

6 Community Minded
First Responders

11 Trailblazing
Ballerina

22 Creating Connection
for Those in Need



the Lamp

OF DELTA ZETA

She dreamed of being
a journalist, but now
Vice Admiral Lisa M.
Franchetti, Alpha Alpha-
Northwestern (IL),
is rewriting the story
on female leadership
in the U.S. Navy.



LEADING
THE

WAVE

SPRING/SUMMER 2020



ARCHIVAL

THE LEGEND OF THE LOVING CUP

Nettie Wills Shugart, Zeta-Nebraska, introduced the Loving Cup Ritual to Delta Zeta. Starting in 1922, each chapter was given a loving cup with three handles from their sponsoring chapter, province and National Council. The three handles represent the love, the unity and the unbroken friendship which encircles members of Delta Zeta.

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By working tirelessly to foster a climate of inclusion, Vice Admiral Lisa M. Franchetti, Alpha Alpha-Northwestern (IL), is rewriting the story on female leadership in the U.S. Navy.

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Eeyore might say "Thanks for noticing me" but we all need to feel included. How the power of connection makes us better.

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THE LAMP

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Gamma Alpha-Baldwin Wallace (OH)

FROM THE PRESIDENT

Sisterhood Means Belonging



Since the day I received my bid to join Delta Zeta, I have felt a sense of belonging, a place that I could call “home,” and this feeling was so much more than simply joining an organization. I found friends, who became sisters, introducing me to something bigger than I ever imagined. I became part of a sisterhood that lives on through each past, present and future member. Today, that sense of belonging has evolved even greater as I have continued my Delta Zeta journey, but it has also stayed the same in many regards.

Each milestone I have reached since joining Delta Zeta, I have felt the love and support from my sisters. Whether cheering me on from afar or standing right beside me during tough times, they have always been there for me. A sister’s steadfast love never wavers just as each of your own friendships with sisters stands true. As I have ventured on to various roles as a Delta Zeta volunteer, I have had the pleasure of meeting more amazing women outside of my chapter whose friendships I cherish deeply. Their guidance and support shaped me into the volunteer I am today, and I am truly grateful knowing I do not walk this path alone.

During this past spring semester, our bonds as a sisterhood were further strengthened again as we navigated the trying times of the COVID-19 crisis. We saw the strength possible in our sisters through their many selfless actions. Reaching out to one another to help in any way they could, connecting virtually, checking in on each other and letting sisters know they are not alone. That sense of belonging is cherished by our members and what makes Delta Zeta’s sisterhood special.

The collegiate years go quickly, but your Delta Zeta membership does not end at graduation. The friendship of our sisterhood will only continue to flourish as an alumna. A new sense of belonging comes from meeting sisters in a new city, volunteering with a chapter or staying connected with sisters. Continue to share that steadfast love, and cherish each friendship you’ve found because of Delta Zeta. Those friendships make life fuller and more meaningful. And makes Delta Zeta somewhere we can all find a place to belong.

Christy M. Phillips-Brown
National President

Ways to Overcome Imposter Syndrome

Do you hear that voice? That voice that tells you to play it safe. That voice that reminds you of all the reasons you should not even be here in the first place. That, in one way or another, you are not good enough.



Those feelings are commonly known as imposter syndrome. The term was first coined in 1978 by psychologists Pauline R. Clance and Suzanne A.

Imes, who were looking for a better

explanation as to why high achieving women often attributed their success to luck rather than accomplishment.

Life & Career Coach, Megan Pendley Pickett, shares some tips on just how to respond if you hear that voice.

Megan is an alumna from Alpha Chi Omega who worked as a fraternity/sorority advisor on numerous campuses before taking the leap and starting her own coaching business. ♡

Learn more at pendleypickett.com.

ONE

CREATE AWARENESS, AND RECOGNIZE THESE FEELINGS WHEN YOU HAVE THEM.

Get clear on what the core message is, and start noticing when, where and how this message is coming up for you.

TWO

SHARE HOW YOU ARE FEELING WITH A COACH, COUNSELOR OR NEUTRAL THIRD PARTY.

A neutral third party offers a safe space that will offer honest and realistic feedback.

THREE

PRACTICE POSITIVE SELF-TALK TO BOOST YOUR CONFIDENCE.

You wouldn't tell your best friend she couldn't do something, so try not to use that language on yourself.

FOUR

VISUALIZE SUCCESS WHEN TRYING TO NAVIGATE A NEW SITUATION.

Walk through that presentation in your head. Picturing in your mind how well it will go will make the actual experience easier.

FIVE

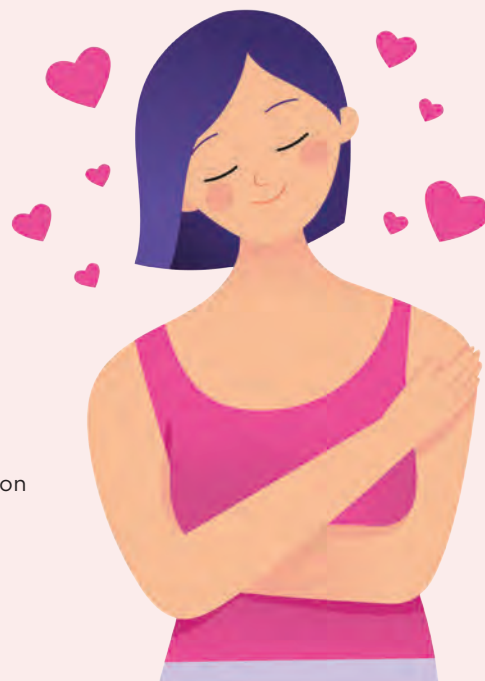
DEVELOP A NEW RESPONSE TO FAILURE.

Everyone will fail at some time, but instead of looking at it as a negative, look at what you can learn from the experience.

SIX

TRY NEW THINGS.

Impostor Syndrome is less likely to show up when we are trying new things because, well, we don't expect ourselves to be at an expert level at the beginning. Have fun with it!



PLUS 1

UNDERSTAND YOU AREN'T ALONE.

According to the Journal of Behavioral Science, more than 70 percent of people in the U.S. have experienced imposter syndrome. High profile achievers like Sheryl Sandberg to Tina Fey have acknowledged in the media they, too, deal with feelings of imposter syndrome.

ALFA



Left: President Sarah Matheson and her CCD Shelby May Dupee, both Epsilon Omega-Wisconsin/Eau Claire and Theta Nu CCD Rebecca Morness Rolstad, Epsilon Omega-Wisconsin/Eau Claire and President Madisen Anderson, Theta Nu-Minnesota/Moorhead.

Empowered to Lead

CORE and Presidents Academy



Leadership is a skill. And Delta Zeta leaders had multiple opportunities to hone that skill earlier this semester. Supported by the Delta Zeta Foundation, the Chapter Operations Regional Experience (CORE) events and Presidents Academy were held in January and February. More than 700 collegiate and alumnae leaders participated in these leadership and training opportunities.

CORE is an annual regional training approach for key focus areas within Delta Zeta. In its third year, this year's training took place in Atlanta, Georgia and Chicago, Illinois and focused on training for Vice Presidents of Membership, Vice Presidents of Programs and Ritual Chairmen.

Members from Pi Upsilon at Long Island University Post in

New York traveled to the Chicago event. Vice President of Membership Sam Olsen, said "We were able to share our own experiences and learn from one another."

66

I was able to connect with other presidents from around the country and gain their support when needed.

Meanwhile, chapter presidents and College Chapter Directors attended the Delta Zeta Presidents Academy in Dallas, Texas. From the keynote presentation by Lorin Phillips, Assistant Executive

Director, Sigma Sigma Sigma Sorority, on how to have fierce conversations, to the Delta Zeta Today Update from National President, Christy Phillips-Brown, Delta Zeta's newest chapter leaders found they were prepared for their roles.

Lambda Sigma, Winthrop University Chapter President Michala Keiner shared, "I was able to connect with other presidents around the country and gain their support when needed. I also was able to take back many new ideas to my chapter. The sessions were filled with great ideas from the RCDs and guest speakers, but just through casual conversation with sisters, I gained amazing ideas."

Delta Zeta continues to innovate in creating opportunities to empower our leaders. We look forward to offering more events, both in person and online, soon. 🔥



**Doris Wheeler Sisk,
Gamma Upsilon-
Oklahoma City,**

received her Order of the Pearl Certificate for 65 years of membership and wrote to us saying that though she moved often through life, she always joined the local alumnae chapter and got involved. She is an active member of the Huntsville Alumnae Chapter (AL) and received her award at their gathering this fall.



Elva Brackett Alden, Alpha Upsilon-Maine, also sent in a thank you for her Order of the Pearl. From her home in Colorado, she said "Delta Zeta and its friendships continue to warm my heart. Six 'girls' from Alpha Upsilon continue to reunion in Maine each summer!"

COVID-19

Content for this issue of The LAMP was well underway when the COVID-19 crisis hit. We realize that this is a unique time in history which has affected Delta Zeta and our members in a variety of ways. For the most up-to-date information on the crisis and Delta Zeta's response, please visit our website at deltazeta.org/covid19.

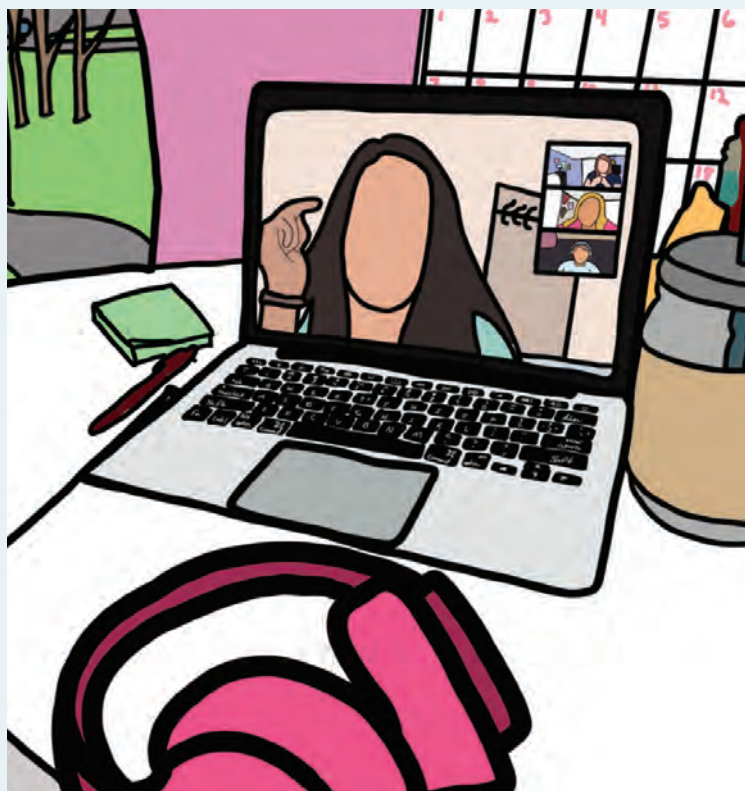
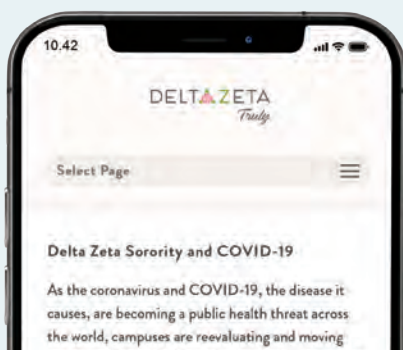


ILLUSTRATION BY JULIANNE LLERENA, ALPHA Upsilon-MAINE



Members shared their creative ways they have stayed connected this spring despite the physical distance caused by campus closures due to the world-wide pandemic.

My work is using Google Meetups to teach in the elementary level! It's a great way to do read alouds and chat with my young students and their families!

— **Shirley Brule, Omicron Nu-Windsor (Canada)**

The University of Texas at Dallas is using MS TEAMS and it's actually easy to use once you figure it out!

— **Shae Mann, Lambda Gamma-Jacksonville State (AL)**

Using Google Meet and Zoom for my work (elementary teaching) as well as Flipgrid, Seesaw, Google Education Suite and Screencastify. There are a lot of ways to connect via video and in person!

— **Laura Baxter Hedenberg, Gamma Beta-Connecticut**

Teams is so awesome for my work. But Zoom has now taken over my homeschool, working life, too!

— **Tycene Parrott Fritcher, Delta Beta-Tampa (FL)**

Chit Chat

Delta Zeta caught up with three alumnae, who have dedicated themselves to their communities as first responders, asking them **why they serve and how they hope to inspire others to follow in their footsteps.**



The day I was born was the day that my father's volunteer fire department was founded. I grew up knowing firefighting. I was the first female at the Clarion (PA) Fire & Hose Company, and I have been with the Tyler Mountain (WV) Volunteer Fire Department since 2019. I am in a Doctor of Executive Leadership program where my dissertation topic is Mentorship in the Volunteer Fire Service.

“

I like when people are surprised that I possess some unusual skills.

I like when people are surprised that I possess some unusual skills, like using the jaws of life or walking into a burning building. I also have a close bond with my father. He was a volunteer firefighter and paramedic for 30 years. After almost every call, drill night or training class, we commiserate on what has changed and what has stayed the same.

— **Jamie Bero,**
Epsilon Theta-Clarion (PA)



When I was 18, I'd started college but left after a few months, moving home. I worked at the local hardware store, started at community college and decided to join the volunteer rescue squad. We received a call for a chest pain patient who was in cardiac arrest, providing life-saving treatment during the 30-minute ride to the hospital. The patient survived and was able to continue life with his loved ones. I knew then that emergency medicine was the path for me. I started working in the local Emergency Department full-time while finishing school at Old Dominion University (VA) where I received a bachelor's degree in Health Science. I then earned my certification as a Nationally Registered Paramedic, and I currently work in the Outer Banks in North Carolina.

— **Beth Guill,**
Theta Phi-Old Dominion (VA)

“

I knew then that emergency medicine was the path for me.



It sounds cliché, but I always wanted to be a police officer. My moment came in high school when I saw a young family killed because of a drunk driver. Seeing the hurt and devastation that their deaths had caused really set a fire to my passion.

“

When I joined Delta Zeta, I found a group of women that shared a passion for public safety.

When I joined Delta Zeta, I found a group of women that shared a passion for public safety. My big sister, Molly Ryan, a Senior Juvenile Counselor, gave me the peer support and encouragement that I needed. Due to the support I've received, I'm currently a full-time patrol officer for Seneca (IL) Police Department and have accomplished my goal of being highly proactive in intoxicated driver enforcement.

— **Kelsey Kowalski,**
Epsilon Omicron-
Western Illinois

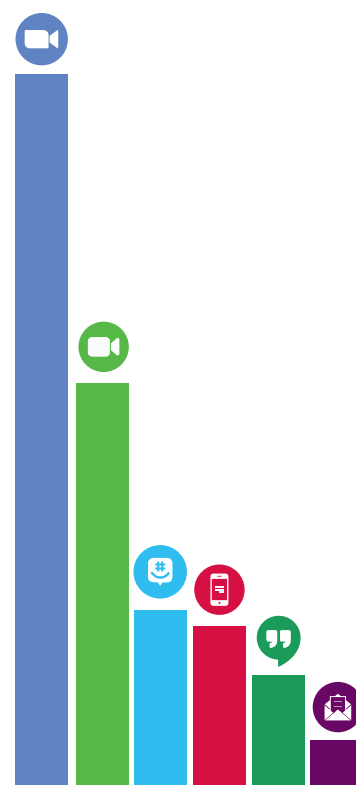


Digital Exclusive

Have you connected with Delta Zeta's new membership experience, The Truly? Part blog, part sisterhood moment, and DZ all the way! Head on over to deltazeta.org/thetruly to talk friendship, how our values work in real life and get inspired by empowered Delta Zeta women.

Show of Hands

How are you staying connected with sisters during this time of social distancing?



44% Zoom

25% FaceTime

11% GroupMe

10% Texting

7% Google Hangouts

3% Handwritten Letters

Data gathered from members on Instagram.

Take Note

Delta Zeta Convention Postponed

Due to the global pandemic, Delta Zeta's 54th National Convention was postponed from July 29-August 1, 2020 to July 15-19, 2021, at the Renaissance Esmeralda Resort & Spa, Indian Wells, California. Plans are in place to negotiate National Convention contracts for 2023, 2025 and 2027 based on this biennial shift. More information was sent to all Convention Delegates and is available on our website at www.deltazeta.org/covid19.



Go, Live Truly Senior Celebration

The traditional commencement celebrations and year-end recognition of chapter successes and awards disappeared this spring. Delta Zeta still celebrated these milestones with the Go, Live Truly Senior Celebration held online May 18, 2020. Sisters from all over the globe joined to welcome over 3,000 graduating seniors as alumnae.

To commemorate this occasion, the Delta Zeta Foundation will dedicate a special

brick walkway at the National Headquarters and Museum in honor of the Class of 2020. We hope you will join us as we honor the Class of 2020 from each collegiate Delta Zeta chapter. All donors giving \$250 or more will be recognized in a commemorative display.

To make your gift, please visit deltazeta.org/dznw/golivetruely/ or contact the Delta Zeta Foundation at dzfoundation@deltazeta.org.

ALFA

Heritage



Delta Zeta's mergers are represented in a special display in the Archives Room at the Delta Zeta National Historical Museum.

Celebrating Delta Zeta's Historic Mergers

by Susan Mease, Alpha Pi-Samford (AL), Past National Officer

First printed in *The LAMP* of Delta Zeta in the Summer of 1990.

We often speak of Delta Zeta as the sum of its parts — the collegians, the alumnae, the college chapters, the alumnae chapters — all of which make up the Sorority. There is, however, another element which we need to remember has been added to the mix. Four other national sororities merged into Delta Zeta with their rituals, awards, new collegiate chapters and dedicated alumnae. This blending is gracefully evoked at our National Historical Museum in a display of the gavels of the merged groups of Delta Zeta.

The first group to join Delta Zeta was Beta Phi Alpha in 1941. Their gavel, made of the tusk of a walrus and engraved with the names of the founders of both sororities and their national presidents, is used to open every Delta Zeta National Convention. Beta Phi Alpha also gave us the very moving song, "Convention Lights," which concludes each National Convention.

The next merger came at the end of World War II and was with Phi Omega Pi which had originally been named the Achoth Sorority. Delta Zeta's

Achoth Award, for dedicated service to the sorority on the local level, is a result of this merger.

In 1956 Delta Sigma Epsilon, which also had been founded at Miami University, joined Delta Zeta. Three members of their Grand Council later served on Delta Zeta's National Council. The See Loving Cup, awarded at National Convention to the collegiate chapter showing unusual improvement, was named for a Delta Sigma Epsilon member, and Delta Zeta carried on their involvement with Carville Hospital in Louisiana until a cure for leprosy was found.

Theta Upsilon was the last merger, in 1962. Delta Zeta continued Theta Upsilon's involvement with Navaho Assistance until that work was taken over by the Federal Government. In addition, Theta Upsilon provided us with Past National President Carolyn Barnes Gullatt, Theta Epsilon-Louisiana Tech. National Officers, new chapters, coveted awards, elements of our custom — all these are among the benefits Delta Zeta gained in the mergers represented by those five gavels in Oxford. ♠



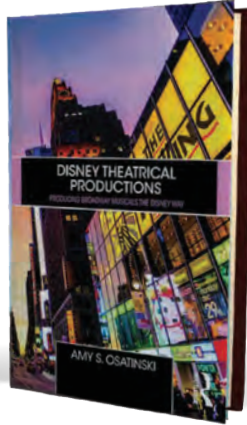
READING ROOM



Drawing on Personal Experience

Dana Porter Hoff, Omicron Omicron-Lindenwood (MO), has always been a writer. After a near-death experience, she channeled her talents into writing a story which she has now shared with others. Her book, "The Pavers," follows the story of Georgia Lee Scott who has spent most of her adult life in the historic town of St. Charles, Missouri. Drawing from her own personal experience, Dana spins a tale of discovery showing what can happen when you now need to find your path in life. Dana also writes about life's paths in her blog, The Paving Project, and shares her wonderings about where life's path is taking those around her.

Find out more about both her book and blog at her website www.danahoffauthor.wixsite.com/books



The Happiest Place on Broadway

"Disney Theatrical Productions: Producing Broadway Musicals the Disney Way," by Amy Sara Osatinski, Rho-Denver (CO), explores the production practices of Disney Theatrical Productions (DTP), the theatrical producing arm of the studio branch of the Walt Disney Corporation. DTP forged a new model for producing large-scale musicals on Broadway, demonstrating flexibility and ingenuity, while shaping the theater scene.

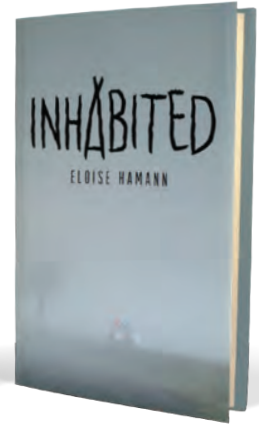
Find out more at disneybroadwaybook.com



Poetry for Mental Health

Maura Coyne, Omicron-Pittsburgh (PA), recently published "Soul Archaeologist," a collection of poems about a journey through the depths of love and life. Maura produced it with PoetsIN, a creative mental health charity. They use words to aid mental well-being, reduce the symptoms of mental illness and eliminate social isolation. 50 percent of the proceeds of the book go to the organization to support and develop writing resources and therapeutic programs.

Find out more at www.mauracoyne.com



Writing after Retirement

After retiring from San Jose State University, Eloise Heuer Hamann, Iota-Iowa, took up her passion for social justice and writing. She first encountered the publishing world by campaigning for her late son's poetry to be printed. Since then, she's become an author in her own right, with her novel, "Inhabited" which is described as Stephen King teaming up with Garrison Keillor. 🔥

Eloise keeps an active blog which came be found at www.ewritessite.wordpress.com

Are you a Delta Zeta author?

Share your publications with us by emailing LAMP@deltazeta.org

Authentic

Kyndall Foote

**Gamma Omicron-
San Diego State (CA)**

Growing up, Kyndall was usually the only African American girl in her ballet classes. Even though there were times where she felt that some roles were not attainable, she worked hard, and her career has shined. While a student at San Diego State University, Kyndall taught with the California Ballet School. She graduated with a degree in art and design, however dance is her passion. Kyndall went on to dance professionally with the California Ballet Company for three years. She now coaches and choreographs for the Patrick Henry High School Dance Team in San Diego, California.

YOU WERE RECENTLY FEATURED IN A LOCAL SAN DIEGO PAPER AND CALLED A TRAILBLAZER. WHAT DO YOU THINK ABOUT THAT?

It's crazy to think that someone I've touched recommended me for that article. I'm just doing what I love, but amazing to think that I'm inspiring others at the same time. It was a humbling experience. The mom of one of my students nominated me and I was completely shocked!

WHAT HAVE BEEN THE BIGGEST CHALLENGES YOU'VE ENCOUNTERED SO FAR IN YOUR CAREER?

Growing up, I was protected from much of the negativity from people that would attribute my success in achieving roles because of the racial diversity I'd bring to the performance. My mom did a good job sheltering me, but it was there, and I never really realized until I was much older. I've worked hard, so my success has nothing to do with how I look but rather the effort I put in.

HOW WOULD YOU DESCRIBE YOUR DELTA ZETA EXPERIENCE?

My mom was president of her sorority chapter of Delta Sigma Theta at Morgan State University, so I always knew about sororities. I didn't join Delta Zeta until my sophomore year because my parents always said academics came first. A good friend

from high school, Ashley, invited me to a COB event. I went and immediately felt welcomed. The group of women were real, grounded and authentic. It was immediately a group I wanted to be a part of.

WHAT INSPIRES YOU EACH DAY?

I've talked about her a lot, but my mom is my inspiration. She is such a hard worker who has been through so much. Even as a breast cancer survivor, she never stopped or gave up. She makes sure that our family has the best life. Her support allows me to reach any goal I might have for myself.

IS THERE ANY ADVICE YOU'D SHARE WITH OTHER SISTERS WHO ARE PURSUING THEIR DREAMS LIKE YOU ARE?

Don't let outside influences affect your path. Follow your own intuition. And it's good to have people in your corner who give you a variety of perspectives to consider when you make decisions. 💖

LEADING

U.S. Navy Vice Admiral Lisa M. Franchetti,
Alpha Alpha-Northwestern (IL), is rewriting
a woman's role at sea.

BY ALLISON LYNCH ST. GERMAIN,
ALPHA UPSILON-MAINE, MANAGING EDITOR

THE

WAVE

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Left: Vice Admiral Lisa M. Franchetti, commander, U.S. 6th Fleet, conducts "pass and review" during boot camp graduation October 25, 2019 at Recruit Training Command.

Photo by
MC1 Spencer
Fling

AS A GIRL GROWING UP IN ROCHESTER, New York, Lisa M. Franchetti, Alpha Alpha-Northwestern (IL), always dreamed of being a journalist. She never quite reached that goal however, with her own story, she is rewriting how women are leading in the United States Navy.

Vice Admiral Franchetti is the U.S. Navy's only female fleet commander and only the second to have served in this position. Her title, Commander, U.S. 6th Fleet, Commander, Naval Striking and Support Forces NATO, Deputy Commander, U.S. Naval Forces Europe-Africa, Joint Force Maritime Component Commander Europe, is long and impressive. But even more impressive is that her career path began with a chance encounter with the Naval Reserve Officer Training Corps (NROTC) midshipmen on the campus of Northwestern University during her freshman year. The NROTC program provided an opportunity to pay for school,

and like she shared with the Northwestern Alumni magazine in Spring 2015, "I talked to a lieutenant who told me how great the Navy was and, next thing, I'm signed up and getting my uniform and some books. And that's how it started."

LEADERSHIP LESSONS

Lisa was commissioned in 1985 after receiving her Bachelor of Science in Journalism and has gone on to forge a resume which is the envy of even the most decorated news reporters. She has served in many leadership roles in the Navy, both at home and abroad. She assumed her current role as the commander of the U.S. 6th Fleet, which is stationed in Naples, Italy, in March of 2018. As commander, Lisa oversees operations for the Navy in that area of the world which encompasses all of Europe and Africa, from the North Pole to South Pole. It is a part of the world where tensions with Russia or the Middle East can escalate at any time

The commissioned ranks (Ensign through Fleet Admiral) are the highest in the military. These officers hold presidential commissions and are confirmed at their ranks by the Senate.

and where she led her fleet during the recent coronavirus crisis in Italy. This gives Lisa a front row seat to incredible world issues where she is poised to lead through it all.

Lisa's time at Northwestern provided her the basis of her leadership style today. Not only did she join NROTC as a freshman, she was also a member of the crew team and joined Delta Zeta her sophomore year. "I was looking for the opportunity to be part of a close-knit group of supportive women on campus, which Delta Zeta was," Lisa explained. "The warmth, friendship and positive energy in our house was exactly what I was looking for."

Her experiences as an undergraduate really helped her learn the importance of teamwork as a leader. She saw that hard work can only get you so far, and teams are what get you across the finish line in just about any endeavor. Lisa states, "At NU, I learned to work with people from diverse backgrounds to form very effective teams, both at the NROTC Unit and on the water."

"As a leader in the Navy, I have the chance to make a difference in two ways," Lisa shared with us. "First, my oath is to the U.S. Constitution. After having visited places that don't have the freedoms of life, liberty and the pursuit of happiness for all, I am even further committed to doing my part to ensure my child, Isabel, and all of America's future children will have the same opportunities we do today. Second, I am very motivated by the sailors I serve with every day. They are truly America's finest sons and daughters. My job is to make sure they and their families have the tools they need to be successful and understand how important they are to accomplishing our mission."

BELONGING EVEN WHEN ITS DIFFERENT

That isn't to say it has been an easy road. Women were not allowed to serve on combat vessels until 1993. In one of her first assignments, Lisa had a boss who told her that she didn't belong on his ships, and he predicted that she would fail. "After that tough

conversation, I reflected and basically said to myself, well I've worked really hard to get to this point, and I am just going to prove him wrong," Lisa says. "And the team I was working with did just that. That was the last time I ever heard or felt anything like that."

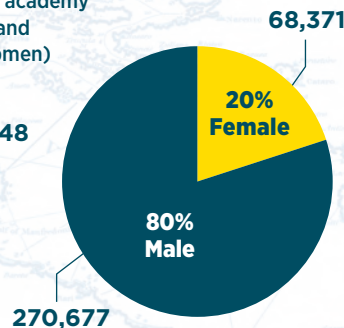
As they progress through their careers, women can feel they do not belong. So, take advice from someone who is living a completely different dream than what she grew up with. "If your place is at the table, sit at the table; if you have something to say, say it," Lisa says. "As someone told me at leadership course a few years back 'You belong.' Don't subtract yourself from the equation."

Finding her place in what some may perceive to be an environment not welcoming of women, Vice Admiral Franchetti has worked tirelessly to foster a climate of

U.S. NAVY ACTIVE DUTY

(officers, enlisted, military academy cadets and midshipmen)

TOTAL:
339,048



**ONLY 3 OF THE 36
VICE ADMIRALS IN THE
U.S. NAVY ARE FEMALE**

Data source: U.S. Department of Defense

Chain of Command

U.S. Navy leadership hierarchy, with highest at the top

U.S. NAVY RANKS (OFFICERS)

Fleet Admiral
(reserved for wartime only)

Admiral

Vice Admiral

Rear Admiral Upper Half

Rear Admiral Lower Half

Captain

Commander

Lieutenant Commander

Lieutenant

Lieutenant Junior Grade

Ensign

Chief Warrant Officer 5

Chief Warrant Officer 4

Chief Warrant Officer 3

Chief Warrant Officer 2

Warrant Officer 1
(no longer in use)

U.S. NAVY RATES (ENLISTED PERSONNEL)

Master Chief Petty Officer of the Navy

Master Chief Petty Officer

Senior Chief Petty Officer

Chief Petty Officer

Petty Officer First Class

Petty Officer Second Class

Petty Officer Third Class

Seaman

Seaman Apprentice

Seaman Recruit

The U.S. 6th Fleet Area of Responsibility covers:

APPROXIMATELY HALF OF THE ATLANTIC OCEAN, from the Arctic Ocean to the coast of Antarctica

ALL OF RUSSIA AND EUROPE and nearly the entire continent of **AFRICA**

105 COUNTRIES

nearly **30 PERCENT** of the world's population

14 MILLION square land miles

20 MILLION square nautical miles

inclusion throughout the Navy and leads by example. She was the first female commander of the U.S. Naval Forces Korea and is one of fewer than 50 female admirals in the Navy. And she knows that it is very important for pioneering women to be visible, to be candid about their experience and to create opportunities to build supportive networks. She personally benefitted from the experiences of the many women that went before her.

For Lisa, it doesn't matter if you are male or female, she wants to surround herself with people who are team builders and who are organized. "It's always nice to hire a superstar, but only if they can lead or nicely fit into your team," Lisa explains. "Likewise, you need to have a balance between 'idea' people and 'execution' people, but in either case, they must be organized and able to work with a team to deliver the results you need. Finally, I would say that I look for positive, resilient people. The type of people who can get past the setbacks and use them to grow."

MAINTAINING CONNECTIONS FOR BALANCE

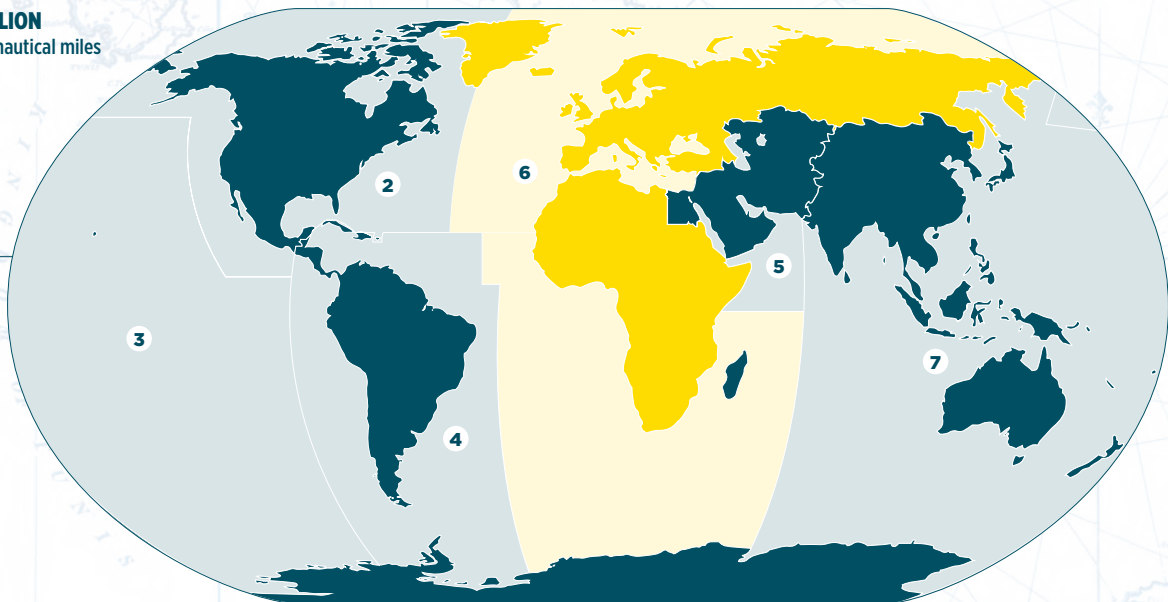
Lisa may be one of the Navy's highest-ranking women, but she looks for connections just like

“

As a woman in a non-traditional role, I feel it is almost on obligation to let people 'see someone' that looks like them doing what they want to do themselves.”

— U.S. NAVY VICE ADMIRAL
LISA M. FRANCHETTI,
ALPHA ALPHA-NORTHWESTERN (IL)

many of us do. Service members move a lot, but it's a bit easier for them to stay connected no matter where the line of duty takes them. Sailors have ready-made support systems because of their colleagues, which ease the transition of moving to a new place. She has shared that it has helped her to be involved



There are seven active numbered fleets in the U.S. Navy. Some numbered fleets, which were established during World War II, have since been deactivated or folded into other fleets. (The 10th Fleet serves as the numbered fleet for U.S. Fleet Cyber Command, and therefore is not shown.)

in groups she can find anywhere; a sports activity, church, college alumni clubs, getting involved with things like Girl Scouts and school programs, which all can help ease those transitions.

At the end of that day, though, she is the boss, and if she is having a bad day then others will too. One of Lisa's favorite quotes is "Attitude Makes the Difference." She says, "We all have bad days, and it is important to be able to recognize when you are having one — so you can warn people, of course, but also so you can be sure to not overreact and make everything around you negative." Her Navy training has taught her the ability to compartmentalize. "Creating boundaries has helped me, especially when I seem to be facing overwhelming demands," Lisa shares.

As a mother, Lisa can relate to others around the world when she has had to miss birthdays or other big events. She just might be missing them for slightly different reasons, like overseeing maritime operations from the deck of the USS Mount Whitney, the flagship of the U.S. Sixth Fleet. However, she knows that she is fully present when she is with her family, making every moment count. She is also very much like mothers and wives around the world when she shares that some of her life hacks include looking for creative ways to buy back some time. "There are many things you can do — house cleaners, grocery delivery, meal prep, sitters, etc. If you can get two hours back, that's two hours you can use for something you want to do, like having family game night, working out or going out on a date night...or just relaxing in the garden," she shared. "And don't be afraid to ask for help."

LOOKING AHEAD BY BUILDING A FOUNDATION ON THE PAST

Sometimes we need to look back to look ahead in life. Though her career path has taken her around the world, quite literally, the foundation she has built it upon is solid. Lisa credits her education from Northwestern for providing the foundation for everything she's been able to achieve in the Navy. On



the academic side, the Medill School of Journalism gave her broad exposure to history, economics, science, politics — and inspired a true sense of curiosity. "I really learned the value of being able to 'tell the story,'" she shares. "Those skills of telling a story and being inquisitive serve me well today."

Vice Admiral Lisa Franchetti may not have become a journalist; however, she is writing the future for not only the United States Navy, but for all the young girls and women following in her footsteps. "As a woman in a non-traditional role," the Vice Admiral says, "I feel it is almost an obligation to let people 'see someone' that looks like them doing what they want to do themselves. It is very motivational." 🔥

Top: Lisa Franchetti, Alpha Alpha-Northwestern (IL), on the Mount Whitney which is the U.S. 6th Fleet flagship.

Photo by Scott Barnes

Above: Vice Admiral Franchetti leads at Naval Support Activity in Naples, Italy.

Photo by Mass Communication Specialist 3rd Class Trey Fowler

Even Eeyore WAS Included

How the power of connection makes us better

By Sally Spencer-Thomas, Ph.D.

OVER THE PAST FEW YEARS, A WINNIE THE POOH meme has received quite a bit of attention. It depicts Eeyore saying: “One awesome thing about Eeyore is that even though he is basically clinically depressed, he still gets invited to participate in adventures and shenanigans with all of his friends, and they never expect him to pretend to feel happy. They just love him anyway, and they never leave him behind or ask him to change.”

Changes we experience in life often bring into focus the role our networks play in our well-being. Positive acceptance and inclusion by social groups provides security and companionship, which in turn promotes emotional wellness.¹ Conversely, loneliness has been linked to many mental health conditions.^{2,3} Loneliness has an evolutionary origin as a cue that we are in danger of being isolated and vulnerable and is one of the main indicators of social well-being.

Fitting in is NOT Belonging

Brene Brown reminds us that “belonging” and “fitting in” are not the same thing.⁴ People that have the deepest sense of true belonging are people who also have the courage to stand alone and risk disconnection in order to remain authentic. “Fitting in” is about

assessing the expectations of others and them assimilating in order to be accepted. We only fully belong when we can be our true selves. True social connection is based on trust, empathy and vulnerability.

Social connections often are experienced through “inner circle” and “outer circle” ties.⁵ Inner circles tend to be small, informal and enduring — we often describe them as our significant others — or family and close friends. Outer circle ties are less personal, shorter-term and sometimes defined by formal roles and membership like connections through a workplace, school or faith community. Social support can happen a number of ways — like through emotional support, informational assistance or practical aid.

Sometimes, for better or worse, relationships leverage social control. Through influence and pressure, social connections can contribute to changes that can either alleviate or contribute to emotional distress. The feedback that we get from our social connections through comparisons and judgments of our worth directly impact our self-esteem which in turn is connected to our experience of life satisfaction and happiness.



How Does Connection Help?

Finding people with a shared experience can be an important step in validating our own experiences. When we see that others have walked our same path, we know we are not alone.

Anna S. Mueller, PhD, an Associate Professor in the Department of Sociology at Indiana University, makes this distinction, “For sociologists, connection and belonging are very different things. Connection describes a tie between two or more people while belonging describes a psycho-social experience of feeling a part of something bigger than yourself.”

Connections can be healthy or unhealthy,⁶ depending on the content or quality of those ties. For example, if you’re in an unhappy relationship,⁷ breaking that tie can be better for your health. Unlike connectedness, belonging is an individual feeling that is good for us, one that people need as a social species to feel safe and secure.

When Does Connection Make Things Worse?

In a world with so many technology tools to passively engage with each other, we often forget to directly engage in more personal ways. We have sacrificed depth for breadth of relationships. Anonymous bullying behind the protection of social media drives holes in our ability to feel safe in social circles online. Superficial posts make everyone’s life seem perfect, and sometimes people engaging with these displays of the ideal self feel inadequate and unlovable by comparison.

Joelle Marie Nourse, a Certified Peer Specialist puts it this way, “A feeling of belonging requires people being recognized authentically as their genuine selves. Without that a person ‘can’ have community — still supportive to an extent but not feel they totally belong because they don’t feel their true selves are loved or valued. The strongest and most supportive community values authenticity.”

For people in toxic environments, pushing those connections might



exacerbate negative thoughts rather than buffer against them. For instance, it can be invalidating to encourage a suicidal or at-risk person to “reach out” when what they need is their community to “reach in,” as this communication puts the blame on the person suffering. Feeling unsafe in your environment can feed in to increase in negative or suicidal thoughts.

Mueller shares, “When you live in a highly connected community, it can amplify demands on individual community members (for money, time, help, etc.), and while that can feel wonderful to be needed, it can be exhausting.”

In her research on a community with a significant suicide problem, Mueller’s team found that the high degree of connectedness played a significant role in the problem through the liabilities of connection⁸. Specifically, connectedness suppressed help-seeking among youth — needing mental health help was seen as contrary to community expectations for “good kids.”

Mueller’s study found that highly connected social groups are often better able to create and sustain a very homogeneous and coherent culture, where the rules about “good” people are clear, broadly shared and often narrow. When cultural rules are narrow, it makes it much harder for everyone to belong. Which then amplifies the potential for psychological tragedies.

What Are Ways We Can Promote Healthy Belonging?

Build an A-Team

When life throws people into the river of despair, what usually gets them through is their A-Team throwing them a life preserver. The A-Team leans in when times get tough, and their presence makes people feel like they matter. This crew doesn’t just materialize out of nowhere — it’s something we work on.

A-Team folks are people who have your back and you have theirs. When working well, your A-Team is standing by ready to pull up their sleeves and lend a hand to get you back on track. Everyone should have at least three people (better to have 10+) they can call upon. It’s best to figure out who your A-Team is before the crisis. Candidates may be friends from childhood, mentors or cherished family members. Whomever they are, it’s probably a good idea to let them know that they are on your A-Team. Answer these questions to help you think about who your team might be.

- **Who makes you feel good about yourself?**
- **Who brings out the best in you?**
- **Who knows the “real” you?**
- **Who would support you even if it meant they were inconvenienced? Who would drive across town to be with you?**
- **Who is a good listener?**

- **Who do you trust?**
- **Who has “walked a mile in your shoes” or at least shoes that are similar to yours?**

Send Caring Contacts

Now that you have a list of people, text or call each one, and let them know how much they mean to you. Let them know you were thinking about them. Send what we call a “non-demand caring contact” to them — a brief text or voicemail that simply states in your own words:

You are on my mind.

I care about you.

I am here for you.

I see how strong you are.

You matter to me.

Maybe set up a time to get together with members of your A-Team — just one-on-one — some time over the next few weeks. Let them know what you need from them when you need support. Most people just need their A-Team to show up and listen. Chances are you will take turns on who needs who. When you don’t know what to do to support others, ask yourself, “what would they do for me in this situation?”

Learn to Have Vulnerable Conversations

Mueller states, “Talking openly and honestly about suicide can save someone’s life. It can lower barriers to help-seeking so that if they ever get to that point, they have someone they can tell. So, educate yourself on how to talk to someone about their experiences, even if it’s scary. Sometimes, just the presence of someone who cares, someone who may not have any of the ‘right’ words, can make a huge difference in feeling connected and less alone.”

The process of having vulnerable conversations when people are needing support starts with being fully present and learning to listen without judgment. The next step is to learn how to reflect back thoughts and feelings you notice in a conversation, by saying things like, “It sounds like you are not sure what to do,” or “Let me see if I heard you correctly [then summarize what you heard them say]. Did I get it right?”

The next level of validation happens when you help them figure out what they are feeling. People are often confused about their own emotions because they have been in invalidating environments or have been

rewarded for pushing them down so far they can no longer access them. Here you can help them put words to feelings like, “That seems very frustrating,” or “What you are experiencing as anxiety may just be a form of excitement, what do you think?”

A deeper process of validation happens when you can connect the dots between their current experiences and past history and biological wiring, especially when certain current emotional experiences are connected to past trauma. For example, you can say, “Given what you have experienced in the past, it is not surprising that you have these reactions today.”

The level of validation that most helps people feel worthy and connected happens when we normalize emotional reactions as common experiences. For instances, “You know many people in similar situations feel the same way you do. You are not alone.”

You achieve a level of validation with radical genuineness when you interact with others as real people and express both support and your confidence that they have the capacity to find their way through their distress.

Eeyore Wisdom

Deep, positive social relationships with others can buffer against negative feelings. When we feel a powerful sense of belonging, we often feel like we matter. Knowing that our role is valued within a community helps us experience purposefulness, which gives us energy to persevere when we hit hard times.

In the end, we can be reminded of Eeyore’s catch phrase “Thanks for noticing me.” It feels good to be noticed and to belong to something larger than ourselves. 🔥

About the Author:

Sally Spencer-Thomas is a clinical psychologist, inspirational international speaker and an impact entrepreneur. Dr. Spencer-Thomas was moved to work in suicide prevention after her younger brother, a Denver entrepreneur, died of suicide after a difficult battle with bipolar condition. Known as an innovator in social change, Spencer-Thomas has helped start up multiple large-scale, gap filling efforts in mental health including the award-winning campaign Man Therapy and is the lead author on the National Guidelines for Workplace Suicide Prevention. She currently serves as the Executive Secretary for the American Association of Suicidology and the President of United Suicide Survivors International. Connect with Sally at www.SallySpencerThomas.com and on Facebook (@DrSallySpeaks), Twitter (@sspencerthomas) and LinkedIn.

Footnotes

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ROSE & GREEN

On A Mission to “Kare” for Others

Creating Connection and Community

By Allison Lynch St. Germain,
Alpha Upsilon-Maine

W

Whenever Katie Staub, Omicron Pi-Frostburg State (MD), drives around downtown Baltimore she finds herself looking for a neon orange backpack.

Since the day she gave it to a homeless man named Sterling, she hasn't seen it since.

Katie is the force behind a community organization called Katie Kares. The group organizes monthly handouts to the homeless which is where she met Sterling. “Sometimes we see people monthly. Sometimes we never see them again,” Katie shared. “I had never seen Sterling before he walked up to us, hunched over and in layers of clothing. I went up to him to ask what he needed. Even with all the layers he had on, he needed clothes. He tried putting them on but it physically hard for him with his back almost parallel with the ground.”

After outfitting Sterling with warm clothes, Katie noticed he needed a bag to carry them however the group had no bags left that day. “My cousin went into her car and dumped out her neon orange backpack and gave it to him,” Katie continued. “Then my aunt, who also has back pain, had a cane, and gave it to him. He wrapped his arms around me saying that no one had taken care of him in so long.”

PHOTO BY JON TYSON ON UNSPLASH



Katie and her band of family and friends are taking care of the needs in their community, one person at a time. She started off volunteering at a local resource center which allowed Katie to see the need in the homeless community in Baltimore. But, when she switched jobs, the volunteer hours didn't work for her new schedule. After talking to her mom, Karen, and girlfriend, Lindsey, Katie Kares was created. “My mom got me a bin for my birthday covered with decals for Katie Kares filled with things to give out,” Katie says. “As people heard what we were doing, more wanted to donate. We learned more



Left: from left, Karen Staub, Katie's Mom, Andrew Blankenship, Katie's cousin, Katie, cousin Tyler Blankenship, Lindsey Cheatham, Katie's girlfriend, and cousins Nikki, Nicholas and Zachary Blankenship.

Below: Katie with Tony Thornton, a longtime volunteer who recently passed away. Katie says, "Tony made sure our group and the folks in need were able to communicate and get everyone help."



about the homeless community and more about what is needed."

Today, Katie collects clothing and hygiene products on a regular basis and stores them in a donated storage space. She plans regular sorting days where volunteers, many of whom are Delta Zeta sisters, come and help itemize what they have to handout and where there are needs. Some months there are lots of donations, and others she puts the word out via her social media channels to fill in the gaps, or she purchases items that are in short supply herself.

Then, typically the last Sunday of the month are distribution days. "We load up the rented UHaul truck with the bins and drive up to Baltimore," Katie explains. "About a week before I send mass texts to those who have helped or who have indicated they will help to meet at storage

place at 10 a.m. Donuts help!" After orienting new helpers, they are given vests so Katie can watch them while on site. They go over the day and what is needed. "Of course, some people are nervous and scared," Katie shares.

“**The homeless or those in need are just people. They need connection and conversation like anyone else.**

A typical handout day may see 150 to 200 people waiting at the St. Vincent DePaul Society for the Katie Kares crew. "I can get them things to make them

safe and healthy now but can't help with next steps yet," Katie says. Eventually, she would like to open a resource center in Baltimore where people can come daily to get a meal, access the internet, receive medical care and get resources to figure out how to move on from their current situations.

Many people ask why she does it. Katie tries to remember as much as possible her place in the world and the advantages she has, and that other people don't. "I wish that more people would feel like they can come and talk with people that need it and not be scared and nervous. The homeless or those in need are just people," she explains. "They need connection and conversation like anyone else." 🍷

ROSE & GREEN



North Dakota Reunion

Even though the Upsilon Chapter from the University of North Dakota closed in the mid-1980s, alumnae initiated from 1965-1976 still meet up on campus regularly. This past summer, more than 24 alumnae gathered for a three-day event organized by Marilyn Augustin Hall and Jean Haley Harper. The sisters enjoyed sharing Delta Zeta memorabilia and perusing photos and scrapbooks with each other. Jean shared, "We all treasure our friendships that began with Delta Zeta and continue to this day!"

Above: Upsilon-North Dakota alumnae at their reunion in August 2019. Standing, left to right. Andrea Koshnick, Valerie Morrison, Lesley Markusen Augustin, Marilyn Augustin Hall, Karen Avery Lee, Kathy Van Eeckhout, Pam Brown Johnson, Marilyn Van Ornum, Joanne Van Ornum Lerud-Heck. Seated left to right (with Thorvald the Troll) Jean Haley Harper, Becky Toman Sallander, Diane Thomte Clinton, Sharen Engebretson Angell.

Taking a Stand with Green Dot



to life by the Xi Beta Chapter at Eastern Kentucky University. The chapter has been Green

Delta Zeta's vision to inspire action and impact lives is being brought

Dot certified. Green Dot is a nationally recognized bystander intervention program that builds the necessary skills to take action during situations where violence is occurring. Members learned vital skills on how to handle situations such as stalking, partner violence, and sexual assault. By becoming

Green Dot certified, the members of the chapter were empowered to be prepared to handle these very difficult situations. With this training, not only could the women of Xi Beta help other sisters in their chapter, but also the community around them.

The Resiliency of Sisterhood

As a freshman going through recruitment at Louisiana State University, Abby Roux was drawn to the close and special sisterhood that she saw with the Sigma Chapter. She saw the bonds between the members and knew that was where she wanted to be on Bid Day. Abby knew Delta Zeta was where she was meant to be. However, Abby didn't know that the sisterhood she just joined would get her through the worst time in her life.

On October 1, 2019, eight weeks into her first college semester, Abby was diagnosed with astrocytoma stage two cancer—she had an eight by six brain tumor. Three days after her diagnosis, Abby had surgery to remove her tumor, and her doctors were taken aback at how quickly and well she recovered.

"They [the doctors] prepared my parents by saying that I would forget who they were and how to talk and walk, but none of that happened. After surgery, I immediately began talking and knew who everyone was," Abby said.

But Abby knew she still had a long way to go. She didn't know how she would get through it, but then her new DZ sisters stepped in.

"Delta Zeta helped me in ways I can't even describe. Just reminding myself that I would one day be able to go back to them helped me get through the worst moments of my life. I'm so thankful I was put into this [DZ] community, because if I didn't have them to go back to, I honestly don't know if I would go back to LSU."

However, the Sigma Chapter wanted Abby to know she was one of them, forever. So, because she



STEADFAST LOVE

Abby, center, on her initiation day with her Sigma Chapter sisters.

was still recovering from surgery when it came time to initiate the new members, the chapter went to her. The executive board and some active members went to Abby's home to initiate her. It was in that moment that she knew she couldn't have picked a better sisterhood. Abby said, "I was going through one of the worst parts of my cancer experience, so getting the text that members were coming to

initiate me helped me keep fighting."

Abby's road is still filled with many challenges and months of chemotherapy, but because she has her family and sisters at Delta Zeta, she says she is ready to fight. She is excited to return to LSU and her sisters in the fall, but she knows her sisters are always with her in spirit. In this way, the Sigma Chapter truly lives out the Delta Zeta Creed — "To those closer ones, love that is ever steadfast."

Abby is loved fiercely by her sisters as she fights for her life, and that is the resiliency of sisterhood.

Dancing on a National Stage

On January 21, 2020, Courtney Porter, Kappa-Washington (left), competed in the UDA National Dance Team Championship. Courtney is currently a senior and part of the UW Spirit team. The team took eighth place. Courtney said, "Nationals was an experience that I'll cherish forever. We worked so hard as a team and left it all on that stage. The process was amazing and challenging in so many ways. I loved every minute of it!"



ROSE & GREEN

Foster Parents Provide Children a Home

STEADFAST LOVE



Kristi Leissner Schwartz, Stephen F. Austin State (TX), and her husband David adopted eight-year-old, Nike, on February 17, 2020 at the Collin County (TX) Courthouse after fostering him for almost four years. Nike joins Kristi's other children, Kylee (17) and adopted daughter, Lily (10). They had 300 family and friends in attendance at the ceremony. The Schwartz family have been fostering children through Buckner International

for 11 years and have fostered a total of eight children. They originally started their fostering journey to expand their family while also serving a need in their community and plan to stay involved by mentoring other foster and adoptive parents.

OHIO DENTIST PROVIDED COVID-19 RECOMMENDATIONS

As dentists throughout Ohio closed their offices, only offering emergency dental services, as recommended by the American Dental Association (ADA) and mandated by the Governor of Ohio, during the COVID-19 crisis, Dr. Lata Sedalia Stefano, Theta-Ohio State, found ways to still help. As the president of the North Central Ohio Dental Society, Lata supported patients and provided tips for fellow dentists on how to navigate, via her website www.stefanodental.com, their dental practices through the current coronavirus climate. via her website, www.stefanodental.com.



"As many of us are still acclimating to the new normal with COVID-19 restrictions, I've found some ways we can make a difference in the dentistry world," said Lata. "As dentists, we have employees, we have patients, we have practices, we have our health—but we have to put all of that in perspective of the needs of our community and our country. We're all in this together."

Iowa Cold Case Lawyer Featured on Dateline

It's not every day that you make a national news program. Elizabeth Smith Araguás, Iota-Iowa, is a partner at Nidey Erdahl Meier & Araguás, PLC in Muscatine, Iowa practicing primarily criminal defense and family law. She represented Annette Cahill, who was tried twice for the second-degree murder of her boyfriend, Corey Wieneke, in 1992. The case was featured on Dateline on NBC January 17, 2020, and Elizabeth's work was seen on a national stage. Her firm represented Ms. Cahill through two court cases, with

Elizabeth stepping into the lead role on the case after a partner from her firm passed away 10 days prior to the case starting.

"I stepped into my mentor's shoes to help finish this case," Elizabeth shared.

"Even though our client was convicted in this cold case, I am continuing to work on her behalf. It is important for me to show that even a perceived failure helps with future success."





Honoring Golden Roses

The Suncoast Delta Zeta Alumnae Chapter of Sarasota in Bradenton, Florida has twin sisters, Barbara Kelly Jagdmann and Susan Kelly Hogrefe, both from Epsilon Theta-Clarion (PA), who recently received their Golden Rose certificates for 50 years of membership.

While in Pennsylvania, Sheila O'Brien Henry was a charter member of the Iota Rho Chapter at West Chester University in 1969. After graduation, she became a member of the Reading Area Panhellenic, meeting other Delta Zetas, including Theora (Teddi) Marberger Denaro, Epsilon Zeta-Drexel (PA), who took Sheila under her wing. Teddi received her Golden Rose in 2006. When she passed away in 2012, Teddi's daughter then presented Sheila with her pin.

Sheila says "I wore Teddi's Golden Rose proudly to all our Panhellenic functions, though I would not achieve the distinction for another seven years." In 2019, Sheila received her own Golden Rose for 50 years of membership. "It is a true sentiment of my mentor, friend and sister, one that I hope to pass on as well," she shared.

Above: Barbara Kelly Jagdmann and right Susan Kelly Hogrefe, both from Epsilon Theta-Clarion (PA)

Right: Teddi Marberger Denaro, Epsilon Zeta-Drexel (PA) and right Sheila O'Brien Henry, Iota Rho-West Chester (PA)



From NICU Parent to NICU Nurse

Kymberly Elrod Strange, Epsilon Nu-Missouri State, a Registered Nurse working in a level III surgical NICU in Shreveport, LA always knew she wanted to work in the medical field. It was when she delivered her son three months early, she knew she wanted to be a NICU nurse.

Kymberly lived the parent role in the NICU before becoming a NICU nurse. Byron, Kymberly's now 13-year-old son, was born at 27 weeks and spent many months in the NICU. Byron has cerebral palsy, epilepsy, hydrocephalus and other medical issues. Kymberly returned to school after receiving her RN to complete a Bachelor of Science in Nursing at Missouri State University. Her personal experience has helped her better relate to patients' parents and provided her with inspiration to excel in her role.

ROSE & GREEN

WALK TRULY



YMCA Volunteer Changes Lives

Service is a vital part of Delta Zeta, and the Delta Sigma Chapter at Truman State (MO) shared that they feel that Johanna Burroughs (above) represents this in her daily life. Currently, Johanna works at the Adair County YMCA. Adair County is one of the most poverty-stricken counties in Missouri, making the assistance the YMCA provides crucial to the lives of the people it helps. Last summer, Johanna planned and served over 5,000 meals to children in the local community. Currently, Johanna is working to provide roughly 700 children and disabled adults meals each week! These meals are completely free, ensuring that even the individuals that need the most in the community receive good, well-balanced nutrition.

An Ace Remade



Sofia Hidalgo's, Pi Sigma-Texas/Dallas, habit of following her passions and interests started young. She is studying biochemistry all because her high school chemistry teacher persuaded her into pursuing a career in STEM. At age 8, she started playing tennis with her father, who had played tennis his entire life. She started competing once she entered middle school. "My favorite thing about tennis is the strategic side. Tennis is a physical as well as mental game. I really like to build a strategic plan when playing tennis. And it's also fascinating how much you can push yourself to do better. I love playing singles because I see all my capabilities but I love doubles because it's a fun game that can be shared with your partner."

Sofia enjoys being active and her competitive nature pushed her to join the tennis team at UT Dallas.

She is thrilled to be a part of an athletic team again, and she's looking forward to her future experiences playing competitive tennis. Sofia says, "Delta Zeta has pushed me to follow my passions by empowering me to dare greatly even when I'm too scared to do so. It was actually one of my sisters that encouraged me to try out for the tennis team when I was still doubting if I was good enough or if I had lost my touch after some months of not playing." She emphasizes that "it's great to have sisters that care for you and challenge you to do things that scare you."

Sisterhood is all about teamwork, and Sofia Hidalgo has carried that sense of comradery and joy into her extracurricular activities. The sisterhood she found in Delta Zeta pushed her to explore her interests, and it will continue to cheer her on!





Turtle Trotting for Starkey

This year, the Beta Delta Chapter at the University of South Carolina held their annual Turtle Trot to raise money for Delta Zeta's national philanthropic partner, the Starkey Hearing Foundation. Many of their sisters participated in running in this 5K event. Other sisters participated by running registration and standing at various points of the race to cheer on those running. This truly helped to boost everyone's spirit and continue in the race! After the race was finished, some snacks were provided to the runners and games were opened for people to participate. The carnival themed games that were put on raised even more money for their cause.

Above: Beta Delta-South Carolina members, Kelsey Fogarty and Victoria Moy.



ALUMNAE FOUNDERS DAY CELEBRATION

The Huntsville Alumnae Chapter (AL) hosted a Founders Day Celebration where they honored new Golden Rose and Order of the Pearl members as well as presented awards and scholarships to alumnae and collegiate members. By selling raffle tickets for prizes at that event alone, the chapter presented a check for \$630 to the local pediatric audiology department of a local public hospital.

Above: Members of the Huntsville Alumnae Chapter (AL) presented their check to the Huntsville Hospital for Women and Children.

ROSE & GREEN

Silent Auction in Georgia

On February 22, Pi Rho's Vice President of Philanthropy, Katie Mckinnon, hosted the first philanthropy event of her term, a Silent Auction. This event allowed Delta Zeta members at the University of West Georgia to invite their family and friends to learn more about Hearing and Speech and see what Greek life on the West Georgia campus is all about. The chapter raffled off 10 baskets raising \$1,418 for Delta Zeta's national philanthropy. Katie says, "This event offers us the perfect opportunity to showcase our philanthropy to those who we care about most."



Right: Phi Rho Chapter members at the Family Day Auction.





SMOOCH A POOCH IN NEBRASKA

In October, the Beta Tau Chapter from Nebraska Wesleyan University raised over \$2,200 for the Starkey Hearing Foundation at Smooch a Pooch. Friends, families and supporters were allowed to bring their dogs and enjoy each others' company as well as delicious food!

Left: Smooch a Pooch at Beta Tau-Nebraska Wesleyan.



Dancing for a Miracle

The Beta Xi Chapter competed in Auburn University's Dance Marathon (AUDM). AUDM is an event held on campus where students attend a 14-hour event in an effort to raise money for the Children's Miracle Network. At the event, students dance, play games, interact with miracle kids and meet miracle families. Helaina Theos, Reeves Holden and Annslee Shields, all Beta Xi members, served in leadership roles throughout the year in preparation for the big event. They constantly sought out donations to reach their goals and support a cause that is very near to their hearts. This year, Delta Zeta's team placed 7th overall in fundraising out of 46 teams and Helaina Theos was the second highest individual fundraiser! The chapter helped contribute \$11,598 of the \$354,682 raised overall for Piedmont Columbus Regional hospital.

Above: Beta Xi-Auburn (AL) members Helaina Theos and Reeves Holden.

Delta Zeta Sisters Share Homecoming Court

Conner Clarcken, Kappa Phi-North Carolina/Charlotte, was crowned Homecoming Queen at the University of North Carolina/Charlotte homecoming football game halftime show this past fall. Her sisters were cheering her on along with fellow sister Katelynn Bruno, who was also on homecoming court. Conner has been involved in many on-campus endeavors, including serving as a Senior and Junior counselor for the Student Advising for Freshman Excellence (SAFE) program, a member of the Order of Omega Honor Society, a member of the Psi Chi Honor Society, a member of the National Society of

Leadership and Success, working as a research assistant and has been on the Chancellor's list every semester of her collegiate career. Katelynn has served as the Kappa Phi Chapter's President and Vice President of Philanthropy. Her campus involvement also includes being a member of the Order of Omega Honor Society, co-founding the Gift of Life student organization, serving as Executive Director for UNCC's Dance Marathon, and received the honors of Chancellors and Deans list.

At left: Katelynn Bruno and Conner Clarcken (right), Kappa Phi-North Carolina/Charlotte.



ROSE & GREEN

Welcome to Delta Zeta!

One of the most exciting times in a chapter's calendar is when they welcome new members to their sisterhood. We all love to go a little overboard in welcoming our new sisters, and who wouldn't? Each new member adds her own special spark to our flame. We wanted to share some of the special moments chapters shared and hope they bring back fond memories of when you first wore the golden lamp!

Beta Delta-South Carolina says that Bid Day is the Best Day. They welcomed their bid day buddies with open arms this fall and celebrated Ice Ice Deezy fully!



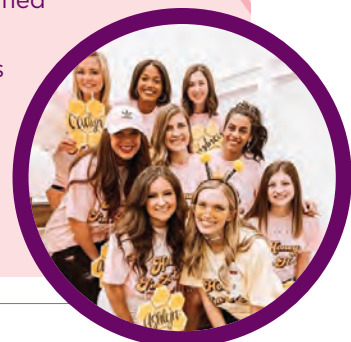
Brooke Schaefer, Kappa Chi-Youngstown (OH) (above) welcomes potential members during recruitment.



Faith Wright, Delta Upsilon-Marshall (WV) (left), is currently serving as the Vice President of Recruitment for Marshall University's Panhellenic Council.

She is working to use social media in a positive way that is beneficial to potential new members within the Greek community.

Epsilon Xi - Central Arkansas, (right) welcomed nine new members this spring with their "Honey I'm Home!" theme.





Rho at the University of Denver (left) sets up hiking trips for sisters to spend time outdoors together. From left to right, Sofia Robles, Zoe Woods, Emily Bell, Jocelyn Wirfel and Marli Weisman.

Beta Tau at Nebraska Wesleyan University (right) is growing! This past fall, 26 new members who represent the chapter ideals joined the family. Many have already taken on supporting positions in the chapter.



This spring, new members from **Beta Lambda-Tennessee/Knoxville**, (above) celebrated their chapter's accomplishments, including being named 2020 Panhellenic Chapter of the Year.

Xi Rho-Clarkson's (NY) (below) spring 2020 new members actively got involved with the chapter.



HOME

Living Pink and Green

Bring your DZ experience
into your own home

By Kayla Ray, Theta Psi-Ashland (OH),
Communications Coordinator

Inspiration can come from anywhere. It can come from a person, place or thing. Why not use your Delta Zeta experience to inspire a space you love in your own home? At each Delta Zeta National Housing Corporation property, the spaces are designed to inspire our members while also feeling tranquil and welcoming at the same time to give our sisters a home away from home. If you are looking for a way to bring a little Delta Zeta inspiration into your own home, check out these Delta Zeta living areas that use pops of pink and green to spark your home design creativity for any room or space. 🌸

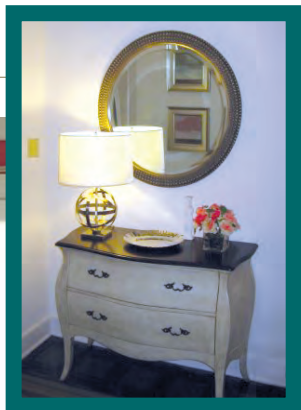


▲ Creating a feature wall by adding a splash of color can go a long way! The Xi Phi Chapter at the University of Missouri/Kansas City adds a little color to one wall to help make their fireplace and mantel really stand out. Notice the throw pillows tie into not only the wall color, but also the drapes as well, while keeping the remainder of the furniture and décor neutral toned.



◀ At the Epsilon Chapter at Indiana University, adding subtle hints of gold finishes, such as the mirror and coffee table, really make the pink flowers and green books on the mantel, as well as the green tones in the throw pillows stand out against the neutral tones of the rest of the furnishings.

▲ The Lambda Pi Chapter at Georgia College and State University uses a pink ottoman to brighten the room and serve as a focal point. The pink throw pillows, soft green chairs and neutral couch play off of the ottoman to pull the whole room together. Notice the six inspirational graphic art pieces on the wall that also have small pops of pink to tie into the room, along with playing off of the number of Founders we have.



▲ Looking to dress up your entryway? A statement mirror paired with a cabinet or table, like the pieces found in the Omicron Zeta Chapter's foyer at Randolph-Macon College, can help style your entryway. To keep from getting a cluttered look, limit the number of items placed on the table or cabinet. A lamp, flowers and a beautiful small dish for your keys can give you an understated, yet dramatic look, while also being functional.



► Working with a small living space and looking to make the most out of that area? The Alpha Chapter at Miami University excentuates their suite with subtle green accents among neutral tones, sleek furniture and simplistic décor to help make their space feel bigger than it really is.



◀ The soft green and pink tones of the couch found in the TV room of the Pi Lambda Chapter at the University of Tennessee/Chatanooga paired with the floral paintings give this room a sense of tranquility.



▼ Simplicity doesn't have to mean plain. the Iota Chapter at the University of Iowa brightens up a small alcove with simple, yet fun, green floral-patterned armchairs and pink flowers. The look is accented with a stylish gold lamp.



▲ The Lambda Rho Chapter at Illinois State University features fun pops of green such as throw pillows and lamps among soothing neutral tones throughout their living room. A beautiful and fun mirror hangs above the mantel to tie the room together and bring an extra touch of elegance.



FLAME ETERNAL



Beverly Baldwin Burnsed Spencer

PAST NATIONAL OFFICER

Delta Zeta learned of the passing of Beverly Baldwin Burnsed Spencer, Alpha Sigma-Florida State, Past National Officer, on November 28, 2019. Beverly served on National Council as National Director, National Vice President of College Chapter Operations and National Secretary.

Beverly joined the Alpha Sigma Chapter at Florida State University and served as Chapter President her senior year. Teaching was her passion, but she eventually became the Dean of Students at Lakeland High School where she worked tirelessly for her students. Seeing so many opportunities to improve education she was inspired to run for the Florida Legislature with the slogan "A Woman's Place is in the House." In 1976, she was elected as the first woman from Polk County, Florida. Beverly took Tallahassee by storm and kicked off 12 years of legislative service to the people of Florida. During her time in office she chaired 10 different committees received the 1979 Representative of the Year award. In 1988, she left the Legislature and served four years as Florida's Assistant

Secretary of State. In 1992, Beverly became the first female Vice President at Florida State University, hired to oversee the Office of University Relations. In 2006, she retired and devoted her time to her true passion, volunteerism.

Beverly's list of accomplishments was extensive including many firsts for women. She was most proud of the designation as the 1985 Delta Zeta Woman of the Year, the 2018 FSU Emeritus Alumni Society Commitment to Excellence award and the 2017 Girl Scout Council of the Florida Panhandle Women of Distinction award. Those who knew Beverly knew that her legacy was not a resume; it was the impact she had on every person she encountered. She was a passionate teacher her whole life and dedicated to serving others. 🔥

ALPHA

Nancy Wygant
Mills, 1950

GAMMA

Rosella Wilson
West, 1945

DELTA

Carol Kreiger Salter,
1948

EPSILON

Susanne Winkler
Kettelhut, 1953

THETA

Barbara Huffman
Clark, 1954
Marilyn Amrine
Hardacre, 1954

KAPPA

Mary Elizabeth
Swartz Robinson,
1944

MU

Margaret Ross
Thomas, 1943
Vivian Gisin, 1946
Jocelyn Muller
Gilbert, 1950

OMICRON

Jane Lasher
Thomas, 1949
Millicent Maravich
Seeberger, 1952

SIGMA

Verien Norton
Flaherty, 1953
Margaret McLachlan
Cammatte, 1961
Ann Gail Olivere
Morel, 1963

TAU

Virginia Smith
Swingen, 1947

UPSILON

Shirley Deeter
Dahl, 1948

Obituaries reported from November 1, 2019 to February 29, 2020. Year of initiation shown after name.

CHI

Betty Ray
Ballantine, 1942

PSI

Doris Brown
Alexander, 1950
Ann Heminger
Allen, 1959
Luanne Lienberger
Keith, 1966

OMEGA

Veda Nicholes
Ricketts, 1946

ALPHA ALPHA

Jane Dean Beer,
1959

ALPHA BETA

Ann Cervera
LaPoint, 1962

ALPHA GAMMA

Sue Smith Vice,
1950
Anne Lightfoot
Calhoun, 1951
Vicki Chittam
Adams, 1973

ALPHA KAPPA

Clara Willey Lilholt,
1952
Dorothy
Wischhusen
Ferlow, 1954

ALPHA OMICRON

Judy Kelley Everett,
1966

ALPHA SIGMA

Margaret Jester
Wolverton, 1949
Beverly Baldwin
Burnsed Spencer,
1960
Marie Janine Czaja,
1976
Victoria Underwood
Taylor, 2012

ALPHA TAU

Roselle Maxwell
Braun, 1947
Anita Holt
Eisenhauer, 1961

BETA ALPHA

Janet Mary Shea,
1975

BETA GAMMA

Breanna Mackenzie
Price, 2010

BETA THETA

Claudette Turner
Thompson, 1961
Jane LeBars
Dembert, 1968

BETA KAPPA

Doris Hatcher
Erickson, 1949
Christy Hagberg
Williams, 1971

BETA MU

Lora Irene
Shoemaker
Monson, 1950

BETA SIGMA

Verla Blevins
Carthel, 1951

BETA PSI

Harriet Molony
Condon, 1943

BETA CHI

Marcia Kraemer
Bishop, 1946
Linda Korzuck
Davis, 1963

GAMMA ALPHA

Nancy Kuhns
Johnson, 1950
Ann Burkhart Hull,
1989

GAMMA BETA

Mary Ann Plavnick
Tracey, 1948
Janice O'Brien
Almond, 1950
Jeanne Halpin
Brady, 1954

GAMMA EPSILON

Annette Golliet
Vance, 1961

GAMMA IOTA

Connie Grubb
Ballard, 1954

GAMMA KAPPA

Ellen Jean
DeArment
Mathews, 1951

GAMMA MU

Shirley Niles Olson,
1948

GAMMA PI

Patricia McAnully
Kraai, 1959

GAMMA RHO

Shirley Ohms Doyle,
1956
Lois Ann Brown,
1957

GAMMA SIGMA

Virginia McDonald
Anderson, 1955

GAMMA TAU

Sally Gallup Lassek,
1956
Celeste Constantino
Giantsos, 1969

GAMMA CHI

Linda Godsey
Wedding, 1956

GAMMA OMEGA

Teresa Louise
Konkowski, 1982

DELTA ALPHA

Barbara Hetzel Dill,
1965

DELTA DELTA

Joan Limehouse
Milsap, 1955

DELTA EPSILON

Barbara Inselmann
Cleary, 1966

DELTA PI

Eunice Severns
Bradley, 1956
Lois Joanne Ramy
Edmonds, 1956

Marilyn Weaver
Leeds, 1956
Phyllis Moore
Stroud, 1956

DELTA TAU

Pauline Sparling
Galloway, 1962

DELTA PSI

Marian Wilkinson
McWilliams, 1956

DELTA OMEGA

Alexis-Athena Steva
Wyatt, 2015

EPSILON BETA

Myrtle Babin
Babcock, 1957

EPSILON ETA

Betty A. Bosse,
1957

EPSILON MU

Carolyn Watkins
Odom, 1958

**EPSILON
OMICRON**

Carol Hebenstreit
Uebner, 1962
Mary Spoor Snow,
1965
Carrie Mills Finley,
1993

EPSILON RHO

Mary Botkin Hall,
1957

EPSILON SIGMA

Dolores Sachs
Neely, 1958

EPSILON PHI

Gail Gajda
Dziurman, 1959

EPSILON OMEGA

Kaye Berseth
Raffenbeul, 1960

ZETA ALPHA

Joyce Burklund
Perino, 1969
Judith Maxson
Kaspar, 1976

ZETA EPSILON

Barbara Horak
Smith, 1964

ZETA OMICRON

Bonnie Leavitt
Brundage, 1964

ZETA TAU

Vicky Osborne
Collier, 1962

ZETA CHI

Janet Taylor Kirby,
1963

THETA ALPHA

Janice Turpen
Hakanson, 1962

THETA SIGMA

Kathleen
McMenamin
Corabi, 1973

KAPPA ALPHA

Allyce Fontaine
Juenke, 1977
Monique McKemie
Funk, 2005

LAMBDA THETA

Samantha Lyon
Fonville, 1996

LAMBDA PI

Dianne Weiss
Bayne, 1978


OMICRON MU

Haley Elizabeth
Kornegay, 2014

PI OMICRON

Gabriella Giovanna
Adamo, 2015

PHI BETA

Mary Schoen
Keating 

GLOBAL CITIZEN

I'm All In

My Journey to Becoming a Global Citizen

By Kathryn Kalbitz, Iota Alpha-Texas State

M

y journey started in the Fall of 2015 when I went through recruitment at Texas State University. I remember how hesitant I was to buy into the whole "sorority thing" until I learned about Delta Zeta and their drive to be global citizens, making the world a better place. Delta Zeta's partnership the Starkey Hearing Foundation sealed the deal for me. Why wouldn't I want to be a part of something that is so much bigger than myself?

DEVELOPING A HEART FOR HEARING

During my first semester as a new member, Delta Zeta held its national Heart for Hearing contest and I fundraised until my name popped up on the page where "Top Fundraisers" were listed. The day I received the email inviting me on a global mission trip to India with Starkey and Delta Zeta, I screamed and cried more than I ever had in my entire life. This 18-year-old freshmen from a small town in Texas was going to get on a plane with strangers and fly halfway around the world to a country I'd only learned about in geography class. I was elated and terrified all at the same time, but I knew I was about to experience something beyond words.

My experience traveling to India burst my little southern bubble in the best way possible. The people and culture were far from anything I had ever experienced. The mission days were long and filled with smiles and



I just knew I belonged there. Each patient that sat down in my chair had a different story and way of how they came to be in this exact place at this exact time. Each patient that sat down brought a rollercoaster of joy, laughter and tears. While in India, we fit over 1,400 patients, most of them children from local schools, and I could feel my heart swelling from this growing love. After this experience, all I wanted to do was share this with every Delta Zeta sister in my chapter.

Passion sparks passion, and all I could think about was how the Iota Alpha Chapter could better contribute to Delta Zeta's \$5 million pledge to the Starkey Hearing Foundation. I went on to become my chapter's Vice President of Philanthropy and orchestrated bigger and better philanthropy events, by sharing pictures from missions, fun facts about Starkey and motivational goals to boost morale. I never missed an opportunity to talk to someone about my experience and how amazing it was that, at that very moment, thousands of people around the world are hearing because of Delta Zeta's commitment to Starkey.



TAKING A BIG LEAP

After my term, I was left with an empty schedule. So, I applied for, and was accepted as, one of the new Global Marketing Interns with National Headquarters. The purpose of the position fit with my personal goals: help Delta Zeta and its members to grow our efforts to support our national philanthropy. I met so many amazing women and truly felt like I helped my assigned chapters better their philanthropy efforts. I attended my second hearing mission trip in Honduras with the Global Marketing Interns and other sisters who had won that year's Heart for Hearing Contest. This trip was even more special because I was shoulder to shoulder with so many others who shared the same passion as I did for Delta Zeta and our philanthropy work. Again, I just felt like I was meant

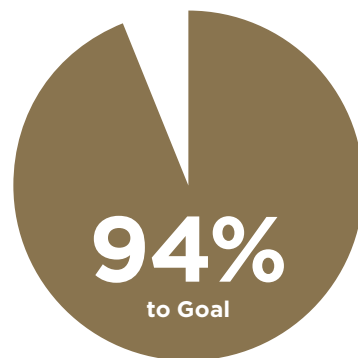
to be there. I remember one of my sisters asking me, "What is it like?" I told her she would just have to wait and see because it's a feeling I'm not sure anyone will ever be able to put into words. It changes you so much because you know you're changing someone else's life forever.

After graduating in May 2019, I had no idea what I was going to do with that diploma I'd just earned. My whole world for the last four years was Delta Zeta and philanthropy. How can I just box that up and put it on the shelf?

“

My love for our sorority and our philanthropic partner turned into my career. Buying into the whole "sorority thing" was the best decision I ever made.

I couldn't. So, what did I do? I relentlessly bugged Starkey until they decided to take a chance on me. In October 2019, I started working for the organization that stole my heart four years before. My love for our sorority and our philanthropic partner turned into my career. Buying into the whole "sorority thing" was the best decision I ever made. Our sorority gave me the opportunity to pursue a career I love and continue my journey as a global citizen! 💖



Almost There!

Delta Zeta is in the last stretch of reaching our \$5 million goal supporting the Starkey Hearing Foundation.

As we complete that milestone this year, we are excited to continue our philanthropic efforts by updating our campaign to Heart for Hearing and Speech. You can learn more about future philanthropy efforts at hearing.deltazeta.org.

\$4.7 Million
RAISED

31,668
TOTAL GIFTS MADE

May 1, 2020

TRULY ΔZ

Field Rep. Leadership Consultant. ELC. They've been known by different names through the years, but they are a valuable part of Delta Zeta's support of collegiate chapters. This year, Alexis Ferguson, Zeta Psi- Stephen F. Austin State (TX), has served in the role of Educational Leadership Consultant (ELC), supporting the Beta Theta Chapter at Bucknell University and other extension efforts. Alexis shared a bit more about herself with us and her Delta Zeta and ELC experience.

LAMP: What's your favorite line of the Creed? How do you work to practice that line in your everyday life?

ALEXIS: To give graciously of what is mine. I feel very fortunate to live the life that I do. I think it is so important to always give back and invest time and energy into people who need it most. Taking the time to do the smallest things for people can make the biggest impact, not only in their life but your own.

LAMP: Favorite role you've had in the Sorority?

ALEXIS: Being an Educational Leadership Consultant! I enjoy being able to travel and assist chapters in areas of membership and chapter operations. I am grateful for the opportunity to meet new sisters and empowering them to make the best of their collegiate experience.

LAMP: What motivates you to get out of bed in the morning?

ALEXIS: I wake up and tackle each day as a new

opportunity. I am motivated to be successful, and I strive to do things that I am passionate about. My recent passion has been looking to advance my career in Student Affairs and Higher Education.

LAMP: What is something most people don't know about you?

ALEXIS: I am a dog mom to a 5-year-old chiweenie! His name is Bentley Michael, and he enjoys long walks to the mailbox and treats.

LAMP: Finally — pink or green?

ALEXIS: Green! We love an environmentally friendly sister!! ♡

66

I am a dog mom to a 5-year-old chiweenie! His name is Bentley Michael, and he enjoys long walks to the mailbox and treats.

Truly.

LAMP: Why did you join Delta Zeta?

ALEXIS: I really had no idea that sororities existed until college. I joined Delta Zeta my second semester of freshman year. After learning about Delta Zeta, I knew it would be a great opportunity to get involved and make connections with the women on my campus. I truly found my home away from home.



A photograph of two young women smiling outdoors. The woman on the left is wearing a pink top and has her hand near her face. The woman on the right is wearing a dark top and has her hands clasped. They are standing in front of a building with large columns and some greenery.

FOR EACH OTHER

We are educated, support each other, mentor each other, invest in each other and use our voices. When you empower the woman, you empower each other.

DELTA ZETA

FOUNDATION

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