



THE
Reserve

FORTY
under 40

*There is no limit to
what women can do*

PAGE 14

Winter 2020

GAMMA PHI BETA

IN THIS ISSUE

3 SENTIMENTS

Letter from the Vice President

4 PACE, PLEASE!

Your crash course on box breathing

5 BUILDING STRONG GIRLS

6 CONFIDENT WOMEN

12 CONFIDENT WOMEN WEBINAR SERIES

14 GAMMA PHI BETA'S INAUGURAL 40 UNDER 40 CLASS

25 TRUE AND CONSTANT

Kimberly Campbell (Maryland) on her book trilogy

26 CHAPTER SWEET CHAPTER

Eta Phi (Virginia Commonwealth)

28 LIVING WELL

Meditation for beginners

29 MEET CONVENTION 2020'S KEYNOTE SPEAKER

30 CHAPTER SWEET CHAPTER

Gamma Omicron (Kentucky)

32 GAMMA PHI VIBES

34 FACILITIES MANAGEMENT COMPANY

Alpha Delta 2.0

36 FOUNDATION

A 2019 Year in Review

38 IN OUR HEARTS

40 LIFE LOYAL

Corrections and Clarifications

We believe there was some confusion about the badge disposition form printed in the fall 2019 issue of *The Crescent*. To clarify, a member's badge and a filled out badge disposition form should be mailed to International Headquarters **together** upon a member's death.

get in touch

Send us snail mail, join our newsletter and find us on social.



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Gamma Phi Beta



GammaPhiBeta.org

ON THE COVER 40 Under 40 member Meghan Brooks (South Carolina)

Read her full interview at ConfidentGammaPhis.com

DEAR *Sisters*

Before we explore the highlights in this issue of *The Crescent*, I share my wishes you had a wonderful holiday season surrounded by loved ones. Holidays for me and my spouse are more magical with our two-year-old twin daughters (legacies Mary Jo and Hazel) in our lives. From the sugary treats to the lights and snow, we are fortunate to experience the wonder and awe of the season through their eyes.

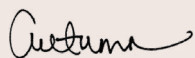
Something equally awe-inspiring as we kick off 2020 is the alumnae who comprise our inaugural 40 Under 40 class. After 30 Under 30's success last winter, we just had to start a new decade reveling over more of our incredible members.

These 40 women, all under age 40, are distinguished professionals representing various fields, including education, marketing, science, design, coaching, real estate, motherhood, law, nonprofits and medicine. They're movers and shakers in their line of work. They exude confidence, determination, grit and passion. Their stories of professional and personal success moved me, and I know they will for you, too. Meet them starting on page 14.

I'm also excited for you to learn more about Convention 2020's keynote speaker, relationship expert Rachel DeAlto. Rachel will bring topics of relatability, authenticity and leadership to Palm Springs in June. Learn more about her background on page 29.

Convention is a sisterhood experience I eagerly await each biennium. It's a chance to connect, celebrate and conduct business. I love watching new friendships form and old friendships nurtured. Convention 2020 will be my 10th Convention attended; rest assured I am already imagining my hat for Confirmed Conventioneers! I sure hope I see you there!

In IIKE,



Autumn L. Hansen

Vice President



WHO IS AUTUMN?

Autumn Hansen is currently serving her fourth term as Vice President on Gamma Phi Beta's International Council.

Autumn also serves as chairwoman of the Sorority's Governance and Personnel Committee and is on the Leadership Development Committee. A member of Xi Chapter at the University of Idaho, Autumn has Bachelor of Science degrees in sociology, psychology and justice studies as well as a Master of Social Work from Indiana University.

CANNOT LIVE WITHOUT

My Erin Condren Deluxe Monthly Planner (see page 32)

FAVORITE VACATION DESTINATION

The Pacific Northwest

COFFEE OR TEA

Coffee...so much coffee

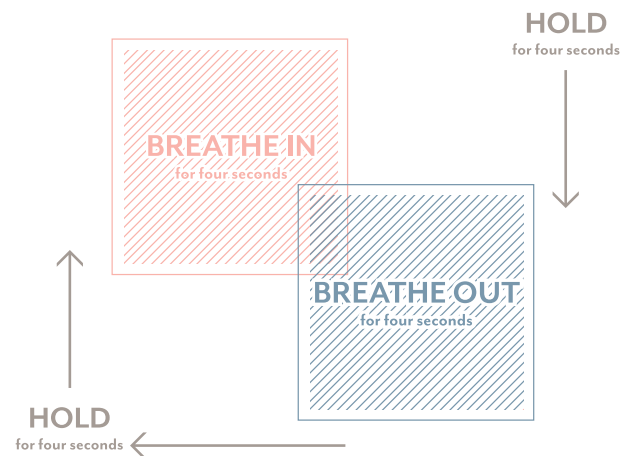
PACE, Please!

YOUR CRASH COURSE ON BOX BREATHING

Box breathing, also known as square breathing, is a simple and effective stress management exercise that involves taking slow, deep breaths and long exhalations. It is a great way to ground oneself in today's fast-moving world, as it helps to reduce stress and anxiety, improves mood and heightens concentration and performance. Box breathing takes seconds to do and can be practiced anywhere. Give it a try next time you feel in the weeds. Go a step further and combine box breathing with meditation. Not entirely sure how to meditate? We teach you the basics on page 28.

THERE'S AN APP FOR THAT!

 Box Breathing by Unbeatable LLC



BEFORE YOU BEGIN

Sit in a comfortable chair that fully supports your back. Place both feet flat on the floor.

STEP 1

Close your eyes. Take a slow, deep breath through your nose for four seconds.

STEP 2

Hold your breath — avoid exhaling or inhaling — for another four seconds.

STEP 3

Slowly exhale through your mouth, releasing all the oxygen from your lungs, for four seconds.

STEP 4

After exhaling, hold for another four seconds before repeating the process from the beginning. Practice box breathing for ideally four minutes or until you feel calm.

**\$10:**

You can provide
refillable water
bottles for a team
of girls.

\$30:

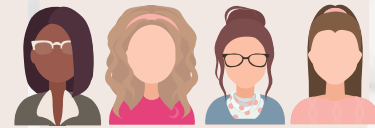
You can give a
girl a cherished
pair of new
running shoes.

**\$70:**

You can provide
unifying team shirts
for 15 girls!

**\$100:**

You can fund the
training of four
new coaches
who will mentor
girls.

**\$340:**

You can sponsor a girl's
program experience for
one year.

**\$170:**

You can sponsor
a girl's program
experience for
one season.



A LOOK AT YOUR FINANCIAL IMPACT

\$450:

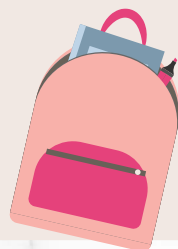
You can give a
team of 15 girls new
running shoes.



Our chapters do an outstanding job at raising money through Moonball for our philanthropic partner, Girls on the Run (GOTR). In the fall issue of *The Crescent*, you saw exactly how much money each chapter raised for GOTR last academic year in Sorority Stats. But where exactly does each dollar raised go? Take a look at the racing track to see your chapter's financial impact. As alumna Cheryl Gatchel Petty (Wittenberg) likes to say, "Every little bit, even if it is just a dollar, counts!"

\$500:

You can provide
program supplies
for five teams.

**\$1,000:**

You can provide
program supplies
for 10 teams.

**\$2,500:**

You can fund a team
for one season.



Building Strong Girls

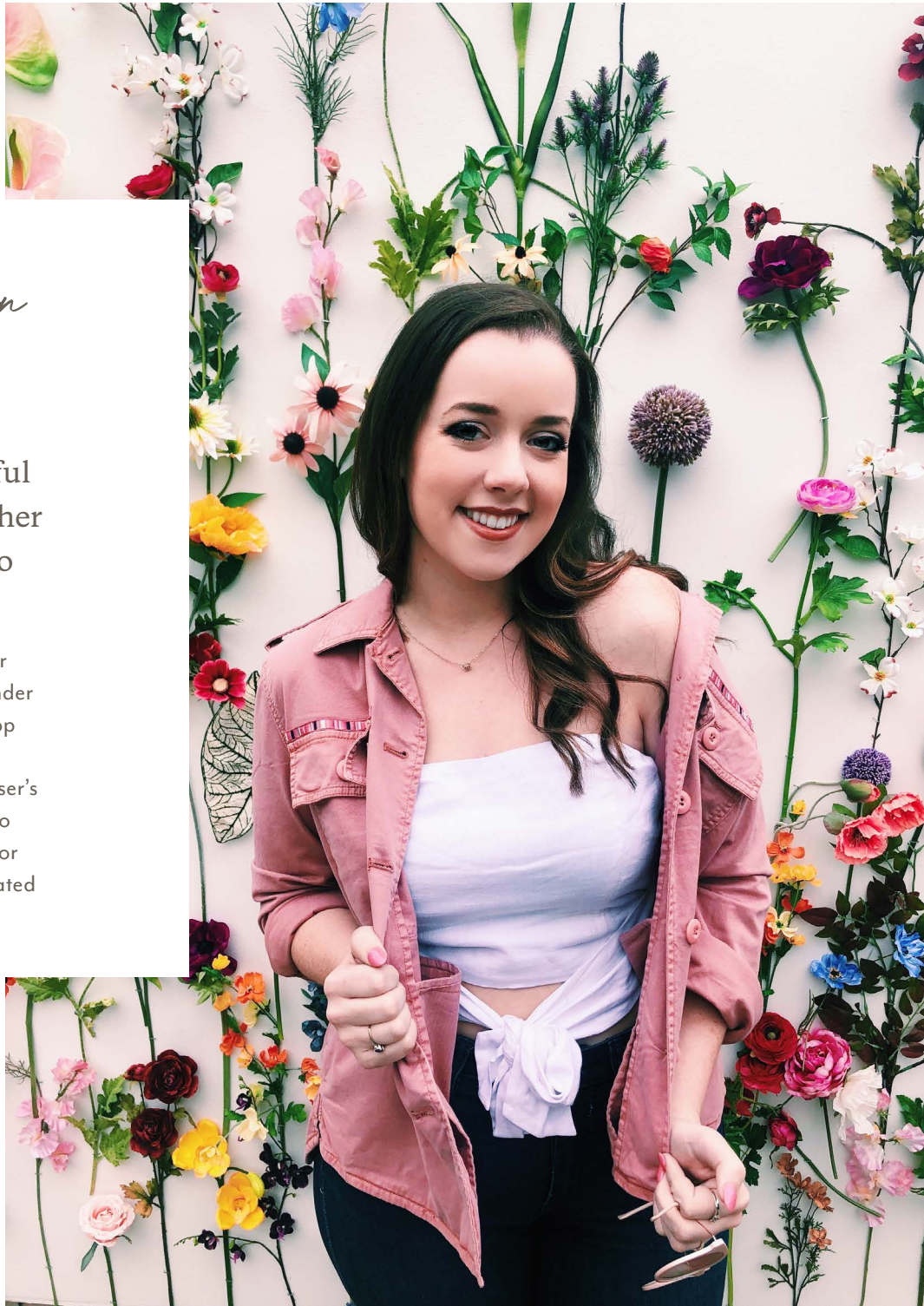
Confident Women

Molly Cloonan

BETA MU (Florida State)
ENTREPRENEUR

Behind every successful woman is a tribe of other successful women who have her back.

This popular saying rings true for Molly Cloonan. Molly is the founder and CEO of Safelyy, a mobile app that increases safety on college campuses. Safelyy leverages a user's social networks, allowing them to stay in communication and ask for help in a discreet way. Molly created



“Being surrounded by such supportive women is what inspires me to not lose sight of my vision and what I want the future to look like for myself and my company.”



a prototype of Safelyy when she was in college, hoping that her friends and sisters could use it to feel

safer. “I was inspired to create Safelyy by all of the amazing women around me during my time at FSU. I became aware of some frightening statistics about sexual abuse on college campuses and decided that there needed to be some sort of solution or way to help.” Molly adds, “And with the #MeToo Movement at its prime [back then], I figured it was the perfect time to take action and try to make a difference.” Molly graduated in 2018 and has since kept busy getting Safelyy, formally known as Social Safe, ready for its official launch date later this spring. What separates Safelyy from other competitors is its ability to offer situational appropriate responses so users, namely young women, can feel comfortable asking for help without worrying about excitable reactions. “Overall, Safelyy will empower young women to use these tools to take control of their own safety,” she says. Molly works at an advertising agency during the day, gaining invaluable insight on marketing and public relations — two items any company, but especially a startup, needs to thrive. As for herself, Molly thrives off the energy of others — particularly those who empower her. “I am a very social person and get my energy from other people, like the incredible women that I call my friends and sisters! Being surrounded by such supportive women is what inspires me to not lose sight of my vision and what I want the future to look like for myself and my company.”



THREE QUESTIONS WITH MOLLY

WHAT'S THE MOST CHALLENGING THING ABOUT BEING A CEO?

Learning how to hold myself accountable! As a recent graduate, I was used to always being told how to do things and when they needed to be done by my professors. Now, I'm my own boss. I have to tell myself what to do and when to do it. It was an adjustment at first, but it has taught me so much about responsibility and time management.

WHAT'S YOUR DREAM JOB?

I feel like I am on my way to achieving my dream job right now! I've always wanted a job where I could help people and be creative, and I am getting to do both with Safelyy. It is amazing to do work that I am passionate about that I know can make a difference.

ANY PLANS TO MAKE MORE APPS?

It is something I am interested in doing and would love to be a part of. Right now, I am focused on the cause behind Safelyy and want to scale and expand the idea to raise more awareness about sexual assault prevention.

 @safelyyapp  @Safelyy



Stephanie Kolaczynski

EPSILON (*Northwestern*)
CHIEF OPERATING OFFICER

Stephanie Kolaczynski is a great supporter. As the chief operating officer of Chicago-based tech startup FourKites, she ensures that her team has the tools, resources and guidance they need to succeed. “I love building teams and developing people. There is nothing more exciting to me than seeing people learn and progress in their careers,” she says. Founded in 2014, FourKites is a software as a service (SaaS) startup that provides real-time tracking and visibility software for the logistics and transportation industry. This kind of solution software was designed for the world’s top shippers, like Land O’Lakes, Kraft Heinz and Nestlé — some of FourKites’ customers. Stephanie joined the company in its infancy and has watched it grow from five employees to more than 450. She faced several challenges at the beginning

of her career as a young woman in tech and logistics — two industries that are still overwhelmingly male dominated. “There have been a lot of little things that happened, especially when we were a small team, such

“There is nothing more exciting to me than seeing people learn and progress in their careers.”

as people assuming I’m the CEO’s executive assistant when we traveled together or our customers making assumptions about my knowledge or capabilities.” She overcame this by letting her work speak for itself, correcting people’s incorrect assumptions and, most importantly, building a team that she wants to be a part of. “Our executive leadership team has more women than men on it, and our operations teams are about 50/50 women/men. We have an incredible team filled with a diverse group of individuals who all contribute to our success,” she says. This leading lady in tech spends her spare time exploring her home of Chicago with her husband and their daughter, Ava, hosting friends and staying active. Stephanie is also heavily involved with the Chicago Alumnae Chapter and enjoys getting to know members of all ages. As for her Gamma Phi Beta memories, all of them are fond. This more recent one, however, stands out. “I attended Convention 2018 in Dallas, Texas, as an alumnae chapter delegate. I didn’t know very many people but was touched by how warm and friendly other area alumnae were.” She continues, “My favorite moments were talking to them about why we are active in our alumnae chapters: why we think they exist, what purpose they serve and what inspires us to continue to participate.”

Confident Women



Elena Rohweder Andro

ALPHA XI (*Southern Methodist*)
EXPERT COMMUNICATOR

Elena Rohweder Andro is a strong communicator and has been from a tender age. She had to be as the daughter of a gifted wordsmith and speechwriter. Nonetheless, Elena expressed an interest in effective communication and practiced it daily as her high school's student body president. After falling in love with Gamma Phi Beta and its sisterhood in college, Elena couldn't wait to explain the benefits of joining the Sorority to potential new members during recruitment. She began her career in public relations and advertising doing something similar, helping major brands like AT&T and Nissan communicate their benefits to the rest of the world. After working in the industry for years — she even owned and operated her own agency, Swell Marketing — Elena was ready for a change. "My father's family in Minnesota was always involved with trains and as a child, I developed a passion for railroads," she says. "And thus began my 10+ years with Dallas Area Rapid Transit (DART)." In her role as communications and training manager,

Elena oversees the internal communications and training for a very diverse employee base of more than 4,000 people who deliver more than 220,000 train and bus rides per day across a 700-mile area that spans 13 cities. It is quite an undertaking but one that Elena finds great fulfillment in. "I get to work with executives and leaders to help them frame up the business strategy so that everyone knows the goals and priorities," She adds, "With this knowledge, individuals can contribute at the highest level of their ability which leads to work satisfaction and a sense of value. Knowing that I contribute to people being happy at work makes my days worthwhile." Another worthwhile part of her day is teaching advertising courses to a new wave of young communicators at her alma mater, Southern Methodist University. "I really enjoy getting to know individual students. I like to keep in touch and have coffee or lunch with my former students and, if they need assistance, I help them find internships and employment."

"Knowing that I
contribute to people
being happy at
work makes my day
worthwhile."

Jolene Marra Schulz

ALPHA DELTA (*Missouri-Columbia*)
LONGTIME EDUCATOR

Some people couldn't be prouder of where they come from, or their hometown sports teams or their alma mater. On the latter, there might not be a prouder University of Missouri (Mizzou) alumna than Jolene Marra Schulz. Jolene earned a bachelor's degree and a master's degree in education at Mizzou. "[My alma mater] provided me with the opportunity to learn from some of the most well-known people in the field of education," she says. But that's not all it gave her. Mizzou is where Jolene met her lifelong friends, her Alpha Delta sisters and her husband, Bill, of 49 wonderful years. Teaching always appealed to Jolene, even from a young age. She got her start teaching in Kansas shortly after completing her undergraduate studies. In graduate school, Jolene was a first-grade supervisor at Mizzou's Laboratory School, an on-campus K-12 school for teachers in training. The bulk of her 35+ years in education was spent at Columbia Public Schools. She began as a kindergarten teacher, moved to contracts and grants administration and eventually became director of school community programs and communications. In this role, Jolene launched the Partners in Education Program that allows students to participate in business opportunities in the community. "It was an exciting opportunity for teachers and students to learn about the business community. Business professionals enjoyed sharing what their companies were all about, but they also took the time to learn about the education world." Jolene continues, "I watched people invest their time, energy and money to understand and work with each other. It was incredibly powerful." The Partners in Education Program still thrives today. Now retired, Jolene looks back on her career as an educator and says that none of it would be possible without Mizzou. "I loved every part of my educational experience. I'm proud of what the

University of Missouri's College of Education has accomplished through the years." In April 2019, the College of Education honored Jolene and celebrated her legacy as an educator, alumna, volunteer and donor with the Jolene Marra Schulz Partners Advancing Education Endowment and Jolene Marra Schulz Lobby. The endowment supports programming initiatives that are critical for student success within the College of Education, including professional development and experiential learning

"I have never had that kind of experience, to have so many people telling you about the impact you've made in their lives, sharing in the celebration, surprising you with kindness and joy."

opportunities. The Jolene Marra Schulz Lobby is the formal name of the College of Education's entrance in Townsend Hall. The chancellor of the University of Missouri and Jolene's friends, colleagues and family members attended the naming ceremony. Most of them took the podium to express their gratitude for Jolene. "I have never had that kind of experience — to have so many people telling you about the impact you've made in their lives, sharing in the celebration, surprising you with kindness and joy." She adds, "Truly, it was humbling to have my name in the place that has been fundamental to my life." Suffice it to say, there wasn't a single dry eye in the room that day.

Confident Women



**Jolene
Marra Schulz
Lobby**



Hey, you. Yeah, you!

You're a confident woman, and we'd like to hear from you. Send a brief bio and high resolution headshot of yourself to TheCrescent@gammaphibeta.org for a chance to be featured.



THE CONFIDENT WOMEN

OF CHARACTER

Series

Gamma Phi Beta is excited to launch our newest development opportunity, the Confident Women of Character Series, which is exclusively for international alumnae dues payers and Life Loyal members. This monthly webinar series allows members to showcase their passion for

and expertise on specific areas of personal and professional life for the benefit of our sisterhood. Through this series, we hope to build confident women of character who celebrate sisterhood and make a difference in the world around us! See the next page for presentation details and descriptions.



March

**How to Take A Career Break
Without Breaking Your Career**
by Tara Quinn (Berkeley)

Do you long to escape your cubicle, quit your job and travel the world on your own terms? If you've ever fantasized about your own adventurous escape from the corporate grind (but wondered how to take a break from work without damaging your career trajectory) this unique webinar is for you! Walk away with inspiration, best practices and action items for making your travel dreams and career aspirations come true.



April

**Setting Smart Financial Goals Might
Just Make You a Millionaire**
by Crissy Buchanan Carlisle (Alabama-Tuscaloosa)

You don't have to make six figures annually to become a millionaire. You just need to set smart financial goals and be disciplined with them. In this webinar, we will explore how to create and manage a personal financial plan using priority-based, smart spending.



May

**Next Gen Real Estate: How to Survive
the 2020 Real Estate Market**
by Sonya Striggles (Bridgewater State)

Interested in dipping a toe into the real estate waters this year as a buyer, seller or investor? In this webinar, we'll dive in with strategies to ensure your real estate experience is rewarding and stress-free, no matter where you live. From staging tips and loan programs to negotiation tactics that will make your offer shine, there's something for everyone in this real estate survival seminar.



June

Financial Wellness at Any Age
by Sommer Morris (Alabama-Tuscaloosa)

Think of this as the financial version of *GLAMOUR* magazine's iconic age issue. Learn tips to help you become more financially savvy and channel your inner, and more confident, Wall Street goddess. We will highlight key topics to address for your twenties, thirties, forties, fifties, sixties, seventies and beyond!

Learn more about the series at
GammaPhiBeta.org/Membership/Life-Loyal/Confident-Women-of-Charater-Series.

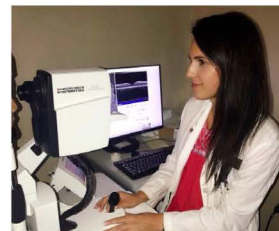
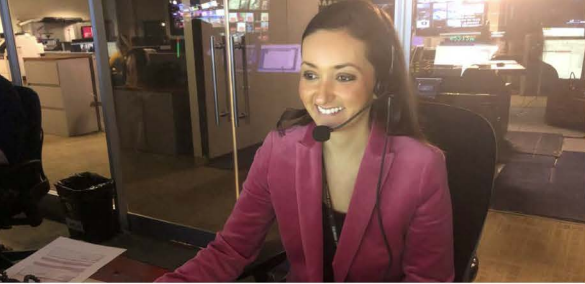
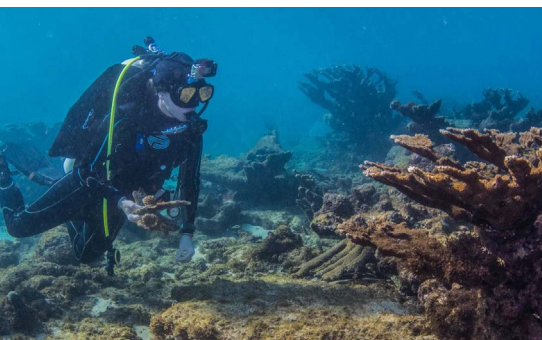


PHOTO CREDIT: JOE ORLANDO





Forty UNDER 40



Gamma Phi Beta is proud to introduce 40 outstanding women under the age of 40. These sisters have made remarkable accomplishments in their careers and showcase the range of talent within our sisterhood. From women in STEM to entrepreneurs to military personnel, our 40 Under 40 class will leave you feeling inspired and proud to call yourself a Gamma Phi.

In the pages to follow, you will learn more about a few members in our 40 Under 40 class. While we wish we could feature all of them, their achievements far exceed the number of pages in *The Crescent*. To learn more about each sister, please read their extended interviews at ConfidentGammaPhis.com.


HOLLYMADE TOFFEE CO.



Sylvia “Randi” Aud Holm

(Eastern Washington)

CHIEF TOFFEE OFFICER

Unlike many twentysomethings, Sylvia “Randi” Aud Holm knew exactly what she wanted to do with her life after graduating from college. Her goal was always to work in professional sports. So, with her freshly printed bachelor’s degree in communications and resume in hand, Randi unapologetically chased her dreams.

She would go on to work for three different minor league teams and one major league baseball team, the Seattle Mariners, over the course of a decade. The Seattle Mariners was her dream job and one in which she saw herself staying in for a long, long time. However, life had other plans for Randi.

“I made the crazy decision to move to Bend, Oregon, with my now husband. Bend is a beautiful city, but it unfortunately lacks a professional sports team.” Randi continues, “I spent a few years in a corporate sales job that I loathed trying to figure out my next move.”

Her next move was one that Randi never anticipated taking in a million years. Yet, it was the best decision she ever made for her career.

“In 2013, I took a leap of faith and joined my mother-in-law to grow a business of our own. She had the killer toffee recipe and a small following from a local farmers market. I had the sales and marketing experience. Together, we are Holm Made Toffee Co.”

ALL THINGS TOFFEE

Holm Made Toffee Co., a play on “homemade” using Randi and her mother-in-law’s last name, was founded on family tradition. For more

than 30 years, the Holm family has crafted artisanal toffee for loved ones to enjoy during the holidays and life’s special moments. Randi and her mother-in-law still honor that tradition, just on a much grander scale now.

Their company’s tagline is “Happiness. Plain and Simple” for two reasons. As Randi explains, “It pertains to our ingredients but is also a metaphor for what we do. Through our product, we create happiness. We love what we do, and there is no greater feeling than bringing a smile to the face of a friend, family member and our customers.”

“Through our product,
we create happiness. We
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there is no greater feeling
than bringing a smile
to the face of a friend,
family member and our
customers.”

Their homemade, premium toffee, which is available for purchase online and at more than 300 retailers nationwide, is, indeed, plain and simple. The recipe contains no gluten, no soy and no corn syrup in all six toffee flavors. They are Cardamom and Vanilla, Espresso, Himalayan Pink Salt, Lavender, Original and Spicy Red Pepper.

In addition to winning over their customers’ hearts, Randi and her mother-in-law’s toffee has made judges swoon at food festivals. Since 2013, Holm Made Toffee Co. has proudly taken home eight awards from the Oregon Chocolate Festival and four awards from The



International Chocolate Salon in San Francisco.

“We are passionate about our product, but even more so our community,” Randi says.

ALWAYS GROWING

It’s been seven years since Randi went into business with her mother-in-law, and she’s still in disbelief with how far their company has grown. Just four years ago, they swapped a tiny home kitchen for a 1,200-square-foot commercial production facility in downtown Bend to make their toffee and fulfill orders. They have since expanded to the suite next door to their production facility and continue to make plans for future growth.

Being a small business owner is demanding. Randi can attest to that, as she dons several different hats in the business all at once. Just as she solves one problem, another presents itself to her. Fortunately, she is supported by her mother-in-law/business partner and an incredible team who shares her passion to produce a quality product.

“Here I am seven years later: Randi Holm, chief toffee officer. Who would have guessed that? Not me,” she says with a smile.

Learn more at
HolmMadeToffee.com.

Chelsea Harms-Tuohy

(Florida Institute of Technology)

THE FISH BIOLOGIST

Despite its name and upbeat, summery sound, the song “Vacation” by Dirty Heads wasn’t inspired by some tropical getaway. The lyric “I’m on vacation every single day ‘cause I love my occupation” suggests it’s about the quality of a person’s life. For the band, that simply means turning their passion for music into a fulfilling career.

Dr. Chelsea Harms-Tuohy can relate. Her passion for the ocean and empathy for its plight motivated her to become a fish biologist. “I have yet to find a part of my career that is not fulfilling. Okay, maybe grant writing,” she laughs.

Chelsea is a born and bred Texan who fell in love with the ocean at a marine science summer camp she attended when she was 13. The camp was held in the island city of Galveston on the Gulf Coast of Texas. Galveston isn’t the colorful oasis you might imagine an island city looking like.

“It’s not quite the beautiful, crystal clear water you would find in the Caribbean, and the brown beach sand is often covered in decaying seaweed.” Chelsea adds, “Yet, this is where I fell in love with the ocean and knew it was what I wanted to dedicate my life to protecting.”

In her pursuit to save the world’s waters, Chelsea moved away from her landlocked hometown to attend Florida Institute of Technology. It was there that she earned both a bachelor’s and master’s degree in marine biology. She then moved to Puerto Rico and earned a Ph.D. in biological oceanography from the University of Puerto Rico-Mayagüez in 2016.

Prior to earning her Ph.D., Chelsea was convinced that she would become a professor. However, the more she delved into her studies, the more her goal had changed to something less conventional.

“I just wanted to be able to make real change happen. I wanted to do science that would be turned into management decisions and teach those methods to others. I wanted to use what I learned to help others see what I saw in the ocean.”



So, she forged her own path and is now an independent fish biologist who lives and works in Puerto Rico, a true paradise. As a seasoned scientific diver, Chelsea takes on a variety of local projects that range from coral reef restoration to monitoring fish aggregations.

She’s currently leading a groundbreaking National Oceanic and Atmospheric Administration (NOAA) project that uses environmental DNA sampled from ocean water to detect the presence of specific target fish. This is one of her proudest professional accomplishments.

“I was awarded my first large grant from NOAA for which I am the principal investigator. This

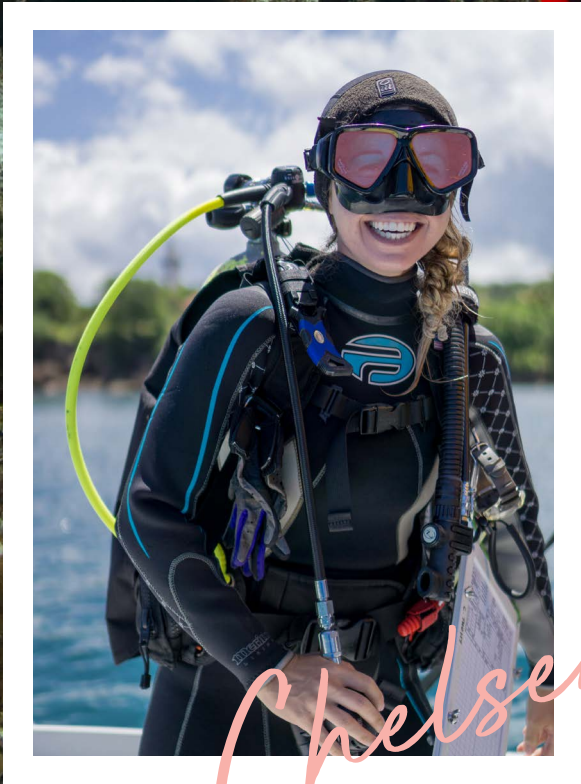
opportunity, after applying twice for the funding and overcoming seemingly impossible hurdles after Hurricane Maria to get the grant submitted on time despite a lack of electricity or communication, was a huge breakthrough for me. When I got the grant, I felt like I could really exclaim I’ve finally made it professionally as a scientist,” she says.

Another proud achievement of hers is Isla Mar Research Expeditions (IslaMarExp.com), a scientific education and research company she founded with her marine scientist husband in 2015. Their company partners with universities to help the next generation of young scientists acquire the skills they need to become field biologists.

“I am so fulfilled every time I train or work with a student who will later reach out and tell me how the field training they acquired in my course helped them land a job, find what they were truly passionate about or encouraged them to change majors and seek this type of non-traditional scientific career that is constantly seeking new ways to better our natural world,” Chelsea explains.

From taking on new ocean projects to teaching students to saving sea turtles, there is never a dull moment in Chelsea’s profession. When she isn’t in the water or talking about it, she is an avid yogi. Aside from her education, becoming a certified yoga instructor is one of the best investments she’s made for herself.

“It gave me the background I needed to foster my own personal practice, mindfulness and patience. Yoga has helped me define success in my career and value what I have in the present moment.”



Chelsa



Samantha “Sami” Sadler

(Kennesaw State)

FROM SPORTS MANAGEMENT TO GRAPHIC DESIGN

You’re never too young to start an empire and never too old to chase a dream. This is a popular phrase said among motivational speakers and posted on several Pinterest boards. Plus, according to GoodReads.com, it’s the title of a blank lined journal to promote self-expression.

Samantha “Sami” Sadler lives by this phrase. It’s always acted as a nice reminder to her that terms like “young” and “old” are social constructs, and that she can do anything she puts her mind to regardless of what society says.

Recently, while discerning a career change altogether, Sami’s “live by” phrase took on an even greater meaning. It ultimately helped her make the jump from working full time in sports management to going back to school to pursue a long-time passion of hers: graphic design.

STARTING IN SPORTS

In high school, Sami was a part of PEAK Performance Basketball. The basketball team is a division of PEAK Performance Sports and Development Foundation, a Georgia-based nonprofit that helps girls recognize, develop and maximize their potential through athletic performance. Her team was led by Coach Bruce Price, a mentor to Sami who inspired her to pursue sports management in the first place.

“Coach Bruce wasn’t empowering women to become the next WNBA stars, but leaders in their communities. During my time at PEAK Performance, I became stronger, more outgoing and confident. When I went to college, I

decided that I wanted to give back like Coach Bruce and the only way I knew how was through sports,” Sami recalls.

While studying sports management at Kennesaw State University, Sami also coached and mentored two middle school-aged girls basketball teams at PEAK Performance. She then transferred to the University of North Florida (UNF) and became the head student manager of the women’s basketball team there.

“Becoming a sports executive at such a young age was dream of mine, but I have always had another dream to work for myself.”

After college graduation, Sami interned at the offices of the Jacksonville Giants, a minor league basketball team. She was quickly promoted to a full-time position as the director of marketing and basketball operations. Sami left the role after seven months to pursue other endeavors but returned in December 2018 after receiving the opportunity of a lifetime.

“The owner of the Jacksonville Giants asked me if I wanted to return as the general manager. I instantly accepted and became one of the youngest general managers of any professional sports organization at age 24,” Sami says.

She hit the ground running when she became the team’s general manager, as they were already a month into their 2018-19 season. Under her leadership, the Jacksonville Giants took home their sixth winning title at the 2019 American Basketball



Association National Championships.

After a 10-month stint in an executive role, Sami left the Jacksonville Giants to pursue something more creative.

TURNING OVER A NEW LEAF

Sami currently attends Daytona State College and is working toward a degree in digital and media production. For as long as she can remember, graphic design has always been an interest of hers. She is excited to finally be exploring that interest now.

“Becoming a sports executive at such a young age was a dream of mine, but I have always had another dream — to work for myself. By switching to graphic design, I now have an outlet for my creativity and am working toward my dream of running my own blog,” she says.

This creative Gamma Phi is also a huge animal welfare advocate. When she isn’t honing her craft in graphic design, Sami loves spending time with her rescued fur baby, Griff. She hopes to one day open and operate her own dog rescue in addition to launching her blog.

Mairin Petrone

(Duquesne)

THE EVENT PLANNER

Pittsburgh native Mairin Petrone was born into a family of event planners. She remembers always being mesmerized by their ability to transform an empty room into something otherworldly when she was growing up. By the time she reached college, Mairin knew she was destined to do similar work.

She earned both a bachelor's degree in marketing and leadership/change management and Master of Business and Administration from Duquesne University. Mairin got her start in event planning when she was a collegiate member of Gamma Phi Beta's Zeta Epsilon Chapter.

"I was the first to volunteer to chair an event, sit on a planning committee or serve on the executive board of the chapter. The joy I found in taking on those roles made it clear to me that producing events was my passion," she says.

After earning her MBA, Mairin began working as the marketing and special events manager for the Pittsburgh Downtown Partnership. In this role, she was a part of the team responsible for producing some of the city's largest events, like holiday extravaganza Light Up Night and Picklesburgh, an event dedicated to all things pickled.

A WOMAN OF MANY TITLES

Today, she plans events for multiple organizations. As development director of Main Line Parent and Philadelphia Family Magazines — print magazines that connect parents and families with resources, fun things to do in their community and much more — Mairin is responsible for producing all events and manages the membership and subscription

programs of both magazines. She also serves as the hospitality event coordinator at the Philadelphia Flower Show, the nation's largest and longest-running horticultural event featuring stunning displays by the world's premier floral and landscape designers.

Additionally, Mairin is the executive director of the Pittsburgh Irish Festival, a three-day event that draws more than 25,000 people to the city each year to celebrate Irish culture. The festival was originally founded in 1991 by her mother and aunt. Since 2017, Mairin oversees the festival in its entirety from start to finish.

"At the Pittsburgh Irish Festival, our mission is to preserve and promote the Irish culture and that is very significant to me as I get to promote my own heritage and educate others on our history and tradition," she says.

Every event planner will tell you that despite planning for perfection, something is bound to go awry at an event. During the 2018 Pittsburgh Festival, unforeseen and severe weather caused dangerous flooding on the festival grounds. For the safety of others, Mairin and her team were forced to cancel a portion of the event.

"As a small nonprofit organization, the results of that partial cancellation were financially devastating. I became responsible for raising funds to save the future of the organization and was required to learn a lot of new things about donor campaigns, grant writing, sponsorship proposals and event fundraisers." She continues, "Fortunately, we raised almost exactly what we had lost and were able to hold the festival again last year."

A PHILANTHROPIC HEART

In addition to her professional work, Mairin has a track record for

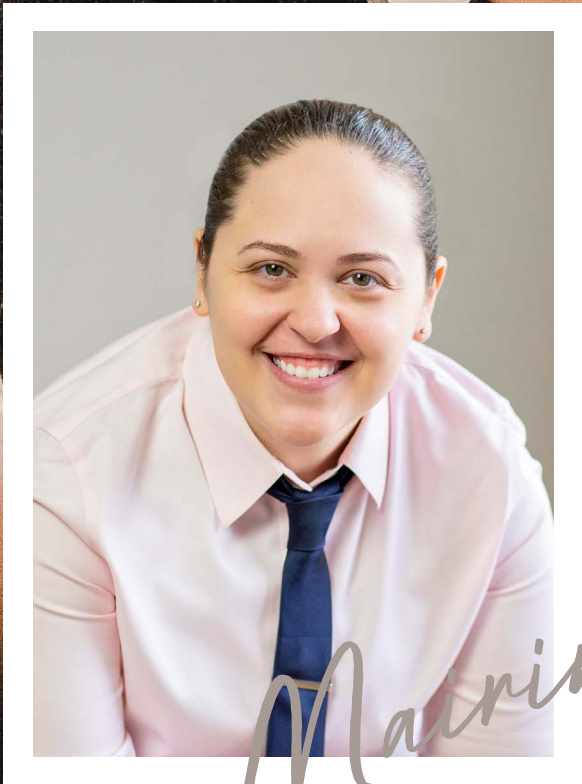
volunteering at organizations that celebrate Pittsburgh's diversity. She's served on the board of directors for the Bulgarian-Macedonian Educational and Cultural Center and the Dreams of Hope Youth Performing Group, an LGBT youth organization that promotes social change through the arts.

In 2013, Mairin was chosen to be the chairperson of the LGBT Advisory Council to the Mayor of the City of Pittsburgh. The council is responsible for assisting the mayor and city officials with LGBT-related policy decisions, appropriate language for communications and serving as a liaison to the LGBT community of Pittsburgh. While chairing it, Mairin experienced real change happen.

"Being selected to chair this council, and the work I was able to accomplish in that role, was one of my proudest moments in my history of volunteer work. The efforts made were able to result in positive change for the city's diverse population, and I'm grateful to have played a role in that."

Being an openly gay woman is no easy feat. Mairin has had to be cognizant of a space and the people in it her whole life, asking "Are they tolerant?" "Is this an open and safe environment for me to enter?" And while this can be a daily challenge, Mairin has found comfort in surrounding herself with a positive support group (mainly all strong and successful women) and working for organizations that celebrate the beauty of differences.

"I believe that celebrating culture and our differences is more important now than ever. I'm lucky enough to be a part of many organizations both professionally and personally that fulfill my desire to support those seeking to also celebrate their culture and what makes them unique."



Forty UNDER 40



Hadar Arazi
(Florida)



Callie Cox Bauer
(Minnesota-Twin Cities)



Allison Broadstone Bergdoll
(Valparaiso)



Sarah Blakeney
(Christopher Newport)



Maura Boswell
(Florida Institute of Technology)



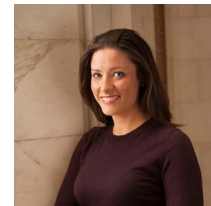
Meghan Brooks
(South Carolina)



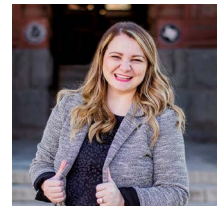
Bree Brownlee
(Alma)



Jessica Jewell Budzianowski
(College of Idaho)



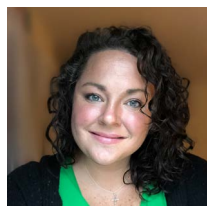
Blaire Camp Cann
(Alabama-Tuscaloosa)



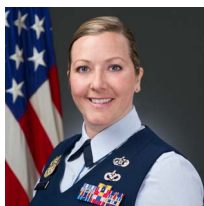
Madison Howard Churchman
(Texas A&M-College Station)



Lauren Cole
(California-Santa Barbara)



Melissa Coughlin
(Boston)



Megan Pohlman DeLeon
(North Dakota)



Lindsey DellaDonna
(Northern Arizona)



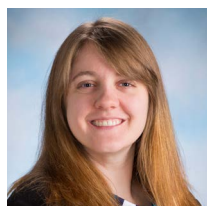
Kathleen Oare DiSanto
(Virginia)



Diana Filo
(Penn State)



Caitlin Gayles
(Christopher Newport)



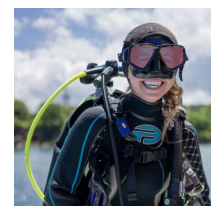
Betsy Giles Glenn
(Illinois State)



Abby Gross
(Nebraska-Lincoln)



Ivey Johnson Hall
(Florida State)



Chelsea Harms-Tuohy
(Florida Institute of Technology)



Kimberly Hermans
(California-Irvine)



Heather Rollins Herring
(Georgia)



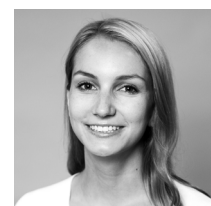
Jill Kuebler Hoakison
(Iowa State)



Shannon Leah Hohl
(Idaho)



Sylvia "Randi" Aud Holm
(Eastern Washington)



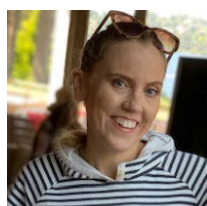
Emilie Macfie
(McGill)



Leah Kelly Matthews
(Morehead State)



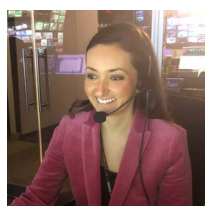
Diamond Tyree McKenna
(Bradley)



Bethany Lumbard McKinnon
(University of Washington)



Lauren "Ren" Morrison
(Southern Methodist)



Ariel Mata Peele
(Colorado-Boulder)



Mairin Petrone
(Duquesne)



Molly Brown Porter
(Denver)



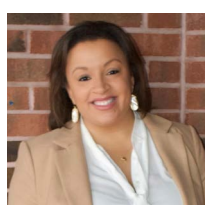
Tara Quinn
(California-Berkeley)



Holly Roberts
(Oklahoma)



Samantha "Sami" Sadler
(Kennesaw State)



Sonya Striggles
(Bridgewater State)



Mary Kate Walters
(Texas A&M-College Station)



Erin Rowe Wortman
(Bridgewater State)

TRUE AND CONSTANT

Kimberly Campbell (Maryland) was exposed to horses at a young age having grown up right outside Monmouth Racetrack in New Jersey. Her passion for Thoroughbreds and the racing industry grew deeper as she grew older. Kimberly eventually owned several retired Thoroughbreds over the years, including Lilly Bear — the one she owns now. Her desire to share the ins and outs of the racing industry and the majestic creatures that comprise it resulted in a book series she penned called The Triple Crown Trilogy. The trilogy is named after the largest racing series in North America, Triple Crown, which features three races: the Kentucky Derby, Preakness Stakes and Belmont Stakes. Each book in Kimberly's trilogy focuses on each specific race. We chatted with the Virginia-based author, horse lover, wife and mother of three about her trilogy.



1 WHAT INSPIRED THE TRIPLE CROWN TRILOGY?

I decided to write The Triple Crown Trilogy during a time when the Virginia racing industry was declining, especially with the closing of Colonial Downs outside of Richmond in 2014 (which recently re-opened last summer). I had just finished reading various trilogies that the general public was enamored with, such as “Hunger Games” and “Twilight” and thought the The Trilogy of the Triple Crown would make a great series.

2 WHAT IS YOUR BOOKS SERIES ABOUT?

The books follow Genuine Storm, a fictional horse with real life bloodlines, and Charlie Jenkins as they overcome various challenges. Storm and Charlie are introduced in “The Calm Before the Storm,” which is about the Kentucky Derby. The story continues with the second book, “The Eye of the Storm,” as they head to the second leg of the Triple Crown, the Preakness Stakes. This book introduces readers to Lilly, Storm’s jockey, and how she grew up in the industry and what it takes to become a jockey. “The Height of the Storm” is the third book, which came out in December, where the character stories all come together as the team heads to the Belmont Stakes.

3 WHO OR WHAT INSPIRES YOUR WORK?

I met Genuine Risk many years ago before she died. She was one of the only fillies, a young female horse, to win the 1980 The Kentucky Derby. [She inspired the series] and is in it as my fictional horse’s grandmother.



4 WHAT DO YOU LOVE ABOUT BEING AN AUTHOR?

I love learning more about the details of the horse industry and the stories that go on behind the scenes. The general public is only really introduced to horse racing during the Triple Crown races, but there is so much more that goes on with the horses, the jockeys and the team surrounding each horse. There is so much history in racing and so many people rely on it to make a living. It may be called the “Sport of Kings” but the individuals that live and care for these beautiful creatures are the real stories.

5 IS THERE A CONFIDENT WOMAN OF CHARACTER THAT YOU LOOK UP TO?

My mom who is an author of many genres. She taught me that I can do anything I set my mind to, [and my books are a great example of that]. By trade, I am an accountant and business owner. My husband and I own and help with several small businesses, including a wealth management firm, a pet care facility and a gymnastics school. Who was I to think I could write a book? Especially given my affinity for numbers and not words. Well, I threw caution to the wind and just starting writing. I have written three books over the course of five years that are centered around a topic I am extremely passionate about and have learned more about than I ever expected. My hope is that I can inspire others to take a leap of faith and follow their own dreams. In my mother’s words, “If you don’t have a dream, you can’t have a dream come true.”

The Triple Crown Trilogy — “The Calm Before the Storm,” “The Eye of the Storm” and “The Height of the Storm” — are available for purchase on Amazon, [BarnesAndNoble.com](https://www.barnesandnoble.com) and Kimberly’s website, TripleCrownDreams.com.

Chapter Sweet Chapter



ETA PHI

Virginia Commonwealth University

Virginia Commonwealth University (VCU) offers a vibrant and successful Greek community to students, with more than 30 international fraternities and sororities on campus. Last fall, Gamma Phi Beta joined this thriving community with the installation of Eta Phi Chapter, the newest addition to our True and Constant sisterhood.

“It is exciting to finally have a chapter name and be able to tell people that we are the Eta Phi Chapter of Gamma Phi Beta at Virginia Commonwealth University,” Panhellenic Affairs Vice President Courtney Maitland says.

Since installation, Eta Phi charter members are working tirelessly to create a legacy of Gamma Phi Beta at VCU. They’ve already hosted several events in the heart of their campus, The Compass, that inform students about the Sorority’s mission, vision and philanthropic focus. At another event, members hid affirmations around campus to help promote self-confidence among female students — a little gesture that shows how important building confident women of character is to this chapter.

1. STREET ART

Art thrives in Richmond, particularly street art. More than 100 murals painted by local and international artists live on the city's walls.

2. SUGAR SHACK DONUTS

Cucumber Melon, Blackberry Lavender, Caramel Macchiato — oh my! Richmond locale Sugar Shack Donuts is home to imaginative donut flavors made in small batches.

3. WHAT'S TRENDING ON CAMPUS?

Scrunchies. These ultimate '80s accessories have been given a second life by VCU students.

4. MONROE PARK

Recently renovated to its original 1877 design, Monroe Park is 7.2 acres of lush greenery, paved paths and mature deciduous trees. VCU students love to study here, as it's only a five-minute walk from campus.



PHOTO CREDIT MONROE PARK CONSERVANCY

Meditation for Beginners

Between work and/or school and maintaining a social life, you, like the Energizer Bunny, are constantly on the go. And you have to be if you want to keep up in today's ultra-connected and dynamic world. However, it is easy to neglect your own needs when you are always trying to meet the needs of others. Maintaining a daily relaxation practice like meditation can help you avoid getting to the point of burnout. It's a quick and simple way to dedicate time to yourself and will give you more focus and clarity to continue taking the world by storm. Below are meditation basics to get you started.

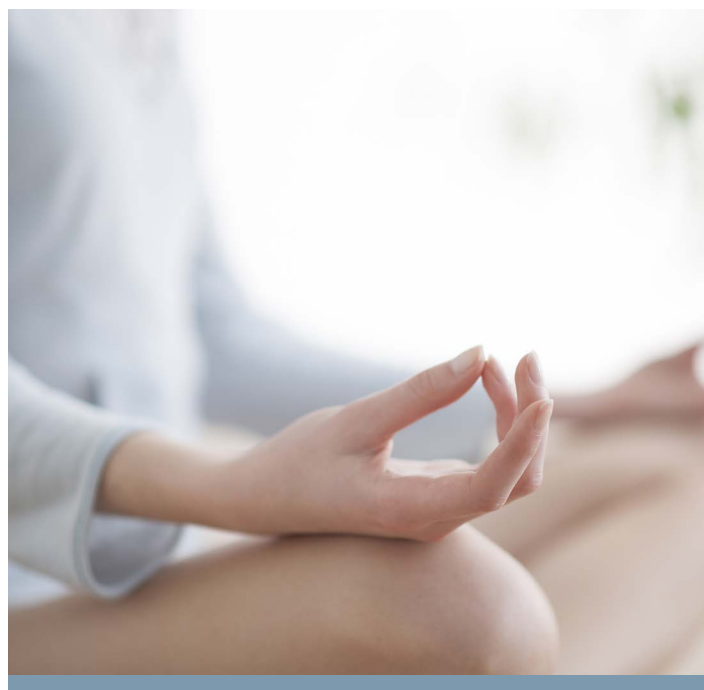
Pick a time and space that works for you and stick to it. Your bedroom after waking up, midday when the gym isn't as busy, the living room late at night — find a time and space that is available to you daily for meditation. Select a space you are comfortable in that has little to no distractions. Prioritize your meditation at this time and in this space every day so that it becomes habitual.

Determine the length of your meditation. Smaller chunks of time are more manageable for beginners. Start with a three-minute meditation session to acclimate yourself to the practice before tacking on more minutes. If you feel like you are having an effective practice, the length of it is neither here nor there.

Get comfy. Sit cross-legged on the ground and keep your back straight. Let your hands rest on your knees, with your preference of your palms facing up or down. Wear loose clothes, sit on a pillow, do what you need to do to feel comfortable.

Meditate. Close your eyes. Remain still and let your body become loose. Calm your mind but acknowledge the thoughts and feelings you have when you have them. Then, let them go. Focus on your breath (try box breathing on page 4). Allow your breath to reel you back into the present moment when your mind starts to wander. Relish in this, sitting and allowing your thoughts and feelings to freely come and go.

Your brain's job is to think. Meditation does not stop your thoughts from happening because that is impossible. Instead, meditation is a way to calmly acknowledge and accept what you are thinking and feeling in the present moment. This is called mindfulness, a skill that is acquired with regular meditation. Think of meditation as a workout for your brain — it keeps you sharp and ready to take on each day better than the last.



Resources: Headspace

Miss Relatability

Relationship expert Rachel DeAlto brings topics of authenticity and relatability to Convention 2020 as this year's keynote speaker.



Convention 2020 is four short months away! Members from all over will come together in Palm Springs, California, for five days to conduct Sorority business, lead, network and inspire. And, of course, experience the Confirmed Conventioneers parade, a time-honored tradition and powerful display of our True and Constant sisterhood.

Such an important event for Gamma Phi Beta requires a keynote speaker who really knows their stuff. Someone who will build members up and get everyone excited to learn and grow together. That someone is Rachel DeAlto.

Rachel is a litigator turned relationship expert and coach, motivational speaker and media personality. She first gained national prominence as the relationship expert in Lifetime's "Married at First Sight" and TLC's "Kate Plus Date." Since then, she

appears regularly on shows like "Access Hollywood Live," "The TODAY Show" and "Good Morning America."

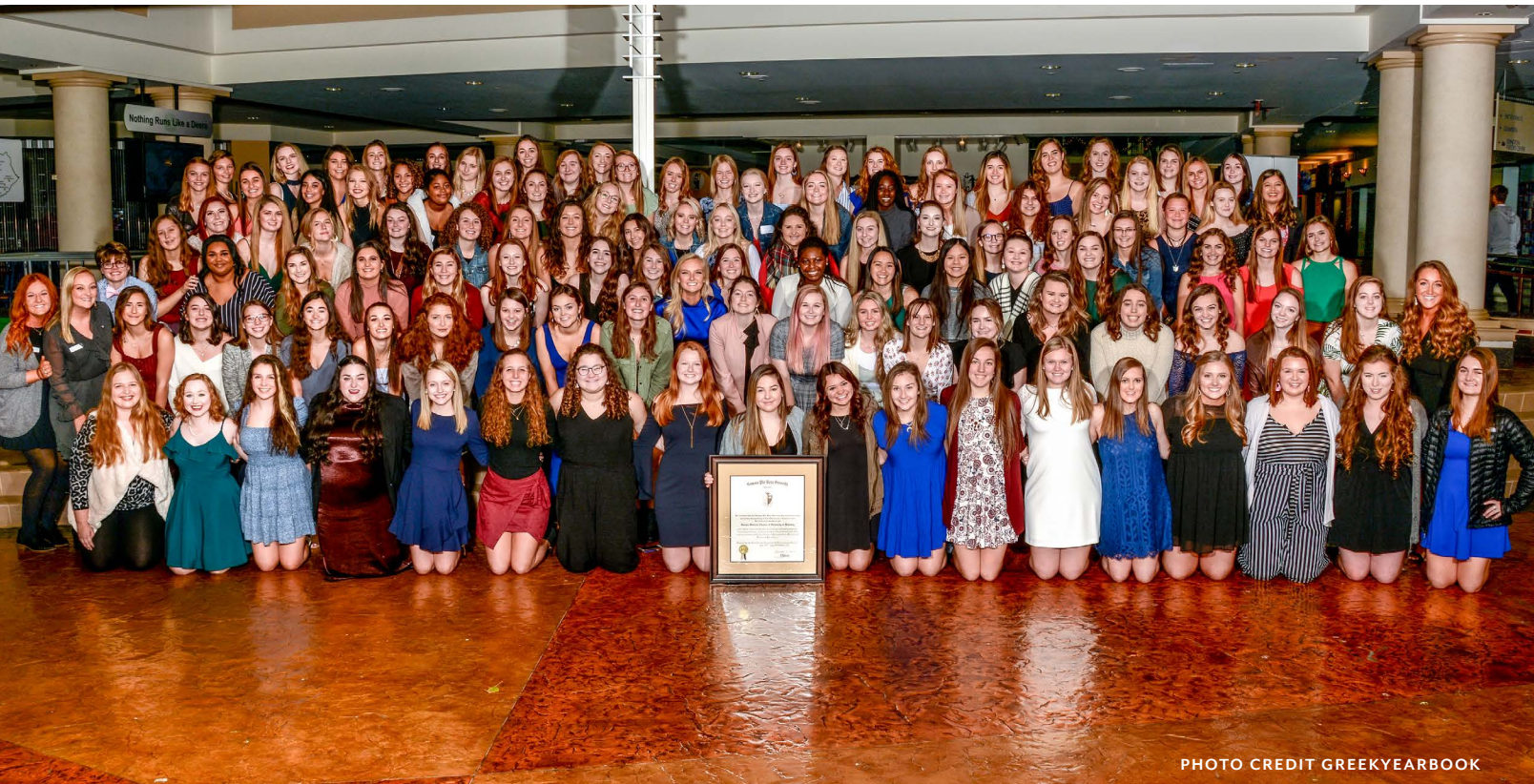
Rachel holds a bachelor's degree in communications and a doctoral degree in law. Her education combined with her years of professional experience laid a strong foundation in motivational speaking. She travels worldwide to give speeches and workshops on topics like authenticity, communication, leadership, relationships, self-esteem and stress management.

In all her roles, Rachel's goal is to help individuals and organizations become more relatable. Relatability makes people feel more connected, which leads to stronger leaders, more successes and healthier relationships in both personal and professional spheres.

This engaging, energetic and knowledgeable speaker will inspire and empower Gamma Phis to authentically connect with themselves, each other and the world around them.

   Connect with Rachel @racheldealto

Chapter Sweet Chapter



GAMMA OMICRON

University of Kentucky

November is gratitude month. It's when we give thanks for what matters most in our lives, like our family and friends. Gamma Phi Beta had a lot to be thankful for this past November, as the Sorority reinstalled Gamma Omicron Chapter at the University of Kentucky.

Gamma Omicron was first installed on January 11, 1966, making it the 87th chapter of Gamma Phi Beta. Twenty-five charter members were initiated that same year. A few of these original charter members attended Gamma Omicron's Reinstallation ceremony in November 2019 at the Hyatt Regency in Lexington. The chapter's newest charter

members and their families, International Headquarters staff and International President Annabel Jones were also in attendance.

Several people spoke at the ceremony to express their gratitude and excitement, including Gamma Omicron's Chapter President Karrington True.

"We've found our forever home filled with women who share our Core Values of Love, Loyalty, Learning and Labor, but [we] wouldn't be here today without the path laid by the Gamma Omicron women who came before us."



PHOTO BY CHET WHITE

1. THE BIG BLUE NATION

A name for the fans of the University of Kentucky Wildcats. The nation floods into Lexington on gamedays proudly donning their royal blue and white.

2. THE HORSE CAPITAL OF THE WORLD

Lexington is a horse hub. More than 450 horse farms and Keeneland, a world-renowned horse racing track, call this city home.

3. BEST IN BASKETBALL

With a record of most all-time wins, the men's basketball team is the most successful NCAA Division I basketball program in history. Plus, they have eight NCAA National Championship wins under their belt.

4. CAMPUS TRENDS

Electric scooters. Students are all about utilizing them to get from point A to point B.



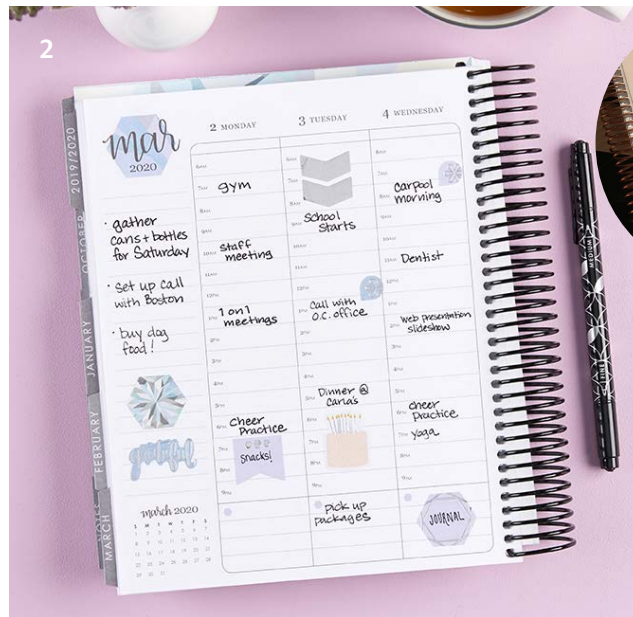
PHOTO BY ELLIOT HESS



EXPLORE
Lexington

GAMMA PHI *Vibes*

Your guide for finding the Gamma Phi Beta aesthetic in everyday places.



Customize your cover with one of our tech backgrounds!

treat yourself

1. Anthropologie | Rigged Terracotta Pot \$22
2. Erin Condren | Create Your Own Deluxe Monthly Planner \$40
3. Alex and Ani | Pavé Crystal Moon Symbol Bead Charm Bangle \$38
4. Walmart | Better Homes and Gardens Chrome Finish Marble Pattern Clock \$12.94
5. Mejuri | Moon Studs \$72
6. Kendra Scott | To The Moon And Back Charm Necklace Set \$95
(available in rose gold, vintage gold and vintage silver)
7. The Flower Shop | Pale Pink Carnations Laptop Sleeve \$39
8. Made by Mary | Carnation Necklace \$40
9. Urban Outfitters | Marble Makeup Brush Organizer \$16



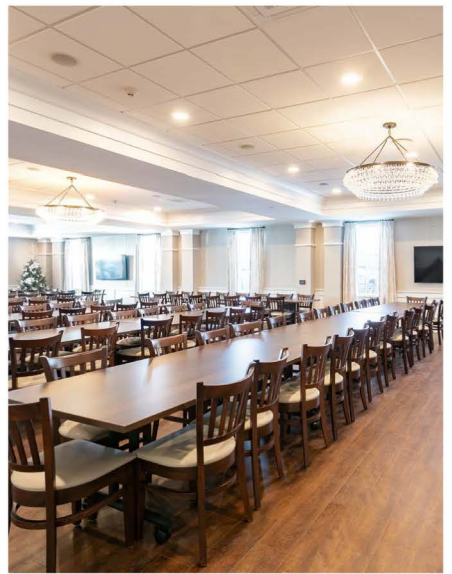
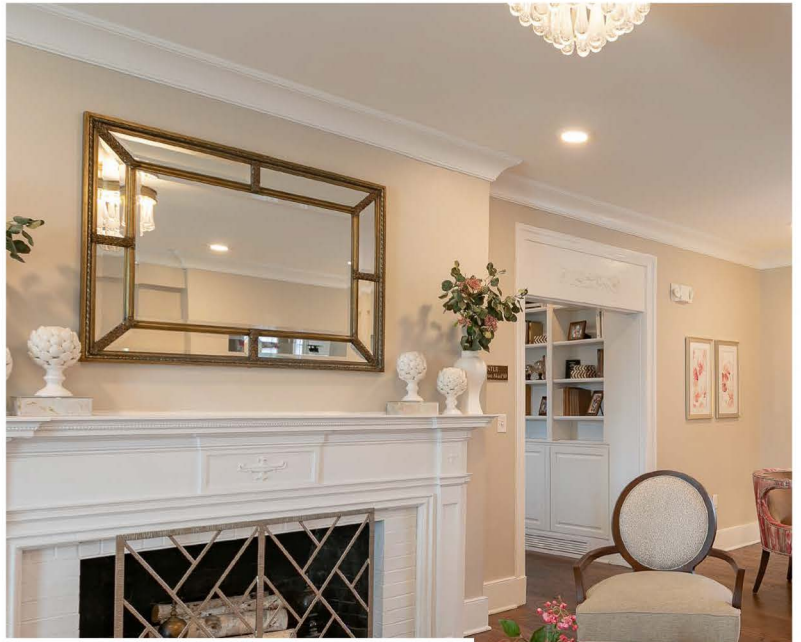


Alpha Delta 2.0

PHOTOGRAPHY BY *Annika Miller*

On November 10, 2019, the Alpha Delta Affiliated House Corporation of Gamma Phi Beta held a ribbon-cutting ceremony for the newly renovated Alpha Delta Chapter at the University of Missouri-Columbia in Columbia, Missouri. From its floorboards to its ceiling, the chapter's interior was completely reimagined. Plus, an additional 27 rooms were added, including a chapter dining room that accommodates 250 members and a guest and president's suite with private bathrooms. Each space is dressed in modern accents and beautifully upholstered furniture in varying Gamma Phi Beta patterns, colors and texture. It's a rebranded dream come true.





A 2019 YEAR IN REVIEW

of The Foundation

On December 12, 2019, International Headquarters (IH) held an end of the year business meeting where each department shared its 2019 successes with the rest of professional staff. The Foundation, which became one Gamma Phi Beta with the Sorority and Facilities Management Company (FMC) in early 2019, left everyone speechless with how much a small team could achieve in just one year. Here's a look at exactly what this resilient, driven and inspiring team accomplished.



All donor data was successfully moved to iMIS, the Sorority's membership management system.



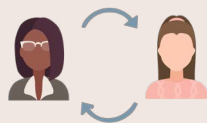
The Foundation saw significant board participation in fundraising over the year.



The Foundation received an updated look in summer 2019 when the rebrand launched.

One Gamma Phi Beta

The Foundation became one Gamma Phi Beta with the Sorority and FMC.



Encouraging and nurturing connections with donors, and collaborating with IH staff, donors, volunteers and members daily.



Engagement with local alumnae groups was at an all-time high.

THE FACES OF THE FOUNDATION

Meet the team behind it all



EXECUTIVE DIRECTOR MEGAN SMILEY WICK (WASHINGTON STATE)

"Our fearless and hardworking Foundation team has spent 2019 working with two outside consultants to evaluate, audit and update our endowment agreements, reimagine our appeal approach and schedule and introduce a new culture of Investing in Sisterhood. With me, they have been out and about — meeting with volunteers, donors and friends of the Foundation to build relationships and provide transparency to the future of the Foundation."



DIRECTOR OF DEVELOPMENT SARA ORLINO (DENVER)

What was your proudest accomplishment in 2019?

Realizing we work better together. It seems simple, but having combined talent, time and resources from many, rather than just a few, is extremely meaningful. Our impact grows as our team grows. Board members, staff, volunteers, non-members, long-time donors and first-time donors are working hard to build our organization's future.



DEVELOPMENT MANAGER DANICA WILSON (KENNESAW STATE)

How is working for the Foundation meaningful to you?

I've always said if I could fundraise for anyone, I'd want to work for Gamma Phi Beta. The reason being that I believe deeply in the mission of our organization and the way that we change women's lives through education, empowerment and lifelong friendship. Working for the Foundation means that I have the opportunity to help women create a difference in another woman's life.



DEVELOPMENT ASSISTANT NANCY MILLER

What do you enjoy most about working with Gamma Phi Beta donors?

I speak to and support our donors on a daily basis via phone or email. It means everything to me to build memorable and meaningful friendships with our volunteers and donors. I especially respect and admire the volunteers who work in the Foundation room at Conventions and look forward to seeing them again this year in Palm Springs!



The Foundation team works in partnership with the Foundation Board of Trustees to support the Sorority's mission and encourage others to invest in our True and Constant sisterhood.

in our HEARTS

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, 2019. First, maiden, last names and year of Initiation are listed for each deceased member. To report the passing of a sister, please email gammaphibeta@gammaphibeta.org so we may honor the member on this page in a future issue.

ALPHA (*Syracuse*)

Betsey Smith Brown, 1947
Elizabeth Gray Secor, 1941

BETA (*Michigan*)

Dorothy Brooks Darling, 1940
Betty Raymond Krebs, 1943
Marilynn Watt Lee, 1944

DELTA (*Boston*)

Elaine Corbett Christopher, 1953

EPSILON (*Northwestern*)

Marilynn Bruder Alsdorf, 1944
Donna Zipprich McEncroe, 1948
Rosalind Brothers Schmitt, 1949

LAMBDA

(*University of Washington*)
Wendy Downie Lister, 1955
Nancy Rauh Mertel, 1957
Georgia Mandas Spellman, 1954
Molly Moore Van Marter, 1962

XI (*Idaho*)

Martha Rigby Kuhn, 1946

PI (*Nebraska-Lincoln*)

Ruth Aufenkamp, 1944
Detta Rohn Carlson, 1935
Grace Smith Jeffery, 1946
Sherry Crow MacLean, 1968

RHO (*Iowa*)

Danielle Davis Hamilton, 1958
Joan Chance Johnson, 1944

SIGMA (*Kansas*)

Jane Owen McGuire, 1944
Nancy Hood Slaten, 1956

PSI (*Oklahoma*)

Eugenia Bradley Reid, 1953
Mary Blakeley Seymour, 1954

ALPHA ALPHA (*Toronto*)

Mary Robinson Kilgour, 1943

ALPHA BETA (*North Dakota*)

Kathe Rush White, 1936

ALPHA GAMMA (*Nevada*)

Justine Antoine Fulton, 1956
Lois Long Paulk, 1953
Betty Zang Waltenspiel, 1945

ALPHA DELTA

(*Missouri-Columbia*)

Dorothy Trentham Seier, 1955
Jarene Anderson Stanford, 1956

ALPHA EPSILON (*Arizona*)

Sally Barie Cutter, 1961
Colleen Mahoney Edwards, 1947
Patricia Morris Foremaster, 1958
Virginia Scott Gross, 1949
Ruth Mellen Mendenhall, 1951

ALPHA ZETA (*Texas-Austin*)

Annlee Kendrick Edwards, 1960
Florene Emery Langston, 1945
Susan Foulk Reeves, 1976

ALPHA ETA (*Ohio Wesleyan*)

Virginia Allman Gottfried, 1943
Marjorie Hamann Hill, 1954
Dorothy Schwab Weitthoff, 1949

ALPHA IOTA

(*California-Los Angeles*)

Isabel Jones Brassey, 1947
Mary Alpine Rindge, 1953

ALPHA KAPPA (*Manitoba*)

Nancy Whittaker Boline, 1949
Elizabeth Ball Johnston, 1948
Kathleen Richardson, 1946

ALPHA OMICRON

(*North Dakota State*)

Demarest Bowers Morrow, 1944

ALPHA UPSILON (*Penn State*)

Suzanne Santee Leinhaupel, 1953
Charlotte Leach Pflueger, 1946

ALPHA CHI (*William & Mary*)
Evelyn Rapee Schmitt, 1945

BETA EPSILON (*Miami-Ohio*)
Patricia Walters Healy, 1957
Elsie Ficker Peterson, 1955

BETA ETA (*Bradley*)
Marjorie Haas Hunt, 1961

BETA THETA (*San Jose State*)
Barbara Noble Johnson, 1955

BETA KAPPA (*Arizona State*)
Theresa Chuka Schilling, 1950

BETA LAMBDA
(*San Diego State*)
Rina Caporaletti Kanyuck, 1949

BETA MU (*Florida State*)
Jane Barr Clinton, 1958
Donna Jolley Risley, 1950

BETA XI (*Ohio State*)
Barbara Biermann Walker, 1955

BETA SIGMA
(*Washington State*)
Martha Gorrill Lammers, 1957
Myrna Pierson Overstreet, 1955

BETA UPSILON (*Kansas State*)
Erika Jones, 2008

BETA PSI (*Oklahoma State*)
Judie Pearson Fuque, 1963

GAMMA CHI
(*Texas State-San Marcos*)
Deborah Williams Furlow, 1972

DELTA IOTA (*Purdue*)
Sadie Johnson Hudgens, 1975

DELTA LAMBDA
(*California-Riverside*)
Billie Dobler Mills, 1980

ZETA ALPHA
(*Eastern Washington*)
Kristy Hafits Clem, 1993



DOROTHY SCHWAB WEITTHOFF

Family is everything. This phrase often left the lips of Dorothy Schwab Weitthoff, a mother, grandmother and great-grandmother. Known for her big heart and infectious smile, Dorothy loved deeply and was loved by so many, including her friends and Gamma Phi Beta sisters (her second family). She was an avid gamer who dominated at croquet and ping pong. When she wasn't maintaining her unbeatable scores or visiting her family members, Dorothy loved spending time with Dayton Alumnae Chapter sisters. Members of the chapter admit that their holiday party won't be the same without Dorothy's riotous laughter as they, and especially she, "stole" one another gifts in the Crazy Gift Exchange. The world will be a little less bright without Dorothy's love, laughter and competitive spirit.

ALPHA ETA
Ohio Wesleyan, 1949

*At the blueness of
the skies and in the
warmth of summer,
we remember them.*

LIFE LOYAL

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, 2019.*

ALPHA (*Syracuse*)
Stephanie Johnson Cahill

BETA (*Michigan*)
Nancy Joslin Kaleel
Anita Koltun
Bridget Lockman
Laura Miller

GAMMA (*Wisconsin-Madison*)
Catherine Sutherland Stebbins
Elizabeth Boll Ventura

EPSILON (*Northwestern*)
Robin Hulshizer
Elizabeth Binder Marshall
Holly Hill Putnam

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Kathryn Lucas
Marjorie Long MacLeod
Kimberley Peterson McGuire
Karen Pelham
Jessica Peters
Alexandria Travis Strelow
Karen Woo

THETA (*Denver*)
Allison Abraham
Theresa Trujillo Chavez
Cecelia Yorke

KAPPA (*Minnesota-Twin Cities*)
Janelle Elsberry McBride
Susan Barker Paisley

LAMBDA (*University of Washington*)
Susan Kanz Hullin
Amy Lewison Hutchinson
Barbara Cady Wilderman

NU (*Oregon*)
Arielle Aslinger
Laura Sauer Cross
Claire Phillips

Kim Voy
Casey Wise
XI (*Idaho*)
Dolores Hormaechea Chapman
Keli Nicholson Elledge
Nicole Rausch Ruby

OMICRON
(*Illinois at Urbana-Champaign*)
Karen McMahon Burke
Karen Seggerman

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Margaret Nutzman Brown
Mary Schanbacher Davey
Karen Gustin
Marianne Clifford Upton

RHO (*Iowa*)
Maureen Magee
Catherine Temple Stensrude

SIGMA (*Kansas*)
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Molly Mueller Haase
Nancy Hansen Jones
Anne Jones Rhoades
Julia Bonnett Sandwith
Candice Eberle Westphal

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Susan Loseke Lank
Julie Scates

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Phyllis Gaus Haskell
Helen Kirk Hobert
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Madeline Coonce
Kimberly Gillert
Cherre Wheeler House
Kim Trenary Johnson
Caroline Lippman Sharp
Kari Culp Shults
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Leticia Sadaoui
Judith Skene
Katarina Ulsrud

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Kris Johnson Cartwright

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Lorraine Fox Henson

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Ashlee Chapman
Jillian Hamilton Crawford
Martha Potts Logan
Jenny Stelmach Merlo
Renee Mondy Stout

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Catherine Kloss Caruso
Katherine Granby Chester
Gwynne Smith Fijan
Laura Grace Holloran
Diana Christenson Kostas

ALPHA ZETA (*Texas-Austin*)
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Linda Hobbs



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Nancy Schuler Moeller
Paula Allphin Page

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Heidi Barton Durant
Kari Griffin LaRue
Alexandra Katsorelos McAndrew
Lauren Miller
Michelle Mortimer Stratton
Catherine Varner

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(*North Dakota State*)
Karla Nelson Erlandson

ALPHA PI (*West Virginia*)
Jacqueline Hamill Cordray
Dianne Vagnozzi Holecek

ALPHA UPSILON (*Penn State*)
Ashley Moravec George

ALPHA PHI (*Colorado College*)
Marilyn Burnham McBride
Heather Davis Schmidt

ALPHA CHI (*William & Mary*)
Anna Mahalak

ALPHA OMEGA (*Western Ontario*)
Catherine Hall Frederick

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Tracy Smith Dupont
Taylor Dupont
Heidi Kleinmaus Bolles
Stephanie Paggi

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Janet Sachs

BETA GAMMA (*Bowling Green*)
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Sandra Traver Humphrey
Heather Chase Sheehan

BETA EPSILON (*Miami-Ohio*)
Brynne Farmer Coletti
Nancy Walker Guth

BETA ETA (*Bradley*)
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Sheri Ladas Voss

BETA THETA (*San Jose State*)
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Andrea Tyler Evans
Brittany Hardy
Katherine Murphy
Lisa Procknow Saldin

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Stephanie Hansen Spann

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Sandra Adsit Johnston
Kathleen Monahan
Courtney Bost Peterson
Andrea Bush Sedlacek

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Kathleen Creswell
Terry Jones
Tracy Wilson-Stoddard

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Krista Pearson

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(*Texas A&M-Commerce*)
Candice Tuckness Kuzov

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(*California State-Long Beach*)
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Carol Clyde
Annette Reyes Hanks
Kimberly Dawson Meckelborg
Ruth Ann Covington Nydam
Lynn Little Toohey



**CHARLENE BACA AND
AMANDA SAFFER**

*Alpha Delta
(Missouri-Columbia)*

SISTER *Shoutout*

Charlene Baca loves this True and Constant sisterhood. The friendships she cultivated as a collegian have remained tried and true throughout her life. Her sisters have stood by her side in the best and worst of times. "I am always so pleasantly surprised by how [my sisters] are there for me when I thought I would be doing something alone," she says. Charlene joined Life Loyal to ensure Gamma Phi Beta's traditions remain strong and her future bright. She also purchased Life Loyal as a gift for her legacy daughter, Hillary Picou. "The friendships and support from my Gamma Phi Beta sisters is truly amazing," Hillary says.

GAMMA KAPPA*(Nebraska-Kearney)*

Michelle Tompsett Grossman
LuAnn Christensen Kaiser
Pamela Kenkel Mathison
Bayleigh Nemeth
Heather Szekley

GAMMA LAMBDA*(Louisiana State)*

Diana Henry Mann

GAMMA XI *(Tennessee-Knoxville)*

DeAnne Underwood Gammon

GAMMA OMICRON *(Kentucky)*

Cynthia Toombs

GAMMA PI*(Minnesota State-Mankato)*

Anne Regnier Schmitz
Nancy Reichert Squires

GAMMA RHO*(Wisconsin-Oshkosh)*

Kayla Holst

GAMMA UPSILON *(Drake)*

Tammy Perkins

GAMMA PHI *(Auburn)*

Kathleen McCarthy Dunn
Connie Shaw Granata

GAMMA CHI*(Texas State-San Marcos)*

Sharon Smith Graham
Linda Schultze Minter

GAMMA PSI *(Northern Iowa)*

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Amy Rich Dagestad

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Carol Chastain Teater

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Laura McBride Robello

DELTA ETA *(California-Irvine)*

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Kelly Bray Ma
Susan Siu Nimmo
Janine Stocker O'Toole
Hillary Baca Picou
Paula Verkuynen
Ashley Yee

DELTA THETA*(California Polytechnic State)*

Gayle Todd Burke
Linda Grippi Johnson
Robin Pinkstaff Rose

DELTA IOTA *(Purdue)*

Ruth Boldt
Carolyn Woodward Garrigus

Beth Nagle

Hannah Neal

Mary Craig Wardlaw

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DELTA NU *(Missouri State)*

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Brittany Rosario

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DeeDee Warren Johnson
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Cidnie Findley Raney

DELTA PSI *(California-Santa Barbara)*

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Kerri Marnoch Macha
Megan Kelley Seritan

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Amanda Giannola

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EPSILON EPSILON *(Union)*

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LIFE LOYAL

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ZETA XI *(College of Idaho)*

Gigi Csencsits

ZETA OMICRON *(John Carroll)*

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Samantha Friedman

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While our members are in college, their copy of *The Crescent* is sent to your home address — we hope you enjoy reading our magazine, too! If your daughter is no longer in college, or is no longer living with you, feel free to send us her new address by emailing TheCrescent@gammaphibeta.org.

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“BEING SURROUNDED
BY SUCH SUPPORTIVE
WOMEN IS WHAT
INSPIRES ME TO NOT
LOSE SIGHT
OF MY VISION...”

—MOLLY CLOONAN (FLORIDA STATE)
PAGE 6