



THE  
*Rescent*

*The Road  
to  
Motherhood*

Winter 2022

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GAMMA PHI BETA

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### get in touch

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

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 [GammaPhiBeta.org](http://GammaPhiBeta.org)



# DEAR *Sisters*

There are many reasons Gamma Phi Beta remains relevant as a women's-centered experience in today's world. There are few experiences like the sorority experience. At the origin, it is a sisterhood forged most commonly by women experiencing change and transition together as they begin college and early adulthood. And while there are few other points in sorority membership that promise sameness in experience, there is a deeply woven, intergenerational wisdom found in our sisterhood. Few institutions can offer this type of wisdom between and among women.

Yet, women can face experiences that feel very isolating or othering. Within Gamma Phi Beta, these experiences can feel less lonely when you connect with sisters who can say they, too, have endured the hardship you face. In this issue of *The Crescent*, we highlight infertility and pregnancy loss as one such hardship, starting on page 18.

I first experienced pregnancy loss in spring 2016 after 18 months of trying to conceive. A friend encouraged me to connect with a sister I did not know very well who had recently endured pregnancy loss as well. Gamma Phi Beta gave me the gift of a sister who could understand the deep grief and loss I felt. My circle of sisters in loss grew, and so did my hope as I saw women within that circle eventually become mothers.

After additional intervention and fertility treatment, my spouse and I learned in November 2016 that I was pregnant with twins. My story ended with Mary Jo and Hazel, born in July 2017. I knew I could be a mom because of the heartache I endured on my road to motherhood. However, not all stories that start with pregnancy loss or infertility end with motherhood.

I hope what you learn in this issue reminds you that you are not alone. And, if this is not a journey you can relate to, some sisters will benefit from the listening and validation you can offer from understanding a little more about something that far too many women experience.

In LIKE,

*Autumn L. 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 International Council-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 International Council 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 also 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 and a master's degree in social work from Indiana University.

## CURRENT READ(S)

"Anxious People" by Fredrik Backman  
"Atlas of the Heart" by Brené Brown  
"Maybe You Should Talk to Someone" by Lori Gottlieb

PACE, *Please*





# Three Ps of Public Speaking

By Madeleine Kriech (Colorado-Boulder)

All eyes are on you, waiting to hear what you have to say. Your pulse rises, and a sweatstache starts to form. This, for many people, is public speaking. Commanding a room's attention is a scary absolute we all must face, whether it's a job interview or a presentation for work or school. That fact can be frightening! But it doesn't always have to be. Follow these tips to feel at ease for your next public speaking engagement.

## PREPARE

The first obstacle is knowing what information you want your audience to take away from your speech — what do you want them to learn? Once your speech has a purpose, write an outline with supporting details, connecting each idea back to the main point.

When deciding what to talk about and in what order, it helps to know your audience. Baby Boomers? Sorority women? Teen boys? All will be interested in something different. Format your speech in a way that will engage your unique audience.

Include personal stories, which will present opportunities for the audience to resonate with your topic. Personal stories will even be easier to remember when giving your speech!

## PRACTICE

The best way to calm your nerves is to practice, practice, practice. Time dedicated to learning your speech is time lost worrying about it. Ask friends to watch your speech, record yourself delivering it or even practice in front of a mirror.

You'll notice odd phrasing and unnecessary gestures in addition to your friends' feedback. Change words you stumble on and edit confusing sections. The more you practice, the more comfortable you'll become giving your speech.

## PERFORM

Before taking the podium, control the logistics of your speech: Do you know how to use the pointer? Did you bring a backup drive with your slide deck? Is your microphone at a good volume? Adapt to the space before, so you don't stress about a broken remote while speaking.

When the attention is finally on you, remember, you're the expert! You know the topic and the material — don't rely too heavily on your notes. Nerves or not, your adrenaline will be pumping; talk slower than you think you need to. Taking breaths during your speech allows the audience to process what you're saying and gives you time to collect your thoughts.

Whether in an auditorium or a classroom, make eye contact with your audience. If it feels awkward, look right above their heads. Keep your body language open by facing your audience, having relaxed arms and moving purposefully.

Most importantly, be yourself. No one likes a monotone speaker — add some personal flair! And if you are still scared, it's worth a shot to imagine the audience in their underwear. Good luck!

# A 10-Year (and Counting) Philanthropic Partnership

Ten years ago, at Convention 2012 in Denver, Colorado, former Education Vice President Becky Boyd-Obarski (Illinois at Urbana-Champaign) announced the Sorority's newest philanthropic partner, Girls on the Run (GOTR), and philanthropic mission, Building Strong Girls. Elizabeth Kunz, chief executive officer of GOTR, said of the partnership, "We are excited to see and are grateful for the positive impact that Gamma Phi Beta will have on the lives of thousands of girls." Founder of GOTR Molly Barker also said the following at Convention 2012, "Wouldn't it be awesome, just awesome, to give little girls awareness of their potential, worth and glory? Together, we can inspire little girls to celebrate their unique identities and recognize their inner strength."

Since 2012, 63,000 Gamma Phi Betas have served as role models during their collegiate years to GOTR participants from coast to coast. Take a look at all the ways these members have built strong girls and supported GOTR for a decade now.



**Total amount G-Phi has raised for GOTR: \$3,486,771**



**Total number of councils G-Phi has supported: 220**



**Total number of girls G-Phi have served: 1,452,990**



**Total number of Moonballs held: 650**



LINDA LYONS MALONY  
(Southern California)



KRISTA SPANNINGER DAVIS  
(Bowling Green)

Linda Lyons Malony (Southern California) served as International President from 2008-12. Linda was part of the International Council (IC) that decided to partner with GOTR. Krista Spanninger Davis (Bowling Green) served as International President from 2012-16. She was the first International President that experienced the Sorority's transition from Camp Fire and Girl Guides of Canada to GOTR.

## WHY WAS GOTR CHOSEN TO BE THE SORORITY'S PHILANTHROPIC PARTNER?

*"In 2011, when the Sorority redefined our overall mission, vision and values statements, IC decided it was time to turn our attention to our philanthropic efforts. We knew we wanted to build a portfolio of "build resiliency in girls" opportunities that would ignite excitement about our philanthropy and provide options for support among both collegiate and alumnae chapters, as well as for individuals seeking to participate directly. We investigated several national/international organizations, and GOTR was by far the best fit and one we knew would capture the hearts of our membership. When we launched the new partnership at Convention 2012, I remember the place going wild! There was so much enthusiasm for this exciting new venture."*

—Linda Lyons Malony (Southern California)

### WHY DO YOU THINK GOTR AND GAMMA PHI BETA WORK WELL TOGETHER?

*"Gamma Phi Beta's mission and vision are so aligned with GOTR's, and GOTR's existing individual councils happened to be in nearly identical locations as our existing collegiate chapters at the time. In addition to a fundraising component that would allow collegiate and alumnae chapters to support it, GOTR also offered hands-on opportunities for individual volunteers. Our members quickly embraced all aspects of our new philanthropic partner. It's truly a great match!"* —Linda Lyons Malony (Southern California)

### WHAT WAS IT LIKE TO BE THE INTERNATIONAL PRESIDENT WHEN THE SORORITY ANNOUNCED A NEW PHILANTHROPIC PARTNER AND PHILANTHROPIC FOCUS?

*"It was exciting and invigorating! Building Strong Girls resonated with our members in a way our philanthropic efforts had not previously. Young girls and women need other women in their lives to help develop self-esteem and confidence. When we talk about Building Strong Girls, every member can relate to the importance of this work, whether they think of themselves, their sisters, mothers, cousins or friends."* —Krista Spanninger Davis (Bowling Green)

### WAS NAVIGATING THE TRANSITION HARD?

*"Honestly, no. We had lots of great folks working on a plan to communicate and execute our new relationship. The excitement for this engagement was high, and members fully embraced the work immediately! From my role then to now as a recruitment advisor, I think it is fantastic to see the conversations take place around self-esteem, confidence and their importance among our members. I think the engagement has remained consistently high over the 10 years."* —Krista Spanninger Davis (Bowling Green)

We will continue to celebrate our 10-year partnership with GOTR in the spring 2022 issue of *The Crescent*. Be on the lookout for that in May!



How do you think GOTR compliments Gamma Phi Beta?

Type something...

Building generations of strong girls while continuing to grow ourselves as strong women!

Reply

Yes! GOTR builds strong girls like we do! Then those girls can build other strong girls!

Reply



What is your most cherished memory of GOTR?

Type something...

Having full circle moment from being the girl participant to the one supporting

Reply

High-fiving the girls as they were about to run across the finish line

Reply



How would you describe GOTR in a few words?

Type something...

Life-changing

Reply

Program that inspired young girls to be themselves and to love who they are.

Reply



Share a celebratory message with GOTR!

Type something...

Let your star power continue to shine bright!

Reply

We love you, GOTR!!!

Reply



# Confident Women





# Olivia Chin

BETA BETA (Maryland)

RACIAL EQUITY AND SOCIAL JUSTICE ADVOCATE

Having played three different sports throughout high school, Olivia Chin was used to surrounding herself with a tight-knit community of women who had similar interests as her. Understandably so, she wanted to find a similar group in college. Cue Gamma Phi Beta.

“During recruitment, I remember feeling the most comfortable at Gamma Phi. I knew Beta Beta Chapter was for me because I didn’t feel like I had to put on a front to impress the members who would eventually become my sisters,” Olivia says.

In addition to Gamma Phi Beta, Olivia participated in the University of Maryland’s College Mentors for Kids Chapter. College Mentors for Kids is an organization that connects kids to college students through weekly on-campus activities that inspire growth, confidence and brighter futures. Olivia was her chapter’s general manager and, in her senior year, president. The experience was so life-changing that it informed Olivia’s next steps after graduation.

“I thought about going to law school at some point and pursuing a career in corporate compliance, but during my senior year, I realized I wanted to do work that more closely aligned with that of College Mentors for Kids. I wanted to make a positive impact in my community and work to create more equitable experiences for everyone,” she explains.

As a program associate for the New Commonwealth Racial Equity and Social Justice Fund based in Massachusetts, Olivia’s work is rooted in belonging, equity, diversity and inclusion. She adds, “The past years have only amplified the injustices many folks in our country face. It is important to me to do my part to create a more equitable and inclusive society for people today and generations to come.”

Olivia’s career in equity work is just taking flight, as she recently graduated in spring 2020. However, she plans to continue on this trajectory, where she would like to

run programs for nonprofits or foundations that have similar missions to the New Commonwealth Fund.

To find respite from this hard and necessary work, Olivia enjoys shopping, watching TV (“Schitt’s Creek” is her go-to) and reading. Of the more recent books she’s read, “Crying in H Mart” by Michelle Zauner struck an emotional chord.

“This memoir focuses on the author’s life and her relationship with her mother, who unfortunately passed away from cancer. It takes a look at how people take their relationships and experiences with others for granted. This message is so relevant today, especially since the pandemic, and is something we should all think about as we move forward in our relationships and new experiences.”

*Created amid the COVID-19 pandemic by a coalition of Black and Brown executives, the New Commonwealth Racial Equity and Social Justice Fund’s mission is to provide essential support, resources and thought leadership to uncover and dismantle systemic racism within institutions in Boston and across the other 350 cities and towns in the Commonwealth of Massachusetts. To learn more, visit [NewCommonwealthFund.org](https://NewCommonwealthFund.org).*

## Katie Legan

PHI (Washington University)  
MICROSOFT INTERN

In January 2020, Katie Legan went through recruitment in search of a close group of friends on campus that would always support her. She found that group in Gamma Phi Beta, saying, “My sisters have always been there for me and push me to be the best version of myself.”

Katie spent her second semester of freshman year completely remote due to the COVID-19 pandemic. By sophomore year, she had a hybrid schedule. While adjusting to life online was challenging, it allowed Katie to grow and provided her with opportunities she would not have had otherwise, like meeting new friends.

“I became closer to my new member class, as we started to have weekly dinners (picnics outside where we social distanced). I am so glad that I have the women in my new member class – they are my best friends!”

Not only did Katie have to find unique ways to stay connected with friends during the pandemic, but as her chapter’s education vice president, she had to assist new members in doing the same. She says, “It was a challenge to figure out how to provide everyone with a meaningful experience, but it was so exciting to see new members make friends and become closer despite being mostly online.”

In addition to Gamma Phi Beta, Katie, a business and computer science major, is the internal vice president of Washington University’s Women in Computer Science and a member of the BizTech Club. She is also a teaching assistant for statistics and computer science courses on campus.

From an early age, Katie has set her sights on working full time in the tech industry. While chatting with counselors at her campus’ career center, Katie learned about an internship opening at Microsoft and immediately applied online. The application process was competitive, with hundreds of applicants applying year after year. Katie stood out from the crowd.



Microsoft offered her the internship position for the summer of 2021.

Katie spent the first four weeks of her internship as a program manager and the last eight weeks as a software engineering intern. As a program manager, she conducted user research interviews, performed competitive analyses, outlined product requirements, among other tasks. During the software engineering portion, Katie and other interns built a product prototype that required extracting data with code and building a visualization for the data. Of all the things she learned at Microsoft, communicating effectively, working with others and using new technologies were her most valuable takeaways. Microsoft was so impressed with Katie that they offered her a program manager internship for this coming summer.

The gender disparity within the tech industry very much exists today despite the influential women who regularly make industry headlines, including Kimberly Bryan (CEO of Black Girls Code) and Susan Wojcicki (CEO of YouTube). These women are no doubt admirable. Katie, however, appreciates all the women who played a part in her journey in tech.

“I admire all the mentors I have had throughout my academic career and at Microsoft because they have shown me it is possible to be successful as a woman in tech and encouraged me to continue to pursue a role in this industry.”

## Charlotte Oxnam

**EPSILON** (Northwestern)

**STUDENT, ENTREPRENEUR, CHANGE-MAKER**

The beauty industry has commoditized thinness for far too long, claiming it's the only beauty standard and anything outside of it less than. But as more people give pushback to this exclusive view of beauty – we're looking at you, Lizzo – the more we finally start to see all bodies represented in the media for what they are: beautiful.

Like Lizzo, Northwestern junior Charlotte Oxnam is shaking things up with her tech start-up Cue the Curves. Cue the Curves aims to empower plus-size girls and women by giving them a more positive experience with clothing. The concept came to her after reflecting on her own experiences with fashion growing up.

"I have always struggled with finding clothes I love and feeling the same sense of community around fashion that all my peers had. I decided to create Cue the Curves to be the community that young me never had the chance to be part of, so that fashion and clothing could be a fun thing regardless of size," Charlotte says.

Cue the Curve launched in spring 2021. At the helm is Charlotte, accompanied by seven undergraduate women who help her with various aspects of the business. The team is currently building Cue the Curves' mobile app, slated to launch sometime this spring.

The app will analyze users' style preferences and brands that have historically not worked for them. The app will then generate a personalized shopping experience, where the user can seek inspiration from others and discover other brands. Charlotte adds, "We are creating a space in fashion where plus-size women feel heard instead of pushed aside. We also are focused on creating a safe space where plus-size women feel comfortable sharing their journey with style."

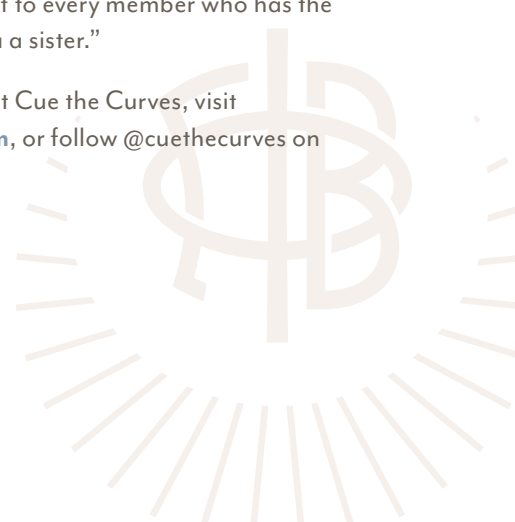
Charlotte, an industrial engineering and management sciences major and entrepreneurship minor, is eager to grow Cue the Curves so that it can eventually become her full-time job after college. If that doesn't happen, she aims to make it a self-sustaining network of women supporting each other, adding, "I know just how great [Cue the Curves] can be, and I will do everything in my



power to achieve what I know is possible."

Beyond Cue the Curves, Charlotte is a resident at The Garage at Northwestern, a student startup hub on campus, and a member of Epsilon Chapter. In terms of beauty standards within a sorority, this Gamma Phi has the following to share with members who are plus-size: "It can often feel isolating to be a plus-size woman in a sorority. Remember that you are part of this sisterhood because the women surrounding you saw just how amazing of a person you are. You are loved and important to every member who has the honor of calling you a sister."

To learn more about Cue the Curves, visit [CueTheCurves.com](https://CueTheCurves.com), or follow @cuethecurves on Instagram.







## *treat yourself*

1. Theodore Vernell | Winter Beanie in Blue \$25\*
2. Amazon | Norpro Decorative Cup Warmer in Marble \$20
3. Crescent Corner | Oatmeal Logo Sherpa \$79.50
4. Fashion Nova | Crossed My Mind Slippers in Blush \$12
5. Wayfair | Divisadero Super Soft Plush Fleece Blanket in Dusty Blue \$41

*\*Support Black-owned businesses!*

*Products and prices were compiled in January 2022 and are subject to change.*



In just *two* short years, Gamma Phi Beta will celebrate its sesquicentennial anniversary – that's *150* years of True and Constant sisterhood! Keep an eye out for communications surrounding our 150th celebration soon.









# FAMILY *Ties*

Four generations call Nu Chapter's facility home away from home  
*By Trudi Brownnton Diffendaffer (San Jose State) and Marlisa Webb Stone (Oregon)*

In fall 2021, Nu Chapter of Gamma Phi Beta welcomed Miranda Stone from Portland, Oregon, into the same chapter facility where her mother, grandmother and great-grandmother once called their home away from home.

The first to begin this family tradition was Dorothy Dickey Harn. Born in Portland in 1911, Dorothy was initiated in 1930. Gamma Phi Beta was installed at the University of Oregon in 1908, making it the first sorority on campus. The chapter facility was built in 1926 and was only four years old when Dorothy moved in. The much-photographed, three-story Tudor with lush lawns and a huge backyard is sometimes known as the Castle House. It is listed on the National Register of Historic Places.

Next to join Nu Chapter of Gamma Phi Beta was Dorothy's daughter, Margaret Harn Webb, from The Dalles, Oregon. Jeannie, as her friends call her, was initiated in 1960 and was very active on campus and as a collegian of the Sorority. And she's been even more active as an alumna. In addition to teaching for 35 years and raising two children, Jeannie also made Gamma Phi a priority in her life. She participated with the corporation board shortly after college, where she served as president and vice president/property manager for years. She continues to serve on the board today and knows every inch of Castle House, quite literally!

In the 1970s, Jeannie oversaw the rewiring of the house. In 2008, she helped to plan Nu Chapter's magnificent 100-year celebration. She also serves as a link to one of

the chapter's founding sisters, Leila Stafford. Leila was Jeannie's chapter advisor who remained in Eugene as an active alumna all throughout her life. What better example to Jeannie of steadfast commitment to Gamma Phi Beta? Now, in recognition of her own deep-rooted dedication to Gamma Phi Beta, the Outstanding Senior Award is named in Jeannie's honor. Her lifelong involvement is a shining example to current chapter seniors as they embark upon their lives as alumnae.

To Jeannie's delight, her daughter, Marlisa Webb Stone, also joined Nu Chapter of Gamma Phi Beta in fall 1988. Marlisa moved into the chapter facility at the beginning of her sophomore year and served the chapter on the executive council as public relations chair (now public relations vice president). Marlisa continued to

create more family stories about living in Castle House.

And now these stories are going to expand to include those of Marlisa's daughter, Miranda. Miranda participated in the first online recruitment due to the pandemic and was initiated virtually in 2020. Fortunately for her, she had been to the house many times before throughout her childhood and was excited to occupy the same spaces her mother, grandmother and great-grandmother had when they were her age. This past fall, she finally got a chance to. In fact, she is living in the same room her mother lived in 30 years ago! Somewhere in the universe, Miranda's great-grandmother Dorothy is smiling down at her as the fourth member of the family to keep Nu Chapter close to her heart.



## Custom Moonball Orders!

With springtime quickly approaching, Gamma Phi Beta chapters will be gearing up for Moonball events in no time! As you and your sisters prepare for your upcoming Moonball tournaments, remember that all Moonball t-shirts, apparel and merchandise must be ordered through Crescent Corner. Check out these tournament essentials.

Crescent Corner has a design gallery made specifically for Moonball. To see these designs and more and start your custom order, visit [CrescentCorner.com](http://CrescentCorner.com).

1

BUILDING  
**STRONG**  
*girls*  
Gamma Phi Beta

2



3



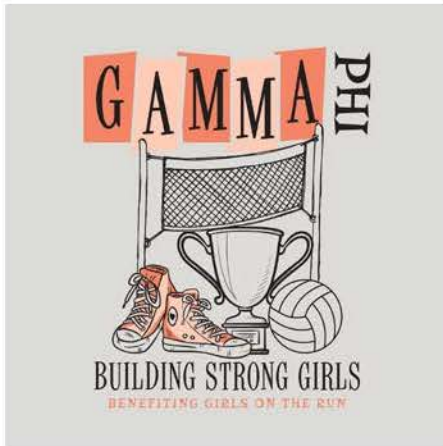
### 1. Moonball Builds Strong Girls!

This tee is a perfect way to share just that. **\$24.50**

### 2. Tournament Tote

Carry all the things for game day in this Gamma Phi tote. **\$12**

### 3. Basketball, Volleyball and Kickball \$13.50+







# The Road to Motherhood

Deciding to grow a family is an exciting thing. But when that decision doesn't come to fruition, excitement can quickly turn into fear of infertility. And this fear is warranted. In April 2019, the Centers for Disease Control and Prevention reported that 10% of women (that's 6.1 million) in the U.S. ages 15-44 experience infertility. That's thousands of Gamma Phis.

In the following pages, read about three sisters who are part of that percentage. Their road to motherhood is a path traveled by more women than you think. To readers currently on that path, know you are not alone. And to readers who cannot relate to the following members' journeys, we hope you take the time to learn a little more about a topic that impacts many members of our sisterhood.

# DAHLIA'S *Journey*

By Dahlia Guerrero (Pepperdine)

Time after college flies by fast. Looking back on the past decade, my life has been committed to my career as a physician. Between 24-hour shifts and numerous medical licensing exams, it was near impossible for me to think about having children. I assumed it would be something I would “look into” after my medical training.

A few years ago, I learned about a blood test called anti-mullerian hormone, or AMH, an indicator of ovarian reserve. The test shows the number of eggs available. My result was dismal. At the age of 31, my ovarian reserve looked more like a woman's in her late 40s. With this simple blood test, my infertility journey began. I realized then if I wanted to be a mother, I could not delay any longer.

Over the next two years, I completed three in vitro fertilization (IVF) retrievals and countless intrauterine inseminations (IUIs). It was a challenging time in my life — each month bringing new hope, only to be let down. In vitro fertilization became like a second job, which included self-injections daily, blood tests multiple times a week and frequent ultrasounds and doctors' appointments. One of the most challenging times during my journey included a chemical pregnancy loss: an embryo that did not implant into my uterus. Knowing it was a genetically healthy boy made the loss even more painful.

After this experience, I switched clinics and took my remaining two frozen embryos with me. It was the best decision I could have made. My new doctor recommended endometrial receptivity analysis (ERA) testing to identify the ideal window of embryo transfer, which can vary for individuals. My first embryo transfer did not work. My last embryo was deemed “ugly and bad quality” under the

microscope; thus, I was advised to consider egg donation since my chances of conceiving naturally were less than one percent. My doctor told me it was medically negligent to continue future IVF cycles because of my prior failures and low AMH. It was emotionally painful to abandon my hopes of having a genetic child with my husband.

Over time, however, I became accepting of a donor egg and started searching for one. Concurrently, I knew I had to give my last embryo a chance. I did not feel hopeful with my final embryo transfer. Instead, I felt like I was going through my last step before switching to egg donation. To my surprise, the last “ugly” embryo implanted! I was finally pregnant. The first and second trimesters included daily hormonal injections and pills, genetic mutation screening tests and a fetal anatomy scan. I am now in my third trimester (I will be exactly 40 weeks on March 4) and finally beginning to enjoy my pregnancy journey. My baby girl is due mid-February to early March.

In college, I knew nothing about assisted reproductive medicine or fertility. Looking back, I wish I would have looked into freezing my eggs. While the process is expensive, clinics typically have financial loans available or may have programs where the fee is covered if you donate a portion of your eggs. For sisters who may be interested, I recommend using a clinic that has a partnership with either Donor Egg Bank or Fairfax Egg Bank. Also, know your AMH level; ask your obstetrician next time you go for your checkup. This is the least invasive way to check your fertility health.

I hope that by sharing my story my younger sisters can gain more insight into fertility and infertility.

*For more information regarding infertility and fertility, visit the American Society for Reproductive Medicine's website at [ASRM.org](https://www.asrm.org).*







# HEATHER'S *Journey*

*By: Heather Herrod Doran (Puget Sound)*

This journey has been four years in the making. More than 300 shots and 200 medical research articles, dozens of medications, 22 eggs, eight reconstructive surgeries, seven embryos, six angel babies and five doctors — this has been the path I have taken to grow my family and have a second child. My first child, Scarlett, born seven and half years ago, was conceived on the first try. I never expected that trying for a second time would become an all-consuming endeavor, lasting years, with my life at risk on two separate occasions.

This is a lonely place to be. It is rare to find family or friends who can relate to recurrent miscarriages. I found myself and my story to be unique with few who could empathize or understand. With my first miscarriages, I realized my isolation on this journey. I am tenacious by nature, extremely driven and have always had a persistent mentality. In retrospect, this was the cornerstone of my strength on my journey.

My first miscarriage in January 2018 was monoamniotic twins occupying the same sac. I was told I would be put on bed rest at 20 weeks in a hospital for fetal surveillance. A few weeks after this diagnosis, I miscarried. I took a week off work, wallowed in the experience and came out of it determined to try again.

Another pregnancy wouldn't happen for another seven months. I was surprised by how long it took and felt a sense of urgency with advice from my doctor to keep trying. In November 2018, I suffered another miscarriage, a girl with chromosomal abnormalities. I had decided to test the fetus after miscarriage to try and learn more about the cause of the miscarriage. I began to dive into the research, information and scientific knowledge to try and learn more about my situation. I would suffer two



more miscarriages in early 2019, one that was a healthy boy. This created more confusion for me because I didn't have a consistent reason as to why I was miscarrying.

I was referred to a fertility specialist after four recurrent miscarriages over 18 months. The level of specialization and focus on identifying causality was incredible when working with a fertility specialist. I felt like I had wasted time getting to this point. My new doctor felt strongly that the problem was my uterine lining. I immediately underwent a uterine septum procedure to try and fix my lining. I wouldn't get pregnant for nearly a year later.

I had just become pregnant again when the pandemic hit in early 2020. The summer of that same year, I started to have severe cramping and was brought in for an ultrasound (my first time in a doctor's office in two months). The look of shock on the nurse's face gave me pause, as I knew then something wasn't right. She brought in the doctor to look at the ultrasound. At that time, my doctor said: "You've had an ectopic eruption. Your uterus has filled with internal bleeding. You are in immediate danger. I am calling the hospital to tell them we are on our way. I will personally drive you to the hospital in my car. Let's go."

I was admitted and underwent emergency surgery to have my fallopian tube removed. After this and while in recovery, I realized that my perseverant desire to have a second child is what put my life at risk. My closest friends were asking me if this was worth it.

At this point, I was ready for in vitro fertilization (IVF). I underwent egg retrieval in October 2020 with 22 eggs removed. Only seven embryos were viable for fertilization. After five days, my doctor and I learned that only one embryo would be available for implantation. One. That's it. Before implantation, my doctor advised that I undergo another uterine septum surgery to prepare my uterine lining again. We opted to freeze the embryo until my lining could get to a better place. This decision was a blessing in disguise because, one month later, I had to have emergency gallbladder surgery. According to my doctor, my fertility medication and hormones likely caused issues with

my gallbladder. I had to recover from this setback.

Finally, in May 2021, the single embryo was implanted. I was skeptical. I did not get my hopes up. I feared failure again. I mentally prepared for the worst. It just felt like a giant science experiment. But this time, it worked. On January 22, 2022, my husband and I welcomed our second child, Dylan Charles Doran, into the world.

This would not be possible without the help of the most loving and brilliant doctors and my supportive husband; both were with me every step of the way. I am grateful for my mental fortitude, eternal optimism, family, friends, faith and an incredible recurrent pregnancy loss Facebook support group I joined. Without a community of people who shared knowledge, research and information, and were cheerleaders to me along the way, this baby wouldn't have been possible. It took a village to create Dylan, and now it will take a village to raise him.

To learn more about Heather, read her *Confident Women* article featured in the spring 2021 issue of *The Crescent* at [GPBArchives.org](https://www.gpb.org/2020-2059/2021/spring) > 2020-2059 > 2021 > Spring (page 10).



## RESOURCES RECOMMENDED BY HEATHER

Podcast: [Resilience Found \(Season 1, Episode 4\)](#) - Listen as Heather shares more about her infertility journey.

Facebook support group: [Recurrent miscarriage/multiple miscarriage support](#)

[Tommys.org](#) - Recurrent miscarriage

[Resolve.org](#) - Multiple Miscarriage

[RachelsGift.org](#) - Pregnancy and infant loss virtual support groups



# CALLIE'S Journey

By: Dr. Callie Cox Bauer (Minnesota-Twin Cities)

It's a dark place being an OBGYN when you can't get pregnant. One in four physicians has infertility. My husband and I started trying to conceive about one year after my residency when I was 33.

Every month, the timing of my cycle was different, and it was outright enraging. Every period was a failure. It was a mix of issues for my husband and me. We tried medications, injections with intrauterine insemination (IUI) and finally, in vitro fertilization (IVF). For our egg retrieval, I was alone, awake, cried and shook through the entire process. Then the waiting started, followed by endless questions floating in our minds. Would the eggs fertilize? Would we have embryos? Would we be able to do this again?

We were lucky. We successfully retrieved seven embryos, and our first transfer worked! That pregnancy and delivery were a dream, resulting in our firstborn, Eleanor. My husband, Nick, and I knew we wanted two more kids to complete our family, so we went through the process again. I started to get anxious after we had an unsuccessful frozen embryo transfer (FET). But this was only the beginning.

As an OBGYN, I see patients get pregnant every day. I began to wonder, 'Why could they get pregnant so easily, and I couldn't?' It was heartbreaking; I felt like I was getting slapped in the face every day. Why not me? My best friend also announced her pregnancy during this time. I lost it to my husband, prompting him to ask me, "Do you

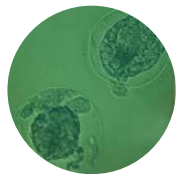
not want her to be pregnant?" I looked at him and said, "I don't want to have to struggle. I want to be pregnant, too." I didn't want to do the injections; I wanted to have sex for fun, not have it be timed and forced. I remember crying in my car, not being able to sleep and living in a place of permanent anger. This experience broke me. Thankfully, therapy helped tremendously.

I did get pregnant with our next FET, which we foolishly decided to transfer two embryos at once. I knew all the risks of twins, and I did not want those risks. I also knew that I couldn't go through this process again if this transfer didn't work.

Transfer day arrived, and not long after, we got a positive pregnancy test on Halloween. Our first ultrasound showed twins! While joyful emotions soared high that day, admittedly, this pregnancy was terrible on me. I had the worst reflux, placenta previa and cough from undiagnosed asthma and reflux, resulting in incontinence. I experienced all

this while being in a leadership role at my hospital when COVID-19 hit. I didn't sleep because I was worried about my team and fighting to ensure that they had the appropriate protective gear while also learning the new knowledge to help our patients and keep myself and my babies safe.

Then, Twin A decided to break her water bag at 31 weeks, putting me in the hospital for two weeks during the earlier months of the pandemic. After this, I got pruritic urticarial papules and plaques of pregnancy, or PUPPS for short, a pregnancy rash accompanied by itching everywhere. At



*Placenta previa is when a baby's placenta partially or fully covers the mother's cervix, which often causes severe bleeding during pregnancy and delivery.*

33 weeks, I went into labor, and thankfully everything went well. Maisie and Frankie were finally here. After their birth, I had a postpartum hemorrhage, yet another risk of infertility treatments. Because of their early arrival, the twins went to the NICU right away and, unfortunately, I didn't get to see them until about six hours after they were born. Nick and I couldn't see the babies together because of the hospital's COVID-19 protocols, so the first time we were in one room as a family was when they came home with us three weeks later.

This story still hurts; I'm not over it, and I still feel a little broken because of it. Infertility and pregnancy were traumatic experiences that took everything from me on all three levels: emotional, physical and mental. Couple that with the endless guilt I had throughout the entire process, like not loving being pregnant, feeling selfish for going through IVF, getting postpartum anxiety, which made matters even worse.

Infertility is seriously terrible; medical studies say the emotional toll it takes is akin to a cancer diagnosis. My hope in sharing my story is that others struggling to conceive don't feel so alone. We are warriors.

My children and husband are incredible and have been my pillars of strength through it all. And while I'm beyond grateful that science worked for us, success also doesn't take away what happened to get here.

Callie Cox Bauer was a member of *The Crescent's* 40 Under 40 class of 2020. To learn more about her, visit [ConfidentGammaPhis.com/Callie-Cox-Bauer](https://ConfidentGammaPhis.com/Callie-Cox-Bauer).





# A MEDICAL *Perspective*



By: Dr. Callie Cox Bauer (Minnesota-Twin Cities)  
Obstetrics and Gynecologist Aurora Sinai Medical  
Center in Milwaukee, Wisconsin

In medicine, we define infertility as not getting pregnant with regular menstrual cycles and unprotected sexual intercourse after 12 months or having miscarriages that occur in a row. Infertility is all too common, as one in eight couples will struggle with building the family they desire.

What causes families to have difficulty becoming pregnant is complicated. First, it's important to know that there is about a 20% chance of pregnancy for couples without fertility issues each cycle, knowing that it takes sperm and an egg to meet under perfect circumstances. About 40% of fertility issues are from the partner with a penis/sperm, 40% from the partner with a uterus/ovary and 20% is unknown.

## Common Causes of Infertility

- Problems with being able to release an egg from the ovary
- Problems with the anatomy that might include blocked fallopian tubes, uterine issues, like a septum or fibroids or scarring in the uterus, etc.
- Hormonal abnormalities
- Problems with the sperm: their movement, quantity, shape, etc.
- Problems with the egg

I recommend sisters talk to their gynecologist when they are thinking about starting a family to discuss their menstrual cycles and health and family's health. Doing so ensures they reach their healthiest before conception. I also recommend sisters take a prenatal vitamin if they are not actively protecting against pregnancy.

## You should seek an evaluation from your gynecologist if:

1. You have regular cycles, are under the age 35 and it has been one year of attempting to get pregnant.
2. You have regular cycles, are over the age 35



and it has been six months of attempting to get pregnant.

3. You have regular cycles, are over the age 40 and are trying to conceive.
4. You have irregular cycles, are any age and trying to get pregnant, go within six months if you have not become pregnant.
5. You have had more than one miscarriage in a row.

## A fertility work-up commonly includes:

- Reviewing your history and your partner's and completing a physical examination.
- Laboratory tests, including a semen analysis from the male partner, that:
  - Evaluate the eggs and causes of issues with ovulation.
  - Evaluate the sperm.
- Imaging tests, including ultrasounds or hysterosalpingograms (HSG), that:
  - Evaluate the anatomy.





Common treatment options include medications to assist with ovulation, intrauterine insemination (IUI) and in vitro fertilization (IVF). A discussion about other family-building options, such as adoption, gestational carriers, embryo adoption and sperm donation, may be needed.

Dealing with infertility is a physically and emotionally difficult journey and behavioral health support, support groups and family support are also important parts of care to consider. While this journey is hard, there are many resources available to those struggling to become pregnant. And know that I am here for you too.

Love in IIKE,  
Dr. Callie Cox Bauer  
 [@dr\\_callie\\_cox\\_bauer](https://www.instagram.com/dr_callie_cox_bauer)

Sources  
[Resolve.org](https://www.Resolve.org)  
[FertilityOutLoud.com](https://www.FertilityOutLoud.com)  
[ReproductiveFacts.org](https://www.ReproductiveFacts.org)

## Fertility Glossary

There are a bunch of different procedures and words out there in the trying to conceive (TTC) world. Here are some important ones to know.

**Anti-Mullerian Hormone (AMH):** A hormone measured that reflects the ovaries' reserve of eggs.

**Hysteroscopy:** A procedure in which a surgeon inserts a camera (hysteroscope) into the uterus through the vagina to evaluate the inside of the uterus and identify problems.

**Hysterosalpingogram (HSG):** An X-ray procedure in which dye is inserted into the uterus to determine the shape of the inside of the uterus and whether the fallopian tubes are patent (open).

**Intrauterine Insemination (IUI):** A medical procedure that places sperm in the uterus near the time of ovulation.

**In Vitro Fertilization (IVF):** A medical procedure that combines an egg with sperm in a laboratory to create an embryo. An embryo is later transferred into a woman's uterus.

**Ovulation Induction:** Hormonal medications given to women to induce ovulation (release of eggs from the ovary). This is sometimes combined with an IUI procedure.

**Pelvic Ultrasound:** A procedure in which an ultrasound probe is placed in the vagina to evaluate the appearance of the uterus, cervix, ovaries and fallopian tubes.

**Semen Analysis:** A laboratory evaluation of semen that measures the quantity, quality and motility.

# TRUE AND CONSTANT

Cabin fever took on a whole new meaning during the earlier months of the pandemic. With the outside world completely off-limits, people, understandably, started going stir crazy inside. Cue new hobbies! From becoming amateur hairdressers to houseplant guardians to breadmakers, people found unique ways to stay busy. Although Chelsa Smith (Idaho) began making sourdough in December 2019, she started to hone and fall in love with the craft throughout the pandemic, as she adds, “I didn’t know how much I was going to need bread baking in 2020; I became enthusiastically obsessed.” Chelsa, a mother, wife and successful retail professional, never imagined owning a business. But after realizing she could achieve work-life balance while doing something that sets her heart ablaze, baking, she knew she had to pursue it full time. In January 2021, she had her home kitchen in Des Moines certified by the state of Iowa as a micro-bakery and officially established her LLC, Bread by Chelsa B ([BreadByChelsaB.com](https://BreadByChelsaB.com)), where she specializes in artisan sourdough breads. What was once a pandemic hobby has turned into a fruitful career for this Gamma Phi.



PHOTOS BY LAV & LIME PHOTO STUDIO (ANJANA OLSON)

## 1 WHAT WERE THE FIRST BREAD RECIPES YOU TRIED? HOW DID THEY TURN OUT?

Sarah Owens, author of the James Beard award-winning book “Sourdough,” had done a series of videos on Food52 about sourdough baking. When I stumbled upon her videos, it felt like someone had made sourdough videos just for me. There was so much to learn then, like timing, temperature, fermentation, shaping, baker’s math. There were many flat loaves, burnt loaves and dense loaves. I realize that these earlier loaves, while imperfect and laughable at times, were exactly the way they were supposed to be.

## 2 WHAT DOES MICRO-BAKERY MEAN TO YOU?

Micro-bakeries typically focus on handmade, small-batch baked goods. I think the thing that all micro-bakeries have in common is that they focus on small, whether it’s a small batch, small staff or small space. Most micro-bakeries sell out of homes, pop-ups or local markets.

## 3 HOW MANY KINDS OF BREADS DO YOU OFFER?

All of my breads are naturally leavened, meaning I currently use no commercial yeast. Everything is made with an organic sourdough culture, also known as a starter or mother. I have two starters named Gloria (100% organic white bread flour) and Goldie (70% organic wheat flour/30% organic white bread flour). My offerings change weekly and seasonally, as I try to incorporate different flavors and

fresh ingredients depending on the time of year. My go-to breads are traditional sourdough pan loaf and rosemary and sea salt sourdough focaccia. I love making fruit and nut bread, like cranberry-walnut. I’ve started making sourdough doughnuts, also known as Bomboloni, a brioche-style dough fried in oil, rolled in sugar and filled with things like jam, pastry cream or Nutella. I’m always trying to learn new techniques and bread types, including sourdough cakes, cookies and rolls.





#### 4 WHAT'S THE MOST CHALLENGING THING ABOUT WORKING WITH BREAD?

*When you're baking with naturally leavened bread, you're baking with a living thing. It's a lot of patience and problem-solving. The way your starter reacts can change daily. Sometimes it's affected by things like the temperature and humidity, or sometimes there's no explanation. You have to be able to think quickly and make pivots. It is simultaneously exhausting and exhilarating.*

#### 5 DO YOU WORK WITH LOCAL SUPPLIES FOR YOUR INGREDIENTS?

*Yes, utilizing local and regionally sourced ingredients is incredibly important to me, especially when it comes to flours. I purchase almost all of my flours from Breadtopia in Fairfield, Iowa. I am fortunate to buy seasonal ingredients from local farms, growers, dairies, jam makers and egg producers.*

#### 6 WHAT ARE SOME GOALS YOU HAVE FOR YOUR BUSINESS?

*I hope to consciously grow in a way that allows me to bring bread to more people in and around Des Moines. I purchased a mixer to help with efficiency, and I have two bread ovens arriving in early 2022. I want to continue to look at ways that I can give back, whether that's teaching or mentoring about baking, the local grain economy or small business ownership. I would love to continue partnering and collaborating with other small businesses, local makers and bakers. Additionally, I plan to continue to utilize my platform, brand and business to share issues and values that are important to my family and me.*

#### 7 WHAT DO YOU LOVE MOST ABOUT WHAT YOU DO FOR A LIVING NOW?

*The list is pretty long. Baking sourdough and starting this bakery is the most intuitive thing I've ever done creatively and professionally. It's incredible that something I make with my hands brings so much goodness and joy into my life. The people, the community, the food, the connection, the love, the abundance — I could keep going! It's an indescribable feeling to hand someone something I made in my kitchen. There is truly no greater act of love for me.*



After the murder of George Floyd in the summer of 2020, Chelsa and her family attended demonstrations and vigils regularly. When she learned about Bakers Against Racism, which raises money for social justice causes worldwide, she knew she had to participate. Her baked goods were a hit, allowing Chelsa to donate \$500 from sales and donations to the American Civil Liberties Union of Iowa. Learn more at [BakersAgainstRacism.com](https://BakersAgainstRacism.com).



# Chapter Sweet Chapter



## ETA BETA *(Florida Southern)*

Sisterly support was the theme of Eta Beta Chapter's spring 2021 sisterhood retreat. Senior Mikayla Ambrosio planned the entire retreat, which took place at Orlando Tree Trek Adventure Park, an elevated, outdoor obstacle course featuring zip lines, suspended bridges, nets and swings.

Sisters offered words of encouragement to each other throughout the day to motivate one another to complete the rigorous courses before them. Junior Sofia Gutierrez adds, "The park was full of Gamma Phi voices. Sisters were telling each other to overcome their anxieties and work out a strategy to maneuver across the course."

And it worked! Everyone successfully made it through the courses as a team, as a sisterhood.

"Anything is possible through support" was Financial Vice President Catherine Schilling's takeaway from the retreat. Similarly, Membership Vice President Catie Ficquette says, "At one point, I got stuck on the course. It was my sisters who told me I could complete it with unwavering belief, and so I did." Public Relations Vice President Katie Statile echoes her sisters, saying, "We were there for one another at the end of the day, and that is what matters most."

The theme of sisterly support at Eta Beta's retreat encompasses Gamma Phi life and life, in general, as Catherine adds, "There is no hurdle you cannot jump with the right support system behind you."



PHOTO BY FLORIDA SOUTHERN COLLEGE MOCCASINS (FACEBOOK)

## 1. MEET MOCSIE

Florida Southern College's mascot is the moccasin, a snake, affectionately called Mocsie. Mocsie shows up at every sporting event, including Florida Southern's most attended games: basketball and lacrosse.

## 2. GO-TO HANGOUTS AMONG SISTERS

TUTU's Cyber Cafe (an on-campus coffee shop) and The Joinery (an off-campus food hall).

## 3. THE LAND OF LAKES

Eta Beta sisters love all the beautiful lakes in their community. Florida Southern sits on Lake Hollingsworth, with Lake Mirror, Lake Morton, Lake Hunter, Lake Wire, Crystal Lake and others just a short drive away from campus.

## 4. ONE-STOP SHOP

Sisters shop at local boutique Scout and Tag, which offers everything from home decor to unique gifts to all things Lakeland.

EXPLORE  
*Lakeland*



# Braving the Burnout: Strategies for Lifting the Fog

By Bronwyn Holder (Chapman)

Most people you know today will tell you that they have or are currently experiencing burnout. There are many contributing factors to burnout and many ways it can manifest itself in your life. A lot of people say a good way to combat burnout is by using paid time off. I agree with those people. I also believe paid time off is a privilege, and while it can (and should be) a way to prevent or even recover from burnout, it is not the only or even the best solution. The best way to reduce the prevalence of burnout, according to experts, is by making intentional changes to daily habits and behaviors that provide time for both productivity and rest.

## Avoid Information Overload

One of the first things most of us do in the morning is look at our phones. Whether it is to text, check social media or get a head start on work or school emails, screentime is how most of us start our days. Instead of reaching for your phone, grab a journal and write down goals for the day or three things you are grateful for. You could do a few simple stretches next to your bed or make yourself tea or coffee (or a glass of water!) before unlocking your phone.

## Setting Personal Boundaries

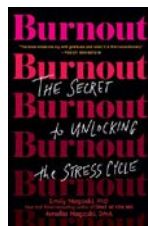
We seem to exist in a world where people can contact us at any given time through several different mediums. That makes creating boundaries between work and personal life and everything in between a lot more challenging. When your office is also your kitchen counter or dorm room, work and school are always just a click or call away. Setting a specific time to end all work- and school-related tasks could allow you to spend

more intentional time connecting with yourself or others, which may increase your overall sense of well-being.

## Defining Restorative Practices

We must identify behaviors and activities that allow us to charge our batteries. For some people, that looks like taking a walk or listening to music. For others, it is grabbing coffee with a friend or working out. If you are struggling to identify restorative activities, here are a few suggestions: schedule specific time during the day as screen-free time; schedule time to call a friend or family member; start journaling to allow yourself to process your thoughts and emotions; practice deep breathing; during your lunch break at work, leave the physical space of your building for a change of scenery.

We, unfortunately, live within a culture that glorifies overworking and surface-level self-care. Often, self-care practices advertised to us are unrealistic or unsustainable (hotels with a pool or beach view). Daily strategies, on the other hand, and holding ourselves accountable to utilizing them can put us back in a position to pour from a full cup and show up as our best selves. By creating boundaries, limiting our technology exposure and becoming self-aware of the things that help us feel rested, we permit others to do the same. Yes, we can do amazing and hard things, and we should do those things. We also have the ability to feel and experience joy, relaxation, relief and rest. We should do those things too.



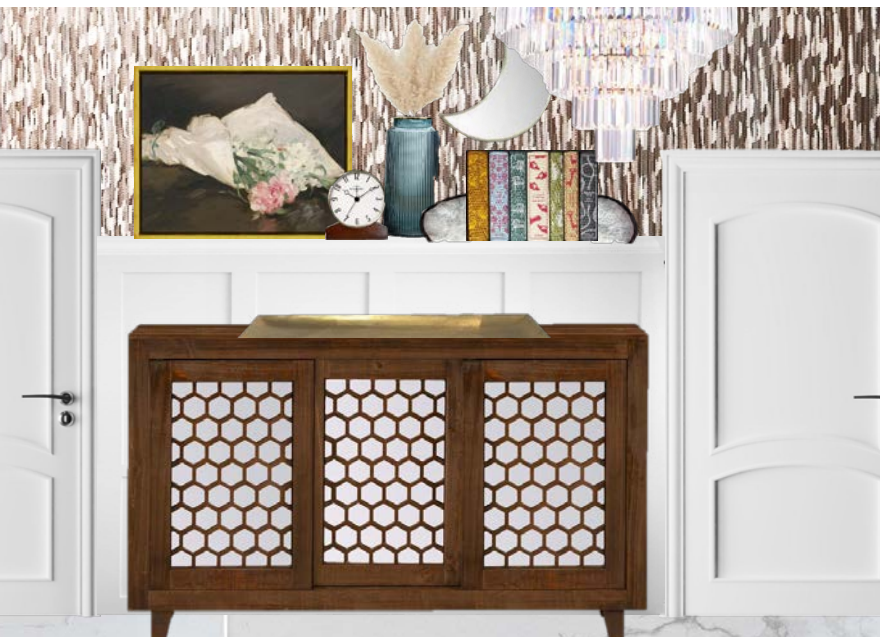
Check out “Burnout: The Secret to Unlocking the Stress Cycle” by sisters Amelia and Emily Nagoski for more burnout prevention strategies.





# Project: Update Beta Mu

Since 2019, Project: Update Beta Mu's chapter facility at Florida State University in Tallahassee, Florida, has been underway. The house has only received minor updates since the chapter was installed in 1950, except for a large add-on in 2016. That said, a brand refresh and update were much-needed. Here's how the Facilities Management Company (FMC) has tackled this ongoing project.



## *Spring 2019*

Conversations about updating the property began between the FMC and local facilities advisory committee (LFAC).

## *Late Summer/Fall 2019*

A design committee, local vendors and FMC staff all merged minds to outline an interior design plan.

## *April-May 2021*

Phase 1 supplies and furnishings ordered.

## *October 2021*

Due to COVID-19, some furnishings for Phase 1 were delayed, meaning that full installation was not complete until the end of October 2021.

## *Winter Break 2021 -22*

Phase 2 work on-site commences while members are home for winter break.

## *Early/Mid Summer 2019*

The FMC and LFAC hired a local architect and general contractor and determined that the renovation would take place in the following three phases:

- **Phase 1:** Foyer/TV room and some exterior upgrades.
- **Phase 2:** Formal living room and study area refresh.
- **Phase 3:** Kitchen/dining hall redo.

## *Summer 2020*

Phase 1 should already commenced by now, but the FMC had to pivot in response to the COVID-19 pandemic. Revisions were made to the original plan and work was slated to begin in spring 2021 instead.

## *June 2021*

Phase 1 work on-site commences!

## *November 2021*

Phase 2 supplies and furnishings ordered.

## *Summer 2023*

Phase 3 slated to begin.

*We will share photos of the new facility in a future issue once Project: Update Beta Mu is complete.*



# Remembering *"Peachy"*



Allison London Smith, nicknamed "Peachy" for her auburn hair and a fair complexion, was always smiling. She brought light and warmth to every space she occupied, and she was respected and loved by all who knew her. Allison's family and close-knit friends – many of whom were Gamma Phis – were her everything, and she loved them fiercely.

Born and raised in Kansas City, Missouri, Allison attended Southwest High School before earning a bachelor's degree in education from the University of Missouri. It was there that she joined Gamma Phi Beta at Alpha Delta Chapter. Shortly after graduating, she married Dr. Bruce Mitchell Smith and together, the couple had two children, Travis and Chase.

If teaching were a love language, Allison spoke it fluently. She spent her entire career as an English teacher at West Plains High School and Missouri State University-West Plains. As her online

obituary states, "Allison loved her students like they were her own family."

Allison was a leader in her community. She was an active member in the Daughters of the American Revolution, Missouri State University Board of Governors (she served as president) and Gamma Phi Beta long after her collegiate days. In the 1970s, she served as a province collegiate director alongside former International President Ann Mullen Bronsing (Indiana State). The two often traveled together and were roommates at Conventions and leadership conferences. Ann would watch her sister in admiration when she spoke before groups at collegiate chapter meetings or events, saying, "Peachy demanded people's attention with her sincerity and humor." Allison was also a former member of Greater Kansas City Alumnae Chapter.

Ann continues, "Peachy had a clever wit. We



would spend so many nights talking, sharing our concerns and ideas about the chapters in our province and laughing. She was so much fun, and I'm sure many sisters will remember her with a big smile."

Over the past few years, Allison moved away from Gamma Phi Beta in terms of volunteering. (She was probably busy enjoying retirement and spending time with her kids, five grandchildren and one great-grandchild.) On June 22, 2021, however, Peachy called International Headquarters (IH) and made an unrestricted donation over the phone to the Gamma Phi Beta Foundation. Danica Lempert Wilson (Kennesaw

State), a Foundation staff member, took Peachy's call.

"Peachy told me that she was excited to give again and asked me to let Ann Bronsing know that Peachy was back and to thank Ann for never giving up on her," Danica says.

Unfortunately, the very next day, on June 23, 2021, Allison passed away. Ann says of her sister, "While I miss Peachy more than I can adequately express, it makes me happy to know that our sisterhood was on her mind the last day of her life."

*"She was so much fun, and I'm sure many sisters will remember her with a big smile."*



## LIFE LOYAL

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

*Thank you to the following sisters who  
joined Life Loyal between August 1 through  
October 31, 2021.*

### **GAMMA** (Wisconsin-Madison)

Vicki Johnson Nokleby  
Rebeca Britton Zimpher

### **EPSILON** (Northwestern)

Neelofur Rahman Ahmad

### **ETA** (California-Berkeley)

Thao Le

### **IOTA** (Columbia)

Lauren Anuszewski

### **LAMBDA**

(University of Washington)  
Lauren Patrick

### **XI** (Idaho)

Christina Fowler Cochran  
Kristin Williams-King

### **PI** (Nebraska-Lincoln)

Patricia Krotter Madsen  
Jeanne McBride  
Mia Sharpnack  
Catherine Bland Wolfers

### **RHO** (Iowa)

Tucky Wheeler Hobbs

### **TAU** (Colorado State)

Ashlyn Foster

### **PSI** (Oklahoma)

Reagan Martin  
Nicole Heyland Potter  
Jillian Duty Tran

### **ALPHA ALPHA** (Toronto)

Vivian Zhang

### **ALPHA BETA** (North Dakota)

Stacie Erickson Frandrup  
Tatiana Hamilton  
Gerri Gillund Smith

### **ALPHA DELTA** (Missouri-Columbia)

Mary Katinas Zara

### **ALPHA ZETA** (Texas-Austin)

Julie Koy Angle  
Susan Carpenter Shaffer

### **ALPHA IOTA** (California-Los Angeles)

Katherine Lewis

### **ALPHA XI** (Southern Methodist)

Hailey Ashmore  
Adrienne Campbell Demory  
Shannon Deakin Helmreich  
Nicki Nicol Huber

### **ALPHA CHI** (William & Mary)

Janet Moscicki Martin

### **BETA GAMMA** (Bowling Green)

Christine McDonald Conrad

### **BETA DELTA** (Michigan State)

Cheryl Heidt Nakahata  
Sarah Perry

### **BETA EPSILON** (Miami-Ohio)

Karen Zateslo Gray-Krehbiel

### **BETA ETA** (Bradley)

Linda Schaefer Russo

### **BETA THETA** (San Jose State)

Karen Storer Bode

### **BETA KAPPA** (Arizona State)

Mariann Costello

### **BETA LAMBDA** (San Diego State)

Nicole Arias Hardwick

### **BETA XI** (Ohio State)

Norma Orlando Hasen

### **BETA OMICRON** (Oklahoma City)

Claire Griesse  
F. Lawhon Jobe

### **BETA PI** (Indiana State)

Constance Heine Lund  
Marty Kuhn Pool

### **BETA RHO** (Colorado-Boulder)

Lynnly Busler Marcotte  
Jessica Wanamaker Preece  
Saaren Thorn

### **BETA UPSILON** (Kansas State)

Summi Gupta Ahuja  
Michelle Anderson  
Barbara Stanton Reed

### **BETA PHI** (Indiana)

Jamie Ring Fryrear

### **BETA PSI** (Oklahoma State)

Sara Downing Pedram

### **GAMMA ALPHA** (Memphis)

Brenda Coleman Riggins

### **GAMMA GAMMA**

(Wisconsin-Milwaukee)  
Annabelle Arney Shillinglaw

### **GAMMA EPSILON** (Puget Sound)

Kathleen McCarthy Duncan  
Eleanor James

### **GAMMA ETA**

(California State-Long Beach)  
Holly Lewis



**GAMMA THETA**  
(University of the Pacific)  
Gayle Vachon Flinn

**GAMMA MU**  
(Minnesota State-Moorhead)  
Jacqueline Anderson

**GAMMA NU** (Lamar)  
Angela Widener Stallings

**GAMMA XI** (Tennessee-Knoxville)  
Deborah Stansberry

**GAMMA OMICRON** (Kentucky)  
Leslie Hightower Carroll

**GAMMA PI** (Minnesota State-Mankato)  
Roberta Healey

**GAMMA PHI** (Auburn)  
Rachel Gentry Mitchell  
Erin Gibson Overholt

**GAMMA CHI**  
(Texas State-San Marcos)  
Melissa Frietsch Howerton  
Ashley O'Brien

**DELTA THETA**  
(California Polytechnic State)  
Amy Williamson Truesdale

**DELTA IOTA** (Purdue)  
Allison Kelly  
Rhea Sparrow  
Leah Steinfeld

**DELTA LAMBDA**  
(California-Riverside)  
Mariana Bestard Lamb

**DELTA TAU** (Colgate)  
Amy Marks Franklin

**DELTA PSI** (California-Santa Barbara)  
Lindsey Erstad

**DELTA OMEGA** (Oakland)  
Jennifer Janowski Nicholson

**EPSILON ALPHA** (La Salle)  
Laura Guerrini Webster

**EPSILON BETA** (Alma)  
Jillian Thompson Pehrson

**EPSILON GAMMA** (San Diego)  
Erinn Igarashi

**EPSILON DELTA** (Creighton)  
Jayne Gephart

**EPSILON LAMBDA** (Alabama)  
Shelley Rossheim-Wheeler  
Carly Schnoor  
Claire Studer  
Emma Thomas  
Mikaela Williams

**EPSILON NU** (Chapman)  
Amanda Schat

**EPSILON PI** (George Mason)  
Amy Baughan Culver

**EPSILON PHI** (Bentley)  
Alison Koeber

**ZETA ALPHA** (Eastern Washington)  
Christina Parker Karch  
Wende Gallwas Wilkerson

**ZETA THETA** (Pepperdine)  
Jennifer Williamson Brink  
Kristin Vavaroutsos

**ZETA IOTA** (Valparaiso)  
Sarah Jank Callahan

**ZETA RHO**  
(Texas A&M-College Station)  
Leslie Bradshaw Boyd

Kaitlin Gordon  
Sarah Marshall Kerr  
Madeleine Thompson  
Miranda Valdez

**ZETA PHI** (Arkansas-Fort Smith)  
Courtney Pickett

**ZETA CHI** (Texas Christian)  
Ashley Adams

**ZETA PSI** (Texas-San Antonio)  
Loren Carter Nesler

**ETA BETA** (Florida Southern)  
Danielle Swindle

**ETA ETA** (South Florida)  
Jessie Poen Matheney  
Taylie Shaw

**ETA LAMBDA** (Central Florida)  
Jacquelyn Rifenberg  
Sydney Wein

**ETA UPSILON** (Nicholls State)  
Kirsten Bazet



## SPONSOR A SENIOR

*Today!*

With spring commencements on the horizon, it's time to start thinking about what to gift the graduating senior in your life. With our Sponsor a Senior program, you can either gift a graduating Gamma Phi with their international alumnae dues (\$25) or a Life Loyalty membership (\$299). An international alumnae dues sponsorship will fulfill a member's financial obligation for their first year as an alumna. A Life Loyalty membership fulfills a member's financial obligation for life while also earning her exclusive benefits! For more information on our Sponsor a Senior program, visit [GammaPhiBeta.org/Sponsor-A-Senior](https://GammaPhiBeta.org/Sponsor-A-Senior).

Note: International alumnae dues and Life Loyalty payments are not tax-deductible.





# *in our* HEARTS

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*We acknowledge the passing of the following members and celebrate their part in our circle of sisterhood. This list reflects notifications received at International Headquarters between August 1 and October 31, 2021. 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](https://GammaPhiBeta.org/Donate) or call 303.800.2890. View Memorial gifts online at [GammaPhiBeta.org/InMemory](https://GammaPhiBeta.org/InMemory).*

**ALPHA** (*Syracuse*)

Linda Zingerline Fitzgerald, 1966  
Barbara Kenney Fortenbaugh, 1961

**BETA** (*Michigan*)

Virginia Becker, 1949

**THETA** (*Denver*)

Dana Bleakley, 1971  
Dee Duncan Henke, 1949

**LAMBDA**

(*University of Washington*)  
Billie Hodge Campbell, 1948  
Bette Kameron Stordalen, 1945  
June Hellenthal Vynne, 1940

**XI** (*Idaho*)

Bonnie Hutchinson Hawk, 1964

**RHO** (*Iowa*)

Shirley Smith Eslinger, 1949  
Harriet Schlachter Gidel, 1942

Donna Lu Conover Jones, 1954

**PSI** (*Oklahoma*)

Nancy Armstrong Sundin, 1973

**OMEGA** (*Iowa State*)

Joyce Battey Christensen, 1962  
Jane Porter Edison, 1946

**ALPHA DELTA**

(*Missouri-Columbia*)  
Beverly Patton Chamblee, 1950

Catherine Clay Winston, 1974

**ALPHA EPSILON** (*Arizona*)

Natalie Duffy, 2020

**ALPHA ZETA** (*Texas-Austin*)

Betty Smith Booth, 1944  
Leah Olson Wilder, 1956

**ALPHA ETA** (*Ohio Wesleyan*)

Betty Jane Miller Carlson, 1946  
Cynthia Baker McAdow, 1945

**ALPHA THETA** (*Vanderbilt*)  
Karen Whittier, 1981

**ALPHA NU** (*Wittenberg*)  
Charlene Magovern Blakely, 1956  
Opal Rust Stackhouse, 1952

**ALPHA XI** (*Southern Methodist*)  
Helen Hargan, 2012  
Betty Clark Noe, 1948

**ALPHA OMICRON**  
(*North Dakota State*)  
Eunice Lundquist Toussaint, 1947

**ALPHA RHO**  
(*Birmingham-Southern*)  
Elizabeth Roark Schmalzried, 1938

**ALPHA TAU** (*McGill*)  
Wendy Quirk Davies, 1954

**ALPHA UPSILON** (*Penn State*)  
Mary Dykeman Rignani, 1950

**ALPHA OMEGA**  
(*Western Ontario*)  
Marian Holmes Chapman, 1945

**BETA BETA** (*Maryland*)  
Elizabeth Munyon Barbe, 1957  
Jean Moss Keesey, 1949  
Virginia Martens, 1976

**BETA GAMMA** (*Bowling Green*)  
Joyce Kramer Renaux, 1958

**BETA DELTA** (*Michigan State*)  
Sheryl Borman Plonka, 1948

**BETA EPSILON** (*Miami-Ohio*)  
Kathryn Martin Odell, 1952

**BETA ZETA** (*Kent State*)  
Janet Hadley Mather, 1961

**BETA ETA** (*Bradley*)  
Patricia Prazak Eldridge, 1955  
Pamela Cassiday Waughop, 1952

**BETA THETA** (*San Jose State*)  
Meghan Voisine, 2020

**BETA KAPPA** (*Arizona State*)  
Norma Whittum Marsh, 1951  
Glennys Paul Saba, 1951

**BETA MU** (*Florida State*)  
Carolyn Kemp Ellis, 1959

**BETA XI** (*Ohio State*)  
Gaye Grimsley Bricker, 1958

**BETA RHO** (*Colorado-Boulder*)  
Anne Golseth, 1957

**BETA SIGMA**  
(*Washington State*)  
June Elston Edwards, 1955  
Catherine Frodel Keane, 1969

**BETA PHI** (*Indiana*)  
Nancy McCormick, 1964

**BETA OMEGA**  
(*Northern Arizona*)  
Bernetta Rex Grape, 1958

**GAMMA BETA** (*Gettysburg*)  
Carol MacArthur Bishop, 1959

**GAMMA DELTA** (*Wyoming*)  
Lorraine Forister Grigsby, 1961

**GAMMA ZETA**  
(*Texas A&M-Commerce*)  
Bridgette Clark Muncey, 1985

**GAMMA IOTA**  
(*Midwestern State*)  
Marla Moore Martin, 1978

**GAMMA LAMBDA**  
(*Louisiana State*)  
Elizabeth Bourgeois Sovine, 1969

**GAMMA NU** (*Lamar*)  
Marie Cain Richards, 1965

**GAMMA XI**  
(*Tennessee-Knoxville*)  
Martha Little, 1970

**GAMMA OMEGA**  
(*Wisconsin-Platteville*)  
Carolyn Thompson Ensich, 1971

**DELTA THETA**  
(*California Polytechnic State*)  
Jane Meyer Zander, 1988

**DELTA NU** (*Missouri State*)  
Pamela Rose Milsap, 1977



**VIRGINIA  
BECKER**

**BETA**  
(*Michigan, 1949*)

Originally from Chicago, Virginia “Becky” Becker called Grosse Pointe Farms, Michigan, home for most of her adult life. After graduating from Grosse Pointe High School, Becky earned a bachelor’s degree in English from the University of Michigan. It was there that she joined our True and Constant sisterhood at Beta Chapter. She retired in 1988 after a 36-year-long career at Ameritech (formerly Michigan Bell), where she was the director of employee benefits. After retiring, Becky learned golf, was a member of several leagues and loved traveling and spending time with her family and friends. A beloved friend, aunt and great aunt, Becky will be missed by all of those who knew and loved her.



Virginia Becker  
(6th from left in the  
back row) with Beta  
Chapter sisters in  
1951.



**CYNTHIA BAKER  
MCADOW**

**ALPHA ETA**  
(*Ohio Wesleyan, 1945*)

Ohio native Cynthia “Cyn” Baker McAdow grew up in Tulsa, Oklahoma; Corpus Christi, Texas; and Mechanicsburg, Pennsylvania. Cyn lived in several different cities throughout her adult life like in her childhood. She joined Gamma Phi Beta at Alpha Eta Chapter at Ohio Wesleyan University and loved every minute spent with her sisters. Before moving with her husband and their four daughters to Saginaw, Michigan, Cyn worked at The Ohio State University in the financial aid and student employment office. In Michigan, Cyn focused on her family, teaching career and volunteering – she was a Scout leader and Sunday school teacher. Cyn and her husband enjoyed traveling and playing golf and bridge in retirement. Cyn also loved quilting, the opera and hosting “wine-time” get-togethers and dinners for her loved ones.

Don’t forget to visit [GammaPhiBeta.org/Foundation](https://GammaPhiBeta.org/Foundation) each month to view updated Memorial Gifts and In Celebration pages!



# BUILDING ON *Yesterday*



*1992*

## GAMMA PHI BETA'S 65TH CONVENTION

This summer, sisters will travel to St. Louis, Missouri, to attend Convention 2022 in person, which is themed “As Long As We’re Together.” Rewind 30 years ago when sisters traveled to the same city for the Sorority’s 65th Convention! The Adams Mark Hotel hosted more than 700 Gamma Phis who attended Convention on July 21-25, 1992.

At the 65th Convention, delegates reviewed and approved a substantial revision in the officer structure of Greek-letter chapters. Based on the recommendations from a consultant on administrative structures, chapters were divided into seven departments, each chaired by

an officer of the executive council. The officers of the executive council were the president, administrative vice president, financial vice president, member education vice president (today called education vice president), membership vice president, Panhellenic delegate (today called Panhellenic affairs vice president) and public relations vice president. As a result of these revisions, active participation by all members increased and more leadership opportunities were available to members.

To read a full recap of the 65th Convention, visit [GPBArchives.org](https://GPBArchives.org) > 1990-2019 > 1992 > Winter.



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(Anjana Olson)

## Parents

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

## Join Our Green Team!

Receive each issue of *The Crescent* before everyone else by going digital! We'll send the current issue directly to your inbox so you can enjoy it anywhere you go. Email [TheCrescent@gammaphibeta.org](mailto:TheCrescent@gammaphibeta.org) today to let us know you're joining The Green Team!

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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.*

## Looking to connect with a sister?

Visit [GammaPhiBeta.org/Find-A-Member](https://GammaPhiBeta.org/Find-A-Member) for a full directory of Gamma Phi Beta members!



This multi-day, in-person leadership event hosted in July 2022 is designed to equip emerging chapter leaders with the skills necessary to take on new leadership roles in Gamma Phi Beta and beyond. Learn more about RLE at [GammaPhiBeta.org](https://GammaPhiBeta.org).

# GAMMA GIFTS for grads and moms.



**HJGreek.com | 1.800.542.3728**

A. Classic Monogram Charm with Snake Chain, #3433A | B. Lux Rose Jeweled Bracelet, #BG808RG | C. 10K Lavalier and gold-filled Snake Chain, #L2649 | D. New Moon Necklace, #0076 | E. Crown Pearl Badge\*, #0104 | F. Crown Pearl Double Letter Guard, #0600 | G. Crest Guard with Enamel, #9006 | H. One World One Heart Dangle #1W1H | I. Chapter President Dangle, #01A | J. Scholarship Pearl Dangle, #41 | K. Mother's Pin, #0300 | L. Chapter President Ring, #0453 | M. Forever Ring, #001RS | N. Addy Ring, #ADDY | O. Stackable CZ Band Ring, #143864 | P. Bolo Bracelet, #H3996B

\*Badges must be ordered through Gamma Phi Beta Headquarters.