to her father to calm her down.

After Phil passed, the Mazzini sisters began to hear people saying he had a heart attack. Artemis and Sophia were upset to hear people avoiding the truth, and they decided to share what actually happened. That's when they began planning a 5k.

"We're doing this run to break the stigma," Sophia told her friends. With the passion to break the stigma around suicide and their love for their father fueling them, the sisters began planning. They wanted the event to focus on hope and the positives of life. "It's a walk or run for mental health in general, for being able to get back up from failure and being courageous," Artemis shared.

From the focus on positivity, they came up with the name: Into the Light. There was no

cost to register for the 5k. The event was solely a fundraiser for the American Suicide Prevention Foundation. Originally, they expected the support of friends and family and hoped to raise \$5,000. Artemis and Sophia created the fundraising website and found a few speakers to talk about mental health and suicide at the event.

Their efforts far exceeded expectations. They have raised more than \$85,000 and had at least 2,000 people in attendance at their first Into the Light 5k.

"It was such a big success that we were able to start our own foundation called Into the Light," Artemis said. This was one of their plans for the future, but they never expected to be able to make this a reality so quickly. Their first goal was to create an Into the Light committee at Rutgers University where students could come to share their stories. Now, Sophia said they are reaching out to other universities to teach committees everywhere how to plan their own 5ks and events. The next step is creating a scholarship.

"Be there for somebody because *you never know* what they're going through." – Artemis



Artemis, Sophia and Phil enjoying time together at a wedding.



Participants at the 5k wore Into the Light shirts to promote mental health awareness.

With these big plans, the sisters are proud to be honoring their father. "Maybe this is our purpose – to come out and help other people," Artemis said.

Since the sisters began talking about their father's death and Into the Light, people began reaching out to share that they also had someone they love commit suicide. Each year, 44,193 people commit suicide. It's the 10th leading cause of death in the United States.

When asked what they say to these people looking to share their stories or seeking solace, Sophia said, "I recommend that they go to a therapist. It's so important to make sure you're okay."

With everything the sisters have gone through and accomplished since April 2016, they have needed support of others, especially their mother and one another. They said they have always been close, but now they have a different respect for one another after seeing their inner strength.

Gamma Phi Beta has been there, too. "Our sisters have always been supportive of us," Sophia said. "They've helped us out in any way they can." When Phil passed, Sophia was still in high school, but Artemis had joined Gamma Phi Beta. The Sorority reached out to Sophia to send their condolences.

Artemis said they gave her a bucket filled with kind notes of support and even set up a bagel breakfast fundraiser to help her family. She still has the notes and said, "They inspire me to keep pushing and keep being kind to people."

Artemis and Sophia have gone above and beyond just being kind to others. "We hope that we're inspiring other people to push their limits."

Overall, their event and fundraising have surpassed what they could have imagined, and they credit a lot of that to their involvement in Gamma Phi Beta and the Greek community. "We really noticed that Greek life was our biggest support," Sophia said. "They still continue to support us."

The Mazzini sisters are committed to creating a legacy for their father, and to continuing conversations about mental health. They hope to break the stigma around suicide and help encourage people who are struggling to ask for the help they need. "I want people to know it's a disease.

Just like any other illness you don't have control of what's happening to you," Artemis said. "You can get help before it gets worse. It's an illness. It's not selfish."



The Mazzini sisters were pleased with the incredible turnout at the Into the Light 5k on September 23, 2017.

Beyond Baby Blues



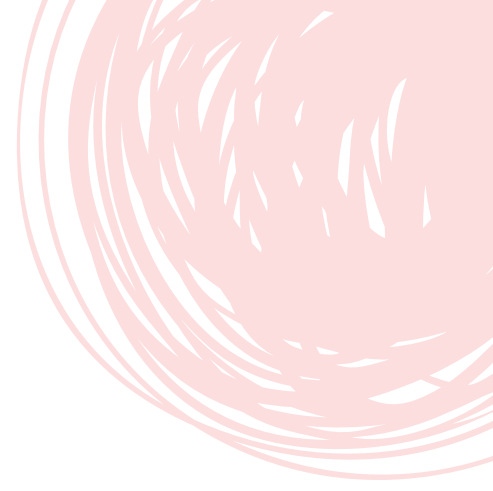
It's no secret that childbirth is not a simple task. Every woman has her own unique experience when it comes to giving birth, and it's harder for some than others. Early in her motherhood journey, Marissa Scalia Sucusky (Rochester) had trouble with breastfeeding, and began to realize that she was crying a lot and feeling down. "I felt like it probably wasn't right," she shared. After talking with a doctor, Marissa was diagnosed with postpartum depression and put on antidepressants.

Postpartum depression is stronger than the "baby blues" that can occur after childbirth. Symptoms include severe mood swings, excessive crying, difficulty bonding with your baby, overwhelming fatigue, loss of appetite or eating more than usual and feelings of shame or guilt, to name a few.

Marissa experienced a few of these symptoms, in part because she was unable to produce breast milk. While a day-old baby doesn't need much milk, Marissa was unable to produce any at all. She needed to take a medication to help, and there was only one option available for her. The medication did help with breast milk production, and Marissa was able to pump for a whole year. However, as with most prescriptions, there could be negative side effects, one of which was depression.

"Maybe I would have developed that depression anyway, but there may have been a role played by that medication," Marissa shared. "I think I had some undiagnosed depression when I was in college and at some other points in my life. In the weeks after my daughter was born, I noticed some of the same feelings."

"I would really like to see issues of mental health treated with the same kind of regard as issues of physical health."



According to the Centers for Disease Control and Prevention, 11 to 20 percent of women who give birth each year have symptoms of postpartum depression. There are about four million live births in the United States in a year, meaning that approximately 600,000 women develop postpartum depression.

Even with these statistics proving the prevalence of postpartum depression, there wasn't much information provided to Marissa about it when she became pregnant. She received a single-sided handout from the doctor's office, but nothing more than an overview discussion took place.

Luckily, Marissa was very self-aware and mentioned to a nurse practitioner that something seemed wrong two weeks after she gave birth. The nurse practitioner she spoke to had suffered from postpartum depression and was pregnant with her fourth child. Her advice was very candid, "Don't wait until you're psychotic!" Though this was blunt, Marissa took it to heart and began an antidepressant medication that was also safe for her daughter, as she continued to work toward breastfeeding.

She continued taking the medication for a year, and honed in on the things that were important to her to keep her mental health. Marissa's most important factor? Sleep. She realized that it was so important for her to be well rested, which isn't easy to do with a baby. Luckily, she had a supportive husband, and worked hard to sleep when her baby slept, as sleep needs to be a priority.

When she returned to work, Marissa considered ending her prescription, but she had a lot of work travel and was concerned about what the lack of sleep and increased stress would do to her mental health. She thought, "Everything is going smoothly. I don't want to have this change throw me back into that spiral. Am I ready to stop taking this medicine?"

Marissa focused on paying closer attention to her physical cues, especially her level of tiredness. She explained that her decision to come off the antidepressants was similar to how an athlete recovers from an injury. When you're in recovery, you want to play your sport again and get back out there, but once you're cleared, you're a bit nervous to try again. Marissa felt a lot of trepidation about removing the prescription from her routine.

One day, Marissa decided she was ready to try again without her medication. Now, she feels confident in her mental health, though she does still monitor her levels of stress and sleep. From her experience with a challenging labor and delivery and battling postpartum depression, Marissa gained a sense of strength. "Sometimes I've been self-critical about my looks and my body," she shared. "My experiences reframed my perception of myself. Now, I think 'Look what my body did!'"

Marissa now takes any opportunity she gets to share her story, because she wants other women to learn from her breastfeeding experience and to know they should never feel shame about postpartum depression.

"I would really like to see issues of mental health treated with the same kind of regard as issues of physical health," Marissa said. Just as we talk about physical injuries, we need to work to create an avenue to discuss mental illness, to allow people to feel safe sharing their feelings.

Marissa knows the depression she battled could return, but feels equipped to face it with the support of those around her. She is proud to share her story, because it shows her strength and proves to others that they can do it, too. If you are struggling or know someone who is struggling, know that you are not alone.

Finding Support

While it's important to have the support of sisters and talk openly, there are professionals who can help. If you or someone you know is in crisis, contact the Suicide Prevention Lifeline at 1-800-273-TALK (8255), or dial 911 in case of emergency.

If you would like more resources on mental health, visit:
[MentalHealthFirstAid.org/
Mental-Health-Resources/](https://MentalHealthFirstAid.org/Mental-Health-Resources/)

Thank you to our sisters who contributed their stories and expertise to this feature. Gamma Phi Beta is proud to have sisters willing to share their thoughts and experiences for the sake of helping others. Readers, please note, content in this feature was reviewed by Erica Lutz Bobst (Iowa), a sister and therapist. Should you have questions, we encourage you to seek answers from a mental health professional.

SORORITY Life

It's collegiate and alumnae chapter updates – at a glance! Read all about our shining chapters across the continent and their recent activities. For submission guidelines, visit GammaPhiBeta.org.

Region 1

CONNECTICUT

Eta Theta Chapter (Connecticut)

This fall, 53 women were initiated into the chapter and Big Sisters and Little Sisters enjoyed a fun reveal.

Eta Pi Chapter (Quinnipiac)

The chapter hosted a philanthropy event in October, and enjoyed coaching and cheering on the various organizations that participated. They were especially happy to have the opportunity to spread the message about Building Strong Girls.

MASSACHUSETTS

Epsilon Eta Chapter (Bridgewater State)

To celebrate their 30th anniversary, Epsilon Eta Chapter hosted an alumnae luncheon. Charter members attended and shared stories about their time as Gamma Phis at Bridgewater State.



Region 1 | Epsilon Phi (Bentley) members participated in games and activities that focused on the importance of sisterhood and Building Strong Girls at their sisterhood retreat.

NEW JERSEY

Bergen County Alumnae Chapter

In October, Bergen County Area Alumnae supported Spectrum for Living by walking and raising money at a 5k. Sisters also celebrated Founders Day at a local restaurant and brought nonperishable food items to donate to a food pantry. Later in November, members participated at a Girls on the Run event as coaches and volunteers.

NEW YORK

Epsilon Epsilon Chapter (Union)

Epsilon Epsilon Chapter added new members to the chapter and enjoyed a fun-filled Bid Day with pictures and treats.

ONTARIO

Alpha Alpha Chapter (Toronto)

At the end of formal recruitment, the chapter welcomed 16 new members into Gamma Phi Beta. They also held their Moonball tournament, and raised more than \$2,800 for Girls on the Run.

PENNSYLVANIA

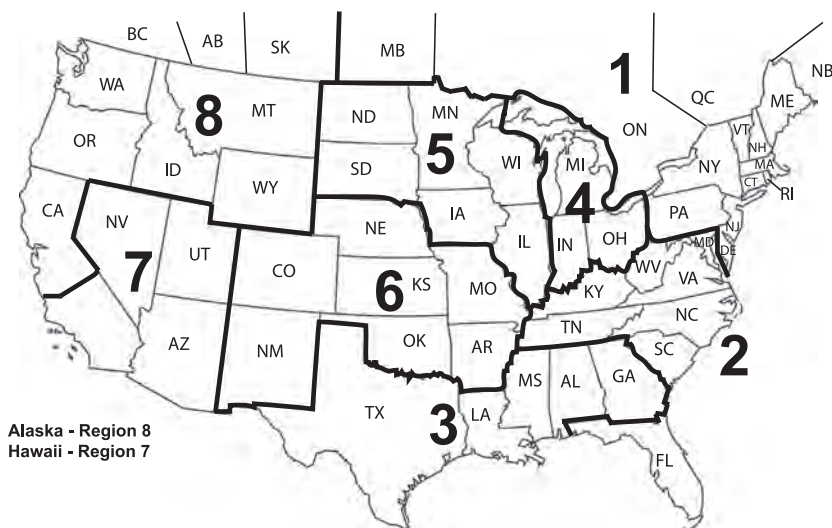
Alpha Upsilon Chapter (Penn State)

The chapter focused on sisterhood this fall. They enjoyed a sisterhood retreat, utilized Loyalty Circles, hosted Moonball and found other ways to celebrate sisterhood. Members have also been preparing for formal recruitment in the spring, and are looking forward to welcoming new members.

Zeta Pi Chapter (Penn State-Altoona)

In October, sisters participated in an annual breast cancer walk around Altoona Curve Stadium. Many organizations participated, and Zeta Pi Chapter raised \$1,660 for breast cancer research.

Gamma Phi Beta Sorority by Regions



Region 2

FLORIDA

Naples Area Alumnae Chapter

Sisters of the Naples Area Alumnae Chapter are safe after Hurricane Irma. They came together for lunch to compare notes and take a break from the cleanup.

MARYLAND

Beta Beta Chapter (Maryland)

This fall sisters traveled to Pennsylvania for their sisterhood retreat. They played yard games, went on a scavenger hunt, did yoga and made crafts for Girls on the Run participants.

NORTH CAROLINA

Epsilon Psi Chapter (North Carolina-Asheville)

Sisters were excited to initiate their newest members on Founders Day! This fall, member Laura Hoffman wrote for REAL Leadership Online, and Lauren Suitt volunteered as a head coach for the local Girls on the Run council.

SOUTH CAROLINA

Zeta Zeta Chapter (Coastal Carolina)

Members enjoyed participating in Dance Marathon and attending Girls on the Run practices. They look forward to volunteering and cheering on the runners at the upcoming 5k!

TENNESSEE

Eta Kappa Chapter (Tennessee-Chattanooga)

Sisters hosted their annual Moonball kickball tournament and had a blast raising money for Girls on the Run with other campus and Greek organizations!

VIRGINIA

Zeta Beta Chapter (Virginia)

In the fall, the chapter welcomed 12 new members into the sisterhood and hosted their inaugural Moonball volleyball tournament. They enjoyed raising funds for Girls on the Run!



Region 2 | This fall, sisters of Eta Mu Chapter (Duke) spent an afternoon participating in pumpkin picking, hay rides and a corn maze.



Region 3 | In September, Zeta Psi Chapter (Texas-San Antonio) welcomed new members into our sisterhood!

Region 3

ALABAMA

Gamma Phi (Auburn)

The chapter enjoyed hosting a philanthropy event to benefit Girls on the Run. In November, sisters participated in the Girls on the Run 5k as volunteers and running buddies!

LOUISIANA

Epsilon Mu Chapter (Loyola-New Orleans)

Epsilon Mu Chapter welcomed 28 new members on Bid Day, exceeding Quota once again! The day was filled with excitement, ice breakers and fun introductions.

Eta Upsilon Chapter (Nicholls State)

Members were excited to participate in their first formal recruitment at Nicholls State, and doubled their chapter size!

Region 4

INDIANA

Beta Pi Chapter (Indiana State)

In the fall, Beta Pi Chapter welcomed 28 new sisters and participated in homecoming week activities. To celebrate their sisterhood, members gathered for pumpkin carving, storytelling and a bonfire.



Region 4 | Zeta Kappa Chapter (Southern Indiana) sisters pose with a sign at their Moonball event where they raised funds and awareness for Girls on the Run!

Zeta Iota Chapter (Valparaiso)

Zeta Iota Chapter celebrated 100 years of sisterhood at Valparaiso University. Collegiate members welcomed many alumnae back home and got to know them while listening to their stories.

MICHIGAN

Beta Chapter (Michigan)

Sisters were so excited to welcome their new member class to the chapter during Bid Day! Initiated members enjoyed introducing the new members to Gamma Phi Beta and had a blast meeting the new additions to their Gamma Phi families at Big Sister/Little Sister reveal.

Beta Delta Chapter (Michigan State)

This fall, the chapter exceeded campus Quota and welcomed 56 new members! They partnered with the Strong Movement for a sisterhood retreat and challenged sisters to focus on healthy lifestyles, deeper relationships and Building Strong Girls.

Delta Omega Chapter (Oakland)

Several sisters were inducted as charter members of Gamma Sigma Alpha, a national academic Greek honors society. These sisters hold at least a 3.5 GPA as juniors or seniors. Delta Omega is so proud of these sisters' academic success!

Epsilon Beta Chapter (Alma)

During a PACE meeting, a local police officer taught sisters self-defense. They learned to escape

dangerous situations, defend themselves from danger and techniques for how to counteract threats.

Eta Delta Chapter (Grand Valley State)

Eta Delta Chapter welcomed 43 new members into the bonds of our sisterhood!

Detroit Metro Area Alumnae Chapter

The alumnae chapter has encouraged members to sign up for Life Loyal and are thrilled to see that many sisters have joined! They also published a newsletter to help build their roster and promote sisters getting involved with local collegiate chapters. Detroit Metro Area Alumnae Chapter also received Pearl Level in the Circle of Excellence this year.

Greater Lansing Area Alumnae Chapter

Greater Lansing Area Alumnae Chapter enjoyed another successful year of sisterhood. In September, they enjoyed a fall picnic potluck on Lake Lansing, and every month they get together for coffee to stay in touch. They also have a group of members who are volunteering as advisors and affiliated house corporation board members for **Beta Delta Chapter (Michigan State)**.

OHIO

Alpha Nu Chapter (Wittenberg)

Sisters hosted a Moonball basketball tournament to raise money for Girls on the Run. They had a wonderful turnout. The chapter also won Wittenberg's Greek Week competition!

Beta Epsilon Chapter (Miami-Ohio)

Beta Epsilon Chapter had an alumnae event to showcase their newly-constructed suite. They enjoyed spending time with sisters, and were proud to initiate their newest members later in the semester.

Zeta Omicron Chapter (John Carroll)

After a successful formal recruitment, the chapter welcomed 18 new members to Gamma Phi Beta, and everyone had a great time at Bid Day!

Zeta Eta Chapter (Cincinnati)

Thanks to Bid Day, sisterhood retreat and homecoming week, sisters had plenty of opportunities to bond together as a chapter. They also hosted their inaugural Moonball tournament, and are looking forward to more opportunities to build strong girls.

Eta Omicron Chapter (Ohio University)

The sisters of Eta Omicron Chapter were thrilled to host their second annual Moonball tournament! Participants from various campus organizations enjoyed playing kickball and cheering on other organizations.

Region 5

IOWA

Omega Chapter (Iowa State)

After more than 3,000 hours of community service, the chapter was recognized by the Collegiate Panhellenic Council for having the most community service hours on the Iowa State campus. Omega Chapter is also preparing for their 100-year celebration by reconnecting with alumnae.

Gamma Psi (Northern Iowa)

Sisters had t-shirts made and held a benefit event to raise money for the medical bills of two sisters, Allison and Isabelle. In March, Isabelle learned she has Aplastic Anemia, which is bone marrow failure syndrome. Her immune system is weakened so she must wear a mask every day, but after a successful procedure, her body is now producing its own blood again, so she is on the road to recovery. In June, alumna Allison was diagnosed with endometrial cancer, and has since had three medical procedures and plans to do six rounds of chemotherapy, which is part of the best treatment plan her doctors could create for her. The chapter is sending their continued support and love to their sisters!

MINNESOTA

Kappa Chapter (Minnesota-Twin Cities)

After welcoming 50 new members and a philanthropy event to support Building Strong Girls, Kappa Chapter is ready for the new year, and looks forward to making more memories together.

Gamma Pi Chapter (Minnesota State-Mankato)

The chapter was pleased to initiate 30 new members into our sisterhood. They had a Real Strong Woman Day where sisters brought a woman who inspires them in life. Sisters also celebrated a fabulous semester with a semi-formal event and several sisterhood events!

WISCONSIN

Gamma Chapter (Wisconsin-Madison)

Gamma Chapter had a great time hosting a philanthropy event to raise money for Girls on the Run. They also enjoyed a fall photoshoot around campus, and welcomed new additions to their Gamma Phi families at Big Sister/Little Sister reveal.

Region 6

COLORADO

Denver Alumnae Chapter

The chapter's Founders Day luncheon was attended by collegians and alumnae, all of whom enjoyed celebrating together. Alumnae members also enjoyed a holiday tea to begin celebrating the season!

KANSAS

Beta Chi Chapter (Wichita State)

Beta Chi Chapter was recognized for having the highest and most improved GPA on campus. They also won a competition that helped increase the bonds of sisterhood and the Greek community.

MISSOURI

Delta Nu Chapter (Missouri State)

After a successful formal recruitment, the chapter initiated 74 new members, and is excited to see them shine! They also hosted their Moonball event, and celebrated 40 years since the chapter received their original charter.

Eta Sigma Chapter (Central Missouri)

Sisters were ecstatic to welcome 20 new members this fall and had a great time hosting their inaugural Moonball tournament!

Saint Louis Alumnae Chapter

St. Louis Alumnae Chapter kicked off the new social season with a meet and greet event. Attendees represented 15 collegiate chapters, and sisters' initiation years spanned from 1957 to 2013.

Women new to the alumnae chapter learned about upcoming events and programs.



Region 6 | A few Tau Chapter (Colorado State) sisters visited Denver, Colorado, to volunteer at a Girls on the Run 5k.



Region 5 | Gamma Phi Beta at the University of Wisconsin-Oshkosh welcomed 24 new members on Bid Day and became the largest Panhellenic chapter in campus history!



Region 8 | At this year's annual Pride of Panhellenic, Alpha Lambda Chapter (British Columbia) welcomed new members into the Panhellenic community and celebrated the end of another successful recruitment. Alumna and four-time Olympian, Nikola Girke, spoke on an alumnae panel during the event.

NEBRASKA

Pi Chapter (Nebraska-Lincoln)

Sisters spent a chilly morning volunteering at the Girls on the Run of Nebraska 5k. They were inspired by the strength and confidence Girls on the Run instills in participants.

Gamma Kappa Chapter (Nebraska-Kearney)

Brooklynn Venteicher was selected as a special projects fellow for Girls on the Run of Nebraska, and the chapter is so proud of her! They also held their Moonball kickball tournament and had a large amount of participation from the Greek community.

OKLAHOMA

Beta Omicron Chapter (Oklahoma City)

New members were thrilled to meet their Big Sisters at a fun reveal. Everyone celebrated together with an 80s-themed event!

Beta Psi Chapter (Oklahoma State)

Sisters welcomed their new member class on Bid Day and had so much fun getting to know the women better. They look forward to seeing what they accomplish!

Region 7

CALIFORNIA

Alpha Iota Chapter (California-Los Angeles)

During the fall semester, the chapter enjoyed spending a day at the beach, a successful recruitment, a Halloween scary movie sisterhood event and watching a football game with their fathers.

Beta Alpha Chapter (Southern California)

In October, the chapter organized a week of fundraising for Girls on the Run, which culminated with a Moonball basketball tournament. The chapter sold t-shirts and partnered with various restaurants to raise funds.

Delta Delta Chapter (California State-Fullerton)

During Bid Day, sisters welcomed new members into the bonds of sisterhood! They all danced and got to know each other while making memories that will last a lifetime. The chapter also enjoyed a pumpkin patch sisterhood, and spending time with their moms at a Mother Daughter Tea.

Delta Theta Chapter (California Polytechnic State)

Fall 2017 was very exciting for Delta Theta Chapter! They added 89 women to the sisterhood and enjoyed

a wonderful Bid Day. The chapter also hosted their second Moonball tournament to benefit Girls on the Run.

Epsilon Nu Chapter (Chapman)

Epsilon Nu Chapter won first place in Chapman University's Greek Week. Sisters also had a huge success in hosting their annual philanthropy event to raise money for Girls on the Run!

Region 8

CALIFORNIA

Delta Chi (California State-Sacramento)

In November, Delta Chi Chapter hosted a Gamma 5k to benefit Girls on the Run. They received donations and enjoyed the fun and rewarding event.

Diablo Valley Alumnae Chapter

To start the new year, the chapter enjoyed a special homemade pizza dinner. They were joined by special guests including a regional coordinator and the Eta Chapter (California-Berkeley) facility director.

IDAHO

Xi Chapter (Idaho)

Xi Chapter celebrated as members got their Big and Little Sisters! They are so excited to expand their Gamma Phi Beta connections.

Zeta Xi Chapter (College of Idaho)

Sisters had a successful recruitment and hosted their second annual Moonball volleyball tournament. They also initiated their newest members and are looking forward to seeing them grow in Gamma Phi.

OREGON

Nu Chapter (Oregon)

The chapter welcomed their new member class after a great fall recruitment with a trip to the pumpkin patch. Sisters worked through a corn maze to get to the finish line where cinnamon buns awaited them.

WASHINGTON

Beta Sigma Chapter (Washington State)

Sisters are happy to have initiated 58 new members into Beta Sigma Chapter this fall. Welcome to the sisterhood!



Region 8 | Epsilon Kappa Chapter (California State-Chico) enjoyed hosting their Moonball kickball tournament and Building Strong Girls!

We love our new styles to the crescent moon and back!



- A. Belle Bracelet, #BELLE SS...\$59 B. Barre Necklace, #BARRE SP...\$50 C. Treasured Letters Necklace, #TREASURE SS...\$50 D. Juliette Watch, #JULIETTE \$50
E. Crescent Slide Necklace, 18", #1668 SS...\$57 10K (with GF chain)...\$154 F. Chapter President Ring, #0453 SS...\$133 10K...\$315



GAMMA PHI BETA OFFICIAL JEWELRY AND ACCESSORIES
HJGreek.com/GPB or call 1•800•451•3304

K—karat gold, SS—sterling silver, GF—gold-filled



SUPPORTING EMERGING LEADERS

The REAL Leadership Experience (RLE) is a four-day intensive leadership development program for emerging leaders. Every year, 30 to 40 collegiate women are selected to attend this premier leadership experience that exposes them to dedicated Gamma Phi Beta alumnae of various backgrounds and knowledge while developing life-long leadership skills.

RLE started in 2015 and continues to thrive today, thanks to the generosity of Mary Vanier (Kansas State). When the program was being developed, Mary recognized the importance of giving collegiate women a place to network and learn the principles of leadership. Due to Mary's generosity, Gamma Phi Beta has provided more than 100 women with outstanding leadership education over the last three years. The skills these women learn are applicable to their collegiate chapters, but they will also take these developed skills into their communities and future careers.

Kaylor Nordhus (Kansas State), a former RLE participant, shared what she discovered at RLE with the Gamma Phi Beta Foundation.

"I was surprised to find that leadership is more than just an ideal, a structure or a mere practice. I discovered that leadership is the way you live your life; it means sparking a light in those that surround you, making headstrong decisions in the face of discomfort, being real and giving the utmost respect to those around you – starting with yourself."

Donor Mary Vanier has made it possible for emerging leaders, like Kaylor, to develop their leadership skills, and beginning in 2019, her funding will allow for Gamma Phi to host two RLE events each year. This will double the number of women who will benefit from this intimate leadership experience! There has been an increase every year in RLE applicants, and Gamma Phi Beta is thrilled to have the opportunity to help develop more confident leaders within our organization.



At RLE, Kaylor Nordhus (Kansas State) discovered that leadership is the way you live your life, not just an ideal.

Gamma Phi Beta's research shows that RLE participants return to their chapters prepared to be more engaged in their sisterhood. More than 60 percent of attendees from the first two years of the program have held or currently hold a leadership position in their chapter, including nine chapter presidents. One RLE participant graduated and joined the collegiate leadership consultant program, and a 2016 participant is one of the two student members of Gamma Phi Beta's Nominating Committee.

"I gained tools that would help me become a confident woman of character. Being a strong woman allows you to empower and lift up others. I can now power pose my way to victory and speak in front of a crowd with conviction, unapologetic of who I am. I am working on bringing that fearless leadership and bold attitude back to my chapter and community," Kiersten Cartwright (Iowa State) said of her RLE experience.

RLE allows members to grow, feel accomplished and live with confidence and strength. It provides not only a memorable sisterhood experience but allows for them to become the next generation of leaders, no matter what field they enter.



When Kiersten Cartwright (Iowa State) attended RLE, she gained the tools to become a fearless leader and strong woman.

Due to the success of RLE and Mary's generosity, beginning in 2019, Gamma Phi Beta will host two RLE events each year. This will double the number of young women who will benefit from this intimate leadership experience! Are you interested in donating to Gamma Phi Beta programming? Contact the Gamma Phi Beta Foundation at 303.800.2890.





WHAT IS YOUR *passion?*

Give a gift today toward leadership development,
financial aid or the areas of greatest need.

303.800.2890 • GammaPhiBeta.org/OneHeart

♥ ONE
HEART
CAMPAIGN

Memorial Gifts

We acknowledge the following individuals and groups who contributed to the Gamma Phi Beta Foundation in memory of a loved one as of October 31, 2017. Lists are printed as received from the Foundation.

Leila Acre, mother of Dr. Yaël Acre (McGill)

Suzanne Lee

Becky Glen Bode, mother of Erin Bode (Colorado-Boulder)

Valerie Freeman

George Bowling, husband of Catherine Gardner Bowling (Vanderbilt)

Christy Ehrenreich
Vicki Helling

Margaret Boyden, mother of Merry Greig Cosgrove (San Diego State)

Annabel Jones
Karen Kline
Anne Layton

Karen Bailey Cooper (Bowling Green, 1962)

Sandy Burba
Nancy Gustafson
Grace Miller
Kay Odell
Joan Piper
Dennis and Allayne Reese

Dorothy Edinger Hill (San Jose, 1950)

Hawaii Alumnae Chapter
Dolores Zeni

Beverly Woods Edwards (North Dakota State, 1950)

Kristin Bruhn
Jean Erdall
Gamma Phi Beta Bridge Club
Maureen and Tim Monchamp
Karen and Carter Reese
Janet Schuett
Andrea Yesnes

Forrest "Woody" English, husband of Marilyn Webb English (Southern California)

Carol Blanchard

Shirley Davidson Flanagan (Southern California, 1952)

Belinda Blaney
Mary Busche
Jackie Demos
Gail Kingsley
Kay Marovich
Una Mae Naulty
L'Cena Rice

Kelly Pack Gapinski (Eastern Washington, 1995)

Zeta Alpha Sisters

Margaret "Peggy" Heath Habegger (University of Washington, 1947)

Anne Moldrem

Bruce Hassler, husband of Karen Brandt Hassler (Nebraska-Lincoln) and father of Hannah Hassler Walden (Nebraska-Lincoln)

Harriett Cogan
Clara and Alfred Jacob
Jeanne Jacob

Patricia Neilson Moen (Wisconsin-Madison, 1945)

Elizabeth Schar

Gladys Hecker Myles (Washington, 1935)

Ann Bronsing
Joanne Roman

Joan Hanson Perry (Nebraska-Lincoln, 1950)

Joan Kopf
Roberta Saalfeld

Maryjane Halter Raabe (Denver, 1947)

Kate Raabe

Emily Sanner (Kansas, 1999)

Shanda Hardy

Lawrence J. Schram, father of Kristi Schram Vaughn (California-Riverside)

Valerie Freeman

Rosemary Slagle Stoll, mother of J.J. Stoll Kaelin (Colorado-Boulder)

Sally Lewis
Margaret Pape
Fran Stevenson

Caroline Joyce Reigle Williams (Oklahoma, 1955)

Eric, Kristi and Meredith Reigle
Judy Reigle
Evan W. Williams Jr.
Allison, Nathan and Sawyer Wolfe

**For deceased members, The Crescent lists their first, maiden and last names in accordance with their school and year of initiation. To make an "In Memory" gift, visit GammaPhiBeta.org/Donate or call 303.800.2890. The minimum donation is \$25. Gifts received by January 31, 2018, will be acknowledged in the spring 2018 issue.*

In Celebration

Celebrate a special sister, loved one or event with an "In Celebration" gift to the Gamma Phi Beta Foundation. Thank you to the following donors, whose gifts were recorded as of October 31, 2017. Lists are printed as received from the Foundation.

Lauren Auciello (Toronto), in celebration of the birth of your son Julian Vincent.

Anne Layton

Carey Bettencourt (California-Berkeley), in honor of your outstanding work, both as a member and as chair of the Financial Aid Subcommittee of the Foundation, in taking the lead and putting our financial aid applications online.

Cathy Griffin

Sandy Burba (Miami-Ohio), in celebration of your installation as finance chairman on the NPC Executive Committee.

Darla Click Dakin

Barbie Chadwick (Vanderbilt), in appreciation of all your help and support during my recent surgery and in celebration of our friendship.

Suzanne Brandon

Julie Dunn Eichenberg (Florida State), in celebration of you receiving the Gold Circle Award from Florida State University.

Kitty L. deKieffer

Cathy Griffin

Frances Griffin

Deborah Hanuscin

Rosemary Stone Bunn

Kathy George (Indiana State), in celebration of you being named a trustee for the Gamma Phi Beta Foundation.

Harriett Cogan

Autumn Hansen (Idaho), in celebration of the birth of your daughters, Mary Jo and Hazel Lynn.

Melinda Nutter

Annabel Jones (Oklahoma), in celebration of your Oklahoma Sooners on their win over the Texas Longhorns. Hook 'em.

Frances Griffin

Margie Letner Jones (Vanderbilt), in appreciation of your help and caring after my surgery and in celebration of our friendship.

Suzanne Brandon

Mary Jane Misthos (Colorado College), in celebration of your birthday.

Melinda Nutter

Betty Quick (Indiana), in celebration of you being awarded the Distinguished Service Award from the National Panhellenic Conference.

Darla Click Dakin

Cathy Griffin

Connie Pope (Georgia), in your honor.

Rigby Duncan

Lauren Reyes (Eastern Washington), in celebration of your marriage to Michael Schulte.

Gigi De'Prey Eyre

Jasmine Savoy (McGill) and Dave Dickson, in celebration of the safe arrival of your son Cole Nicolas Howard.

Anne Layton

#SupportiveSisters, in celebration of the many supportive sisters who welcomed Mary Jo and Hazel into the world. Thank you.

Autumn Hansen

Caroline Woodward (Texas Christian), in celebration of your initiation into Zeta Chi Chapter at TCU.

Beverly Graves

To make an "In Celebration" gift, visit GammaPhiBeta.org/Donate or call 303.800.2890. The minimum donation is \$25. Gifts received by January 31, 2018, will be acknowledged in the spring 2018 issue.

In Memory

We acknowledge the passing of the following members and celebrate their part in our circle of sisterhood. This list reflects notifications received at International Headquarters between August 1 and October 31, 2017. First, maiden, last names and year of Initiation are listed for each deceased member.

Alpha – Syracuse

Janice Schnell Martin, 1941
Patricia Scott, 1946
Beverley Woods Edwards, 1950

Beta – Michigan

Mary Lee Walton, 1952

Gamma – Wisconsin-Madison

Charlotte Gallaher Prohaska, 1949

Delta – Boston

Priscilla James Johnson, 1941

Epsilon – Northwestern

Shirley Spitzer Marotta, 1945

Eta – California-Berkeley

Kathryn Dyer Maynard, 1943

Kappa – Minnesota-Twin Cities

Ruth Hodgson Cadwell, 1943
Kathleen English Rose, 1943
Claire Christopher MacLennan, 1948
Judith Jasmin Jorgensen, 1956
Pamela Bernhagen Hohman, 1974

Lambda – Washington

Margaret Joy Habegger, 1947
Jean Ingraham Judge, 1959

Mu – Stanford

Mary Casey Dessert, 1944

Nu – Oregon

Julia White Flaxel, 1954

Xi – Idaho

Doris Hungerford Snodgrass, 1939
Bette Senft Harris, 1942

Omicron – Illinois

Helen Elliott Davies, 1939
Marion Bollinger Meinke, 1944
Elizabeth Streid Wahls, 1944
Jane Howard Chalupny, 1960

Pi – Nebraska-Lincoln

Joan Hanson Perry, 1950
Geraldine Langelett Eicher, 1952
Gwendolyn Uran Thayer, 1953

Sigma – Kansas

Mary Ruth Watermulde Petefish, 1932
Leota Wagner Klingberg, 1933
Virginia Edmiston Berney, 1937
Betty Boddington Reese, 1937
Margaret Dahlquist Eddy, 1948
Lavon Brown Hayman, 1950
Linda Hogendoble Schmidt, 1961
Katherine Rose Malone, 1998
Emily Sanner, 1999

Tau – Colorado State

Ruby Lawson Long, 1944

Phi – Washington University

Gladys Hecker Myles, 1935

Chi – Oregon State

Melva Weber Bemis, 1945
Lynne Hallstrom Detrick, 1965
Carolyn Kramer, 1973

Psi – Oklahoma

Caroline Reigle Williams, 1955

Omega – Iowa State

Josephine Sherwood Cockrell, 1936
Patricia Garrison Goddard, 1943
Jane Miller Lamair, 1953
Kay Nelson Bryan, 1957
Judith Adamson Hanson, 1957
Patricia Henderson Kingery, 1958

Alpha Beta – North Dakota

Sheila Ferguson Smith, 1954

Alpha Delta – Missouri

Jane Brewer Eble, 1947

Alpha Epsilon – Arizona

Joan Muenzberg Seaney, 1950
Catherine Saunders Nelson, 1954

Frances Clark Babineaux, 1955

Lyn Williams Withey, 1965

Patricia Davis Heath, 1969

Alpha Zeta – Texas-Austin

Maryle Watkins Swearingen, 1950
Gladys Youngbloom Blakeslee, 1974

Alpha Eta – Ohio Wesleyan

Mary Belknap Hagemeister, 1946
Elizabeth Hart Raup, 1948

Alpha Iota – California-Los Angeles

Judith Jacobson Howard, 1959
Melinda Peterson Holland, 1961

Alpha Kappa – Manitoba

Patricia Venables McDonald, 1949

Alpha Nu – Wittenberg

Sandra Heffley Rutschow, 1958

Alpha Xi – Southern Methodist

Jane Warlick Thomas, 1940

Alpha Phi – Colorado College

Bernice Vessey Brenner, 1937
Mary Epler Crouch, 1946
Ann Jakeman Lallman, 1954

Alpha Psi – Lake Forest

Clotilda Allen Cantwell, 1939
Susan Jacobson Norborg, 1959

Beta Gamma – Bowling Green

Ruby Laubaugh Johnson, 1953
Loretta Rogers Perkey, 1958

Beta Eta – Bradley

Kathleen Sheehan Heinzen, 1949
Karen Smith Baker, 1950
Patricia Miller Donohoe, 1950

Beta Theta – San Jose State

Diana Lawlor Laraway, 1948

Beta Kappa – Arizona State

Esther Mariassy Kmetty, 1959
Suzanne Laeve Chick, 1970

Beta Pi – Indiana State

Martha Trout Bitzegaio, 1952

Beta Rho – Colorado-Boulder

Marilyn Kratzer Osborne, 1959

Beta Sigma – Washington State

Shirley Floathe Smith, 1961

Beta Upsilon – Kansas State

Judy Tull Lill, 1960

Beta Phi – Indiana

Michelle Hublar King, 1987

Beta Chi – Wichita State

Dorothy Forinash Knetsch, 1966
Michael Cohlma, 1969

Beta Omega – Northern Arizona

Diane Dunmire, 1971

Gamma Tau – St. Louis

Kathleen Conerty Bishop, 1967

Gamma Phi – Auburn

Ruth True Davis, 1978

Delta Eta – California-Irvine

Lisa Lais, 1986

Delta Theta – California Polytechnic State

Susan Solomon Jones, 1985

Zeta Phi – Arkansas-Fort Smith

Monica Rowden Murphy, 2007

Vintage ΓΦΒ

For years, recruitment has been filled with crescent moons, pink carnations and genuine conversations between sisters and potential new members. Check out these photos of recruitment across North America in the late 1980s!



Epsilon Nu Chapter (Chapman) members posed with balloons that decorated their 1989 spring recruitment.



At this garden-themed recruitment party, 1988 Eta Chapter (Berkeley) members shared their love of the pink carnation with potential new members.



In 1985, Omega Chapter (Iowa State) enjoyed fall recruitment and celebrated with this fun photo!



Gamma Epsilon Chapter (Puget Sound) welcome potential new members to their "winter wonderland" recruitment party in 1989.

Capture a Crescent:

Spot it, snap it and email your capture a crescent photos to TheCrescent@gammaphibeta.org for a chance to be featured on the back cover of a future issue. Tip to get featured: We prefer crescents that wax left!



1. Virginia: Shauna Butts (Texas A&M-Corpus Christi) and her young legacy spotted a crescent moon in the sky!

2. Georgia: On a shopping trip in Atlanta, Georgia, Lindsey Barrett Callen (San Diego State) stopped to snap a picture with these crescent moons!

3. New Mexico: While on vacation in Santa Fe, New Mexico, Fraya Lynn Black (Michigan) spotted this crescent in a window.

4. California: Recent alumna Tarah Connolly (California-Berkeley) was thrilled to find a piece of Gamma Phi Beta in her new city, San Francisco, California. The crescent moon always reminds her of how much support Gamma Phi has given her!

5. Missouri: Erin Risk (Southeast Missouri State, pictured left) and Deanna Heuring (Southeast Missouri State, pictured right) show off their moon-themed medals from a race they ran. Erin ran a half marathon and Deanna completed a 5k race.