



THE rescent

THE WORLD OF WOO

*Alice Hu (Boston) opens up about
finding purpose and launching
her holistic health business Woo
Woo Company*

PAGE 20

Fall 2020

GAMMA PHI BETA

IN THIS ISSUE

3 SENTIMENTS

Letter from International President Autumn Hansen

4 PACE, PLEASE!

Establishing healthy boundaries

6 BUILDING STRONG GIRLS

Girls on the Run International's commitment to inclusion, diversity, equity and access

8 CONFIDENT WOMEN

16 TRUE AND CONSTANT

Kimberly Kirven (Denver) and all her creative expressions

18 CHAPTER SWEET CHAPTER

Beta Epsilon (Miami-Ohio) donates to Black Women's Blueprint

20 THE WORLD OF WOO

Alice Hu (Boston) on finding purpose, starting her business and making wellness more inclusive

26 WAKING UP

Lillian Lammer's (Denver) journey to becoming anti-racist

30 LIVING WELL

Finding joy in difficult times

32 LIFE LOYAL

34 FACILITIES MANAGEMENT COMPANY

Fall-inspired doorways/porches that are on-brand

36 FOUNDATION

Gamma Phis provide financial assistance to sisters impacted by COVID-19 through Loyalty Grants

38 IN OUR HEARTS

40 CONFIDENT WOMEN OF CHARACTER SERIES

42 BUILDING ON YESTERDAY

Meet Helen Gertrude Dominguez, the first Latina graduate of Stanford University

get in touch

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



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📷 @gammaphibetasorority 📺 Gamma Phi Beta

💻 GammaPhiBeta.org

ON THE COVER Alice Hu (Boston) sitting outside and smiling. Photo by Steve Berry.

DEAR *Sisters*

While this isn't the first letter I've penned for *The Crescent*, it is the first I get to sign as your International President — a role I feel truly honored to hold. The International Presidents who came before me, many of whom mentored me, and the passion of our collegiate sisters have shaped me. These women challenge and inspire me daily with their vision for the highest form of womanhood, and I intend to do them and you, our members, proud.

We're learning in a big way this year, not only with how our chapters have learned unique ways to connect and recruit during a global pandemic but also with our belonging and inclusion efforts. Our beloved organization experienced many firsts this year, like when we celebrated Pride Month and honored the joy and sisterhood that our LGBTQIA+ members bring to our lives.

Another first is the pledge we made in June to be an anti-racist organization. It's one thing to post that on Instagram, but quite another for a council of seven white women to bring it to fruition. We're transparent about our need for diverse voices, so we chartered a Belonging and Inclusion Committee. The Committee will help guide us as we create the tangible, systemic changes that will make our Sorority a place where all members feel welcome to bring their true, authentic selves to our sisterhood. This journey will involve a lot of Learning, Labor, Love and Loyalty. We're fortunate that it will be influenced by our Belonging and Inclusion Committee and led by the fabulous Rachel Christine (Texas A&M-Corpus Christi); learn more about Rachel and three other forces in our sisterhood on page 8. Another powerful ally in this work is my friend and fellow International Council (IC) member Lillian Lammers (Denver), who shares her vulnerable and intimate journey to becoming anti-racist on page 26.

We're further amplifying stories of sisterhood with our cover story about Alice Hu (Boston). It begins in Shanghai, China, where she lived for some time after college. Inspired by the city's entrepreneurial spirit, Alice launched Woo Woo Company to demystify "woo" concepts, like astrology and energy healing, to help people live a more aligned life. Flip to page 20 to read how her experiences and cultural background have broadened and inspired the wellness industry.

We look forward to expanding our understanding of the lived experiences of all our sisters and sharing them with you in *The Crescent*. I am over the moon to be on this journey with you as your International President, and I look forward to all the amazing and new things we will learn and all the "firsts" we'll accomplish together in this biennium.

Love In IIKE,

Autumn F. Hansen

Autumn L. Hansen

International President



WHO IS AUTUMN?

Autumn Hansen is currently serving her first term as International President of Gamma Phi Beta. She also serves as the IC-appointed Gamma Phi Beta Foundation Trustee and is a member of the Audit Committee, the Bylaws Committee and the Governance and Personnel Committee.

Autumn has served on IC since 2012 in the following roles: Education Vice President (2012-16), Alumnae Vice President (2016-18) and Vice President (2018-20). She recently chaired the Sorority's Governance and Personnel Committee and was a member of the Leadership Development Committee. A member of Xi Chapter at the University of Idaho, Autumn has bachelor's degrees in sociology, psychology and justice studies as well as a master's degree in social work from Indiana University.

EARLY BIRD OR NIGHT OWL

Night owl who is required to be an early bird because of my three-year-old twins

FAVORITE COLOR

Purple

Establishing Healthy Boundaries

BY Allie Adamis (Northwestern) and Agus Perez-Blua

What are boundaries?

Personal boundaries define what's okay and what's not okay in your relationships. They are rules or guidelines you create to let others know how you want and expect to be treated. Problems arise when you have unhealthy boundaries or when someone crosses one of your boundaries. That's why it's so crucial to establish healthy personal boundaries from the get-go. They are a form of self-care that promotes mutual respect and acceptance within your relationships.

What are some examples of healthy boundaries?


- Taking a night to yourself to recharge rather than spending it with a friend
- Accepting feedback from others but ultimately making and owning your life decisions


How do you set a boundary?

1. Get past your fears. Many of us are afraid of communicating boundaries because expressing what we need can feel embarrassing, selfish or scary. If you experience this, try to validate your feelings. Remind yourself that setting a boundary will ultimately bring you closer to someone because you'll better understand how to respect one another's needs.
2. Identify the problem area. What are you currently struggling with, complaining about or stuck on? What are you feeling toward the other person or about yourself? Get clear on the problem that you need to address.
3. Identify the boundary at play. What need of yours is being violated? If you can identify the need that's not being fulfilled, you can identify the boundary you need to set.
4. Communicate the boundary. Tell the other person what it is that you need. Keep it simple, use "I" statements and don't over-explain it.
5. Explain the importance. Let the other person know the "why" behind the boundary, set clear expectations with them and hold them accountable for respecting your boundaries.



Agus and Allie are two best friends who are obsessed with wellness, self-care and personal development. They share their experiences and learnings on their podcast "[Better Because](#)" and [blog](#), with the mission of empowering young women to grow into the best versions of themselves.

 @agusandallie

 Agus & Allie

New to creating boundaries or looking to refine the ones you currently have? Agus and Allie have you covered. Visit AgusandAllie.com/Resources and download their Boundary Setting Worksheet to help you get your boundaries in tip-top shape.



Girls on the Run's

IDEA Statement

Girls on the Run's long-standing commitment to building a world where every person can know and tap into their limitless potential motivated us to partner with them in 2012. But what also guided our decision was their continued and exemplary work in areas of inclusion, diversity, equity and access. Girls on the Run (GOTR) defines inclusion, diversity, equity and access, IDEA for short, as follows:



I

Inclusion

The act of authentically engaging, affirming and valuing all people and creating a place of belonging across the GOTR movement.



D

Diversity

The many ways that human beings differ from one another. While in the U.S., the word diversity is strongly associated with race, ethnicity and gender. Girls on the Run believes that there are many other forms of diversity, including thinking style, abilities and disabilities, culture and generation, social roles, sexual orientation, gender identity, education, income, religion, among others.



E

Equity

Fairness and justice in the way people are treated and the absence of disparities that are systemically associated with societal advantage or disadvantage. In particular, equity where a person's gender or race identity has no influence on how they fare in society, including the elimination of policies, practices, attitudes and cultural messages that reinforce differential outcomes.



A

Access

The ability to participate in programming, retrieve resources, contribute through volunteer opportunities.

Here are ways GOTR International and its network of councils in the U.S. are consistently working to ensure IDEA is a part of everything they do. To see a complete list, visit GirlsOnTheRun.org/Inclusion-Diversity.

- All participants feel that GOTR's curriculum is relevant and reflective of their life experiences.
- Curriculum modifications are available for participants with disabilities.
- Staff, board members, coaches, volunteers, sites and participants reflect the diversity of the communities GOTR serves.
- All participants have a coach who has been trained to understand social context, create positive inclusive environments, eliminate microaggressions and build genuine relationships.



Become a Coach



Girls on the Run needs coaches that can help create inclusive, empowering and safe spaces for girls. If you're interested in helping girls reach their limitless potential, scan the QR code to fill out the Girls on the Run Coach Interest Form.

“

Inclusion, diversity, access and equity are at the core of the Girls on the Run mission, vision and values, and we remain steadfast in our commitment to ensuring that our organization is a place where all girls, volunteers and staff feel welcome, worthy and empowered. We are inspired that Gamma Phi Beta has also continued to make belonging and inclusion a priority, and together, we will continue to build strong, empathetic and confident girls that recognize the purpose and power they have to make a difference in this world.

”

— Elizabeth Kunz, Chief
Executive Officer of Girls on
the Run International

Confident Women





Alexis Tinsley

ETA LAMBDA (Central Florida)

STUDENT AND GLOBETROTTER

Having visited 45 U.S. cities and 12 different countries in her 21 years, it's safe to say that Orlando native Alexis Tinsley, or Tinsley, was bitten young by the travel bug. Tinsley loves to explore cultures outside of her own. She also loves happening upon the undiscovered.

"Often, when you're traveling, you will end up in a place where you have no idea where you are, what people are saying or what to do. The thought of the unknown is thrilling to me," she says.

Her passion for wanderlust inspired her to pursue a degree in communication and Latin America studies at the University of Central Florida, where she is currently a senior. Tinsley will graduate this coming spring and is more than ready to do so, saying, "I can't wait to stick a fork in [college] so I can venture out and explore new places."

Tinsley wants to be a travel entrepreneur; specifically, she wants to launch a hospitality company somewhere in Latin America. Until then, she plans to trot the globe while making a living through Instagram and other freelance opportunities. A digital nomad, as some would call it. Tinsley hopes to begin this exciting journey after graduation in Mexico City.

From tips on packing and budgeting to sightseeing recommendations, Tinsley's

Instagram account is dedicated to all things travel. She posts about the history of the various places she's explored as well as the more adventurous parts of her trips. Of all the locations she's checked off her must-visit list, Latin America is her favorite.

"I enjoy this region the most, and when it's safe to travel more regularly again, I hope to capture and share more about it with my followers."

Due to the pandemic, Tinsley had to cancel six trips she planned to take this year. One of which was a tour through western Europe with a Gamma Phi sister. And although she is itching to explore the world again, she's using this time indoors to try things she has always wanted.

"I work out and meditate regularly now, and I'm also reading more business books," she says.

With travel restrictions lifting, Tinsley is also busy curating much-needed travel safety content for her Instagram right now. "People are going to continue to travel during the pandemic, and I feel as though it is my role to teach them how to do it safely," she explains.

To see what safety travel practices Tinsley swears by, follow her @TravelWithTinsley.



Tinsley's Must-Visit List

- San Juan, Puerto Rico
- Toronto
- New York
- Los Angeles
- Chicago
- Cusco, Peru
- Miami
- Lima, Peru
- Montreal
- Cartagena, Colombia
- Ochos Rios, Jamaica
- Cayman Islands
- Guatemala City
- Atlanta
- Charleston, South Carolina
- Savannah, Georgia



Danielle O'Neill

ALPHA NU (*Wittenberg*)
SINGER/SONGWRITER

Music is Danielle “Dani” O’Neill’s happy place, and it has been since she was a little girl. Growing up, Dani’s parents would often find her in her room belting Britney Spears’ songs into a toy microphone or jotting down original lyrics. They knew then that they had a future musician on their hands.

In her teens, Dani joined choir and performed in school musicals, including “The Wiz.” She attended Wittenberg University and studied music performance and theatre. Dani played the lead role in the university’s production “Pirates of Penzance” during her sophomore year. Her Alpha Nu sisters attended, as they did all her performances, and cheered Dani on from the moment the stage’s curtains swept open.

"I had so many amazing memories from being a [collegiate] member of Gamma Phi Beta! However, I felt the most love and support from my sisters at my performances and shows," Dani says.

She also has amazing memories as an alumna member. Just two years ago, Dani was a bridesmaid in one of her sister's weddings. She also performed "Ava Maria" on her Little's big day. "I have sisters who I still talk to often and so many of them still support my music career." Dani adds, "You really do have sisters for life in Gamma Phi Beta."

Shortly after undergrad, Dani attended Berklee College of Music, a private and prestigious conservatory in Boston, and earned a master's degree in songwriting last winter. Her days now are filled with editing old lyrics and melodies and writing new ones, and her emotions drive each lyric she writes. Depending on her mood, Dani can write a heartfelt ballad one day and an energetic dance song the next.

"I sit down at the piano and just allow my emotions to flow out," she says.

Dani resides in Philadelphia and is working tirelessly to make it as a professional musician. And she's certainly making headway. Last spring, she released her debut single "No Regrets," which is available on [Spotify](#), [iTunes](#), [SoundCloud](#), [Tidal](#) and [Amazon Music](#).

"I wrote songs for years but always kept them unreleased. Unfortunately, my mom passed away before she ever got to hear any of my finished songs. I decided that I never wanted to live life with any regrets, and the lyrics [for this song] just came out naturally. I want people to hear it and feel inspired to go after whatever they want in life," Dani shares.

Currently, Dani is working on a few demos to submit to a new songwriting show called "Songland." She plans to release new

music next year and is gearing up to start a YouTube Channel, where she'll sing, give other musicians pointers and much more.

Speaking of YouTube, Dani recently made a guest appearance on an episode of "Petunia's Playhouse," a children's series that streams on the platform. The show's creator, Laura Kay, studied theatre with Dani in college and wanted to create an episode that amplified Black voices. Dani was joined by other guests, all women of color, and they discussed self-care tips for Black women and girls.

"I was honestly so honored that Laura asked me to come on the show. Mental health and self-care is imperative, and to be able to speak about a few of my tips was amazing," she says.

You'll have to watch the episode of "[Petunia's Playhouse](#)" to hear all of Dani's tips. In the meantime, here's two to whet your appetite: "Take a break from social media and set your phone down! It's okay to take a break from the world for a little while. I also encourage people to do something creative to express themselves, like dancing, acting or, my personal favorite, singing."

Stay up to date on Dani's musical journey by following her on Instagram [@DaniLyrical](#).



From One Musician to Another

WHAT ADVICE WOULD YOU GIVE TO OUR READERS WHO ARE ASPIRING MUSICIANS?

Write as much as you can and absorb as much information as you can. It's also super important to network. I attended the ASCAP "I Create Music" Expo in Los Angeles last year, and I met so many songwriters and producers. I also had the chance to receive feedback from Darrell Brown, who has written for Keith Urban and LeAnn Rimes, which was wild! Finally, never give up on your dreams or goals. It's a super cliché quote, but it works because it's tried-and-true: Doors will open if you keep trying!



Destinee' Shavon Rule

DELTA OMEGA (Oakland)
TEACHER AND ACTIVIST

The magazine you're reading right now is the same one that Destinee' Rule spotted at info night during primary recruitment, which humanized Gamma Phi Beta for her.

"When I saw a copy of *The Crescent*, for some reason, it just made me believe that Gamma Phi Beta was a legitimate organization," she laughs. "The magazine highlighted sisters from all across the world, and that spoke to me."

Destinee' was introduced to the idea of sisterhood and community service at a tender age by her extended family members, many of whom joined a sorority and fraternity. Before enrolling in college, Destinee' knew that Greek life was something that she, too, wanted to pursue.

"Before beginning my undergraduate career, I found myself in search of a friend and confidant. The people I chose to surround myself with [at that time] did not play that role in my life, and I felt like something was missing. I met some members of Panhellenic while working an on-campus job in the summer of 2017 and realized then what I was missing: sisters," she recalls.

The following semester in her sophomore year, Destinee' joined Delta Omega Chapter and finally found her group of friends and confidants. But because she was so heavily involved on campus, Destinee' had countless other friends that she could lean on beyond her Greek circle.

Her involvement on campus focused on two passion areas of hers: education and inclusion. Destinee' advised incoming freshmen and transfer students, ensuring that their transition to Oakland was a smooth one. She was the diversity and inclusion director of student congress in her junior year.

The following year, Destinee' became the first Black woman to be elected student body president. She also worked as a peer mentor at the Center for Multicultural Initiatives, where she supported first-year scholars and assisted in developing inclusive policies and initiatives on campus.

"The Center for Multicultural Initiatives awarded me with the Keeper of the Dream Award, which was great recognition for the work I did to strengthen the diversity and inclusion efforts at Oakland University," she says.

Destinee', a first-generation college student, received her bachelor's degree in political science during a socially distant drive-thru ceremony this past May. And although she didn't get to experience graduation as she would have liked to, the pride that beamed from her mom's eyes made up for it.

"What brought me the most joy was seeing how excited my mom was to watch me graduate. From her resiliency to self-awareness, she's been such a huge inspiration to me and is what got me through college," Destinee' says.

Now residing in Indianapolis, Destinee' is a 2020 Teach for America Corps member and teaches English language acquisition to high schoolers. She is also working on a master's degree in secondary English language acquisition. Destinee's ultimate dream job is to be a professor of political science and religious studies.

When she isn't teaching, Destinee' is advocating for organizations and efforts she believes in. She is a proponent of Planned Parenthood, Black Lives Matter, LGBTQIA+ and educational equity movements and immigration reform. And while anyone can show that they are an activist online, Destinee' firmly believes that actions speak louder than words.

"Actionable items, like planning protests and volunteering with local advocacy groups,

are more important than posting on social media."

Fighting for social justice is exasperating work and work Destinee' and her family have been doing for hundreds among hundreds of years. But if it weren't for all the work her ancestors did, she wouldn't be where she is today. Now, Destinee' is paying it forward.

"It is important to me that this work is done because for far too long, marginalized communities have been oppressed and underrepresented. It is time for oppressive systems to be dismantled and rebuilt.

As a Black woman, without changes to oppressive structures, I will never be able to have as many opportunities as my white counterparts. With the small and large changes that Black women before me have made, I have gained more access to having an equitable life. I owe it to them to continue to pave the way for Black and Brown girls who are following in my footsteps."



Deets on Destinee'

IS THERE A FAMOUS ACTIVIST WHO YOU LOOK UP TO?

Da'Shaun Harrison

WHAT DO YOU ENJOY DOING FOR FUN?

Talking to my family on FaceTime, hanging out with my friends, kayaking, going for long walks, exfoliating and shopping!

IF YOU COULD HAVE A GIGANTIC BILLBOARD ANYWHERE WITH ANYTHING ON IT – METAPHORICALLY SPEAKING, GETTING A MESSAGE OUT TO MILLIONS OR BILLIONS – WHAT WOULD IT SAY AND WHY?

"Make a 'You Got This' playlist and listen to it when you feel discouraged!" When I find myself feeling unconfident or lacking encouragement, the songs on my playlist remind me that I am powerful and can do anything.



Rachel Christine

ZETA LAMBDA (*Texas A&M-Corpus Christi*)
**BELONGING AND INCLUSION COMMITTEE
CHAIRWOMAN**

Although she identifies as a military brat who moved a lot growing up, Rachel Christine likes to call San Antonio, Texas, home. She currently resides just outside of Austin and works in health care compliance, where she ensures that all people are treated fairly and that marginalized populations have access to health care.

Rachel attended Texas A&M University-Corpus Christi and studied political science, English rhetoric, legal studies and human resources with an emphasis on diversity and inclusion. Having grown up in a household of strong women who stood up for their beliefs, Rachel knew she wanted to surround herself by a like-minded group in college. She found exactly that in Gamma Phi Beta.

"I went through recruitment in spring during continuous open bidding. The semester before, I saw how connected the women of Zeta Lambda Chapter were. They were some of the best leaders on campus, and I loved how genuinely welcoming they were," Rachel says.

Since college, Rachel has maintained her relationship with her Sorority through volunteering. She was a co-chapter advisor, administrative advisor, recruitment advisor, alumnae chapter president and a member of the Belonging and Inclusion Task Force. She currently serves as a specialist team leader on the Alumnae Engagement Team and was recently named the Belonging and Inclusion Committee chairwoman.

"I was excited and humbled when I found out I got the position of chairwoman." Rachel adds, "I have some amazing shoes to fill behind Victoria Lopez Herrera (St. John's)



A Bit More About Rachel

and Maribeth Flakes (Bridgewater State) in how they led the task force.”

Joining Rachel on the Belonging and Inclusion Committee is Fraya Black (Michigan), Kelly Dunne (William & Mary), Teresa Haney (Northern Arizona), Allison McMurry (Oklahoma City), Lynnette Phillips (North Dakota), Zachary Shirley (non-member affiliated with Phi Beta Sigma Fraternity), Kelsi Wall (British Columbia) and Megan Wick (Washington State).

“There are nine of us on the committee, but hopefully, we will be able to engage more sisters in this work through workgroups and subcommittees,” Rachel says.

The Belonging and Inclusion Committee has a lot of recommendations from the task force to begin working on (and you can view a complete list of those recommendations [here](#)). Of them, Rachel, who defines herself as a strategic leader, is most excited to tackle and define what belonging, equity, inclusion and diversity means to Gamma Phi Beta.

“Ultimately, I hope to support all identities of the members on the committee and speak to the needs of all members of our organization.”

**RACHEL'S BOOK
RECOMMENDATIONS**
Any book by anti-racist
author Tom Wise

*“East of Eden” by John
Steinbeck*

*“Great and Precious
Things” by Rebecca Yarros*

IN THE PAST FIVE YEARS, WHAT NEW BELIEF, BEHAVIOR OR HABIT HAS MOST IMPROVED YOUR LIFE?

In the past five years, I have grown in the knowledge that the ability to give grace to myself and others is one of the most important things I can do for my mental health. Not that I don't have high expectations, but that I give the grace to know that not everything is going to go on the path I planned or expected, and that is okay.

WHEN YOU FEEL OVERWHELMED OR UNFOCUSED, OR HAVE LOST YOUR FOCUS TEMPORARILY, WHAT DO YOU DO?

A “Harry Potter” marathon. I learned so much from the themes within the book's storyline and the obstacles the characters overcome. It always reaffirms my thought that a small group can make the biggest difference if they're determined and willing to do the right thing at all costs.

DESCRIBE YOURSELF IN THREE WORDS.

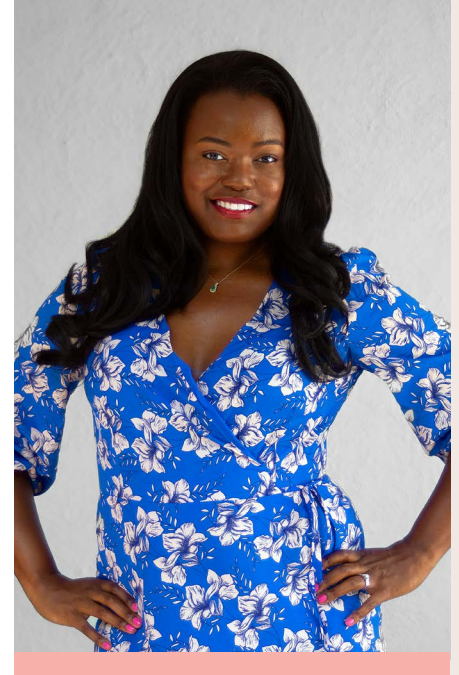
Loyal, passionate and bold.

WHAT DO YOU ENJOY DOING FOR FUN?

I love to read. I am an avid reader of indie authors and love getting lost in the stories they create. I also (frequently) enjoy going to Disney with friends and sneaking off to live in the world of Harry Potter for a day.

TRUE AND CONSTANT

Kimberly Kirven (Denver) is a strong, powerful and confident woman living the life she wants instead of letting others dictate her story for her. “I have learned [over the years] to systematically dismantle any ideas I had connected to growing up in a society that let other people determine my self-worth. The only person who can direct, determine and create in my life is me. Not my fiancé, not my parents, not society, but me.” Born and raised in Los Angeles, Kimberly is a seasoned real estate agent in Southern California who specializes in residential real estate for buyers and sellers. And although she loves her day job, “realtor” is only one piece to the puzzle that is Kimberly. She’s also an avid traveler, photographer (SpectrumOfSight.com), creative writer, cook, foodie, blogger (EclecticKim.com) and visual artist who loves a good vision board. “I have many creative expressions that feed my soul,” Kimberly says, smiling. Let’s take a closer look at all the creative expressions that make Kimberly, Kimberly.



1 WHAT OTHER INDUSTRY DID YOU WORK IN BEFORE PURSUING REAL ESTATE?

After graduating from the University of Denver, I returned to Los Angeles and began a career in media relations. I worked at CBS Paramount Television on the Paramount Studios lot, “The Dr. Phil Show” and at 20th Century Fox. From there, I explored interests in photography, event planning and health and wellness.

2 WHAT INSPIRED YOU TO PURSUE REAL ESTATE?

Creating and cultivating generational wealth through property management and land purchasing has always been at the forefront of my family’s investment strategy. At a certain point in my life, moving into real estate became a natural choice. Yes, because of financial gain. But, and most importantly, helping members of the community through one of the most major events of their lives: buying, selling and investing in property.

3 WHAT SETS YOU APART IN THE INDUSTRY?

When you work with a licensed realtor, you work with a professional who is held to a standard of truth and excellence in all real estate transactions. As such, I don’t believe in the hard sell tactic. A home purchase is likely the largest purchase my clients will ever make, and I want them to be confident in their decision and to let me be there to guide them through the entire process.

4 WHAT DO YOU LOVE MOST ABOUT YOUR JOB?

The sense of satisfaction and joy I feel from communicating with my clients that the title has recorded, and their escrow has officially closed. There’s nothing quite like the feeling of a completed transaction.

5 WHEN DID YOUR BLOG ECLECTIC KIM LAUNCH, AND WHAT’S IT ALL ABOUT?

I created my blog in 2016, when my friends and co-workers at a former job used to constantly ask me for recommendations on where to eat and what to see and do in Los Angeles. Knowing how to code and having a keen eye for what I wanted, I evolved the blog to what it is today — a food and travel journal of my journeys.

6 WHAT INSPIRES YOUR BLOG POSTS?

Since I was young, I’ve always loved long road trips, discovering new places and meeting new people. What inspires me to share my experiences on my blog is the happiness I feel when a post sparks a desire in someone to try a new place, plan a trip or go somewhere that they wouldn’t have visited before. If only one person decides to try a new place based on a post I write, that’s the greatest feeling of satisfaction or influence I can experience.



"I absolutely love viewing the world through my camera lens. My favorite photography subjects are landscapes, food and animals."

7 HOW LONG HAVE YOU BEEN A PHOTOGRAPHER? WHAT SUBJECTS DO YOU ENJOY PHOTOGRAPHING?

For as long as I could remember, I've been capturing natural landscapes with my camera. I absolutely love viewing the world through my camera lens. My favorite photography subjects are landscapes, food and animals. I'm proud to say that my work has been in numerous art shows and in auctions that benefit nonprofit organizations.

8 WHAT ARE SOME OF YOUR OTHER HOBBIES?

Creative writing and cooking. I recently purchased a Traeger smoker and started sharing my recipes and foods on my real estate Instagram. Recent treats include learning how to cure and smoke bacon from scratch as well as smoking my first rack of ribs with truffle-infused barbecue sauce. Of course, all my friends and family are my taste testers. Who knows, maybe I'll get a cookbook deal from it all!

9 WHEN YOU FEEL OVERWHELMED OR UNFOCUSED, OR HAVE LOST YOUR FOCUS TEMPORARILY, WHAT DO YOU DO?

Since my days can be extremely busy in real estate and various other projects, I feel that my regular meditation, indoor cycling and yoga practice saves my sanity in more ways than I can count. Additionally, I know I can always reach out to my fellow Gamma Phi Beta alumnae for honest advice.

10 IS THERE A SAYING OR QUOTE YOU LIVE BY?

To paraphrase the classic poem "Invictus" by William Ernest Henley, "I am the master of my fate, I am the captain of my soul."

Follow Kimberly's exciting journey and check out her L.A. recommendations on social media at one (or all) of her handles:

Real Estate: @buyinvestsellprosper

Photography: @spectrumoflight

Food and Travel: @eclectickim

Chapter Sweet Chapter



BETA EPSILON

Miami-Ohio

This year, the murders of George Floyd, Breonna Taylor and Ahmaud Arbery woke the collective (namely white) consciousness up to the world's racial injustices. People across the globe, both young and old, are supporting Black lives by demanding justice and equality now.

One way Beta Epsilon sisters of Miami University in Oxford, Ohio, are supporting people of color and the Black Lives Matter movement is through charitable giving. The chapter hosted a virtual fundraising event in partnership with Gamma Pi Chapter (Minnesota State-Mankato). Together, the chapters created and sold Black Lives Matter



t-shirts to benefit Black Women's Blueprint, a nonprofit whose mission is similar to Gamma Phi Beta's philanthropic focus of Building Strong Girls.

"Black Women's Blueprint envisions a world where women and girls of African descent are fully empowered and where gender, race and other disparities are erased. Empowering women and girls is an integral movement, and that is truly why this fundraiser meant a lot to me," says Emma Somrak, a Beta Epsilon member who is also on the chapter's diversity and inclusion committee.

In total, Beta Epsilon and Gamma Pi raised \$1,492 in t-shirt sales for Black Women's Blueprint!

More from Beta Epsilon Sisters

HOW IS YOUR CHAPTER WORKING TO BE ANTI- RACIST?

Our chapter created a diversity and inclusion committee that will go through our bylaws and practices to make sure that we are inclusive to everyone. We also have a new diversity and inclusion advisor who will help guide us in this work. We are excited to see how our chapter may change in the next year because of these proactive steps we're taking. — Carly Schweitzer, chapter president

HOW ARE YOU PERSONALLY WORKING ON BEING AN ALLY TO PEOPLE OF COLOR?

The main thing I have been trying to do is educate myself. Over the past few months, I have learned so much by listening to other's experiences, reading and staying up to date on informative social media posts from trusted sources. Ultimately, I know that I will never understand what Black people must deal with every single day, but by educating myself and trying to put myself in their shoes as well as acknowledging the privilege I hold, I feel that I am an ally standing with people of color. — Katie Capka, member of Beta Epsilon's diversity and inclusion committee



1. JUNIPER

Beta Epsilon members like to frequent this trendy boutique near campus known for its eclectic selection of clothing, jewelry, bags and fun gifts.

2. WEEKEND GETAWAYS

On the weekends, Beta Epsilon members love to explore Uptown Oxford: home to local farmers markets and great shopping and dining. Speaking of food, members swear by Mexican restaurant Fiesta Charra.

3. THE KING OF LIBRARIES

When it comes to studying, Beta Epsilon sisters like to hunker down at King Library, Miami University's main library and the largest of the four libraries on the Oxford campus.

EXPLORE *Oxford*

The World of Wo



Alice Hu (Boston) is on a mission to demystify all things woo — tarot, energy healing, astrology — and diversify the wellness space through her business Woo Woo Company.
By Anna Bohlmann (Kansas)



Growing up in Washington, D.C., Alice Hu (Boston) never imagined she'd one day live in the same city her relatives called home for generations. However, shortly after graduating from college, she found herself there, in Shanghai, China, living without a deadline to return home alongside two of her Delta Chapter sisters.

"I began to understand what it meant to be Chinese and American in different ways [while living in Shanghai]," Alice shares. She discovered more about her heritage through daily life, spending time with her loved ones and experiencing the busy and exciting holidays firsthand, like Chinese New Year.

After five years, Alice became tired of the transient nature of Shanghai. Despite having wonderful friends, many of whom she keeps in contact with today, she longed for her home community back in the States. She left Shanghai in 2015. And while her time in China was no doubt exciting, it also

illuminated this internal struggle between who Alice wanted to be versus who she was expected to become.

"Maybe it's obvious to some, but pursuing something wholly for me was never apparent before. It's not that I hated all my digital marketing jobs, but there was a practicality to it all. I always felt beholden to what I should be doing," she says.

As Alice reacclimated back to living in the U.S., she found herself thinking more about her purpose. Upon returning, she went into full-time entrepreneurship, but something was still lacking.

"I realized then that I was the only one holding myself back. We all have the opportunity to start over and write a new story for ourselves," she says. This discovery, combined with regular yoga practice, led to her curiosity about meditation, astrology, energy healing and the like.

All Things Woo

While yoga allowed for mental clarity, Alice discovered that tarot and oracle decks granted guidance and helped develop intuition. By drawing a card, she became more mindful of areas in her life that required her attention. She also found answers in astrology by exploring beyond her horoscope (sun sign) and looking at the triad (the sun, moon and rising signs) and her birth chart. She found these modalities to be helpful tools in discovering her purpose and knew she had to share it with others.

"Tarot, energy healing and astrology, or 'woo,' get made fun of in media and mainstream culture, but you'd be surprised who believes in it once you drop the hint that you're into it too. My purpose is to showcase woo concepts as tools to help others reconnect to their truth and live an aligned life."

After getting laid off and taking some time to reflect, Alice knew that the right decision for her was to put all her time and energy into a new venture, one that celebrated all things woo. In 2019, she hosted Woo Woo



"We all have the opportunity to start over and write a new story for ourselves."

Did You Know?

According to the Anxiety and Depression Association of America, Asian American women are three times less likely to seek mental help compared to their white counterparts.

Alice intends to turn these numbers around.



Company's first event. Later that summer, she decided to pursue her business full time.

"Woo Woo Company is a guide to all things woo, spiritual and holistic health." Alice adds, "We bring the topics, and our clients decide what works best for [them]. Ultimately, everything shared is meant for our clients to come back to [their] true selves."

Woo Woo Company began with a focus on events and now has expanded into a podcast, monthly membership to support a growing community, spiritual mentorship and wellness business consulting/coaching.

Wellness for All

Looking back, Alice realizes that her time in Shanghai was crucial to where she is today. "Shanghai showed me what was possible as so many of my friends started businesses. During my time there, I also realized what was important to me, and wellness was one of those things. Coming back to America, I realized how desperately the wellness industry needed more diverse voices," she says.

A lot of what the global wellness industry sells are elements and practices deeply rooted in Asian and Indigenous cultures. Despite this, the industry, which is worth trillions according to the Global Wellness Institute, is marketed to and predominately comprised of white women.

"Inclusivity and diversity are very important to me. There aren't many Asian women in wellness who specifically focus on emotional, spiritual and mental well-being." Alice adds, "Wellness is for everyone, not just specific communities. I intend to bring a different perspective to this space based on my experiences and cultural background."

The Future of Woo

Almost two years old, Woo Woo Company is experiencing many exciting changes right now. Alice has merged the company with its sister intuitive business consultancy, Prism. The wellness practices from Woo Woo Company and the business expertise from Prism are so

interconnected, there was no need to keep them separated.

"Woo Woo Company connects people to their soul's purpose, and Prism allows people to manifest that into reality. I'm now bringing the two together, so it's one resource," Alice says.

She is also excited to expand how she shares wellness information, inspiration, meditations and sound baths through her new YouTube channel, SoundCloud and podcast "Into the Woo." Mindful rituals, astrology, meditation and diversity in wellness are some topics covered in the podcast, where Alice is often joined by other wellness professionals. Her goal is to reach and help as many people as she can, regardless of where they live geographically.

"I am so happy to be the gateway for people into this brand new magical world. Introducing people to spirit guides, crystals, manifestation, intuition and more," Alice smiles. "I am filled with purpose each day to understand how I can help others."

As for Alice, she's continuing to take care of her mental, physical and spiritual wellness now more than ever. This year has given her time to develop her craft and share more about the power of sound healing.

"If you find meditation difficult, try a sound bath meditation. The sounds from the singing bowls quiet your mind and help it from getting distracted. Your mood will improve, your stress will decrease and you will sleep better. It's helped me, and so I share it with others."

Alice is also taking time to be mindful and reflect. "I've been given a big opportunity to look inward this year, to trust in the divine timing of my life and release the need to control. These are the things I'm always grappling with, but I'm making more time to just be instead of do."

To learn more about Alice and Woo Woo Company visit WooWooCompany.com and follow @woowooco on Instagram.





Waking Up: A Journey to Becoming Anti-Racist

By: Lillian Hallstrand Lammers (Denver)

he tensions over racial justice in our nation are at an apex. We have reached a critical moment in our conversations about racism that has called each one of us to engage in deep reflection about our histories, beliefs, associations and relationships. This type of reflection can be hard and uncomfortable for many, and it brings up many emotions, including anger, embarrassment, frustration and shame.

I want to share with you, my sisters, a little about my journey in anti-racism work in hopes that it may serve as an encouragement to any of you who are also doing this work. I acknowledge that a great deal of what I share below is particularly intended for those who are of European descent, otherwise known as white.

Learn, Unlearn, Relearn

I was in my mid-20s before I began doing some deep exploration of how my views and beliefs about race were formed. It was my first year of divinity school, a period that is often accompanied by a good deal of questioning, deconstruction of ideologies and searching for the origins of beliefs that shape how we view the world around us. In doing this work within a racially and socioeconomically diverse graduate school community, I began to observe how my social circles had become increasingly white and less diverse over time due to a series of changes in my life. For instance, I moved from public school to private school for my high school years. I attended the University of Denver (DU), a private institution with far less racial diversity than my hometown of Chicago. I also joined Theta Chapter of Gamma Phi Beta, a chapter whose membership was not adequately reflective of the racial

diversity present on DU's campus, in the late '90s. In short, my collegiate chapter was overwhelmingly white and relatively affluent.

I began understanding and acknowledging my own implicit biases and reconciling with flawed lessons I had been taught about race throughout my life by well-meaning and trusted individuals. I gained a new awareness of the subtle ways that racism has persisted through the years, sometimes invisibly, in my country, communities and even in my

I share these experiences because they are a source of deep shame for me, and shame can be one of the most powerful barriers to having authentic conversations about race and the realities of systemic oppression.

family of origin. I learned about how systemic racism has led to profound disparities in education, health care access, economic opportunity and the criminal justice system. I found myself embarrassed that I was nearly 30 years old before I more clearly understood these realities, and I also felt anger at how these blatant injustices have continued through time. Most of all, I felt a great sense

of shame for the times when I was a bystander in moments that I knew something felt wrong or was blatantly offensive, or for when I was completely unaware that something I did was potentially harmful or hurtful to someone else.

I was reminded of one of those times a few years ago when I was looking through my college scrapbook. In the fall semester of my freshman year at DU, I was invited to my first fraternity formal, a Halloween party. My date went to a costume store and picked out our attire. He had chosen to dress as a Confederate Army soldier and my accompanying outfit was a gigantic hoop dress. I know that neither of us had ill intent in our hearts when we wore these costumes for a few hours at the party. My date was from New Hampshire and I was from Chicago, so neither of us had much familiarity with the Confederate flag and lacked cultural understanding of what those costumes could represent. Nevertheless, I was horrified when I saw this photo some 20 years later. And perhaps what shocked me most was that it was taken in a room full of people, mostly white, who didn't seem to notice any problem with our costumes either. Several other experiences come to mind that demonstrate my ignorance and how my collegiate chapter was not very well attuned to racial issues and socioeconomic diversity. Take for instance an annual mixer we hosted called White Trash Trailer Bash.

I share these experiences because they are a source of deep shame for me, and shame can be one of the most powerful barriers to having authentic conversations about race and the realities of systemic oppression. Nearly every white person I have talked to has a story that is a source of shame

for them. Part of the journey in becoming anti-racist is acknowledging these stories, feeling the shame they conjure and constructively using that emotion to propel ourselves forward through education, healing and working toward equity and inclusion in communities where we have influence.

A Sisterhood that Supports

In sharing some of my insensitive and problematic experiences as a collegiate member of Gamma Phi Beta, I was recently asked why I stay involved. The truth is that some of my closest friendships in Gamma Phi Beta are with women who have journeyed alongside me over the past decade in becoming anti-racist. I have needed those friendships to both support and challenge me in this work. And I have found that our connection as Gamma Phi Betas has created a level of trust that enables us to have hard conversations rooted in our mutual respect and shared goals. We talk about Gamma Phi Beta membership being lifelong, and I can attest that some of my most vital growth and formation has been fostered by my sisters in my post-college years.

I am very grateful for our collegiate members and young alumnae who are leading our sisterhood in this reflection about where Gamma Phi Beta fits into these conversations about racial justice and our commitments to equity, diversity, belonging and inclusion. Our youngest members are calling on us to review our organization's history, own the racist and exclusionary moments of our past and acknowledge and reform any of our current harmful practices. Gamma Phi Beta was not founded on principles of exclusion or white supremacy. However, it was founded within higher education, an institution that has only recently begun

to offer the same level of access to women of color. As a result, racism can be found woven into some of our Sorority's practices and culture.

As we approach our 150th celebration, I know that we all seek for our organization to continue to build confident women of character while also holding space for and celebrating diversity.

Our beloved Sorority can serve as a place to have difficult conversations, engage in vital education as a community and ensure that the future of Gamma Phi Beta is one that truly reflects the highest type of womanhood.

Choosing to be Anti-Racist Daily

So, what does anti-racism work look like for me now? As a pastor in a church, I find myself frequently using the teaching role in my community to educate others about issues of injustice and opportunities to engage in work related to these issues. Being in a teaching role has meant that I have to keep reading and learning new things myself, which has helped in my continued journey to be anti-racist. I

am involved with several community organizations that collectively address harmful policies and practices in my hometown of Memphis, Tennessee. And lastly, I try to become attuned to the lessons taught by diversity, equity and inclusion professionals, who over the years have helped the employers and organizations that I'm affiliated with better understand and attend to their blind spots when it comes to issues of race.

A decade into my journey, I still have a lot to learn. Nowadays, it is popular to use the word "woke" to refer to someone acutely aware of issues of injustice, particularly those connected to racism. What is challenging about this term is how its past tense suggests that one has arrived at a destination, and the work is finished. Perhaps for many of us, a more helpful term is "waking," as it reminds us that the journey to being anti-racist is an ongoing process and includes our continual work both within ourselves and our communities.

Our 2018-20 International Council asserted that Gamma Phi Beta is an anti-racist organization. In light of this decision, I have found myself in many conversations with my sisters about our own process of waking and our shared commitment confronting racial injustice and inequity. We have a part to play in this larger conversation and we must be intentional in how we engage in this topic. Because of our bonds of sisterhood, our beloved Sorority can serve as a place to have difficult conversations, engage in vital education as a community and ensure that the future of Gamma Phi Beta is one that truly reflects the highest type of womanhood and is committed to combatting racism today and in the years ahead.

How to *Find Joy* in Hard Times

By Paula Jenkins (California-Santa Barbara)

“Joy does not simply happen to us. We have to choose joy and keep choosing it every day.” — Henri J.M. Nouwen

With the world in the midst of a pandemic, it may feel like joy, happiness and hope are harder to find in your everyday life. The good news is that joy is as accessible now as it was before and that it is possible to embrace joy in the chaos. Let's look at four ways you can jump-start your joy right now.

What were your earliest sparks of joy?

If you're feeling stuck trying to figure out what activities or things bring you joy, your past may hold some clues for you. When I asked more than 200 people about their earliest sparks of joy on my podcast “Jump Start Your Joy,” an interesting pattern emerged among the female guests. There were five things they regularly included as joyful memories: creativity, spending time in nature, playing with friends or pets and reading.

If you're looking for a place to start, list out the top five things you remember bringing joy to your life as a child. Next, brainstorm how you can bring those into your life now, possibly in an updated way.

Look from a new perspective.

When asked how to best cope with the isolation and distancing involved with the pandemic, astronauts have recommended that you take note of what is special and unique about your current situation.

Look around for joy: What is it about this time in your life that you may never be able to experience again in this same way? For astronauts, they delight in seeing the Earth from their window every morning. Is there

something that you can enjoy right now if you look at your situation with fresh eyes?

Take the first step (it's often the hardest).

Action helps you get into your body and out of your head and is a great way to reconnect with joy. The key is taking the first step. Everything after that is easier.

In Episode 125 of my podcast, I chatted with Fred Leblanc, lead singer and drummer of rock band Cowboy Mouth. Fred shared that he taps into joy by returning to the thing that brings him the most happiness: drumming. When he's down, taking the first step to pick up the drumstick and hit the drum feels like the hardest thing to do. But once Fred does it, he feels connected and rejuvenated again.

It's time to get curious and playful here: What's an activity you know brings you joy? Take a moment to write out whatever comes to mind and take the first step to doing one of those things today.

Build in time for joy.

When you are feeling pressed for time and overwhelmed, adding more to your schedule might feel counterintuitive. Now more than ever, it is important to take a break. This gives your mind and spirit a chance to reconnect with joy and happiness in your life. So, schedule in a break where you can let yourself fully sink into a book or a favorite song. Notice what happens when you are fully present with that experience.



Paula, who is a business coach and podcast producer, is passionate about bringing more joy into the world. One way she does that is through “Jump Start Your Joy,” an uplifting podcast where she speaks on inspiration, intention and action to help listeners lead a more joy-filled life. Learn more at JumpStartYourJoy.com.

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 May 1 through
July 31, 2020.*

ALPHA (*Syracuse*)
Anna Simone

BETA (*Michigan*)
Nicole Robbins Serraiocco

GAMMA (*Wisconsin-Madison*)
Mary Sedgwick Johnson
Catherine Kilpatrick Rice

DELTA (*Boston*)
Caryn Ball Kelly
Caroline Gray Saferstein

EPSILON (*Northwestern*)
Kimberly Wilhelmsen McDaniel

ETA (*California-Berkeley*)
Alma Avila
Jasmine Ayromlou
Kate Becker
Laura Cowell
Paulina Jeng
Veronica Landeros
Michelle Mason
Katy Scarry

THETA (*Denver*)
Judith Russell Davis
Margaret Greene Farmer
Jean Stege Heran
Emily Peoples

IOTA (*Columbia*)
Tova Finkelstein

KAPPA (*Minnesota-Twin Cities*)
Nicole Salo Allaire
Patricia Nichols Barton
Heidi Munson Coupland
Cari Norton

LAMBDA (*University of Washington*)
Dinneen Kaber
Gina Brondello O'Neill

PI (*Nebraska-Lincoln*)
Mary Koziol Meyer

RHO (*Iowa*)
Jennifer Corbin Katavic
Jacqueline Thompson Weill
Audrey Mowles West

SIGMA (*Kansas*)
Lisa Sapasap Roberts

OMEGA (*Iowa State*)
Marlys Hushak Rizzi

ALPHA BETA (*North Dakota*)
Catherine Wilson Rydell

ALPHA DELTA (*Missouri-Columbia*)
Jolene Marra Schulz

ALPHA EPSILON (*Arizona*)
Pamela Rich
Kelly Sandeen
Janice Lemke Shelton
Dylan Wilson

ALPHA ZETA (*Texas-Austin*)
Billie Ellison Miles

ALPHA THETA (*Vanderbilt*)
Elizabeth Quinn Allen
Sofia Barbosa

ALPHA IOTA (*California-Los Angeles*)
Nicole Gamboa
Kimberly Moyer Hoyt
Bella Martin

ALPHA NU (*Wittenberg*)
Kathleen Hannegan Meyer

ALPHA XI (*Southern Methodist*)
Claire Franke
Bella Hubbard
Amber Gomez Mace
Rebecca Russell Melde

ALPHA OMICRON
(*North Dakota State*)
Allison Olson Germolus

ALPHA TAU (*McGill*)
Sophie Robitaille-Meyer
Kate Whitmore

ALPHA UPSILON (*Penn State*)
Gina Graziano Bellone
Michelle Musso Lucas

ALPHA CHI (*William & Mary*)
Mary Grutta

BETA BETA (*Maryland*)
Leslie Rockett Bassett
Lea Sampietro Martone

BETA GAMMA (*Bowling Green*)
Sarah "Sally" Dickinson Andrews
Kristen Woods Batcho
Sara Abbott Race

BETA DELTA (*Michigan State*)
Michelle Daniels

BETA EPSILON (*Miami-Ohio*)
Jodi Christopher Rhodes

BETA ETA (*Bradley*)
Brandy Burhans Cunningham

BETA LAMBDA (*San Diego State*)
Michelle Acosta
Jane Christianson
Kathryn Stanley Fritz
Rachel Gordon Gilbert

BETA MU (*Florida State*)
Marilyn Boyett Annan
Sarah McNally

BETA OMICRON (*Oklahoma City*)
Misha Mohr
Melanie Masters Moulton
Morgan Wanamaker
Kelly Pleas Wyman

BETA RHO (*Colorado-Boulder*)
Caitlyn Cochran
Katie Davis



BETA SIGMA (*Washington State*)
Sara Shuler Hill

BETA TAU (*Texas Tech*)
Deanna Carter
Mechele Cullum Wahlberg

BETA UPSILON (*Kansas State*)
Jill Hrencher
Bethany Pingel
Angela Mullin Stokes

BETA PHI (*Indiana*)
Melody Koloch Grand

BETA CHI (*Wichita State*)
Erin Skinner Gwyn
Kimberly Melcher
Laura Phillips

BETA PSI (*Oklahoma State*)
Amy Smith Newsom
Ruth Stevenson Stumpff

BETA OMEGA (*Northern Arizona*)
Kerry Hadd Marrs

GAMMA GAMMA
(*Wisconsin-Milwaukee*)
Deanne Crivolio Doval
Erin Kelsey Kiekhofer

GAMMA EPSILON (*Puget Sound*)
Sophie Grossman
Amanda Johnson

GAMMA ZETA
(*Texas A&M-Commerce*)
Courtney Marler Barrow

GAMMA ETA
(*California State-Long Beach*)
Dawn Ostrowski Danaher
Brittany Fastuca

GAMMA IOTA (*Midwestern State*)
Jasmyne Roland

GAMMA MU
(*Moorhead State-Moorhead*)
Michelle Bruer
Tracy Laude Kinsella

GAMMA OMICRON (*Kentucky*)
Terese Costanzo David

GAMMA RHO (*Wisconsin-Oshkosh*)
Caitlyn Yerges

GAMMA TAU (*St. Louis*)
Nicole Hess Hilmes

GAMMA PSI (*Northern Iowa*)
Kathleen Donelan
Jayde Guinan

DELTA DELTA
(*California State-Fullerton*)
Orli Gallen Presser
Christine Gaugler Ritger
Jessica Snyder

DELTA ETA (*California-Irvine*)
Alexis Aguirre
Vanessa Richardson Anderson
Lynette Asselin-Martin
Yalini Sivapathasundaram

DELTA THETA
(*California Polytechnic State*)
Erin Dunteman

DELTA IOTA (*Purdue*)
Gail Gates-Zermeno
Paula Cook Kepes

DELTA MU (*Rutgers*)
Joyce Hatch Handy
Amy Lawyer Sutton

DELTA NU (*Missouri State*)
Katie Alexander
Marilyn Glorfeld
Sophie Grus
Erin Mercer

DELTA OMICRON
(*Southern Polytechnic State*)
Katrina Robinson

DELTA SIGMA
(*Florida Institute of Technology*)
Patricia Lipton

DELTA TAU (*Colgate*)
Sandra Mathewson Trobman

DELTA UPSILON (*Georgia*)
Martha Stone Ciccarella
Alexandra Harris Geist
Stephanie McGuire Gilbreath

DELTA PHI
(*California State-Bakersfield*)
Priscilla Huerta

DELTA CHI
(*California State-Sacramento*)
Erin Norton Farber

DELTA PSI (*California-Santa Barbara*)
Michelle Taylor Garcia

EPSILON ALPHA (*La Salle*)
Kerry Hayes

EPSILON BETA (*Alma*)
Kali Rhines

EPSILON GAMMA (*San Diego*)
Katie Greene

EPSILON EPSILON (*Union*)
Savannah Jelks
Jihyeon Jung-Chen
Rebecca Lippitt
Roxanne Schneider Shapiro

EPSILON ZETA (*Jacksonville*)
Mandi LaFond

EPSILON THETA (*Clemson*)
Anna Jordan Karmis

EPSILON LAMBDA (*Alabama*)
Mallory Berryman Blanton
Monica Turner Green
Emily Kabalin
Jennifer Luker Vickers
Hannah Weiss
Morgan Yeatts

EPSILON MU (*Loyola-New Orleans*)
Danielle McWhirter
Linda Nibert
Christy Kern Stern

EPSILON PI (*George Mason*)
Katherine Cook Morgan
Luciana Oliveira

EPSILON SIGMA (*Morehead State*)
Brooke Hale

EPSILON TAU (*Rochester*)
Dena Wilensky Ross
Cassandra Mazingo Tramm

EPSILON PSI
(*North Carolina-Asheville*)
Kennan Staelin

ZETA ETA (*Lander*)
Moenika Ford
Morgan Foster
Shana Taylor

ZETA THETA (*Pepperdine*)
Miriam Knopp

ZETA IOTA (*Valparaiso*)
Thespina Dabagia

ZETA KAPPA (*Southern Indiana*)
Sydney Altmeyer

ZETA LAMBDA
(*Texas A&M-Corpus Christi*)
Dawna Gerst

ZETA MU (*St. John's*)
Jennifer Rankin

ZETA RHO
(*Texas A&M-College Station*)
Stefanie Chang
Maura Mitchell
Hannah Rietveld

ZETA SIGMA (*South Carolina*)
Abigail Kaufman
Margaret Pate White

ZETA CHI (*Texas Christian*)
Heather Hughston
Makayla Soria
Ashlyn Therkelsen

ETA BETA (*Florida Southern*)
Rachel Belli

ETA ETA (*South Florida*)
Sierra Dean

ETA KAPPA (*Tennessee-Chattanooga*)
Alaire Gage Brown
Caitlin Donnelly
Morgan Donnelly
Mackenzie Murphy

ETA LAMBDA (*Central Florida*)
Emily Clark

ETA NU (*James Madison*)
Emily Parsons

ETA XI (*Florida*)
Kendall Earnshaw

ETA OMICRON (*Ohio*)
Natalie Basinger
Leia Bendersky
Abigail Burchfield
Devan Crabtree
Kyla Ferguson
Alaina Fischer
Georgia Golec
Elizabeth Imm
Taylor Kedzie
Kelsey Klausenz
Bridgette Ledbetter
Angela Luppino
Kaylen Morrison
Jessica Pepper
Marisa Salyers
Allison Saranita
Kaylyn Temple
Bridget Welsch
Lillian Williams

ETA PI (*Quinnipiac*)
Katlyn Carr



SISTER

Shoutout

KATE BECKER
Eta (California-Berkley)

Kate Becker found out that Yvonne Chien Winward (California-Berkeley) sponsored her Life Loyal membership just a few days before her graduation date. Due to COVID-19, the milestone event was canceled. "It really cheered me up to hear such amazing news in the midst of my disappointment about graduation." Kate adds, "Yvonne doesn't even know me, but she decided she wanted to give me this wonderful gift. I am constantly reminded what an amazing sisterhood I am a part of and what kind, generous and selfless people I am associated with through Gamma Phi Beta."

If you're interested in sponsoring a senior, please visit GammaPhiBeta.org/SponsorASenior to learn more.

Gamma Phi Beta Meets Fall-Inspired Entryways

Pumpkin spiced lattes are on menus everywhere and cozy sweaters have come out of retirement. This can only mean one thing: fall is in full swing. The Facilities Management Company is all for members reimagining spaces in their facilities to reflect the seasons so long as changes comply with our brand standards. How do you go about doing that? We took the guesswork out of the equation for you with these Gamma Phi Beta meets fall-inspired design tips!

Decorate your facility's or home's front door/porch with the ideas you see here or use them as a starting point to create your own. If you post your on-brand, seasonal entryways on social media, don't forget to tag us @GammaPhiBetaSorority!

- Scatter pink and white mums and pumpkins around your facility's or home's entryway. For the pumpkins, considering painting them in our brand colors.
- Stop by your local craft store for fake fall foliage (preferably in our brand colors) and other festive trimmings to create a DIY fall wreath, welcome sign or banner for your front door.
- A seasonal doormat is a quick and easy way to dress up a front entryway.
- Fall is the season of the harvest, no? Fill a blush-colored bucket or two with dried corn, smaller pumpkins or gourds and pinecones and place the buckets on either side of your front door.





STRONGER *together*

Sisters who donated into the Foundation's Loyalty Grant Program helped 60 collegians impacted by COVID-19

Life is messy. It can throw one unforeseen curveball after another in anyone's path at any time, which can make moving forward seem impossible. Understanding this, the Gamma Phi Beta Foundation created the Loyalty Grants Program. When members donate into this program, they provide immediate funds to other members experiencing sudden and extreme financial challenges created by a health crisis, natural disaster or other unexpected life circumstances.

Coronavirus has and continues to impact people across the globe, including our members and their families. Hoping to alleviate some stress, the Grants Committee opened Loyalty Grants applications earlier this

year with a focus to help collegiate women impacted by COVID-19. Five days after the applications went live, the Committee received a staggering 261 requests from members seeking financial assistance. The Committee successfully provided 60 collegians with grants, supporting them with continuing their education during this unprecedented time.

While many sisters received help through the Loyalty Grants Program, there are still hundreds more that could benefit from it. If you are able to help a sister, please visit GammaPhiBeta.org/Donate and select Loyalty Grants.

Don't forget to visit GammaPhiBeta.org/Foundation each month to view updated Memorial Gifts and In Celebration pages!

Here's what some grateful Loyalty Grant recipients had to say:

"To receive these funds during such a rough time means more to me than many can ever begin to imagine."

"I cannot thank the Gamma Phi Beta Foundation enough. These funds will help me continue in school and allow me to remain a member of Gamma Phi Beta. This sisterhood really does have their members' best interest in mind and has really shown me love beyond what I thought it ever could."

"I am humbled and extremely grateful for being awarded the Loyalty Grant. Thank you for helping alleviate some of the hardship that has occurred during these trying times. You have showed how we need to uphold our values of being True and Constant by always assisting sisters in need and keeping our sisterhood close to our hearts. Thank you so much, I truly appreciate it."



Committee Grants Chairwoman Kathy George (Indiana State) sat down with us to chat more about the Loyalty Grants process and why this kind of work is meaningful to her.

WHY WAS IT IMPORTANT TO THE COMMITTEE TO OFFER LOYALTY GRANTS DURING THIS PANDEMIC?

When COVID-19 hit the U.S. and Canada, our members were sent home from their campuses, and the Grants Committee knew that there would be financial challenges (and perhaps health-related challenges), as summer jobs and internships were virtually non-existent. We sent out a request to our membership to help our collegiate members, and Gamma Phi Betas demonstrated their compassion and generosity by donating to Loyalty Grants. A sense of isolation has been felt by all of us, and our youngest members are no exception. The responses we have received by those who have received monies reflect that they have felt the love and virtual hugs from their sisters across the country.

WILL MORE GRANTS BE GIVEN OUT?

As more money continues to flow into the Foundation for Loyalty Grants, we will continue to give out more grants. As of mid-September, we have distributed money twice.

WHAT DO YOU LOVE MOST ABOUT WORKING ON THE GRANTS COMMITTEE?

Being the Committee's chairwoman is the best volunteer position in the world! It has been my privilege to read every fellowship, scholarship and Loyalty Grant application we receive. Our women are responsible, caring and have a vision for their lives that is reflected in their actions. They are my sisters who are doing all they can to meet their financial obligations, and they need some help.

Gamma Phi Beta Sorority instills a mindset of giving support, service and financial help, and this subsequently creates a lifelong habit of giving back to our community and favorite organizations, like Gamma Phi Beta. We pay it forward, and I am blessed to see this demonstrated as the Committee's chairwoman when I see the giving nature of our membership and the gratitude of our recipients.

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 May 1 and July 31, 2020. First, maiden, last names and year of Initiation are listed for each deceased member.

Honor a sister with an In Memory Gift. To make an In Memory gift, visit GammaPhiBeta.org/Donate or call 303.800.2890. View Memorial gifts online at GammaPhiBeta.org/InMemory.

ALPHA (*Syracuse*)

Nancy Eichorn Epstein, 1949
Dorothy Thomsen Little, 1943

BETA (*Michigan*)

Marjorie Hennig Cavin, 1943
Margery Merriam Eaton, 1942
Mary Alice Smith Gulino, 1976
Shila McComb Smith, 1948

EPSILON (*Northwestern*)

Sue Sayer Wernecke, 1951

ETA (*California-Berkeley*)

Margaret Stewart Oxley, 1950
Ruth Bless Turpin, 1954

LAMBDA

(*University of Washington*)
Dorothy Shiel Capeloto, 1947
Joyce Rowan Heiser, 1948
Alice Higgins Lorentz, 1947
Virginia Glerup Revere, 1954

NU (*Oregon*)

Mary Dyer Ferguson, 1953

XI (*Idaho*)

Barbara DeShazer Bernard, 1950

OMICRON

(*Illinois at Urbana-Champaign*)
Phyllis Evans Moore, 1941
Arden Rhodes Polhill, 1954

PI (*Nebraska-Lincoln*)

Margaret Weber Collins, 1953

RHO (*Iowa*)

Wendy Daebelliehn Wilson, 1979

SIGMA (*Kansas*)

Donna Bowman, 1958
Shirley Henry Dixon, 1941
Stephanie Snyder Schmidt, 1957

CHI (*Oregon State*)

Connie Groshong Hunnicut, 1950

PSI (*Oklahoma*)

Joyce Huffstutler Dempsey, 1949
Berta Brown White, 1951

OMEGA (*Iowa State*)

Susan Hill Brunson, 1959

ALPHA ALPHA (*Toronto*)

Julia Woods Adams, 1960
Eleanore Cornish-Wood, 1944
Ann Kissick Crandell, 1956
Audrey Woods Cruickshanks, 1958
Sheila Hyslop Delaney, 1956
Barbara Bales Edwards, 1950
Norma Davidson Ferguson, 1951
Mary Matthews MacKie, 1951
Mary Carruthers Maxwell, 1951
Betty McVeity, 1956
Muriel Munro, 1952
Patricia Sampson, 1958
Joan Musgrave Seldon, 1950
Elizabeth Winstanley Shepherd, 1951
Anne Mueller Smith, 1954
Nancy Sparling Oke, 1951

ALPHA BETA (*North Dakota*)

Eddyth Rosenberg Smith, 1945
Dorothy Prosser Westlund, 1959

ALPHA GAMMA (*Nevada*)

Linda Pearce Pinson, 1960
Linda Smith Trontel, 1960

ALPHA DELTA

(*Missouri-Columbia*)
Beatrice Cole Kamp, 1943

ALPHA EPSILON (*Arizona*)

Patricia Hill Tolley, 1950

ALPHA ZETA (*Texas-Austin*)

Mary Baker Lust, 1955

ALPHA THETA (*Vanderbilt*)

Margaret Madden Thew, 1973

ALPHA IOTA

(*California-Los Angeles*)
Dorothy Fuller Englehaupt, 1939

ALPHA LAMBDA

(*British Columbia*)
Sylvia Downs Winton, 1954

ALPHA PI (*West Virginia*)
Katherine Vaughan Shipe, 1936

ALPHA SIGMA
(*Randolph-Macon*)
Ellen Butler Barnhart, 1943

ALPHA TAU (*McGill*)
Carol Parkinson Bailey, 1959

ALPHA UPSILON (*Penn State*)
Nicole Ferrise, 1993
Carolyn Hatton Hahn, 1961

ALPHA PHI (*Colorado College*)
Barbara Freeman Mills Diaz, 1941

BETA ALPHA
(*Southern California*)
Joyce Canavan Stewart, 1950

BETA BETA (*Maryland*)
Anne Barkmeier Lawrence, 1950
Helen Keith Peckworth, 1947

BETA GAMMA (*Bowling Green*)
Joan Reed Adams, 1952
Doris Bird Gorden, 1945

BETA DELTA (*Michigan State*)
Barbara Holth Rea, 1953

BETA EPSILON (*Miami-Ohio*)
Ann Ferneau Brown, 1949

BETA THETA (*San Jose State*)
Carol Ingalls Custodio, 1963
Dorothy Rich Howes, 1954

BETA IOTA (*Idaho State*)
Maureen McCain, 1970

BETA LAMBDA
(*San Diego State*)
Janet Tarver Clem, 1956

BETA MU (*Florida State*)
Rebecca Brickert Simpson, 1970

BETA UPSILON (*Kansas State*)
Zona Bolton Suess, 1959

BETA PHI (*Indiana*)
Mary Bancroft Etter, 1967

BETA PSI (*Oklahoma State*)
Lee Lafave, 1977

BETA OMEGA
(*Northern Arizona*)
Ila Childers Massingale, 1958

GAMMA DELTA (*Wyoming*)
Judith Kind Holderman, 1969

GAMMA ETA
(*California State-Long Beach*)
Jayne Halterman VanWinkle, 1967

GAMMA MU
(*Moorhead State-Moorhead*)
Nicole Du Charme Ewing, 1987

GAMMA OMICRON
(*Kentucky*)
Shirley Mann Martin, 1967

DELTA ALPHA
(*Wisconsin-River Falls*)
Floy Swanson Born, 1970

DELTA EPSILON
(*Texas Wesleyan*)
Tarah Haro, 1997

DELTA IOTA (*Purdue*)
Cynthia Bernauer, 1978
Kathleen Sheehan, 1993

DELTA KAPPA (*Lehigh*)
Susan Stemple Morris, 1976

ZETA THETA (*Pepperdine*)
Veronica Thorson, 2018



DORIS BIRD GORDEN

BETA GAMMA
(*Bowling Green, 1945*)

Born and raised in Detroit, Michigan, Doris Bird Gorden was an adventure seeker. So much so that after graduating from Bowling State University, she became a flight attendant for Capitol Airlines and later obtained her pilot's license so that she could see the world. And she did right alongside her loving husband of 72 years, Bill, who was also an avid traveler. In 1955, Doris contracted polio and remained paralyzed for the duration of her life. As

her online obituary states, "Doris never let this from stopping her, and although she faced many challenges, she always forged forward." An active member in her Sorority and community of Malvern, Pennsylvania, a mother to four, a grandmother to eight and a great-grandmother to 11, Doris was a free, energetic and persevering spirit who will be greatly missed.

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

CONFIDENT WOMEN *of Character Series*

In January 2020, Gamma Phi Beta launched the Confident Women of Character Series (CWCS), a monthly webinar series aimed to provide knowledge and insight about topics that allow sisters to grow into confident women of character who celebrate sisterhood and make a difference in the world around us. The series is an exclusive benefit to international alumnae dues payers and Life Loyal members.

When CWCS first launched, the goal was to connect members of all experiences and ages over ideas that would allow them to grow in their personal and professional lives. As Gamma Phi Beta has hosted eight webinars as of August 2020, we are not only achieving this goal but also laying the groundwork to expand what this can look like for the future of the series. Members keep returning to register for the webinars as a source of connection to Gamma Phi Beta and others, as they learn ideas to advance their careers, relationships and even their own hopes and dreams.

Whether it is learning how to navigate a career path, steward personal finances or be a better activist for diversity, equity and inclusion, CWCS is helping members learn and grow together as individuals and sisters. Look at what some of our members are saying about the series.

The Confident Women of Character Series will return in early 2021. If you're interested in hosting a webinar, please email **Alumnae Engagement Manager Natalie Pearson**.



"I participated in the series to learn something new and gain perspective. I was four months pregnant with my second child when the series began, and I was re-evaluating career choices, financial choices and the like. A lot of the information from the series was not totally new to me, but it hit home because of where I was at in my life and the relatability in which sisters delivered their stories. Overall, it has been a great series and I am so grateful to be a part of it!"
— Natalie Nethway (Sonoma State)

"This series allows us to celebrate the expertise and skill of sisters while also providing a program to our Life Loyal members that enriches their own life. I have found myself growing and learning in ways I had not expected as a series participant from Gamma Phi Beta previously." — International President Autumn Hansen (Idaho)



"I made the decision to host a webinar in May 2020 — Next Gen Real Estate: How to Survive the 2020 Real Estate Market — because I felt it would be an impactful session for our membership, and it isn't every day where your chosen career and volunteer work collide. There is something powerful about being able to speak on something you're an "expert" in. The emails, texts and notes I received following the webinar truly meant the world to me. It let me know that my session meant something to someone. I can't wait to host another one!"
— Sonya Striggles (Bridgewater State)



CWCS by the Numbers in 2020

Number of Hosts: 14

Number of Participants: More than 280

Average Length of Webinars: 55 minutes

Most Participating Age Ranges: 26-35 and 56+

BUILDING ON *Yesterday*

One hundred years ago, Helen Gertrude Dominguez became the first Latina graduate of Stanford University. The Los Angeles native transferred to Stanford, where she joined Gamma Phi Beta at Mu Chapter, from Occidental College, a small liberal arts school in her hometown. In addition to spending time with her sisters, Helen was an active member in drama club. She earned her degree in English and worked for the school system in Pasadena, California. In 1996, nine years after she died, Helen was inducted into the Stanford Alumni Multicultural Hall of Fame.



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**Please note that this issue is only available online. We will resume printing The Crescent in 2021.*

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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.

Statement of Ownership

STATEMENT OF OWNERSHIP, MANAGEMENT, AND CIRCULATION	
For the Issue of <i>The Crescent</i> dated <i>October 2020</i>	
1. Publication Title	<i>The Crescent</i>
2. Issue Date	<i>October 2020</i>
3. Issue Frequency	<i>Quarterly</i>
4. Issue Number	<i>4</i>
5. Annual Number of Issues	<i>4</i>
6. Annual Subscription Price	<i>\$10.00</i>
7. Annual Circulation	<i>10,000</i>
8. Total Number of Copies	<i>10,000</i>
9. Total Number of Copies (Including Unsold Copies)	<i>10,000</i>
10. Total Number of Copies (Including Unsold Copies)	<i>10,000</i>
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- A. Lyanna Layered Necklace, #LYANNA
- B. Jeweled Lux Bracelet, #BG808
- C. Stackable CZ Band Ring, #143864
- D. Forever Ring, #001RS
- E. Addy Ring, #ADDY
- F. Treasured Letters Necklace, #TREASURE
- G. Crown Pearl Badge*, #0104
- H. Rope Chain, 18", #013R
- I. Classic Monogram Charm, #3433
- J. New Moon Necklace, #0076
- K. Crown Pearl Double Letter Guard, #0600
- L. Scholarship Pearl Dangle, #41
- M. Chapter President Dangle, #01A
- N. One World One Heart Dangle, #1W1H



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*Badges must be ordered through Gamma Phi Beta Headquarters.



“I AM FILLED WITH
PURPOSE EACH DAY TO
UNDERSTAND HOW I CAN
HELP OTHERS.”

—ALICE HU (BOSTON)
PAGE 20