



TURNING PASSION INTO PURPOSE

*One sister uses her
talents to benefit others*

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THE
Resonant

Summer 2022

GAMMA PHI BETA

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get in touch

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💻 GammaPhiBeta.org

ON THE COVER Taylor Nichols practicing yoga in child's pose

DEAR *Sisters*

It is hard to believe that this time last year, we were again facing a season filled with fears of the pandemic and limited ability to interact with others freely and with joy. This summer, my hope for each of you is that you are enjoying time filled with in-person connections with those you care about most.

Across all areas of my life, I have never felt a greater importance for relationships. As a mom, I am watching my kids reconnect with friends at school and in sports. As a volunteer at the local school, I am feeling the impact of my relationships with other moms and teachers that support my kids. In Gamma Phi Beta, as both staff and volunteers, we continue to work on reaching out to each other and maintaining working relationships and personal friendships that are so important to the work that we do.

Over the past two years, relationships have been difficult to cultivate. It has taken so much more energy and time to connect and keep up with those people who we don't naturally interact with every day. As time has passed and events bring us back together, it is so important that we take the time to sit together and get to know each other in new and old ways.

We are living through a time when the world at large is facing so many polarizing issues related to the environment, health, human rights and safety. As a sisterhood, our relationships with each other are critical to navigating these conversations and offering and receiving the support we all need. Relationships remind us that we are humans with feelings, values and lived experiences that need to be shared.

I am confident that if we continue to prioritize and lean into our friendship and sisterhood with each other, Gamma Phi Beta will continue to demonstrate the passion and resiliency we have celebrated over the past 148 years.

In LIKE,



Megan Smiley Wick
Chief Executive Officer



WHO IS MEGAN?

Megan Smiley Wick is the CEO for all three Gamma Phi Beta entities — the Sorority, Facilities Management Company and Foundation.

She provides direction and guidance to our entire workforce to ensure we operate as one. As a liaison between board-level volunteers for each entity, Megan can help with strategic solutions to operations of Gamma Phi Beta. Megan is a member of Beta Sigma Chapter at Washington State University, where she earned a Bachelor of Science degree in psychology. She also has a Master of Education in educational policy, research and administration from the University of Massachusetts at Amherst.

WHAT ARE YOU MOST LOOKING FORWARD TO FOR THE 150TH CELEBRATION?

Connecting sisters across generations to the pride and history of Gamma Phi Beta. I see it as a year of remembering the past and preparing for the future of Gamma Phi Beta.

CRUISE OR ROAD TRIP?

Cruise

CHALLENGING MICROAGGRESSIONS

By Selina Ruiz (Pepperdine)

You may have heard the term microaggressions before, but do you know what it means or if you are using them? Read to learn more about microaggressions and how to take ownership of challenging them when you see them in your chapter and life.

What is a Microaggression?

Merriam-Webster's dictionary defines a microaggression as a comment or action that subtly and often unconsciously or unintentionally expresses a prejudiced attitude toward a person of a marginalized group. A microaggression can be verbal or nonverbal and can stem from deep-seated beliefs around sex, gender, race, sexual orientation and class, among other marginalized categories. Examples of microaggressions include the following. To view the full chart, visit [Bit.ly/MicroaggressionChart](https://bit.ly/MicroaggressionChart).

Microaggression	Theme	Implicit Bias/Context	Impact/Message
"Where were you born?"	Alien in own land	When Asian Americans and Latinx Americans are assumed to be foreign-born.	You are not American. You are a foreigner.
"You have a mental illness, but you seem so normal."	Invalidation of severity of mental illness	That mental illness looks/behaves a certain way.	You must not be hurting that much.

It is important to note that what might be perceived as a microaggression to one person may not be to another. While making assumptions about marginalized groups can be dangerous, it doesn't mean that making assumptions about individuals in the majority group is ok either. Humans are complex, and even if we spent pages exploring different types of microaggression, their impacts and best response techniques, there isn't one blueprint that fits every individual.

The Effects

What makes microaggressions so disconcerting is that they happen casually, frequently and often without any harm intended in everyday life.

Research suggests that, although they're seemingly small and sometimes innocent offenses, microaggressions can erode the mental health of their recipients. This can lead to anger and depression and even lower work productivity and problem-solving abilities. Microaggressions can affect work or school environments, making them more hostile, less validating and perpetuating stereotype threats.

At their worst, microaggressions can influence the standard of living and quality of life for those affected.

Researchers contend that it is not the overtly racist or sexist who control the tools that result in such unjust and damaging disparities. It is the people elected to office, teachers, business and government leaders, law enforcement officers, physicians, dentists, construction workers and your family, friends and neighbors. It is well-intentioned people like you and me that might make blanket assumptions about groups of people based on limited information, stereotypes, opinions or experiences.

Tips and Tricks for Self-Improvement

How do you avoid subjecting people to microaggressions? Try to be better by putting some thought into the biases you might hold. Become curious about the way your words and actions are perceived by others. Listen when people explain why certain remarks offend them and make it a habit to stop and think before you speak, especially when you weigh in about someone's identity.

Derald Wing Sue, a professor of counseling at Columbia University, offers five suggestions that individuals can do to avoid microaggressions:

1. **Be constantly vigilant of your own biases and fears.**
2. **Seek out interaction with people who differ from you (in terms of race, culture, ethnicity and other qualities).**
3. **Don't be defensive.**
4. **Be open to discussing your own attitudes and biases and how they might have hurt others or in some sense revealed bias on your part.**
5. **Be an ally by standing personally against all forms of bias and discrimination.**

As you move forward to take what you've read here into your chapter and personal life, consider the following as well:

1. **When you have experienced or witnessed a microaggression, how have you been successful in addressing it in a way that keeps the door open to further conversation?**
2. **What role do you think Gamma Phi Beta has in addressing microaggressions? Is it different if it's between alumnae volunteers or collegiate chapter women?**
3. **What further discussions would you like to see Gamma Phi Beta take on?**

Resources:

American Physiological Association | Unmasking Racial Microaggressions
TEDx Talks | Eliminating Microaggressions: The Next Level of Inclusion by Tiffany Alvoid
TEDx Talks | The Socialization and Comfortableness of Microaggressions by Andrea Boyles
Vox | What Exactly Is A Microaggressions?

This article was adapted from a 2020 Confident Women of Character Series webinar titled "Expanding on Microaggressions." The webinar was researched and delivered by Selina Ruiz (Pepperdine) and Harper Matthews (Pepperdine).

COMING *Full* CIRCLE

HOW GIRLS ON THE RUN HAS PLAYED AN INTEGRAL AND RECURRING PART IN MADELEINE HEIN'S LIFE

In 2014, while going through sorority recruitment at the University of Wisconsin-Milwaukee, Madeleine Hein vividly recalls learning about and falling in love with Gamma Phi Beta's philanthropic partner, Girls on the Run (GOTR). "After hearing GOTR's mission, I immediately thought, 'Wow. I wish I had this when I was younger,'" she says. Her affinity for Building Strong Girls and GOTR began at that very moment.

After joining Gamma Phi Beta that year, Madeleine dove into the Sorority's philanthropic component by regularly volunteering with the GOTR Southeastern Wisconsin (GOTRSEWI) Council. She eventually became her chapter's philanthropy chairwoman and volunteer chairwoman to motivate her sisters to be heavily involved with their local council. She adds, laughing, "It was probably to the point where [my sisters] were getting sick of me talking about it!" She served in other leadership roles for Gamma Gamma Chapter (Wisconsin-Milwaukee), including administrative vice president, chapter president and ritual chairwoman, to name a few.

In 2017, as a junior, Madeleine applied for an internship at the GOTRSEWI Council. She was accepted and thus began her deeper dive into all things GOTR and Building Strong Girls, including meeting GOTR International's Chief Executive Officer Liz Kunz. Madeleine grew tremendously during her internship, and she thanks the council's enthusiastic team for that.

"The [team] embodied everything it means to be supportive, caring, passionate mentors/role models. They only made me more invested in the GOTR mission and inspired me to become a coach during my senior year in college."





After graduating from the University of Wisconsin-Milwaukee in 2018, Madeleine moved to Chicago to jumpstart her career. To find comfort in an unfamiliar city, she immediately got involved with the GOTR Chicago Council.

While also volunteering for the Chicago council, she would drive back to Milwaukee to attend every GOTRSEWI Council's 5K, adding, "I hadn't missed a race day of theirs since 2014, and I wasn't going to let living in a different state stop me!" Madeleine was also the chapter advisor for Zeta Iota Chapter (Valparaiso) and joined Chicago Alumnae Chapter during this time.

She moved back to Milwaukee to launch her digital marketing business, [Juniper Abbey Marketing + Design Studio](#), in 2019. And, of course, continued to volunteer with the GOTRSEWI Council. While helping out at a council event, Madeleine shared more about her new business venture with the team and her fellow volunteers. One thing led to another, and one day in

2020, Madeleine received a phone call she was not anticipating.

"GOTRSEWI Council's Executive Director Tina Jones (the same person who interviewed me for my internship in 2017) reached out to hire my business to help with their digital marketing efforts. I couldn't have dreamed of a better, more ideal client," Madeleine says.

This past March, Madeleine was promoted to the council's marketing manager and couldn't be happier, saying, "This whole experience has come full circle. Not only am I passionate about GOTR's mission and Building Strong Girls, but I was able to experience strong women building me up over the years. Women who trust me with their mission, support me and my ideas and have been there for me both personally and professionally. I am so thankful for that day in 2014 when I heard about GOTR because now I get the absolute pleasure to work for them!"

Get involved with a GOTR council near you by visiting GirlsOnTheRun.org/Connect-Locally.

Save the
Date!

Gamma Phi *Get-Together*

September 24

1.



On September 24, 1875, Gamma Phi Beta's four Founders first met "in the room kindly furnished by Professor Brown." To honor the sisterhood experienced that day and beyond, Gamma Phi Get-Together was created. On September 24 each year, Gamma Phi Get-Togethers take place so sisters around the globe can gather, whether in person or virtually, to foster connection and sisterhood. By coming together on the same day, we show just how far our bonds reach!

If you're participating in Gamma Phi Get-Together this year, check out Crescent Corner's True and Constant collection for the occasion. Here are our favorite picks to don at your next get-together.

To learn more about Gamma Phi Get-Together, visit GammaPhiBeta.org.



View the complete True and Constant collection online at
CrescentCorner.MyShopify.com

3.



2.



4.



1. True and Constant Script Tee \$24
2. True and Constant Tee with Retro Lettering \$24
3. True and Constant Script Hoodie \$36
4. Light Pink Tank with Retro Lettering \$24

Confident Women



Stephanie Duncan Evelo

BETA PI (Indiana State)

REALTOR, PROPERTY OWNER, BUSINESSWOMAN

When Stephanie Duncan Evelo (Indiana State) played with Barbie dolls as a child, her dolls always owned their own shoe or clothing stores. They were businesswomen, and her imagination became reality when she grew up and began her own career. Today, Stephanie is a realtor, businesswoman and a pillar of her community.

Since 1997, Stephanie and her husband, Derek, have owned rental properties, and in 2020, they bought a historic building in need of purpose on the main street of Stephanie's hometown, Lapel, Indiana. The building was originally constructed in 1899 and used to be home to the town's post office. Stephanie and Derek wanted to provide an affordable space to host community events and meetings, and they now call it the Lodge on Main. "We wanted to make sure whatever ended up in the building was good for the community and would help keep the home values strong locally. We wanted this to be a place that blessed the community in whatever way it could or was needed," Stephanie explains.

In addition to the Lodge and her other rental properties, Stephanie works in real estate in Indianapolis, and the surrounding communities. She recently purchased another building in Lapel, an old church that she plans to turn into a multi-person short-term rental property for those who want to visit the town.

"I'm not a natural risk-taker," she says. "Having the knowledge and experience in the real estate industry as a whole allows me the opportunity to see this as a chance to invest and then give back to my community."

Her desire for connection began well before her business acumen really set in. "I always wanted to join a sorority for the social aspect, not realizing I would gain so much more from it!" she says. Now, Stephanie's Gamma Phi sisters are also part of her main support system, along with her parents, biological sisters, three sons and of course, husband, Derek.

Though Stephanie and Derek weren't able to begin their work with the Lodge in earnest in 2020, they found other ways to connect with and help the community. She started a Facebook group to connect people to those who could help them with any need that might arise. For example, some elderly neighbors needed groceries and didn't feel safe to go to the store and were able to find someone to go for them. Lapel is a community of about 2,500 and the Facebook group has 1,100 members.

After providing the opportunity to connect neighbors and allow for assistance in a great time of need, the group is still active today. Stephanie says it's an opportunity to fill the gaps for help in town and serves as a place for communication and connection.

"I'm super passionate about impacting the lives of others and being the change you want to see in the world," she says. "My personal mission has always been making a difference, changing lives and leaving a legacy."

Delaney Weed

ALPHA UPSILON (Penn State)

ASPIRING TRAVEL NURSE AND PHOTOGRAPHER

Delaney Weed is no stranger to the power of sisterhood. Growing up as a legacy, she got firsthand experience of her mom's True and Constant friendships that grew with her since her collegiate years at La Salle University. Delaney knew she wanted to forge similar connections of her own when she became a student at Pennsylvania State University.

"When I met the sisters from Gamma Phi Beta, I immediately felt at home. Joining this sisterhood has been so impactful in so many ways," Delaney says.

Delaney, who will earn a degree in biobehavioral health with a focus in nursing this fall, was the president of Alpha Upsilon Chapter last year. Having gained a wealth of knowledge about her sisters, herself as a leader and Gamma Phi Beta as a whole during her term as chapter president, she decided to go a step further to benefit her campus' Panhellenic community. In January 2022, she became the vice president of Penn State's Panhellenic executive council and will hold the position until December.

As vice president, Delaney works with delegates from chapters on campus, oversees Panhellenic elections and elects members to serve on the junior Panhellenic council, a division of the Panhellenic council comprised of leaders from each chapter's new member class. Describing her leadership style as charismatic, Delaney takes pride in inspiring others and acknowledging all accomplishments, big and small. She especially believes in empowering women to pursue leadership positions to get their voices heard.

"I find myself thriving best with people I can continue to motivate and challenge," she adds.

In addition to Gamma Phi, Delaney participates with Penn State's THON, a student-run philanthropy that advocates for children and families impacted by childhood cancer, and Best Buddies, a nonprofit that fosters one-to-one friendships between people with and without intellectual and developmental disabilities. Delaney is the vice president of her campus' Best Buddies chapter.



Outside of school, you can find Delaney capturing life's special moments for people as the founder of Delaney Weed Photography ([DelaneyWeedPhoto](#), [MyPixieSet.com](#) and [@delaneyweedphoto](#) on Instagram). Photography began as a hobby in high school and quickly grew into a side hustle that now keeps her busy throughout the year.

"From micro weddings to graduation and holiday photos, I love meeting new people during every shoot. Editing for hours and eventually sending out albums are my favorite parts of my day. Plus, seeing clients' reactions is the best!"

With her graduation date drawing close, Delaney hopes to pursue travel nursing full time so she can spend her weekends as a part-time destination photographer.

"Photography is a passion in my life and truly makes me the happiest and most excited for what's next!"

Maggie-Jo Zeeman

ETA EPSILON (Virginia Tech)

ASSISTANT BUYER

Maggie-Jo Zeeman (Virginia Tech) always looked up to her parents and credits them with her drive, determination and dedication to work hard. She even wanted to be a teacher, like her mom, but in high school she came to realize that may not be the career path for her. “I was a very analytical student, but also a creative one, and I wanted to find a career where I could utilize both skill sets,” she explains.

When browsing college majors, she discovered fashion merchandising and knew that was the right fit. And she was right. After four years, at Virginia Tech, she graduated in spring 2022, spoke at commencement and earned the honor of the 2022 Outstanding Senior Award from the College of Liberal Arts and Human Sciences. The award recognizes students who demonstrate exceptional academic performance, co-curricular engagement, leadership skills and service contributions – exactly what Maggie-Jo did. “I felt so proud that all my hard work paid off in such a way, and I couldn’t think of a better way to wrap up my time at Virginia Tech.”

Maggie-Jo was education vice president for Gamma Phi Beta, a Rho Gamma during two recruitment cycles, a Beyond Boundaries scholar, Relay for Life volunteer, and participant in College Mentors for Kids, which proved to be one of her favorite college experiences.

“Throughout my life and high school years, I worked with kids through my sport teams, volunteer organizations and through babysitting. When I heard about College Mentors for Kids, I knew it was something I wanted to get involved with,” she explains. “I wanted to immerse myself in the Blacksburg community and this was such a great way for me to do so. I also was passionate about being able to talk with younger students about their options and all the possibilities their future could hold. We taught them to work hard, dream big and always be a good friend.”



The experience was so influential, that during her commencement address Maggie-Jo spoke about a connection she formed with a young student and how important that was to her freshman year experience.

So what’s next for Maggie-Jo? She’s off to New York City to follow her big dreams and work as an assistant buyer for Ross, Inc. “I’m excited to begin my career,” she says. “I hope to continue working within the business side of the fashion industry. I know as I begin working and gaining experience, my goals will change and I’m looking forward to the journey I have ahead of me.”



Kaitlyn Pulliam

ZETA DELTA (*Southeast Missouri State*)
EDUCATOR

Teaching always called to Kaitlyn Pulliam, even from a young age. She declared her major — elementary education and middle school social studies education — as soon as she enrolled as a student at Southeast Missouri State University in 2017. It was then that she joined Gamma Phi Beta at Zeta Delta Chapter. Gamma Phi caught her attention during recruitment for the following reasons.

“I fell in love with the fact that it is an organization created by, for and in support of all women everywhere. I also really identified with the four Core Values. I got the very clear sense that while I may have had a different name for them, my own values were the same as the ones all Gamma Phi women want to emulate.”

Kaitlyn held many collegiate leadership roles within her chapter, including Fidelity chairwoman, sisterhood chairwoman and financial vice president. Since transitioning to an alumna in 2021, she has assisted in recruitment efforts at Zeta Delta Chapter and attends the chapter’s philanthropy events. Currently, Kaitlyn is the finance advisor for Gamma Omicron Chapter (Kentucky).

Kaitlyn is now a third-grade teacher. She completed her student teaching with second graders and then accepted a full-time position teaching third grade at the same school. “I got to move up with the same group of kids, which was special,” she says.

Black History Month is celebrated in this third-grade teacher’s classroom. After lunch, as her students settle back into their seats, Kaitlyn likes to read to them a couple of biographies from the Little Leaders series by Vashti Harrison. The

three-book series spotlights bold women and men in Black history and visionary women from around the world. Kaitlyn also likes to stock her in-class library, Pulliam’s Picks, with books about influential Black people, groups and Civil Rights events for students who want to engage more with the subject matter.

“It has been interesting to see what and who captures their attention and hear why that person or event stood out to them,” she says.

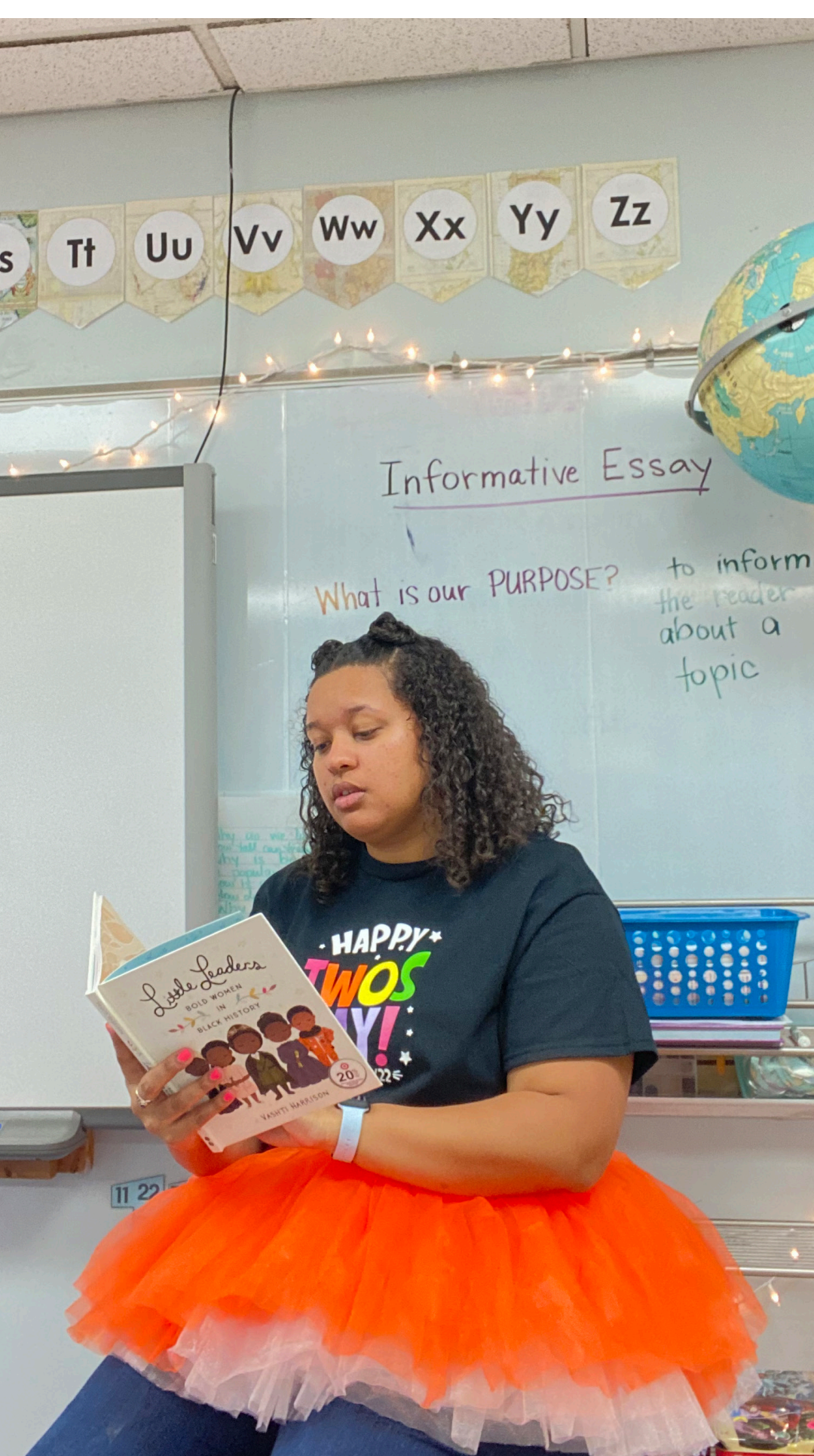
Kaitlyn describes her teaching style as a dynamic partnership between her and her students. At the beginning of the year, she had students fill out a social contract to help her curtail her lessons to their needs. After she reviewed those contracts, a theme emerged: students wanted some degree of autonomy and responsibility over their learning experience. The people spoke, so Kaitlyn delivered.

“I incorporate a lot of independent practice in my lessons so that my students sense ownership over their learning while also providing guidance in the right direction when they need it.”

Her students would describe her teaching style as fun, but not too much fun. One student’s input in particular made Kaitlyn laugh. “This student told me I remind them of Dolores from Disney’s “Encanto.” I guess because you can hear everything going on in my classroom from the hall!”

While teaching reigns supreme in this Gamma Phi’s life, she relishes in other hobbies outside of the classroom. Like reading — “I challenged myself to read 75 new books this year,” she adds — antique shopping and watching anything and everything in the Marvel Cinematic Universe. Currently, she’s rewatching “The Falcon and the Winter Soldier.”





More with Kaitlyn

NAME A BOOK THAT
POSITIVELY IMPACTED
YOUR LIFE. WHY THIS
BOOK?

"Pride and
Prejudice"
by Jane
Austen.
Reading
this novel,
I learned
valuable lessons
about second chances
and apologizing through actions.
Two particular lines in the book
have always stood out to me.
The first, 'Laugh as much as you
choose, but you will not laugh me
out of my opinion.' The second,
'The distance is nothing when
one has a motive.' This story
showed me the importance of
knowing my mind and never
letting anyone tell me that I
cannot achieve anything I set my
mind to.

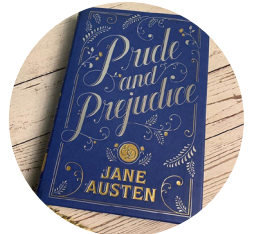


PHOTO BY:
JANEAUSTEN.CO.UK



treat yourself

1. Walmart | Better Homes and Garden Embroidered Velvet Quilt \$55
2. Kendra Scott | Braided Blush Headband \$20
3. Cravings by Chrissy Teigen | Kiss Me Peach Glass Pitcher \$24
4. Paige Poppe | Desert Blush Mousepad \$14*
5. Paddywax | Realm 12oz Candle (Dusk) \$34

**Support woman-owned small businesses!*

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



150 Years

Gamma Phi Beta

Gamma Phi Beta's sesquicentennial celebration — **that's 150 years!** — is quickly approaching. This milestone event will celebrate our Sorority's cherished history, foster pride and connect members worldwide.

Keep an eye out for communications surrounding our 150th celebration soon.



Our bold and courageous Founders

E. Adeline Curtis, Frances E. Haven, Helen M. Dodge and Mary A. Bingham

TRUE AND CONSTANT

Three months after graduating from the University of Iowa, Arlene Faulk (Iowa) lost feeling from her waist down, and it took nearly three and a half months to regain normalcy. She convinced herself it was a one-time fluke. Arlene says, “I was young and filled with aspirations of a creative, fulfilling life.” And a creative, fulfilling life is exactly what she’s had, but she also needed to overcome frequent bouts of extreme pain. She did this while working her way up the corporate ladder as a businesswoman in a male dominated field and advocating for herself to get the medical care she needed. It took decades to learn what was happening to her body, but finally, in 1991, Arlene had her first MRI – a test that had not been available before – and was diagnosed with multiple sclerosis (MS).



1 PRIOR TO RECEIVING YOUR DIAGNOSIS, DID YOU KNOW SOMETHING WAS WRONG?

Several years after that first episode, symptoms returned. The skin on my arms and legs felt like sharp needles were in them. My balance and walking became unsteady. At three different times I completely lost my ability to walk. I used a cane to steady me for 15 years. At one point I lost 85% of the hearing in one ear and was not sure it would return to normal. It finally did after many months.

Tai Chi transformed my life. The gentle movements with focus on the present moment helped me regain strength and learn to walk with a natural gait. I was determined and disciplined from the beginning and practiced every day. I spent most of the first year of classes seated in a chair and practiced slow walking with both hands up against my small apartment hallway.

2 CAN YOU DESCRIBE MS?

Multiple sclerosis is a condition of the central nervous system, the brain and spinal cord. The immune system attacks the protective coating around the nerve endings’ myelin sheath, causing disruptions in the communication between the brain and the body.

3 WHEN DID YOU FIRST DISCOVER TAI CHI AND HOW HAS IT HELPED YOUR MS?

A good friend recommended I see a skilled acupuncturist who had helped her regain health. I didn’t act right away, but one day, I called the health care practitioner, Nancy. She worked on my pressure points with her hands since needles were too strong. Seeing her every two weeks, my health slowly started to improve. She recommended Tai Chi to me, and I started in a class of seniors, more than 30 years older than I was. When I looked around, I realized my balance was the worst in the room. It was deflating, so I talked to myself and changed my attitude around to wanting to be like them when I reached their age, with vigor, flexibility and a can-do attitude.



4 WHAT IS TAI CHI? WHAT ARE ITS BENEFITS?

Tai Chi, originating in China centuries ago, is a mental and physical practice based on the universal principles of balance and harmony. It is based on the concept of yin and yang, of the pursuit of balance in all things, starting with our bodies. The mind focuses on moving internal energy and shifting weight in specific, flowing movements.

Tai Chi brings our mind into the present moment, which helps promote relaxation, reduce anxiety and ease of movement. The gentle movement of muscles, joints and tendons can increase range of motion and flexibility. With practice, pain and stiffness may be managed and reduced from chronic conditions such as arthritis, multiple sclerosis, Parkinson's, lupus and fibromyalgia.

5 WHAT ENCOURAGED YOU TO WRITE A BOOK ABOUT YOUR JOURNEY WITH MS?

My Tai Chi students encouraged and urged me to write a book. They said that hearing my story inspired them and was the key to taking a specific step to do something for their health. Thinking about taking a step and actually doing something can be a wide space.

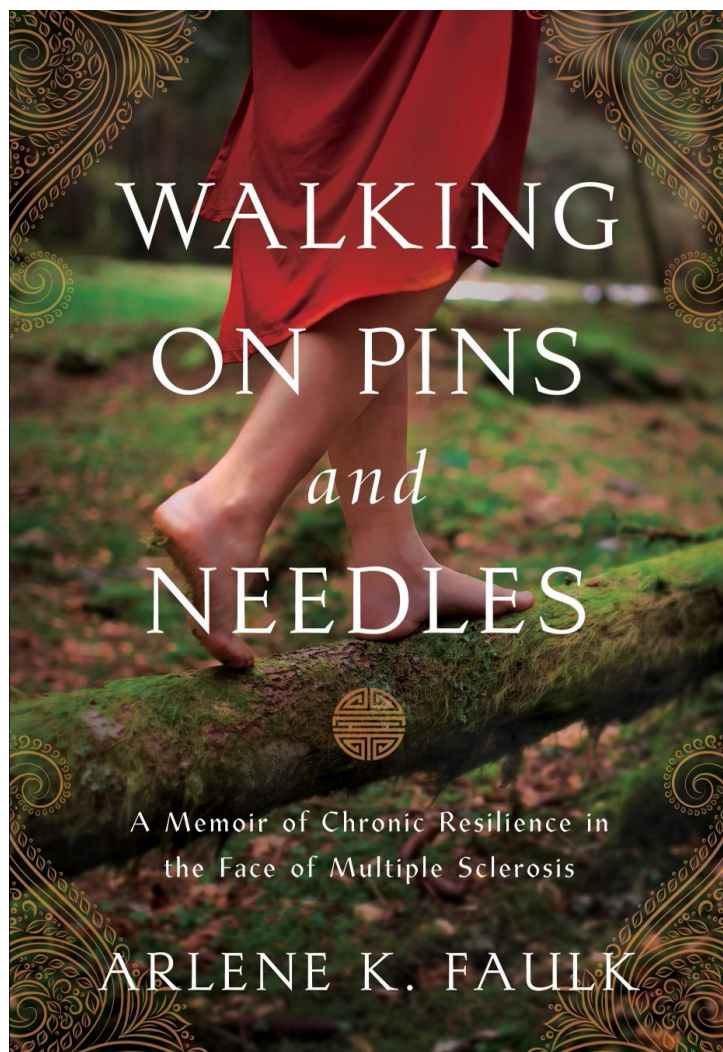
The entire project took about 10 years. When I started, I wasn't sure my writing would turn into a book. I wanted to write down stories about my experience, lessons about life I learned. I began a blog as part of my Faulk Tai Chi website and some of those themes are incorporated into chapters of my book.

My book was published on February 22, 2022. I love that significant date.



6 WHAT'S YOUR LIFE MOTTO?

Take a specific step forward, with all the fears and unknowns, because the unknown is where the possibilities are.



Arlene's book, "Walking on Pins and Needles: A Memoir of Chronic Resilience in the Face of Multiple Sclerosis", can be purchased at Amazon, Barnes & Noble, Bookshop.org and local bookstores.

Chapter Sweet Chapter



GAMMA KAPPA

Nebraska-Kearney

On April 13, the University of Nebraska-Kearney hosted its Applauding Excellence Awards to recognize the exceptional work of students and organizations on campus. Professors, staff and students nominate candidates for each category. Daylee Dey (Nebraska-Kearney) and her chapter, Gamma Kappa, were honorees at this year's annual celebration.

Winner of the Emerging Leader Award Daylee, who will be a sophomore this fall, is her chapter's administrative vice president. Gamma Kappa Chapter President Brooke Benck says of her sister's leadership, "Daylee leads by example, with humility and quiet confidence. She upholds Gamma Phi Beta's Core Values and wants to make our sisterhood better every day."

Daylee immediately beamed with confidence when she found out about her win, adding, "This recognition is something I'm very proud of, and I know it will continue to push me to keep improving my leadership skills."



Daylee Dey (Nebraska-Kearney)

Gamma Kappa Chapter also received the Philanthropy of the Year Award for their outstanding work with Girls on the Run (GOTR) during the 2021-22 academic year. Between the chapter's virtual Moonball event in fall 2021 and an ancillary fundraising event in spring 2022, Gamma Kappa sisters raised roughly \$11,000 for GOTR.

"We strive to be part of something bigger than ourselves, and there is no better way to do that than by giving back to the community and young girls across the nation." Brooke comments on her chapter's win, saying, "It feels rewarding to watch all our challenging work and determination get recognized by the University."



1. ANTELOPER

Antelopes live in the western half of Nebraska, so it's only fitting that UNK's mascot is an antelope. But not just any antelope, no. It's Louie the Loper!

2. LAKESIDE EATS

Sisters love to frequent Cunningham's on the Lake for its scenic views and delicious gastropub fare.

3. OUTDOOR HANGOUTS

According to Gamma Kappa sisters, Kearney has some pretty stellar parks. Sisters like to host chapter events and hang out at Cottonmill Park and Yanney Park.

4. LOCAL FACT

Kearney is home to one of the greatest animal migrations on earth! Every year from February to April, Sandhill Cranes migrate along the Platte River. The city offers public viewing spots for those interested in watching the natural phenomenon.



TURNING *passion*



A woman with long blonde hair in a braid, wearing a white t-shirt and a black baseball cap, is seen from the side, reaching out her right hand towards a vast, hazy mountain landscape. She is standing on a rocky ledge. The background features rolling hills and valleys under a clear blue sky. The title 'into PURPOSE' is overlaid on the top left in a white, elegant script and sans-serif font.

into PURPOSE

By Laura Mishkind
(Colorado-Boulder)



Taylor Nichols (Urbana-Champaign) is on a mission to make quality athleisure more affordable, helping bring a healthy lifestyle and the practice of yoga to all, not just those who can afford it. And she's doing this through her pandemic-born business, Sidecrow.

"I was inspired to create an athleisure company that had all the quality and fabric blends of the more expensive brands but was affordable enough to fill your closet for everyday wear," Taylor says. "Working from home and practicing yoga daily, I found I needed way more leggings, tank tops, etc., but wasn't willing to break the bank. And in that moment, the concept for Sidecrow was born."

Of course, it took more than a great idea and some inspiration. Armed with a degree and career in advertising, Taylor felt comfortable with social media marketing and building websites. She created a Shopify store to see if she could sell some products and gather interest, and as she describes it, "the ball just kept rolling."

Fueled by curiosity, Taylor researched how a label begins, how an LLC is formed and how online retail works. "My curiosity just kept me going until one day, I had a box full of samples with my own designs, logo and label," she says. More challenges came with shipping, customer service, trademarks and an on-going advertising strategy, but with each lesson learned, Taylor found true enjoyment, fun and a feeling of accomplishment.

"My curiosity just kept me going until one day, I had a box full of samples with my own designs, logo and label."



After hours of prep work and research, Sidecrow officially launched in August 2020.

Taylor says, “Launching in 2020, it was hard getting the name out past my circle of family and friends. At that time, in-person pop-up shops weren’t happening. The only resources I had were word of mouth and online advertising. I hunkered down and did a lot of networking online, reaching out to influencers and connections I knew had large social followings. I also really leaned into my marketing background to launch Facebook and Google campaigns to help spread awareness of the new brand.” Having a network of sisters helped.

Gamma Phi Beta has been a great support system for Taylor in life and business. She says she constantly receives words of encouragement, and many sisters help spread the word about Sidecrow.

“I am still very close with my pledge class, all of us are attending each other’s weddings and social events. We also go back to campus and to our Gamma Phi Beta house every once in a while, to visit the new members and reminisce about our time there.” They even have an annual reunion in Chicago. “It’s incredible catching up with sisters and takes us back to five years ago like nothing has changed.”

Family Ties

Taylor has been practicing yoga for eight years. Her first class was led by fellow Gamma Phi Beta sister in Urbana-Champaign, and unsurprisingly, yoga and sisterhood have had a strong impact on Taylor’s life and business.

In fact, her two biological sisters, Jessica and Casey, were Gamma Phis at their universities. Though Taylor went through recruitment with an open mind, her sisters’ positive Sorority experiences, and her conversations with the sisters at Urbana-Champaign, made the decision to join Gamma Phi an easy one.

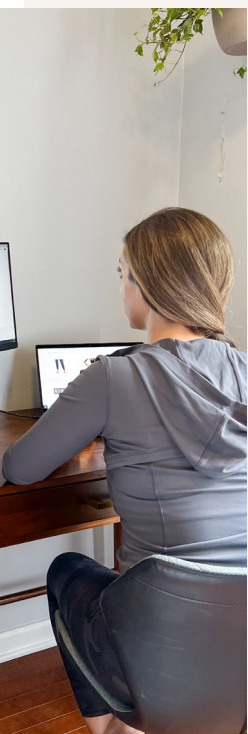


Jessica and Casey have also become even more integral to the business. In early 2022, Taylor’s older sisters joined as her first employees! Jessica handles the customer service responsibilities, while Casey manages in-person events, like pop-ups, since Sidecrow is fully e-commerce at this time. “It’s an amazing experience to get to grow the business with my family,” Taylor says.

And the family ties don’t end there.

Sidecrow has a partnership with Feed My Starving Children – a nonprofit that works with food distribution partners to help feed those in struggling communities. Taylor’s extended family has been involved with Feed My Starving Children for years. Some of her relatives in Chicago are building a warehouse packaging center for the organization, and many family members dedicate their weekends to packing food. By partnering with the nonprofit, Sidecrow is committed to monthly donations.

Taylor says, “It’s incredible to see this small idea of mine grow and have an actual effect on something larger than myself. Creating something from scratch has been exciting but seeing this passion project produce funds to provide meals for a family for over a year has been incredible.”





Sisterhood, Support and Sidecrow

With a strong support system behind her, Taylor is enjoying exploring her creative side in what is currently her part-time job. “I feel the most like myself when I’m creating. It took me a long time to realize that at heart, I am a creative,” the business owner explains. “Whether it be designing a new line, creating marketing materials or doing photography, I’m happiest when the creative juices are flowing.”

With a small business and building a brand, there’s plenty of time to use those creative juices. Fortunately, Taylor also loves learning something new every day. She enjoys problem solving and finding answers to tough questions. Of course, it’s hard when things go wrong. “It’s just me who must research and figure out how to fix it. The entire process is challenging yet rewarding,” she explains.

And so far, she’s tackled the challenges head on with her sisters beside her and her yoga practice to lean on in times of stress. In addition to launching Sidecrow during the pandemic, Taylor completed her yoga teacher training. Something she’s also incorporating into the business, by teaching classes at pop-up events.



The name of the business was also a creative tie back to the early days of her yoga practice. “Sidecrow is actually the name of a yoga pose where you balance on your forearms and extend your legs out to the side. This was one of the first advanced poses I was able to nail in a studio class,” Taylor explains. “When thinking about my athleisure brand, it was instantly the first thing that came to mind. Sidecrow was kind of the beginning of me getting serious about my practice and passion.” It’s also her favorite pose.

"I now see success as 'keeping on'. Pushing on in the face of defeat is success. The outcome doesn't matter if the effort continues."



Taylor still regularly practices yoga for her own enjoyment and as a way to stay grounded. "Yoga is not only a way to stay healthy and fit, but it's a way to train your mind to relax, to concentrate and to let go. When I'm overwhelmed or just having a really bad day, I go to yoga. It changes everything both mentally and physically and not many other workouts can say the same."

When she's not connecting with sisters, practicing yoga or designing the next best seller (Be sure to check out the popular Sidecrow Prana Joggers!), Taylor is planning her fall wedding, gardening and fixing up her recently purchased home. "I just moved into a 140-year-old house in a historic district in St. Louis, and I'm finding so much joy in remodeling, painting and decorating. It's such an exciting journey to be on!" she shares. Though she loves exploring her neighborhood on post-work walks, her favorite way to relax and wind-down is still yoga.



This Gamma Phi yogi plans to always continue her yoga practice and flex her creativity muscle. Taylor hopes Sidecrow can become her full-time job. With a bit more growth, this dream could become a reality. As of now, it's an e-commerce only business, but down the road, Taylor would love to open a brick-and-mortar location. Customers have been asking for it!

But how will Taylor feel she has succeeded? She says, "My definition of success has greatly changed since launching a business. I now see success as 'keeping on'. Pushing on in the face of defeat is success. The outcome doesn't matter if the effort continues."

To support and shop Sidecrow, visit



Sidecrow.com



[@sidecrow_athletic_apparel](https://www.instagram.com/sidecrow_athletic_apparel)

Then and Now

Rachellá Valdez (Toronto), a 2008 initiate, has been an active member of the Toronto Alumnae Chapter since 2012. About a year after her graduation in 2021, Ava Wombwell (Toronto) also joined the alumnae chapter. The two were both Gamma Phis at the University of Toronto's Alpha Alpha Chapter. Rachellá studied international relations and Ava's degree is in women and gender studies. Post-graduation, Ava is a manager for a Canadian fashion brand, and Rachellá is a marketing assistant manager and freelance associate editor. Though these two sisters weren't in the chapter at the same time, they shared some similarities in their experiences on campus.



RACHELLÁ VALDEZ		AVA WOMBWELL	
My favorite memories are our themed socials and just hanging out with my sisters during my free time. We would have "Jersday Thursday" and watch "Jersey Shore" in the basement and paint each other's nails.	FAVORITE GAMMA PHI BETA MEMORY AS A COLLEGIAN?	It's definitely a tie between in-person recruitment September 2019, which was my last in-person recruitment, and Big Sister Little Sister Reveal!	
Houses would list where sisters worked and what their discounts were, and we put balloons on the ceiling.	WHAT WAS A POPULAR RECRUITMENT TREND?	Balloon letters and photo walls.	
LOL, lit and sreen. Toronto has its own specific slang it's hard to explain.	COMMON SLAG WAS...	Slay and IYKYK (if you know you know)	
BBM (BlackBerry messenger) was the thing to have! Instagram, Facebook and Twitter were just starting to come out. MSN messenger was a big thing too.	HOW DID YOU COMMUNICATE WITH LOVED ONES BACK HOME?	Texts, phone calls and social media direct messages.	
Top 40 and a lot of Jay-Z and Kanye.	WHAT MUSIC WERE/ARE STUDENTS LISTENING TO?	Hip-hop, rap and electronic dance music (EDM).	

Do you know two sisters who initiated at the same chapter, just with seven or more years between them? Email TheCrescent@gammaphibeta.org for a chance to see them featured on this page in the future!

Get Moving!

Simple morning stretches to help you
feel energized for your day ahead

By Elizabeth Liberatore



Movement

is critical to our overall well-being, but sometimes moving around is hard to do once a busy day takes flight. If you work from home like me, you probably can relate. Once my workday begins, the floodgates of Teams chats, Zoom calls and emails open and only stop once I log off my computer at the end of the day. Unfortunately, the last thing on my mind is getting up to move. I blame our society's toxic obsession with productivity on this poor behavior of mine and, in part, my laziness. To help my body hate me less, I stretch in the morning before leaving my comfy oasis of a bed. These simple stretches are a fantastic way to get movement in and feel energized for the day ahead. Combine these with a couple of 15-minute walks throughout your day, and your body and mind will thank you.



1.

FULL BODY STRETCH

In a flat position, reach your arms overhead and push your palms upward while pointing your toes. Hold for five breaths. Relax, and repeat for another five breaths.

BENEFITS

Helps relieve tension and stiffness in joints and muscles from sleeping overnight.



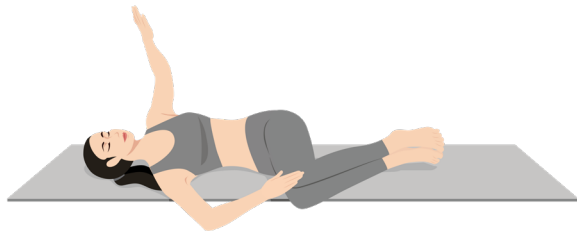
2.

KNEES TO CHEST

Remaining on your back, pull your knees up toward your chest. Hold for 10 breaths.

BENEFITS

Stretches the lower back and can help reduce bloating, improve circulation and rebalance energy throughout the body.



3.

SUPINE TWIST

From the knees to chest position, gently release your knees to the left into a supine twist while turning your neck to the opposite side. Sit here for five breaths. When ready, release your knees to the right side and your neck to the left. Hold for another five breaths.

BENEFITS

Lengthens, relaxes and realigns the spine and relieves pain in the lower back, spine and hips.



4.

SEATED FORWARD BEND

Gently sit up and stretch your toes and legs. Reach forward in a seated forward bend. You can grab your toes, shins or thighs, whatever is most comfortable to you. Hold this position for a few breaths.

BENEFITS

Calms the mind and relieves stress while stretching the spine, shoulders and hamstrings.



5.

SPINAL STRETCH

In a comfortable seated position, reach your arms above your head, interlocking your fingers and pointing your palms up, in a spinal stretch. Bend to the right. Then bend to the left. Repeat this three times on each side.

BENEFITS

Strengthens muscles in the back and shoulders while realigning, lengthening and relaxing the spine.

Chapter Sweet Chapter



ALPHA DELTA *(Missouri-Columbia)*

Alpha Delta Chapter (Missouri-Columbia) should have celebrated 100 years of True and Constant sisterhood on May 20, 2021. Due to pandemic restrictions on in-person gatherings, collegians and alumnae spent two years planning and rescheduling the chapter's centennial celebration. Finally, during the last weekend of April 2022, more than 350 sisters came together for the long-awaited celebration.

"COVID-19 tried to suspend our celebration; however, Alpha Delta prevailed, and we were able to celebrate 100 plus one year," says Education Vice President Katelyn Hunter.

The celebratory weekend was jam-packed with fun activities for sisters, starting with guided tours of the chapter's 2019 renovated facility. Other activities included a cocktail party with a Rite of Passage ceremony. Of the ceremony, Katelyn says, "It was a beautiful way to honor our graduating seniors and welcome them into the next phase of membership."

Additionally, International President Autumn L. Hansen (Idaho) was in attendance for Alpha Delta Chapter's milestone celebration. She delivered an impactful speech, which included the following sentiment: "Through the years, Alpha Delta members have inspired the highest type of womanhood and stayed connected to the Sorority that has given them so much. When I look around this room, I see a lifetime commitment represented."

Many of the active alumnae members shared stories throughout the weekend of their experiences living in the chapter's facility. "I truly admire my chapter's genuine sisterhood. It was clear [during our centennial celebration] that no matter the distance or time spent apart, Alpha Deltas are connected by the heart," Katelyn says.



PHOTO BY UNIVERSITY OF MISSOURI

1. FOOTBALL FRENZY

The University of Missouri-Columbia, Mizzou for short, is known for its football season full of fun events, tailgates and Truman the Tiger hyping up the crowd!

2. THE COLUMNS

The Columns are six limestone columns on campus that used to support Mizzou's first building, Academic Hall. After a fire destroyed Academic Hall in 1892, The Columns were all that remained and have become a symbol of Mizzou's collective strength.

3. CAMPUS TRENDS

Mizzou students love wearing hair claw clips and biker shorts to class. When it comes to social media trends, TikTok is a fan favorite.

4. STUDY SESH

Alpha Delta sisters like to study at either their chapter facility or Ellis Library, the main library on campus.



PHOTO BY UNIVERSITY OF MISSOURI



3



4

EXPLORE
Columbia



Meet Beta Xi Chapter's Facility Director

The Facilities Management Company (FMC), the Sorority's international housing entity, provides a home to more than 3,400 collegiate members every year. A home where members can grow, learn, support others (and be supported in return) and nurture True and Constant relationships. Overseeing the daily operations of Gamma Phi Beta facilities and creating a safe and inviting space for our members are facilities directors: full-time International Headquarters (IH) staff who live on-site at each facility in a private suite. One of whom is Daryn Green.

Daryn, a Delta Phi Epsilon, graduated from the University of Pittsburgh in 2019 with a degree in social work. Having experienced a live-in job before (she worked as a resident assistant in college), Daryn was eager to find something similar in a new city postgrad. She accepted a position with Gamma Phi Beta as the facility director of Beta Xi Chapter (Ohio State) in November 2021 and has been loving every minute of it since.

"THIS IS PROBABLY ONE OF THE COOLEST AND MOST UNIQUE JOBS I'VE EVER HAD! I WOULD RECOMMEND IT TO ANYONE INTERESTED IN A LIVE-IN ROLE WITH COLLEGIATES."

WHAT INSPIRED YOU TO BECOME A FACILITY DIRECTOR?

As silly as it sounds, I saw a woman on TikTok make videos about her job as a "house mom" and thought it would be a good job for me! I love working with collegiates, and I was looking to move somewhere new, so this came up at the perfect time.

WHAT'S THE BEST PART ABOUT YOUR JOB? THE MOST CHALLENGING PART?

Connecting with members and building a community within the house is the best part. Many live-in members at Beta Xi are second-year students who have only been in Gamma Phi Beta for one semester due to formal recruitment in January. It's fun to see them grow closer with their sisters and find their place within Gamma Phi Beta. The most challenging part is coordinating with vendors who might not have the most efficient communication systems when we need maintenance done at the facility.

HOW MANY RESIDENTS LIVE IN THE FACILITY?

Our current facility sleeps 22; however, we are moving to a bigger house in August 2022 that will sleep around 40 members.

WHAT DO YOU LOVE MOST ABOUT WORKING WITH COLLEGIANS?

I love seeing the personal growth that takes place throughout their college years.

DESCRIBE A TYPICAL WORKDAY AS A FACILITY DIRECTOR.

Every day looks different as a facility director! This job requires responding to things as they happen, communicating with vendors and ensuring the house runs as smoothly as possible. Typically, I walk through the communal areas in the morning to make sure everything looks nice, and then I'll have downtime since there's a two hour time difference between IH in Denver and my facility. I'll try to eat lunch in the dining area with members before taking time to answer emails, schedule vendors and attend meetings. I also try to spend as much time as possible in the facility's communal areas to make myself accessible to residents.



Deets on Daryn

Hobbies: I really like being creative and making art. I also frequently go to work out classes (spin and barre are my favorites!), vintage stores and comedy open mic nights.

Vacation or staycation: Vacation. There's so much of the world I want to see!

You are: Resourceful, open-minded and organized.

Coffee or tea: Coffee

You are currently listening to: Phoebe Bridgers!

Have a plan or go with the flow: Go with the flow.

On a day off, you enjoy: Exploring Columbus! I moved here sight unseen without knowing anyone, so it's been fun meeting new people and trying new things.

Early bird or night owl: Early bird for sure.

Mountains or beach: Beach

DO YOU ENJOY LIVING IN THE FACILITY? HOW DO YOU SEPARATE WORK LIFE FROM PERSONAL LIFE?

I love living in the facility! It definitely helps that I have my own suite in the house with a bedroom, living room and private bathroom. It truly feels like an apartment, and it's nice to have my own space. The biggest thing for me is setting boundaries around my work time and personal time. I also practice setting professional boundaries around my personal life with members. As a young person in this role, it can be challenging to set these boundaries since I'm closer in age to the residents than most other facility directors. But creating these boundaries are incredibly important!

DO YOU INTERACT WITH OTHER GAMMA PHI BETA FACILITY DIRECTORS?

I attend a monthly meeting with other FMC facility directors, where we discuss anything new within the company and get group support any general issues we have. It's nice to know I have a network of experienced facility directors who are all willing to help me out.



“Twas a wonderful life - As mother and wife - With a few loyal friends, as you see.”

Bee Gives Back



Elizabeth Steed DePrez (Oregon) loved Gamma Phi Beta. She attended the University of Oregon where she was initiated into the Nu Chapter. Her mother had been a Gamma Phi, making it an easy choice, and the only sorority to catch her eye.

Though born in Philadelphia, Pennsylvania, Elizabeth, also known as “Bee” to her family and friends, spent much of her childhood in Salem, Oregon. She earned her bachelor’s degree from the University of Oregon and her master’s from Syracuse University.

Gamma Phi Beta was the center of her college experience, but in the fall of her senior year, Bee’s father suddenly passed away, leaving her family unable to pay for her board in the Sorority house. She moved to a rooming house off campus and planned to finish her degree living there.

Later that year, Bee received a call from the Dean of Women’s office – she had been awarded an

anonymous scholarship that would allow her to move back into the Gamma Phi house for the remainder of her senior year! She never discovered where the scholarship came from, but always suspected the Dean of Women’s office and Sorority donors colluded to support her. Ever since then, Bee has consistently donated to both organizations.

In fact, after her death in December 2018, her son, Gregory DePrez, contacted the Foundation and donated in her honor to the Ruth Hillman Carter Scholarship and Fellowship Endowment. Bee always wanted to contribute to funding a scholarship, so that future Gamma Phis can have the experience she had.

Gamma Phi continued to be a part of Bee’s life well after graduation. Well into her 90s she was active in Sorority events in the San Diego area and stayed close with sisters. She even had ties to our Founders Day.



During World War II, Bee served as a personnel officer in the U. S. Coast Guard Women's Reserve. According to her online obituary, "On Veterans Day holidays, she stood with pride when Coast Guard veterans were honored." Veterans Day falls on November 11.

Her husband, Richard "Dick" DePrez, was also a veteran after serving as a U.S. Navy captain. During his service, Bee wrote a series of humorous poems to Navy wives titled "Dear Sue: Letters from Uncle Neptune." They were published in military outlets.

After Dick's retirement, the two teamed up to write "Resume and Job-Hunting Guide for Present and Future Veterans," which was published in 1984. They knew the struggle of transitioning from the military to civilian life and felt a career-change guide and workbook could help others.

Bee was known for her cheerful demeanor and giving nature. Her obituary states, "A life-long writer of verse, Bee authored poetic portraits of family, friends, and community activities – all written with a touch of humor. She will be remembered for the many delightful poems, limericks, and rhymes that she penned for all to enjoy."

She even wrote this when asked how she would like to be remembered:

"There once was a lady named Bee -
Who often said, "Don't cry for me; -
'Twas a wonderful life - As mother and wife -
With a few loyal friends, as you see."

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 February 1 through April 30, 2022.

ALPHA (*Syracuse*)

Stephanie Tisdale

BETA (*Michigan*)

Taylor Boes

GAMMA (*Wisconsin-Madison*)

Rebecca Cheek Cook

Elizabeth Fulton Erickson

Margaret Gebhardt Lescrenier

Jean Gundlach Tress

Barbara Chapman Vaughan

DELTA (*Boston*)

Terrene Carbone Nicastro

Deborah Keene White

EPSILON (*Northwestern*)

Heather Kmetz

ETA (*California-Berkeley*)

Emily Alvarez

Ashley Stroud Haynes

LAMBDA (*University of Washington*)

Merrily Johnson Stewart

NU (*Oregon*)

Linda Bargones Gray

Sonja Glaaser Miller

XI (*Idaho*)

Constance Densow Miller

OMICRON

(*Illinois at Urbana-Champaign*)

Jomarie Fredericks

Diane Luce McCormick

Virginia Rowland Nash

PI (*Nebraska-Lincoln*)

Linda Irving Felber

Lynne Goracke Houtz

Phyllis Vance Larsen

Marsha Votipka Turbett

Linda Kresha Wibbels

SIGMA (*Kansas*)

Beverly Wright Brownlee

Harriette Stewart McCaul

Jananne Hewett McLaughlin

Ellen Winkler Slicker

Krissy Wagner Wittenberg

TAU (*Colorado State*)

Kaitlyn Tatnall Buche

Dorothy Williams Meadows

Judy Patton Straayer

PHI (*Washington University*)

Sandra Briggs Kapsar

PSI (*Oklahoma*)

Madeline Barker

Tamera Velasquez Cantu

Meghan Schell Carlson

Annelise Coury

Crystal Woodard Dowdell

Margaret McMahan Flansburg

Sheryl Miller Hamilton

Elizabeth Hudson

Carole Clausing Lane

Marguerite Littlefield Neal

Sydney Smith

OMEGA (*Iowa State*)

Theresa Donohue Wolter

ALPHA BETA (*North Dakota*)

Margaret Herberger O'Brien

Kristen Lysne Robinson

Jennifer Rubbelke

Marvel Kristjanson Williamson

ALPHA GAMMA (*Nevada*)

Charlyne Reid Pacini

ALPHA DELTA (*Missouri-Columbia*)

Jane Klopfenstein Chittick

Stephanie Huff

Pamela Naylor Johnson

Suzanne Kidwell Stockmann

ALPHA EPSILON (*Arizona*)

Stacy Matthews Horton

Jennifer Floyd Johnson

ALPHA ZETA (*Texas-Austin*)

Joann Lundgren Clayton

Dee Ann Brown Ogburn

Laurie Lucksinger Parkhill

Shirley Collier Smith

ALPHA ETA (*Ohio Wesleyan*)

Susan Schneider Holliday

Ruth Neipp Sailstad

ALPHA THETA (*Vanderbilt*)

Tamara Graff Cordova

Anita Timbrook Kontilis

Charlotte Chester Procter

Nicki Thompson Swiderski

ALPHA IOTA (*California-Los Angeles*)

Amy Mitchell Cospier

Kirsten Price Essenmacher

Julie Hassel Rockwell

ALPHA LAMBDA (*British Columbia*)

Sandra Seed Hammersmark

ALPHA NU (*Wittenberg*)

Heather Rollins Laughman

ALPHA XI (*Southern Methodist*)

Gina Elder Betts

Mikayla Hernandez

Sharon Dembinsky Holt

Irene Stensel McNichols

Anne Jones Miller

Brittany Cox Mitchell

Susanne Orr O'Brien

Madeline Payne

ALPHA PI (*West Virginia*)

Dora Sperling Calhoun

Susan Steiding Osmansky

ALPHA UPSILON (*Penn State*)

Ann Thoren Bice

Mary Grubb Lysinger

ALPHA PHI (*Colorado College*)

Jane Byerley

Sarah Rule Salzberg

BETA ALPHA (*Southern California*)

Corinne Cromwell

Susan Brown Lawson

Bonnie Mittler Vacchina

BETA BETA (*Maryland*)

Nicole Fromm

Margaret O'Connell Laferty

BETA GAMMA (*Bowling Green*)

Constance Granfield Murschel

Carol Schnell Straka

BETA EPSILON (*Miami-Ohio*)

Jeannine Sheldon Kallal

Nancy Neumann

BETA ETA (*Bradley*)

Joanne Chant Lisle

Anaka Meredith

Wendy Whitaker Schultz

BETA KAPPA (*Arizona State*)

Judith Ormsby Wells

BETA LAMBDA (*San Diego State*)

Suzanne Norton deVarennes

Carolyn Jones Likins

Kiah Silver Stader



BETA MU (*Florida State*)

Cali Slaughter
Patricia Corbin Sutor

BETA OMICRON (*Oklahoma City*)

Paula Ketchen Clover
Glenna Tidwell Kyker
Bailey Nelson
Kristen Olmsted
Gloria Wood Shadid
Mia Sherlock

BETA PI (*Indiana State*)

Karen Parker Lynn
Lynda Binford Thomas
Brianna Ulery

BETA RHO (*Colorado-Boulder*)

Katie Ballman
Madeleine Kriech
Amanda Shuster
Dora Lee Holmes Taylor

BETA SIGMA (*Washington State*)

Kate Mauldin
Jordan Ryan

BETA TAU (*Texas Tech*)

Jennifer Costello
Colette Lopez Tuttle

BETA UPSILON (*Kansas State*)

Margaret MacNaughton Baur
Leann Nagely Gillespie
Jana Sauder Keeley

BETA PHI (*Indiana*)

Samantha Abel
Isabella Hill

BETA CHI (*Wichita State*)

Pamela Keeny Hesse

BETA PSI (*Oklahoma State*)

Cheryl Bays Barbula
Caroline Blevins
Claire Danielson Denlea
Lauren Eberhart
Janine Teague Eggers
Sandra Fearell Jablonski
Barbara Brooke Myers

BETA OMEGA (*Northern Arizona*)

Jennie Curtis

GAMMA ALPHA (*Memphis*)

Lee Ann Walker Beckwith

GAMMA GAMMA

(*Wisconsin-Milwaukee*)
Amanda Hall Klopfenstein

GAMMA EPSILON (*Puget Sound*)

Teresa Augustyn Mays

GAMMA ZETA (*Texas A&M-Commerce*)

Kelly Freemon Gillis

GAMMA ETA

(*California State-Long Beach*)
Linda Hood Adams
Randall Stevens Allard

GAMMA THETA (*University of the Pacific*)

Corinne Oshima-Koseda

GAMMA KAPPA (*Nebraska-Kearney*)

Christina Swenson Stewart

GAMMA NU (*Lamar*)

Carol Porter Stimits

GAMMA OMICRON (*Kentucky*)

Laura Osborne

GAMMA RHO (*Wisconsin-Oshkosh*)

Jennifer Biddick Dais

GAMMA UPSILON (*Drake*)

Marilyn Henderson Gehrman

GAMMA PHI (*Auburn*)

Carmella Bentley-Sheahan
Dorothy Butler Cordell
Anita Comfort Devuyt
Linda Johnson
Stephanie Bowling Little
Calista Rogers

GAMMA CHI (*Texas State-San Marcos*)

Ann Flores Herrera
Victoria Kadous

GAMMA PSI (*Northern Iowa*)

Jessica May Ruder

GAMMA OMEGA

(*Wisconsin-Platteville*)
Beth Davison
Samantha Rasmussen

DELTA DELTA

(*California State-Fullerton*)
Zoe Behar

DELTA ETA (*California-Irvine*)

Brianna Carman

DELTA IOTA (*Purdue*)

Jena Fisher
Brooke Jansen
Victoria Schwartz

DELTA MU (*Rutgers*)

Cristin Novatkoski Henry
Shannon Kelliher
Denise Govett Mennella

DELTA NU (*Missouri State*)

Macy Hankel Hooch

DELTA XI (*Bucknell*)

Deb Lonzer

DELTA OMICRON

(*Southern Polytechnic State*)
Nicole Banks McConnell

DELTA RHO (*Dickinson*)

Melanie Yankowski Jenkins

DELTA SIGMA

(*Florida Institute of Technology*)
Stephanie Cohen

DELTA PSI (*California-Santa Barbara*)

Megan Dougherty
Kristin Phillips
Christine Eisel Wendt

EPSILON DELTA (*Creighton*)

Katherine Glaser
Olivia Salas
Robyn Sandeen Watson

EPSILON EPSILON (*Union*)

Suzanne Bloch Sodergren

EPSILON ETA (*Bridgewater State*)

Kaeleigh Smith

EPSILON THETA (*Clemson*)

Jessica Ruday

EPSILON IOTA (*Christopher Newport*)

Meghan Smith Perno
Mallory Tompkins

EPSILON KAPPA

(*California State-Chico*)
Nicole Schoux

EPSILON OMICRON

(*California-Santa Cruz*)
Guadalupe Lopez Williams

EPSILON PI (*George Mason*)

Elizabeth Green

EPSILON RHO

(*Stephen F. Austin State*)
Janet Freeman
Terri Pate Hunt

EPSILON TAU (*Rochester*)

Meghan Fischer Kennedy

EPSILON PHI (*Bentley*)

Emily Roy

EPSILON PSI

(*North Carolina-Asheville*)
Tanna Curry

ZETA GAMMA (*Sonoma State*)

Amanda Cream

ZETA DELTA

(*Southeast Missouri State*)
Molly Johns

ZETA ETA (*Lander*)

Tiffany Merry Rodgers

ZETA IOTA (*Valparaiso*)

Sarah Kuchel

ZETA LAMBDA

(*Texas A&M-Corpus Christi*)
Meghan Clair

ZETA PI (*Penn State-Altoona*)

Jennifer Reimann Buzancic

ZETA PSI (*Texas-San Antonio*)

Stephanie Dobson
Kala DuBose Finn

ETA GAMMA (*Delaware*)

Taylor Kim
Ann Sargent

ETA DELTA (*Grand Valley State*)

Lauren Keck Neill

ETA LAMBDA (*Central Florida*)

Taylor McHugh
Regan Van Buren

ETA PI (*Quinnipiac*)

Allissa Parker

ETA SIGMA (*Central Missouri*)

Madison Burgmeyer

ETA PHI

(*Virginia Commonwealth University*)
Jeanna Damico



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 February 1 through April 30, 2022. 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*)

Barbara Boyce Case, 1949

BETA (*Michigan*)

Pamela Tomlinson Kennedy, 1962
Susan Adams Mihalik, 1939
Nancy Herkenhoff Winch, 1955

GAMMA (*Wisconsin-Madison*)

Jean Depew McKenzie, 1949

EPSILON (*Northwestern*)

Stephanie Carr, 1963
Rae Solum Kolar, 1936

ETA (*California-Berkeley*)

Mary Nolting Birdsall, 1949
Mary Penny, 1980

THETA (*Denver*)

Victoria Hummel Haluza, 1956

KAPPA (*Minnesota-Twin Cities*)

Amy Wohlrabe Olsen, 1945

LAMBDA (*University of Washington*)

Charmian Rivenburgh Elliott, 1952
Carol Baker Harrington, 1962

MU (*Stanford*)

Dorothy Suppiger Kennedy, 1941

NU (*Oregon*)

Beth Johnson, 1962
Joann Erickson Kirch, 1953
Louise Goodwin Putnam, 1943

XI (*Idaho*)

Mary Quarles, 1940
Kay Conrad Robinson, 1956

OMICRON

(*Illinois at Urbana-Champaign*)
Yvonne Gardner Fraley, 1946
Jacquelyn Moore, 1960

PI (*Nebraska-Lincoln*)

Carolyn Kunkel Boomer, 1950
Joan Peden Bryant, 1950
Dorothy Trenholm Mitchell, 1936

RHO (*Iowa*)

Genevieve Elliott Lunning, 1948

SIGMA (*Kansas*)

Lexus Beedy, 2012
Nancy Neville Glick, 1953
Mary Penney Richardson, 1960

PHI (*Washington University*)

Shirley Pinckert Henry, 1947
Eileen Lindemann Lentz, 1958

PSI (*Oklahoma*)

Betty Buser Borelli, 1957
Jo Ware Marshall, 1950

ALPHA BETA (*North Dakota*)

Robin Jones Walker, 1968

ALPHA DELTA

(*Missouri-Columbia*)
Marian Edwards Quirk, 1940

ALPHA EPSILON (*Arizona*)

Bethanne Kimball Parker, 1956

ALPHA ZETA (*Texas-Austin*)

Flo Noack Gay, 1954
Jeannette Hatter-McGinnes, 1934
Bettye West Wiley, 1951

ALPHA ETA (*Ohio Wesleyan*)

Lillian Larson Schultz, 1944

ALPHA THETA (*Vanderbilt*)

Dorothy Dexter Mitchell, 1959

ALPHA IOTA (*California-Los Angeles*)

Michelle Go, 2001

ALPHA NU (*Wittenberg*)

Susanne Dudley Stucky, 1951

ALPHA XI (*Southern Methodist*)

Jacqueline McGinnis Melcher, 1958

ALPHA RHO

(*Birmingham-Southern*)
Elna Erickson Simons, 1937

ALPHA UPSILON (*Penn State*)

Margaret Ramaley Moore, 1942
Irene Taylor Stacy, 1951

ALPHA CHI (*William & Mary*)

Alice White Tomlinson, 1944
Nadia Tongour, 1965

ALPHA OMEGA (*Western Ontario*)

Marjorie Nichols Wright, 1949

BETA ALPHA (*Southern California*)

Lucerne Sasine Hamer, 1944
Maxine Henderson Kruse, 1947
Mary Webb Lae, 1949
Lynne Palo Lawlor, 1953
Rhoda Rossell Luttrell, 1953

BETA GAMMA (*Bowling Green*)

Lois Papcke Babson, 1956
Jo Loyer Farley, 1958
Karen Bowden Ruck, 1962
Patricia Hathhorn Stringer, 1962

BETA DELTA (*Michigan State*)

Martha Steiner Caesar, 1961
Theresa Des RIVERS Edwards, 1946

BETA IOTA (*Idaho State*)

Nancy Sparks Lawrence, 1949

BETA KAPPA (*Arizona State*)

Lyndal Dye Byram, 1956
Barbara Heflin Coor, 1950
Carolyn Diestler Rockwell, 1963

BETA LAMBDA (*San Diego State*)

Kimberley Leisner-Ogle, 1974

BETA XI (*Ohio State*)

Sandra Russ, 1965

BETA RHO (*Colorado-Boulder*)

Patricia Gormely Cabe, 1959

BETA SIGMA (*Washington State*)

Cynthia Chase, 1968

BETA TAU (*Texas Tech*)

Ava Willingham Ray, 1956

BETA PHI (*Indiana*)

Janet Wissmiller Barrett, 1965

BETA PSI (*Oklahoma State*)

Pamela Pearson, 1968

GAMMA THETA (*University of the Pacific*)

Michele Tamamian Cole, 1970

GAMMA LAMBDA (*Louisiana State*)

Martha Rugg Crowe, 1964

DELTA LAMBDA (*California-Riverside*)

Corinne Fossum Mensinger, 1976

EPSILON ZETA (*Jacksonville*)

Kaitlyn Beaty, 2017

EPSILON IOTA (*Christopher Newport*)

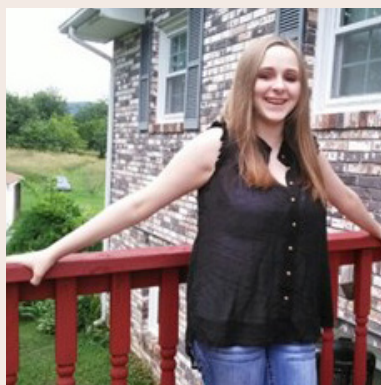
Elizabeth Bredenkamp, 2010



MARIAN EDWARDS QUIRK

ALPHA DELTA (*Missouri-Columbia*), 1940

At 100, Marian Edwards Quirk lived a long and happy life. Born and raised in Columbia, Missouri, Marian attended the University of Missouri-Columbia, where she met her soulmate, Barry Quirk. The two married and moved to the San Francisco Bay Area to raise their three children: Sharon, Kevin and Brian. Marian became an expert seamstress and quiltmaker later in life. She and Barry enjoyed ballroom and folk dancing, bridge and world travel. In addition to her family — Marian was a grandmother to five and great-grandmother to nine — her friends, including her Gamma Phi sisters, were her everything.



KAITLYN BEATY

EPSILON ZETA (*Jacksonville*), 2017

Kaitlyn Beaty was an avid learner. From Middleton, Ohio, she graduated from Northridge High School in 2016 as class valedictorian. Her stellar grades earned her a scholarship to Jacksonville University, where she studied neuroscience and joined Epsilon Zeta Chapter of Gamma Phi Beta. After undergrad, Kaitlyn intended to pursue a doctorate in neuropsychology so that she could discover a cure for epilepsy. As her online obituary states, “[Kaitlyn] had the biggest heart in the world, was kind and caring to everyone she met and could always find a way to make a person smile.”

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

BUILDING ON *Yesterday*



Pictured above:
*The Alpha Delta Chapter facility as shown in The Crescent,
May 1933.*

1921

GAMMA PHI BETA'S 28TH COLLEGIATE CHAPTER

In 1920, Jennie Emerson Miller, a charter member of Beta Chapter (Michigan, 1882), and alumnae from Phi Chapter (Washington University) colonized a group of 10 women at the University of Missouri. The group was accepted by the Sorority after an inspection by Esther Hollebaugh (Illinois at Urbana-Champaign) and Beulah Bennett (Hollins, 1916). Grand President, now called International President, Lindsey Barbee (Denver, 1897) conducted Alpha Delta's

installation ceremony on May 20, 1921, making it the 28th collegiate chapter of the Sorority.

Although Alpha Delta officially turned 100 in 2021, the chapter could not host its planned centennial celebration due to COVID-19 regulations. The celebration event took place during the last weekend in April of this year, with International President Autumn L. Hansen (Idaho) in attendance. Read more about the chapter's celebration on page 32.

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Corrections and Clarifications

On page 30 of the spring 2022 issue, Alpha Epsilon Chapter's installation date is listed incorrectly. Alpha Epsilon Chapter was installed on April 29, 1922, not April 29, 1992.

Looking to connect with a sister?

Visit GammaPhiBeta.org/Find-A-Member for a full directory of Gamma Phi Beta members!

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 no longer living with you, feel free to send us her new address by emailing 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 today to let us know you're joining.

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Gamma Phi *Get-Together*

September 24

The idea is simple — get with a sister, or several, and do something fun to honor the sisterhood felt on the day Gamma Phi's four Founders met.

To honor the sisterhood experienced that day, we invite you to

Gamma Phi Get-Together on September 24!

Let us know how you will be celebrating by registering your event today!

GammaPhiBeta.org/Membership/Alumnae/Gamma-Phi-Get-Together



AS TIME HAS PASSED
AND EVENTS BRING US
BACK TOGETHER, IT IS SO
IMPORTANT THAT WE TAKE THE
TIME TO SIT TOGETHER AND
GET TO KNOW EACH OTHER IN
NEW AND OLD WAYS.

MEGAN SMILEY WICK