



THE  
*Resident*

THE SISTERHOOD  
OF THE TRAVELING  
VEIL

*Four brides, four weddings,  
one very special veil*

PAGE 22

Winter 2023

GAMMA PHI BETA

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## Corrections and Clarifications

We apologize for the following errors in the printed copy of the fall 2022 issue of *The Crescent*. These errors have been rectified in the digital version:

- Cover page: Convention is misspelled.
- Page 35: Annabel Jones' first name is misspelled.

### get in touch

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📷 @gammaphibetasorority 📺 Gamma Phi Beta

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

ON THE COVER Selina Ruiz (Pepperdine) on her wedding day.

# DEAR *Sisters*

If you are like me, you, too, have officially started a countdown for our 150th Celebration — a milestone for our Sorority where we get to celebrate history, foster pride and connect members for all of 2024. Although we have a year to go until then, preparations for our 150th Celebration have been underway by our International Headquarters (IH) staff and the 150th Celebration Committee. I cannot wait for you to see what is in store for our sisterhood!

There is a lot in store for our organization in 2023, too! For instance, our third annual Belonging, Equity, Diversity and Inclusion (BEDI) Summit, funded in part by the Foundation, takes place February 25. The focus this year is on disability. I hope to see most of you online for this half-day summit so that we may continue to make Gamma Phi more just, inclusive and equitable for all. In March, the Foundation will host its second annual Gamma Phi Gives Day, a 24-hour day of giving. To learn about Gamma Phi Gives Day and Cary Singleton (Southern California), one of our match donors this year, turn to Page 38. And thank you in advance to everyone who participates. Your generosity keeps our Sorority strong now and for years to come!

I want to quickly reflect on 2022 as the Facilities Management Company (FMC) turned 10! To celebrate, the FMC hosted two facility dedications in the fall. One dedication was for Gamma Omicron Chapter (Kentucky) — a chapter near and dear to my heart, as I was the Province Collegiate Director when the chapter closed. The other dedication was for Eta Omicron Chapter (Ohio). On Page 36, you can learn more about the incredible updates made to each facility and all the hands that helped make those updates possible.

Finally, in 2022, we sold our IH building on East Euclid Drive, a bittersweet ending to the year. We say our final farewell to our beloved headquarters of three decades on Page 30. Remember, sisters, the memories created at IH will take up permanent residency in all our hearts.

Here's to where we've been as a sisterhood and all the places we have yet to go!

Happy 2023 in IIKE,

*Barbie Chadwick*

**Barbie Chadwick (Vanderbilt)**  
Foundation Chair



## WHO IS BARBIE?

Barbie Chadwick is currently serving her first full term as the Foundation Chair on the Gamma Phi Beta Foundation Board of Trustees. Most recently, Barbie served three years on the Facilities Management Company Board of Managers, the last two years as the FMC chair. Barbie has held other volunteer roles within the Sorority, including Collegiate Vice President on International Council and served on the Nominating Committee.

A member of Alpha Theta Chapter at Vanderbilt University, Barbie earned a bachelor's degree in English. She worked in the nonprofit field for more than 30 years before retiring from the Boys and Girls Clubs of Middle Tennessee in 2019.

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## FAVORITE SEASON

Spring

## CURRENT READ

"Killers of a Certain Age" by Deanna Raybourn

## INTROVERT, EXTROVERT, AMBIVERT

Ambivert

# A LASTING *Impact*

How Girls on the Run (GOTR) positively influenced this Gamma Phi's life.

The minute Trinity Kellenberger (Northern Iowa) learned about Gamma Phi Beta's Core Values, mission and philanthropic partner and focus, she knew Gamma Phi was the right fit for her. Particularly drawn to Building Strong Girls and GOTR, Trinity became her chapter's assistant public relations vice president (PRVP) and later PVRP to plan and execute philanthropic events. Her leadership roles were aligned with her studies, as Trinity majored in public relations and minored in nonprofit management and marketing. She graduated from the University of Northern Iowa in May 2021.

Life after college took Trinity all over the U.S. First, to Boston, Massachusetts, for a few months, where she was a coach for the GOTR Greater Boston Council. She then lived in Dallas, Texas, for just shy of a year. While there, Trinity refreshed the GOTR careers page, hoping to get involved with the organization that gave her so much as a college student and volunteer. In fall 2022, that something presented itself to her.

"There was a marketing and events coordinator position at GOTR Update South Carolina Council. Although I never saw myself living in South Carolina, I decided to pack up and move there from Dallas when the position was offered to me," Trinity says.

In her role, Trinity does everything from creating and implementing marketing initiatives to event coordination to sub-coaching. She loves planning 5Ks, as her strengths are in event planning. But her absolute favorite aspect of her job is traveling to different sites.

"I love partaking in different practices, taking photos and videos [for marketing purposes] and assisting coaches with anything they might need. Although it is a small component of my job, I love that I get to participate in the

curriculum periodically."

Although GOTR's curriculum was created with school-aged girls in mind, people of all ages can benefit from it. Especially since lessons provide learners with critical strategies necessary to navigate life experiences. As someone who has always struggled with her mental health, Trinity found the GOTR lessons to be incredibly impactful.

"When I was a GOTR coach, I learned so many things, including healthy coping skills, that continue to help me today. I can easily say that coaching changed my life."

Before launching her professional career, Trinity knew a couple things: She wanted to make a difference in the community. She wanted to help others, particularly children, who battled with their mental health, too. When she learned about GOTR in college, she felt a deep fire within herself that this was the answer to do good in the world and empower others.

Between GOTR and her family and friends, Trinity has all the skills and support she needs. And although she never suggests substituting GOTR, or a similar program, for professional help, her life has been positively impacted by GOTR and its curriculum.

"For sisters struggling with mental health, you are not alone. You do not have to carry the burden of mental health on your own; there are resources out there with mental health professionals jumping at the opportunity to help you. Aside from seeking professional help, getting involved with GOTR was the best decision I ever made."

Get involved with a GOTR council near you by visiting [GirlsOnTheRun.org/Connect-Locally](https://GirlsOnTheRun.org/Connect-Locally).





# Setting the Tone on Digital Platforms

By Sloane Haines (Florida State)

The last couple of years have accelerated the use of digital platforms for our world to stay connected. When we couldn't physically connect during the pandemic, digital platforms allowed us to safely interact with friends and family and continue to get things done. Post-pandemic work life looks like what it did during the pandemic: remote. And although digital platforms can keep us connected and productive, unfortunately, things inevitably get lost in translation. Here's how you can deliver your message effectively to others in our ever-evolving digital world.

## 1. Know Your Audience

Consider this question when trying to understand your audience: What is my intention for connection? Why am I talking to them? If you are presenting, you are likely sharing information about a topic you are more knowledgeable about. How do you get your audience to care about this topic? More importantly, how do you help them understand it?

## 2. Choose a Medium

The platform you use is key to your audience's understanding of your topic. Maybe you're putting together a presentation, so a digital platform like Zoom or Google Meet would be most appropriate. Or you have follow-up questions about another person's presentation. If that is the case, an email is your best option.

## 3. Clear and Concise

With any platform you use, you must get your point across. This is when you need to remember your intention for connection once more. Do not stray from your topic. Use the inverted triangle when organizing your content to do this, where information is presented in descending order of importance.

## 4. Engage Your Audience

An effective communicator also engages their audience. If you are conducting a virtual presentation, pause for questions or insert slides that ask open-ended questions. Doing so brings the audience back to you, allowing them to reflect on the presentation. You could also use a side chat or messaging forum to connect with your audience and encourage open communication.

## 5. Recognize Nonverbal Cues

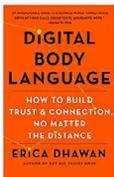
Silence speaks louder than words. A silent audience is a disengaged audience. This is evident when people do not respond to your questions or when team members do not respond to messages. One of the greatest gifts of digital communication is visual platforms because it still allows you to read body language (if cameras are on), make eye contact with the audience and see their facial expressions.



## 6. It is Okay to Unplug

From working during the day to Instagram scrolling at night, we use technology all the time. Remember, the real world is still out there. You can (and should) unplug, especially once your workday is over. Set firm boundaries, like hard start and end times for work. Allow yourself time to reset each day. You can do this by having a designated no-technology time. Some examples include going out to dinner with a friend, walking, reading or meditating. Just remember to make time for yourself offline.

### Explore More Resources



“Digital Body Language”  
by Erica Dhawan



Sloane currently serves as the morning meteorologist for 47 ABC in Salisbury, Maryland. She is a 2020 graduate of Florida State University (FSU), where she majored in meteorology and received minors in applied mathematics and emergency management. In college, Sloane was an active member of Beta Mu Chapter of Gamma Phi Beta, a producer for FSU Weather and a Garnet and Gold Scholar. Sloane recently married her high school sweetheart, Adam, who she shares a dog, Kona, with. Last spring, Sloane presented this topic in a Confident Women of Character Series webinar.

# Chapter Sweet Chapter



## **EPSILON PSI** *(North Carolina-Asheville)*

Epsilon Psi Chapter was installed at the University of North Carolina-Asheville (UNC Asheville) on November 21, 1992. On November 12, 2022, just a day after Founders Day, Epsilon Psi members hosted a 30th anniversary celebration for their beloved chapter. Collegians, alumnae and even some charter members attended the event. And for sisters who couldn't celebrate in person, a virtual get-together on Zoom took place.

The day was full of fun activities that fostered sisterhood and connection. Some of the chapter's leaders delivered heartfelt speeches about Epsilon Psi's members and successes over the past three decades, including former Chapter President Kate Maser. Kate mentioned how much she loves her chapter's commitment to belonging, equity, diversity and inclusion (BEDI) work and resiliency. Last year, members had to be exceptionally

resilient when faced with a strong Abolish Greek Life Movement on campus, which they were and overcame.

"We relied on each other for support and strategized ways to move forward, like educating our members about our values and commitment to BEDI work within and outside our chapter," Kate said.

Kate also mentioned how much she admires her small but mighty chapter, as she added, "Our members give so much to this chapter. Because we are a smaller group, we have members upholding multiple positions. I marvel at that level of dedication."

Here's to 30 years of Epsilon Psi Chapter and 30 more!



### 1. ROCKY THE BULLDOG

The fearless mascot of UNC Asheville Athletics, Rocky the Bulldog, loves to get the crowd excited at all campus games! Outside of campus, Rocky likes to read to future bulldogs at local elementary schools through his program Rocky's Readers.

### 2. BEE HOTEL

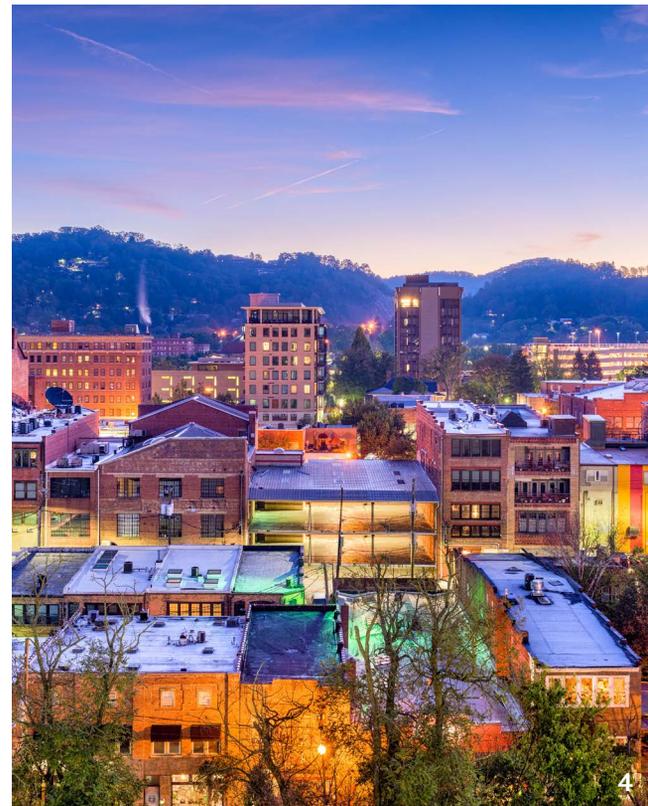
Sustainability is a key focus at UNC Asheville. In fact, the university is so passionate about pollinators and their role in maintaining ecosystems that they created a much-needed habitat for them, The Bee Hotel, located on campus.

### 3. ROCKYPALOOZA

From great food to games to live entertainment, Rockypalooza is an exciting event that kick-starts each new academic year. It's an opportunity for students to reconnect with old friends and meet new ones. And yes, Rocky the Bulldog is always in attendance.

### 4. DOWNTOWN ASHEVILLE

Downtown Asheville is just a quick commute away from campus. From local shops to farm-fresh eateries to entertainment venues, there is always something new to explore in this vibrant city.



EXPLORE Asheville



*treat yourself*

1. Amazon | Marble Desk Organizer \$29
2. CatyArte (Society 6) | Light Blue Marbled Coasters \$17\*
3. Life With Lovely | The Watercolor Mug \$15
4. Francesca's | Round Pink Marble and Wood Cheeseboard \$50
5. MoxiieCreationsx (Etsy) | Marbled Trinket Dish \$5-22\*
6. Wayfair | Skinny Insulated Stainless Steel Travel Tumbler in Marble \$20

*\*Support small businesses!  
Products and prices were compiled in October 2022 and are subject to change.*





# SPONSOR A *Senior*

Sponsor a Senior allows you to celebrate a Gamma Phi in the best possible way. You can gift them their international alumnae dues (\$25) or a Life Loyal membership (\$299). Either way, the recipient will be at ease, knowing their financial obligations to the Sorority are taken care of.

For frequently asked questions and to sponsor a senior today, visit [Bit.ly/GPBSponsorASenior](https://bit.ly/GPBSponsorASenior).

# Confident Women

*Kate Stinson*

**ZETA SIGMA** (South Carolina)  
**RECENT ALUMNA**

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Kate Stinson, a fall 2022 graduate from the University of South Carolina, pursued a degree in business management with a focus in human resources (HR), hoping to work in HR someday. She says, “I have always valued company culture. Working in HR gives me the perfect platform to influence a positive and empowering work environment.”

That someday came much sooner than Kate anticipated. Before she graduated, she received a job offer at her internship site, OneDigital, a leading insurance, financial services and HR consulting advisory firm. Kate works as OneDigital’s marketing coordinator, a position she’s held since September 2022. She primarily supports the firm’s southeast region by creating enablement pieces, branded materials and blog posts and assisting with events. The latter is one of her favorite aspects of her job.

“These events put smiles on the faces of many and create memories that will last a lifetime, which makes all the hard work [prepping for an event] worth it,” Kate says.

Kate got plenty experience organizing events as a college student. As the vice president of traditions for the University of South Carolina’s Alumni Association, she planned and executed two undergraduate ring ceremonies in spring and fall 2022. The fall ceremony was the university’s largest yet, with roughly 900 students receiving rings. Of the experience, Kate says, “This position has given me such an amazing platform



and put me in a position to give back to the university that has given me so much. I am honored to have been entrusted with an event of such magnitude and tradition on campus.”

Kate also created several events and prepared recruitment materials as Zeta Sigma Chapter’s sisterhood chair and membership vice president. Now an alumna, Kate serves her chapter as a recruitment advisor and is eager to help collegiate leaders implement inclusive recruitment practices.

While her college days are over, Kate’s get-togethers with her sisters are far from it. In fact, something that brings her joy right now is her monthly hangouts with her closest sisters. She adds, “We all bring different charcuterie spreads and snacks to share and watch a movie. It’s such a great time to catch up with everyone.”

In addition to movie and cheese board nights, Kate likes to hang out with her Little and other sisters by taking day trips to Charleston, shopping and going on morning walks.

“I enjoy doing anything that allows me to spend time with my friends and family. They are my support system when nothing seems to be going right and are my biggest cheerleaders. They are my rock.”

# Sydney Ahmed

ZETA SIGMA (South Carolina)  
RECENT ALUMNA

Her headphones. That's the one thing Sydney Ahmed cannot leave the house without grabbing. No matter where she goes, Sydney is almost always listening to music. Taylor Swift, The 1975, The Weeknd, Lana Del Rey and Lorde are the musicians she currently plays on rotation.

"Obviously, "Midnight" by Taylor Swift is one of my current favorite albums," Sydney says.

Her love of music translates to her extracurriculars and studies, too. Sydney, a senior at the University of Southern California, is on the Trojan Marching Band's Spirit of Troy drumline. She also participates in the basketball band and concert band in the spring. This May, she will earn her degree in music industry and legal studies.

"I always knew I wanted to work in the music industry. I decided to pair my major with a minor in legal studies because it comes in handy when dealing with contracts and negotiations in the industry, especially in licensing with film and TV," Sydney says.

Los Angeles is a music industry hub. That's why Sydney plans to stay in the city after graduating, especially since her current internship with EpicRecords won't end until the spring. Epic's portfolio of superstar artists includes Michael Jackson, Boston and Shakira. As an Epic sync licensing intern, Sydney licenses the label's catalog to film and television, handles new music releases and music requests and pitches the label's portfolio to entertainment professionals.

"I love the culture and people at [Epic]. My team is so much fun to work with, and we get to do exciting things daily, including working with big name musicians like Meghan Trainor and DJ Khaled."

Before Epic, Sydney interned at big entertainment companies like Paramount Pictures and Walt Disney. She was a worldwide marketing services intern at Paramount. In spring 2022, Sydney was a music clearance and licensing intern for Disney and, in the

summer, again as a music business affairs intern at Disney. Of the Disney internship, she shares, "I learned a lot about how music licensing works through the film studio's side of process, which was something I just started to learn about during my Paramount internship. Interning at Disney was an amazing experience and working with a variety of content helped me get to where I am today."

Sydney's professional goal is to work as a music supervisor at a record label or film studio, getting to handle the creative process of putting music in film and TV shows. She eventually wants to take this skill to the silver screen.

"I want to become a leader in the industry and work on big movies and shows in the future," she says.



# Kat Slover

DELTA IOTA (Purdue)

ASPIRING OPERATIONAL METEOROLOGIST

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Since she was a little girl, Kat Slover loved staying up to date with the weather and watching thunderstorms from her bedroom window. The New Jersey native even got to experience two hurricanes firsthand growing up. She quickly realized that meteorology was her destined path.

Kat graduated in December 2022 with a major in atmospheric science and a minor in Spanish. She says, “I wanted to use my passion for the weather to work to protect lives and property. I chose to minor in Spanish since it is so important to communicate in more than one language and understand other cultures.”

Beyond her studies, Kat participated in several campus organizations. She was a member of the Purdue Undergraduate Meteorological Association and the University’s Ski and Snowboard Club. Within her Delta Iota Chapter of Gamma Phi Beta, she was the sustainability chair, financial vice president and chapter president. Speaking of Gamma Phi, Kat thanks her chapter’s facility director for being a shining example of what it means to be a confident woman of character.

“Our house mom, Angie, deals with issues head on and sticks up for what she believes is right. She genuinely cares about the well-being of chapter members, as she makes herself available to talk to the live-ins, even at 2:30 a.m.”



In addition to her extracurriculars, Kat somehow found the time to hold a couple of internships as well! Her first was with the National Weather Service (NWS), where she interned virtually with two different offices from May to August 2021. She interned virtually again, this time with another office in fall 2021. During her time with NWS, Kat created a five-day weather graphic for social media, contributed to written forecast discussions, reached out to local emergency management and assisted with long-term projects. Of the experience, she says, “Since these were my first internships, I loved that I was able to get a good forecasting foundation and be exposed to a variety of different tasks.”

In May 2022, Kat started a new internship with media company AccuWeather, which offers local and international weather forecasts from the most accurate weather forecasting technology that features up-to-the-minute weather reports. This internship was eye-opening for Kat. Not only did she learn how to better forecast for the entire country, but she was validated in her decision to pursue this career path and realized what kind of meteorologist she wants to be.

“I want to be an operational meteorologist for a national park. I would love to spend time outdoors while still tracking and reporting the weather,” Kat says.

College graduation was bittersweet for Kat, as she says, “The past three and a half years went by very quickly. It is surreal that graduation came and went. When I first started college, graduation felt so far away.”

Before Kat launches into job hunting, she is relishing in a much-needed respite while also doing some of her favorite things, like crocheting, hanging out with her friends and, to no surprise, spending time outdoors.

Do you have an interesting internship? Tell us about it by emailing [thecrescent@gammaphibeta.org](mailto:thecrescent@gammaphibeta.org) for a chance to be featured like Kat!

# Ameeta Vashee Rajagopal

**EPSILON PI** (George Mason)  
**BUSINESS OWNER AND BAKER**

Food, particularly Indian cuisine, and entertaining were cornerstones of Ameeta Vashee Rajagopal's childhood home. Growing up in Zimbabwe, ready-made foods were not easily accessible. Ameeta's mother, a next-level cook, prepared everything from scratch because of this. From homemade sauces to bread to flour, Ameeta watched (and learned) from her mother that the best foods are those with extra helpings of TLC. She, too, developed a love for cooking.

Ameeta went on to study at George Mason University and joined Gamma Phi Beta at Epsilon Pi Chapter. Her Sorority experience enriched her life in more ways than one, as she says, "In addition to meeting some of my closest friends, I met my husband through one of my Gamma Phi sisters."

She eventually became the director of multicultural affairs at the University of Mary Washington in Fredericksburg, Virginia. In her role, she worked with underrepresented and first-generation college students. As a bibliophile, Ameeta sought diverse authors to incorporate their published works in the university's curriculum. After years in higher education, she felt called to pursue her love of cooking, specifically baking, more professionally.

After one confectionary treat turned into another, Ameeta got her home kitchen inspected and received a license to use it as her bakery. In 2015, she then established Ameeta Bakes ([Facebook.com/AmeetaBakes](https://www.facebook.com/AmeetaBakes)). At first, Ameeta Bakes specialized in cakes and cake pops. It has since become known for its custom-decorated cookies, which are available locally in Stafford, Virginia, and the surrounding areas.

"Cookies covered in royal icing are harder to learn to do than cakes or cake pops since royal icing is a much more finicky medium to master. I've come to enjoy and appreciate making custom cookies because of this, which is why it's the only item I choose to offer," Ameeta says.

Some of Ameeta's earliest customers were none



other than her Gamma Phi sisters! One sister ordered cookies for her well-known jewelry store and another ordered logo cookies for her company. One of Ameeta's chapter sisters and longtime friend Amy Steil (George Mason) tasked her with making Gamma Phi cookies for a new member.

"Amy mentioned including our Greek letters and the carnation on the cookies. Once I started decorating, I had so many ideas that brought me straight back to my days as a collegian!"

There is nothing more rewarding than pursuing a career out of passion. For Ameeta, that's baking with, as her mother taught her, TLC. An added win for Ameeta is that her job allows her to be home with her two kids.

"I love what I do because I am present at home when [my kids] go to school, when they get back and for all their activities. I'm an early bird so I can often get in an hour or two of decorating before anyone in the house is up and that convenience can't be matched," she says.

And with any small business, some days are better than others. On those more challenging days, Ameeta likes to lean on her community of bakers.

"I love the camaraderie I have with other bakers. It's so affirming to share challenges and wins with others who experience the same thing."

When she isn't baking, Ameeta loves reading, gardening, organizing her pantry and watching reality TV, adding, "When my husband travels for work, I get acquainted with all the housewives on Bravo."

# TRUE AND CONSTANT

In fall 2021, we launched our first The Artist contest, where we searched for the perfect artwork to adorn First Moon Napa Valley's spring 2022 The Artist Chardonnay. Alyssa Hamilton (Northern Iowa) won with her painting titled "Wildflower." The inspiration behind her winning artwork? Her now 5-month-old son Addison. She elaborates, "I was pregnant at the time and constantly thinking about who Addison would be. I imagined him wild, beautiful and happy (I was right!)." After graduating from the University of Northern Iowa, Alyssa moved to Denver, Colorado, to intern at the Denver Art Museum. Her internship inspired her to create more. "I started to feel confident in my abilities [as an artist] and realized I would be happiest if I were able to make art my livelihood." In 2018, she moved back home to Iowa to pursue art full time, and since, her custom creations have taken flight. Her work has appeared in Vanity Fair UK, GQ Britain, Apartment Therapy, BuzzFeed and more. Her work also adorns the walls of a cast member's home on "The Real Housewives of Miami," hotels across the U.S. and London's art district. Because Alyssa has cultivated a big enough audience, she is able to create what she what when she wants — an artist's dream! Keep reading to learn more about this abstract artist, her career and what inspires her work.



## 1 WHAT MEDIUM DO YOU PRIMARILY WORK WITH?

*Acrylic paint and India ink. I love exploring other mediums because I'm always looking to add texture and dimension to my pieces. Some of my favorite work utilizes dry wall paste. In the future, I may explore more collage work.*

## 2 DESCRIBE YOUR ART IN A FEW WORDS OR PHRASES.

*A mentor a while ago called my work "raw and refined" and it has always stuck with me.*

## 3 WHAT OBSTACLES DID YOU FACE WHEN FIRST PURSUING A CREATIVE CAREER?

*I didn't go to art school, so there was a lot of backend stuff I needed to learn, like how to prime a canvas, seal it and prepare it for shipment. However, I think the biggest challenge for me was marketing. I needed to build a consistent audience and large enough client base before I could make a living as an artist. Creating a social media and Internet presence felt like a job all on its own.*



#### 4 IS IT HARD TO BE YOUR OWN BOSS?

No, I love the freedom it gives me. I have always been intrinsically motivated and working for myself is a dream. I can create when I'm most inspired and do backend work other days.

#### 5 WHAT INSPIRES YOUR ART?

My process is known as intuitive painting. Most of the time, I don't go into a piece with a plan. Instead, I do what feels good in the moment. Because of that, I consider my work a snapshot into my heart at a singular moment since my emotions guide every piece I create. Every piece is a little part of me and my journey as someone constantly evolving.

#### 6 DO YOU HAVE A FAVORITE PIECE?

I have favorite pieces from many different seasons as I learn and grow, but I think one of my all-time favorites is "Desert Sunset." I like using texture in my work, which worked wonderfully in this piece. It also has hints of gold and a lot of white space, both of which I love.

#### 7 SET THE SCENE FOR US WHEN YOU'RE CREATING.

Currently, I am working out of a back room in my basement. I converted my studio into a nursery, and we are still in the process of building out the new studio. So, you'll find me playing indie rock, donning a pair of white overalls covered in paint and pulling paint over a canvas with a putty knife while my son hangs out in his bouncer in the corner.



#### 8 WHEN YOU FEEL DEPLETED CREATIVELY, WHAT DO YOU DO TO REPLENISH YOUR CREATIVE JUICES?

I try to do something I've never done before. That is easiest to do when traveling. Colorado is my favorite place and the mountains have always been the most inspirational travel destination for me. There's always a new, beautiful hike to try. If I need to find something closer to home, I try a new restaurant or new coffee shop. I may also start a new book or take a different route on our daily walk.

#### 9 DO YOU HOPE TO OPEN A GALLERY SOMEDAY?

This is a big goal of mine. I would love to open one that showcases not only my work but the work of other Midwest-based artists too. We aren't looked at as a huge art destination, but there are so many amazingly talented people here.

#### 10 WHAT PIECE OF ADVICE WOULD YOU GIVE AN ASPIRING ARTIST OR SOMEONE WHO WANTS TO PURSUE A CREATIVE CAREER?

The saying "perfect is the enemy of good" is an important reminder to any artist. You can't be afraid to make a mess or "ruin" your work. The only way to get better is by continuing to make imperfect things.

#### 11 WHERE CAN READERS FIND YOUR ART?

If you're looking for originals on canvas or large heavy paper, visit my Etsy shop at [Etsy.com/Shop/AlyssaHamiltonArt](https://www.etsy.com/shop/AlyssaHamiltonArt). For affordable prints and products (like home goods and gifts), check out my Society6 site at [Society6.com/BlushingBrushStudio](https://www.society6.com/BlushingBrushStudio). And follow me on Instagram (@alyssahamiltonart) for behind-the-scenes photos and a snapshot into my everyday life (cute baby pictures included)!





Navigating  
A  
Quarter-Life  
Crisis

By Liz Lambda

I always enjoyed school growing up. I loved learning new things and playing with my friends and let's not forget the coveted Scholastic Book Fair, the cherry on top of every school year. College was much of the same (minus the book fair, of course) but with more freedom. The shine of college wore off eventually. I remember counting the days until I could proudly walk across the commencement stage to take hold of my hard-earned (and expensive) degree. But as that day inched closer, existential dread began outweighing joy. What's next? Do I start working? What career path should I take? Should I move out or travel for a year? Maybe I will live alone. Can I afford to live alone? The limbo space between what was and what's next can sometimes be described as a quarter-life crisis. If you find yourself in that uncomfortable middle ground, here are ways to navigate it.

### 1. Trust the Process

That "off" feeling you get is your subconscious telling you that your current situation or lifestyle no longer serves you and you are approaching a season of growth and change. Lean into it. Ask yourself what is really bothering you. Is it your job? Do you have a yearning to travel or go back to school? Maybe you're mourning the end of something, like college, or simply need a break from everything to recharge. Once you identify what is causing you to feel "off," you can make actionable steps toward pursuing what you want to come next.

### 2. Be Patient

You aren't supposed to have it all figured out by your 20s, but our society can sometimes sing a different tune (I blame social media). Fully stepping into your person by learning to listen to and trust yourself is a skill that takes a lifetime to sharpen. Be patient with your journey and know it's OK to amble rather than sprint. Checking off boxes for the sake of checking off boxes will do you more harm than good in the long run.

### 3. Don't Panic.

Easier said than done, right? But try your best not to panic. Change is hard for most people, and the feelings you're experiencing are normal and valid. Remind yourself that this uncertain space you find yourself occupying isn't forever. To keep panic at bay, do one thing each day that brings you joy and contentment. For me, that's dancing.

For you, it might be reading, talking to a good friend, listening to music, walking, cooking or drawing.

### 4. Lean On Others

Humans are not meant to be islands; we long for connection! Leaning on others who experienced what you're currently going through can give you clarity when navigating muddy waters. You will start to see that if they made it through and achieved their dreams, you can, too.

### 5. Find Support

Akin to Number 4, find a support system where you can be vulnerable. Share what you're going through in a safe space with others who will validate your feelings. Unpacking your experience with someone else might encourage them to follow suit. Sometimes, the best way to get through a life crisis is to try to feel less alone.

### 6. Seek Therapy

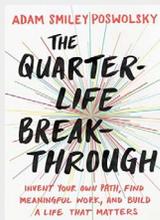
If anxiety, panic attacks, helplessness and indecision consume you, seek professional help. Some therapists specialize in early adulthood, particularly navigating quarter-life crises, self-esteem and identity development. These mental health clinicians can use their expertise to accompany you on your journey toward accepting change, healing and growth.

Sources: *Choosing Therapy* and *The New York Times*

## Helpful Reads



"Quarterlife: The Search for Self in Early Adulthood" by Satya Doyle Byock



"The Quarter-Life Breakthrough" by Adam Smiley Poswolsky

# 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, 2022.*

**ALPHA** (*Syracuse*)  
Anne Johnson Williams

**BETA** (*Michigan*)  
Jane Powell Pelletier  
Lydia Wrist Schweizer

**GAMMA** (*Wisconsin-Madison*)  
Tamella Buss Cassis  
Diana Fuhrman Taylor

**DELTA** (*Boston*)  
Kathryn Schmid Smith

**ETA** (*California-Berkeley*)  
Helen Kwak Castillo  
Lisa Lin Garcia

**THETA** (*Denver*)  
Kristine Whipple Yokley

**LAMBDA**  
(*University of Washington*)  
Judith Burke Brady  
Doria Menconi Hathorn  
Joan Raymond Hibbs

**NU** (*Oregon*)  
Janet Nelson  
Hope Knospe Porterfield

**OMICRON**  
(*Illinois at Urbana-Champaign*)  
Carlotta Hagen Bielfeldt

**PI** (*Nebraska-Lincoln*)  
Ann Capesius Hansen  
Theresa McDonald Reinhard  
Abigail Rushton  
Sue Thompson Wall

**RHO** (*Iowa*)  
Kristin Palmer Gonnella

**SIGMA** (*Kansas*)  
Marilyn Boon Broegee

**PSI** (*Oklahoma*)  
Diana Becker Mundell  
Sage Smith  
Deborah Boots Wilson

**OMEGA** (*Iowa State*)  
Janelle Votroubek McClain

**ALPHA BETA** (*North Dakota*)  
Karley Branscomb

**ALPHA GAMMA** (*Nevada*)  
Stephanie Siri

**ALPHA DELTA** (*Missouri-Columbia*)  
Ann Cornett Anderson  
Tara Snapp Clark

**ALPHA EPSILON** (*Arizona*)  
Elizabeth Bowers  
Gail Whitaker Rice

**ALPHA ZETA** (*Texas-Austin*)  
Melinda Milstead Nickless

**ALPHA THETA** (*Vanderbilt*)  
Pamela Williams Ishie  
Kathleen Swan

**ALPHA NU** (*Wittenberg*)  
Patricia Moore Thomas

**ALPHA XI** (*Southern Methodist*)  
Nancy Palmer

**ALPHA OMICRON**  
(*North Dakota State*)  
Cherie Olson Harms  
Geraldine Martin Reed

**ALPHA PI** (*West Virginia*)  
Martha Jeffries Rice

**ALPHA CHI** (*William & Mary*)  
Marjorie Briscoe Gentile

**BETA ALPHA** (*Southern California*)  
Christine Batard Boubek  
Michelle Higue Brenner  
Jo Ann Sereanna Ferrell  
Alice Shaw Harmon

**BETA BETA** (*Maryland*)  
Anne Kern Branson  
Jacqueline Schlenger Conover

Natalie Nier  
Catherine Muzzy Sullivan

**BETA EPSILON** (*Miami-Ohio*)  
Jill Garnette

**BETA THETA** (*San Jose State*)  
Sheryl Guerrero Penrod

**BETA KAPPA** (*Arizona State*)  
Brenda Batchelor Kilgard

**BETA LAMBDA** (*San Diego State*)  
Leah Johnson Anderson  
Stacy Allison Clarksean  
Madison Meadors

**BETA NU** (*Vermont*)  
Joanne Artz

**BETA OMICRON** (*Oklahoma City*)  
Terri Leathers Wiebe

**BETA PI** (*Indiana State*)  
Ruth Nash Aldridge

**BETA TAU** (*Texas Tech*)  
Patricia Gaines Burton

**BETA UPSILON** (*Kansas State*)  
Pamela Buetzer Kreiser  
Marsha Graham Protinsky



**BETA PHI** (*Indiana*)  
Jacqueline Moser Bathery  
Diane Davies Vest

**BETA CHI** (*Wichita State*)  
Susan Loger Addington  
Olivia Balderas Cartwright  
Claudia White Winkler

**GAMMA BETA** (*Gettysburg*)  
Nancy Thomas Flemming

**GAMMA EPSILON** (*Puget Sound*)  
Janet Durbin Deardorff

**GAMMA ZETA**  
(*Texas A&M-Commerce*)  
Donna Crowell Newkirk

**GAMMA ETA**  
(*California State-Long Beach*)  
Carol Bosman Anderson  
Joan Ashworth Hennessy  
Shelby Wilson McGirr

**GAMMA THETA**  
(*University of the Pacific*)  
Robin D'Arc Blossom

**GAMMA SIGMA** (*Western Michigan*)  
Linda Eschenburg Ryden

**DELTA ALPHA** (*Wisconsin-River Falls*)  
Marley Davison Stuhler

**DELTA ETA** (*California-Irvine*)  
Hazel Gurcan

**DELTA THETA**  
(*California Polytechnic State*)  
Judith Underhill Manis

**DELTA IOTA** (*Purdue*)  
Amy Gutknecht Dowden  
Stephanie Gray  
Kristina Hoffman Peach

**DELTA KAPPA** (*Lehigh*)  
Lorene Southworth

**DELTA MU** (*Rutgers*)  
Stephanie Flood Foy  
Shayne Parker

**DELTA RHO** (*Dickinson*)  
Deborah Taylor Collins

**DELTA SIGMA**  
(*Florida Institute of Technology*)  
Amanda Gallo

**EPSILON GAMMA** (*San Diego*)  
Mary Carson Matteucci

**EPSILON ZETA** (*Jacksonville*)  
Lynda Wynn Follenweider

**EPSILON ETA** (*Bridgewater State*)  
Jennifer Keller Renz

**EPSILON LAMBDA**  
(*Alabama*)  
Olivia Simms

**EPSILON OMICRON**  
(*California-Santa Cruz*)  
Brianna Beall

**EPSILON SIGMA** (*Morehead State*)  
Madeline Lewis

**ZETA BETA** (*Virginia*)  
Leslie Shull Morrissey

**ZETA DELTA**  
(*Southeast Missouri State*)  
Lauren Mueller

**ZETA EPSILON** (*Duquesne*)  
Mairin Petrone

**ZETA IOTA** (*Valparaiso*)  
Jessica Harms Couillard

**ZETA KAPPA** (*Southern Indiana*)  
Brandi Harmon Pass  
Amanda Patterson

## THE GIFT OF

# Life Loyal

Celebrate a Gamma Phi in your life with the gift of Life Loyal! A one-time payment of \$299\* will fulfill the recipient's international alumnae dues obligations for life and unlock exclusive benefits to them (like a lifelong subscription to *The Crescent*). Don't know a specific Gamma Phi who would appreciate this gift? No problem! Consider supporting a graduating senior with a Life Loyal membership to keep them connected to their Sorority as they transition from a collegian to an alumna.

To learn more, visit [GammaPhiBeta.org/Membership/Life-Loyal/About-Life-Loyal](https://GammaPhiBeta.org/Membership/Life-Loyal/About-Life-Loyal).

\*We are pleased to offer Gamma Phi Betas who initiated in or before 1971, a reduced one-time membership dues fee of \$189.







# *The Sisterhood of the Traveling Veil*

Four brides, four weddings,  
one very special veil

By Elizabeth Liberatore

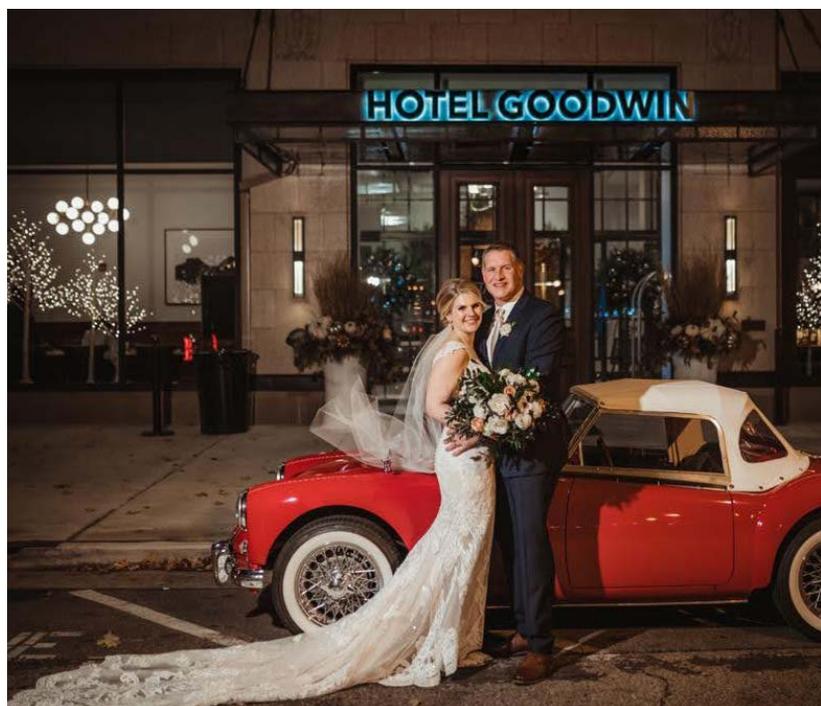
In 2005, the movie “The Sisterhood of the Traveling Pants” came out, starring Alexis Bledel, America Ferrera, Blake Lively and Amber Tamblyn: the it-girls of the early 2000s. If you don’t know, the movie follows four best girlfriends as their lives take them in different directions. A pair of thrifted jeans that magically fits them all travels from each friend as a way for them to stay connected at a distance. It’s a beautiful story about the enduring bonds of friendship, a sisterhood that thrives regardless of where its sisters reside. Now, swap out old jeans for a wedding veil, and you have the real-life story of Gamma Phi sisters Lindsay Healless (Wisconsin-Milwaukee), Lindsay Young Champion (Southern Methodist), Selina Ruiz (Pepperdine) and Samm Wong (California State-Chico).

### ***It All Started With A Veil...***

Lindsay Healless’ veil, to be exact. The Wisconsin-based attorney, at first, wasn’t sold on the idea of wearing a veil on her wedding day. However, the dresses she tried didn’t feel complete without one. As soon as she put on the veil, Lindsay H. experienced her first “I’m a bride!” moment, and the waterworks ensued shortly after that.

“The veil, which was purchased at Bucci’s Bridal in Pewaukee, Wisconsin, was simple, not too long, and it completed my dress,” she says.

Lindsay H. and her now husband, Jay, got married on the rooftop of a historic hotel in their hometown on November 14, 2020. Because of COVID-19, the couple could only safely invite 27 of their closest family members and friends to celebrate their big day. And although their wedding day strayed from their original vision, they wouldn’t have changed a thing. In fact, Lindsay’s favorite memory was how intimate it was, adding, “All of our favorite people were there. We danced and laughed the night away.”





**Wedding Tip**

**LH:** It's okay to say no. You and your partner get to call the shots for your special day. If something doesn't feel right, trust your gut, and say no.



***Wedding Tip***

**LC:** Plan your honeymoon far in advance! The last thing you want to do in the weeks leading up to your wedding is trying to get dinner reservations for your honeymoon!



### ***A Newfound Tradition***

Next was Lindsay C., who texted Lindsay H. and Selina photos of her in her wedding dress. The trio met while volunteering in various roles for the Sorority over the years, and their connection was almost instant. So, naturally, Lindsay C. wanted to share her bridal moment with her sisters from afar.

The veil came into the picture when, while looking through her sister's wedding photos, Lindsay C. asked the other Lindsay where she got her veil. What happened next became the start of a beautiful 'something borrowed' tradition among sisters.

"This amazing sister I have known for a decade strictly through volunteering said to me next, 'I am sending the veil to you now. It's yours.' She wouldn't even let me pay for shipping," Lindsay C. recalls.



Lindsay C. wore the veil on September 25, 2021, when she married her best friend, Skyler. The pair tied the knot in San Juan Capistrano, California, about 30 minutes from their Orange County home. A total of 125 guests attended their celebration, including Lindsay C.'s Big Sister, Alice Bradley, who was one of her bridesmaids. "It was a magical, romantic and fun day surrounded by our loving friends and family," Lindsay C. says.

### ***From SoCal to NorCal***

Selina and her partner, Evan, road-tripped from their San Francisco Bay Area home to Southern California for Thanksgiving 2021. The couple met up with Lindsay C. and her husband for brunch and to exchange the veil.

"I had zero interest in wearing a veil, bucking almost all traditions at my wedding. But when Lindsay C. told me she had borrowed a veil from

Lindsay H., I was so enamored with the idea of sharing something like this with my sisters that I couldn't pass it up," Selina says.

The longtime educator got married, veil and all, on April 2, 2022. Selina and Evan said "I do" in front of the cheetah enclosure at the San Diego Zoo Safari Park. A lively reception of 80 followed at the zoo's tiger house.

"We had an animal encounter during our cocktail hour. Animal educators brought out four different animals and spoke about their unique features and how we impact their environment. We got some amazing photos of our guests with the animals, and I know it was a unique highlight to their experience as well," Selina says.

An untraditional wedding, indeed, which was precisely what this bride wanted.

### ***The Tradition Continues***

The four sisters reconnected at Convention 2022 this past summer in Saint Louis, Missouri. While there, Selina passed the coveted veil to its newest, soon-to-be wearer, Samm, another longtime Gamma Phi volunteer.



"I first met Samm when I was a collegiate chapter supervisor for Region 8. I hired her as the chapter advisor for Delta Chi Chapter (California State-Sacramento). As soon as I heard she got engaged, I just knew she needed the veil," Lindsay C. shares.

"I had no idea before Convention that the veil would be exchanged. When I saw Selina pass it to Samm, I instantly started crying," Lindsay H. says.

"It was amazing being able to fold Samm into the sisterhood of the veil," Lindsay C. adds.

Napa-based Samm and her fiancé, Brian, are getting married this summer on June 10, 2023. The wedding, slated to host around 175 people, will be in Napa County — the third wedding of the sisters to take place in The Golden State.

Wedding planning is a stressful task, but Samm has enjoyed the creative aspect it yields. She says, "I have enjoyed connecting with many creative and inspiring vendors throughout this process." How expensive everything is her least favorite part, which played a factor in partaking in the sisterhood of the traveling veil tradition.

"I couldn't believe how pricey veils were, so when Lindsay C. brought up the idea of wearing the traveling veil, I said yes without hesitation. I feel so special and honored to be the next sister who gets to wear it," Samm says.

To most people, a veil is nothing more than an extra wedding embellishment. But to these four women, it's a tactile reminder of this unique sisterhood and the everlasting bonds it creates. What is special about these sisters is that they are from different initiating chapters. Yet, through their Gamma Phi Beta connection, they have forged a friendship that extends its reach across the country and is present for them at some of life's biggest turns.

"Applications for the veil will open immediately after Samm's wedding," Lindsay H. laughs. "In all seriousness, I have no doubt that another amazing sister will be the next to keep our tradition alive."

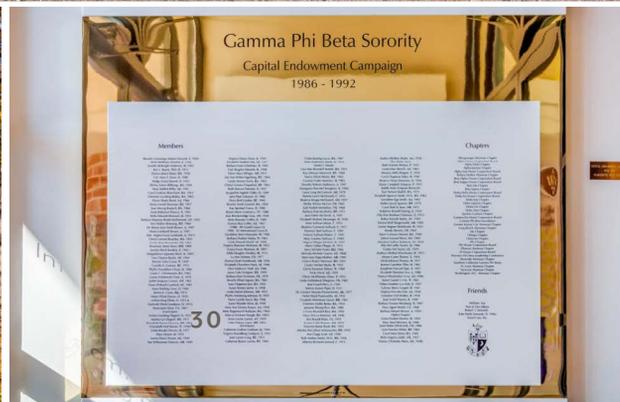
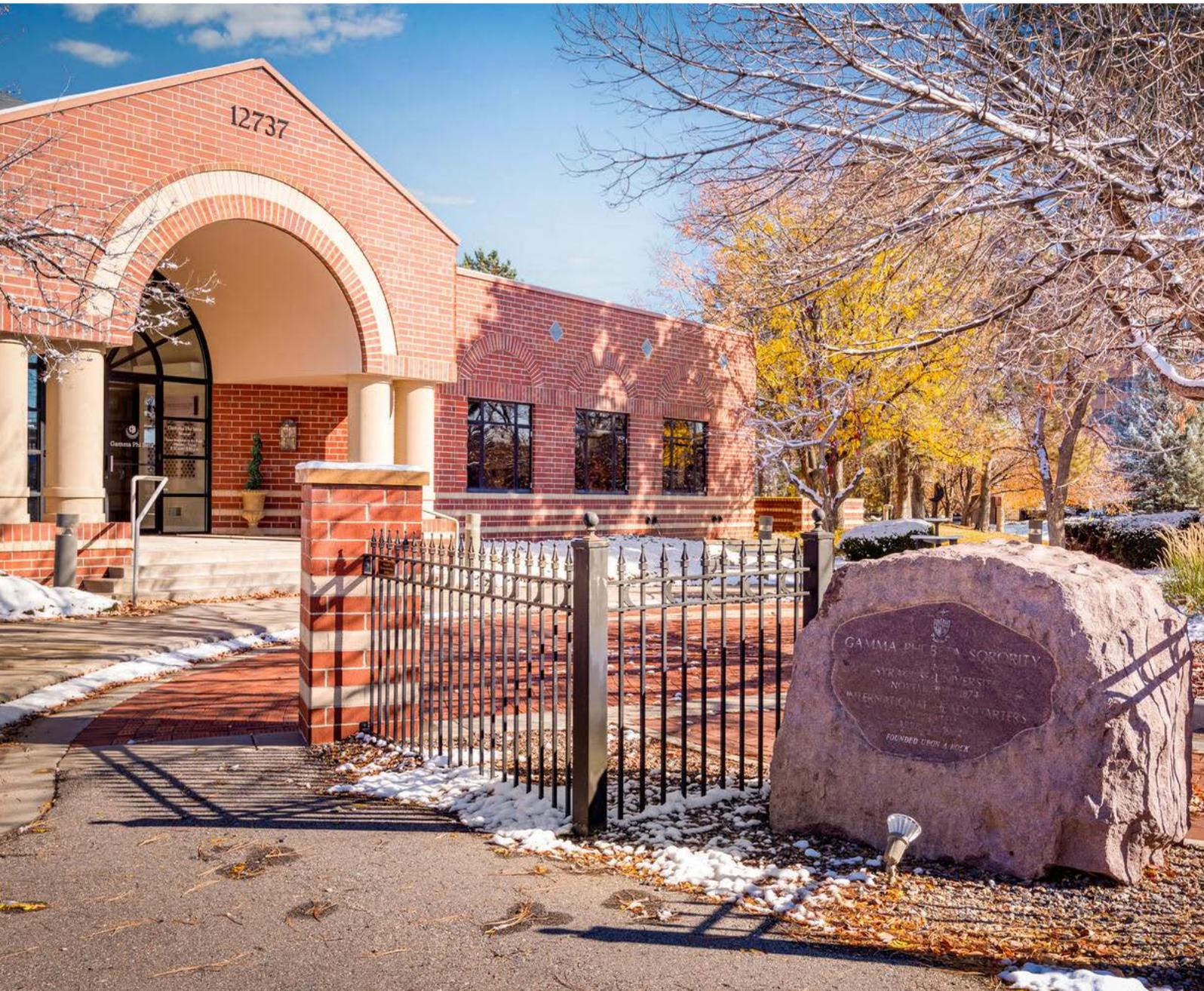




**Wedding Tip**

**SR:** Delegate!  
Find a wedding coordinator you trust to be there with you throughout the planning period and on the day of the wedding.





# A Bittersweet Farewell

In 1992, Gamma Phi Beta Sorority moved into its new International Headquarters (IH) at 12737 E. Euclid Drive in Centennial, Colorado. For 30 years, this beautiful, 30,000-square-foot space has served as a home for IH staff, a restful landing pad for collegiate leadership consultants (CLCs) and volunteer leaders and a haven for the many priceless artifacts comprising our rich history.

Over the years, our organization has grown exponentially, and technological advances have allowed the business side of Gamma Phi Beta to operate more effectively and efficiently than ever before. It soon became undeniable to keep our beloved IH, especially after the pandemic. At the end of 2022, we bid our final and bittersweet farewell to this building.

## The Early Days

International Headquarters had a few different homes before landing in Centennial, Colorado, in the early '90s. In 1927, IH (formally called the Central Office) first existed in a modest room in the basement of Zeta Chapter's facility at Goucher College in Baltimore, Maryland. Then, with a move to Evanston, Illinois, it took up residency in a small room in Epsilon Chapter's facility at Northwestern University.

International Headquarters eventually separated from chapter houses and relocated to a few different office spaces in Downtown Chicago. From 1965-79, IH operated out of its largest office in Kenilworth, Illinois, before moving to a three-story office building in Englewood, Colorado.

Gamma Phi leaders rented all these office spaces and moving every few years became exasperating. Conversations about purchasing a permanent home for IH took place among these leaders, who knew it was a financially unfeasible reach for the Sorority. That was until the launch of the Capital Endowment Campaign (CEC).

The CEC endowed the leadership education efforts of Gamma Phi Beta in order to release funds to make the new IH possible. Gamma Phi Beta members raised more than \$820,000 for the CEC, which enabled the construction of 12737 E. Euclid Drive to take place!

A ground-breaking ceremony for the new IH occurred during the 64th Convention on July 28, 1990. Conventioneers were given a small brick favor in the project's honor. By early 1992, the Sorority had officially moved into its new home.

## Over The Years...

Many incredible moments for our organization and members took place in the building on East Euclid Drive. Laughter filled its hallways. Cherished moments were created in its sleeping quarters-turned-offices, conferences rooms, kitchen and, of course, museum. Generations of sisters, family, friends and staff all commemorated their IH visit by taking a photo with our landmark rock (the next page just barely scratches the surface of all those photos taken over 30 years).

At the end of the day, IH is just a structure composed of bricks and beams. What gives any building light and life are its inhabitants. Our sisterhood is what made this IH feel like home. And it is our sisterhood that will make any place, including our new IH, feel the same.

Thank you, 12737 E. Euclid Drive, for creating an oasis for our sisterhood to safely evolve into who she is today.

To learn more about the history and future of IH and view photos of Sisterhood Plaza bricks, visit [GammaPhiBeta.org/International-Headquarters](https://GammaPhiBeta.org/International-Headquarters).

You can still visit our landmark rock at its new home at Tau Chapter (Colorado State) in Fort Collins.



*When it comes to numbers, this building housed:*



30 CLC teams



12 Foundation Boards



232 employees (excluding CLCs)



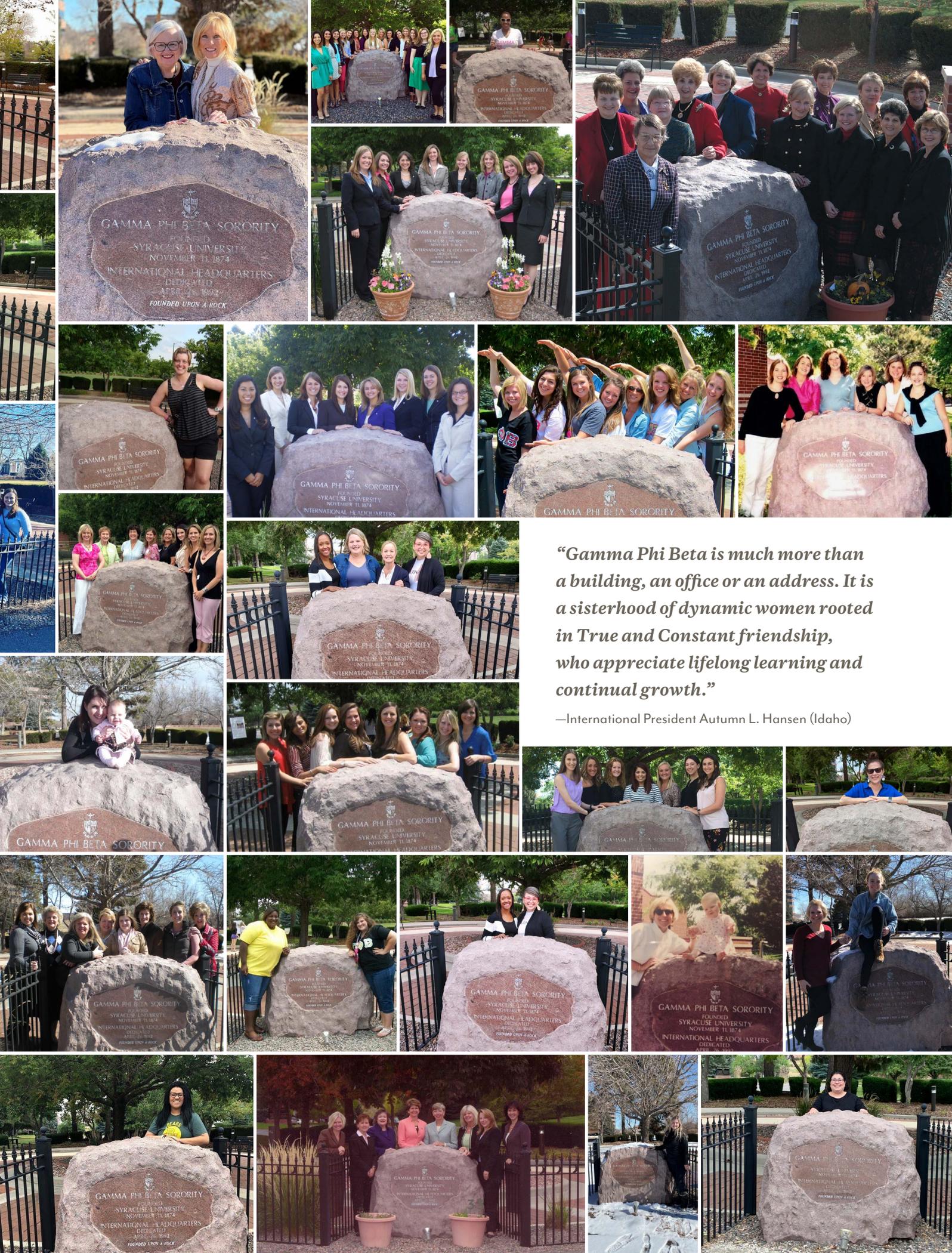
Six Facilities Management Company Boards



16 International Councils



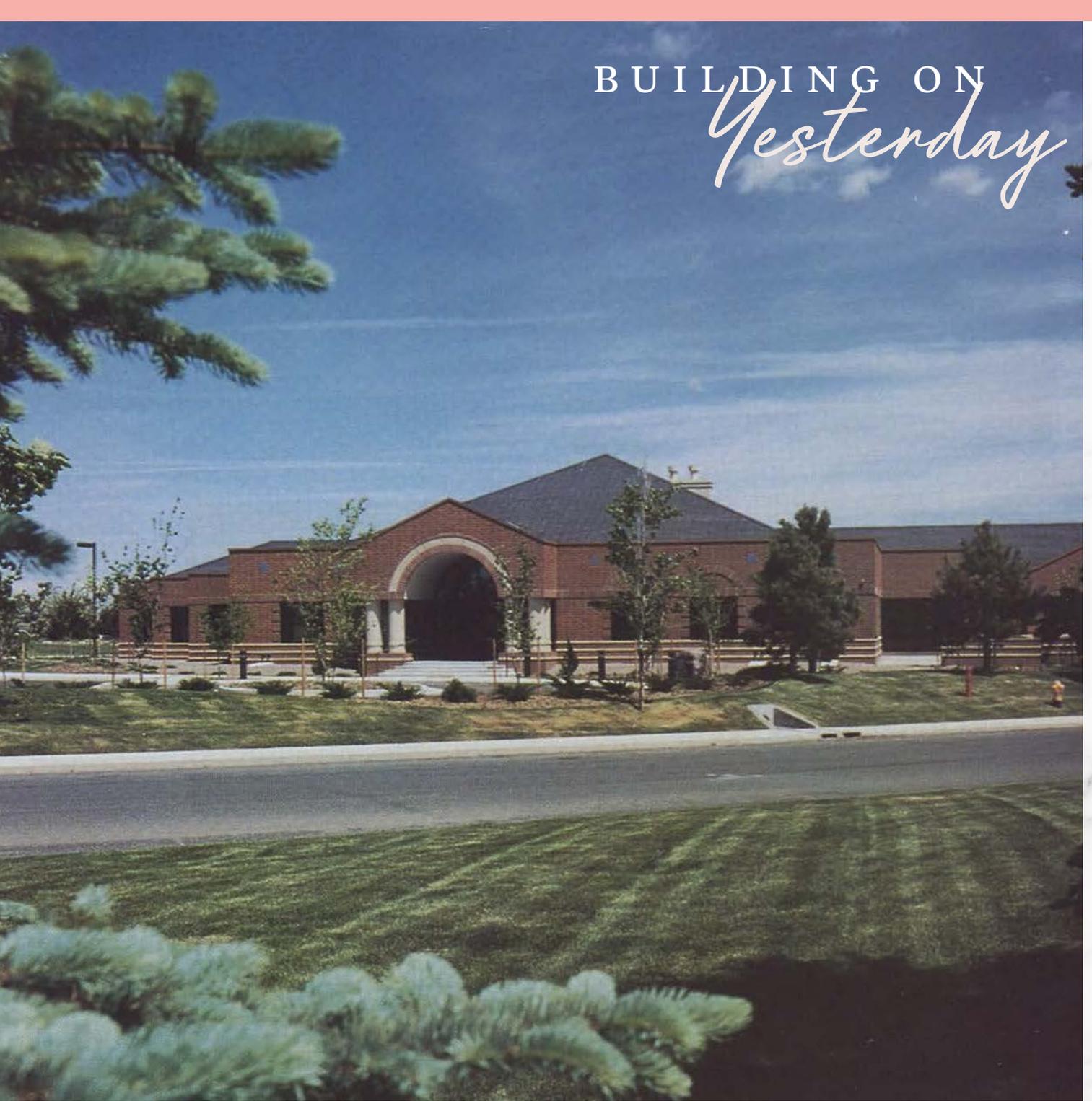
Two Conventions (Convention 1990 and 2012 – both took place in Denver)



*“Gamma Phi Beta is much more than a building, an office or an address. It is a sisterhood of dynamic women rooted in True and Constant friendship, who appreciate lifelong learning and continual growth.”*

—International President Autumn L. Hansen (Idaho)

# BUILDING ON *Yesterday*



***Pictured above:***  
*International Headquarters, 1992.*

*1992*

In the fall 1992 issue of *The Crescent*, former International President Randy Stevens Allard (California State-Long Beach) wrote a lovely article about International Headquarters (IH) at East Euclid Drive. Titled, “Founded Upon a Rock: Gamma Phi Beta’s New Home,” the

article notes the building’s dedication, which took place on April 26, 1992, and how more than 200 Gamma Phis and friends gathered to celebrate the occasion. Here’s a look back on that exciting day and inside IH during its earliest days.



1. Former International President Joey Lessard Striver (North Dakota State) and Marion Kaeser Piper (Illinois State) look through historical photos.
2. Karen Wander Kline (Iowa State), Ardis MrBroom Marek (Northwestern), Ann Mullen Bronsing (Indiana State), Joey Lessard Stiver (North Dakota State), Randy Stevens Allard (California State-Long Beach) and Marjory Mills Shupert (Colorado State) were the official ribbon cutters at IH's dedication ceremony.
3. Entryway.
4. Sleeping quarters.
5. Office space.



# Homes Away From *Home*

This past year was a busy and exciting one for the Facilities Management Company (FMC). Not only did the FMC turn 10 in 2022, but it celebrated by hosting two facility dedication ceremonies in the fall for Gamma Omicron Chapter at the University of Kentucky and Eta Omicron Chapter at Ohio University. Many hands helped prepare the facilities and dedication ceremonies for them, including Foundation Chair Barbie Chadwick (Vanderbilt), FMC Board of Managers member Hillary Stevens (Morehead State), FMC and Sorority staff, Gamma Omicron Chapter Advisor Allison Kilfoy (Northern Iowa), Eta Omicron Chapter Advisor Meredith Britton (Bowling Green), each chapter's advisory boards and staff at each university. On both facility dedications, Chief Executive Officer Megan Smiley Wick (University of Washington) said, "These have been the perfect way to close out the 10-year anniversary of the FMC. The impact this company has had on the lives of Gamma Phi Beta members is immeasurable, and I know they will continue to provide welcoming, inclusive homes away from home."



## Eta Omicron (Ohio)

Eta Omicron members received a new facility at 24 E. Washington Street. The 20-person facility is a five-minute walk from Ohio University's campus, a two-minute walk from the beauty of Howard Park and a short drive from downtown Athens, Ohio.

The facility received several updates before members moved in, including new floors, fresh paint throughout the house, upgraded bathrooms and a brand-new facility director suite. Gamma Phi Beta-branded doors in the front and back of the house give it that True and Constant touch. Earlier this year, exterior construction took place, including building a new patio, and new furniture was purchased.

Hillary Stevens (Morehead State), an FMC Board of Managers member, said to Eta Omicron members attending the ceremony, "Within these walls, you will create and share memories that you will treasure for a lifetime. The members with us now and those who have yet to join us will all think back on their days at Ohio University and smile at the time they spent in this home."



## Gamma Omicron (Kentucky)

Gamma Omicron's facility updates were made possible by a dedicated group of Gamma Omicron alumnae members, who raised more than \$20,000 for renovations. Foundation Chair Barbie Chadwick (Vanderbilt) gave opening remarks at the facility's long overdue dedication ceremony (due to COVID-19), and of the alumnae support, she said, "I am so grateful for our Gamma Omicron sisters who used their generous hearts to help raise funds to make this house a home."

Gamma Omicron was reestablished in 2019. It was imperative that the FMC and Board of Managers found a home that allowed members to fully participate in the rich Greek community at the University of Kentucky, which has been around since the 1890s. A building on the campus' Sorority Circle became that new home.

Kentucky-based professional design firm PDR Interiors turned Gamma Omicron's new facility into a cozy, timeless and Gamma Phi Beta-branded dream. From the color of the front door to the stylish furniture, no detail went unnoticed. It took the PDR Interiors team, Liz Toombs and Erika Ross, 11 months to revamp the facility. Learn more about what inspired their design at [GPBArchives.org](http://GPBArchives.org) > 2020-2059 > 2021 > Winter (Page 35).

To members in attendance at the ceremony, Barbie said, "I hope one day you will look fondly on the many memories you made in this facility — a beautiful home that took the vision and effort of the FMC and our dedicated alumnae. This facility has truly been a labor of love since 2019."

Welcome home, sisters!



# GAMMA PHI CARLY *Singleton* (Southern)



Meet Cary Singleton, who is matching up to \$10,000 in gifts from Beta Alpha donors during Gamma Phi Gives Day. Cary supports the Gamma Phi Beta Foundation because, as she says, “[Doing so] can change the lives of young women, strengthening their sense of self and purpose.”

Initially, Cary joined Gamma Phi Beta, at age 50, as an alumnae initiate to please her mom, Joyce Stewart (Southern California). Joyce was a fixture within Gamma Phi who donated her time and treasures to the organization for decades. When Cary told her mom the news, Joyce burst into tears.

“She said, ‘I’ll call L’Cena Rice right now and see if there is time before Convention!’ But as I prepared with L’Cena, I truly realized what a gift this sisterhood is,” Cary says.

Cary and her older sister Leslie joined Gamma Phi Beta at, like their mother, Beta Alpha Chapter at the University of Southern California. Since joining in 2006, Cary has met and traveled with sisters, many of whom have become her mentors. She adds, “The [Sorority] and my Beta Alpha sisters have been a wonderful part of the second half of my life.”

In addition to Gamma Phi, Cary supports other nonprofit organizations that benefit important causes, including

Alzheimer’s and neuroscience research, experiential learning, affordable housing and ending food scarcity. Her philanthropic heart does not stop there. In 2016, Cary and her husband, Will, launched their own nonprofit, Singleton Foundation. Their Foundation makes the possibility of financial competence a reality for everyone, promotes entrepreneurship (because Cary and Will believe each of us can become the CEO of our own lives) and inspires individual achievement. They do this using short-form mobile entertainment.

Aside from her philanthropic efforts, Cary is the woman to turn to for advice on the career pivot. Some of her professional pursuits include operating different businesses, leading a national school-based violence prevention program, getting involved with the

entertainment industry later in life and public speaking engagements, including a Tedx Talk. She’s got the career pivot down, and when we look at her life’s mission statements, there’s no guessing why that is.

“[I live by the following]: 1) Create vision > Inspire action and 2) Be an oyster! Find a problem and turn it into a pearl!”

To learn more about Cary and her incredible impact, visit [SingletonInk.com](http://SingletonInk.com) and [SingletonFoundation.org](http://SingletonFoundation.org).



Watch Cary’s talk, Think Like an Entrepreneur: From Crisis to Opportunity here: [youtu.be/MS4BhcFEaE8](https://youtu.be/MS4BhcFEaE8).

*L’Cena Rice (Southern California) served in a variety of volunteers roles within Gamma Phi, including International President from 1996-2000.*



# Gamma Phi GIVES DAY

March 21-22, 2023

*Save the  
Date!*

# *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, 2022, and October 31, 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](https://GammaPhiBeta.org/Donate) or call 303.800.2890. View Memorial gifts online at [GammaPhiBeta.org/InMemory](https://GammaPhiBeta.org/InMemory).*

**ALPHA** (*Syracuse*)

Marilyn Langworthy Cline, 1947  
Sandra Sargent Holcombe, 1960

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

Helen Henry Burtch, 1939  
Kathryn Fish Cole, 1958  
Mary Cusick Follin, 1945  
Ruth Kuypers Macco, 1944  
Janet Grout Schuett, 1953  
Miriam Youmans Wellford, 1939

**EPSILON** (*Northwestern*)

Nancy Holland Arends, 1953  
Adele Droste Good, 1953

**ZETA** (*Goucher*)

Virginia Knight Townend, 1938

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

Beverly Carne Fisher, 1948  
Judy Guibert Marquis, 1966  
Jane Lindsey Simpson, 1961

**THETA** (*Denver*)

Nancy Shipley D'Orazio, 1950  
Virginia Hoots Evans, 1947

**KAPPA** (*Minnesota-Twin Cities*)

Joan Johnson Campodonico, 1963  
Lorene Johnson Carlson, 1961

**NU** (*Oregon*)

Louise Minturn Amaismeier, 1963

**XI** (*Idaho*)

Alice Deshazer Mayo, 1952  
Tamara Wilson McLaughlin, 1971

**RHO** (*Iowa*)

Linda Laird Garten, 1949

**TAU** (*Colorado State*)

Ruth Shaw Wagner, 1936

**PHI** (*Washington University*)

Judith Madlinger Burns, 1953

Annette Matula Kistler, 1952  
Anna Hudson McKenzie, 1947

**CHI** (*Oregon State*)

Marvel Gage Luykx, 1953  
Linda Hillely McDowell, 1963  
Helen Sallee Stunz, 1944

**PSI** (*Oklahoma*)

Carol Johnson Anderson, 1954  
Nina Flanagan Ferguson, 1956  
Betty Brown Murrah, 1951  
Sue Ann Rice, 1954

**OMEGA** (*Iowa State*)

Elizabeth Jinkins Cooper, 1945  
Alpha Beta (North Dakota)  
Rita Nelson Alm, 1953

**ALPHA GAMMA** (*Nevada*)

Dorothy Linabary Gates, 1946

**ALPHA DELTA**

(*Missouri-Columbia*)  
Helen Mortensen Fiorio, 1954  
Janet Nentwig Schoedinger, 1959

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

Janet Reid Hyde, 1954

**ALPHA IOTA**

(*California-Los Angeles*)  
Shirley Krehbiel Conger, 1951

**ALPHA LAMBDA**

(*British Columbia*)  
Jane Pendleton Ball, 1947

**ALPHA NU** (*Wittenberg*)

Marilyn Gillen Lindblom, 1951

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

Carlotta Khalifah Norman, 1958

**ALPHA OMICRON**  
(North Dakota State)  
Joyce Bolmeier Cole, 1947

**ALPHA UPSILON** (Penn State)  
Mary Martin Asplundh, 1950  
Barbara Shipman  
Brode-McDermott, 1955  
Virginia Linneman Nicholas, 1962

**ALPHA CHI** (William & Mary)  
Natalie Lane MacWright, 1953

**ALPHA OMEGA**  
(Western Ontario)  
Blanche Layman Conder, 1959

**BETA BETA** (Maryland)  
Shirley Adams Fishback, 1953

**BETA GAMMA** (Bowling Green)  
Barbara Heller Ayers, 1952  
Sarah House Randall, 1945  
Patricia Lindberg Sheehan, 1949

**BETA DELTA** (Michigan State)  
B. Harris Dukesherer, 1959  
Nancy Leith Smith, 1949  
Nancy Kaczmarek Sweet, 1960  
Betty Kraus Treiber, 1953

**BETA EPSILON** (Miami-Ohio)  
Sara Golightley Conrad, 1990

**BETA ZETA** (Kent State)  
Kathleen Benyo Gilbo, 1966  
Lois Miller Smith, 1952

**BETA NU** (Vermont)  
Nancy Dixon Eckhart, 1963  
Ruth Seeler, 1956

**BETA OMICRON**  
(Oklahoma City)  
Verona Dilbeck Lynam, 1952

**BETA PI** (Indiana State)  
Mary Adams Hubbard, 1955

**BETA TAU** (Texas Tech)  
Lea Dopson, 1982

**BETA UPSILON** (Kansas State)  
Pamela Black Bishop, 1969  
Karen Kuykendall Forrer, 1961

**BETA CHI** (Wichita State)  
Mary Sims Mross, 1980

**BETA PSI** (Oklahoma State)  
Brittany Cross McShane, 2008

**GAMMA EPSILON**  
(Puget Sound)  
Nancy Chessman Loyd, 1961

**GAMMA ETA**  
(California State-Long Beach)  
Lorraine Mahoney Giacomini, 1985

**GAMMA CHI**  
(Texas State-San Marcos)  
Debbie Ann Satsky, 1983

**GAMMA OMEGA**  
(Wisconsin-Platteville)  
Diane Lien Dennis, 1969

**DELTA ALPHA**  
(Wisconsin-River Falls)  
Virginia Henneman Dolesy, 1970

**DELTA EPSILON**  
(Texas Wesleyan)  
Gera Galey McQuay, 1974

**EPSILON SIGMA**  
(Morehead State)  
Susan Reed Cox, 1991

**ZETA PHI** (Arkansas-Fort Smith)  
Diana Rowden, 2015

**ETA ETA** (South Florida)  
June Cadsawan, 2013



**ADELE DROSTE  
GOOD**

**EPSILON**  
(Northwestern, 1953)

Adele Droste Good embodied our Core Values Love, Labor, Learning and Loyalty, with a particular focus on Labor, as she coined herself a “professional volunteer.” Having earned a bachelor’s degree in music from Northwestern University, Adele dedicated her life to promoting art and culture in various volunteer roles. She was an associate board member of the Dayton Art Institute, a member (and the 1988-90 president) of the Garden Club of Dayton, president of the Friends of Dayton Ballet and a trustee on the Dayton Ballet Board. For 38 years, Adele shared her vocal gifts as the senior soprano soloist at St. Paul’s Episcopal Church. She also served in her church’s vestry and designed altar flower arrangements. Her passion for gardening and floral designing inspired her business, Adele’s Goods, where she created stunning floral arrangements for events and weddings. In her spare time, Adele loved sharing her passion for the arts with her grandchildren.



**BRITNEY CROSS  
MC SHANE**

**BETA PSI**  
(Oklahoma State, 2008)

Brittany Cross McShane grew up in Edmond, Oklahoma, and attended pre-K to college in her home state. She joined Gamma Phi Beta at Beta Psi Chapter at Oklahoma State University. And after completing her undergraduate program in 2012, she went on to pursue her passion for medicine. While attending Oklahoma State University College of Osteopathic Medicine, Brittany was the president of her medical school class and chief resident of her residency. In 2017, the year she graduated, she was named Student Doctor of the Year. Her online obituary states, “[Brittany loved her career and was dedicated to serving others.” Brittany and her husband, Andrew, were outdoor enthusiasts that loved going on adventures together. And in 2020, the couple welcomed their son, Carter Jackson McShane, into their adventure-filled life. Brittany will be greatly missed by all those she positively impacted.

Visit [GammaPhiBeta.org/Foundation](http://GammaPhiBeta.org/Foundation) each month to view updated Memorial Gifts and In Celebration pages.



As we prepare to celebrate our sesquicentennial, we are embarking on a new endeavor — The Gamma Phi Beta 150th Anniversary Oral History Project — to collect the stories of alumnae in their own words. We've partnered with industry leader PCI to help us collect updated information and stories from members. PCI has already begun contacting alumnae by mail, phone and email, asking for their participation. Your stories will be transcribed and preserved in a book that celebrates the impact Gamma Phi Beta has had on your life. We thank you, in advance, for your participation.



Each 2023 issue of *The Crescent* will contain an ad that reveals a larger picture dedicated to our 150th Celebration (happening next year!). Here's what you need to do:

- Tear out each issue's ad (there will be four in total).
- Piece the images together each season to reveal the bigger image.
- Once you have the completed image, post it on social and tag us @GammaPhiBetaSorority.

## 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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## Looking to connect with a sister?

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

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# Celebrate History



1874

An informal meeting of the Misses Dodge, Bingham, and Blarney on the 11th of Nov. 1874 to make some arrangements for a new College Literary Society. Miss Dodge was chosen to be Secretary and Miss Blarney was called.

It was moved and seconded that Miss Dodge be appointed to draft a Constitution and Constitution said Constitution for the approval of the members.



## Fidelity

(International Anthem)  
Lyrics by: Sarah Eleanor Veeder (Syracuse), 1892  
Tableau VI, The Pinning Ceremony  
Tune: Forsaken  
Arranged by: Elsie F. Norman (Kansas), 1931

Soprano *With feeling pp*

1. O Gam-ma Phi Be-ta to thee we would raise, In true ad-o-o-  
2. O Gam-ma Phi Be-ta we'll cher-ish thee more, With each day that

Alto *Melody in Alto*

*Alto marcato*

Piano



# RINGS FOR SPRING

[and other sparkly things!]



Chapter President Ring



A. Chapter President Ring, #0453 | B. Stackable CZ Band Ring, #143864 | C. Cora Ring, #RP3400 | D. Addy Ring, #ADDY | E. New Moon Necklace, #0076 | F. 10K Lavalier and 18" gold-filled Snake Chain, #L2649 | G. Rory Necklace, #RORY | H. Polished Badge with Ruby Phi, #0105R | I. Crest Guard with Enamel, #9006 | J. Crown Pearl Double Letter Guard, #0600 | K. Scholarship Pearl Dangle, #41 | L. Chapter President Dangle, #01A | M. One World One Heart Dangle #1W1H | N. Mother's Pin, #0300 | O. Bolo Bracelet, #H3996B

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Don't forget Mother's Day!  
Mother's Pin

