

Menopause, Redefined

Two sisters share their menopause journeys, embracing change, building resilience and discovering a deeper sense of self.

PAGE 20

THE
Resilient

Fall 2025

GAMMA PHI BETA



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Rewind to the 1940s, when Pi Chapter (Nebraska-Lincoln) had its very own Gamma Phi Beta Dance Band

get in touch

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



9155 E. Nichols Ave. Suite 330, Centennial, CO, 80112



@gammaphibetasorority



Gamma Phi Beta



GammaPhiBeta.org

DEAR *Sisters*

With the academic year in full swing, we're focusing our energy and attention on fall recruitment. Whether a chapter is preparing for continuous open bidding or primary recruitment, the fall is our chance to showcase all the wonderful things our sisterhood has to offer and grow Gamma Phi Beta. Over the next year, members will hear a lot about Gamma Phi Beta's renewed focus on member recruitment and retention. Our goal? To energize and inspire collegiate and alumnae members to fully engage in this critical part of our organization.

Welcoming new sisters into Gamma Phi Beta is an exciting time. Members begin their lifelong journey with us and gain immediate access to a strong support network and leadership opportunities. In this issue, we spotlight one of those opportunities — our Real, Ethical, Authentic and Lifelong (REAL) programming, specifically REAL Leadership Institute and REAL Leadership Experience, which took place this summer and empowered members to step into their power and confidence. Learn more on Page 16.

From the start of membership and through every stage of life, Gamma Phi Beta offers our members the support and encouragement they need to face new challenges. In this issue, we shine a light on a topic often overlooked: perimenopause and menopause (Page 20). Two members share their personal journeys, and Dr. Callie Cox Bauer (Minnesota-Twin Cities), one of our International Vice Presidents and an OBGYN, offers professional insight on common symptoms and where to find help. It's a phase of life that will affect all of us, if it hasn't already. We hope this article prepares you with resources, support and the strength to embrace and discuss this empowering change within your circles.

Thank you for being part of our True and Constant sisterhood, which grows with us and supports us at every stage.

In LIKE,



Megan Smiley Wick (Washington State)
Chief Executive Officer

P.S. Don't miss our horoscope readings on Page 43. Your reading might be just what you need to fall back into alignment this season. Where are my fellow Cancers at?



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 can help with strategic solutions and 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.

PLAN EVERY DETAIL OR GO WITH THE FLOW?

Plan every detail

INBOX STATUS: NEAT AND TIDY OR AN ORGANIZED MESS?

Somewhere in between

BEYOND THE FINISH

You're invited to join the new alumni community from Girls on the Run International!

Think about why you joined Gamma Phi Beta. Everyone has their own unique reasons, but many of them echo a familiar theme: *To find my lifelong friends. To meet people on my campus. To surround myself with authentic women.* Beneath each of these is the same hope: to find community.

Likewise, our philanthropic partner, Girls on the Run (GOTR), provides girls with a joyful space to connect with peers and discover their limitless potential. Together, they cross the finish line of their first 5K and feel empowered to carry that confidence forward long after the celebration ends. That's why Gamma Phi Beta and GOTR are a natural fit: women and girls finding their people, cheering each other on and believing the sky's the limit — because it is!

Many Gamma Phi Betas, both collegians and alumnae, serve GOTR in a variety of ways. Maybe you were a GOTR participant who joined Gamma Phi Beta in college. Perhaps you're a longtime volunteer or just getting started. No matter where you are on your journey, GOTR International has an exciting announcement: **an invitation to join Beyond the Finish, a GOTR alumni community!**

This vibrant community welcomes everyone who has ever been part of the GOTR experience as a former participant, coach or board member, whether they're a Gamma Phi Beta or not. For our members, it's a meaningful way to stay connected to our philanthropic mission of Building Strong Girls by forming bonds with others in the GOTR community, including fellow sisters and non-members who share a commitment to the cause. As Liz Kunz, chief executive officer of Girls on the Run International, says,

"No matter how much time has passed since you were involved with GOTR, one thing remains true: You will always be part of the GOTR family."

Beyond the Finish is all about celebrating who you are and fueling where you're heading. Liz shares, "Whether you're looking for motivation, meaningful connections or a space that feels like home, this community is here for you."

In addition to fostering connections, Beyond the Finish offers access to empowering content that supports personal growth. Members can participate in virtual talks led by experts on confidence, resilience and balance, along with monthly inspiration through reflections, activities and ideas for spreading kindness. And of course, no GOTR community would be complete without a signature GOTR lesson, which is available virtually or in person in select cities.

Ultimately, Beyond the Finish is a community designed to keep the spirit of GOTR alive and growing, no matter where life takes you.

As Liz reminds us, "Rediscover the power of GOTR, reconnect with others who share your spark and find ongoing support as you create a joyful, confident and healthy life."

Ready to join?

Visit GirlsOnTheRun.org/Get-Involved/Alumni, fill out the short form and just like that — you're in! Already signed up? Keep an eye on your email this season, as programming will begin rolling out to community members soon.



Beyond the Finish Gamma Phi Members



"Girls on the Run was one of my favorite childhood memories, so when I started college and learned Gamma Phi Beta partnered with GOTR, I was ecstatic. My favorite experience was volunteering with GOTR Atlanta's social media team as a photographer, capturing the girls' joy as they crossed the finish line. Both as a participant and as a sister volunteering, GOTR has given me memories I'll cherish for life." —Anna Summerford (Kennesaw State)



"I've coached four seasons with GOTR and love watching the girls grow in confidence. The lessons help boost their self-esteem and improve relationships with family and friends. Staying connected to the alumni community reminds me of the meaningful impact we have on both the GOTR community and our Sorority." —Adrianna Rojas Flores (Midwestern State)



Gamma Phi Getaways' next stop: Italia!

Join your Gamma Phi sisters for an unforgettable journey through Tuscany, Cinque Terre and the Amalfi Coast April 23-May 1, 2026. An optional Naples extension runs May 1-3.

We've partnered with EF Go Ahead Tours to offer this experience to all members. Space is limited, so reserve your spot today and experience *la dolce vita*!



Scan to book your spot. For more details, visit GammaPhiBeta.org/Alumnae/Gamma-Phi-Getaway.

Seen on Social!

A roundup of Gamma Phi Beta members' posts that celebrate sisterhood. Here's a snapshot of what our members have been sharing lately.

Pssst: Don't forget to tag us @GammaPhiBetaSorority for a chance to be featured on our official IG or here!

FOLLOW US ON SOCIAL MEDIA



@gammaphibetasorority



wsugammaphi

#MEETTHEPRESIDENTMONDAY with our president Gabriella Do!!

I'm Gabby, and I'm a Gamma Phi Beta chapter president. I remember being in your shoes three years ago and feeling nervous about where I'd end up. When I learned about Gamma Phi, I knew I was home. I can't wait for you to experience the love, memories and lifelong friendships here. It's normal to feel uneasy entering this new chapter of life, but know you are already loved and supported by everyone in the Panhellenic community, and especially in Gamma Phi Beta. You each are so special and will bring amazing energy into your new member class. Welcome to our True and Constant sisterhood. We can't wait to have you here. With love, Gabriella Do."

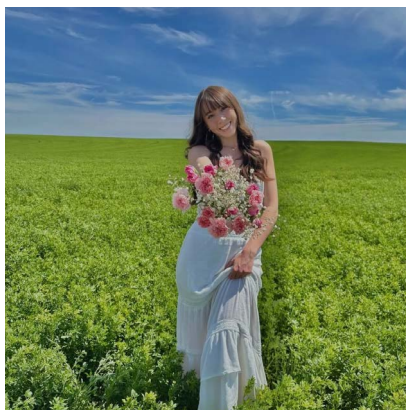


utsagammaphi Happy International Friendship Day! 💖

We're so thankful for the memories, laughter and lifelong friendships Gamma Phi Beta has brought us, and we are SO excited to make even more unforgettable moments this semester! ✨



gammaphicsum This past weekend, Halie had the incredible opportunity to attend REAL Leadership Experience, where she connected with alumnae advisors and Gamma Phis from across the country. 🌍💖



wsugphi Why GPHI Wednesday with @katipiper_ "I joined GPhi because throughout formal recruitment there was no other house that I connected better with than Gamma Phi. I felt like I had finally met a group of women who were just like me. Since then, I have always felt welcomed and a sense of belonging. I've found genuine friendships, unforgettable memories and opportunities I never would have had if I didn't go through recruitment. I can't wait to meet this year's new member class and watch them have the same experience as me!" 🌙

We love you, Kati, to the moon and back! 💖🌙



udgammaphibeta This past weekend, Aubrie was invited to the REAL Leadership Experience (RLE) in Oklahoma! 💖🌙

"My experience at RLE was incredible. Getting to meet sisters from all over and learn how to help my chapter was a rewarding experience. Not only did I learn a lot for my chapter, I also had a lot of introspective growth. I'll never forget the memories made at RLE!"

A portrait of Maddie Garcia, a young woman with long dark hair, smiling. The text "Confident Women" is overlaid in a white script font.

Confident Women

By Alejandra Sandomirskiy (Maryland)

Maddie Garcia

ZETA TAU (Emory)
GOLDWATER SCHOLAR AND STEM RESEARCHER

When Maddie Garcia (Emory) first stepped onto Emory's campus, she planned to pursue engineering. But after just one semester of physics and chemistry, her path shifted. She soon found herself immersed in research that would earn her one of the top honors in undergraduate science and engineering: the Goldwater Scholarship.

Now a double major in biophysics and chemistry, Maddie has conducted research across multiple disciplines. From structural analysis of proteins to building a Raman spectrometer for her lab, her work is an interdisciplinary study of physics and chemistry and their applications to human health. Her dedication earned her the 2025 Goldwater Scholarship, one of the most competitive and prestigious honors available to undergraduate STEM researchers.

Each year, the Barry Goldwater Scholarship and Excellence in Education Foundation selects only a few

hundred students from over 5,000 applicants across the country. Maddie was one of just two recipients from Emory University, joining a legacy of outstanding scholars whose research has broad and lasting impact.

With plans to pursue a Ph.D. in biophysics, Maddie hopes to build a career in a national lab or industry research setting, with a specific interest in biophysical systems that may contribute to advancements in health and medicine.

Throughout her academic journey, Maddie has also remained deeply committed to Gamma Phi Beta. Since joining Zeta Tau Chapter during the spring of her freshman year, she has served as Fidelity chairwoman, academics chairwoman and currently as administrative vice president (AVP). Maddie shares, "I'm really passionate about creating a space within Gamma Phi Beta for academic support and collaboration."

Her work as AVP allows her to support others while integrating her own academic interests into the chapter environment. It also helps her bridge the gap between her demanding academic workload and the social connections within her chapter that kept her grounded. One person who helps keep her stay grounded in particular is the previous chapter president, who is also a physics major and has become a mentor to Maddie.

"Having an inspiring figure, especially in my field of study, to look up to has definitely shaped my success as an undergraduate, and I found that through Gamma Phi Beta!"

Beyond Gamma Phi Beta, Maddie serves as president of the Emory Astronomy Club and participates in other science-focused organizations on campus. Even with research, leadership and graduate school planning on her plate, Gamma Phi Beta remains a constant source of support for Maddie.

"Gamma Phi Beta has given me an outlet to relax and find genuine friendships throughout my rigorous academic career," she says.

As a woman in a male-dominated field, Maddie recognizes the importance of visibility, community and balance. She hopes to use her platform, both as a researcher and as a sister, to encourage more women to pursue science while staying true to their full range of interests.

Taylor Stratton

BETA RHO (Colorado-Boulder)

LIVE ANIMAL PROGRAM LEADER

Taylor Stratton (Colorado-Boulder) has built a career rooted in dedication, resilience and a lifelong connection to animals. A proud Gamma Phi Beta alumna, she now leads her alma mater's most beloved traditions as director of the Ralphie Live Mascot Program. Taylor is part of the team responsible for training and caring for the University of Colorado-Boulder's live buffalo mascot, Ralphie. You read right: Their live buffalo mascot.

Ralphie handlers are varsity student athletes who run alongside Ralphie at football games, support her at public appearances and care for her year-round. During the fall, handlers volunteer up to 30 hours each week for workouts, practices and team operations, all while maintaining NCAA academic and conduct standards.

Taylor's journey began as an undergraduate triple-major in ecology and evolutionary biology, environmental studies and geography. However, the fall of her freshman year brought unexpected challenges. After losing her grandmother, Taylor began spending weekends managing her family's ranch in Southern Colorado. "It was a lot of responsibility at 18," she recalls. "But it reminded me how much I missed animals, and how much I needed that connection."

Though she wasn't selected for the Ralphie team on her first try, she returned the next year with renewed focus. She trained harder, learned the program's history and prepared mentally and physically. Her determination paid off when she earned her place as a handler, an experience that sparked a deeper connection to the program and shaped her career path.

While working full time and earning her MBA, Taylor came back as a volunteer assistant coach. Balancing early mornings, late nights and her studies, she helped mentor a new generation of student athletes.

Today, she serves as the first woman in a coaching and training role for the Ralphie Program. She oversees Ralphie's care and safety, manages a team of 15 to 18 student athletes and coordinates logistics that keep the

program running smoothly on and off the field.

Her work also includes public appearances, community outreach and media engagement, representing both the University and one of the most recognized live mascots in college sports. However, with that visibility comes pressure. "It's a very public-facing role," Taylor says. Over time, she's learned to handle criticism and help guide others through it. A former student athlete she mentored shared advice that stuck: "If you wouldn't ask someone for advice, don't give their criticism too much weight."

Taylor now mentors the full team and is proud to see more women stepping into the role. "When I was on the team [as a student athlete], there were maybe two or three women. Now, about a third of our athletes are women. I'm proud to help create space for that."

She credits Gamma Phi Beta with shaping her leadership style. "[My Beta Rho Chapter] was so accepting. It taught me there's no one right way to lead and that diverse perspectives make teams stronger."

Her advice? "Ask for what you want. Advocate for yourself, even if it feels uncomfortable. That's how opportunities open up."

WHAT'S SOMETHING YOU WISH MORE PEOPLE UNDERSTOOD ABOUT WORKING WITH A LIVE ANIMAL?

The thing people forget, and that I find myself reminding them of most often, is that, unlike other sports, our most important athlete doesn't speak our language and doesn't always understand what we're asking her to do. At the end of the day, we're working with a wild animal. We're training her to perform in front of an audience, with all kinds of distractions, and no matter how many good days of training we've had, animals are unpredictable. She needs grace. Sometimes we're not going to be perfect, but we're always doing everything we can to make sure we're showing up for her and setting her up for success.



Meet Our 2025-26 Collegiate Leadership Consultants

Another school year is underway, and a new class of collegiate leadership consultants (CLCs) is on the move.

These recent grads have packed their bags, charged their devices and hit the road to support chapters across North America. Whether they're helping officers with chapter operations or offering one-on-one guidance, these True and Constant leaders are here to empower success at every level. Let's meet them!

First-year Consultants



Gianna Galvan
(California-Irvine)

You've got a long layover. How are you passing the time?

I'm definitely spending a layover playing Goods Sorting Match 3 on my iPad or catching up on "Love Island."



Ashlyn Gadson
(Minnesota-Twin Cities)

Which city and/or chapter are you most excited to visit?

After attending a Big Ten school, I'm super excited to be the resident consultant at Epsilon Theta Chapter (Clemson) this fall! I can't wait to learn about the Atlantic Coast Conference sorority experience.



Mia Moran
(Colorado State)

What's one unexpected item in your CLC suitcase?

My childhood stuffed animal. I know I'm 21, but it's comforting to bring a little piece of home with me wherever I go.



Katherine-Jane "KJ" Seymour
(Union)

In a word or phrase, describe the kind of CLC you'll be.

I hope to empower the chapters and collegians I work with!

Second-year Consultants



Ruby Silver
(Florida Southern)

What's a funny story or unforgettable moment from your travels last year?

During CLC training in July 2024, my fellow consultants and I were

headed to Michigan for the second half of training. When we picked up the rental car, it was a bit smaller than we expected, and we had a lot of luggage between the three of us. We had no idea how we were going to fit all our bags and ourselves into the car. We tried so many strategies, and I remember the whole car shaking as we pushed our luggage in as hard as we could to make everything fit! After about 30 minutes of playing luggage Tetris, we finally managed to get everything in, but not comfortably. We had a little over an hour to drive. I was behind the wheel, Ruby and Bailee both had items on their laps and I could barely see Bailee in the back because everything was so crammed. When you're on the road with the rest of the CLC team, situations like this bond you together quickly!



Ciana Smyth
(Colorado State)

What's one thing you're approaching differently this year and why?

One thing I'm approaching differently this year is routine! The CLC position

is so unique, and every day can look different. With one term of experience under my belt, I feel better prepared to go into this year knowing what daily and weekly practices I need to be the best and most productive version of myself.

463

That's how many CLCs Gamma Phi Beta has had to date!

Evelyn Gooding Dippel
(Illinois at Urbana-Champaign, 1933)

was the Sorority's first-ever traveling secretary more than 75 years ago!

Are you a graduating senior looking for the opportunity of a lifetime?

Our CLC program is perfect for recent graduates who want to gain valuable, transferable skills that prepare you for success in any career.

As a CLC, you'll be trained in all aspects of Gamma Phi Beta and serve our collegiate chapters as a teacher, motivator and confidante. Plus, you'll join a network of more than 460 CLCs who have served the Sorority in this role since the program's start.

Convinced yet?

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

ALUMNAE

Chapter Sweet Chapter



PORTLAND ALUMNAE CHAPTER

Members of Portland Alumnae Chapter have a collective heart for giving. Whether they're supporting Sorority causes, local philanthropies or sisters in need, they're quick to lend a helping hand. In fact, that's what drives much of their time together, according to Diane Soderstrom Goff (Idaho), the chapter's president.

"We support Girls on the Run, Oregon Food Bank, ReStore and collegiate members at Nu Chapter at the University of Oregon," Diane says. "Every October, we serve as course marshals at the Portland Marathon. While it's a big commitment, members love cheering on the runners and keeping the course safe."

Members of the Portland Alumnae Chapter further embodied our Core Values of Labor and Love by recently helping a sister who relies on in-home care. They took shifts providing her companionship and assistance while her sons were at work. Their support didn't stop there. "We helped prepare her condo for sale and raised money to help secure her a spot in an assisted living residence," Diane adds.

For these members, True and Constant friendship means showing up — through the highs, the lows and everything in between. That same spirit of care extends to the communities they belong to, where they continue to volunteer their time, talents and treasures.



PORTLAND ALUMNAE CHAPTER: *Fast Facts*

FOUNDED: January 1, 1915

MEMBERSHIP: 25 active members representing nine different Gamma Phi Beta collegiate chapters

CLOSEST COLLEGIATE CHAPTER: Nu Chapter at the University of Oregon in Eugene — about a two-hour drive from Portland

1. BOOKWORM

When it comes to books, Portland comes in clutch with Powell's Books: the world's largest independent bookstore. Family-owned since 1971, Powell's inspires residents and visitors alike to read more and embrace a free-thinking, independent culture. #SupportLocalBookStores.

2. COIN TOSS

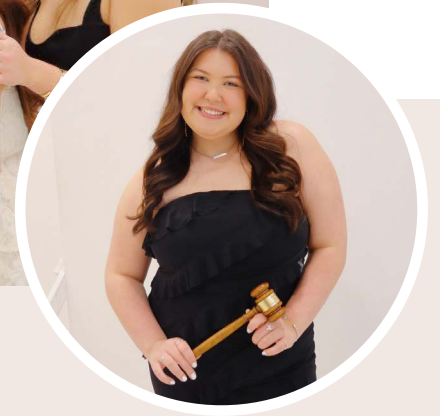
Francis Pettygrove of Portland, Maine, and Asa Lovejoy of Boston, Massachusetts, founded Portland, Oregon in the mid-1800s. A high-stakes coin toss between the two determined the city's name. With two out of three wins in Pettygrove's favor, he named the city after his hometown.

3. LOCAL FAVES

There's no shortage of things to do in Portland. We asked members of Portland Alumnae Chapter to share a few of their favorite spots in and around the city. Here's just a short list of their picks: Lan Su Chinese Garden, Oregon Zoo, Aerial Tram and Salt & Straw for the best ice cream.

COLLEGIATE

Chapter Sweet Chapter



GAMMA CHI CHAPTER

(Texas State-San Marcos)

By Grace Lehrmann (Texas State-San Marcos)

Let's talk about Gamma Chi Chapter President Kaylin Searcy, shall we?

Kaylin joined Gamma Phi Beta in fall 2022, sharing, "I wanted to find somewhere that had a family dynamic, no competition and served the greater good." Gamma Phi Beta checked all her boxes, plus some. She was especially drawn to the Sorority's philanthropic mission.

Shortly after joining, Kaylin became her chapter's philanthropy chairwoman in her freshman year. She led the chapter's annual fundraising event, Moonball, as well as Gamma Phi Parlor, an additional philanthropy event. Proceeds from both benefited our philanthropic partner, Girls on the Run. "I have always loved volunteering and giving back, which really inspired me to become the philanthropy chairwoman," Kaylin says.

For the past two years, Kaylin has served as chapter president. Ask any Gamma Chi sister, and they'll tell you that Kaylin leads with empathy, compassion, grace and love. She's a shoulder to lean on. A pillar of strength for the executive council. A True and Constant sister who lives out our Core Values in every word and action.

TL;DR? She's really good at what she does.

For Kaylin, giving back to the Sorority that has given her so much is a no-brainer. She shows up every day to remind her sisters why she chose Gamma Phi Beta: "The reason I keep choosing Gamma Phi every day is not just because of the people, activities or connections we make, but more so the impact we provide," she says. "Getting to wake up every day and be a part of something bigger than myself, to build a legacy for future members and provide sisters with opportunities will never get old."



1

1. WHAT'S TRENDING?

Gamma Chi sisters are embracing all things '90s and Y2K! They're going digital, snapping sisterhood events, college moments and summer adventures on their pocket point-and-shoot cameras.

2. SQUARE SAN MARCOS

If you're in the area, swing by The Square in San Marcos. Tucked in Historic Downtown, this outdoor shopping spot is packed with local eateries, boutiques and more. Plus, it's just steps from Texas State-San Marcos, offering a beautiful view of campus.

3. RIVER JUMP

At Texas State-San Marcos, graduates don't toss their caps in the air — they dive right into tradition. Rain or shine, Bobcats celebrate by jumping into the San Marcos River in full cap and gown after the commencement ceremony.

4. FARM FRESH FINDS

Gamma Chi sisters, Texas State-San Marcos students and locals alike flock to the San Marcos Farmers Market every Saturday morning. With farm-fresh foods, artisan goods, live music and more, it's the perfect spot to soak up the local scene.

EXPLORE
San Marcos



2



3



4

Responsible, Ethical, Authentic and Lifelong

Gamma Phi Beta's commitment to **REAL** leadership through dynamic educational programming.

By Director of Education Jenny Campfield

Whether you're in college or decades beyond it, Gamma Phi Beta is here to support your growth as a responsible, ethical, authentic and lifelong (REAL) leader.

In this issue, we take a closer look at how our organization cultivates leadership through award-winning, industry-leading programs, virtual events, online learning and more. From first-year members to seasoned alumnae, there's something for everyone to grow personally and professionally.

Here's a look at all our offerings, including highlights from the 2025 REAL Leadership Institute (RLI) and REAL Leadership Experience (RLE).

RLI

This biannual, in-person event is focused on developing our volunteer workforce — the backbone of our organization. These alumnae and Sorority friends generously give their time, energy and talents to advance Gamma Phi Beta's goals, guide collegiate chapters, nurture a thriving alumnae experience and shape the future of our sisterhood through the countless hours they invest.

This summer, Gamma Phi Beta volunteers gathered in Chicago, Illinois, for three days of learning, connection and sisterhood during RLI. The curriculum unfolded in two parts. First, all attendees



came together to build out their work plans, establishing team norms, setting goals and aligning their priorities with the Sorority's objectives. Each team left RLI with a two-year plan designed to support collaboration and strengthen our organization as a whole.

In the second part of the program, attendees completed the Culture, Communication and Conflict certification, delivered by the National Conflict Resolution Center. Through this four-part series, attendees gained practical tools to navigate challenging conversations, promote inclusivity, respond to microaggressions and lead with empathy in the face of conflict.

Thinking about attending? Our next RLI takes place in summer 2027. Check out our website often, as event details will be coming soon!



RLI 2025 at a Glance

200 attendees

2,600 hours of learning

26 teams in attendance

Thoughts from 2025 RLI attendees:

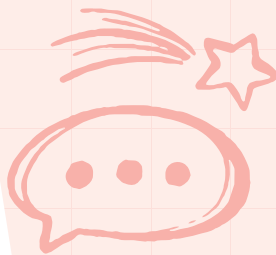
"The conflict resolution training was incredibly helpful, and I loved bonding and sharing ideas with my team. Such a great conference!"

"I had a wonderful time connecting with my team; our time together was truly special and incredibly valuable."

"I feel more confident in my ability to lead my team and create a new culture of connection and shared resources."

Thank you, Gamma Phi Beta Foundation Donors!

Gamma Phi Beta's educational programs are made possible in part by the generous gifts of Gamma Phi Beta Foundation donors. We're so grateful to our donors' generous support of Gamma Phi Beta's educational programs, like the BEDI Summit, RLR, RLE, Recruitment Summit and more!



RLE

Designed for first- and second-year members, RLE is an in-person, retreat-style event that helps collegians grow into the leaders they're meant to be. Established in 2015, RLE equips emerging collegiate leaders with the skills and confidence they need to succeed in roles they may have once thought were out of their reach.

This summer, 37 emerging leaders and eight alumnae facilitators came together at Psi Chapter at the University of Oklahoma for four days of hands-on leadership development. The program is grounded in The Student Leadership Challenge, a research-based model by leadership professionals and authors James Kouzes and Barry Posner, which encourages participants to reflect on how they lead and how they want to grow. Through interactive sessions, participants explored five key practices: Model the Way, Inspire a Shared Vision, Challenge the Process, Enable Others to Act and Encourage the Heart.

Participants were joined by Girls on the Run (GOTR) of Central Oklahoma. Together, they explored the powerful impact of the GOTR curriculum.

Save the date! Applications to participate in or facilitate the 2026 session of RLE will open in spring 2026. Collegiate chapters are strongly encouraged to support emerging leaders in applying to join this empowering experience!

RLE 2025 at a Glance

37 attendees and eight volunteer facilitators

890 hours of learning



More Educational Offerings



Couldn't join us this summer?

That's okay! We're excited to connect with you during one of our many leadership programs throughout 2026!

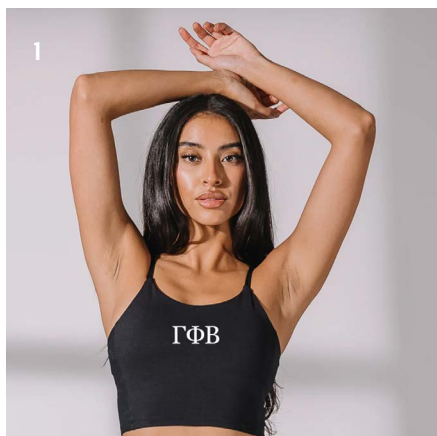
🌙 **REAL Leadership Academy (RLA):** This in-person event is designed exclusively for incoming collegiate chapter presidents and chapter advisors and is hosted in January.

🌙 **Recruitment Summit:** A one-stop shop for high-impact practices that lead to recruitment success. This annual February event brings together membership vice presidents, advisors and others to learn about membership growth and retention.

🌙 **REAL Leadership Retreat (RLR):** This three-hour virtual workshop is designed for newly elected collegiate executive council officers and chapter advisors. Held on Saturdays and Sundays throughout January, the retreat focuses on teamwork, collaboration and shared success.

🌙 **Belonging, Equity, Diversity and Inclusion (BEDI) Summit:** A three-time award-winning event, the BEDI Summit invites all Gamma Phi Betas to explore what it means to live out the values of belonging, equity, diversity and inclusion. This virtual event is offered every February.

🌙 **Leadership Development Committee (LDC) Programming:** The LDC offers alumnae-focused programming to develop board- and committee-level leadership skills. Interested in upcoming LDC programming? Visit the LDC webpage for the latest updates.



treat yourself

1. GPhi Countess Cami | ShopGammaPhi.com \$54
2. Lululemon Everywhere Belt Bag | ShopGammaPhi.com \$48
3. GPhi Pendant Necklace | KendraScott.com
\$120 (Sterling Silver), \$140 (18K Gold Vermeil)
4. GPhi Rib Pocket Leggings | KadyLuxe.com \$88
5. 40oz Checkered Tumbler | TheDarlingEffect.com \$30
6. GPhi Coir Doormat | ShopGammaPhi.com \$48

Items and prices were compiled in August 2025 and are subject to change.

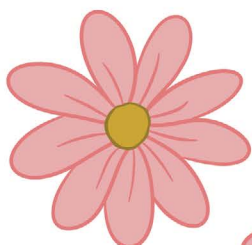
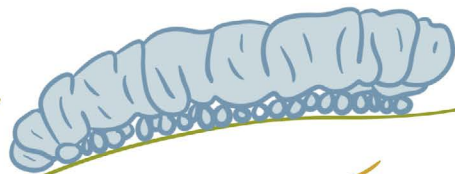


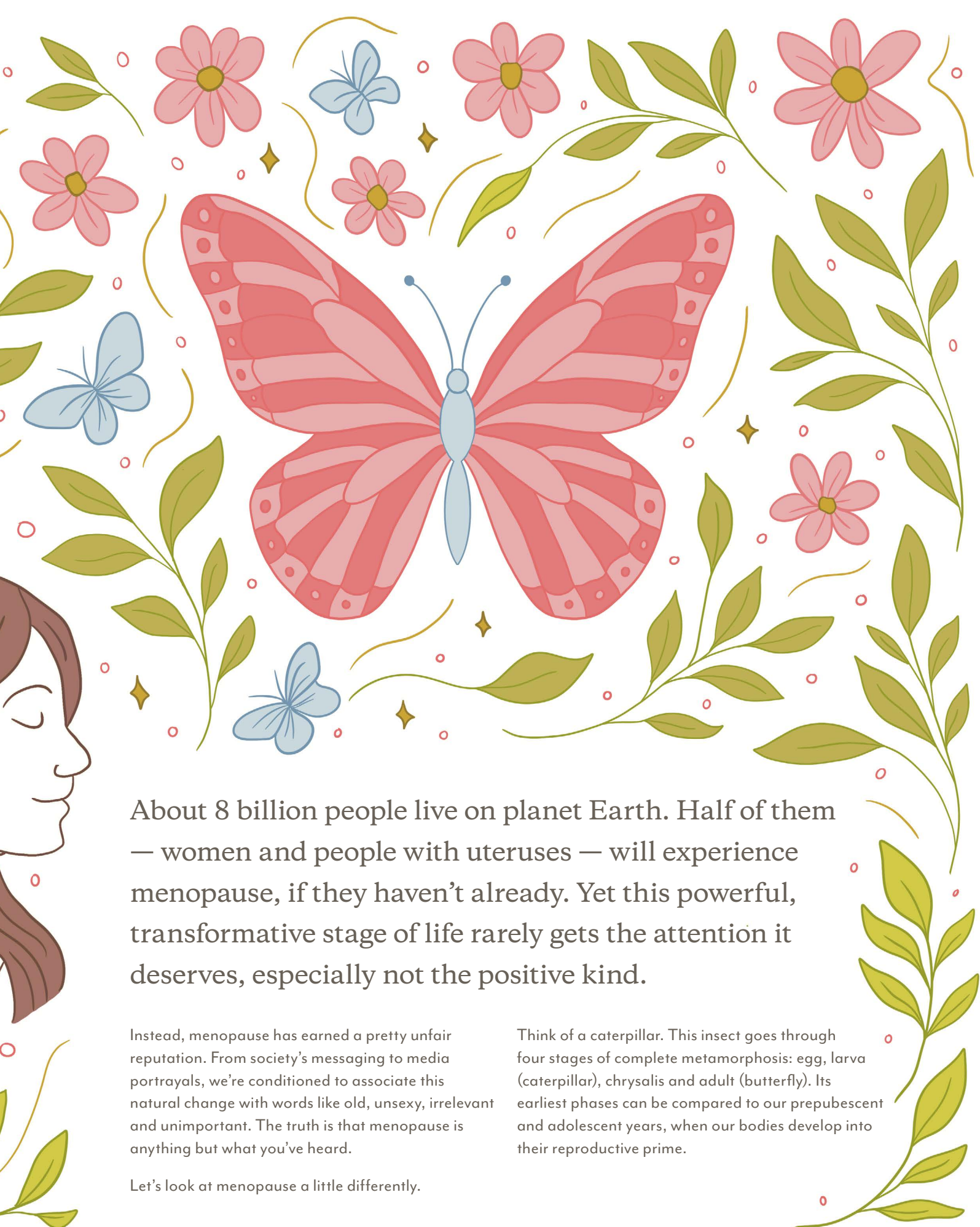


Menopause, Redefined

Two sisters share their menopause journeys,
embracing change, building resilience and
discovering a deeper sense of self.

By Editorial Manager Elizabeth Liberatore






About 8 billion people live on planet Earth. Half of them — women and people with uteruses — will experience menopause, if they haven't already. Yet this powerful, transformative stage of life rarely gets the attention it deserves, especially not the positive kind.

Instead, menopause has earned a pretty unfair reputation. From society's messaging to media portrayals, we're conditioned to associate this natural change with words like old, unsexy, irrelevant and unimportant. The truth is that menopause is anything but what you've heard.

Let's look at menopause a little differently.

Think of a caterpillar. This insect goes through four stages of complete metamorphosis: egg, larva (caterpillar), chrysalis and adult (butterfly). Its earliest phases can be compared to our prepubescent and adolescent years, when our bodies develop into their reproductive prime.



The full-blown caterpillar phase is akin to perimenopause. The caterpillar munches on all the things, growing and preparing for the ultimate transformation. Similarly, perimenopause is when our bodies begin to shift. Cycles may become irregular, moods may fluctuate and symptoms can catch you off guard. While tricky at most times, this is all part of a natural process, much like the caterpillar's.

Next comes the chrysalis, which represents menopause. Though the chrysalis appears still, profound transformation is happening inside. Menopause is that pivotal moment when menstruation stops and hormones settle into a new rhythm. It's a time of deep, often challenging change, but necessary to reach full transformation.

Finally, after weeks in the chrysalis, the butterfly emerges — renewed and ready to soar. Postmenopause is a time of freedom and renewal, no longer defined by monthly cycles. It's your chance to spread your wings and embrace your complete self, with newfound wisdom, confidence and a different (not lesser) kind of beauty.

This biological journey is deeply personal and unique to every person. Your Big Sister, for example, won't experience these phases exactly as you do. You are one of a kind, and your postmenopausal butterfly will carry its own unique colors and patterns to represent that.

To bring this idea to life, we asked two incredible sisters, Tanya Jordan (Purdue) and Jennifer Moody (Texas Tech), to share their own menopause journeys: their challenges, breakthroughs and how they're embracing this new season of life. Their stories remind us that, while the path may include several twists and turns, the journey itself and the emergence on the other side is powerful, beautiful, profound and truly something to celebrate.





Tanya's Journey



At 37 years old, Tanya Jordan (Purdue) noticed something shifting in her body. Trouble staying asleep at night and horrible night sweats hinted she may be entering perimenopause. But when she shared her suspicions with her gynecologist, Tanya was dismissed despite advocating for herself. Her doctor insisted she was too young.

As Tanya moved into her 40s, her symptoms only worsened. Brain fog, an increased internal temperature throughout the day, extreme fatigue and even itchy ears — a lesser-known but common symptom of perimenopause — made it clear something was going on. She refused to simply live with it.

With her sleep cycles completely out of sync, Tanya asked her doctor about adding progesterone to her daily medications after learning about its benefits online. Once again, her doctor advised against it: “She said she was not aware of that and suggested I try an anti-depressant, which was so frustrating and discouraging!”

That’s when Tanya took matters into her own hands. She turned to Midi Health, an online service specializing in menopause, and found a provider who started her on hormone replacement therapy. The difference was life-changing — her sleep improved drastically, and within a month she was sleeping soundly through the night.


“I don’t blame my original gynecologist because, like most doctors, she wasn’t provided sufficient medical training about menopause and how to effectively treat symptoms,” Tanya says. “You need to find a provider who has sought out additional training in menopause, such as through the Menopause Society and Midi Health. And you need to advocate for yourself!”

Now 51, Tanya is still going through perimenopause — a stretch that can last more than a decade — but she’s a far cry from where she started. Over this 14-year journey, she’s become a fierce advocate for herself and her needs, sharing, “I learned to let go of suffering in silence because women deserve help and support.”

How has she achieved that? A combination of things. For starters, she’s openly talking about menopause within her circles. While that may seem like a no-brainer, you’d be surprised at how rarely women speak up about this critical life change that we will all go through, if we haven’t already. Tanya is changing that.

“It made a world of a difference talking to my friends who were experiencing similar symptoms — it made me feel like I wasn’t crazy, and I wasn’t alone.”

She’s also found comfort turning to experts like Dr. Mary Clare Haver, whose book, “The New Menopause,” was a game-changer for her. After



Only about 25% of menopausal women who would benefit from hormone therapy actually use it — often due to outdated safety concerns.

In the U.S. and Canada, the average age that women reach menopause is 51.

Women spend roughly one-third of their lives in the postmenopausal stage.

years of learning, Tanya has made it her personal mission to share her findings with other women so that they, too, don't have to suffer in silence and can make mindful changes now, even before entering perimenopause.

"I wish I knew everything I know about perimenopause and menopause much sooner than I did. I would have started hormone replacement therapy earlier and perhaps wouldn't have had to deal with as many life-altering symptoms for so many years. I would have started exercising with weights in my 30s, which helps with bone strength as you age. I would have started taking vitamin D and K, fiber, magnesium glycinate and creatine sooner, and fed my body more nourishing foods. But at least now, I can share this information with other women so they can empower themselves through this process."

Empowered and educated. That's how Tanya feels now. Not irrelevant. Not unimportant. Not unsexy. Sturdy, knowledgeable, driven, confident.

"I now feel so focused on the things that really matter — like my family, close friends and my health. I don't worry about all the small things. I love staying home, reading and taking naps — and I don't apologize for that. I have no problem saying 'no' to doing things when I feel run down. And that, to me, feels like a win."

Symptoms typically last four to eight years, though some women have them longer.

Up to 80% of women experience vasomotor symptoms like hot flashes and night sweats.



Jennifer's Journey



Pinpointing when her journey through perimenopause and menopause began is tricky for Jennifer Moody (Texas Tech).

She hadn't had a period since her mid-30s — first from back-to-back birth control pills, then from an IUD at 40. Despite not having a period for several years, she started noticing some of the symptoms her perimenopausal friends were experiencing. She wondered if she, too, might be entering that phase.

"I had a hunch that I might be approaching menopause, but I had no way to be sure," Jennifer says. "My gynecologist wasn't very helpful and told me I should have several more years before then."

Jennifer disagreed. She knew her body, and she knew her state of mind. Everything felt off, and she had the receipts to prove it. The most noticeable change was her skin — almost overnight, it shifted from normal-to-oily to extremely dry. Then came hormonal breakouts along her jawline and dark wavy hairs. Finally, the hot flashes and stubborn weight gain that clung to her abdomen.

At 45, she had a transvaginal ultrasound to locate her IUD, which had migrated into her uterus. During the procedure, her doctor discovered she only had five eggs left, confirming Jennifer's suspicions that she was approaching menopause. Instead of getting bogged down by this season, she found her support people and made some serious life changes.

"My friends and Gamma Phi Beta sisters who were going through — or had already gone through — menopause were a great source of information. They were also there to laugh with me about the embarrassing moments, like hot flashes at inopportune times," she says.

She overhauled her skincare routine, choosing products designed to combat sudden dryness and hormonal breakouts. At the same time, Jennifer shifted her diet toward more nourishing, whole foods. She also reconsidered her relationship with alcohol — discovering that her usual glass of red wine not only worsened hot flashes but triggered migraines. To top it all off, she adjusted her sleep schedule, learning to honor her body's new rhythms instead of fighting them.

Beyond these changes, Jennifer started treating herself more regularly to massages and other self-care rituals. "You need to listen to your changing body and give it what it needs: rest, hydration, nourishment, peace," she shares.

At 50, she did something her younger self never would have dared: she let her gray hair grow in. Now at 53, she finds the most rewarding part of her journey is embracing this stage of life and recognizing aging as a gift. That, and she absolutely loves her gray hair (and so does everyone else!).

"I get more compliments on my hair now than I ever did before, which really boosted my confidence."

In August 2024, Jennifer had her IUD removed and hasn't had a period since. For the most part, her symptoms have subsided, signaling to her doctors that she's now in her postmenopausal stage — her butterfly moment! Jennifer is eager to usher in this new season of life, fully embracing where she's been and where she's heading.

"I've come out of this with more confidence than I went in with. I'm happy with my body for the first time in years, and I feel much stronger and healthier than ever," Jennifer shares. "I really feel like I'm just now coming into my prime years."

Most surprising symptom

Jennifer: Stress incontinence

Tanya: Itchy ears

A product or habit you swear by that got you through

Jennifer: Cooling bed sheets

Tanya: Paper fans!

Something you let go during this phase

Jennifer: Drinking red wine

Tanya: Suffering in silence

Something you gained

Jennifer: Body image acceptance

Tanya: To share the truth about peri/menopause with all women

A word or words to describe how you feel now

Jennifer: Confident

Tanya: Educated and empowered

What would you want other women, especially your Gamma Phi Beta sisters, to know?

Tanya: Educate yourself now! Talk with women who have gone through or are currently going through this. Don't wait until you get your first symptoms before you understand what is going to happen. And it will happen — there is nothing you can do to stop it.

If you could give your younger self advice about perimenopause or menopause, what would you say?

Jennifer: Be prepared for anything. Let go of the idea that things must stay the same and work to address the things you can control or manage. Give yourself grace.

Need Support?

Here's where to turn

The Menopause Society

Menopause.org — Trusted information and resources on menopause and midlife health.

The 'Pause Life by Dr.

Mary Claire Haver

ThePauseLife.com — Empowering content to help women navigate menopause with confidence.

Broads: The Bold and Badass Fitness Podcast for Women

Episode 98: Dr. Amy Killen: Why Your Doctor's Failing You on Menopause (And How to Take Control)

Midi Health

JoinMidi.com — A virtual care clinic created by women, specifically specialists in perimenopause and menopause, for women. Covered by insurance!



Doctor Insights

When Gamma Phi Beta seeks medical expertise, we're fortunate to have sisters like Dr. Callie Cox Bauer (Minnesota-Twin Cities) to turn to. A longtime volunteer who currently serves as a vice president on the 2024-26 International Council, Dr. Callie Cox Bauer is a board-certified obstetrician-gynecologist whose Milwaukee-based practice includes a focus on perimenopause and menopause. Here, she shares what she wants every sister to know about this universal stage of life, whether you're approaching it, navigating it or reflecting on it years later.

The Stages

Stage 1: Perimenopause

Transitional phase when menstrual cycles become irregular; starts in 40s, but sometimes in late 30s; can last for several years.

- Irregular periods
- Hot flashes and night sweats
- Mood swings, irritability or depression
- Sleep disturbances
- Vaginal dryness or discomfort during sex
- Decreased libido
- Brain fog or memory lapses
- Skin itching
- Weight gain (especially around the abdomen)
- Headaches
- Joint aches or stiffness
- Painful sex

Stage 2: Menopause

Defined as 12 consecutive months without a period.

- Continuation or worsening of perimenopausal symptoms
- Thinning hair and dry skin
- Urinary frequency or urgency
- Increased risk of osteoporosis and heart disease
- Painful sex

Stage 3: Postmenopause

Begins one year after the final period; hormone levels remain low.

- Hot flashes
- Sleep disturbances
- Mood changes
- Vaginal dryness
- Increased risk of osteoporosis and heart disease

Truths Every Woman Should Know

You're not alone or "just imagining it."

Emotional and cognitive symptoms are real and valid.

Advocate for yourself.

Not all healthcare providers specialize in menopause care — don't hesitate to ask for referrals or seek specialists if you feel dismissed.

Sexual health and intimacy don't have to decline.

Effective treatments are available to support vaginal health, libido and pleasure (because you still deserve pleasure).

You can feel good again.

With the right mix of medical, emotional and lifestyle support, many women thrive during this stage.

Midlife is a reset, not a decline.

It can be a time of renewed purpose, creativity and freedom once symptoms are managed.

Treatment and Support Options

Hormone Therapy	Non-Hormonal Medical Options	Lifestyle and Integrative Approaches	Supplements (<i>discuss with your clinician first</i>)
<ul style="list-style-type: none"> • Systemic estrogen therapy* • Vaginal estrogen (creams, tablets, rings) • Bioidentical hormones (custom-compounded; not FDA regulated, so use with caution) • Testosterone (gel) - low libido 	<ul style="list-style-type: none"> • SSRIs/SNRIs - for hot flashes (some cause weight gain) • Gabapentin or clonidine - for vasomotor symptoms (e.g., night sweats) • Ospemifene - for vaginal dryness and pain with sex • Fezolinetant (Veoza) - for moderate to severe hot flashes 	<ul style="list-style-type: none"> • Regular physical activity (aerobic + strength training) • Mindfulness, CBT and stress management • Limit alcohol and caffeine • Healthy diet with calcium and vitamin D 	<ul style="list-style-type: none"> • Black cohosh (evidence varies) • Soy isoflavones or phytoestrogens • Vitamin D and calcium for bone health

*Note: Not recommended for women with blood clots, certain cancers, liver or heart disease.

Busting Menopause Myths

“Menopause happens suddenly.”

Perimenopause is a gradual transition that can last several years.

“Hot flashes are the only symptom.”

Cognitive changes, mood swings, sexual challenges and sleep disturbances are equally common and impactful.

“Hormone therapy is dangerous for everyone.”

For most healthy women under 60 and within 10 years of menopause, hormone therapy is safe and effective. Risks vary based on personal medical history.

“Weight gain is inevitable.”

Metabolism slows with age, but weight gain isn't directly caused by menopause hormones alone, and it can be managed.

“Menopause means the end of intimacy or wellness.”

Many women find this stage empowering with the right care and support.

About the Author

Dr. Callie Cox Bauer (Minnesota-Twin Cities) is a dedicated advocate for women's health, serving patients at Milwaukee's Aurora Sinai Medical Center. As associate program director and adjunct assistant professor, she helps shape the next generation of OBGYN practitioners. She has held leadership roles, published countless research articles and spearheaded initiatives to improve patient care and advance equity for women. Recognized by the American Congress of Obstetricians and Gynecologists and as a Gamma Phi Beta 40 Under 40 honoree, Dr. Callie Cox Bauer received a Carnation Award at Convention 2022 for her impactful work within and beyond the Sorority.



How to Support a Sister in an Abusive Relationship

Domestic abuse affects more women than you may realize — here's how to help.

One in four women in the United States will experience domestic violence (DV) or intimate partner violence (IPV) in their lifetimes. In Canada, more than four in 10 women have reported experiencing some form of IPV since age 15. Domestic violence doesn't discriminate. It affects women of every ethnicity, religion, socioeconomic status, neighborhood and age.

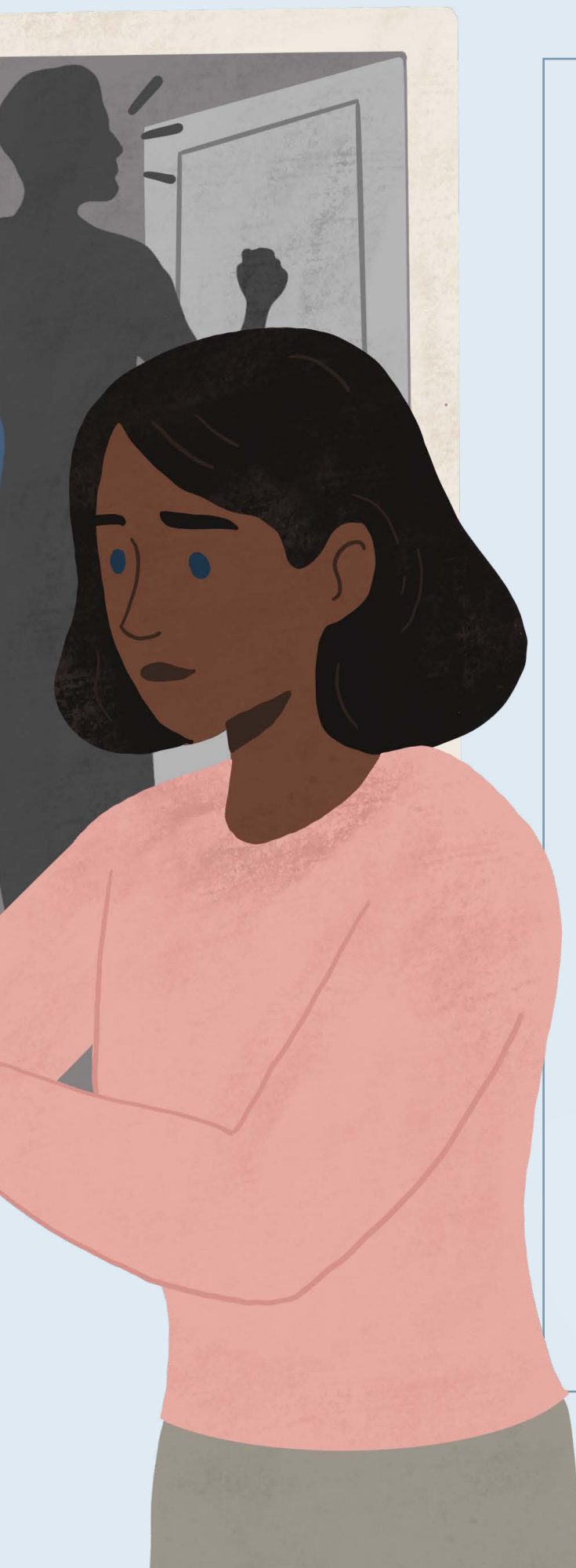
The sad reality is that someone in your life, perhaps even a Gamma Phi Beta sister, may be affected by DV, whether it's physical, emotional, verbal, sexual, financial, spiritual or even technology-facilitated abuse. Knowing how to respond with compassion, rather than hesitation or judgment, can make all the difference.

To help navigate these difficult situations, *The Crescent* partnered with Genesis Women's Shelter & Support (GenesisShelter.org), a Dallas-based nonprofit that provides safety, shelter and services to women and children who have experienced DV at no cost and with no strings attached. Genesis shared their "Five Ways to Help a Friend" resource, which is filled with approachable, affirming ways to support someone experiencing abuse. Here are a few key takeaways:



Gamma Phi Betas Take a Stand

Dallas Alumnae Chapter sponsored a table at the Genesis Annual Luncheon this past May, which raised over \$1 million to support women and children served by the nonprofit. The event was chaired by Gail Davis (Oklahoma) and her daughter-in-law and featured Kristin Chenoweth (Oklahoma City) as the event's keynote speaker and performer.



1. Believe her.

"I am so glad you feel comfortable talking to me about this. What is happening in your relationship is not okay, and I want to support you as best I can."

2. Don't blame her.

"This is not your fault. Everybody deserves to be safe in their relationship."

3. Help her begin to think about safety planning.

"Let's talk about how I can help. Who are other people you trust that you can talk to about this? When are the times you feel most vulnerable and unsafe?"

4. Refer her to organizations that can help, like Genesis.

"There are people who can help you. Have you heard of Genesis? You can call or text their 24-hour helpline anytime at 214.946.4357 for support and services."

For Canadian sisters: "There are people who can help you. Have you heard of the Assaulted Women's Helpline? You can call their 24-hour helpline at 1.866.863.0511 for support and services."

5. Continue to provide support.

"This must feel really scary and overwhelming. I want you to know that I'm here for you through this process, no matter what happens."

Remember: Change takes time, and everyone's journey is unique. Your sister affected by DV/IPV is the expert of her own safety.

To read the full guide, which includes common red flags that may indicate DV, visit GenesisShelter.org/How-To-Help-A-Friend.

Home is Where *My Sisters Are*

From late-night chats to house traditions, members share what they love most about living with their Gamma Phi sisters.

A house is nothing more than walls, windows and doors. What makes it a home are the people within it — the laughter, the memories, the love. And while we at the Facilities Management Company appreciate a good branded neon sign or crescent moon knickknack, we know it's not the decor that makes our spaces special. It's our members.

So, we took to social media and asked: **What do you love most about living in your chapter house?** Here's what some members had to say.



"Living in the house has been one of the best experiences in college so far! I have found my second home with my best friends. One of my favorite memories living in is our movie nights, especially when it's snowy outside. My sisters and I cozy up on the couch, enjoy each other's company and have the best laughs." —Jenna Speich (Central Missouri)



"I love that at 633 W. Jefferson Street, there's always someone to get ready with, talk to, study with or just relax alongside, and I always get to see my Big!" —Avarie Bergen (Florida State)

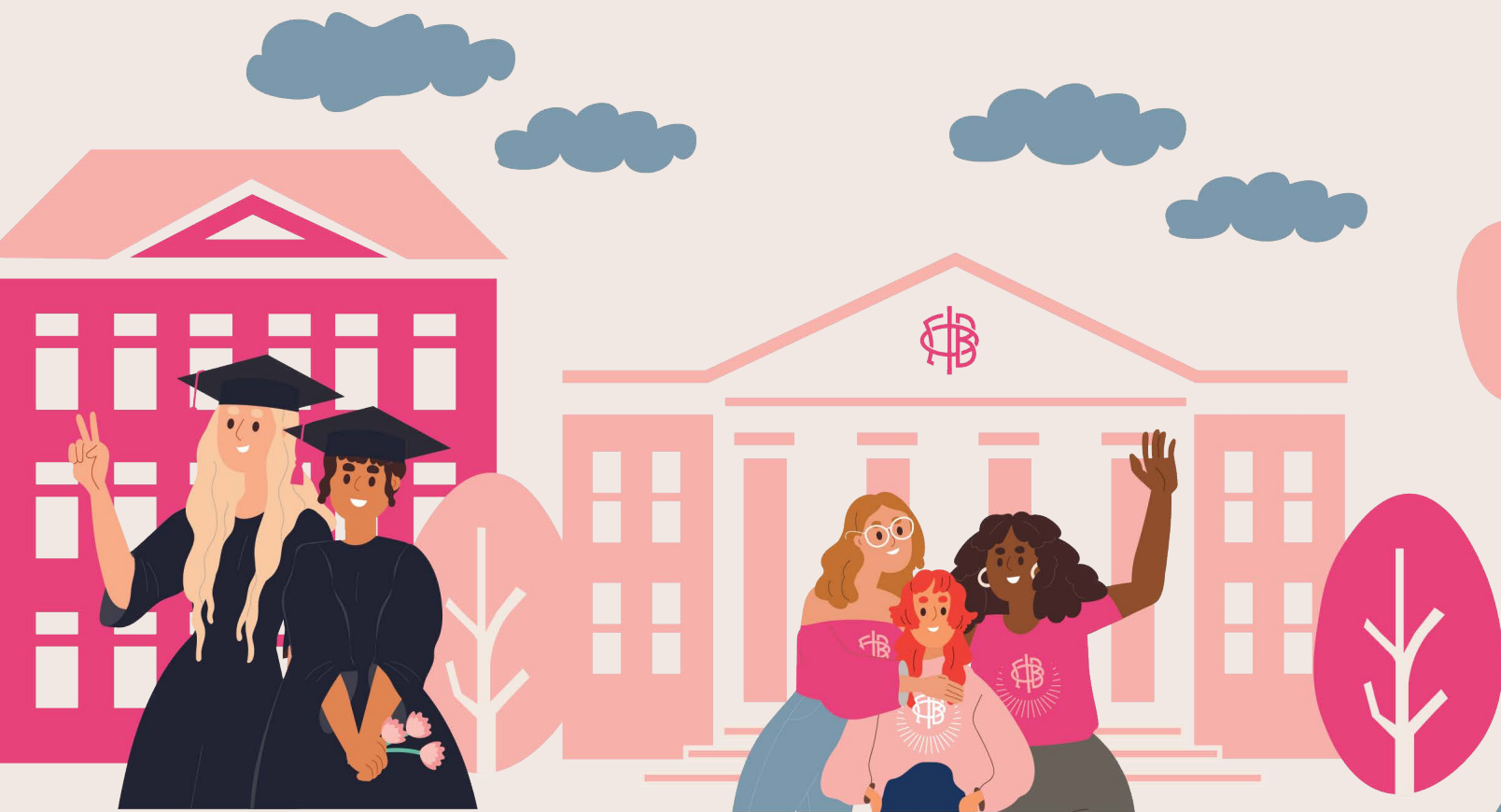


"Living in my chapter house has been an experience unlike any other! Being surrounded by 20 of my best friends, biggest supporters and Gamma Phi sisters is something I'll cherish for the rest of my life. I learned to love myself for who I am, lean on others for support and celebrate the successes of everyone around me. I wouldn't be the True and Constant sister I am today without the women who taught me how to be a friend while living in the house. One of my favorite memories was when all live-in members slid down the stairs on our mattresses — then pulled all our beds into the chapter room for a giant sleepover. I'm so grateful for the memories I've made living in the GPB house!" —Lily Seibert (Nebraska-Kearney)



"Living in was one of the most unforgettable chapters of my life. From late-night talks that lasted until dawn and cozy movie marathons in our movie room, to getting ready together for events or simply feeling the warmth of everyone's presence, it became so much more than just a home. It was where my strongest friendships were born, where laughter and support filled every corner and where some of my most cherished memories were made. I found unwavering support through my lowest lows and highest highs, and the friendships I built there will last a lifetime. Those moments shaped me in ways I'll carry forever, and the memories we made will always hold a special place in my heart. I am forever grateful for the opportunity to be a live-in member." —Abbie Leidig (Alabama)





Built to Last

The Foundation's updated mission and vision pave the way for a more sustainable future for our sisterhood.

It's Gamma Phi Gives Day, and your feed is flooded with donation asks. *Ugh. I'm staying off social today*, you think. Then it's Founders Day, and your inbox lights up with emails from the Sorority asking you to give back. *Delete*.

But then one of your GPhi sisters pulls you aside. Her family lost everything in the L.A. wildfires. She tells you, "We can finally start to rebuild because of a grant I got through Gamma Phi Beta. I seriously can't believe it."

Suddenly, you start to rethink what the Foundation actually is.

The Foundation isn't some far-off, formal entity. It's real. It's personal. And it shows up for our members, you included, in more ways than one. Every gift, no matter the size, helps power emergency Loyalty Grants like the one your sister received, as well as scholarships, leadership programs and more. It's about investing in women and

supporting them throughout their lives.

To make this message clear, the Foundation recently introduced new mission and vision statements that reflect what it stands for and where it's headed. The Foundation's Board of Trustees crafted these statements after extensive work and with care. Their hope is that they inform, inspire and help sustain and support members for generations to come.

New Mission: To support the sustainability of Gamma Phi Beta's educational and philanthropic legacy.

New Vision: To inspire and invest in a culture of philanthropy for the benefit of our sisterhood.



While short and snappy, these statements are packed with meaning. Foundation Chair Barbie Chadwick (Vanderbilt) shares, “Our mission reflects the need to be sustainable, because without that, we can’t support our sisterhood where it’s needed. And our vision is about inspiring a culture of philanthropy across Gamma Phi, where every gift comes back to benefit our members.”

Think of an oak tree — flourishing, generous, a steady presence in the forest. It offers shade, shelter and strength to everything around it. But it only grows because of the nourishment it receives from the sun and rain. In this forest, the Sorority is the oak tree and the Foundation is the sun and rain, helping the tree thrive. The Foundation has always been that source of strength for the Sorority, and now, with its new mission and vision, that role is clearer than ever. The next time someone asks, “What’s the Gamma Phi Beta Foundation and why should I help?” you’ll know exactly what to say.

“I hope the new mission and vision will be inspirational,” Barbie says. “I hope it will demonstrate to every member what the Foundation does and how proud we, the Trustees, are of the work we do. These statements

are tools we use to share with members so that they understand the importance of giving back to organizations that matter to them.”

When you get a Founders Day email this year or see your friends posting on Gamma Phi Gives Day, maybe you won’t be so quick to delete or scroll past. Maybe now, you’ll understand that those asks, and all the generous gifts they inspire, help keep our oak tree thriving.

Thank you to our donors!

Because of your generosity, the Foundation awarded more scholarships than ever, funded three \$45,000 medical fellowships and provided over \$75,000 in Loyalty Grants this year alone. Thank you for helping us continue to support our members every step of the way.

Whether you’ve given \$1 or \$1,000, you’re helping sustain our sisterhood today, tomorrow and for generations to come. Visit GammaPhiBeta.org/Donate to support the area of the Sorority that means the most to you.

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 April 25 to July 25, 2025. First, maiden, last names and year of Initiation are listed for each deceased member.

To report the death of a sister, please email thecrescent@gammaphibeta.org with her first, maiden and last name and chapter of Initiation. Reported sisters will be honored in a future issue of The Crescent's "In Our Hearts" section.

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*)

Sigrid Johanson Tracy, 1954

BETA (*Michigan*)

Joyce Woolfenden Chesbrough, 1950

Carolyn Walker Jones, 1953

Suzanne Huber Pederson, 1950

GAMMA (*Wisconsin-Madison*)

Mary Frances Cutnaw, 1950

Lois Ellen Debbink, 1950

Dorothy Dean Jordan, 1949

Irene Harff Offerdahl, 1950

Joyce Anderson Stommel, 1950

Florence Hanson Tupman, 1950

DELTA (*Boston*)

Nancy Cresswell Meymand, 1950

Frances Tantillo Reeve, 1950

Marjorie Wood, 1950

EPSILON (*Northwestern*)

Marilyn Stromquist Congleton, 1950

Joan Summe Minich, 1950

Nancy Eastman Stiles, 1950

ZETA (*Goucher*)

Constance Robertson Hoover, 1950

ETA (*California-Berkeley*)

Leose Brown Schuyler, 1945

THETA (*Denver*)

Barbara Burnside Coppom, 1950

Joan Virginia Hardy, 1950

Barbara Suchotzki Kazanjian, 1950

Jo Ann Keenan, 1950

Carolyn Hanson Musket, 1954

KAPPA (*Minnesota-Twin Cities*)

Mary Anderson Messick, 1943

LAMBDA

(*University of Washington*)

Patricia Miller Aamodt, 1950

Nancy Williams Denby, 1950

Susan Hinckel Green, 1950

Marilyn Ebling Jorgensen, 1949

Judith Pickard Yeakel, 1950

NU (*Oregon*)

Janet Bronson Bloom, 1950

Fritzi Beltz Ford, 1950

Dorothy Rowe Gardner, 1950

Petermarie Pendergast Hannigan, 1950

Merilyn Teter Yunker, 1950

XI (*Idaho*)

Janet Sundeen Nelson, 1949

OMICRON

(*Illinois at Urbana-Champaign*)

Mildred Dimmick, 1917

Marilyn Lowe Griffith, 1950

Patti Colnon Peressini, 1975

PI (*Nebraska-Lincoln*)

Gladys Novotny Bath, 1950

Barbara Knapp Brandt, 1968

Barbara Johnson Bock-Mavis, 1947

Toni Ginette Giglio, 1969

Jeanne Smith Holmquist, 1950

Jean Walker Krumwiede, 1949

Mary Anderson Trimble, 1954

RHO (*Iowa*)

Kay Adams Cassill, 1950

Diane Artus Miller, 1958

Ann Larson Silletto, 1952

SIGMA (*Kansas*)

Joyce Nickell Attwood, 1950

Mary Stout Mize, 1948

Shirley Samuelson Schell, 1953

TAU (*Colorado State*)

Shirley Tucker Green, 1949

Patricia Straub Jones, 1949

Janet Noakes Mimovich, 1950

Barbara Cobb Mohorcich, 1950

Betty Ahlbrandt Verhusen, 1950

PHI (*Washington University*)

Peggy Miller Reynolds, 1950

Elizabeth Burtschi Stedelin, 1955

CHI (*Oregon State*)

Mary Austin Altstadt, 1949

Suzanne Beck Carlsen, 1950

Louella Cook Dorsey, 1950

PSI (*Oklahoma*)

Sybil Baldwin Frances, 1949

Patricia Bodine Nyikos, 1975

Patricia Murrell Thompson-Fabry, 1950

Charlotte Graham Trost, 1950

OMEGA (*Iowa State*)

Joan Caldwell Hunzeker, 1950

Phyllis Smith Kauffman, 1950

Jan Peterson, 1950

Joanne Hardy Taylor, 1950

ALPHA BETA (*North Dakota*)

Elaine Behl Hale, 1949

Georgiann Shults Regelsky, 1953

ALPHA GAMMA (*Nevada*)

Thomasine Kurtis Spore, 1949

ALPHA DELTA

(*Missouri-Columbia*)

Charlotte Hatcher Bell, 1950

Janet Doherty Black, 1950

Carolee Mourning Mastbaum, 1950

ALPHA EPSILON (*Arizona*)

Shirley Casselman Murray, 1950

Mary Dean Pistor, 1975

Barbara Carter Seivert, 1950

Charlotte Abrams Sommerfield, 1950

Betty Crutchfield Wheat, 1950

ALPHA ZETA (*Texas-Austin*)

Beverly Still Acker, 1964

Judith Duncan Edwards, 1962

ALPHA ETA (*Ohio Wesleyan*)

Janet Lynn Heuerman, 1950
Sandra Pinschmidt Hutton, 1961

ALPHA IOTA

(*California-Los Angeles*)

Susan Jacobsen Rose, 1952

ALPHA MU (*Rollins*)

Darlene Evilsizor Truchses, 1950

ALPHA XI (*Southern Methodist*)

Marilyn Krebs Culwell, 1955
Sylvia Westfall Sara, 1949

ALPHA RHO

(*Birmingham-Southern*)

Betty Ryan Kidd, 1950

ALPHA UPSILON (*Penn State*)

GG Fetzer Skelly, 1948

ALPHA PHI (*Colorado College*)

Patricia Fisher Clark, 1950
Natalie Johnson McBee, 1943
Marilyn Rinker Thie, 1950

ALPHA PSI (*Lake Forest*)

Jess Thompson Andrews, 1950
Betty Teas Baer, 1950
Mary Ann Krebs Bergin, 1950
Sally Cameron Blaseck, 1950
Katherine Joslyn Cassidy, 1950
Joan Kaiser Scandrett, 1950
Doris Meenen Volpe, 1949
Virginia Weber Zaleski, 1950
Diane Schladen Zickerman, 1950

BETA ALPHA

(*Southern California*)

Leilani Baggott Fuller, 1949

BETA BETA (*Maryland*)

Eleanor Becker, 1950
Vera Pettit Green, 1947
Janet Hagan, 1975

BETA GAMMA (*Bowling Green*)

Lori Voleski Ehinger, 1990

BETA DELTA (*Michigan State*)

Nancy Marion Orth, 1960

BETA EPSILON (*Miami-Ohio*)

Alice Demming, 1972

BETA ETA (*Bradley*)

Laurie Kaufman Ahlers, 1975
Janet Price Dorey, 1957
Maria Nell Lane, 1971
Kathryn Gamble Riddell, 1950
Joan Knight Slack, 1951

BETA IOTA (*Idaho State*)

Virginia Roscoe Destwolinski, 1950
Mary Smith Humphrey, 1949
Marcelle Roussat Mann, 1949

BETA KAPPA (*Arizona State*)

Marilyn Coor Burton, 1949

BETA LAMBDA

(*San Diego State*)

Charlotte Waters Fairbairn, 1949
Kendall Fortney Fortner, 2018

BETA XI (*Ohio State*)

Carolyn Sanford Vetter, 1953

BETA PI (*Indiana State*)

Jean Lewis Daily Bloxome, 1954

BETA SIGMA

(*Washington State*)

Helen Krook Davis, 1955

GAMMA NU (*Lamar*)

Frances Lampson Breaux, 1966

GAMMA OMICRON

(*Kentucky*)

Elaine Yarbrough Wolf, 1968

GAMMA SIGMA

(*Western Michigan*)

Barbara Ladzick Pearce, 1968

GAMMA PSI (*Northern Iowa*)

Janeane Tjaden Christy, 1974

DELTA DELTA

(*California State-Fullerton*)

Aimee Hicks Hays, 1992
Dorothy "Jan" Jones, 2007

DELTA ZETA

(*Southwestern Oklahoma State*)

Cynthia Matthews Turlington, 1975

DELTA THETA

(*California Polytechnic State*)

Nanci Alva Fujio, 1975



DOROTHY "JAN" JONES

Delta Delta

(*California State-Fullerton, 2007*)

Jan Jones found Gamma Phi Beta later in life, becoming an alumnae initiate in 2007. From that moment on, she gave wholeheartedly to the

Sorority she loved. As president of Long Beach Alumnae Chapter for six years, Jan led with warmth, grace and unwavering commitment to her role and sisters. During her time as president, the chapter received the Clara Worden Award for Membership Excellence. She was also a devoted member of the Long Beach Alumnae Panhellenic Association, which later named a collegiate scholarship in her honor. In 2018, Jan received an honorable mention for the Beatrice Locke Hogan Award for promoting Panhellenic ideals.

Jan was equally devoted to her family and community. A licensed vocational nurse in Long Beach, she also gave her time to her church and her bowling league, where her joyful spirit always got everyone smiling. She was the beloved mother of Teresa Jones Haney (Northern Arizona), who is currently serving her second term on Gamma Phi Beta's International Council.

Jan will forever be etched in the hearts of her children, Raymond and Teresa, and the many Gamma Phi Betas who were lucky to know her and call her a sister.



NATALIE JOHNSON MCBEE

Alpha Phi (*Colorado College, 1943*)

Natalie Johnson McBee lived her 102 years with purpose, grace and joy. A proud Colorado native, she was born and raised in Colorado Springs and graduated from Colorado College in

1943 with a degree in business administration and banking. During her college years, she was an active member of Gamma Phi Beta, a sisterhood she cherished and participated in throughout her life.

Natalie and her husband, Lawrence, eventually settled in San Pedro, California, and later made their home in Torrance, where they raised their three children and built a life grounded in love and service. Natalie volunteered with several organizations benefiting children and always found ways to give back to her community.

A lifelong athlete and creative spirit, she played golf for 57 years and found joy and self-expression through ballroom dancing. She competed in amateur golf and dance competitions across the country, inspiring those around her, especially her children, to believe it's never too late to chase your dreams.

Natalie's love of life and infectious spirit will never be forgotten. As her daughter Janell says, "My mother lived her life to the fullest and was an inspiration to her family and friends."

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 April 25 through July 25, 2025.

ETA

(California-Berkeley)

Jaden Benitez
Daniela Casillas
Cassie DeLaPena
Katia Diaz
Audrey Feist
Isabella Ferrucci
Graeson Gajewski
Angelica Gonzalez-Bautista
Leslie Hernandez-Bautista
Angel Karibo
Leslie Hyun Kim
Danielle Lachman
Daniela Luna
Edith Magana
Eleanor Nold
Thin Rati Oo
Jerana Romo
Joanne Sung
Ashley Tigue
Lisa Zhao

LAMBDA

(University of Washington)
Beth Cunningham Wilson

NU

(Oregon)
Barrie Brennan

XI

(Idaho)
Zoie Harvey

PI

(Nebraska-Lincoln)
Hollie Horner
Cady Williams

SIGMA

(Kansas)
Amy Blosser Spikes

PHI

(Washington University)
Emily Bekesh

PSI

(Oklahoma)
Rosie Cross
Grace Elizabeth Murphree
Anne-Claire Weaver

ALPHA IOTA

(California-Los Angeles)
Erika Hovland

BETA ALPHA

(Southern California)
Marissa Luning

BETA MU

(Florida State)
Cathy Carlile Holton

BETA XI

(Ohio State)
Alyssa Hesse
Kitty Curtis Sweeney

BETA OMICRON

(Oklahoma City)
Ava Rangel

BETA PI

(Indiana State)
Emily Griggs

BETA TAU

(Texas Tech)
Karen Fitzgerald
Patty Lamberti Richbourg

BETA UPSILON

(Kansas State)
Paige Vulgamore
Nicole Westrope

BETA PHI

(Indiana)
Kimberly Casey
Cylar Collings

BETA OMEGA

(Northern Arizona)
Lisa Garner Inglis

GAMMA KAPPA

(Nebraska-Kearney)
Connor Schulte

GAMMA MU

(Moorhead State-Moorhead)
Jodi Davis Allen

GAMMA NU

(Lamar)
Stacey White Garcia

GAMMA PI

(Minnesota State-Mankato)
Judi Lafontaine Greenwood

GAMMA UPSILON

(Drake)
Cyndee Graves

GAMMA CHI

(Texas State-San Marcos)
Elizabeth Stokes

DELTA ETA

(California-Irvine)
Emmanuelle Fries

DELTA MU

(Rutgers)
Deborah Massaglia

DELTA NU

(Missouri State)
Kaylee Cavener
Jacey Dixon
Gabrielle Donaldson
Zoie Farmer
Sam Lambeth
Emalie Neise
Michelle Nelson
Twyla Parker
Cara Raftery

EPSILON ZETA

(Jacksonville)
Laura Bartkovsky

EPSILON NU

(Chapman)
Sarah Buckley

EPSILON PHI

(Bentley)
Bianna Angelotti

ZETA THETA

(Pepperdine)
Anna Spivey

ZETA LAMBDA

(Texas A&M-Corpus Christi)
Kelsey Howard

Zeta Rho

(Texas A&M-College Station)
Marianna Fong
Emme Kilgard
Ashton Lavake
Abby Lee North

ZETA SIGMA

(South Carolina)
Sydney Lillard

ETA BETA

(Florida Southern)
Kaela Hester

ETA DELTA

(Grand Valley State)
Brittany Garza Swejkowski

ETA ETA

(South Florida)
Emma Callaghan

ETA XI

(Florida)
Madison Parker Lutz

ETA UPSILON

(Nicholls State)
Jadie Clement
Celeste Naquin

A nighttime photograph of the Louisville skyline. The Kentucky State Capitol building, with its distinctive dome, is brightly lit and stands out against the dark sky. In the foreground, the Louisville Bridge, a large steel truss bridge, spans the river. The bridge's structure is illuminated with blue and white lights. The city's lights and the bridge's structure are reflected in the calm water of the river. The overall scene is a vibrant display of urban architecture at night.

*Save the
date!*

**82nd Convention:
July 16-19, 2026**

For the first-time ever, we're
headed to Louisville — home of
the Kentucky Derby!

Ready to grow, give back and connect?

Volunteering with Gamma Phi Beta offers personal growth, professional development and the chance to make a real impact. Whether you have an hour or a year, there's a role that fits your schedule, from one-time events to virtual opportunities and ongoing leadership positions. Explore open roles, submit an interest form or recommend a sister at GammaPhiBeta.org/Volunteers.



BUILDING ON *Yesterday*



*Want more nuggets of
Gamma Phi History?
Explore our digital museum,
filled with preserved photos
like this one, plus documents,
publications and more at
GammaPhiBeta.HistoryIt.com.*

The 1940s

Sometime in the mid-to-late 1940s, Pi Chapter turned up the tempo at the University of Nebraska with its very own Gamma Phi Beta Dance Band. Sisters smile, instruments in hand, ready to get the whole room dancing.

Fall Back into Alignment

The leaves are changing, and maybe your priorities are too. Let the stars guide your reset this season, whether you're organizing your calendar, your closet or your mindset.

Scorpio (Oct. 23-Nov. 21)

The season is shifting and so are you. It's time to let go of perfectionism and trust your instincts. Tidy your to-do list, but don't forget to add something fun.

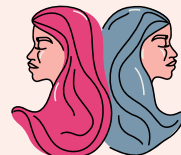


Pisces (Feb. 19-March 20)

You're craving deeper connection. Invite a Gamma Phi sister for coffee, journal through your thoughts or say "yes" to that sisterhood event. You're not meant to go it alone.

Gemini (May 21-June 20)

Your calendar may be overflowing, but don't confuse busy with fulfilled. Prioritize your why this fall, not just your what. Simplify, then soar.

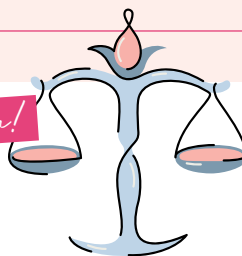


Sagittarius (Nov. 22-Dec. 21)

'Tis the season of structured spontaneity for you, dear Sag. Set a few loose goals, then chase them with curiosity. Something unexpected may spark long-term growth.



Happy Libra Season!



Libra (Sept. 23-Oct. 22)

Balance is your love language, but this fall, focus on boundaries, too. You don't need to RSVP "yes" to every invite. Be intentional and choose what brings joy and peace.

Cancer (June 21-July 22)

Nostalgia might hit hard this season. Let it. Reach out to an old friend, revisit a cherished tradition or journal through the memories. Growth comes from roots.



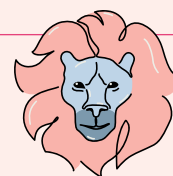
Capricorn (Dec. 22-Jan. 19)

Ambition might as well be your middle name, Capricorn, but don't mistake burnout for success. Try a new routine that leaves space to breathe. Your productivity will thank you.



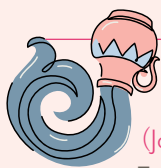
Aries (March 21-April 19)

Fall is your perfect excuse to start something new. A class? A side hustle? A 30-day challenge? Go all in but pace yourself. Not everything needs to be a race.



Leo (July 23-Aug. 22)

You love the spotlight, but this fall, let discipline shine. Schedule time for your goals, whether personal, academic or professional, and show up with intention this season.



Aquarius (Jan. 20-Feb. 18)

Fresh ideas are flowing, but you'll need a system to keep them from floating away. Color-code your calendar, clean out your inbox and reconnect with your creative spark this season.



Taurus (April 20-May 20)

Your comfort zone is calling, so answer the call. Reset your space, create a cozy corner and let yourself rest without guilt. Your energy will return stronger.

Virgo (Aug. 23-Sept. 22)

You're in your element this season. Lean into what you know: lists, routines and seasonal resets. Just don't forget that joy deserves a spot on the schedule too.





"I've come out of my menopause journey with more confidence than I went in with. I'm happy with my body for the first time in years, and I feel much stronger and healthier than ever. I really feel like I'm coming into my prime years."

—JENNIFER MOODY
(TEXAS TECH), PAGE 20