



THE
Jewelry



A LEGACY OVERNIGHT

Emily Richey's incredible discovery PAGE 20



Spring 2020

GAMMA PHI BETA

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COVID-19

The overall health and wellness of our members deserve our utmost care and attention. For more timely updates regarding COVID-19 and how Gamma Phi Beta is responding, visit GammaPhiBeta.org/COVID19.

get in touch

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



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DEAR *Sisters*

I am thinking of all of you. I hope that you and your loved ones are staying safe and healthy during these unfamiliar times. As we continue to adjust to the ever-evolving situation that is COVID-19, it is important to remember that one thing will always remain True and Constant: our sisterhood.

Gamma Phi Beta is a vast network of women who are strong alone but stronger together. We are resilient. We are perseverant. As the mentor so eloquently writes in her letter on page 10, "Each one of us has the spiritual, mental and social resilience to continue in these uncertain times." And we will.

I know it's hard being physically separated from your sisters right now, but you can still connect with them virtually! Gamma Phi Beta makes this easy with Sisterhood @ Home. From topic-specific Facebook groups to virtual meetups, Sisterhood @ Home is your one-stop hub for connection in Gamma Phi Beta. Get connecting on page 16.

On page 18, we introduce you to the slated candidates for International Council and Nominating Committee 2020-22. On page 36, you'll learn more about what Investing in Sisterhood means and how the Foundation Board of Trustees work tirelessly in conjunction with the Foundation staff to ensure our sisterhood is as strong as it can be now and for generations to come.

It's important to tell others just how much they mean to us now more than ever. That's why the Foundation is expanding its popular Convention tradition, Giving a Heart, to a larger and virtual audience. Check out the back cover of your issue of *The Crescent* to learn more.

I heart you all, and I look forward to the day we can relish in each other's company once again.

In LIKE,



J.J. Kaelin

Foundation Chairwoman



WHO IS J.J.?

J.J. Kaelin has been a Trustee for the Gamma Phi Beta Foundation since August 2012 and currently serves as chairwoman.

Throughout the years, J.J. has continued to volunteer in various positions within the Sorority, including International Council-Membership Vice President, director of collegiate extension, sorority director-public relations, province director and special recruitment consultant. A member of Beta Rho Chapter at the University of Colorado-Boulder and former collegiate leadership consultant, J.J. has a Bachelor of Arts degree in communication, with an emphasis in radio, TV and film.

CANNOT LIVE WITHOUT

Diet Coke

STAYCATION OR VACATION?

Both because I live in a spectacular state [Colorado] that has much to offer!

CURRENT READS

"Be Safe, Love Mom" by Elaine Lowry
Brye and "The Perfect Horse" by
Elizabeth Letts

PACE, *Please!* DRINK *More* WATER

How much water should you be drinking a day? Because it varies from person to person, there really isn't a definitive answer. Your weight, how often you workout, the intensities of your workouts and even your environment (i.e., if you live in a place with high humidity) all affect how much water you should be drinking daily to stay hydrated. So, while we can't give you an exact answer, we can offer up some helpful guidelines and tips to keep yourself accountable to drink more H₂O.

THE EIGHT BY EIGHT RULE

This is an easy one to remember, which is why health experts oftentimes recommend it. The eight by eight rule simply means drinking eight 8-ounce glasses of water daily, which roughly equals two liters.

APPS

Thanks to hydration apps, keeping your thirst at bay has never been easier. Below are a few of our favorites.

Plant Nanny is cute and easy to use. You simply log your water intake and watch an animated plant grow. The more hydrated you are, the more your plant grows. The less hydrated you are, well, you get the idea.

Daily Water allows you to set a drinking schedule that works for you and alerts you when it's time to hydrate. Like notifications, alerts will appear on your phone's home screen.

iHydrate gives you an actual water percentage from all the beverages you consume in a day to help you stay on track and meet your water intake goals.

MOTIVATIONAL WATER BOTTLE

Some water bottles come with time markers etched into the design. These bottles show you exactly how much water you're drinking each hour. Take for instance the one on page 41. Every hour in the morning, you drink where the a.m. time indicates until the bottle is empty. Refill the bottle. Repeat the process where the p.m. time indicates during the afternoon.

WATER BY WEIGHT

There are a ton of sophisticated hydration calculators out there that figure in an individual's height, weight and minutes of daily exercise to determine their optimal water intake. Here's a simpler one to start you off:

1. Divide your weight (in pounds) by 2.2.
2. Multiply that number by one of the following:
 - 40, if you're younger than 30 years old.
 - 35, if you're between 30 to 55 years old.
 - 30, if you're older than 55.
3. Divide that sum by 28.3.
4. That total number represents how many ounces of water you should be drinking daily based on your weight. Divide that total by eight to see your results in cups.

Example

Betty Beta is 163 pounds and 34 years old.

1. Divide 163 by 2.2. This equals 74.
2. Multiply 74 by 35. This equals 2,593.
3. Divide 2,593 by 28.3, which equals 92.
4. To determine how many cups of water Betty should be drinking a day, divide 92 by 8. The answer is 11 cups.

SET A WATER ALARM

You set alarms to remind you to wake up, pay your bills and go to important meetings. Why not dedicate one to drinking water? Set alarms spaced out evenly throughout your day. When an alarm goes off, that's your cue to drink a cup of water. For example, if you're adhering to the eight by eight rule, you'd set eight alarms per day.

Sources: Good Housekeeping, Healthline, Her Campus, Mayo Clinic and Refinery 29



THE SHOW MUST GO ON...

...and it will. Coronavirus will not stop us from conducting critical Sorority business, celebrating our points of pride, observing our sacred rituals and embracing our True and Constant sisterhood. We will still do all of this and more, just on a virtual platform this year.

As International President Annabel Jones (Oklahoma) reminds us, “We do not need the sunny California weather to create an Oasis. This sisterhood — a sisterhood built upon strength, compassion, resilience, acceptance and love — is Our Oasis.”

OUR Oasis

GAMMA PHI BETA
CONVENTION 2020

“We do not need the sunny California weather to create an Oasis. This sisterhood — a sisterhood built upon strength, compassion, resilience, acceptance and love — is Our Oasis.”

— International President
Annabel Jones (Oklahoma)



The 2018-20 International Council (IC) met at the end of April to discern the next steps for Convention. After days of thoughtful conversations, they decided it is in the best interest of our members' wellness to host the treasured Sorority tradition virtually.

International Council has shown exemplary leadership during this unfamiliar time. They've remained extremely attuned to the ever-changing situation that is COVID-19. Since mid-March, IC has ensured that Gamma Phi Beta is taking all the necessary steps to keep our members, volunteers and professional staff safe.

Regarding Convention specifically, Gamma Phi Beta's professional staff was able to pivot quickly and migrate Convention 2020 online with IC's guidance, support and encouragement. We thank them for remaining positive, communicative and kind always, but especially during a global pandemic when such characteristics are needed more than ever.

Please look out for the summer issue of The Crescent, where we will celebrate the outstanding accomplishments of our 2018-20 IC in greater detail.

A portrait of Emily Kuhn, a woman with long, wavy brown hair, smiling. She is wearing a teal top and a large, multi-strand pearl necklace. The background is a solid light blue.

Emily Kuhn

BETA EPSILON (*Miami-Ohio*)
SENIOR DIRECTOR OF
COMMUNICATIONS AT CNN

“I work tirelessly every day to protect, defend and promote the journalism produced by CNN’s reporters. My work is vitally important for society, for our government and for global humanity.”

Confident Woman

Emily Kuhn has always shown interest in communications and journalism. With a deep-seated passion for both areas, she went on to study strategic communications at Miami University in Oxford, Ohio. Emily kept busy as a collegian. In addition to joining Gamma Phi Beta at Beta Epsilon Chapter, she was her university events council's vice president of communication, where she helped with event planning and promotion on campus, and an executive board member of the Public Relations Student Society of America. Emily later went on to earn her master's degree in digital communications and political communications from John Hopkins University. Earning her master's degree was no easy feat, especially because Emily was working full time at a public relations firm during the day and taking classes at night. "It took determination, hard work and patience. It taught me many life lessons in addition to those I learned in the classroom. I couldn't be prouder of that accomplishment," she says. After graduate school, Emily began working for CNN. She has been promoted three times since joining CNN in 2014, starting as a publicist and now in charge of communications for CNN Digital Worldwide. In this position, Emily manages publicity for CNN's digital business, which includes all CNN content programmed across more than 40 digital platforms. She also oversees public relations for CNNgo, CNN's streaming platform, the Sunday morning program "Reliable Sources" and manages the CNN Communications web and social media presence. As her job description continues to evolve, Emily has relocated from D.C. to CNN's New York offices. "I work tirelessly every day to protect, defend and promote the journalism produced by CNN's reporters. My work is vitally important for society, for our government and for global humanity," she explains. So, how does Emily manage it all and keep a calm and collected disposition working in news? It's easy when you're doing work that feeds your soul. "I love what I do and don't think that will ever change."

Rapid-Fire Questions with Emily

NAME A BOOK THAT POSITIVELY SHAPED YOU.

I'm a big book lover, but one book that I pick up whenever I have a big decision to make is Katie Couric's "The Best Advice I Ever Got." It's a compilation of essays with advice from several leaders across sectors, and each story impacts me and answers my questions at different twists and turns of my life. It's something I'll never give away and turn to many more times I'm sure.

NAME A WOMAN IN MEDIA YOU LOOK UP TO. WHY HER?

I have to go with Dee Dee Myers, the first female White House press secretary and most recently the head of communications for Warner Brothers (working for WarnerMedia Communications, just like me!). The fictional character C.J. Cregg from "The West Wing" is based off Dee Dee, who was a script advisor on the series. Being the first female White House press secretary was an incredible accomplishment, and on top of that, she was also really good at the job. It's been inspiring to watch her pivot her career from that high to new heights as she follows a passion of hers.

WHAT'S THE BEST PART ABOUT WORKING FOR CNN?

Every single day I wake up and know the work that I'm doing is impactful and making a difference. It's important and it's something I will remember until the day I die. No matter where my career takes me, I hope I can always say that and always find purpose and passion in the work that I do.

IF YOU WEREN'T WORKING FOR CNN, WHAT OTHER CAREER PATH MIGHT YOU BE INTERESTED IN PURSUING?

I've been interested in facets of journalism my whole life, dating back to when I was a little girl. I really wanted to be a photojournalist in high school, and there are days I think I'd be an excellent editor. I also dreamed for years of being one of those lucky people who gets to travel the world and write about my adventures in the guidebooks. There are so many jobs I would love to do within journalism, but I'm hard-pressed to think of a single thing I'd like to do outside of it.

YOU CANNOT LIVE WITHOUT...

Travel. A lot of people might answer that way, but every time I explore a new city, state, country or even neighborhood and learn about a new culture or cuisine, it's amazing to me how much my spirits and energy are lifted. It fuels me and my thirst for life like nothing else does.

ARE YOU AN EARLY BIRD OR NIGHT OWL?

I'm definitely an early bird and prefer to get in a workout before the day really begins. It's time I prioritize because it's time I get every day to myself to take care of myself.

DESCRIBE YOURSELF IN THREE WORDS.

Loyal. Thoughtful. Faithful.



Rebecca Smith

EPSILON ALPHA (*La Salle*)

RECENT GRADUATE/SELF-PUBLISHED AUTHOR

“I hope children who read my book know that their parents’ decisions and mistakes are not their fault.”

Indiana native Rebecca Smith just graduated from college earlier this month. The La Salle University alumna earned a dual major in marketing and management and leadership and minored in biology. Her next venture is literally about to take flight, as Rebecca plans to attend flight school next.

“My journey to become a commercial airline pilot will take another three to four years of my time but will set me up for a lifetime of travel, adventure and learning new things,” she exclaims.

Until flight school commences in August, Rebecca took time to reflect on all the incredible experiences she had as a collegian. From joining Gamma Phi Beta’s True and Constant sisterhood at Epsilon Alpha Chapter

to meeting her lifelong friends to pushing herself academically as an honors student, there is, indeed, a lot about college she'll miss.

"The thing I will miss most is the ability to truly grow into your most authentic self and take risks. I think society expects that once you leave college you have everything figured out, but college allows you to take time and learn more about who you truly are," she explains.

In college, Rebecca was the captain of the women's golf team for three years and a tour guide. She also really immersed herself in her studies and, as La Salle's Honors Program encourages its students, let her intellectual curiosity take lead. Her self-published book "Does He Still Love Me?" is a result of that.

"All honors students are required to complete an honors essay course. Most students write a short thesis, but I decided to propose something different — a self-published children's book," Rebecca says.

Her book "Does He Still Love Me?", which is for school-aged children, chronicles the life of a young boy named Thomas and his development as his father goes to prison. Rebecca, who is both the writer and illustrator of her book, depicts Thomas' life before his father goes to prison, as his father goes through his trial, what it's like growing up without a father figure and the transition for the family when Thomas' father returns home.

The subject of her book was inspired by a class field trip she went on during her junior year to The Pennsylvania State Correctional Institution at Graterford, a maximum-security penitentiary. Rebecca and her peers participated in a think tank where they discussed controversial topics with some of the prison's inmates.

"The men that I met were kind, well-informed and very respectful of all opinions," Rebecca recalls.

Rebecca immediately got to work on her book after returning to campus. She conducted multiple interviews with La Salle students who had incarcerated relatives when they were younger and spouses of formerly incarcerated individuals. She also chatted with public school teachers about incarceration and its effect on a student's performance in the classroom. After a full year of researching, writing, illustrating and editing, Rebecca self-published her book in early 2020.



"I hope children who read my book know that their parents' decisions and mistakes are not their fault. I want them to not feel ostracized in school because their parent is in prison. I want to emphasize how common it is for parents to become incarcerated, and I want to make sure that the children know their parents still love them, despite paying for their mistakes," Rebecca says.

"Does He Still Love Me?" is available for purchase on Amazon, both paperback (\$8.99) and digitally (\$2.99). One hundred percent of book sales this year will benefit Turning Point Domestic

Violence Services, a social services organization in Rebecca's hometown of Columbus, Indiana.

"I wanted to choose a charity that benefits children in a situation where a parent is no longer in the home and could be going to prison, and Turning Point Domestic Violence Services was the perfect fit."

Rebecca doesn't plan to publish more children's books right now, but that could always change if she finds another cause she's passionate about. In addition to relishing in newly graduated bliss, she's more focused on the following as it pertains to her charitable giving.

"I am mostly concerned about giving back to the causes that mean the most to me in the best way possible for those organizations."

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.

DEAR *Sisters*

As we are called in this unprecedented time to socially distance ourselves and flatten the curve of COVID-19, there are, no doubt, many new emotions, challenges and realities present for each of us. From one view, it is an incredible moment in history to be a part of — that our measures (staying home, washing hands, etc.) can impact all of humanity! Yet, we still feel the consequential disappointment of canceled events and celebrations, outings and gatherings with friends and family and, of course, lost moments of in-person service and sisterhood*. It all feels surreal and makes us question what the next weeks and months will bring.

But, my sweet sisters, do not forget who we are during these unknown times. We are women Building Strong Girls! Our ability to make a difference in the world around us cannot be quelled by this pandemic.

Our sisterhood transcends the need to be physically present with one another. Remember that our philanthropic focus is based on resiliency; the capacity to recover quickly from difficulty. What we do as Gamma Phi Betas — in both our sisterhood and philanthropic service — works toward our envisioned

community, where every woman and girl has the resiliency necessary to advance not only her own life, but the lives of others as well. Each one of us has the spiritual, mental and social resilience to continue in these uncertain times. It is who we are as confident

women of character who celebrate sisterhood and make a difference in the world around us!

As these weeks of social distancing continue, I challenge each of you to remember your role as a Gamma Phi and continue to serve as a role model for women and girls everywhere. There is a serendipitous gift given to all of us right now and that is time and space to reach out and connect to others as we continue our work of Building Strong Girls. We have a unique ability to lead our peers in this uncharted space as women who support one another relentlessly, who remain True and Constant to our values and vision and who continue to build on a 146-year history of strength and ability to advance our best efforts.

I hold each of you in my heart and thoughts. Stay healthy and safe and continue to build strong girls!

In IIKE,
The Mentor



*Sisterhood is essential no matter where we are or what is happening in the world.
Check out GammaPhiBeta.org/SisterhoodAtHome for more information.

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Podcasts You Should Know About

Listening to music is always great in our humble opinion, but sometimes you need more than Bruno Mars' feel-good tunes and the soft serenades of Billie Eilish to get you through your day. Enter podcasts. There is a podcast for everything nowadays. From the arts to metaphysics to gardening, you can learn just about any topic imaginable, courtesy of these handy-dandy audio files. We scoured the Internet to find podcasts women on the go, like you, are loving and listed them below. Happy listening!



RISE

(TheHollisCo.com)

New York Times best-selling author Rachel Hollis — check out her personal development books “Girl, Wash Your Face” and “Girl, Stop Apologizing,” if you haven’t already — shares tactical tools for your life and business in Rise. Insightful conversations between Rachel and other business mavens (like Oprah in episode 135) and personal development leaders take place nearly every episode, providing powerful takeaways for the listener.



GRAMMAR GIRL'S QUICK AND DIRTY TIPS FOR BETTER WRITING

(QuickAndDirtyTips.com/Grammar-Girl)

Language expert Mignon Fogarty, known online as Grammar Girl, helps thousands of people worldwide write with clarity and precision. In Grammar Girl's Quick and Dirty Tips for Better Writing, a five-time winner of Best Education Podcast at Podcast Awards, Mignon provides short, friendly tips on style, punctuation and grammar to help listeners master the written word.



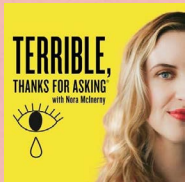
THE GUILTY FEMINIST (GuiltyFeminist.com)

London-based comedian Deborah Frances-White's award-winning podcast The Guilty Feminist will truly have you laughing out loud. Deborah invites other comedians on the show with her to, as The Guilty Feminist website states, "discuss the big topics all 21st century feminists agree on, whilst confessing our 'buts' — the insecurities, hypocrisies and fear that undermine our lofty principles."



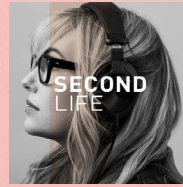
ALL MY RELATIONS (AllMyRelationsPodcast.com)

Matika Wilbur of the Swinomish and Adrienne Keene of the Cherokee Nation host All My Relations, a podcast that discusses what it means in today's world to be Native American. The women are often joined by Native American writers, activists and scholars and chat about everything from Native mascots to appropriation to fashion and beyond.



TERRIBLE, THANKS FOR ASKING (TTFA.org)

"How are you doing?" Good, fine, great, okay, well are all the go-to responses to this question, even if the responder isn't exactly feeling good, fine, great, okay or well. Why is that? In Terrible, Thanks for Asking, host Nora McInerney, who lost her father, husband and unborn child within a month, explores that "why" through humor and brutal honesty. With special guests, listeners will enjoy funny conversations that touch on topics of grief and loss.



SECOND LIFE (SecondLifePod.com)

Hillary Kerr, co-founder of Who What Wear, chats with successful women of all ages who have made career changes in their life. Women like Kendra Scott, Kristen Bell and Reese Witherspoon share their fearless stories with Hillary in hopes to provide listeners with the do's and don'ts to mastering the pivot.



CALL YOUR GIRLFRIEND (CallYourGirlfriend.com)

If you have a dear friend who lives in a different state, this podcast is for you. Hosts Ann Friedman and Aminatou Sow are in a long-distance friendship. Each episode is a phone call between the two friends where they catch up on all the things, like politics, pop culture and everything that comes with the territory of being a woman. Their candid, heartfelt and, at times, heavy conversations will have you convinced that you're on the line with them as well.



BECOMING WISE (OnBeing.org/Series/Becoming-Wise)

According to the podcast's website, "[Becoming Wise] offers depth and discovery in the time it takes to make a cup of tea." We'll take that! In this podcast, listeners will be asked to ponder deeply but briefly on some of the world's biggest questions. Find calm throughout your day without compromising your already jam-packed schedule.

Tune in to the above on each podcasts' website or Apple Podcasts, Spotify, Stitcher, Audible and Google Podcasts.

Chapter Sweet Chapter



EPSILON

Northwestern University

Evanston, Illinois, is a charming Chicago suburb home to cute coffee shops, lakefront views and Northwestern University. It's also only about 12 miles away from the hustle and bustle of downtown Chicago — something Epsilon sisters appreciate about their quaint college town.

In years past, Epsilon Chapter held sisterhood retreats around Chicagoland. In 2019, however, Education Vice President Hannah Lesley Powell and Sisterhood Chairwoman Sarah Jong decided to host the retreat in their chapter's facility.

"This was a genius move on their end because, while external sisterhood retreats are very fun, our sisters have never connected this deeply to each other on a retreat before," Courtney Goldenberg, public relations vice president, explains.

The retreat was a moving one. Sisters lounged around their facility all day and made unconventional pancake recipes. They also shared stories and opened their hearts to each other. Conversations were genuine and unfiltered, just like the emotions that filled the room.

"By going back to the simple things, like having fun together in the facility, [the retreat] was very heartwarming and helped solidify what our sisters and chapter means to us," Courtney says.



1. A CAFE HUB

From Coffee Lab to Cupitol to Colectivo Coffee, Epsilon members like to study at any one of Evanston's quirky cafes.

2. THE LAKEFILL

A large grassy area on campus that is on Lake Michigan. It's the perfect spot to study, relax and take in the majestic views of the Chicago skyline.

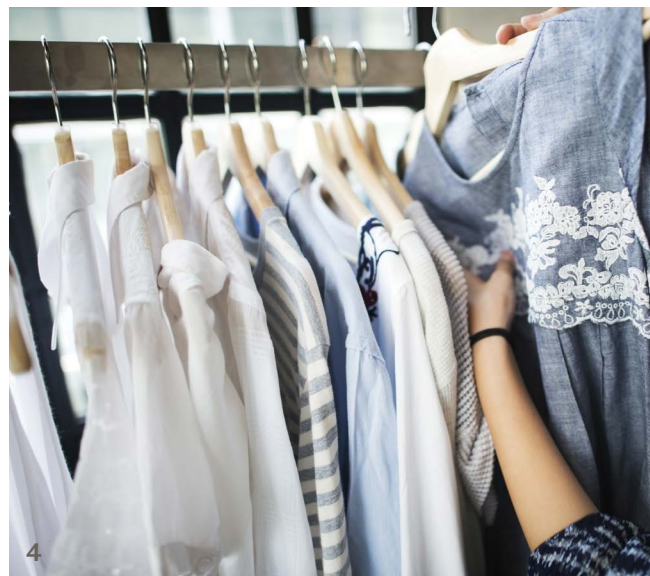
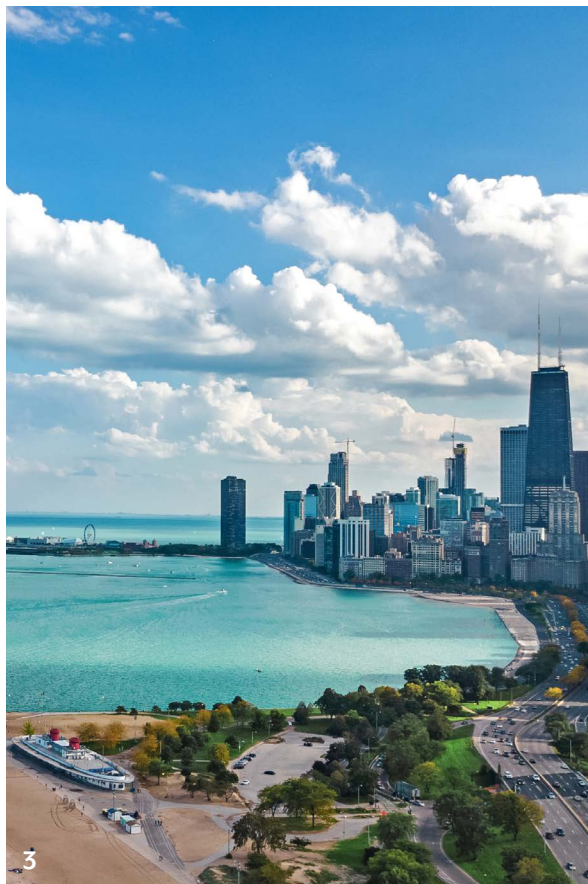
3. LAKEFRONT AND URBAN LIVING

Northwestern offers the best of both worlds, as it neighbors several Lake Michigan beaches and is a 30-minute commute to the third largest city in the U.S.

4. CROSSROADS TRADING

Epsilon sisters like to don fashionable threads from this chic consignment boutique.

EXPLORE
Evanston



Sisters *Band Together* from Afar

Coronavirus changed life as we know it and continues to as the situation evolves. Campuses once full of life now resemble ghost towns. Grocery stores, with social distancing markers on sidewalks and bare shelves, feel like uncharted territories. Gatherings, events and milestone celebrations have been put on pause. But you know what this pandemic, or anything for that matter, will never be able to put on pause? Our sisterhood.

Gamma Phi Beta released Sisterhood @ Home in March 2020. Sisterhood @ Home enables Gamma Phi Betas worldwide to continue to celebrate sisterhood within the confines of their homes. From topic-specific Facebook groups to virtual meetups, it's a one-stop hub for connection in Gamma Phi Beta during these unfamiliar times. Sisterhood @ Home is the first of many new offerings to come to support and expand on our sisterhood in this increasingly virtual world.

Sisterhood @ Home is full of resources and activities to keep you engaged and entertained while practicing social (physical) distancing. New ways to connect are added to the Sisterhood @ Home's webpage often, so be sure to check it out weekly for updates. Some online items available now include:

- Tech backgrounds for inspiration across devices.
- Coloring sheets for you and your loved ones.
- Free resources that you'll find useful in these times.
- Sister-owned businesses to support online.
- Topic-specific Facebook groups.
- Virtual meetups ranging in theme.

"I chose to sign up for a Sisterhood @ Home virtual meetup to support sisters and feel more connected to my community. It has been so amazing to be able to count on a circle of sisters near and far when so much feels uncertain and unknown," says Ashley Torres (Sacramento State).



As we continue to adjust to the now, gleaning new information from government officials and doing what we can to flatten the curve, we hope it brings you comfort knowing you aren't navigating this alone. Gamma Phi Beta's sisterhood is a vast network of more than 224,000 collegiate and alumnae members

who will always be here for you, regardless of what's happening in the world around us. After all, we are strong alone but stronger together.

Visit GammaPhiBeta.org/SisterhoodAtHome to learn more and get connecting with sisters from afar!



MEET THE 2020-22 INTERNATIONAL COUNCIL AND NOMINATING COMMITTEE SLATE OF OFFICERS

This past February, the members of the 2018-20 Nominating Committee (NC) met privately at International Headquarters to slate the Sorority's 2020-22 International Council (IC) and NC. The Committee worked diligently to evaluate the many talented and qualified candidates who expressed their interest in these roles. At Convention, delegates from collegiate and alumnae chapters will vote to elect our 2020-22 IC and NC. Get to know the slate of officers below, as presented by the 2018-20 NC.

2020-22 International Council Slate of Officers



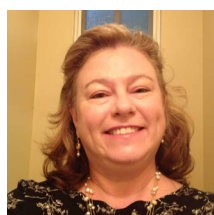
INTERNATIONAL PRESIDENT: *Autumn Hansen (Idaho)*

Autumn Hansen is currently serving her fourth term as vice president on Gamma Phi Beta's IC. She also serves as chairwoman of the Sorority's Governance and Personnel Committee and is on the Leadership Development Committee. Autumn holds bachelor's degrees in sociology, psychology and justice studies as well as a master's degree in social work from Indiana University. By trade, Autumn is a licensed clinical social worker who provides counseling services at Indiana University Health. She's also the proud mom of Mary Jo and Hazel, her two-year-old twin daughters (legacies).



VICE PRESIDENT: *Stephanie Gauchat Carriere (Arizona)*

Stephanie Gauchat Carriere is currently serving her first term as vice president on IC. She also serves on the Sorority's Finance Committee and is the IC liaison to the Gamma Phi Beta Facilities Management Company Board of Managers. Stephanie earned a bachelor's degree in special education and rehabilitation. She earned a master's degree in the same areas of study, with an emphasis in emotional and behavioral disorders. Stephanie resides in sunny Gilbert, Arizona, where she volunteers regularly with Girl Scouts Arizona.



VICE PRESIDENT: *Kelly Brown Dunne (William & Mary)*

Kelly Dunne is the chapter advisor and faculty advisor of Epsilon Pi (George Mason) as well as a risk and policy specialist. Previously, she served as chairwoman of the Discipline Committee, was an onboarding specialist and the regional director of Region 2. Kelly, who earned a bachelor's degree in classical studies from The College of William & Mary and a master's degree in liberal studies from George Mason University, is an instructor at George Mason University. She teaches history, childhood studies and education.



VICE PRESIDENT: *Crissy Buchanan Carlisle (Alabama-Tuscaloosa)*

Crissy Carlisle is a member of the Facilities Management Company Board of Managers. Previously, she was a participant of The Clara Project and the president of Epsilon Lambda (Alabama-Tuscaloosa) Affiliated House Corporation Board. Crissy holds a bachelor's degree in accounting and a master's degree in business administration. Earlier this year, she presented "Setting Smart Financial Goals Might Just Make You a Millionaire," a webinar in Gamma Phi Beta's Confident Women of Webinar Series.



VICE PRESIDENT: *Judy E. Graham (Oklahoma)*

Judy E. Graham serves on the International Grants-in-Aid Committee and is the ritual advisor of Alpha Xi (Southern Methodist). Judy joined our sisterhood at Psi Chapter at the University of Oklahoma, where she earned a bachelor's degree in social work. Judy also earned two master's degrees, one in social work and the other in special education, followed by a doctoral degree in public administration. Judy brings a strong business background to the role of International Council Vice President, as she was an account manager for 17 years at the international pharmaceutical company

Eli Lilly. Additionally, Judy has 25 years of experience in behavioral health and nonprofit management. Judy currently works as a consultant. Earlier this year, she presented “Building Confidence through Professional Pivots” in Gamma Phi Beta’s Confident Women of Webinar Series.



VICE PRESIDENT:
Lillian Hallstrand Lammers (Denver)

Lillian Hallstrand Lammers serves as chairwoman of the Alumnae Awards Committee and is the president of the

Memphis Alumnae Chapter. She has four degrees under her belt, including a bachelor’s degree in psychology, a master’s degree in college student personnel, a Master of Divinity and a Doctor of Ministry, in which she focused her studies on vocational discernment. In recent years, Lillian has served as a hospital chaplain and as the director of stewardship and vocational planning at her alma mater, Vanderbilt University Divinity School. She currently serves as an associate pastor at First Congregational Church in Memphis. Lillian’s Gamma Phi Beta volunteer experience runs the gamut from advising collegians to facilitating educational programs to coordinating the reopening of a previously closed collegiate chapter.



VICE PRESIDENT:
Fran Mayfield Stevenson (Kansas State)

Fran Mayfield Stevenson joined Gamma Phi Beta at Beta Upsilon Chapter at Kansas State University.

She graduated with a bachelor’s degree in marketing and later earned a master’s degree in higher education administration from Bowling Green State University. Since 2013, she has worked for a software company called Accruent. Fran began as an account manager and quickly moved up to become a member of the company’s executive team. Fran has been a dedicated Gamma Phi Beta volunteer for decades now and is currently a member of the Leadership Development Committee.

2020-22 Nominating Committee Slate

Shannon Bradley (Nebraska)

Dori Neff Farah (Oklahoma City)

Carly Foerster (Chapman)

Amy Geist (Jacksonville)

Linda Daniel Johnson (Vanderbilt)

Harper Mathews (Pepperdine)

Mary Jo Hope Silsby (Oklahoma City)

2018-20 Nominating Committee

Thank you to the following individuals who dedicated themselves to guiding the Sorority by serving as the 2018-20 Nominating Committee.

Chairwoman: Krista Spanninger Davis (Bowling Green)

Nominating Committee Members:

Caitlin Capozzi Bond (Syracuse)

Jeannie Panton Deakyne (Arizona)

Melissa Childress Ford (Rutgers)

Teresa Jones Haney (Northern Arizona)

Katherine Pezzella (Colgate)

Jamie Shultz Pickel (Oklahoma)

Shauna Revello Wilson (Washington State)

Collegiate Delegate: Abbie Bennett (Northern Iowa)

To read the full report of the Nominating Committee, including the Committee’s rationale for slating these teams of candidates, visit GammaPhiBeta.org/Convention.

Nominations from the Floor

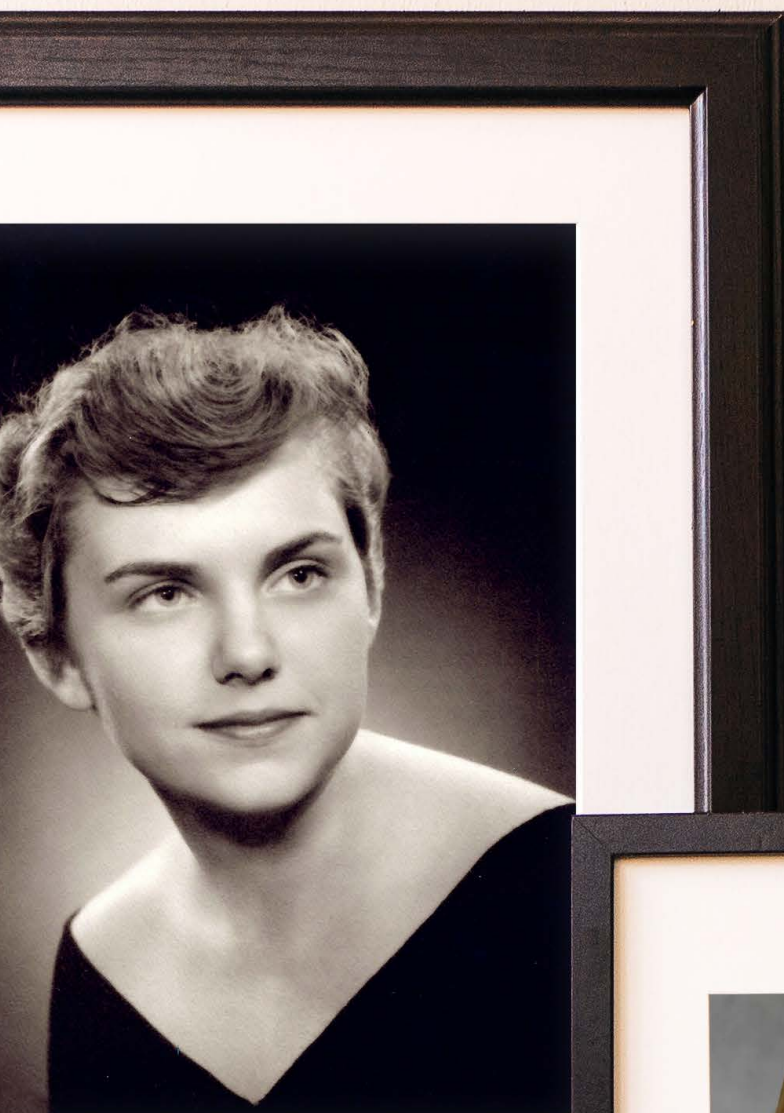
In accordance with our Bylaws, if a candidate wishes to run from the floor, she must notify Nominating Committee Chairwoman Krista Spanninger Davis at nominatingchairwoman@gammaphibeta.org at least seven days prior to the opening business session of Convention and submit a complete Candidate Information Form, Letter of Recommendation and participate in an interview with members of the Nominating Committee. As a courtesy, the Nominating Committee requests candidates who intend to be nominated from the floor to submit their intentions by May 24, 2020, one month in advance of the start of Convention; however, our Bylaws do state that notification can be made up until seven days prior to the opening business session of Convention.

A LEGACY

Overnight

Emily Richey (Minnesota-Twin Cities) on becoming
an instant legacy and staying engaged with
Gamma Phi Beta throughout the years.





Emily Richey (Minnesota-Twin Cities) started college not knowing anyone. Eager to meet friends, the Kansas City native decided to go Greek. In fall 2009, she joined Gamma Phi Beta at Kappa Chapter at the University of Minnesota-Twin Cities.

Emily felt torn between two sororities during preference round of recruitment. Gamma Phi Beta eventually took superiority over the other sorority for a couple of reasons. Reason one was obvious to Emily, as she reminisces, "Ultimately, my Big Sister Heidi Gerten Gonzalez won me over."

Reason two was more obscure. Emily just felt compelled to pick Gamma Phi Beta. It was as if someone had thrown a lasso around her to reel her into our True and Constant sisterhood. Some may call this a gut instinct. Emily describes it as "divine intervention." She would later recognize that unexplainable pull as her grandmother.





THE GOOD OLD *College Days*

Emily settled into life as a Gamma Phi quickly and with ease. It helped living among her sisters in Kappa's chapter facility. Emily called the chapter facility her home away from home from sophomore to senior year. Each year brought her closer to her sisters.

From watching reality TV shows and movies together in the facility's TV room to crafting and making daily runs to McDonald's for everyone's must-have, Diet Coke, Emily's memories living in are plentiful. Of those memories, the hours she and her sisters spent around the dining room table fostered the most transformative moments in the house.

"My girls in Kappa Chapter all know the significance of the dining room table. I guess you could relate it to a community table that restaurants have sometimes. So many late-night, heartfelt conversations took place at that table." Emily adds, "They were like therapy sessions."

In 2013, Emily graduated from the University of Minnesota-Twin Cities with a bachelor's degree in marketing. "It hasn't been that long since I graduated," she emphasizes. Despite this, a handful of things about the college experience has changed since Emily's time. The evolution of social media being one.

"When I was a collegian, we didn't have social media [TikTok, Snapchat, etc.] like we know it today. We had MySpace and Facebook, with Instagram just popping up toward the end of my junior year." Emily continues,

"There has always been a ton of pressure to succeed, be well-rounded and participate in everything, especially as a young woman. But there wasn't always social media to magnify the highlight reel of people's lives, therefore, forcing comparison. On the other hand, I think social media can enhance the collegiate experience when used as a tool to connect and communicate for good."

College landscapes will continue to change with time, as most things do. Emily, who has remained engaged in her alumnae membership, recognizes that the Greek experience is somewhat immune to this.

"[My graduating class] might not have had the same technology [that students have today] and the details [of college life] may be different now, but the overall experience doesn't seem to waiver much. We all have a common purpose, especially in Greek life."

THE LONG LOST *Letter*

Imagine waking up one day to news that you're a legacy. Kind of hard to fathom, right? This is exactly what happened to Emily during a summer break spent back home.

"I think I instantly started crying [when my mom told me]. I have to think that my grandma had something to do with my decision [to pick Gamma Phi Beta during recruitment], even though I didn't know it yet."

Her grandmother, Myrna May "Mickey"



grounds coliseum. We had a large class f of a I went to all the proms for all four years. The Stan Kenton. one year we had Duke Ellington Basic. It was really great. The summer of '55 I met Carl Richey at the Teachers College in Terra Haute with great a nurse. Had a great time at school where I u Gamma Phi Beta. Carl was going off to the madly in love so we made the decision and 1956 at St. Joan of Arc in Indianapolis. In a year of college and who knows I may go b some nursing courses since being married. Your dad was born the following July. He little boy in the world with great big blue. another cutie, John Leonard, a year later. two years later, then two years later Paul long last came Linda Lee, and the follow Daniel. We've had our problems but all terrific people and I'm very proud of them Father because I really had to learn on me for all my mistakes. This letter is p gives you a little insight into how it all older we will be able to know each other write to Grampa Carl and me.

Love you alot
Mickey

Mandi Richey (Indiana State), passed away when Emily was a high school freshman. Shortly after Mickey's passing, Emily's aunt sorted through her belongings and discovered a handwritten letter from 1997. Mickey wrote the letter to one of Emily's cousins. In it she talked about her life.

Intrigued by the letter, Emily's aunt photocopied it and sent it to the rest of the family. Emily's mom quickly skimmed the letter when it arrived in the mail but then tucked it away. Years later, she rediscovered it while

cleaning the family's home office and read it in its entirety. "[The letter] mentioned that my grandma went to college and joined a sorority called Gamma Phi Beta. I kid you not, my mom came into my room and woke me up to tell me. We had no idea," Emily exclaims.

Emily learned she wasn't the only Greek-affiliated person in her family right before going through recruitment. Her aunt (a Pi Beta Phi), father (a member of Chi Delta Fraternity at Central Methodist University) and grandfather were all Greek, too. Pleasantly surprised, she could now add her grandmother onto that list.

In addition to the letter, Emily's family found Greek paraphernalia in her grandmother's home. Items like Gamma Phi Beta posters and her badge and pledge letter were all still in mint condition. Emily is now the proud owner of her grandmother's badge, which she dons regularly.

"I also have my grandma's pledge letter. It's framed and next to mine," Emily says, smiling.

Emily's love for Gamma Phi Beta was instantly amplified when she learned she and her grandmother joined the same Sorority. As a legacy, she felt called to engage more with Gamma Phi Beta. So, she took up some leadership roles as a collegian. Emily was her chapter's song chair during her sophomore year and the house manager (now facility manager) the following year.

Since graduating, her engagement has looked different throughout the past seven years. Nonetheless, Emily makes it a point to herself to remain an engaged alumna, regardless of what that engagement looks like from year to year.

"I also have my grandma's pledge letter. It's framed and next to mine."



about 300 students.
the first band was
, and one year Count
Indi '500 race. It
Indiana State
ambitions become a
was even in a sorority.
army and we were
got married June 30.
Indiana. At least I had
back. I have taken
The rest is history.
was the most handsome
blue eyes. Then came
William Carl was born
il, the following year at
ing year Christopher
our kids are pretty
n. Especially your
him. I hope he can forgive
pretty condensed but it
began. Hope as you get
better. Don't forget to
Richey



MORE ABOUT *Emily*

WHAT ARE SOME OF YOUR HOBBIES?

I love to read, listen to podcasts and buy excessive amounts of succulents. I still love to craft, too.

WHO ARE YOUR BOSS LADY ICONS?

Jackie O, Ashley Graham, Heather McMahan, Billie Eilish and Monica Aldama from “Cheer” on Netflix.

WHAT ABOUT GAMMA PHI BETA DO YOU LOVE MOST?

I love the community of strong, smart, talented, courageous, genuine, trailblazing, True and Constant women that I get to call my sisters.



A LIFETIME

Commitment

In 2016, Eta Sigma Chapter was installed at the University of Central Missouri. Emily was Eta Sigma's first-ever chapter advisor, a role she was in for just over two years. With Eta Sigma members in tow, Emily attended her first Convention in 2018 in Dallas, Texas.

“Nothing renews your commitment to the Sorority like Convention. It was absolutely surreal to see Eta Sigma's president walk the chapter's flag for the first time ever during the flag ceremony — I felt like a proud mom,” Emily laughs. “It was incredible to see so many sisters from all over the country and Canada, and from all walks of life, together in one room.”

Emily loved advising but decided to take a break from it in early 2019 to focus on personal goals, like pursuing a career in the travel industry. She is currently a travel and destination wedding consultant at a Kansas-based travel agency.

“I love building relationships with my wedding couples



There is no preferred way to engage with the Sorority as an alumna member.

and hearing all about it when they get back after the wedding. There is something so rewarding about giving couples the wedding they've been dreaming about since they were kids," Emily says.

This legacy stays engaged with Gamma Phi Beta in other ways now, like keeping in touch with her sisters, attending various Sorority events and staying up to date on Sorority news. She also joined Life Loyal and is a member of the Greater Kansas City Alumnae Chapter.

There is no preferred way to engage with the Sorority as an alumnae member. Alumnae engagement looks different from one member to the next, and that's okay. As Emily so eloquently puts it:

"It took me two years after college graduation to realize that I wanted to become more involved with the Sorority again. There is no timeline, but it's so comforting to know that even if you don't have any money to give or a second to spare, Gamma Phi Beta will always be there when you're ready to engage in whatever way you can at that time."

ARE YOU AN *Alumna?*

Here are six ways you can stay engaged with Gamma Phi Beta. Remember: engagement looks different for everyone. Do what you can when you can, just like Emily has over the years.

1 Meet the financial obligations of the Sorority by paying annual membership dues.

Pay international alumnae dues of \$25 a year or sign up for Life Loyal to pay your dues for life.

2 Keep in touch with your True and Constant sisters.

The connections you form in Gamma Phi Beta are for a lifetime. Contact your sisters to make your day and theirs!

3 Update your contact information with Gamma Phi Beta's International Headquarters.

In doing so, you'll stay up to date with important news regarding the Sorority, your alumnae chapter and collegiate chapter.

4 Participate in Gamma Phi Beta events with your local alumnae chapter or collegiate chapter.

Use the Chapter Locator on [GammaPhiBeta.org](https://www.gammaphibeta.org) to find the closest alumnae and/or collegiate chapter to you.

5 Serve as an advisor or volunteer.

6 Recommend prospective women for membership.

Fill out a recommendation form on our website.

To learn more about alumnae engagement, visit [GammaPhiBeta.org/Engage](https://www.gammaphibeta.org/Engage).

OPINION PIECE: *Living* WELL

By Judi Leib (Arizona State)

The world is full of endless possibilities. We have more entrepreneurs than ever. The opportunity to be self-made is wide open. We have activists who are as young as 16 taking on the environment, standing up for others, their beliefs and our world. With that freedom comes a very long list of responsibilities and what is expected of us. We are supposed to be vegans. We should all be composting and recycling. We should walk 10,000+ steps a day. We should be meditating and doing community service. It's a lot to keep up with and almost impossible to do it all without feeling completely overwhelmed. That is, unless, you "lean in." Here are ways I'm leaning in to do it all that don't overwhelm me but are reinvigorating.

I saw Dr. Kristi Funk, a famous breast cancer surgeon who has treated celebrities like Angelina Jolie and Sheryl Crow, give a speech once. According to her, we should really all be vegans.

It's how our bodies were designed.

The surgeon acknowledged how difficult the transition can be for some.

She then talked about studies conducted out of Stanford that showed how incrementally better our chemical makeup was when just small changes were made. With that, I slowly started to eat vegan for one meal a day, then two, then three. Small changes, like eating one vegan meal a day, can really make a huge difference in your life!

Recycling is just plain confusing. Every community is different about what is and isn't recyclable. Did you know that if you put one wrong thing in your recycling bin, it can ruin that whole batch of recycling? Some would throw their hands up and walk away with this information. Instead, you can buy a glass or stainless steel water bottle to eliminate another plastic bottle from the environment, as the average person tosses 300 plastic bottles a year!

Composting ...eww! Won't it make my kitchen stink? It might. But what if you committed to putting a large plastic bag or glass container in your freezer and filling it with scraps after each meal you prepare at home? Believe it or not, those carrot tops, celery leaves, potato peels and onion skins add so much flavor to any homemade soup recipe.



Speaking of recipes, Judi shares a delicious one on the next page that utilizes leftovers!



Meditating and journaling. Every year I buy a shiny new journal and set my intentions to journal for a fixed amount of time. Nope, it never lasts. So, this year I answer these three prompts: 1) I will let go of... 2) I am grateful for... and 3) I will focus on...

Sometimes I answer the prompts in the morning, at the end of the day, whenever I can! There is no pressure.

Finally, exercise. Health experts now say that exercising for 10 minutes three times a day is better than doing nothing. Start there and maybe pick a community service project that requires you to walk around the beach or park to clean up. Steps and community service? Double win!

I hope "leaning in" takes some of the burden off your shoulders. At the end of the day, we are all doing our best. Even if you add one thing from the list above, you will feel a difference and so will our world.



LET'S *make* THIS!

BREAKFAST HASH

Ready in 20 minutes

Serves 4-6

- 1 pound russet potatoes
- ½ cup white onions, diced
- 2 tablespoons olive oil or butter
- 1-2 cups leftover brisket (or any meat), roughly chopped
- ½-¾ cups starchy vegetables, like peas or butternut squash. Use whatever vegetable(s) you have on hand.
- 1 teaspoon Dijon mustard
- 1-2 tablespoons of something pickled, like pickled onions.
- 4 eggs
- 1 tablespoon fresh herbs, chopped
- Kosher salt and pepper to taste

HOT TIP

• Use any combination of vegetables, proteins and herbs that you have on hand!

Clean out your fridge and enjoy this delicious Breakfast Hash!

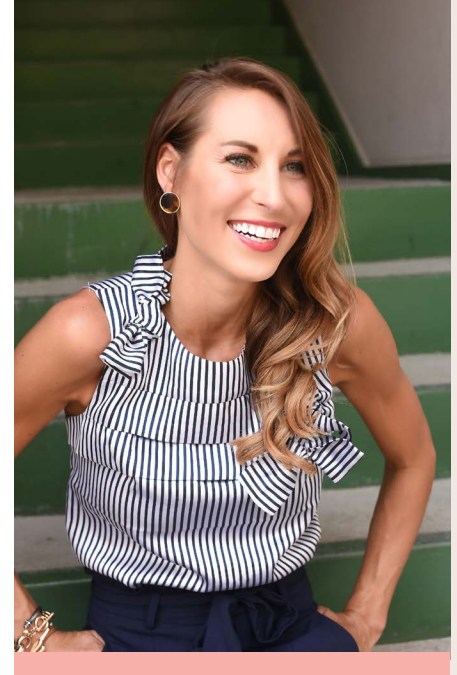
When my kids were little, a Mommy and Me teacher suggested packing lunches for myself from leftovers. This turned out to be a great way to minimize waste! I've turned more leftovers into breakfasts than lunches throughout the years. This recipe is based on a leftover dinner of potatoes and brisket, but you can use any combination of vegetables, proteins and herbs. Just as long as you're cleaning out your fridge!

- 1 If your potatoes are not already cooked, prepare the potatoes. Scrub them clean then transfer them to a medium pot filled with cold water. Add a pinch of salt and stir. Bring to a boil then remove from heat and let the potatoes sit in the hot water for 10 minutes. Drain, chop fine or grate. Place the potatoes in a large bowl. Add onions and salt and pepper and mix.
- 2 Add oil to a large frying pan on high heat. Drop pancake-like piles of the potato mixture onto the pan. Cook until crisp (about three minutes on each side). Add brisket, veggies and mustard on top of potatoes. When the meat and veggies are hot and crispy, flip one more time and heat through. Transfer to a warm plate.
- 3 In the same pan, fry eggs to desired doneness. Serve egg over hash and top with pickled onions and fresh herbs.

Recipe by Judi Leib (Arizona State)

TRUE AND CONSTANT

There are some things people choose not to talk about around others, such as money, politics and even work, so as not to offend anyone. But when it comes to work, Betsy Mack (Illinois State), who by trade is the senior director of corporate social responsibility and executive director of the Charlotte Hornets Foundation in Charlotte, North Carolina, strongly believes a conversation must happen. And especially one about what it's like being in "the messy middle," like she is, of one's career. After eight months of writing, two years of gaining the courage to publish her collection of writings and three months of editing, Betsy debuted her first book titled "Mid-Reach" in September 2019. "Mid-Reach," which is really a 150-page business memoir of Betsy's own experiences, unpacks the nitty-gritty of being dead center in her profession. Let's learn more about her book, career and community work from the new author herself.



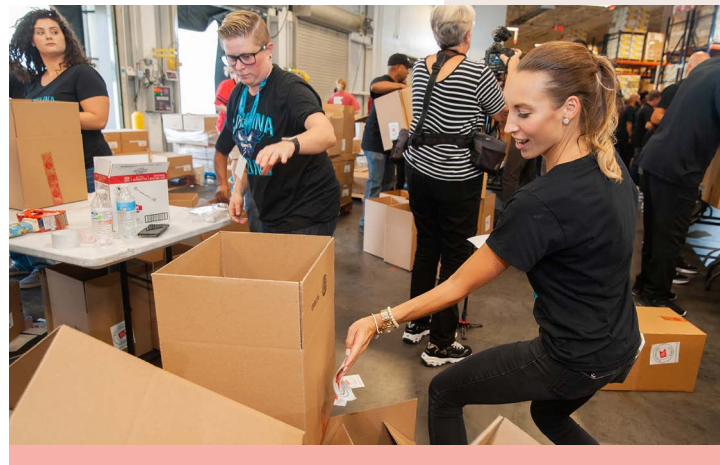
1 TELL US A LITTLE MORE ABOUT YOUR DAY JOB AND HOW IT IS MEANINGFUL TO YOU.

I am the executive director of the Charlotte Hornets Foundation and the senior director of corporate social responsibility, which really means that my team and I lead all community and philanthropic efforts for the organization. From ownership to our players, executives and staff, we are responsible for getting the team involved. Annually, that consists of executing more than 100 events and activations that engage the team in philanthropic efforts. It is amazing, really, how much we do in the community and the impact we make. I feel so fortunate that I get to quite literally create experiences that change people's lives, help them make lifelong memories and introduce them to their heroes. Sports are so much more than just a game — they are a unifying force that brings together community partners and corporate leaders to provoke change. It echoes beyond the court and into the community.

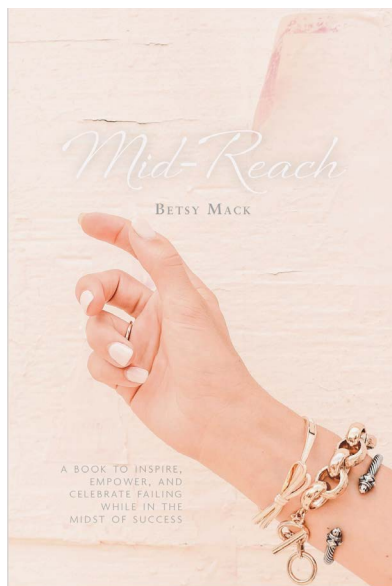
means a child born into poverty in Charlotte has a greater chance of remaining impoverished than any other major city in the U.S. (In fact, only 4% of children move up.) This statistic reveals a large issue that impacts everyone in our city and cannot be solved in silos. Together, community partners and corporate leaders have come together to provoke change. And the Hornets have made this a focus point in our community efforts.

2 COMMUNITY INVOLVEMENT IS EXTREMELY IMPORTANT TO YOU. WHICH LOCAL PHILANTHROPIES ARE YOU INVOLVED WITH AND WHY IS THE WORK THAT THEY DO IMPORTANT TO YOU?

So many! I have the incredible opportunity to work with more than 100 local organizations through my work. Personally, I also work closer with some and sit on a few boards as well. I have so many organizations that I am passionate about and really value all the work they do. Overall, I would say I am most proud of Charlotte for the city's focus and effort on an initiative. According to a recent Harvard study, the city of Charlotte ranks last among America's largest cities in upward mobility. That



AUTHOR'S CORNER:
Quick Qs with Betsy



“Mid-Reach” (hardcover, \$24; softcover, \$13) is available for purchase at Amazon and Barnes and Noble. Don’t forget to tag your book and follow Betsy on Instagram (@midreach)!



3 WHAT INSPIRED YOU TO WRITE “MID-REACH”?

I read a lot (a lot, a lot), and found that an overwhelming number of the books I read are written at a top level looking down approach. When writing from this approach, you put on your rose-colored glasses and guide your readers through the path of your success, complete with challenges that become cliff-hangers turning into climactic events, all to arrive at the well-known ending of achievement. But, no one talks about this messy middle that we are all in. No one tells you what to do now that would help you in your career. When leaders reflect, they don’t always remember the grind and those little things that made the huge difference. When you’re in it, living it, you have such a different perspective. I wanted to share what I am going through and what I am doing because while it may not all be incredibly unique, it is relatable. We are all doing so much right now to succeed and work toward our career goals, so let’s talk about it! Let’s share success stories but also our challenges and hardships. I’ve found that simply by sharing horror stories, sometimes we find someone who is either lying in the trenches with us or has been before and can help us crawl out.

4 WHAT MESSAGE DO YOU HOPE READERS TAKEAWAY FROM YOUR BOOK?

To not give up, share your stories, share your hardships, share your failures, celebrate your successes, lean on each other. I want readers to pick up “Mid-Reach” and feel like it is a warm hug of reassurance.

5 THE BEST THING ABOUT BEING AN AUTHOR IS...

Hearing from people who were inspired by my words. It is an incredible feeling.

6 DO YOU THINK YOU’LL WRITE ANOTHER BOOK?

I hope to!

WHAT BOOK ARE YOU CURRENTLY READING?

“I Really Needed This Today” by Hoda Kotb

YOU CANNOT LIVE WITHOUT...

Coffee and a good lipstick.

PHYSICAL BOOK OR AUDIOBOOK?

Physical, flipping and smelling the pages (swoon)

NAME A BOOK YOU READ THAT POSITIVELY SHAPED YOU.

“The 10X Rule: The Only Difference Between Success and Failure” by Grant Cardone

EARLY BIRD OR NIGHT OWL?

I can be either with a cup of coffee or glass of wine!

NAME A BUSINESSWOMAN YOU LOOK UP TO. WHY HER?

Sheryl Sandberg. She is a true inspiration and has overcome so much as a woman. I also admire Hoda Kotb, Arianna Huffington and Brené Brown.

Chapter Sweet Chapter



THE GURLEY GIRLS OF SIGMA CHAPTER *(Kansas)*

By Anna Bohlmann (Kansas)

When Donna O'Neal joined Gamma Phi Beta at the University of Kansas in 1967, she had no idea of the life-changing legacy and future Gamma Phi leaders she was setting in motion then.

Donna's daughter, Amy Gurley, joined our sisterhood in 1992 after growing up hearing all about her mother's amazing Sorority experience. "I visited Lawrence a lot growing up," Amy says. "But once I was officially there, Gamma Phi Beta felt like home. It was the women in the house. It all felt right." Amy served as a new member educator when she was a collegiate member. She has also served as the crescent correspondent for the Greater Kansas City Alumnae Chapter.

When Donna was a collegian, she served as chapter vice president. But, her love and involvement with Gamma Phi surpassed her



college years. She served as president of the Greater Kansas City Alumnae Chapter and was named their Women of the Year in 1996. Currently, she is the substitute facility director at the very same facility she lived in decades ago. It's also where her granddaughter Kate Gurley lives and is the chapter president.

When Kate opened her bid card on August 18, 2018, she ran home to Gamma Phi Beta and found her grandma (and now sister) waiting to surprise her on the porch. Both Donna and Kate agree that this moment is one they'll never forget. "I immediately freaked out, and I ran toward her with tears rolling down my face," Kate reminisces. "I am not an emotional person, but in that moment a new bond was formed between my grandma and me. I will never forget that feeling."

Most people don't get to say they're moving back to school with their grandma, but that's Kate's reality and one that makes college even more fun.

"When my husband and I moved Kate into the Sigma facility at the beginning of her sophomore year, my mom also moved in on the same day," Amy continues, "I said to my husband, 'I want to move in, too!'"



1

1. SYLAS AND MADDY'S

The perfect first date spot. This homemade ice cream parlor is a staple in Lawrence. Plus, they offer a buy one ice cream, get one free deal every Tuesday for students.

2. KB & CO

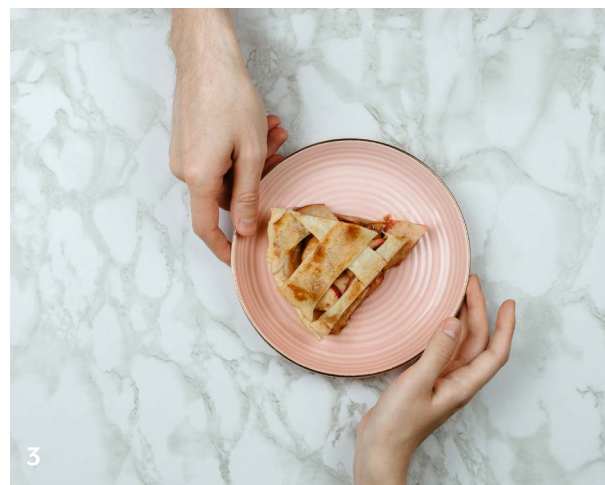
A collective boutique full of trendy apparel, shoes, accessories and spirit wear for local fans.

3. LADYBIRD DINER

This modern take on an old-fashioned diner serves delicious hand-dipped malts and homemade pies during breakfast and lunch.

4. KANSAS SAMPLER LAWRENCE

It's easy to sport Kansas pride with Jayhawk apparel, home decor, souvenirs and more, courtesy of this locale.



3



2

EXPLORE
Lawrence



4

PHOTO COURTESY OF
UNIVERSITY OF KANSAS ATHLETICS

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 November 1, 2019, through January 31, 2020.

ALPHA (*Syracuse*)

Natalie Sonkin
Emma Williams
Ricky Zegelstein

BETA (*Michigan*)

Kathryn Colasanti
Emma Fulweiler
Alyse Geiger

DELTA (*Boston*)

Zoe DeWitt
Theresa Hanlon Nelson

EPSILON (*Northwestern*)

Suzanne Hanney

ETA (*California-Berkeley*)

Kathryn Kitchens Holden
Adrienne White

THETA (*Denver*)

Cristy Godwin

IOTA (*Columbia*)

Katherine Malus

KAPPA (*Minnesota-Twin Cities*)

Lindsey Chavey
Laurie Helmick

LAMBDA

(*University of Washington*)
Maureen Duggan Broom

NU (*Oregon*)

Caitlin Estes
Melissa Galvan
Ashley Gardner
Hayley Scott

XI (*Idaho*)

Susan Soderstrom Dively
Shannon Hohl

OMICRON

(*Illinois at Urbana-Champaign*)
Christine Merle

PI (*Nebraska-Lincoln*)

Jo Ann O'Brien Cordell
Chloe Hardin
Adena Whisenand Kreutz
Chandra Claassen Soule

RHO (*Iowa*)

Jeanne Jacob

SIGMA (*Kansas*)

Pamela Kulp Pepper
Kirsten Stathos

TAU (*Colorado State*)

Shannon Sudrta

CHI (*Oregon State*)

Merlene Hanscam York

PSI (*Oklahoma*)

M. Byers Holman
Marian Milner McCarthy

OMEGA (*Iowa State*)

Diane Polacek Peterson
Kristie Roehr Sigler
Karel Nordgaard Whitaker

ALPHA BETA (*North Dakota*)

Mykal Ryba Carlson
Barbara Endres Hoffmann
Torrin Poss

ALPHA GAMMA (*Nevada*)

Pamela Arlitz Jimenez

ALPHA DELTA (*Missouri-Columbia*)

Debra Horn Davis
Dayna Ninichuck

ALPHA EPSILON (*Arizona*)

Nancy Bulkeley Baldwin
Carole Meyer Bergstrom
Aly Cantour Cantor
Madison Mills

ALPHA ZETA (*Texas-Austin*)

Christine McGovern Scheig

ALPHA THETA (*Vanderbilt*)

Lisa Davidson McKinnon

ALPHA IOTA (*California-Los Angeles*)

Jan Harbaugh Angus
Kimberly Lewis Mundhenk

ALPHA LAMBDA (*British Columbia*)

Leanne Leong

ALPHA NU (*Wittenberg*)

Kara Kyle McGoey

ALPHA XI (*Southern Methodist*)

Brianna Ludwig
Lauren Richardson

ALPHA TAU (*McGill*)

Maria Calderbank

ALPHA UPSILON (*Penn State*)

Marion McLaughlan

ALPHA PHI (*Colorado College*)

Patricia McClain Thomas

ALPHA PSI (*Lake Forest*)

Donna Hrdina Anding

BETA ALPHA (*Southern California*)

Naomi Hyman

BETA GAMMA (*Bowling Green*)

Erin Murphy

BETA LAMBDA (*San Diego State*)

Shannon Huff
Gianna McCrystal

BETA MU (*Florida State*)

Angela Ging
Alexis Schulman

BETA XI (*Ohio State*)

Meredith Guggenheim



BETA PI (*Indiana State*)
Kari Kirchner Dayhuff

BETA RHO (*Colorado-Boulder*)
Shannan Cody Reese
Juliana Sapp

BETA SIGMA (*Washington State*)
Madison McKim

BETA TAU (*Texas Tech*)
Susan Jack Banks

BETA PHI (*Indiana*)
Tori Baranowski
Portia Graves
Marcia Mau
Shirley Gilliam Ross

BETA PSI (*Oklahoma State*)
Mary Atwood Cale

GAMMA ALPHA (*Memphis*)
Christine Hall Allen

GAMMA GAMMA
(*Wisconsin-Milwaukee*)
Kelly Ahlman Summerfield

GAMMA ETA
(*California State-Long Beach*)
April Daylida

GAMMA KAPPA (*Nebraska-Kearney*)
Tracy Wells Stuehm

GAMMA MU
(*Minnesota State-Moorhead*)
Laura Squires

GAMMA PI (*Minnesota State-Mankato*)
Jordan Schindler
Maureen Sigler

GAMMA RHO (*Wisconsin-Oshkosh*)
Holly Hetzel Kazyak

GAMMA TAU (*St. Louis*)
Nora McLaughlin Carr
Alexis Rebmann

GAMMA PHI (*Auburn*)
Natasha Niemann

GAMMA CHI
(*Texas State-San Marcos*)
Sydney Szeszko

DELTA DELTA
(*California State-Fullerton*)
Rene Matz Thompson
Suzanne Beaumont Wolter

DELTA EPSILON (*Texas Wesleyan*)
Mary Johnson Kayser

DELTA ETA (*California-Irvine*)
Anne Heise Lara
Kirsten Woo

DELTA THETA
(*California Polytechnic State*)
Krista Blazier

DELTA IOTA (*Purdue*)
Liberty Friedline Hill
Charlene Baccay Rosario
Hailey Szadowski

DELTA LAMBDA
(*California-Riverside*)
Janet Dietzman
Irene Tanawajaja Wilins

DELTA TAU (*Colgate*)
Jane Millard
Catherine VanMeter

DELTA UPSILON (*Georgia*)
Susan Pinkard Crawford
Theodora Zotto DeMaria

EPSILON GAMMA (*San Diego*)
Arica Christensen

EPSILON EPSILON (*Union*)
Laura Marlin

EPSILON ZETA (*Jacksonville*)
Melissa Penner

EPSILON THETA (*Clemson*)
Ashleigh O'Brien

EPSILON IOTA (*Christopher Newport*)
Sarah Blakeney
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Austin Grant

ETA OMICRON (*Ohio*)
Alex Hummer

ETA UPSILON (*Nicholls State*)
Katie Shepherd



ARICA CHRISTENSEN
Epsilon Gamma
(*San Diego*)

SISTER

Shoutout

Arica Christensen loved every single minute of her collegiate member experience. She was an extremely active collegian who eventually become her chapter's president during her senior year at the University of San Diego. Arica's mother, Desiree, decided to surprise her daughter with the gift of Life Loyal this past holiday season. "Because Arica was so involved in her Sorority throughout college, I bought her Life Loyal as a way for her to remain connected and involved as an alumna," Desiree says. Arica was elated with her gift! As her mother recalls, "She was very happy. She said, 'I am excited to be a part of Gamma Phi forever now!'".



Like Mother, Like Daughter

Meet the mother and daughter who both called the same bedroom in their chapter facility their home away from home.

Kay Wilms may just be the proudest Colorado State University (CSU) alumna there is. Kay, who served as the director of housing and facilities at Gamma Phi Beta International Headquarters (IH) from 2006-20, joined Gamma Phi Beta at Tau Chapter in 1979. During her stint at IH, Kay playfully made it known that CSU reigns supreme among all other Colorado universities.

In addition to her affinity for all CSU sports (Go Rams!), Kay's collegiate member experience is really the reason her love for her alma mater is so palpable. In college, she spent three wonderful years living in Tau's facility and met some of her closest friends there.

"There is a group of 12 of us that were all in the house at the same time, and we have continued to be lifelong friends for 40 years

running." Kay adds, "We still travel together every year even though we are spread throughout the country."

Laura, Kay's daughter, grew up listening to her mom share heartfelt Gamma Phi stories throughout her upbringing. She also witnessed what lifelong friendships look like whenever her mom's sisters were in town. Inevitably, Laura was inspired by Gamma Phi's True and Constant sisterhood that she, too, wanted to be a part of it.

Laura joined Gamma Phi Beta in 2014 at, like her mom, CSU. She also lived in the same chapter facility that her mom did. And what's more is that Laura called Room 20, the same bedroom Kay once occupied years prior, her home away from home as well.

"I found a ton of comfort being in

the same facility and bedroom as my mom. It allowed me to adjust and made being away from home that much easier," Laura says.

Kay will always be a proud CSU alumna, but having Laura, her legacy, share in Gamma Phi Beta with her is by far her proudest accomplishment yet.

"Gamma Phi Beta has always been a very important and special part of my life. Having a legacy is just another reason the Sorority means so much to me," Kay says.

"My mom surprised me on Bid Day, which made that special day much more emotional for not only me but her as well. That day was the beginning of an incredible journey that we can both share together forever," Laura adds.

"I found a ton of comfort being in the same facility and bedroom as my mom. It allowed me to adjust and made being away from home that much easier," Laura says.

We asked **Kay** and **Laura** what their experience was like living in their chapter facility when they were collegians. Spot any similarities?

How many members lived in the facility with you?

Kay: 50

Laura: 54

What services were available to you during your time living in?

Kay: Private chef (including weekends), phone room, cleaning service, free laundry, TVs, parking and an intercom system.

Laura: Private chef (except on weekends), Wi-Fi, cleaning service, free laundry, TVs, parking, Annex, fobs to access the facility (no keys) and the craft room.

Was living in the same bedroom a happy accident?

Kay: A complete happy accident. It was the smallest of the triples and not very desirable when I lived there.

Laura: Yes! It was a huge double for executive members when I lived there.

Which room(s) did sisters hangout in together?

Kay: Sunken* and the phone, dining and chapter rooms.

Laura: Sunken, dining room and chapter room.

**A sunken is a living space a few steps below the rest of a home, which was something commonly seen in the 1920s.*

What were some popular trends in your chapter facility?

Kay: Big hair! We played Backgammon a lot and watched "MASH" every night in the sunken at 10:30 p.m. as a study break.

Laura: Social media and watching "Bachelor" and "Bachelorette" every Monday night in the sunken at 7 p.m.

Share your fondest memory from living in your chapter facility.

Kay: Recruitment because the entire chapter was there and we were all together two weeks before school started.

Laura: All the girls getting ready in the bathroom together.

What was mealtime like when you were living in? How many meals were you provided and which one was your favorite?

Kay: Dinner was extremely formal every night. Our house mom led the blessing, and we couldn't eat and/or leave the table until she did. We were provided 20 meals a week. My favorite was steak at the scholarship dinner.

Laura: Mealtime for me was very casual, expect for chapter dinner on Monday nights. We were provided 15 meals a week, and my favorite meal was the mac and cheese.

If you could tell a new member the best reason to live in their chapter's facility, what would you say?

Kay: It's a once in a lifetime opportunity to live with some of your closest friends and create memories that will last forever.

Laura: It allows you to meet new people, step outside of your comfort zone and create lifelong memories with those who will always be a part of your life.

Kay and Laura bought Room 20 during a fundraising effort. Now, their old room is marked for history!





You may have noticed the phrase “Investing in Sisterhood” on our website and in our emails. Or maybe you heard one of your sisters bring it up in conversation. Why is this such a popular phrase within our Sorority? What does it mean?

Investing in Sisterhood is about protecting the future of Gamma Phi Beta. It’s about ensuring our sisterhood is as strong as it can be now and for generations to come. It’s about creating a culture of giving across all stages of membership. Investing in Sisterhood is the responsibility of every single member, including you! It is about giving unrestricted gifts to Gamma Phi Beta at any level, regardless of amount, because every single cent counts and makes a huge difference. By Investing in Sisterhood, you ensure that Gamma Phi Betas today, tomorrow and beyond will have the same support you now have for life.



Top Row (L-R): Annabel Jones (Oklahoma), Megan Smiley Wick (Washington State), Angela Jordan Dimit (Illinois at Urbana-Champaign), Rosemary Milew (California-Irvine), Harriet Cogan (Indiana State), Julie Dunn Eichenberg (Florida State) and Karen Kendall (Vanderbilt). Bottom Row (L-R): Dr. Margaret Myers (Colorado College), Melanie Martin Roussos (Georgia), Karen Gamma Urette (Oklahoma), Foundation Chair J.J. Kaelin (Colorado-Boulder), Kathy George (Indiana State) and Frances Griffin (Texas-Austin).

Shown above is the Foundation Board of Trustees that works in partnership with the Foundation team at International Headquarters. These members offer guidance and professional expertise in many ways. They develop meaningful connections to help fulfill our mission and inspire the lifelong development of women. They ensure significant strategic visionary growth within one Gamma Phi Beta, as they fulfill legal, fiduciary, financial and moral responsibilities as board members. These women not only give to the Foundation at the highest philanthropic level, but they also work tirelessly in conjunction with the Foundation team to invest in our sisterhood and encourage others to do the same.

FAQ

WHY IS UNRESTRICTED GIVING IMPORTANT?

The Gamma Phi Beta Foundation is the sole organization that supports Gamma Phi Beta Sorority. The financial health of Gamma Phi Beta and her operations is dependent on the generous contributions of donors like you. Unrestricted giving allows our Sorority's leadership to fulfill our mission by using funds in the areas that need it most. Investing in Sisterhood is just that, investing in Gamma Phi Beta and the endless opportunities our sisterhood brings each member.

WHY IS GIVING NOW IMPORTANT?

The truth is, Gamma Phi Beta needs you. Gamma Phi Beta exists because of her members and we want every member to have a positive member experience. As a donor, you are an investor, and your unrestricted gift is an investment in our future. Your investment ensures our Foundation can continue to fund Gamma Phi Beta's operations. Your investment helps Gamma Phi Beta's overall financial health. Your investment secures meaningful sisterhood moments now and for years to come.



Thank you, thank you, thank you to every single one of our donors. Your generosity supports our True and Constant sisterhood in more ways than one. For you, we are forever grateful.

Interested in Investing in our Sisterhood? You can do so at GammaPhiBeta.org/Donate.

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 November 1, 2019, and January 31, 2020. 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*)

JoAnn Lowman Bock, 1943
Susan Oransky Borg, 1966
Ann Vandemark Butler, 1966
Pierina Consol, 1975

BETA (*Michigan*)

Barbara Buschman Carlson, 1950
Mary Gage Summerhays, 1939

EPSILON (*Northwestern*)

Jocelyn Birch Burdick, 1942
Carolyn Frey Keating, 1952

ETA (*California-Berkeley*)

Margaret Cutler Dofflemeyer, 1945

KAPPA (*Minnesota-Twin Cities*)

Constance Haenny Baker, 1961
Janet Gilquist Brodahl, 1948

LAMBDA

(*University of Washington*)
Ann McArthur Naden, 1977
Betty Farley Purcell, 1941
Nancy Franke Sackmann, 1945

XI (*Idaho*)

Harriet Featherstone Davies, 1923

OMICRON

(*Illinois at Urbana-Champaign*)
Kathryn Jones Ebert, 1983
Joan Noble Houghton, 1953
Carolyn Smith, 1954

PI (*Nebraska-Lincoln*)

Judy Hall Simpson, 1956
Kimberly Vanderwerff, 1994

RHO (*Iowa*)

Barbara Johnston Flynn, 1948

SIGMA (*Kansas*)

Abby Duggan Kabat, 1991
Alberta Johnson McGrath, 1953

TAU (*Colorado State*)

Beverly Adams-Howard, 1950
Marian Ford Pike, 1948

PHI (*Washington University*)

Elizabeth Baker Buck, 1944
Elinor Furtney Neusitz, 1944
Joan Abbott Stream, 1944

CHI (*Oregon State*)

Kathryn Seymour, 1954

PSI (*Oklahoma*)

Sonya Lassiter Clement, 1952
Beverly Pyle Collie, 1948
Shirley Maxfield Haggard, 1949
Carolyn Cobb Lawrence, 1947
Martha Cullen Sorrels, 1945

OMEGA (*Iowa State*)

Elizabeth Haltenhoff Fecht, 1939
Carlyn Lovgren Whitehand, 1949

ALPHA BETA (*North Dakota*)

Darleen Nelson Black, 1955

ALPHA GAMMA (*Nevada*)

Danette Ferrier Kitts, 1962

ALPHA DELTA

(*Missouri-Columbia*)
Helen Thayer Boggs, 1953
Jane Warner Bussick, 1955
Constance Claiborne Hudson, 1954
Jean Sheffield Prewitt, 1954

ALPHA EPSILON (*Arizona*)

Catherine Yaeger Mendelsohn, 1966
Josephine Bany Myers, 1995

ALPHA ZETA (*Texas-Austin*)
Barbara Klapproth Hayward, 1944

ALPHA ETA (*Ohio Wesleyan*)
Ethelyn Berrier Morrison, 1957
Dorothy Schwab Weithoff, 1949

ALPHA LAMBDA
(*British Columbia*)
Margaret Beamer Howery, 1947
Katherine Knapp Tindle, 1946

ALPHA MU (*Rollins*)
Daryl Stamm Barker, 1950
Shirley Evans Stuart, 1944

ALPHA NU (*Wittenberg*)
Gretchen Bosch Burchard, 1956

ALPHA XI (*Southern Methodist*)
Nada Wagoner Dobson, 1963
Caroline Herrin Stanley, 1960
Carrolyn Milam Townsend, 1961

ALPHA OMICRON
(*North Dakota State*)
Joan Legg Daine, 1950
Brenda Cruz Eid, 1960

ALPHA PSI (*Lake Forest*)
Victoria Hill, 1957

BETA DELTA (*Michigan State*)
Paula Anderson Roushani, 1976

BETA EPSILON (*Miami-Ohio*)
Camille Davisson Edler, 1955

BETA MU (*Florida State*)
Alice Lupo Bischoff, 1958

BETA NU (*Vermont*)
Grace Fullarton Kendall, 1957
Sandra Perry Lovell, 1952

GAMMA BETA (*Gettysburg*)
Kathryn Johnson, 1978

GAMMA DELTA (*Wyoming*)
Mary Beacon Ferguson, 1970

DELTA IOTA (*Purdue*)
Joanna Horlacher McAhren, 1979

DELTA OMICRON
(*Southern Polytechnic State*)
Courtney Hall Smith, 1985

EPSILON LAMBDA
(*Alabama-Tuscaloosa*)
Alexandra Wasser, 2013

EPSILON OMICRON
(*California-Santa Cruz*)
Snezhana Kalin, 1997



JOCELYN BIRCH BURDICK

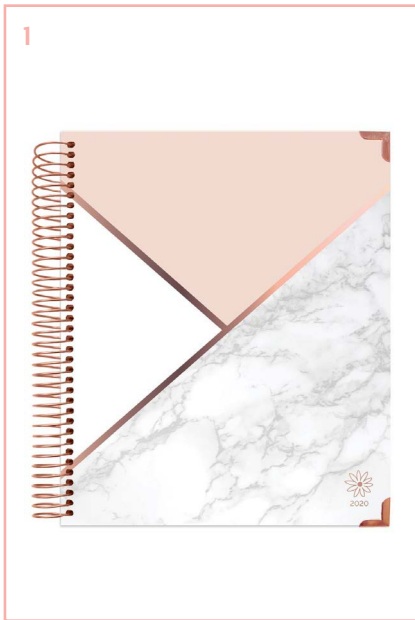
Fargo, North Dakota, was Jocelyn Birch Burdick's beloved home. Although she traveled often and lived in different cities for school and work, she always found her way back to Fargo. She attended Principia College, a private liberal arts school, in Elsha, Illinois, for two years before transferring to Northwestern University. Jocelyn joined Gamma Phi Beta at Epsilon Chapter and graduated from Northwestern's School of Speech, which is now known as the School of Communication. Despite losing two husbands, a child and parents over the years, Jocelyn soldiered through life's obstacles well-composed and with grace in her heart. After her second husband, Senator Quentin Burdick, died in 1992 while in office, Jocelyn filled his seat for three months until an election was held for a replacement. In doing so, she became the first woman from North Dakota to serve in the U.S. Senate. "She had the opportunity to do many great things in life, and she did," Birch Burdick, Jocelyn's son, says.

EPSILON
Northwestern, 1942

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

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**Products and prices were compiled on April 27, 2020, and are subject to change.*



Then and Now

By Anna Bohlmann (Kansas)

Whether it's the hottest new fashion trend on campus or the most popular upcoming concert in town, change inevitably occurs over time and Sigma Chapter at the University of Kansas is no exception to that. With the help of two Sigma sisters, Malissa Nesmith (initiated in 1988) and Abby Khoury (a 2018 initiate), we've showcased just how different the sorority and college experience can be throughout the years.



Malissa Nesmith



Abby Khoury

MALISSA NESMITH		ABBY KHOURY
We wore dresses every day. I don't recall wearing anything besides dresses!	WHAT DID YOU WEAR DURING RECRUITMENT?	One day we wore an off the shoulder Gamma Phi shirt with flare or mom jeans. Another day we wore a pink Gamma Phi shirt with white jeans and platform sandals. We wore dresses for the remaining days.
My sisters and I went to The Bottleneck [a live-music venue] a lot. It was kind of the beginning of the grunge movement back then. Bands like Firehose and Big Head Todd were always a hit when they were in town.	WHAT CONCERTS DID YOU GO TO IN TOWN?	Snoop Dog came to Late Night at the Phog* this year, and that was fun! *Late Night at the Phog is a free event that kick starts the University's basketball season and features live music.
We all had huge bangs. Looking at the composite, I always wonder how we got our bangs so big! We also lived in our Gamma Phi sweatshirts and plaid shorts.	BIGGEST FASHION TREND ON CAMPUS?	Clunky white sneakers and clear glasses.
Having no real cares in the world. I loved living in the chapter facility. Back then, we lived in all three years (sophomore, junior and senior).	BEST PART ABOUT COLLEGE?	You meet people who literally change your life and you don't know how you lived so long without them.
Don't laugh, but Axl Rose of Guns N' Roses. My sisters and I also loved John F. Kennedy Jr., Patrick Swayze and Brad Pitt.	CELEBRITY CRUSH?	Harry Styles!

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The Crescent of Gamma Phi Beta (USPS 137620) is published quarterly by Gamma Phi Beta Sorority, 12737 E. Euclid Drive, Centennial, CO 80111. Periodicals postage paid at Englewood, CO, and at additional mailing offices. Produced in the U.S.A.

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

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Giving a heart in honor of a sister is a tradition typically tied to Convention. The Foundation has decided to extend the heart experience this year to a larger and virtual audience. Why? Because now more than ever we need to tell others just how much they mean to us.

When you give a virtual heart for \$5, you can choose a sister to honor. She will then

receive your heart via email with a special message you leave her, encouraging her to keep our love and support of Gamma Phi Beta going strong.

So, tell a sister you heart her! We promise it will brighten her day in these uncertain times.

Visit GammaPhiBeta.org/Donate to honor a sister.