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Moves Virtual

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Style Influencer

34 Building Community
with Philanthropy



the Lamp

OF DELTA ZETA

Choose
to be
Kind

WINTER 2020—2021

ARCHIVAL

The President's Plaque is made out of wood from the steps of the Old Main building on the Knox College (IL) campus. When Past National President Evelyn Adams Costello, Nu-Knox College (IL), retired at the 1958 National Convention, her chapter presented Delta Zeta with the plaque to honor her and all National Presidents. This plaque remains at the National

Historical Museum and Headquarters and a replica is given to the collegiate chapter of the newly installed National President.



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Assistant Director
for the Zoological
Health Program at
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THE LAMP

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DELTA ZETA SORORITY NATIONAL COUNCIL 2018-2020

Christy Phillips-Brown
Theta Iota-Western Carolina (NC)
National President

Ashley Patton Anderson
Iota Alpha-Texas State
National Vice President of Membership

Cathy Irvin Painter
Alpha Gamma-Alabama
National Vice President of Collegians

Barbara Jones Brotherton
Theta Nu-Minnesota State/
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Diane M. Stecher
Iota Xi-Missouri/St. Louis
Past National President

Leslie Evans Williams
Epsilon-Indiana
National Panhellenic Conference Delegate

FOUNDERS

Alfa Lloyd Hayes, 1880-1962
Mary Collins Galbraith, 1879-1963
Anna Keen Davis, 1884-1949
Julia Bishop Coleman, 1881-1959
Mabelle Minton Hagemann, 1880-1929
Anne Simmons Friedline, 1879-1932

THE ORDER OF THE LAUREL

Irene Caroline Boughton
Iota-Iowa
Grace Mason Lundy
Epsilon-Indiana
Elizabeth Coulter Stephenson
Alpha-Miami (OH)
Myrtle Graeter Hinkly
Delta-DePauw (IN)
Norma Minch Andrisek
Gamma Alpha-Baldwin Wallace (OH)

FROM THE PRESIDENT

Inspiring Action

"Organized effort, all working together is what helps the world along faster." — Elizabeth Coulter Stephenson, Alpha, Past National President



As we plan for the future of Delta Zeta, it's important to reflect on our history. Delta Zeta's Founders paved the way for a bright future and we often look back as we move ahead. In fact, we hear our Founders' names often and rightly so. They started something out of nothing, banding together with other women to find their support system on campus. And, they could have stopped there. But they didn't. They kept moving forward, expanding Delta Zeta.

Our Founders had the courage to share their friendship and invite others, like Bess Coulter, to join our special sisterhood. Imagine if they had not extended that generous gift of friendship to Bess? Delta Zeta would not have grown, installing our second chapter at Cornell University, because of her leadership.

We grow stronger because of what we give.

Delta Zeta sisters work together. And, though we come from many backgrounds, we make an impact in lives when we are united in our actions. I've seen it with our philanthropy and service efforts and the individuals touched in some way because of the generous spirit of our members. By extending ourselves, Delta Zeta has been able to add new philanthropy partners, like the American Society for Deaf Children and the SeriousFun Children's Network, extending our community impact around the globe.

I see our generous spirit in the friendship extended and accepted by those new members joining Delta Zeta. Despite the hurdles facing our chapters this year, so many more women looking for support systems found their sisters, like our Founders did.

The generous spirit of our membership doesn't end when we leave campus. The stories that we have heard this year, of our alumnae support of each other and our collegiate members, are big reasons I continue to volunteer. From the highly successful mentor programs, like our Truly Connected Networking Nights, to the everyday support of our collegiate chapters living through unprecedented times, Delta Zetas are there to support each other. It's so exciting to see the care and friendships Delta Zetas have for one another. The pride we feel when we see a sister or love we feel when we get a text, card or call from a sister. It's a bond like no other, and Delta Zeta friendships last a lifetime.

As we look to the future of Delta Zeta, I take comfort in knowing that I have a strong Delta Zeta family of sisters willing to create it together and keep our flame burning bright for many years to come.

Christy M. Phillips-Brown
National President

Ways to develop your generosity superpowers ...

Generosity is a superpower which can seem to come easily to some but might be hard for others to realize is in their grasp. We all have the capability of cultivating this tool to help not only ourselves, but our communities.

ONE

PUMP UP THE PLENTY.

Tell yourself there is enough to go around. Sharing is a way to show you care about others. It might be as simple as telling people about opportunities that could benefit them.

TWO

GRAB ONTO GRATITUDE.

Think about what you've been given. When we are grateful for what we have, and accept others played a role in that, we're better able to show generosity to others because we know how it feels.

THREE

JUST BECAUSE.

Be generous not because you expect something in return, but because it's the right thing to do.

FOUR

GIVE OF YOURSELF.

Generosity isn't always a financial power. We can give our time, experience or some other resource that is not found in our wallet.

FIVE

CELEBRATE OTHERS.

When someone is successful at something, or receives some good news, celebrate it. In our attention is currency world, redirecting the spotlight to others is priceless!

SIX

FORGIVE.

Live long enough, and we're going to have a hurtful experience with an individual. But look! Right there in the word "forgive" is that little word "give." And whether they accept it or even know about it, we'll feel better for the forgiveness we extend to others.

PLUS 1

Be inspired by our sisterhood and shared values to develop your own generosity superpower. Like Alfa said, "Our sorority ideals serve ever to remind us we can help others in this game of life. We can take nothing out of this world that we do not give to it."





Truly Connected Goes Virtual

by Mary E. Waterman, Director of Advancement,
Delta Zeta Foundation



Staying connected is more important than ever, even if connecting in person has been halted

because of the global pandemic. While this is obviously true for personal connections, this also extends to professional connections and mentorship relationships. The Harvard Business Review recently reported that there is a supply-demand imbalance with mentorship, with 75 percent of professionals in the workforce desiring a mentor relationship compared to only 37 percent actually having one.^[1]

Since 2016, Delta Zeta has worked to close the mentorship gap for our members. Truly Connected, our professional women's conference, has been hosted in five major US cities—Atlanta, Los Angeles, Philadelphia, New York City and Washington, D.C. The goal of Truly Connected has always been to connect with members, build skills necessary for navigating a career post college, and provide professional growth opportunities.

Now, more than ever, Delta Zeta saw the need to expand the valuable

networking opportunities provided through Truly Connected in person events to a virtual environment for our over 275,000 Delta Zeta members around the world. Thus, Truly Connected Networking Nights were born.

This fall, two Truly Connected Networking Night events were hosted each month for collegiate and alumnae members—one based on a targeted professional development topic and one based on professional industry. Barbara Poremba, Gamma Beta-Connecticut, served as the keynote speaker for the launch of Truly Connected Networking Nights in October, speaking about "Building Your Own Personal Board of Directors." She noted that these virtual events elevate the spirit and experience of Truly Connected to the next level, "taking the premises of

building a connected and networked community and bringing it to life online, virtually, wherever you are in the world."

As Delta Zetas, we are already a powerful group of women connected through our sorority experience. Truly Connected Networking Night events provided an opportunity to unleash the untapped value of these existing relationships and serve as the connection point for professional development, even when we cannot be physically together. 🔥

For more information on Truly Connected Networking Night events, please visit www.deltazeta.org/rightnow. You can also connect with Delta Zeta on LinkedIn for information on upcoming events.

The Delta Zeta Foundation, through gifts to the Member Development Fund, sponsored this program.

Digital Exclusive



Delta Zeta's professional women's networking conference, Truly Connected, went virtual this fall with our Networking Nights. If you weren't able to make the live events in October, November and December, or you want to brush up on important workplace skills, **the keynote and panel videos are all available on our website deltazeta.org/about-us/truly-connected-conference/truly-connected-networking-nights/.**

[1] Woolworth, Rick. Great Mentors Focus on the Whole Person, Not Just Their Career. Harvard Business Review. <https://hbr.org/2019/08/great-mentors-focus-on-the-whole-person-not-just-their-career>



Growing Delta Zeta's Future

Founders Day Challenge

October 22, 2020, the Delta Zeta Foundation kicked off Founders Day celebrations everywhere with the annual Founders Day Challenge. Generous donors came together to help the Foundation not only grow, but reach new heights through this challenge. We had a 50 percent increase over last year's total to support scholarships, educational and leadership programs, member

development initiatives and the Elizabeth Coulter Stephenson Grant, which provides emergency assistance funds to help our sisters during challenging times. Thank you for honoring our Founders and keeping their legacy alive through the growth of our sisterhood and support.

For more information on Founders Day Challenge, please visit dz.trulygiving.org.

"We must grow. Not just in numbers but in strength and character as well. Remember, that Delta Zeta always calls for the highest and best that is in you."

— Alfa Lloyd Hayes,
Founder

\$160,091

TOTAL AMOUNT RAISED

143

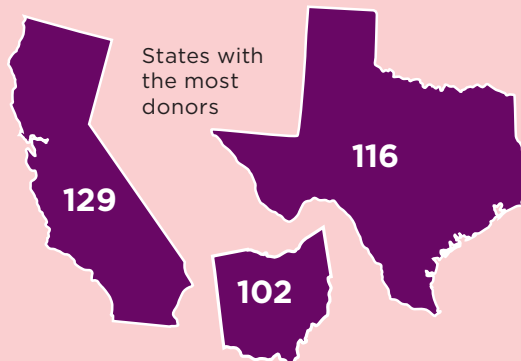
Collegiate donors

91

Friends of Delta Zeta (FODZ) donors

271

First-Time donors



1,170

Number of Gifts

177

Founders Day Challenge Ambassadors



ALFA

Chit Chat

We asked administrators and students **how COVID-19 has changed the higher education experience** this fall. While the future impact remains to be seen, and campus life may change, Delta Zetas are ready.



Higher education is getting a makeover, whether it was ready or not. Last spring, faculty, staff and students worked hard to make the best out of a difficult situation as they switched to virtual. This fall, campuses took a variety of approaches including face-to-face learning, virtual, hybrid or a mix. Regardless of format, we have seen a mix of challenges and successes. Institutions need to take these lessons and use them in the future. Connecting with students inside and outside the classroom has been an important theme. I have seen this firsthand at the college where I work. While being fully remote, we've seen outstanding engagement and support in the campus community.

— **Cindy Tinney Kozil**, Gamma Beta-Connecticut, Vice President-Enrollment and Retention, Dean College (MA)



This experience has required everyone to pivot in this new environment, and the best advice I have learned during this time is to think "hybrid first" in the future. Campuses should be prepared for things to never go back to how they used to be. For example, working in career services, we just can't take a career fair and expect it to be the same event virtually. The goals might be the same, to connect employers with students, but how we get there is different now. Those that are able to adapt faster will be much more successful in the future.

— **Summer Hernandez Salazar**, Omicron Alpha-St. Mary's (TX), Director of Employer Engagement, Texas Career Engagement, University of Texas, Austin



Even with an enrollment with over 25,000, the campus community I work with has a deep sense of commitment. This sense of loyalty helped when we shifted to virtual and high touch points with students have helped identify students who might be considered at risk. We've all been challenged to scrap our old models and come up with something new. Eventually, we might have gotten there, but now it's at a faster pace.

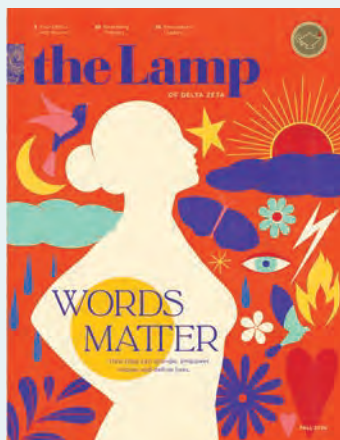
— **Helen Diamond Steele**, Ph.D., Lambda Sigma-Winthrop (SC), Director, Career & Global Engagement, Clemson University (SC)



Campus is definitely different because of COVID, but we've adjusted as students and as a chapter. With no in-person events, we still ask ourselves how can we engage and be interactive online? We are back to working at what the basics of what sorority is and maybe this time has made us hit the refresh button. Members are going to join for the right reasons, the network of women they connect with. Even though it's been hard, and I feel like I'm failing, I use my network of support to get through it. It's going to be okay!

— **Madeline Roy**, Omicron Delta-Bryant (RI), 2020 Chapter President

Your Words & Pictures



The Fall 2020 issue of The LAMP captured lots of attention when it was delivered to mailboxes and inboxes this past October.

Just received my LAMP and am thinking about how PROUD I am to be a DZ! The theme for the current issue is awesome — “Words Matter” — they do, in revealing our character and attitude toward others, as well as our world view. The words that come out of our mouths (and pens) reveal the heart. The theme articles are impressive — would like to see more of such themes and related articles.

— **Jeannie Alexander Samples,**
Alpha Tau-Texas

I must compliment you on the fall issue of The LAMP. I don't know if you have new editors, but this issue is head and shoulders above anything previous. I especially enjoyed the section on words. Keep up the good work — really an outstanding job.

— **Donna Reynolds,**
Mu-California/Berkeley



We asked followers on Instagram what the last act of kindness they received. It warmed our hearts to hear their replies! Sometimes the smallest gestures make the biggest impact.

My best friend got me hot chocolate yesterday when it was pouring rain.

— **Abigail Barker,**
Kappa Tau-Morehead State (KY)

When I was in quarantine, my sorority sisters threw cookies onto my apartment balcony.

— **Arianna Goss,**
Gamma Omega-Southern Illinois

One of my pre-school students gave me a big hug before leaving yesterday!

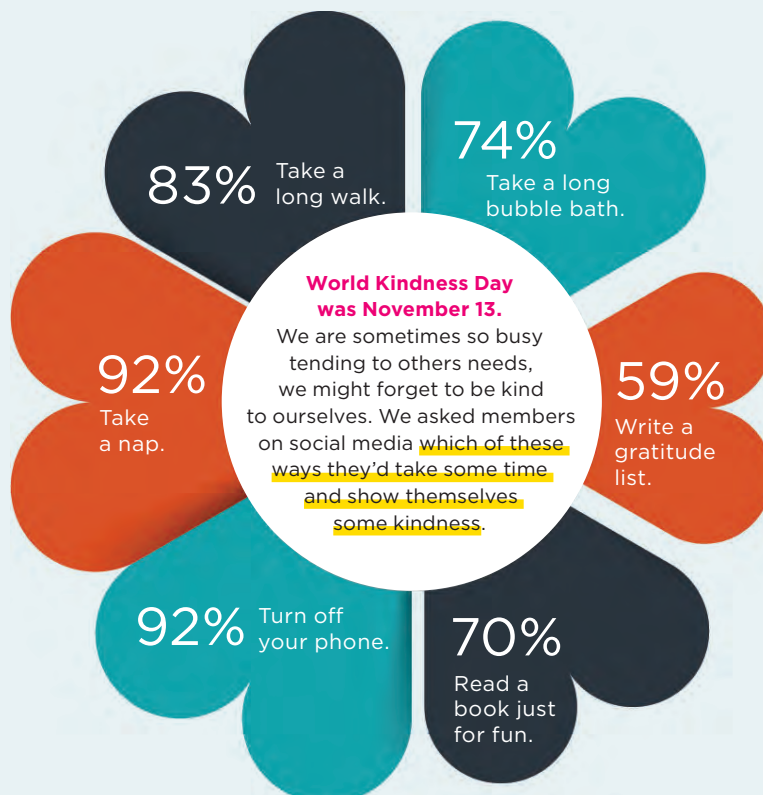
— **Charlotte Gross,**
Alpha Rho-Ohio Wesleyan

When I was going through a rough time, a friend surprised me with a book on happiness.

— **Sahar Yaqubi, Pi Sigma-Texas/Dallas**



Show of Hands



ALFA

Heritage

Reflecting Back to Forge Ahead

I

n 1912, Delta Zeta was celebrating our tenth anniversary and installing Elizabeth Coulter Stephenson as the second National President at the fourth National Convention at the Westminster Hotel at Winona Lake, Indiana. That Convention, with 17

attendees enjoying a week of Delta Zeta companionship, set in place some important parts of Delta Zeta's heritage; selecting October 24 as Delta Zeta's Founders Day, officially adopting our Badge, approving The LAMP as a quarterly publication, establishing the first two Alumnae Associations and appointing Founder Alfa Lloyd Hayes as the first Delta Zeta National Panhellenic Conference Delegate. At this point in history, many Panhellenic groups were fearful they would not survive and there was much talk of merging. But, with seven established chapters and a strong feeling of loyalty, Delta Zeta decided to stand firm and look ahead rather than giving up on the Founders' goal of a national sisterhood. Mrs. Stephenson's address to the Convention body (below) provides us inspiration today for how Delta Zeta can continue to forge ahead, using the voices and lessons from our past as direction.



It has pleased the Delta Zeta Sorority to confer its national presidency upon me. Be assured of my appreciation of this honor. It is my earnest desire to perform faithfully the duties required by this office. With the assistance of such a splendid corps of officers and the support of a devoted band of Delta Zeta girls, we should make considerable progress in the next few years. The work of the National Convention is to be commended for its provision of a registrar, extension committee and advisory board for The LAMP. These are departments greatly needed. They will aid very much in extending the work and increasing our usefulness as a sorority. Delta Zeta girls need no reminder of their duties for the advancement of Delta Zeta. We wish our sorority to grow not merely in numbers but in the strength of our adherence to the principles by which it was founded. In standing by these principles and refusing to waver from them

for one instant we are partaking of the spirit of the early pioneers of our country who strove, in spite of small numbers, and succeeded in spite of much adversity. Surely no one of serious mind would sacrifice these noble womanly principles or give up the beloved name of Delta Zeta for the mere sake of a larger membership. Rather let us remain a small sorority than to be so disloyal. By binding ourselves together in a strong and loyal band we can accomplish much for the betterment of college life and the broader field of womanhood. Many of you will recall the old parable of the bundle of sticks. A few sticks bound tightly together are very hard to break. Untie them and each one separately may be easily broken. So, let us stand sturdily by each other, firmly bound by the principles which we know are right.

If any girl finds herself drifting away from sorority life, let her search her heart for the



Left: Elizabeth Coulter Stephenson, Alpha-Miami (OH).

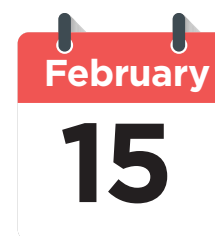
Above: The 1912 Convention at Winona Lake, Indiana was not all business!

Above right: Mabelle Minton, Ada May Burke, Alfa Lloyd and Myrtle Malott in Winona Lake.

reason. Does she not find that she has been slack in attendance at sorority meetings, or that she does not subscribe to The LAMP, or that she criticizes more than she helps, or that she has deferred paying her dues? To really and truly love any institution, one must be willing and eager to work for it. The more a girl gives up, the more she works for her sorority, the less she criticizes, the more she gets in return. No real Delta Zeta girl is satisfied to get much from her sorority and give nothing in return. Delta Zeta is justly proud of her daughters. Look through the pages of the past sorority publications. Womanly ideals and nobility of purpose shine forth from the words of the contributors. Let us make these ideals more truly our own than they have ever yet been. Membership in Delta Zeta means another beautiful opportunity that life has offered us for character building and usefulness to the world. ♡

Take Note

Foundation Scholarship Deadline

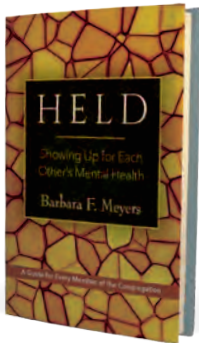


The Delta Zeta Foundation awards scholarships in recognition of academic excellence and financial need. Each year outstanding young women are able to continue their education because of the generosity of alumnae who contribute to existing scholarships or establish new ones. In addition to assisting college-age women, scholarships are also available to graduate students and alumnae returning to school.

The scholarship application deadline is February 15.
www.deltazeta.org/foundation/scholarships/



READING ROOM



Minister Shares How to Support those Living with Mental Health Issues

In “Held: Showing Up for Each Other’s Mental Health,” community minister and mental health advocate Barbara Kolsky Meyers, Mu-California/Berkeley, illustrates how members of religious congregations can be supportive to those living with mental health problems, and their loved ones, in their congregations and society at large.

Available at <https://uumentalhealth.org/held-showing-up-for-each-others-mental-health/>.



Co-Authored a New Model of Leadership

“Stupid Gone Viral: When Science and Reality Collide” is co-authored by V. Bridget Dreihobl Sarikas, Epsilon-Indiana, and provides a new model on becoming a leader with purpose. “The pandemic has highlighted how ill-prepared as leaders many were for being able to adjust to new ways of living, leading and learning,” shared Bridget. “The old ways in many instances were not working and for some – they still are not working. It comes in many flavors from poor data being used to make decisions, uninformed leaders basing decisions on opinions – not facts, to just plain ‘stupid’ that we all encounter via the various news and media outlets that cause people to act irrationally.”

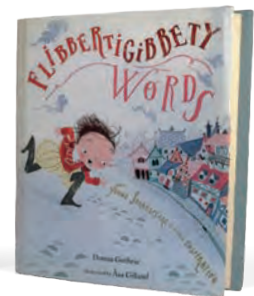
Learn more from Bridget and her co-authors, Kathy Scott, PhD and Christine Bessler at www.I3fusion.com/stupid-gone-viral.



Taking Comfort Food and Turning it Keto

Want to learn more about turning your favorite foods ketogenic, or low carb? In “Keto Comfort Food Classics: Your Favorite Recipes Made Keto,” Kate Bay Jaramillo, Delta Tau-Temple (PA), shares favorite ways to turn casseroles and cakes into lower carbohydrate options that work with a keto diet. Kate is a ketogenic living expert, wellness mentor, and host of the Straight-Up Wellness podcast. She is also the founder of Ketogenic Living 101 and Ketogenic Living 102, creator of the Ketogenic Living Coach Certification, and co-creator of the Keto40.

Learn more at www.ketogenicliving101.com/.



A Comic Introduction to Shakespeare

In “FLIBBERTIGIBBETY WORDS: Young Shakespeare Chases Inspiration,” Donna Winnett Guthrie, Iota Kappa-Rider (NJ), tells the imagined tale of young William Shakespeare chasing inspiration through the streets, gardens, waters and woods of Elizabethan England for the flibbertigibbety words that flew in through his window one day and then escaped. Donna has published twenty-three books for children and has written, directed and produced eighty-three video podcasts for homeschoolers and three short award-winning documentary films and two animated films.

Learn more at www.donnawguthrie.com.

Are you a Delta Zeta author?

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

AUTHENTIC

Amanda Marshall

Alpha Theta-Kentucky

If you are one of @pardonmuahinsta's growing list of Instagram followers, you might never realize that this Delta Zeta sister got her start a long way off from where she's now ended up. After graduating with degrees in marketing and management, Amanda pursued her master's degree in healthcare administration, eventually landing a job in marketing for a hospital system. She found her true creative calling, though, by following passions. From blogging by night and working part-time as a Stitch Fix stylist, and Pure Barre Instructor, Amanda is now influencing her followers' style and beauty choices.

WHAT WAS THE INSPIRATION BEHIND STARTING PARDON MUAH?

When I moved away from home, I was lonely. I turned to blogs and YouTube channels as a way to occupy my time. My full-time job was very structured, so I was excited by the idea of starting my own blog to be freely creative. I'd always loved styling looks and sharing beauty reviews, and what was once a hobby, has now turned into a full-time career.

CAN YOU DESCRIBE WHAT MOTIVATES YOU IN YOUR WORK?

I want readers to get something more out of Pardon Muah than just fashion and beauty content. It is important to me they leave with a sense of empowerment and confidence. I provide positive quality content and hope to leave someone's day brighter through styled outfits, beauty reviews and posts about my personal experiences!

WHAT ADVICE WOULD YOU GIVE TO OTHER DELTA ZETAS WHO ARE CHASING THEIR OWN DREAMS?

Work hard, be kind to others and stay humble. The path may be laid out more clearly for others, but that doesn't mean you can't get where you want to go. Someone once told me "A job is just a job; it pays the bills." I've always refused to believe that. Reaching your dreams may not be easy, but I think everyone can build a life that makes them feel fulfilled and happy. You may not know what that is straight out of college. I sure didn't. But every experience will lead you towards what you feel passionate about and will give you valuable tools toward reaching your dreams.

ARE THERE ANY KEYS TO SUCCESS YOU CAN SHARE?

Social media is ever changing. There are more and more bloggers/influencers entering the space which means you need to be more creative, more patient and more

consistent to be seen. Consistency is key! It can take a long time to build a loyal following so it's important to show up each and every day, even when no one is watching. I've been blogging for six years now and can attest that a combination of passion and persistence pays off. 💖

Find out more about Amanda on her blog and follow her on Instagram @pardonmuahinsta.



Choose
to be
Kind

by Allison Lynch St. Germain,
Alpha Upsilon-Maine, Managing Editor

Custom lettering for The LAMP by Ryan Hamrick

Science Says It Only Helps

When we choose to be kind, not only are we helping others, but we are also adding enormous benefit to our own life and happiness in the process. There turns out to be, in fact, science that shows being kind is the best choice to make. People who show compassion are more resilient and have better coping skills. In today's world, who wouldn't want to be able to cope a little better when faced with difficult situations? The answer is found in kindness.

What is Kindness?

Kindness is commonly defined by performing acts of generosity or showing consideration or concern for others. The hard thing about defining kindness is that it means so many different things to different people. A kind act benefits other people or groups. Kindness doesn't necessarily mean being nice or polite. It does require intentionality even if being kind is not easy. Think about moments in your life when faced with negativity. Maybe someone cut you off in traffic, or you were on the receiving end of a nasty email from a customer at work. Those are difficult moments where you intentionally can choose

to respond in a kind way, or not. Choosing to act with kindness means choosing to act in a way that shows care.

We often hear of the ripple effect when it comes to kindness. Have you ever been on the receiving end of a kind gesture? Maybe you were behind someone in the drive-through lane at Starbucks who paid for the coffee of the car behind them. A kind gesture like that motivates you to want to pay it forward and make someone else's day.

The Kindness Study

A 2017 study conducted by Kindness.org and published in "The Journal of Social Psychology" asked participants in over two dozen countries to complete at least one act of kindness a day over the course of a week. They ranged from helping out a friend, writing a thank you note or paying for someone else's coffee. The participants just had to commit to more acts of kindness than they normally would participate in. Part of the group

**Kindness
doesn't
necessarily
mean being
nice or polite.
It does require
intentionality
even if being
kind is not easy.**



KINDNESS ORGANIZATIONS

Kindness.org

An international non-profit which believes kindness can solve some of the world's biggest problems. The leading kindness researcher, Kindness.org is answering the questions we have on kindness.

Randomacts.org

Random Acts inspires a network of caring people, equipping them with what they need to change lives for the better.

BensBells.org

Based in Arizona and Connecticut, and founded by a mother who lost a child, Ben's Bells teaches individuals and communities about the positive impacts of intentional kindness and to inspire people to practice kindness as a way of life.

Researchers found that kindness in any form, whether that was watching a kind act, being kind to themselves or to those they barely knew, was beneficial to increased happiness.

were asked to perform kindness acts to people they were closest to like family or good friends. Another group was asked to be kind to those they didn't know as well. A third group was asked to be kind to themselves, while a fourth group was asked to observe acts of kindness around them.

When all four groups were compared to the control group of people who had not changed their daily behavior, researchers found that kindness in any form, whether that was watching a kind act, being kind to themselves or to those they barely knew, was beneficial to increased happiness.

It's really that simple; the more acts of kindness you perform, or witness, make you happier.

The Future of Kindness

Kindness might be in danger. A study found that college students' self-reported empathy for others has declined since 1980 (Konrath, S., O'Brien, E. and Hsing, C., 2010). People just seem to be helping others less, even if they have relationships with them. Entire generations of children have grown into adults that exemplify what Dr. Jean Twenge writes about in "Generation Me." She has found that those born in the 1970s, 1980s and 1990s are driven by individual desires, looking out for themselves first and foremost and doing what makes them happy, even if it necessarily isn't positive for those around them.

Many school districts across the U.S., though, have started implementing kindness curriculum in their classrooms in recent years, encouraging children to grow their ability to act with kindness. And, recent research on GenZ, our current college students, have shown that they want to have a positive impact on the world. In "Generation Z Goes to College," more than 70 percent of students identified themselves as loyal, thoughtful, determined, compassionate, open-minded and responsible (Seemiller, C. and Grace, M., 2016).

Paying Kindness Forward

In a world that can seem to be growing increasingly intolerant and hostile, kindness might be the answer we are looking for to improve lives. Science shows that kindness not only improves the life of the recipient but also the individual giving it. Psychiatrist Dr. Viktor Frankl, who was a prisoner in two concentration camps during the Holocaust, wrote in his book, "Man's Search for Meaning" that those people who were the most resilient and found meaning in their lives were those who helped fellow prisoners, even if all they had to offer was a crumb. "We must never forget that we may also find meaning in life even when confronted with a hopeless situation, when facing a fate that cannot be changed. When we are no longer able to change a situation ... we are challenged to change ourselves."

The next time you face a situation where there is a choice in your response, choose to be kind. ♡

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Random Acts of Kindness



Lending a Helping Hand

Karen Beebe Engelhard, Zeta Chi-Wisconsin/Stevens Point, found herself and her husband Bob (above, right) were quarantining in Florida during the pandemic last spring. Jane Stoops Schuh, Zeta Chi-Wisconsin/Stevens Point (above, left), one of Karen's former Delta Zeta advisees who has been the Engelhard's' snowbird neighbors on Marco Island for the past four years, volunteered with her husband, Fred, to do the older couple's shopping, also running small errands for them and others in the area. Jane even took it upon herself to pick up a couple of homemade masks for the Engelhard's to wear should they decide to venture out into the world. "Who could have imagined that this young woman would one day be helping us in a major way in a worldwide pandemic," marvels Karen.

The Serial Tipper

This past summer, Clarissa Rodriguez Ruiz, Theta Omicron-Texas/Rio Grande Valley (below), started a serial tipper movement in her community. Inspired by the #VenmoChallenges started by Lexi Lately on TikTok, the purpose is to crowdfund by gathering donations which she then turns around, leaving tips around the community for street vendors, baristas, ice cream servers or whoever may need it. "I would get onto social media and see a lot of division, sadness or despair," Clarissa said, "I grew tired of that and thought to myself, how can we spread hope and joy here? So, when I came across this on TikTok, I thought, 'Hey, why not just start it here?'"



Community Recycling

Maria Cobena and Hannah Hieronimus, Omicron Pi-Frostburg State (MD) (above, right), started a recycling program in their community. "Students who live off campus at Frostburg State do not get the opportunity to recycle because it is not collected," says Hannah. "Maria and I decided to take the initiative and collect the recycling ourselves. We bring everything to the nearest recycling plant ourselves." The duo is just starting up and working out some kinks. They plan on using the money earned for funding their effort and Delta Zeta's charities. 🔥

KINDNESS TO DOS

To read ...

Kindness and Wonder: Why Mister Rogers Matters Now More Than Ever by Gavin Edwards

To watch ...

The Kindness Diaries on Netflix

To listen ...

Your Daily Dose of Awesome podcast at www.yddoa.com

To make ...

Kindness rocks www.thekindnessrocksproject.com/free-downloads

To take action ...

Spread kindness during Random Acts of Kindness Day on February 17

Kindness Superheroes

There are people who just seem to have super kindness strength. We see them regularly in Delta Zeta, taking action, paying it forward in the world, spreading kindness through their generosity. So, what can we take away from their experiences to increase our own kindness toward others, our communities and ourselves?

Create a Culture Built on Kindness

There is naturally a lot of fear that comes with the aging process. As people look ahead to the future, and see their loved ones affected by declining health, there are many questions and sometimes, not many answers. Tina Prather McIntosh, Gamma Chi-Ball State (IN), saw a need to help families facing this in her Indianapolis, Indiana community and created Joy's House, a not-for-profit adult day facility which provides a support system for families in caregiving situations. While serving the needs of her community for more than 20 years, Tina has created a culture built on kindness among the community surrounding Joy's House.

"At Joy's House, we've certainly built a community of support for the families and guests (clients) we serve, but we've also created a community for our staff, volunteers, donors and countless others who have come to care about our organization," says Tina. "I'd love to share the secret on how to duplicate it! But I think it comes down to our connection around a common cause and the people who are involved. We truly love our families, and it shows in every little word, action and moment we share with them. We also care about every person who is a part of Joy's House, and we not only want our organization to be better because they were involved, but we want them to be better for knowing Joy's House, too."

When you talk with Tina, you understand what she means. Kindness is a part of the culture at Joy's House. It's in the way they talk with others and the way they smile. It's in the intention of their words or their ability to connect with people. Sometimes they get to see the change their kindness has made in someone's life. Sometimes they never know the impact. But one thing is for sure — kindness is easy to pass along and always finds a way to replenish so that they are ready to give more away to the next person who comes in contact with this great organization and the people who make it so special.



Give Kindness to Strangers

What about people who are kind to complete strangers? Aubrey Cammack Holt, Lambda Alpha-Arkansas Tech, never sees the results of her generosity but she still gives anyway. With her first child, Aubrey worked through a lot of the common issues a breast-feeding mother encounters and, by baby number two, she realized that she had an abundant supply of breast milk. She knew that other moms may not be in that position.

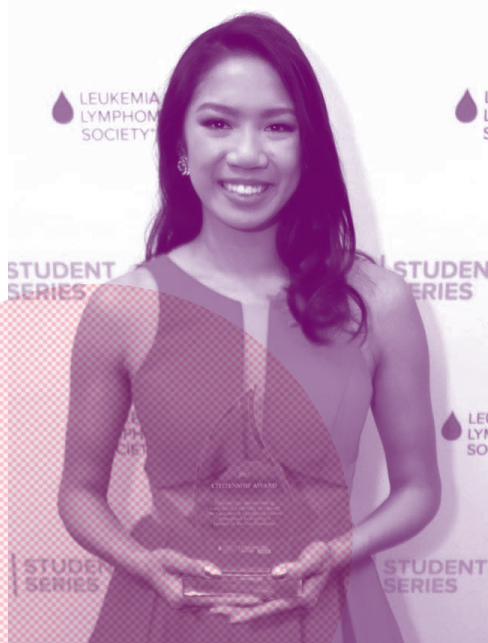
"At first, I donated milk to local moms who needed it," Aubrey shared. "I then realized that I could help even more by working with a milk bank which then shares the milk with premature babies." As a mom of two children, who, until recently, was working full-time at the local university and completing her doctoral degree in student affairs,

Aubrey has still been able to provide more than 100 gallons of breast milk which can benefit other moms who are not in her position. She recently left her job to complete her degree and devote herself to being a mom. She is motivated to help in what she considers a small way, even knowing that as her baby nears his first birthday, this season of her life will also end.

"If I can take the stress off another mother in some small way, then it is worth it," she says. Pumping can be inconvenient, but it has become a priority for her. "My oldest is aware and understands what I'm doing and even says that we can't leave until Mommy pumps. I like that I'm providing an example for her on how to give."

**Aubrey has
still been able
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which can
benefit other
moms**





Committed to Living Kind

Cianna Winkler, Pi Beta-Hartford (CT), earns the medal for kindness — literally! She received a 2020 Congressional Gold Award, the highest honor for young Americans given by the United States Congress. The program involves setting goals in four program areas: Voluntary Public Service, Personal Development, Physical Fitness and Expedition/Exploration.

To reach such an achievement, Cianna committed to a personal goal of her choosing each year and saw them come to life because of her hard work and commitment. In the past six years, Cianna has co-founded a Sunday Supper group at her local church which provided home-cooked meals to those that need them in her community, organized a coat drive which collected and distributed over 1,000 coats, rebounded from a fractured back and taught dance for kids with physical disabilities and raised over \$8,000 for her local Leukemia/Lymphoma Society. She accomplished all of this before joining Delta Zeta at the University of Hartford where she is now the Vice President of Philanthropy.

“My parents encouraged me when I was young,” she shared. “I think helping others is what makes all the work worth it. Doing something for someone else gives me a warm feeling.” Cianna’s generosity shows others, her sisters especially, that setting a goal and committing to it does make change. “If I could, I’d encourage a sister to take initiative and try because simple things make a big difference in another life,” she says.

Turn a Tragedy into Kindness

There aren’t too many individuals who have completed two marathons and ridden a bike from San Francisco to Los Angeles, California. There are even fewer who crossed those finish lines in their seventies and eighties. Virginia Johnson Morelock, Tau-Wisconsin, might be the only sister you’ll encounter who can check those boxes off her bucket list. Grandma Jinny, as she is affectionately known to volunteers and riders with AIDS/LifeCycle, has turned the tragedy of losing a child into a motivating force to support others.

“I lost my son, Mike, to AIDS in 1992. It was right when they first put a name to that new disease,” Virginia shared. “When he was first diagnosed, he, along, with his sister Tracy and I, completed the AIDS Project Los Angeles Walk. When Mike died, Tracy and I continued and completed two marathons, one five days before I turned 70, and another when I was 71.” If that wasn’t amazing enough, Virginia had already undergone two complete knee replacements prior to crossing those finish lines.

In 2004, while her daughter rode, Virginia started volunteering as a Roadie with AIDS/LifeCycle, a fully supported, 545-mile bike ride that raises awareness about HIV and AIDS. And then, in 2012, at the age of 82, Grandma Jinny rode it herself. “The riders always joked that they had it easier than those of us volunteering as Roadies!” she chuckles. “It’s an experience like no other. So many people know someone or have a loved one affected by AIDS and knowing we are in this together motivated me to finish.”

Grandma Jinny had planned to volunteer on the sweep team in 2021, however AIDS/LifeCycle has postponed all events due to the pandemic. That won’t stop Grandma Jinny though! She turned 90 years old in October 2020 and rather than presents for her birthday, she asked for people to celebrate her by purchasing raffle tickets for a handmade quilt she made for the event. Between those tickets, and a match from a granddaughter’s employer, Virginia will donate more than \$3,000 to the San Francisco and Los Angeles LGBT Centers in her son’s memory.

When asked why she continues to give, Virginia says “Mike received so much help when he was diagnosed, with no questions asked. I’ve been fortunate my whole life, so its payback time!”



Build a Kind Community

While the Kansas City, Missouri community grappled with how they would respond to the social justice issues facing them in the summer of 2020, Xi Phi-Missouri/Kansas City member Marissa Iden found it is possible to build a kind community by working together. Marissa was interning for a Kansas City Councilman and helped on the planning committee for what is considered the largest installation of Black Lives Matters murals in the country. “We were all just looking for a way to create a sense of welcoming and love in my hometown,” Marissa tells us. “It was really important that we showed everyone in the city, no matter who they are, that we cared about them.”

One day in September 2020, more than 1,000 volunteers gathered on the city streets and, using thousands of gallons of paint, painted six murals on more than 2,000 feet of pavement. Not only was Marissa a part of the planning team, but she was a site leader at one of the art installations on painting day. “It was a feeling that we were physically showing, through our painting, that we cared about our community,” she said. “One mural was outside a school, and while a family with children stopped and viewed what we were doing, they told us that we’ve never really felt that anyone cared for us before.”

Marissa found the entire project experience opened the doors to conversations about race that might otherwise be hard topics to tackle. Next up for the city are additional community installations with vertical murals on city buildings. Marissa plans to be a part of that team, even as she looks toward graduating this spring. “I know this next project will be even better, and we will take what we learned to make the next installation even easier!” ♡

“It was a feeling that we were physically showing, through our painting, that we cared about our community.”



ROSE & GREEN

Different Year, Same Excitement

Celebrating Recruitment and Bid Day in 2020

by Kayla Ray, Associate Director of Communications

Do you remember when you joined Delta Zeta? That feeling of excitement as you met new friends during recruitment. Then, on Bid Day, receiving the envelope containing the sorority you would soon call home. The happiness when you finally opened it revealing that you were now a Delta Zeta. The overwhelming sense of belonging you felt as you met your new sisters, who were waiting with open arms and beaming from ear to ear when they saw you. Those are memories that make each of us smile as we think back to the beginning of our Delta Zeta journeys.

This year, due to COVID-19, the start of our new members' journeys looked a little different, however the excitement was still the same. For a large majority, recruitment and Bid Day were done virtually, while others were done in a hybrid format following social distancing protocols. While some may have thought this would have hindered the experience, our collegiate members found it to be more authentic and found ways to make the whole experience special for our new members.

LET'S TALK RECRUITMENT

Members such as Claire Maschinot, Kappa Beta-Northern Kentucky, whose chapter did a hybrid recruitment format, found that they were able to get to know the potential new members (PNMs) better than before. "Our recruitment was more informal. We got to talk to PNMs and learn more about who they are, what their story is and why they are interested in joining our chapter. Personally, I think they were more comfortable talking to us in such a smaller setting," said Claire.



Above: Iota Psi-Texas/Arlington and their drive-by Bid Day Celebration. Right: Beta Delta-South Carolina celebrated Bid Day both via Zoom and at their chapter house following local guidelines.

Chapters like Delta Theta-Houston (TX) did a completely virtual recruitment and found similar sentiments. "This year had its challenges, but it was one of the best recruitment experiences I've had throughout my four years in Delta Zeta. Our virtual recruitment preparation really bonded the chapter, and the connections we made with the PNMs were AMAZING! The entire process was so genuine!" said Paige Ricke, Vice President of Membership.

LET'S TALK BID DAY

Once recruitment rounds were over, new members were ready for their special Bid Day experience. Some opened their bid virtually, others in person and some had an even more unique approach.

Theta Psi-Ashland (OH)'s Bid Day included Virtual Bingo. "We put together a huge Zoom call where we were able to individually introduce each new member and show our love. The Bingo cards were a hit! The event exceeded our expectations and created a space for instant chapter involvement. The best part was that our sisters did not want to stop playing! The laughs we all shared made everything feel a little less virtual!" said Jordan Wasko, New Member Education Assistant.



66

This year had its challenges, but it was one of the best recruitment experiences I've had throughout my four years in Delta Zeta.

Following the University of South Carolina and CDC guidelines, the Beta Delta Chapter was able to have small groups of new members at the house in shifts to become more acquainted with their new sisters. After spending some time at the house and receiving a bag full of Delta Zeta goodies, each new member then met their Bid Day buddies to continue the celebrations outside of the house.

Over in Texas, the Iota Psi Chapter at the University of Texas/Arlington hosted a drive-by Bid Day event followed by a Zoom call to welcome new members.

"We had our large wooden letters out in the parking lot with a tent, banner, and balloons. The new members would drive up and be given their bid card, name sign and t-shirt. Initiated members used window paint to decorate their cars with things like 'Went DZ,' 'Delta Zeta,' or 'Found My Home.' Each new member was also given an invitation with a time slot to come back later in the day to take pictures in small groups with their masks for safety purposes," said Darci Fulcher, Vice President of New Member Education.

Regardless of how different this year may have looked, Delta Zetas are finding unique ways to make the membership experience just as special as in years past. 🔥

ROSE & GREEN



COVID Doesn't Stop Education on Hearing and Speech

Zeta Kappa-Ohio Northern continued to host a Hearing and Speech Outreach event on campus this fall and got creative about spreading awareness on Delta Zeta's National Philanthropy. The first booth was an American Sign Language Teaching Booth where several sisters showed students how to spell their names and a few other fun signs. Another booth played the Starkey Hearing Test video, while another discussed with students how they can be diligent in preventing hearing loss.





A Fun Run, No Matter the Location!

Because of our Huntsville Alumnae Chapter (AL), the annual Autumn Chase Fun Run shifted virtual and was still able to engage the community in a special way. This year's event raised an amazing \$33,454 for the Pediatric Audiology unit at Huntsville Hospital for Women & Children!

Above: The Huntsville Alumnae Chapter (AL) supported the Pediatric Audiology unit at the Huntsville Hospital for Women & Children.

Alumna Named Fellow of Professional Association

Founder and CEO of Furia Rubel Communications, Inc., Gina Furia Rubel, Epsilon Zeta-Drexel (PA) (below), has been inducted as a Fellow into the College of Law Practice Management (COLPM). Gina is one of less than 300 lawyers, judges, law professors, law firm and corporate executives, consultants, general counsel and government officers from five countries to become a Fellow of COLPM.



Quarantine Raffle Basket

Finding things to do to keep you preoccupied during quarantine has definitely not been easy, but the Zeta Phi-Slippery Rock (PA) chapter has made this task a little easier, while raising money for a good cause. Vice President of Philanthropy Kaitlyn Baldini (right) put together a quarantine raffle basket that helped cure boredom while raising money for Starkey Hearing Foundation. Kaitlyn said, "I was really nervous for this event and wasn't really sure how well it would turn out. We ended up exceeding our goal and raised a little over \$200 which is the equivalent cost of two hearing aids. I'm so happy with how this event turned out and thankful for everyone who donated."



ROSE & GREEN

Alumna Named to Forbes Top Women Wealth Advisors List



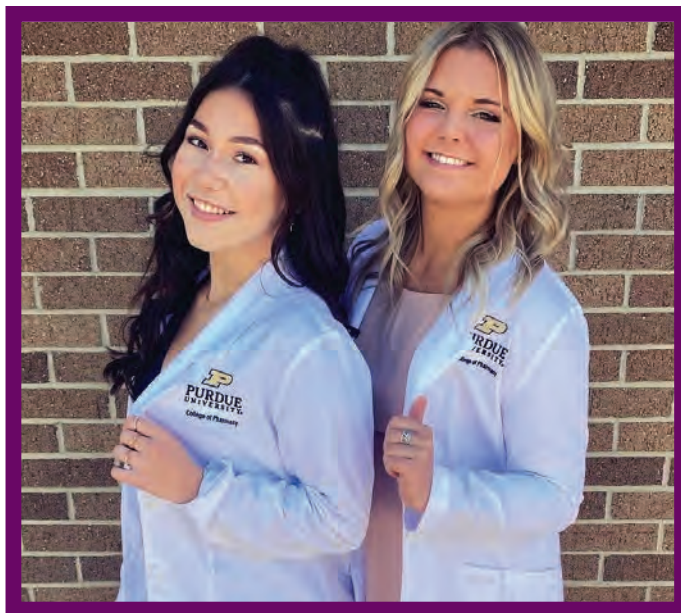
The Forbes Top Women Wealth Advisors list spotlights top financial advisors across the country who were nominated by their firms—and then

researched, interviewed and assigned a ranking within their respective states. Out of more than 30,000 nominations, Mary Ellen McAuliffe Valliant, Kappa Chi-Youngstown State (OH), was named as one of 1,000 female advisors nationwide on the list, ranking 343 in the country and 106 in Maryland.

“I have Delta Zeta to thank for being the first organization to teach me leadership and mentoring skills I’ve used throughout my career,” Mary Ellen shared. “I went from collegiate work at YSU to becoming a National Field Rep, leading to my time as advisor for the UCLA chapter, to finally Virginia State Regional Advisor, and it all started when I joined Delta Zeta as a freshman.”

Mary Ellen is the founder and Managing Partner of Valliant Wealth Strategies and Registered Principal with Raymond James Financial Services, Inc., a firm she runs with her husband, Bruce. She has more than 30 years of experience with leading financial services and banking firms. Find out more about Mary Ellen’s recognition at forbes.com/top-women-advisors.

Above: Mary Ellen McAuliffe Valliant, Kappa Chi-Youngstown State (OH).



Best Friends and Sisters Earn their White Coats

Best friends and Xi Omega-Purdue (IN) sisters Brooke Grigsby and Reilly Bell recently celebrated a very significant moment in their lives together. They are both juniors and beginning their first Professional year of Pharmacy school at Purdue University. On September 20, they participated in a rite of passage for welcoming Pharmacy students into the profession. This traditional event is called a White Coat Ceremony and it signifies the years of hard work, dedication and commitment to the profession. Brooke shared, “We both plan on completing the rest of our four years of Pharmacy School at Purdue, then hopefully graduating and moving to Chicago together!”

Above: Brooke Grigsby and Reilly Bell, both Xi Omega-Purdue (IN).



When Life Gives You Lemons ... You Make Lemon Biscotti

In the spring of 2020, Danielle Carpino Lowthert, Xi Pi-Lehigh (PA), found herself laid off from a 20-year career due to cutbacks caused by the coronavirus pandemic. Faced with the question of what to do next, she turned to something that has brought comfort and joy to her throughout her life, baking.

"I looked at jobs in my field but realized there really were no other companies that I believed in like the one I had just left," Danielle shares. "I'd been quarantine baking and thought why not take a leap?" So, after testing countless batches of her signature biscotti cookies in her home kitchen, she launched Biscotti Road in July 2020.

She learned that starting a bakery was more than just making tasty treats. "I had to get all of my certifications and also had to wait on the paperwork the professional kitchen I rent space from to finish theirs, before launching," she said. But, Danielle now has a full bakery license, allowing her to have an online store where customers can order, and she can ship nationwide. This fall, she has set up booths at local farmers markets and has plans to grow her regional presence with her new venture.

And even though Danielle does make lemon biscotti, she shares that her favorite flavor is chocolate hazelnut! Find out more about her new venture at biscottiroad.com.

Left: Danielle Carpino Lowthert, Xi Pi-Lehigh (PA), with her Biscotti Road cookies.



Pi Chi Celebrates Five Years

The Pi Chi Chapter of Delta Zeta at Western Kentucky University celebrated their five-year anniversary in November 2020. LAMP Editor, Taylor Smith shared, "It has been such a journey and we are so proud of how much our chapter has grown in such little time. WKU has presented the Pi Chi Chapter the Most Improved Sorority award for the past several years, and I believe I speak for the chapter when I say we are just getting started!" The chapter also received awards for Outstanding Campus Involvement and Leadership, Chapter Development, Greek Involvement, Outstanding Intramural Performance and Scholastic Achievement.

Above: Pi Chi members Abby Brown, Peyton Daily, Josie Keeley, Aubrey Cherryholmes, Alaina Scott, and Mia Sword showing their WKU pride during Homecoming week!

ROSE & GREEN

STEADFAST LOVE



Above: Alpha Alpha Chapter members from 1924. Left: Alpha Alpha's Spring 2020 graduates

Virtual Centennial Celebration

The Alpha Alpha Chapter at Northwestern University in Illinois celebrated a very special milestone when they turned 100 years old on September 18, 2020. The chapter hosted a virtual Centennial Celebration with alumnae and collegiate members on October 20 to honor both their local history and Delta Zeta's Founders Day. Zoe Harding, current Chapter President,

and Erica Setton, Vice President of Programs, hosted the presentation which pulled in significant chapter events from both the past and present.

"I had an awesome time celebrating Alpha Alpha's centennial!" said Zoe. "It was really special to hear stories from across many generations of our chapter.



I felt inspired after hearing alumnae reflect on the lifelong friendships they gained through Delta Zeta and the love they still feel for this chapter and each other. Though we would have liked to celebrate in person, it was great that we were still able to enjoy this special moment together."

Empowering Investors with Knowledge

When real estate attorney Bonnie Johnson Galam, Epsilon Zeta-Drexel (PA), saw a gap in knowledge among real estate investors, she was inspired to provide new resources. She created "Landlord Law School," an online course which provides investors legal education and templates to help them succeed in real estate investing. Bonnie continues those conversations in a new podcast, "Good Bones Real Estate Investing." Launched in August 2020, she shares expert interviews, mini execution plans and intimate behind-the-scenes secrets from her own personal portfolio which she uses to create an additional income stream for her family. Now a mother of two children, Bonnie says, "I'm so lucky to be able to take my professional talents to serve fellow investors in this new way." Find out more about Bonnie's podcast and course at Bonniegalam.com.

Right: Bonnie Johnson Galam, Epsilon Zeta-Drexel (PA), is sharing her knowledge of investing.



ROSE & GREEN

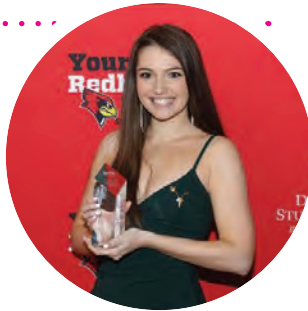
Sharing Our Good News from Around Campus

Every year, Delta Zeta collegiate chapters and members are honored with awards on their campuses. When those awards celebrations went virtual this past spring, we were tagged in many newsfeeds. Here are just a few that were reported to The LAMP or we saw online. If your chapter has been honored on campus, please share that good news by emailing us at LAMP@deltazeta.org.



The Pi Chi Chapter at Western Kentucky University were honored to receive the **Most Improved Sorority** during their virtual awards ceremony. LAMP Editor Taylor Smith shared "We were overcome by many emotions. Some cried, other screamed and others yelled. I know I am part of an organization that is constantly pushing themselves to grow in all aspects."

The Lambda Rho Chapter from Illinois State University earned numerous awards at their campus' first ever Greek Gala Awards Ceremony. They received the **CPC Distinctive Philanthropy Event Award, Outstanding Scholarship Program Award, Outstanding Collaboration Award, Distinctive Service Event Award and Innovative Program of the Year**. They also received **Academic Achievement** recognition for reaching a chapter GPA above the Illinois State University Average for both spring and fall 2019. Individual awards were also given to Jamie Culbertson as **House Director of the Year** and Lexi Showalter, pictured, as **Sorority Member of the Year**.



Jessica Neral, Kappa Chi-Youngstown State (OH), received the **Greek Leadership Lifetime Achievement Award** during a Virtual Greek Awards Ceremony for Youngstown State University students. Awards were given to individuals as well as fraternities and sororities. The Greek Lifetime Achievement Award is given annually to a fraternity or sorority member that has shown leadership throughout his or her Greek Life experience. Jessica was the chapter's Vice President of Membership.

The Omicron Pi Chapter at Frostburg State University in Maryland won two awards at their virtual Leadership Awards program this spring. Chloe Hadley was honored with the **Outstanding Educational Program Award** for her role in programming wellness events for her chapter. As COVID-19 hit the world and members were sent home, Chole then moved her programming to online for her chapter. The chapter also won **Outstanding Cultural Diversity Award** for their collaborative efforts with Pi Lambda Phi, Zeta Phi Beta, and Black Student Alliance for their "If You Only Knew Me" program. The program gained extra recognition following a racially motivated incident which occurred on campus.





The Delta Omega Chapter at Fort Hayes State University was named **Outstanding Chapter of the Year** during a virtual awards ceremony. As well as being honored with the **Social Award**, **Academic Award** for their average GPA of 3.31, **Empowerment Award**, **Leadership Award** and the **Service Award**.



The Beta Alpha Chapter at the University of Rhode Island was recognized as the **Most Improved Sorority** for the 2020 year. The chapter was highlighted in making significant academic, involvement, leadership and fundraising improvements. President Marina Mocerì described the award as "an amazing accomplishment for our chapter. Our Exec Board has worked tirelessly to create new programs and initiatives for our chapter. It is an amazing feeling to be recognized in the Greek community and we will continue to improve for years to come."

In addition, Marina was recognized individually as the **2020 Dr. Thomas Dougan Scholarship Recipient** for outstanding leadership in the Greek Community. She was described by URI Panhellenic as "going above and beyond this past semester."

The Zeta Epsilon Chapter at California University of Pennsylvania had a remarkable year receiving several awards including **First Place in Greek Activities**, **First Place in Scholarship**

and **The President's Award**. The President's Award is an award with important recognition. The sisters of this chapter worked hard to achieve these awards and look forward to the Fall Semester.



Danielle Stephenson, Kappa Mu-Shepherd (WV) received the **Lowe Family Award** during the 72nd Annual Student Recognition Awards at Shepherd University. This ceremony highlights the hard work and dedication students put into their community every day. Danielle shared, "I am very humbled to have received the Lowe Family Award! Delta Zeta has given me the skills and opportunities to be a leader, and I am thankful for that!"



Despite the change and the distance this spring, the Beta Tau Chapter at Nebraska Wesleyan University won the **Greek Chapter of the Year Award** and the **Sara Boatman Academic Award**. The chapter's College Chapter Director, Chris Martin, was honored as **Outstanding Chapter Advisor**, while Sierra St. Clair received the **Outstanding New Member Award** and Kinzie Vandewege received the **Most Values-Oriented Member Award**.

The Zeta Kappa Chapter at Ohio Northern University received the named **Student Organization of the Year Award for Service**. Some of the service events from the year which led to their recognition included Hot Cocoa for Hearing, S'mores for Starkey, the Annual Lip Sync Battle, as well as many other acts of service throughout their community. Mya Ray, Vice President of Philanthropy said, "We worked hard this year on being more philanthropy-focused and not only raising funds for speech and hearing, but allowing sisters to learn more about the cause as well as other local service opportunities available to them!"



ROSE & GREEN

WALK TRULY

Socially Distant Sisterhood

Even though campus has changed, Delta Zeta chapters have adapted their local traditions to accommodate the need to be socially distant. Chapters like Rho Alpha-Murray State (KY) were able to hold their official new member events like their Big-Little revel and even matched their masks to their theme. Gamma Sigma-Eastern Michigan held individual lunches with each new member after Bid Day.

Zoom screens are the norm these days, and Beta Delta-South Carolina's Executive Board keeps sisters engaged and excited by creating a fun theme for each chapter meeting. Breakout rooms have also been a great opportunity to meet other sisters in the chapter and create a stronger bond throughout chapters. Lambda Kappa-Alabama/Huntsville pulled out all the stops for a one of a kind slumber party via Zoom. A few days before the event, packets with face masks, nail polish and friendship bracelet materials were available for pick up.

Fundraising events have shifted from campus centers to virtual spaces. Delta Upsilon-Marshall (WV) would typically host tables fundraising and raising awareness for their events in their student center. Instead, they hosted a gift card raffle online offering cards for places

within walking distance from the university, to make it more enticing for students and staff to want to purchase tickets. Using this online-only approach also allowed them to reach more than just students and staff who may walk through the campus center. The chapter raised \$800 which they donated to the Starkey Hearing Foundation.

Chapters have found themselves growing even closer during the pandemic. Lambda Omicron-Angelo State (TX) knew they were limited but still participated in weekly meetings that followed social distancing guidelines, planned virtual sisterhood events such as yoga, movie nights and much more. Alpha Sigma-Florida State organized grab and go friendship bracelet kits. They were individually bagged with the materials to make a bracelet spelling out a word from the Creed. Members picked a random bag from the box on the front porch of the house,

made their bracelet and were reminded of sisters when wearing it. Omega-Oregon took a cue from a viral TikTok and created "The Sisterhood of the Traveling Notebook." Chapter members each kept the notebook one week, decorated any page they wanted and then sent it to another sister after the book had been disinfected. The notebook was sent all over the United States and eventually made its way back to Eugene, Oregon. "I thought the notebook was the most beautiful and special surprise ever! It reminded me that our sisterhood is still strong despite the physical distance between us," said Grace Morgan.

Top Left: Rho Alpha-Murray State (KY)'s Bid Day. Top Right: Gamma Sigma-Eastern Michigan. Bottom Right: Omega-Oregon's traveling sisterhood notebook.



Obituaries reported from July 1, 2020 to October 31, 2020. Year of Initiation is after name.



Tresha Dell Allen

Delta Zeta was saddened to learn of the passing of Tresha Dell Allen at the age of 83 after a prolonged illness. Tresha's great-aunt was Founder Mabelle Minton Hageman and her grandmother, Lillian Minton Krebs, was one of the first initiates at Miami. Her daughter, Natalie Allen Samuelson, Alpha-Miami (OH), was the 1991 Convention Initiate and wrote "My mother loved Delta Zeta with her heart although she joined Alpha Xi Delta at Monmouth College before transferring to Miami her sophomore year." Tresha was born in Hamilton, Ohio and grew up on a farm near Morning Sun, Ohio. She met her husband, Walker, while they were both students at Miami (Ohio) University. Tresha and Walker had four children, Walker III, Guy, Tim and Natalie.

ALPHA

Roberta B. Stevenson, 1942
Doris Green Ferrone, 1951
Marjorie Childress Delatour Crawford, 1978

GAMMA

Bettye Brown Williams, 1946
Florine Rittenour Iverslie, 1956

DELTA

Patricia Adele Goodwin, 1947
Elizabeth Frisbie Goodlad, 1948
Marjorie Schneider Walsh, 1951
Allison Paulett Sanford, 1954
Judith Gregory Western, 1959

EPSILON

Patricia York McClain, 1944
Ruth DeKemper Six, 1949
Dorothy Kretsch Funkhouser, 1955
Marilyn Otterbach Waterman, 1957
Donna Rae Andree, 1965
Roberta Fisher Rockenbaugh, 1966

THETA

Anne Terry McClure, 1950

IOTA

Eleanor Ford Kenward, 1932
Mary Catherine Shaw Shors, 1934

KAPPA

Betty Harmon Chapin, 1941

MU

Beth Curnow Winder, 1934
Patricia Fletcher Cayler, 1944
Carol Schart Struthers, 1948

Maryanna Rice Bowers, 1963
Marian Metcalf Churchill, 1965

NU

Barbara J. Lemke, 1941

XI

Margaret Rockel Mayer, 1930
Frances Boesch Faber, 1952
Ann Baumann Gabriel, 1953
Roseann Giannelli Danko, 1945
Marlene Eberhardt Kopta, 1949
Gloria Heneghan Anderson, 1950

PI

Hannah Ortt Mills, 1931
Sharon Hopkins Altman, 1956

RHO

Martha Peterson Mancini, 1930
Katharine Lawrence Schmitt, 1931

SIGMA

Opal-Glyn Williams Hoff, 1930
Frances Cason Pace, 1941
Ellen Champagne Minton, 1944

Judith Noble Lacasa, 1955

Joan Scheuering Ingram, 1958

Lucy McLachlan Burns, 1964

UPSILON

Margaret Richardson Skinner, 1941
June Hazelton McCutcheon, 1945

Patricia Knox Bushaw, 1950

PHI

Grace Wilcox Bargreen Parsons, 1927

Beulah Roberts Hurd, 1937

Shirley Alderson McCoy, 1946

Lillian V. Cady, 1949

Allyne Rendel Woolery, 1954

CHI

Kathryn Clinton Shonts, 1931

Betty Whitlock Brawner, 1941

Margaret Ellestad Tune, 1941

Fawn Brooks Hewett, 1947

Delores Pyl Petty, 1947

Mary Gretchen Loeff Green, 1951

Shirley Shockley Lawrenson, 1953

Theodora Kammerer Mack, 1956

PSI

Susan Joyce Price, 1934
Constance Kakavacos Riggs, 1946

Betty Mathena McKenzie, 1947

Caryol McColley Ribble, 1957

OMEGA

Phyllis Smith Cunliffe, 1931
Lucille Hughes Leonhardy, 1955

ALPHA ALPHA

Eleanor Crowell Alberts, 1938

Elizabeth Albach Weamer, 1944

ALPHA BETA

Joanne Flynn Dawson, 1957

Therese Perri Vaughan, 1958

Norma Strube Rue, 1959

ALPHA GAMMA

Margaret Joyner Jones, 1957

ALPHA EPSILON
Margaret Hudson Frye, 1946

Jacqueline Bunch Givens, 1951

Peggy Bryan Janssen, 1951

Joyce Cook Boyd, 1970

ALPHA THETA

Nita Powers Byrum, 1947

Carolyn Turner Moulton, 1953

Kimberly McNichols Brannon, 1986

ALPHA IOTA

Margaret Stone Hager, 1949

ALPHA KAPPA

Marian Toan Hopkins, 1945

Lydia Benninger Thomas, 1948

ALPHA PI

Virginia Lipscombe Pitt, 1941

Connie Rollins Smith, 1947

ALPHA SIGMA

Lula Alice Clark Sellers, 1950

Jill Harper Iracleanos, 1995

ALPHA CHI

Caroline Briggs Bigler, 1953

Nancy Omelianovitch Comaford, 1955

ALPHA PSI

Nena Hostetter Triplett, 1942

Linda Rich Williams, 1962

Karen Shoup Stahn, 1967

BETA ALPHA

Grace Upper Reardon, 1935

Margo Larsen Pumphrey, 1959

Anne Hennessey Shackett, 1962

BETA GAMMA

Rose Mary Rommel Toebbe, 1948

Mary Yvonne Sterner Lovingood, 1956

FLAME ETERNAL (CONTINUED)

BETA KAPPA

Helen Heins
Eversmeyer, 1931

Alice Lee Elwood
Jaeger, 1949

BETA LAMBDA

Margaret Haggard
Fisher, 1945

BETA MU

Dorothy Niblack
Jackson, 1950

BETA XI

Elizabeth Grimes
Williams, 1943

Elizabeth Robbins
Dreher, 1947

Judith Weber
Colpack, 1960

BETA PI

Mary Trudgeon
Busch, 1950

BETA RHO

Jeanne Macomber
Cargill, 1943

Jule Graham
McCartney, 1946

BETA TAU

Mariella Williamson
Rosenkoetter, 1949

Barbara Ballard Bell,
1950

Patricia Christner
Bornemeier, 1950

Claudia Cochell
Heitmann, 1964

BETA OMEGA

Jane Molleson
Wolf, 1941

GAMMA ALPHA

Alice Evanick
Stahl, 1943

Marion Lorenz
Kurfis, 1945

DeLee Hileman
Banbury, 1952

Carole Harder
Eble, 1953

GAMMA BETA

Helen Miller
Chagares, 1949

Carol Carpenter
Hill, 1957

GAMMA GAMMA

Marilyn Churchill
Kratz, 1955

GAMMA DELTA

Irene Stromayer
Lavin, 1951

Carol Rudolph
Steelman, 1966

GAMMA EPSILON

Sue Bechtel
Kampas, 1953

Beverly Sam
McGrath, 1957

Mary Calabretta
Stephany, 1957

GAMMA KAPPA

Mary Virginia Loudin
Sandy, 1952

Mary Kathryn
Cumming, 1959

GAMMA LAMBDA

Julia Meyer
Grannt, 1959

GAMMA MU

Marilyn Jean
Kouba, 1948

GAMMA NU

Eleanor Soltwisch
Icenogle, 1956

GAMMA XI

Jacqueline Ward
Camunez, 1955

Lynna Heick
Asbury, 1966

GAMMA OMICRON

Barbara Norris
Siegel, 1956

GAMMA PI

Mary Blandford
Spayde, 1952

Jean Fox
Paulson, 1958

GAMMA RHO

Dawn Mitter
Kennedy, 1957

GAMMA SIGMA

Patricia Barwinski
Staley, 1956

GAMMA THETA

Alice Jean Christoph
Robinson, 1949

Susan Gillett
Givens, 1962

GAMMA UPSILON

Genie Hall
Tumilty, 1949

Ellen June Martin
Johnson, 1957

GAMMA PHI

Madeline Chuba
Bunecicky, 1952

GAMMA OMEGA

Ann Hunsaker
Ingold, 1953

DELTA BETA

Tracey Lee
Bittel, 1988

DELTA EPSILON

Lucretia Scharf
Finkell, 1966

DELTA LAMBDA

Julia Robuck
Loughmiller, 1958

DELTA MU

Virginia Harper
Waller, 1956

DELTA XI

Judy Boh
Blossman, 1960

DELTA RHO

Bertha Witte
Aviles, 1956

DELTA SIGMA

Laura Ruth
Hulse, 1957

DELTA UPSILON

Barbara Kailing
Pafford, 1957

DELTA PHI

Betty Ross
Gruenberg, 1956

Betty Blankenship
Reeves, 1957

DELTA PSI

Muriel Knox
Fry, 1956

Joan Bunker
Swanger, 1957

Barbara Chapman
Wessinger, 1957

DELTA OMEGA

Martha Conn
Zwahlen, 1966

EPSILON GAMMA

Elaine Arnold
Megee, 1956

Tina Lynn
Frank, 1976

EPSILON DELTA

Marianna Hayes
Hanna, 1958

EPSILON EPSILON

Mildred Pinniger
Carley, 1957

EPSILON KAPPA

Marguerite Boock
Allen, 1956

Carolyn Johnson
Grenzow, 1960

Patricia Kintzler
Ruchti, 1961

EPSILON XI

Shelby Simpson
Hillman, 1956

Karen Kee
Sims, 1962

EPSILON OMICRON

Margaret N.
Phillips, 1957

Karen Havens
Grzeskowiak, 1976

EPSILON RHO

Priscilla Drake
Gray, 1957

Sharon Kiel
Thom, 1959

Judy Miller
Kreuch, 1963

EPSILON TAU

Europai Parker, 1984

EPSILON PSI

Mary Reinhart
Feldhaus, 1959

EPSILON OMEGA

Joyce Laurent
Norlin, 1960

ZETA BETA

Erin Lynn
Dvorscek, 2004

ZETA EPSILON

Kathleen Davin
Hanneman, 1968

Mary Irene
Wallace, 1969

ZETA THETA

Mary Ann Pavlik
Norton, 1965

ZETA KAPPA

Shirley Kerchner
Gourley, 1959

Nancy Greenwood
Richert, 1959

Joan Maxson
Crow, 1961

Kathie Stumpp
Barga, 1973

Andrea Butcher
McWright, 1983

Juliet Allison
Wharton, 1985

Suzanne Kossick
Day, 1991

ZETA LAMBDA

Claire Norman
Deakin, 1991

ZETA PHI

Toni Tataia
Casciato, 1972

THETA ALPHA

Kristine Harlow
Erickson, 1969

THETA EPSILON

Mary Jane Turnley
Morgan, 1963

THETA ETA

Mary Kaye Loomer
Eggers, 1968

THETA SIGMA

Barbara Fisher
Callahan, 1965

Donna Greenhalgh
McGovern, 1973

THETA OMEGA

Jean Elizabeth
Lee, 1965

IOTA ALPHA

Audrey Shipp
Jackson, 1964

IOTA IOTA

Anne Tinchler, 1969

LAMBDA PHI

Donna Bryson
Wilt, 1979

LAMBDA XI

Noelle Elise
Blue, 1992

XI NU

Melisa Phillips
McLendon, 1985


XI OMICRON

Karen Kolb
Cermak, 2003

OMICRON PI

Carolyn Baxley
Jacobs, 1997

PI EPSILON

Maeve Eileen
Murphy, 2014 

HOME

New Walls, Old Memories

I

f the wall of the Epsilon Nu Chapter House could talk, they would tell you the story of their beginning and the memories made since then. The fall of 2020 marked the twenty-fifth anniversary of the opening of Epsilon Nu's current chapter house at Missouri State University.

"Even though I didn't attend school there, I have so many special memories of our chapter house at Missouri State!" says Michelle Albrecht Smith, National Housing Corporation President, Alpha Chi-California/Los Angeles. "My oldest daughter, Lauren, joined the chapter her freshman year and I enjoyed being a Delta Zeta mom while she was in college. She's now out of school, but the memories we made in the chapter house are forever special."

When the chapter was recolonized in 1989, Delta Zeta purchased a lot on Elm Street where several other sororities and fraternities were located. While the house was set to originally open its doors in the fall of 1994, the unexpected happened, causing the delay of the opening by a year.



THEN:

Amelia Counts, Past Chapter President and Current Alumnae Relations Advisor for Epsilon Nu, recalls her collegiate experience. "I was excited to finally have the experience living in the house my last semester at school. During the summer of 1994, however, a water main pipe broke and flooded the first floor," she said. While Amelia and her chapter sisters did not get the housing experience they initially hoped for, they were thrilled to see the house open in the following Fall. "It was exciting to finally see the house be completed [in 1995] and for the formal room to have the composite of the first re-colonized class," said Amelia.



NOW:

Updates have been made to the basement, porch and landscape. Ellen Scanlen, 2020 Chapter President, says, "I remember how excited we were when the front porch was remodeled in 2018! It's still one of my favorite features. The basement was remodeled the summer before I came to Missouri State. I'm so glad that we had that space when I lived in the house to watch movies together and build stronger bonds as sisters and friends."

While flipping through old scrapbooks will show the chapter house may look a little different than it did when it first opened its doors, the memories made there will last a lifetime. "That's the one thing alumnae always say when they come back. It's not about the way the house might have looked when they lived there. It's always about all the memories they made!" said Ellen. ♡

FUN FACTS

1905

Year in which the university was founded as Southwest Missouri State University, but changed to Missouri State University in 2005.

8

Number of National Panhellenic Conference sorority chapters on campus and one local organization.

34

Number of chapters were added to our Delta Zeta's national list when it merged with Delta Sigma Epsilon in 1956

50

Number of members that will live at The Elm Street chapter house post-COVID-19

Otts Pasta

A favorite restaurant of the sisters in 1995 and still in operation.

Tripple 8's

for Chinese food

Potter's House

for coffee and studying are two of today's undergraduates favorites

GLOBAL AMBASSADOR

BUILDING COMMUNITY

for Deaf Children and Families

by Jordan Gaydos, Pi Psi-California State/San Marcos



Larissa and her son Gavin

Larissa Poveromo Noto, Xi Iota-Muhlenberg (PA), is already intimately familiar with Delta Zeta's new philanthropy partner, the American Society for Deaf Children (ASDC). Shortly after giving birth in 2012 to her middle son, Gavin, Larissa received the news that he had failed his hearing screening. At one and a half months old, his family was given the diagnosis that Gavin had bilateral sensorineural hearing loss. He began wearing hearing aids right after his initial diagnosis. Larissa and her family have been members of ASDC for the past eight years receiving much needed support and education from the community the organization provides.

ASDC began its journey as a parent helping parent organization in 1967. Because more than 90 percent of Deaf children like Gavin are born to hearing parents, ASDC has made it their mission to help those parents learn American Sign Language (ASL) so their whole family can communicate and connect with their Deaf child. ASDC became an official Delta Zeta National Philanthropy Partner in 2020.

Larissa shares, "In some ways, I felt as though I was destined to be his mom. From my commitment to Delta Zeta at Muhlenberg College, and our deep commitment to the Deaf community and to my involvement after college and in law school, I felt more than prepared to be Gavin's parent. Since his diagnosis, we have been actively learning ASL to compliment his use of technology and to allow him (and us) to be an active member of both the hearing and the Deaf community."

As a member Larissa has had access to ASL classes, ASDC's magazines and other various resources. She recommends that other families to seek out the many resources offered by ASDC if they find themselves in similar situations. Now eight, Gavin loves to do yoga,

66

I felt as though I was destined to be his mom. From [Delta Zeta's] deep commitment to the Deaf community and to my involvement after college and in law school, I felt more than prepared to be Gavin's parent.

create art, play sports and read Marvel comic books. "Gavin is all the things we hoped he would be. His diagnosis is only one part of all that he is!" Larissa says. "And often when asked what his favorite thing is about himself, he will say it's his hearing aids."

Larissa is looking forward to this new partnership between Delta Zeta Sorority and American Society for Deaf Children and wants her sisters to know about the opportunities that ASDC provides to families with Deaf and Hard of Hearing children. Delta Zeta members will have the opportunity to learn more about ASL, gain a greater understanding of Deaf culture, spread awareness, and become informed and effective allies of the Deaf community. The funds raised will be used to lower the costs of ASL weekends and help with funding ASDC's mentorship programs. 💖



ASDC Programs

Families are able to join ASDC for \$35 annually. Members receive discounted rates to participate in ASDC's programs including SignOn, ASL Weekends and virtual ASL classes.



SignOn offers free customized one-on-one tutoring sessions between a Deaf mentor and parents of deaf children. SignOn also offers the Friends Like Me program where deaf peers can connect and interact in a safe, moderated online meeting space.

ASL Weekends are two-day workshops hosted throughout the year across the United States. ASL Weekends are taught by professional ASL instructors. Participants improve their ASL skills and learn about Deaf culture. Anyone can attend.

Virtual ASL classes allow participants to learn ASL wherever they are and at their own pace. Delta Zeta members can participate at a discounted cost using the code DZ2020.



@asdcdeafchildren



<https://www.facebook.com/ASDCdeafchildren/>



deafchildren.org

TRULY ΔZ

Her full-time job has her spending time with bats, penguins and turtles, so its not a surprise that Lisa Eidlin McCarthy's, Xi Alpha-Massachusetts, chooses green when deciding between pink or green. Lisa has worked for the Wildlife Conservation Society for most of her professional career and is currently the Assistant Director for the Zoological Health Program at the Bronx Zoo in New York. In her spare time, Lisa is the Alumnae Chapter President for the Lower Hudson Valley Alumnae Chapter (NY).

LAMP: Why did you join Delta Zeta?

LISA: The women I connected with during formal recruitment were all from my home state of New York. Away at school in Massachusetts, it felt like I had found a little pocket of home. Having the highest chapter GPA on campus was also a big draw! Not going to lie, as a Zoology major, the draw of the turtle was also pretty high.

LAMP: What role in the Sorority has impacted you the most?

LISA: I really enjoy the process of education within and about Delta Zeta. This manifested in SO many ways. Bringing sisters up-to-date about the current state of the Sorority when they have been out of touch, discussing options on how to be involved in any stage of your life, dispelling the myth of the stereotypical sorority woman, mentoring younger sisters in their careers ... talking, communicating and connecting which is what sisterhood really is ... isn't it?

LAMP: Who are your mentors in life?

LISA: Professionally, my recently retired supervisor of 20+ years, Dr. Bonnie Raphael. She is a force of nature. During her career, she busted down doors and ceilings and always had my back. She encouraged me to reach for more and to mentor others.

Also, my dad! As a single dad, he led by his hardworking example every day. At 88, he is still making me laugh and is a constant reminder of how taking the high road pays off every time.

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

The daily adventure of working at the Bronx Zoo. No two days have ever been the same. I trust the team I work with to always give our patients the best care possible. I know that what I do makes an impact on the lives of animals every day.

I am very grateful to have a supportive and dynamic husband who is a true partner in all aspects of my life especially when it comes to loving our fur/feather/scaly kids as much as I do.

“
I know that what I do makes an impact on the lives of animals every day.”

LAMP: What most excites you about Delta Zeta today?

LISA: The ability for our Sorority to actively reflect, change and grow. I do miss attending regional events that allowed whole

chapters to meet, but I believe there is great value in the change to Truly Connected. I know future events will bring more opportunities for sisters at all stages of their careers. A DZ mentor of mine counseled me that she thought my strength in volunteering for the Sorority was in my contributions to Truly Connected. I took her words to heart and have attended every single event to date.

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

LISA: I am addicted to TikTok (@agilitygreys). Even though I have only made a couple of videos, I feel the community is so supportive! 🍷





A. Pearl Drop Earrings, #622054 | **B.** Raised Pearl Ring, #612013 | **C.** Pearl Drop Necklace, 18", #682054 | **D.** Pearl Bracelet with engraved tag, #636008 | **E.** Snake Chain, 18", #SNAKE | **F.** Monogram Turtle Charm, #11032 | **G.** Rory Necklace, #RORY | **H.** Vertical Incised Crest Ring, #8720 | **I.** Forever Ring, #001PS | **J.** Badge with Flush Diamond, #0102 | **K.** Crown Pearl Single Letter Guard, #J0500 | **L.** Big/Lil Sis Dangle, #37B | **M.** Scholarship Pearl Dangle, #0041 | **N.** One World One Heart, #1W1H



J.



L.

M.

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please email us at GreenLAMP@deltazeta.org.



MAY 4,
2021

HEART FOR
HEARING
& SPEECH



HEART for Hearing and Speech Day
www.dzheartforhearing.org