


Present
THE

Leading the Way



*Gamma Phi Beta
offers an array of
leadership opportunities to
sisters throughout their membership.*

PAGE 20

Fall 2023

GAMMA PHI BETA

IN THIS ISSUE

3 SENTIMENTS

Letter from Chief Executive Officer Megan Smiley Wick (Washington State)

4 BUILDING STRONG GIRLS

Discover all Girls on the Run volunteer opportunities

6 PACE, PLEASE!

The art of giving and receiving feedback

8 CONFIDENT WOMEN

14 MEET THE TEAM

Say hello to our 2023-24 collegiate leadership consultants

17 GAMMA PHI VIBES

The Gamma Phi aesthetic in everyday places

18 CHAPTER SWEET CHAPTER

Epsilon Beta (Alma) Chapter

20 LEADING THE WAY

Learn about the Sorority's leadership opportunities

27 THEN AND NOW

Sisters from the same chapter, with 12 years between them, compare their college experiences

28 TRUE AND CONSTANT

Meet Nancy Dutch (Denver) and learn all about her company Dutch and Deckle

30 COAST-TO-COAST CELEBRATIONS

Mark your calendars and celebrate our 150th throughout 2024 with these events across North America

32 LIVING WELL

The perfect pumpkin roll recipe for the holiday season

34 FACILITIES MANAGEMENT COMPANY

In our pink era

36 THE FOUNDATION

Dr. Ruth Seeler's (Vermont) benevolent bequest will continue to empower future Gamma Phis

38 IN OUR HEARTS

40 LIFE LOYAL

41 BUILDING ON YESTERDAY

The first-ever Gamma Phi Beta Convention

43 OUR 150TH CELEBRATION

get in touch

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🌐 GammaPhiBeta.org

DEAR *Sisters*

As this season paints the world in vibrant hues, I'm delighted to present the fall 2023 issue of *The Crescent* — a testament to the remarkable stories that define our sisterhood.

The following pages highlight tales of strength, resilience and the unbreakable bonds that unite us. These stories echo the very essence of our sisterhood and the inspiration it imparts. This issue, however, is more than just a collection of stories; it is a prelude to a momentous occasion on the horizon: Gamma Phi Beta's 150th anniversary.

Our 150th will honor our enduring legacy and bright future ahead, and we plan to celebrate in various ways all year long in 2024. From Coast-to-Coast Celebrations to a Traveling Exhibit to an official podcast, our 150th Celebration will be a point of pride within our organization's history.

More importantly, our anniversary is not just a milestone; it's a reiteration of our commitment to sisterhood, growth and continuing to make a difference in the world around us. So, as we celebrate our beloved Gamma Phi Beta throughout the next year, let's also focus on the legacy we are crafting today for future generations of sisters.

In IIKE,



Megan Smiley Wick (Washington State)
Chief Executive Officer



WHO IS MEGAN?

Megan Smiley Wick is the chief executive officer 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 furthers 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.

COFFEE OR PUMPKIN SPICE LATTE

Coffee

SWEATERS OR JACKETS

Sweaters

FALL BAKING OR SNUGGLED UP READING

Fall baking

CALLING ALL VOLUNTEERS!

Girls on the Run has ample volunteer openings; discover the right fit for you!



Girls on the Run



Girls on the Run (GOTR) is committed to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. With more than 160 local councils across the United States and Canada, GOTR executes this commitment by serving over 200,000 girls annually. Dedicated GOTR volunteers, including countless Gamma Phis, make this outstanding impact possible. For this reason, volunteers are the lifeblood of GOTR.

With a new academic year in session, now is an excellent time to reengage with GOTR, whether you're a collegian or alumna. There are several volunteer opportunities available with flexible commitments to accommodate different schedules. From coaching a team to cheering girls on at the end-of-the-season 5K to running alongside a participant, there is something for everyone to live out our philanthropic focus of Building Strong Girls while supporting our philanthropic partner.



To get started, scan the barcode to find the GOTR council nearest you and discover available volunteer openings.

BUILDING
STRONG
girls
Gamma Phi Beta

The Art of Giving and Receiving Feedback

Master the art of constructive criticism for personal and professional growth

In this fast-paced world, the ability to give and receive constructive criticism is a valuable skill that aids in personal, academic and professional growth. Here are some tips and tricks for offering feedback with empathy and embracing it with an open mind within your chapter.

Create a Safe Environment

Constructive criticism flourishes in a nurturing and safe environment. Encourage open communication and establish ground rules for providing feedback. Emphasize that the intention is to support each other's growth, not to criticize for the sake of it. Doing so fosters trust and mutual respect, making it easier for your sisters to share their thoughts without fear of judgement.

The Sandwich Method

When offering feedback, consider utilizing the popular Sandwich Method. With this method, the idea is to wrap the constructive criticism between layers of positive reinforcement. Begin by acknowledging your sister's strengths and efforts. Then, gently introduce areas that need improvement, providing specific examples and actionable suggestions. Finally, end on a positive note, reaffirming your belief in their potential. This approach ensures your message is well-received and maintains a balanced outlook on your sister's capabilities.

Focus on Behavior, Not Personality

When giving feedback, focus on the specific behavior or action rather than making it personal. Avoid using accusatory language and instead express how certain actions affected you or your chapter. This allows the recipient to understand the impact of their behavior without feeling attacked or defensive. Likewise, when receiving feedback, remember that it is about growth and learning, not a judgment on your character.

Active Listening

Receiving constructive criticism requires active listening. When someone offers feedback, listen attentively without interruption. Clarify any points you do not fully grasp and take a moment to process the information before responding. Practicing active listening fosters a supportive and fruitful dialogue, making it easier to identify areas for improvement and work collaboratively toward self-betterment.

Seek Feedback Proactively

Encourage a culture of openness by actively seeking feedback from others. By asking for constructive criticism, you demonstrate your willingness to grow and learn. Remember, feedback is a two-way street, and being receptive to it will only strengthen the bonds around you.

The Do's and Don'ts of Giving Constructive Criticism

DO: Your involvement in planning philanthropic events is fantastic! In the future, let's work together to enhance our Building Strong Girls message. I know you will get creative with it!

DON'T: The most recent philanthropic event you planned was just OK. Your past events were much better.

DO: I appreciate your enthusiasm during chapter meetings. Let's work to ensure everyone has a chance to contribute and share their ideas.

DON'T: You dominate every chapter meeting. Give others a chance to speak.

DO: I can really see you are working hard in regards to your leadership skills. I'm impressed with your initiative! You should consult a current collegiate leadership consultant to develop your leadership abilities even further.

DON'T: You aren't leadership material. Step back and let others handle important tasks.





Confident Women

By Bailey Klinkhammer (Northern Iowa)

Dr. Tiffany Payton Jameson

EPSILON NU (Chapman)

NEURODIVERSITY INCLUSION
ADVOCATE

Dr. Tiffany Payton Jameson's educational journey is impressive. She earned her bachelor's degree in computer information and business administration from Chapman University, followed by her MBA from Brandman University. Her academic pursuits culminated in a Ph.D. in industrial and organizational psychology from Grand Canyon University. Yet, Tiffany's story goes beyond her impressive array of degrees; she is a passionate inclusion advocate dedicated to empowering neurodivergent individuals and fostering inclusive workplaces.

The statistics are sobering, with unemployment rates among neurodivergent individuals hovering around 58%. In response, Tiffany established *grit & flow*[™] in 2018, a company with a singular mission: to combat this high unemployment rate. She explains, "At *grit & flow*, our primary focus is transforming businesses. We aim to inspire these organizations to not only welcome neurodivergent individuals but also adapt their workplaces to be holistically inclusive." The company plays a pivotal role in assisting organizations eager to enhance their inclusivity, shifting their mindset from asking, 'How can [this person] fit into our culture?' to 'How can we make systemic changes to our culture for everyone to do their best work?' Tiffany elaborates, "We encourage organizations to set clear agendas, provide specific directions and proactively address anxieties. Our approach is multi-pronged, designed to extract the best from these companies."

Tiffany's personal commitment to workplace inclusivity is driven by her own experience as a parent of neurodivergent children. She emphasizes, "Everyone aspires to come to work and give their best. When a company embraces the whole person, that's when you truly witness employees flourishing."

grit & flow[™] is actively engaged in coaching businesses to integrate inclusivity into their corporate culture and processes. This transformation begins with fundamental changes, such as revising the interview process and reevaluating how we communicate. It's not just the workplace Tiffany strives to change. One area of research centers around creating neuroinclusive business schools, both from the perspective of improving the experience and success for neurodivergent learners, but also fostering strong neuroinclusive leaders in all graduates. Tiffany notes, "When we instill this change from the outset and empower neurodivergent students' success through the benefits of business school, we will have more neurodivergent people in leadership roles, removing the need for retroactive adjustments. The current state of the world creates barriers for people, so our aim is to reshape it into a more accessible one."

Beyond her advocacy for inclusivity in workplaces, Tiffany is a strong advocate for women who embark on a second act or discover their passions later in life. Her own journey to her true passion unfolded later in life, and she passionately shares, "Reinventing yourself is entirely acceptable as you age. As women, it can be daunting to embark on new paths, but the reality is, you are not stuck. Just go for it!"

To learn more about Tiffany and her company, visit GritAndFlow.com.

Carly Ghafouri

BETA ALPHA (California-Los Angeles)

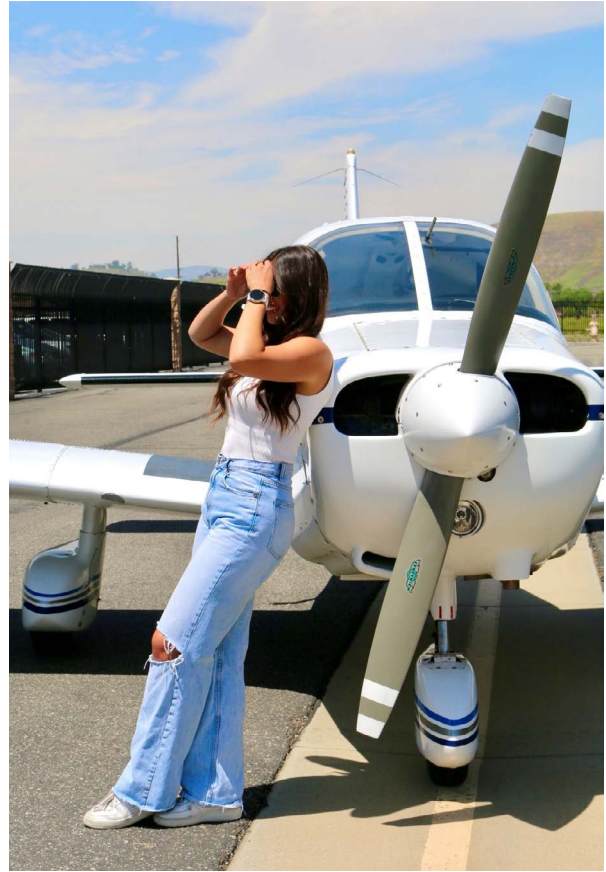
CHASE PILOT

Carly Ghafouri is no stranger to high-pressure situations, both on the ground and in the sky. As a chase pilot, Carly flies behind planes undergoing testing, taking real-time notes on research planes and helping ensure a safe flight for everyone involved. Carly majored in communications at the University of California-Los Angeles (UCLA) and graduated in 2022. Despite her father's career as a pilot, she had never envisioned herself following the same path.

"My dad was an airline pilot, so I traveled commercially a lot as a kid. But I had never really taken an interest in piloting. Then, when COVID-19 hit, I saw an opportunity to start aviation, and I ended up getting my certification." Carly embarked on her flying journey during her junior year of college and quickly realized that piloting was her true calling. She petitioned UCLA to allow her to take the maximum number of credits so she could graduate early and pursue flying full-time. According to Carly, her sisters in Gamma Phi Beta provided unwavering support for her decision. "I remember walking into our chapter facility to study all day. All my sisters were incredibly supportive and encouraged me to do my best. They always told me, 'You can always come back here.' It made me feel supported, knowing I had a home to return to."

The support Carly received during her flying journey motivated her to excel, even in the face of a male-dominated field. On her team, Carly is the only woman among 13 men. "It is quite challenging. The male members of the team treat me differently, and I often face scrutiny and occasional condescension. One of the most significant lessons I've learned is not to let it affect my confidence."

Confidence plays a pivotal role in flying, particularly as a woman in a male-dominated



industry. For Carly, this means remaining resilient in the face of adversity and projecting authority. "If you want it badly enough, you can achieve it," Carly says. Although she exudes confidence now, her journey to this point was not without its challenges. "This path isn't for the faint of heart. It's a long and sometimes discouraging road, but overcoming those obstacles brings the most rewarding feeling."

One source of comfort for Carly on her arduous journey has been the female support network she has found within her profession. "One thing that has helped tremendously is reaching out to other female pilots. We exchange stories, and it's like being part of another sorority. We offer each other advice and companionship and having them in my corner is incredibly comforting."





Peyton Lee

BETA PSI (Oklahoma State)

MENTAL HEALTH ADVOCATE

Peyton Lee, a secondary education major at Oklahoma State University, dedicates herself tirelessly to improving her sisters' mental health and overall well-being in her role as her chapter's REAL wellness chairwoman. Through this commitment, she has not only made a significant impact on others but has also undergone personal growth, transforming into a more empathetic sister and a stronger leader.

Her unwavering passion for helping others find better well-being has its roots in her own journey of self-improvement. She reflects, "I had to learn how to enhance my own well-being, which ignited my passion for helping those around me. It all began with my younger sister, to whom I offered guidance and support throughout her high school years. When I realized this fervor within me, I embraced it by assuming the role of REAL wellness chairwoman for my chapter." Peyton continues, "My passion for mental health grew when I recognized its significance. I grappled with my own mental health challenges and found myself without a support system that understood my struggles. This compelled me to seek solutions independently. I conducted research, devoured articles and incorporated strategies into my life that strengthened my mental well-being."

However, Peyton's contributions extend beyond her chapter involvement. She emphasizes that her role as REAL wellness chairwoman has played a pivotal role in her personal growth, shaping her into a more confident and effective leader. "Serving in this position has enhanced my leadership abilities by pushing me beyond my comfort zone in ways that were essential for my personal growth. I always identified as a leader, but I hadn't previously organized events, educated others on important topics or earned the trust needed to become a dependable support system



for those in need. This position has challenged me to redefine my identity and has equipped me with skills that I now apply to my daily life, sharing these experiences with others."

Mindfulness and well-being have profoundly influenced Peyton's perspective on the world. Taking care of herself and offering guidance on mental health maintenance have become her favorite pastimes. Peyton believes that mental health maintenance encompasses both introspection and engaging in enriching and calming activities. "I could offer numerous tips for mental health maintenance. For instance, conducting thorough research to understand the underlying reasons for your emotions, engaging in physical activity, taking leisurely walks, spending more time outdoors, reading and more."

Peyton's impact on REAL wellness cannot be overstated; she stands as a formidable advocate for mindfulness and an invaluable source of support for her sisters.

Meet Our 2023-24

Collegiate Leadership Consultants!

Aurora



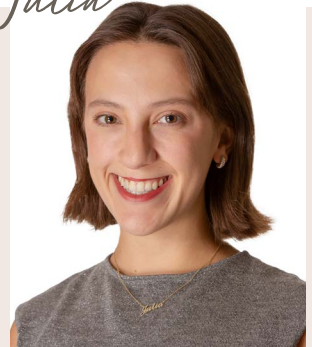
Kayla



Grace



Julia



This Or That (Travel Edition!)

Travel journal or
photographs

Plan every detail or
go with the flow

Window seat or
aisle seat

Luxury hotel or hostel

Solo travel or
travel with friends

City break or
beach vacation

Favorite travel destination
Anywhere in New England

What city would you like
to live in
*Boston, Massachusetts, or
Edinburgh, Scotland*

What city or country are
you dying to visit
South Africa and Peru

Travel journal or
photographs

Plan every detail or
go with the flow

Window seat or
aisle seat

Luxury hotel or hostel

Solo travel or
travel with friends

City break or
beach vacation

Favorite travel destination
Sanibel Island, Florida

What city would you like
to live in
Orange Beach, Alabama

What city or country are
you dying to visit
Maldives

Travel journal or
photographs

Plan every detail or
go with the flow

Window seat or
aisle seat

Luxury hotel or hostel

Solo travel or
travel with friends

City break or
beach vacation

Favorite travel destination
Coast of Oregon

What city would you like
to live in
Washington D.C., or London

What city or country are
you dying to visit
Finland

Travel journal or
photographs

Plan every detail or
go with the flow

Window seat or
aisle seat

Luxury hotel or hostel

Solo travel or
travel with friends

City break or
beach vacation

Favorite travel destination
Boston

What city or country are
you dying to visit
Amsterdam

Within the heart of Gamma Phi Beta beats a rhythm of tradition and innovation, where the past and the future gracefully intersect. In 1943, Evelyn Gooding Dippell (Illinois at Urbana-Champaign, 1933) blazed a trail as Gamma Phi Beta's first traveling secretary, a role now known as the collegiate leadership consultant (CLC). Today, that pioneering spirit lives on through a fresh cohort of outstanding CLCs, recent graduates and one returning CLC. Their mission remains the same as Evelyn's did many moons ago: to empower, enlighten and elevate our Gamma Phi Beta chapters. Learn more about our CLCs below, getting an insider look at their stories, dreams and hopes during their year of travel.

Aurora Cotton-Suda
(Tennessee-Chattanooga)

Major: Environmental science

Dream job: I would love to pursue a career in higher education, specifically in fraternity and sorority life.

What encouraged you to return for a second year?

I wanted the opportunity to continue to help our collegiate chapters grow, connect them with the greater scope of Gamma Phi Beta and expand my own connection to our sisterhood.

How many chapter visits did you make last year?
27 chapter visits in 26 cities!

As the only veteran CLC on this year's team, what advice have you given to the new CLCs? Some of the biggest advice I gave the incoming CLCs was to trust their knowledge, don't be afraid to ask for help, find a way to keep organized that works for you and to remember to rely on the other CLCs when on the road!

Kayla Allison
(Kentucky)

Major: Arts administration and dance

Dream job: Owning a nonprofit that helps people with disabilities learn and enjoy the therapeutic aspects of dance.

How do you plan to build connections with the chapters during your visits? By meeting the women in the chapter and offering them support in many ways!

What unique perspectives do you hope to bring to the chapters you support? I hope to bring an outside perspective that makes chapters critically think through challenges and discover how they can become stronger.

What encouraged you to apply to become a CLC? All the former CLCs I met and worked with during my time as a collegian inspired me to apply to become a CLC myself.

Grace Engelhart
(William & Mary)

Major: Economics and government

Dream job: To pursue law.

What encouraged you to apply to become a CLC? My chapter never received a CLC visit when I heard about the job, so I did not know much about the role initially, but the job seemed so cool and unique that I really wanted to apply! I absolutely loved my time in Gamma Phi as a collegian and loved the idea that I could give back to this organization and contribute to other people having amazing experiences in Gamma Phi. I also love traveling, so applying felt like a no-brainer!

What are some self-care strategies you will use to stay energized and focused throughout your journeys? From traveling experiences to chapter visits to random thoughts, journaling about my time as a CLC has been a great self-care strategy so far.

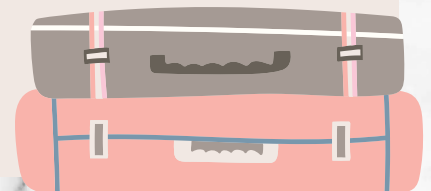
Julia Serio
(Minnesota-Twin Cities)

Major: Art history

Dream job: I'm not quite sure where I'm headed, but I love hands-on work and connecting with other people. I always wanted to be an art teacher, so I think that is my goal, but I want to try other things before that.

What encouraged you to apply to become a CLC? My chapter advisor was a CLC, and her experience sounded so amazing that I had to experience it for myself!

What unique perspectives do you hope to bring to the chapters you support? My chapter won the Belonging, Equity, Diversity and Inclusion (BEDI) Initiative Excellence Award at Convention 2022, so, hopefully, I can bring my experience in BEDI to other chapters.



*Are you a graduating
senior interested in
becoming a CLC?*



Learn more about the program and application process at
GammaPhiBeta.org/CollegiateLeadershipConsultant.

Your guide for finding the Gamma Phi Beta aesthetic in everyday places.



treat yourself

1. World Market | Ceramic Pumpkin Candle \$15
2. JuJuBe Goods (Etsy) | Blush Pumpkin Garland \$16+*
3. Crescent Corner | Monogram Cardigan \$35
4. Sugar Pink Boutique (Etsy) | Rose Pink Velvet Pumpkins (set of six) \$17*
5. Target | Happy Fall Y'all Doormat \$35
6. KM Handmade Boutique (Etsy) | Pumpkin and Leaves Stanley Tumblr Wrap \$14+*

**Support small businesses! Products and prices were compiled in October 2023 and are subject to change.*



Chapter Sweet Chapter



EPSILON BETA (*Alma*)

Epsilon Beta Chapter at Alma College showcased its brilliance at Convention 2022 in St. Louis, Missouri, winning nine awards during the Together We Shine Awards Luncheon. Sisters proudly brought back the following accolades to their chapter:

- The Mary A. Bingham Award (honorable mention)
- Administrative Excellence Award
- Education Excellence Award
- McCormick Medallion Public Relations Excellence Award
- Recruitment Excellence Award
- Academic Excellence Award
- Advisory Board Excellence Award
- The Lillian Thompson Individual Award, bestowed to Sarah Sheathelm

With hearts brimming with pride, Chapter President Mackayla Pirie celebrated the unique recognition. She shared, "Our awards now grace the chapter room of our facility, a constant reminder of our potential as both a chapter and sisters within Gamma Phi Beta. We will continue to strive for excellence in this new academic year."

For a detailed description of each award, visit [GPBArchives.org](https://www.gpbarchives.org) > 2020-2059 > 2022 > Fall > Page 30.

1. SCOTLAND, U.S.A.

Alma, Michigan, fully embraces Scottish traditions, earning it the nickname Scotland, U.S.A. The city hosts the Midwest's largest Scottish festival, the Highlands Festival, featuring Scottish food, games and bagpipers.

2. SCOTTY THE MASCOT

Speaking of Scottish pride, Alma College boasts Scotty as its poster child — a spirited Scotsman who pumps up the crowd at athletic events and connects with students through campus life experiences.

3. FOSTERING CONNECTIONS

Alma College, with 1,400 students, distinguishes itself with small class sizes and a 12:1 student-faculty ratio, fostering close bonds and encouraging meaningful interactions between students and professors.

4. CAMPUS TRENDS

Donning sorority letters at Alma College isn't just a fashion trend but a cherished tradition. Handcrafted and passed down through generations, they symbolize sisterhood and family ties on campus.



1



3



4




2

EXPLORE *Alma*



Leading the Way



Gamma Phi Beta offers an array of leadership opportunities to sisters throughout their membership.

Rooted in our unwavering commitment to one of our five guiding principles — promoting lifelong dedication, intellectual and personal growth and service to humanity — Gamma Phi Beta proudly offers an array of leadership opportunities to our 250,000 members (and counting) at various stages in their membership. This dedication stems from our firm conviction that female leaders wield a unique and influential power, capable of driving enduring and inclusive change in our world.

When we look to trailblazers such as Michelle Obama, Ruth Bader Ginsburg, Malala Yousafzai, Taylor Swift and, of course, our incredible four Founders, we witness not only the breaking of barriers but also the profound altruistic strength these women brought to spheres of influence.

Our commitment to empowering women as catalysts for positive and imperative change finds its expression in or through various leadership initiatives and our REAL Leadership programs. Here's a closer look at all these incredible and impactful offerings!



The BEDI Summit

The Belonging, Equity, Diversity and Inclusion (BEDI) Summit is the Sorority's leadership summit dedicated solely to creating a more just, equitable and inclusive Gamma Phi Beta. This half-day virtual summit takes place annually in February and provides new content each year in direct response to member feedback. The summit features keynote speakers, updates on the Sorority's BEDI work, access to exclusive resources and more! Whether you're a collegian or alumna, the BEDI Summit creates a space for all Gamma Phi Betas to gather in sisterhood to gain knowledge, language, tools and self-awareness to make a difference in your chapters, campuses and communities.

GAMMA PHI BETA
BEDI
Belonging, Equity, Diversity & Inclusion
SUMMIT



fidelity

Fidelity for Officers

The success and future of Gamma Phi Beta's collegiate chapters are driven in large part by our brave collegiate sisters who serve in collegiate officer roles. Immediately following officer elections, collegiate officers engage in Fidelity for Officers programming. This programming is made up of three key steps.

- 1. Officer 101s and Online Lessons:** All collegiate officers are provided with an Officer 101 lesson through Fidelity, Gamma Phi Beta's learning management system. The Officer 101 provides an overview of the responsibilities of their officer role as well as explores best practice leadership topics like being a role model, engaging in self-care, leading a team and more. Additionally, select officers will also complete additional online lessons in Fidelity that support unique elements of their role.
- 2. Officer Transition Workshop:** Following the completion of the Officer 101, the incoming officer will meet with the outgoing officer for a 1:1 conversation known as the Officer Transition Workshop. This workshop is scheduled at the time of the officers' choosing and provides the incoming officer with a structured space in which to ask the outgoing officer questions and gain insight into her role.
- 3. Executive Council Retreats:** The culminating experience within Fidelity for Officers programming is the Executive Council Retreat. The Executive Council Retreat is a three-hour virtual workshop for incoming executive council officers and chapter advisor(s) hosted on Zoom on weekend mornings/afternoons. During the retreat, executive council officers will explore how to work effectively as a team, how to lead their department, review the Order of the Crescent, set annual goals and more.



Confident Women of Character Series

Confident Women of Character Series

The Confident Women of Character Series is an exclusive benefit for international alumnae dues payers and Life Loyal members by providing monthly webinars around Gamma Phi Beta’s member competencies. These virtual seminars allow members to share their passions with fellow sisters, using their expertise to inspire conversation and connection with women at all stages of life.

Whether you are just graduating or are looking to retire from a career, there’s something in our series for you. Pay your international alumnae dues or join Life Loyal today so that you can participate in the upcoming webinars!



REAL Leadership Experience

The REAL Leadership Experience (RLE) is a retreat-style leadership event for emerging leaders ready to take the next step in their leadership journeys. It is a place for Gamma Phi Betas in their first- or second-year of membership to shine, dream big, take chances and examine their innermost selves. Members will also learn about the REAL Leadership principles they can apply in their chapters, careers and communities. This leadership event gives women the skills and confidence they need to tackle leadership positions and challenges they never dreamed possible.

What past RLE attendees had to say:

“REAL Leadership Experience has given me the courage to stand up for people who cannot stand up for themselves.” –Katy Fix (Missouri State)

“My favorite part of RLE was the opportunity to meet other Gamma Phi Betas outside of my collegiate chapter and networking with the facilitators who were at my session.” –Natalie Turkowski (Minnesota State-Mankato)



Leadership Development Committee Offerings

The Leadership Development Committee (LDC) is a standing committee whose purpose is to assist International Council (IC) in developing future leaders for board- and committee-level service. This work is done through educational programming and cultivation. Each year, the LDC offers a variety of educational programs designed to meet Gamma Phi Beta alumnae where they are in their leadership development journeys. These offerings cover a wide variety of topics including but not limited to best practices for board-level service, Gamma Phi Beta’s Member Competencies, belonging, equity, diversity and inclusion in board service and more.

Additional information about LDC program offerings can be found on GammaPhiBeta.org.



REAL Leadership Institute

REAL Leadership Institute (RLI) is an in-person leadership event for Gamma Phi Beta's workforce, including IC, Sorority volunteers, advisors and International Headquarters (IH) staff. The RLI experience provides training and developmental programming to achieve our strategic plan and equip the workforce to provide a quality member experience for our collegians and alumnae. This past summer, RLI ran in conjunction with our Housing and Facilities Conference (HFC), sponsored by the Facilities Management Company (FMC), to include our housing workforce with joint programming opportunities. Having the two events run during the same weekend helps to maximize relationship-building and think holistically about the member experience.

What attendees can expect from attending RLI:

- Enhanced self-awareness as it relates to your role, workforce team and the Sorority.
- Critical skill development relevant to the strategic plan and collegiate member experience.
- Important knowledge about Gamma Phi Beta operations, higher education trends and working with collegians.
- Sisterhood, networking and rejuvenation!



Who can attend?

Gamma Phi Beta-approved sorority volunteers, chapter advisors and designated IH staff are invited to attend RLI. Attendance at this event is by invitation only. If a chapter advisor cannot attend, a substitute advisor can go in their place. This person must be someone who can proactively share their experience and make good use of this outstanding educational opportunity.

RLI 2023 Specifics

Total attendees: 164

Total number of breakout sessions: 6

- Breakout 1 – Charting Your Volunteer Path
- Breakout 2 – Changing Recruitment Landscape
- Breakout 3 – Impact of COVID-19 on Relationship Building
- Breakout 4 – Leveling Up Chapter BEDI Plans
- Breakout 5 – Investing in New Volunteers
- Breakout 6 – Recruitment Think Tank

Breakout session with the most registrants: Changing Recruitment Landscape

To gain an even closer look at the RLI experience, we sat down with RLI attendee Lauren McGuire. Lauren joined Gamma Phi Beta in 2012 at Beta Delta Chapter at Michigan State University. Since graduating, she has served the Sorority in a variety of volunteer roles, including collegiate chapter supervisor (CCS), recruitment supervisor and has assisted with virtual recruitment around the country. Currently, she is a CCS for Midwest 1, all while balancing the demands of graduate school. Lauren is pursuing her Ph.D. in educational leadership, policy and human development at North Carolina State University. Lauren chatted with us about why she volunteers, how she balances working with volunteering and her biggest takeaways from attending RLI.

Why is volunteering for the Sorority important to you?

I volunteer because I think taking the time to mentor and learn from fellow members is our mission in action. Many volunteers ensured I felt supported when I was a younger member, and it's now an honor to pay that forward to the next generation of sisters. I also experienced times when I didn't know who to turn to and didn't want to bother the wrong person, so I didn't ask for help. I hope that being accessible and real with members makes them feel comfortable asking for help, even when they don't know where to turn officially.

How do you balance your professional life and volunteer pursuits?

I've been thinking about how to balance work, school, family and volunteering quite a bit lately. I think women are often told that they can have it all. That they can do every activity or life milestone all at once and it's completely possible. I've had to ask myself: Does possible translate to happy or easy? I try prioritizing what is most important in my life on a regular basis.



Sometimes that means stepping away from some commitments, but it always leads to a happier, more balanced life for me. Because I gain so much from volunteering with the Sorority, and I can advise and make a difference in members' lives, it always seems to land near the top of my list!

What advice would you give a member interested in or considering volunteering for the Sorority?

If you're considering volunteering, do it! You don't have to have been on an executive board or know everything about Gamma Phi Beta to volunteer. You just have to care and show up! A big part of volunteering, I've learned, is navigating challenges together with other volunteers and collegiate chapter leaders.

Currently, you are a CCS for Midwest 1. What do you enjoy most about this volunteer role?

Being a CCS is like being volunteer glue. You get to pop in and help with some chapter-level business as needed, and you also belong to a team that works with multiple campuses and is briefed about upcoming initiatives and trends from staff and other volunteers. It's the best of both worlds in volunteering!

What's the most challenging aspect of the role? How do you overcome it?

Showing up consistently for collegiate members can be challenging when life is hectic. The best

remedy for this issue, to me, is communication. Telling the advisors and collegiate leaders I work with that I am headed into a busy season and might need more grace is always the best thing I can do for myself and them. I like to think that by being transparent with those I work with, especially younger volunteers and collegiate members, they will understand that they, too, can volunteer someday, even if some weeks are more chaotic in their lives than others.

Which RLI breakout session was most impactful to you?

The Changing Recruitment Landscape impacted me the most. During the pandemic, recruitment changed significantly. Navigating Zoom breakout rooms, new Total-setting recommendations and more have challenged many of us who were recruitment experts before COVID-19. Coming together as a group and discussing how we individually and collectively overcame the rapid change of recruitment landscapes was so valuable. A particularly insightful conversation was about what the future of recruitment may look like and how Gamma Phi Beta fits into that vision.

How do you plan to implement the insights you gained from RLI in your role as a CCS?

The biggest insight I gained is that the sorority experience is changing, and Gamma Phi Beta, from volunteers and staff, is ready for that change. Experiencing such solidarity renewed my commitment to my volunteer role and the Sorority in general. I am going to try my best to pass on the optimism and True and Constant vibes I soaked up in California to those I work with!

Have you attended other Gamma Phi Beta educational events? If so, what unique value or perspective did this year's RLI bring compared to past events you've attended?

REAL Leadership Institute was my first Gamma Phi Beta educational event since the pandemic. The sheer joy I experienced reuniting with former sorority coworkers and fellow volunteers was unmatched. Since missing Convention 2022 and attending Convention 2020 from my couch at home, I value coming together in-person with like-minded sisters and friends more than ever. This year's RLI had electric energy. As universities grapple with lower enrollments due to changing sentiments about college and lower birth rates of college-aged people, the future is bright, if a bit uncertain. At RLI, I felt as though we were in it together. We discussed what the future looked like for Gamma Phi Beta, we shared ideas and gave feedback to IC and other leaders. When I left, I felt that even though the future is uncertain, the Sorority would navigate it as a united group dedicated to putting our members' experiences first!

Why is it important for members to attend Gamma Phi Beta's educational events, like RLI, and how do these events contribute to personal growth and leadership development?

Even if you know the joy and quirks of your collegiate or alumnae chapter, attending an event can open your mind to different aspects of the Sorority. Whether it be a committee you didn't know about, an initiative that aligns with your passions or even just new ways of enjoying sisterhood, you will have a memorable experience and leave with a renewed commitment to your volunteer role.



Gamma Phi Beta leadership, education and philanthropic programming is funded in part by the Gamma Phi Beta Foundation. We extend our sincere gratitude to the Foundation and the many generous donors that allow the Sorority to create this programming and cultivate empowered leaders.

Then and Now

Carly Foerster and Kala'i Fong joined Gamma Phi Beta at Epsilon Nu Chapter at Chapman University in Orange, California, 12 years apart. Carly joined in 2009, and Kala'i in 2021. Carly resides in San Diego and works at Classy, a giving platform that empowers nonprofits, alongside a few other Gamma Phis. Carly has stayed involved with Gamma Phi through years of dedicated volunteering. She currently serves on the 150th Celebration Committee and is a social advisor for Epsilon Nu (Chapman). Kala'i is a senior majoring in business and minoring in dance. Kala'i hopes to pursue something professionally that allows her to tap into her artistic side. Specifically, she would love to dive further into film, photography and content creation. We asked both sisters the same questions to compare their college and sorority experiences. Here's what they had to say!



Carly



Kalai

Carly Foerster		Kala'i Fong
On campus, Attallah Piazza. Off campus, down at the Circle grabbing a froyo!	Popular campus hangout?	My friends and I hang out at the Argyros Forum Student Union, AF for short, between classes.
My favorite Bid Day memories all come back to chanting alongside my sisters in the Piazza and leaping for joy when new members came running home to our chapter.	Favorite Bid Day theme or chapter memory?	Our Hannah Montana-themed Bid Day, "You'll Always Find Your Way Back Home."
Our fashion trends were...interesting. High-waisted belts, loud statement pieces of jewelry, dresses paired with leggings.	Popular fashion trends on campus?	Jorts (jean shorts), maxi skirts, slicked hair, digital camera pictures and cowboy boots.
Lil Wayne, Nicki Minaj, LMFAO, Beyoncé	Popular band/song among students?	Taylor Swift. At least 10 members went to her Eras Tour concert in Los Angeles!
Facebook	Preferred social media platform among students?	TikTok first then Instagram.
Emojis weren't really a thing when I was in college. My favorite now is 🙌	Popular emoji among students or your favorite emoji currently?	🙌👉👈🤔🤔🤔🤔🤔🤔

Do you know two sisters who initiated at the same chapter, just with 10+ years between them? Email thecrescent@gammaphibeta.org for a chance to see them featured on this page in the future!

TRUE AND CONSTANT

By Carleigh Beck (Quinnipiac)

Starting a business is no easy task, as Nancy Dutch (Denver) would tell you. "Staying ahead of the ever-evolving trends in our industry has proven to be quite demanding," she notes. Although she faced other challenges, such as resource allocation and marketing her products, Nancy launched Dutch and Deckle in November 2021. Her company specializes in sustainable planners, notebooks and journals that are fully customizable. "While some might view starting a business in the post-pandemic era as unconventional, I saw it as a strategic move," Nancy explains. She believes her company aligns perfectly with society's growing interest in personal well-being enhancement. Keep reading to discover more about Nancy and her company!



1 WHAT INSPIRED YOU TO START YOUR BUSINESS?

I grew up in the paper industry and have always been passionate about fine paper and planning. I inherited the habit of writing letters and cards from my mother and grandmother. They always reiterated the importance of the written word and for something to be authentic, it needed to be written down. Additionally, we were constantly required to write thank you notes when people did something special for us. I now have three daughters, and I have carried on that same tradition with them as well. We are all passionate letter writers, and we love beautiful paper, planners and stationery. As the former director of western sales for Mohawk Paper in New York, several of my clients were in the planner industry. I worked closely with them and educated them on the importance of using superior paper for their brands, as paper is the key ingredient for planners and the primary canvas for documenting daily routines and goals. It truly makes a difference! I helped them elevate their businesses, and suddenly thought I should be doing this myself! Hence, the birth of Dutch and Deckle in 2021.

WHAT IS YOUR FAVORITE PRODUCT AND WHY?

2 *My personal favorite product in our lineup is the three-month spiral astrology planner. What sets it apart is the level of customization it offers to our customers. With a choice of 24 linen cover colors and six distinct foil colors, you have the freedom to design a planner that truly reflects your style. Our three-month spiral astrology planner is designed to enrich your daily life. It includes a monthly horoscope to*





provide insights into the cosmic forces at play in your life. Additionally, our Energy of the Day feature offers daily inspiration and motivation, helping you navigate each day with purpose and positivity. For those who love to take notes like me, the three-month version of our planner is a perfect choice, as there are a substantial number of pages specifically for notetaking, ensuring you have ample space to capture your thoughts, dreams and goals.

3 WHAT DO YOU WISH PEOPLE KNEW ABOUT YOUR BUSINESS?



There's something truly special that can only be experienced when you hold our products in your hand versus seeing them on the screen. It's a tactile connection that reveals the attention to detail and the tangible beauty that our products represent. We wish people could physically experience the difference because it's where the true craftsmanship shines.

4 WHAT ADVICE WOULD YOU GIVE SOMEONE WHO IS INTERESTED IN STARTING A BUSINESS?

- Choose a business idea that aligns with your passion and expertise.
- Create a very detailed business plan that will act as your roadmap to success.
- Build a strong network and community for support.
- Cash flow management is critical to ensure sustainability for the business.
- Embrace adaptability to change and be flexible.



To learn more, visit DutchAndDeckle.com, or follow on

  @dutchanddeckle.



February 9-11, 2024



January 26-28, 2024



A Year of Celebrating

May 3-5, 2024



The countdown for our 150th Celebration at Convention 2024 in Chicago, Illinois, is officially on! One of the ways we are celebrating our sesquicentennial is with a series of extraordinary events that span North America — the Coast-to-Coast Celebrations! These vibrant weekends will honor Sorority’s remarkable 150-year history with a celebratory dinner, Traveling Exhibit, sacred rituals and optional sisterhood activities. All Gamma Phi Beta members are welcome to attend Coast-to-Coast Celebrations. Circle your calendars now and prepare to attend one, two or all these memorable events!



September 7, 2024

Toronto, Canada

June 26-29, 2024



Chicago, Illinois

Convention
2024



Syracuse, New York
November 8-10, 2024



Columbus, Ohio
August 2-4, 2024



Charlotte, North Carolina
September 13-15, 2024

October 25-27, 2024



Orlando, Florida



Living WELL



LET'S *make* THIS!

PUMPKIN ROLLS

Ready in about two hours

Serves 8

This season is undeniably a celebration of family, friends, gratitude and (of course) food. When it comes to seasonal food, pumpkin rolls are often a fan favorite. This delectable delight nourishes the body while warming the soul, which embodies the essence of the season's spirit. Here's an easy pumpkin roll recipe sure to get you and your guests in the holiday spirit.

WHAT YOU'LL NEED:

3 eggs
1 cup sugar
2/3 cup canned pumpkin
1 teaspoon lemon juice

SIFT TOGETHER:

3/4 cup flour
1 teaspoon baking soda
2 teaspoons pumpkin pie spice
2 teaspoons cinnamon
1 teaspoon salt
1 cup finely chopped walnuts

FILLING:

1 cup powdered sugar
4 tablespoons margarine or butter
6 ounces cream cheese
1/2 teaspoon vanilla extract

- 1** Preheat oven to 375 degrees. Grease and flour a 10x15 rimmed sheet pan. Line the pan with wax paper.
- 2** Beat eggs at high speed for five minutes. Gradually add sugar. Stir in pumpkin and lemon juice.
- 3** Fold sifted ingredients into pumpkin mixture. Spread batter in pan and sprinkle with pecans. Bake for 15 minutes. Remove from oven. Let cake sit in pan for 10 minutes before, then turn out on a clean tea towel sprinkled with powdered sugar. Peel off wax paper. While cake is still warm, roll up in towel, lengthwise.
- 4** Beat the filling ingredients until smooth. When cake is cool, unroll and spread with filling. Reroll (without towel), cover with plastic wrap and chill at least one hour before enjoying.

Fun fact: Kristin Chenoweth's (Oklahoma City) favorite holiday treat is her mom's pumpkin roll recipe!



In Our Pink Era

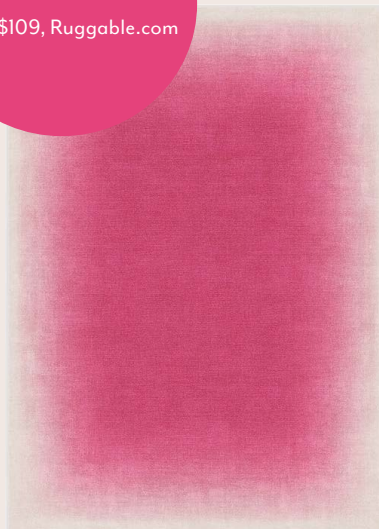
Infuse your facility in all things pink

This past summer, the resurgence of pink as a design trend has been impossible to ignore. Since blush pink is one of the Sorority's official colors, we at the Facilities Management Company are wholeheartedly in sync with this pink revolution. However, we encourage you to explore the full spectrum of pink possibilities. From soft pastels to vibrant corals, each shade of pink carries its unique charm. While blush pink may be the cornerstone, don't hesitate to embrace all shades of pink to create a visually captivating and inviting environment within your space. Here are some creative ways to incorporate shades of pink into your facility!



Soleil Chair
\$219, Joybird.com

Pink Ombre Rug
from \$109, Ruggable.com



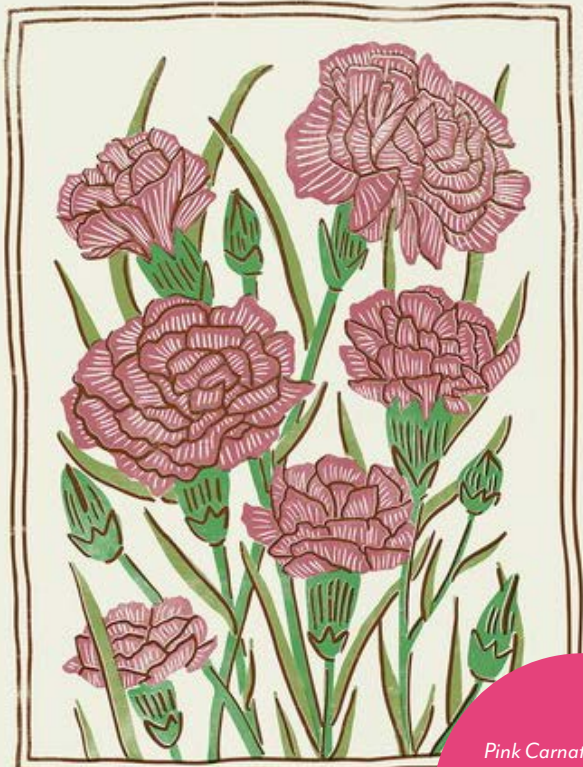
Eaoundm Wavy Mirror
\$20, Amazon.com



*Hannah Cotton Tufted
Throw Blanket*

\$19, Target.com





PINK CARNATION (DIANTHUS CARYOPHYLLU)

Pink Carnation Vintage Style Flower Art Print

from \$16, [Etsy.com](#) (Low Star Studio)



Serwalin Pink Vase (set of two)

\$26, [Amazon.com](#)

Dreamhouse Pink Paint

from \$49, [BackdropHome.com](#)



Isabelle



Custom Notepad

\$16, [TheStudioGirls.com](#)

Pink Velvet Pillows

\$13, [Amazon.com](#)



The Power Of *Pink*

Color psychology suggests that different colors can have an impact on our moods, feelings and even behaviors. Here's what color psychology has to say about pink:

Symbolizes: Compassion, love and playfulness

Effects: Sympathizes, calms, nurtures, comforts, accepts

Preserving *Sisterhood*

Dr. Ruth Seeler's benevolent bequest will continue to empower future Gamma Phis



Dr. Ruth Seeler (Vermont) left indelible imprints on the hearts of all those she encountered. She was an accomplished board-certified pediatric hematologist-oncologist of more than five decades who, in that time, profoundly impacted the lives of her patients and medical community peers, especially aspiring female physicians.

Ruth held the distinction of being the first woman to graduate from the University of Vermont College of Medicine in the class of 1962 and driven by that experience, she sought to empower other women to pursue their passions in health care. She successfully did that by creating The Ruth A. Seeler, M.D. Scholarship and Fellowship Endowment through the Gamma Phi Beta Foundation, which provides financial aid to undergraduate and graduate sisters studying medicine.

Ruth, a longtime Sorority volunteer who set an example for sisters everywhere, created two more endowments through the Foundation. The second, The Ruth A. Seeler, M.D. Collegiate Leadership Consultant Endowment, and the third, an endowment that recognizes her as a member of the 1874 Society in perpetuity.

For all her outstanding contributions, both within and outside the Sorority, Gamma Phi Beta honored Ruth with the prestigious Carnation Award in 1984 and the Philanthropist of the Year Award at Convention 2004. Other notable highlights: Ruth was a 50-year member, one of the first sisters to join Life Loyal when it launched in 2016 and a longtime member of Chicago Alumnae Chapter. Sally Lewis, a member of Chicago Alumnae Chapter, shared this about Ruth: "[She] hosted 40 holiday parties for Chicago sisters and visiting International Councils and Foundation officers during her time in the chapter."

Sadly, Ruth passed away on October 14, 2022, and her absence has left a profound void in the lives of all those she touched. Remarkably though, Ruth's commitment to preserving sisterhood has endured beyond the horizon. She established a trust, which upon her death was paid out to several charitable organizations close to her heart, including Gamma Phi Beta. She also made a gift through her retirement account, naming Gamma Phi Beta as the beneficiary.

Among these two gift vehicles, Ruth gave the



Create A Lasting Impact

Join Ruth in remembering Gamma Phi Beta after your death.

Making a gift to Gamma Phi Beta through a last will and testament is easy. Individuals should instruct their attorney to add a provision to their will naming the Gamma Phi Beta Foundation as a beneficiary of their estate.

The following language is appropriate:

I give, devise and bequeath [insert dollar amount or percent of estate] to the Gamma Phi Beta Foundation (Tax ID #75-6026984), a nonprofit organization located at 9155 E. Nichols Ave., Suite 330, Centennial, CO, 80112 for Gamma Phi Beta Foundation general use and purpose.

Individuals who have made Gamma Phi Beta a beneficiary of their estate are asked to provide an attorney's letter or copy of this page from their will so Gamma Phi Beta can acknowledge the donor's generosity and properly plan its future.

To learn more or have a confidential conversation about a planned gift, contact Chief Development Officer Elizabeth Vaughn at evaughn@gammaphibetafoundation.org.

Foundation's largest gift, an estimated total of \$4.2 million* to The Ruth A. Seeler, M.D. Scholarship and Fellowship Endowment. She also gave an additional \$250,000 to establish a new Ruth Andrea Seeler Leadership Endowment, which will support leadership training and development programs for Gamma Phi Beta members. Sally Lewis adds, "Ruth's generosity is legend. Her most well-known and often repeated quote by her Sorority sisters was that her mother taught her to give with warm hands."

As we honor Ruth's memory, let us remember her spirit of empowerment that will forever guide and inspire the generations of Gamma Phi Beta sisters to come. Her impact on our sisterhood and the field of medicine will remain an enduring testament to the power of a single individual's commitment to making a difference.

To read a full profile on Dr. Ruth and her incredible legacy, visit GPBArchives.org > 2020-2059 > 2022 > Fall > Page 36.

**This is an estimated gift value, as Ruth's estate is still in the process of being settled.*

in our
HEARTS

We acknowledge the passing of the following members and celebrate their part in our circle of sisterhood. This list reflects notifications received at International Headquarters between May 1 to July 31, 2023. 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*)
Mary Henkle Barthelson, 1947

GAMMA (*Wisconsin-Madison*)
Ellyn Polzin Purdy, 1947

EPSILON (*Northwestern*)
Anne Haskell Casady, 1946
Vinnie Hicks Miller, 1947

ETA (*California-Berkeley*)
Carolyn Pearson Grout, 1958
Caroline Ayres Luce, 1947
Anne Erkenbrecher Wright, 1947

THETA (*Denver*)
Sharon Page Anderson, 1947
Shirley Coffman Hanson, 1947
Maryjane Halter Raabe, 1947

KAPPA (*Minnesota-Twin Cities*)
Dorothy Shiely Anderson, 1947
Catherine Getchell Gabel, 1947
Martha Wyatt Johnson, 1953

LAMBDA
(*University of Washington*)
Virginia King Coley, 1947
Dorothy MacKenzie Kowalski, 1947

NU (*Oregon*)
Harriet Huston Laird, 1947

OMICRON
(*Illinois at Urbana-Champaign*)
Mary Lee Mefford Pence, 1950

PI (*Nebraska-Lincoln*)
Carolyn Westervelt Jacobsen, 1947
Meredith Leitschuck Naviaux, 1960
Ann Lomax Wilson, 1947

RHO (*Iowa*)
Barbara Sievers Bauch, 1954

TAU (COLORADO STATE)
Marguerite Pointon Garfield, 1947
Cora Snyder Hummel, 1946

PHI (*Washington University*)
Shirley Tacke Hunt, 1946
Margaret Krimmel Porter, 1947

CHI (*Oregon State*)
Joan McKimms Price, 1948

OMEGA (*Iowa State*)
Cathy Guthrie Lindauer, 1944

ALPHA BETA (*North Dakota*)
Virginia Black Blain
Jean Leebly Callahan, 1947

ALPHA GAMMA (*Nevada*)
Vicki Geertsema Brende, 1964
Jean Nash Clemens, 1947
Donna Wittwer Tanner, 1947
Ida Sanderson Williams, 1947

ALPHA ZETA (*Texas-Austin*)
Jane Campbell Buchanan, 1947
Bonney Jean Edwards, 1946
Christine Kolthoff Knighten, 1947
Lejeune Leslie, 1946
Lois E. Mecham, 1947
Virginia Campbell Miller, 1946
Clovis Claypool Russell, 1947
Wynell York, 1947

ALPHA ETA (*Ohio Wesleyan*)
Jeanne Roadruck Baker, 1947
May Dunton Bargar, 1947
Elizabeth Young Downey, 1947
Evalyn Witchey Dyer, 1947
Marilyn Peek Goetzmann, 1947
Adrienne Krepela Johnson, 1946
Dorothy Riddile Moss, 1947

ALPHA THETA (*Vanderbilt*)
Mary Alice Williams, 1947

ALPHA IOTA
(*California-Los Angeles*)
Joan Heath Hawks, 1951
Helen Winter Lapsley, 1947
Marcia Nason Renney, 1952

ALPHA LAMBDA
(*British Columbia*)
Joyce Donegani McCusker, 1944

ALPHA NU (*Wittenberg*)
Janet Helms Digel-Koerner, 1946

ALPHA XI (*Southern Methodist*)
Gwyn Compton Kelley, 1963
Barbara Gilpin Lanser, 1947
Betty Rast Savage, 1942
Denise G. Van Schoyck, 1971
Ena Shrader White, 1947

ALPHA OMICRON
(*North Dakota State*)
Suellen Ringsak Bateman, 1958

ALPHA RHO
(*Birmingham-Southern*)
Nancy Stone Palmer, 1947

ALPHA UPSILON (*Penn State*)
Dorothy Samuels Johnston, 1961
Shirlianne Bush Keen, 1947

ALPHA PSI (*Lake Forest*)
Margie Karen Davia, 1947
Bonnie Corsgreen Heyen, 1947

BETA ALPHA
(*Southern California*)
Alice Peeling Brock, 1947
Mimi Cullen Fitzpatrick, 1946
Aline Johnson Norris, 1947
Jeanne Alexandre Packer, 1947
Hildegard Doten Xander, 1947

BETA BETA (*Maryland*)
Marion Benson Hastings, 1945

BETA GAMMA (*Bowling Green*)
Shirley Norman Galvin, 1947
Dolores Bonenberger Gensley,
1946
Donna Davis King-Scotten, 1947
Winifred Auble Kuhlman, 1946
Sue Moore Milburn, 1947
Mary Gallienne Miller, 1947
Patricia Clark Scranton, 1947
Kay Freshley Wissler, 1947

BETA DELTA (*Michigan State*)
Claudia Sowa Wojciakowski, 1970

BETA EPSILON (*Miami-Ohio*)
Ruthann Coggins Bardes, 1947
Mary Shriner Brown, 1947
Joanne Meredith Mays, 1947
Barbara Gillooly Miller, 1947
Phyllis Gard Wirtz, 1947
Caroline Crouch Wood, 1953

BETA ZETA (*Kent State*)
Joan Gonot, 1952
Marcia Allen Schmitz, 1966

BETA ETA (*Bradley*)
Diane Coon Adolph, 1953
Marilyn Delpire Cullinan, 1953
Nancy Weidner Tober, 1951

BETA THETA (*San Jose State*)
Gretchen Bach Austin, 1955

BETA XI (*Ohio State*)
Patricia Marble Jones, 1961

BETA PHI (*Indiana*)
Jane Wesner Lewis, 1961

BETA CHI (*Wichita State*)
Norma Brouillard Regan, 1958

GAMMA BETA (*Gettysburg*)
Sandra Storm Vose, 1966

GAMMA GAMMA
(*Wisconsin-Milwaukee*)
Mary Patricia Sager, 1963

GAMMA PI
(*Minnesota State-Mankato*)
Marlys Taddei Sorensen, 1971

DELTA ALPHA
(*Wisconsin-River Falls*)
Shirley Dworak Lipsky, 1969

*At the rustling of the leaves and
in the beauty of the autumn,
we remember them.*



LIFE LOYAL

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

Thank you to the following sisters who joined Life Loyal between May 1 through July 31, 2023.

ALPHA (Syracuse)

Dawn Nelson

DELTA (Boston)

Abby Trusler

ETA (California-Berkeley)

Denise Aparicio

Yenni Cadenas

Monse Campos

Monserrat Diaz

Zeynep Enson

Camille Fang

Alicia Fusco

Karen Gallardo-Cano

Sandra Gamez-Hernandez

Melissa Gonzalez

Jacqueline Guerrero

Savannah Hudson

Kavya Marrapu

Desiree Martinez

Cory MacKie Nugent

Griselda Ramirez-Bernardino

Anahi Tabares Ruiz

Rebeca Santiago

Carolyna Solis

Kasandra Tapia

Sofia Valenzuela

Ivett Villarreal

Krista Villegas

LAMBDA (University of Washington)

Lara O'Donoghue

NU (Oregon)

Sydney Eichenbaum

Lauren "Willow" Van Horn

OMICRON

(Illinois at Urbana-Champaign)

Deborah Rojek Kalman

PI (Nebraska-Lincoln)

LeAnne Bugay

SIGMA (Kansas)

Janel Zellers Wait

PSI (Oklahoma)

Grace Anderson

Bethany Goss

Teresa Hunt

Francesca Losh

OMEGA (Iowa State)

Macey Yaeger

ALPHA ZETA (Texas-Austin)

Jane Leach Holcomb

ALPHA THETA (Vanderbilt)

Sarah Caress

ALPHA IOTA (California-Los Angeles)

Susan McDonald Barker

ALPHA XI (Southern Methodist)

Amber Bormann

ALPHA TAU (McGill)

Alice Yates

ALPHA CHI (William & Mary)

Daisy Griffin

BETA GAMMA (Bowling Green State)

Ashley Adkins Mumaw

BETA EPSILON (Miami-Ohio)

Meghan Irwin Kaplan

BETA ETA (Bradley)

Marilyn Leininger Gand

BETA KAPPA (Arizona State)

Rebecca Mark Myers

BETA RHO (Colorado-Boulder)

Erica Noe

BETA UPSILON (Kansas State)

Megan Splichal

BETA CHI (Wichita State)

Kinsley Claycamp

Payton Dearmont

Makena Frazier

GAMMA IOTA (Midwestern State)

Rachael Miyahara

GAMMA PI (Minnesota State-Mankato)

Michelle Hertaus

GAMMA TAU (St. Louis)

Andrea Cassaday

GAMMA PSI (Northern Iowa)

Taylor Welden

EPSILON MU (Loyola-New Orleans)

Emerson-Jane Jones

EPSILON TAU (Rochester)

Amanda Allen Spencer

ZETA BETA (Virginia)

Marina Hernandez

Marthe Ledoux Mann

ZETA OMICRON (John Carroll)

Elizabeth Mangan

ZETA CHI (Texas Christian)

Emily Watts

ZETA PSI (Texas-San Antonio)

Jana McElwrath Clarke

ETA THETA (Connecticut)

Hannah Fortune

ETA LAMBDA (Central Florida)

Kathryn Dube

ETA NU (James Madison)

Molly Flynn

ETA XI (Florida)

Jennifer Baron

Sarah Niesen

ETA RHO (Nevada-Las Vegas)

April Ramirez

ETA PHI

(Virginia Commonwealth University)

Andrea Arce-Nunez

Taylor Bernard

Margaret Bowman-Runnells

Piper Chick

August Herkamp

Hannah Jens

Mattie Keely

Rowan O'Hara

Telia Stevens



SISTER

Shoutout

In 1985, Elizabeth Dickey initiated at Eta Chapter of Gamma Phi Beta at the University of California-Berkeley. From then on, Gamma Phi Beta consistently brought positivity into Elizabeth's life and continues to do so. Reflecting on her experience, Elizabeth shares, "During my undergraduate years, my sisters helped me discover inner strength, courage and self-confidence that I wasn't aware of. As an alumna, I formed meaningful connections with new friends who supported me through life's challenges." This past spring, Elizabeth extended her support to graduating seniors of Eta Chapter by sponsoring their Life Loyal memberships. By doing so, Elizabeth hopes her sisters will have a lasting and enriching Gamma Phi Beta experience, mirroring her own. She also encourages all new graduates to stay involved with the Sorority after college, adding, "You never know when someone will make a great difference in your life or when you will make a major difference in someone's life. The Gamma Phi Beta sisterhood will provide marvelous opportunities!"

BUILDING ON *Yesterday*



1883

The first-ever Gamma Phi Beta Convention took place in the Sorority's founding city, Syracuse, from November 8-9, 1883 — 140 years ago! A total of 69 Alpha Chapter (Syracuse) members attended the event along with Isadore Thompson (Michigan, 1882), who attended as Beta Chapter's (Michigan) sole delegate.

The purpose of Convention then was the same as today: to gather with sisters, conduct Sorority business and celebrate cherished traditions and rituals. Most of the discussion at Convention 1883 revolved around expansion, including the price of chartering new chapters. The Constitution was also revised for

Conventions to be held on or as near as possible to November 11 and held in order of the chapter. The password, the same used to this day, was also presented.

Convention 1883's closing banquet took place at a conventioneer's home. Balance Shove (Syracuse, 1878) gives us a look into what the evening was like, concluding her minutes writings with the following: "After a feast which exceeded our wildest dreams, we adjourned to the parlors for a good time. May all future Conventions prove as pleasant and enjoyable as this — our first one."

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.

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 The Green Team!

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

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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.

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