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Chapter Together

10 Sparkling Pink and
Green at Starkey

46 Strange and Quirky
Campus Traditions



the Lamp

OF DELTA ZETA



**Don't wait
for "Until..."
You are
good
enough
now.**

ARCHIVAL

Delta Zeta's Crest was adopted by the National Council in 1925. Julia Bishop Coleman, Alpha - Miami (OH), was National President and asked Iva Stock Smith, Alpha - Miami (OH) to work with the jeweler at the time on updating the original coat of arms which did not conform to the rules of heraldic design. The description of our Crest remains to this day in the *Constitution* Article XXI, Section 8, "The Coat of Arms (Crest). The Coat of Arms shall be Vert on a pale, or a distaff gules; in dexter chief of scroll palewise in sinister base a flamed lamp, both of the second; crest on a chevron gule; an open book white and gold proper; and Delta Zeta motto at the base."



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THE LAMP

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DELTA ZETA SORORITY NATIONAL COUNCIL 2021-2023

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Lauren Davis Campbell
Gamma Psi-Central Michigan
National Vice President

Laura Baxter Hedenberg
Gamma Beta-Connecticut
National Vice President

Cathy Irvin Painter
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**National Panhellenic
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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

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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

Real Sisterhood Moments



Delta Zeta is a very special place for all our sisters. It was *truly* an honor to host our virtual National Convention this summer. Coming together as friends and sisters always reenergizes me, as pink and green fill the room and our sisters proudly show their Delta Zeta pride on camera and in social media. These events always refill my lamp, and it was no different this year with our National Convention. Yes, it looked and felt very different. We were not all together hugging and reconnecting with each other in the hotel lobby before a business meeting but rather waiting for the livestream to start on our computer browsers. Although apart, it was still very much a real moment. Like our State of the Sorority video said, "Some may have used the word virtual to describe our experience, but every moment was real; every new thing learned moved us forward."

Delta Zeta is poised to move forward because of the real connections our members have to their sisterhood. Even our newest members, who may have joined virtually last year and have never met their sisters in person, are having a real sisterhood experience. Online or in person, Delta Zeta sisterhood is very much real and impacts each of our lives and the lives of others in our communities through our actions.

Real sisterhood moments happen every day. Some of them we might not even hear about because we don't share them with others, but that doesn't make them any less special. In fact, those moments might be even more powerful because of the inspiration they have on an individual sister.

To every Delta Zeta sister near and far, thank you for being part of our sisterhood. It's so comforting to know that wherever we go, there is always a Delta Zeta sister to be found. As we enter our next chapter and start the 2021-2023 biennium, I know I'm excited for even more real sisterhood moments and "hoping some of them will be in person! Many things have changed in the past two years, but Delta Zeta is ready and is embracing the future together.

Christy M. Phillips-Brown
National President



Ways to Manage Perfectionism

Six (Plus One)

Striving to achieve a goal, or improve a skill, isn't necessarily a bad thing. However, a growing number of individuals face increasing pressure to live up to a standard of perfection they have defined for themselves which might not be realistic or attainable. A recent study compared perfectionism across generations of college students and found that the average college student is now much more likely to have perfectionistic tendencies than a student in the 1990s or early 2000s¹. Perfectionist tendencies can lead to other issues like depression and anxiety. So, what can you do to manage those tendencies and make sure you channel them in a positive way?

One

RECOGNIZE PATTERNS.

Where does your perfectionist tendency rear its head the most? Are there triggers that set off a feeling of uneasiness or anxiety? Keep a journal to write down these patterns so you can be aware of where you encounter them the most.

Two

SET REALISTIC GOALS.

If you've never run a 5K race, signing up for a marathon might be an unrealistic goal. The more realistic the goal, the better able you will be to achieve it. And, if you set a lofty goal, line up the support you need to get there.

Three

ALLOW FOR MISTAKES.

You wouldn't make fun of a child learning to walk who stumbles and falls. So, take that same approach as you learn new things. Provide space for mistakes to happen as you learn or embark on new experiences.

Four

AVOID PROCRASTINATION.

Perfectionists tend to put off tasks if they feel they can't do them well. Start somewhere to make progress, even if it's writing a list to help through a difficult task.

Five

REMOVE NEGATIVE INFLUENCES.

Maybe it's a friend who is constantly comparing what you have to her. Or is it that Instagram feed of carefully curated life experiences. There are some influences that set off our perfectionist tendencies. Try to avoid or remove them from your life if you can.

Six

TAKE THE TIME YOU NEED.

Recognize that changing behavior takes time. Be kind and allow for that as you tackle perfectionism.



PLUS 1

ASK FOR HELP!

If you are feeling extremely stressed and anxious because of your perfectionist tendencies, seek help from a licensed therapist. 🔥

1. <https://www.apa.org/pubs/journals/releases/bul-bul0000138.pdf>

Writing the Next Chapter Together

Working together, our sisterhood is writing our next chapter as history itself unfolds in the world around us.

W

hen the 54th National Convention was announced at the end of the 2018 event held in San Francisco, never did we anticipate that Delta Zeta would need to postpone the 2020 event and then make plans to hold it in 2021 on a virtual platform. But that is what happened! And, wow, was it truly amazing!

The National Convention not only conducts the official business of the Sorority but brings together sisters and friends who share a deep commitment to Delta Zeta to plan for the future together. This year, delegates were invited to take part long before logging in when they received a special Convention swag box (below, right) inviting them to be the leading lady in our next chapter. Each box contained meaningful gifts that had a connection to a chapter of our story.

While we were participating in National Convention from our individual screens, the collective excitement and energy of our delegates and visitors was unparalleled. The convention, streamed live from a Cincinnati, Ohio studio, was held July 15- 18, 2021, on www.DZConvention.org, and more than 600 attendees had the opportunity to engage with the Social Feed posting comments and photos, participate in some friendly competition, earning points in the Turtle Race to win prizes, and get inspired by the two keynote speakers and five Truly Talk moments offered during our educational sessions. The entire event was supported

by our Diamond Sponsors, the Delta Zeta Foundation, Herff Jones and MJ Insurance, who were highlighted in the Exhibit Hall over the weekend.

Delta Zeta philanthropy and service partners were also present in the Exhibit Hall as Golden Lamp supporters. Attendees were able to experience the impact our efforts have made this year with a special Philanthropy and Service presentation on Saturday afternoon. Representatives from the American

66

Delegates received a special Convention swag box inviting them to be the leading lady in our next chapter.

Society for Deaf Children, Starkey Hearing Foundation and SeriousFun Children's Network took to their screens to thank our members for the impact their support has on their efforts.

And then the stars of the show shined on Sunday afternoon! It had been three years since our last National Convention Awards Ceremony, and Delta Zetas everywhere were ready to celebrate! As individuals and both alumnae and collegiate chapters were honored, the



2021-2023 National Council

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

National Vice President
Lauren Davis Campbell,
Gamma Psi
Central Michigan

National Vice President
Laura Baxter Hedenberg,
Gamma Beta
Connecticut

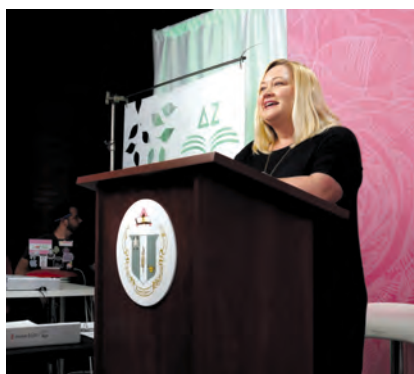
National Vice President
Cathy Irvin Painter,
Alpha Gamma
Alabama

National Vice President
Ani Rodriguez-Newbern,
Alpha Sigma
Florida State

National Vice President
Stacey Wheeler Slaughter,
Kappa
Washington

Past National President
Diane M. Stecher,
Iota Xi-Missouri
St. Louis

NPC Delegate
Phyllis Sundberg Davis,
Alpha Gamma
Alabama



live feed filled with sentiments of congratulations and support from across the globe.

While some special National Convention traditions looked different online or have been postponed until a future time, the official business of Delta Zeta was still conducted. The 2021-2023 National Council was elected during the first business meeting and installed at the close of Convention on Sunday, July 18 in a video presentation presided over by Diane Stecher, Past National President. Christy Phillips-Brown, National President, who is beginning her second term, said "Even though we were not able to conduct the Installation in person, I still felt the same inspiration and dedication come through the screen as we all took the oaths of office. I may also have shed a tear to hear Delta Zeta Lamps Are Burning close out such a special moment." 🌹



First

The 54th National Convention was the first Virtual Convention in Delta Zeta's history.

1,700+

Comments and photos posted to the DZConvention.org social feed

2

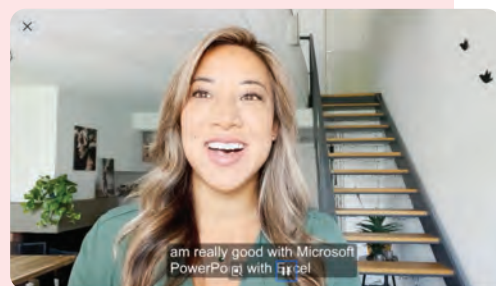
Number of Keynote programs.

Jessica Gendron Williams, President of The Center for Leadership Excellence, delivered "Every Single One: A New Mantra for Women's Leadership" on Friday, July 16 while Alexa Carlin, Founder and CEO of Women Empower X, delivered "Turning Obstacles into Opportunities" on Sunday, July 18.

Convention by the Numbers

600+

Number of registered delegates and visitors.



Five

Number of Truly Talks.

Delivered by Delta Zeta alumnae Ashlee Ammons, Gamma Alpha-Baldwin Wallace (OH), Cindy Elkins, Alpha Chi-California/Los Angeles, Tina Prather McIntosh, Gamma Chi-Ball State (IN), Janet Phan, Kappa-Washington, and Michelle Yarbrough Suttle, Epsilon-Indiana, these were deeply personal, highly inspirational talks.

Watch them now at deltazeta.org/right-now/truly-talks/



1,040+

Number of "virtual" roses given in the Delta Zeta Foundation Rose Garden

Your Words



SEEN ON SOCIAL

The #IAmASororityWoman campaign has been organized every August by Delta Gamma since 2013, and we were proud to take part and share our members' stories on social all month.

When your values align, deep rooted friendships grow!



Through Delta Zeta, Chelsea Egbuji, Delta Theta-Houston (TX), has found her people. She has found other women who have the same personal values she does, and that's exactly what she was looking for in her experience. She recognizes that being a sorority woman allows her to become a hardworking, compassionate and driven individual. A big part of being a sorority woman is being able to be yourself, she says "I became a sorority woman because I wanted to branch out and meet other women who have the same personal values as me". The Delta Theta Chapter has taught Chelsea communication skills and how to juggle many important things, like school, work and extracurriculars. We are proud of Chelsea and can't wait to see what the rest of her experience looks like!

FROM OUR INBOX

The Story Continues

a free-form poem by Riley Michaud, Zeta Beta-Wisconsin/Stout

The story continues as the sisters of Delta Zeta Zeta Beta brave through the year. With new members, an engagement, the winter graduates, and the grad school applications, there is no telling what is next for the dee zee sisters of Menomonie. The days begin to grow longer as they near the defrost and welcome spring. Until then, Delta Zeta is utilizing their daylight and occasional sunny days to the fullest here in Wisconsin. Masks are still worn but with smiles underneath, as they attend chapter in the ballrooms and study hours in the library. Routine has been established and things are looking up for this chapter. As much as they are living in the present excited planning is underway for this fall. Much is to happen before then but you never know what the gals of Menom' have in store.



The Sisters of Zeta Beta



Show of Hands

We asked followers on Instagram which perfectionist tendencies they exhibit in their daily lives. It turns out, we are our own critics.



28% Critical of myself

19% Unrealistic expectations

18% Procrastination

16% Fear of Failure

13% Defensive to Criticism

6% Results Focused

Digital Exclusive



We're each at the beginning of something.



Delta Zeta's 2021 State of the Sorority inspires each of us to build off our past triennium and turn the page on the next chapter of our sisterhood story. Watch it here!

Take Note

Delta Zeta Recognizes Collegiate Leaders

Delta Zeta's top individual collegiate awards, the Florence Hood Miner and Grace Mason Lundy Awards, are given to junior and senior members respectively that represent the best that our sisterhood strives to be. Nominated by their chapters, all recipients join a long legacy of truly amazing Delta Zetas before them.

2021 FLORENCE HOOD MINER AWARDS

- Abigail Marie Brown, Pi Chi-Western Kentucky
- Symphony Monea Brown, Kappa Alpha-Nicholls State (LA)
- Marina Grace DiPiazza, Xi Upsilon-Northeastern (MA)
- Julianne Olivia Gnadinger, Rho Alpha-Murray State (KY)
- Sarah Catherine Jobe, Epsilon Nu-Missouri State
- Eugenia Kaylee Parish, Zeta Xi-Lenoir-Rhyne (NC)
- Alexis Mairi Showalter, Lambda Rho-Illinois State

2021 GRACE MASON LUNDY AWARDS

- Olivia Marie Adams, Gamma Beta-Connecticut
- Brianna Patricia Brodeur, Alpha Beta-Illinois
- Allie Lynn Dominique, Kappa Alpha-Nicholls State (LA)
- Sara Baylee Hayes, Pi Chi-Western Kentucky
- Sophia Maude Radetic, Alpha Gamma-Alabama
- Hailey Simon, Lambda Kappa-Alabama/Huntsville
- Abigail Lena Six, Delta Phi-Northeastern State (OK)

Introducing the Killarney Club

Since 1902, the bonds of our sisterhood have only grown stronger and our alumnae now have the unique opportunity to support important sorority programming by becoming a member of the Killarney club. Members who join this club will receive handcrafted limited production bottles of these Napa Valley wines made exclusively for members of Delta Zeta. Find out more at killarneynapa.com.

**The Killarney Club is open to anyone 21 years of age or older.*



Chit Chat



My Delta Zeta Foundation Scholarship will ...



... help me afford the large financial obligation that comes with pursuing a medical degree. I am extremely grateful for Delta Zeta, not only for this scholarship, but for the opportunities, network and skills that have gotten me to where I am today in my career. Prior to joining, I had never thought of myself as a leader, but my sisters encouraged me to run for positions and take on leadership responsibilities. I experienced a great deal of personal and professional growth and was able to truly develop my leadership and teamwork skills. I will carry these skills with me in my role as a future physician.

— **Nicole Bavaro, Xi Upsilon-Northeastern (MA), Graduate Scholarship Recipient**



... assist me in becoming an Academic Adviser or New Student Orientation Coordinator. My Delta Zeta experience had an impact on my life because it allowed me to grow as a person. I have applied the leadership skills and principles I learned in Delta Zeta to become a better version of myself. My experience also qualified me to work as the Fraternity and Sorority Life Graduate Assistant in the Center for Multicultural Student Leadership and Engagement at Indiana University of Pennsylvania.

— **Abreeya Darda, Omicron Pi-Frostburg State (MD), Graduate Scholarship Recipient**



... support my dream of teaching music to children overseas and serving others in need. I'm so thankful to be in a sorority that provides so many opportunities. I have met my lifelong friends through Delta Zeta. Whenever I was in my lowest moments in life, my sisters in Delta Zeta were the ones that were always there for me. I found my purpose in life through my Sorority and was able to grow in my faith because of that. I truly don't know where I would be without Delta Zeta.

— **Rachel Nieters, Xi Phi-Missouri/Kansas, Undergraduate Scholarship Recipient**



... help me be able to afford books, supplies and needed technology for my senior school year. Delta Zeta has surrounded me with a group of extraordinary women that I get to call my best friends. These women uplift and challenge me daily. I don't know where I would be without this sisterhood and my support system. I am so grateful to Delta Zeta for creating our bond.

— **Aubrey Jones, Alpha-Miami (OH), Undergraduate Scholarship Recipient**

The Delta Zeta Foundation was able to award \$359,000 in merit-based scholarships to 94 graduate and undergraduate members for the 2021-2022 school year. For the full list of scholarship recipients, or to apply for a 2022-2023 scholarship, please visit our website at deltazeta.org/foundation/scholarships.



AUTHENTIC

Christine Luckasen

Theta Eta-Creighton (NE)

FOR CHRISTINE, LAUNCHING HER COMPANY, Hello Brew Co., in Spokane, Washington, during a pandemic posed some unique challenges. “Sometimes it can feel like your goal is so big that it can be scary to start,” she shares. The passion Christine and her co-founder, Ryan, have for the craft beer industry has helped them reach their goals. “We started canning our beer, something we had never planned to do, when we had to reach consumers through to-go sales,” said Christine. “Now, cans are a centerpiece of our business model. Their labels have become branding tools that tell our story. I wouldn’t have the confidence to pursue my career goals, and the ingrained purpose of helping others and doing good, if it wasn’t for Delta Zeta.”

FIND OUT HOW CHRISTINE DAILY BALANCES HER NEW COMPANY WHILE ALSO PURSUING A CAREER IN LAW.

5:00 a.m. Part of my life is working as a recruiter for Helget Gas Products. I interview 80-120 candidates each month from all over the country and take advantage of the time difference by starting my interviews on the east coast and working my way west.

8:00 a.m. Breakfast and workout. My go-to is a smoothie with frozen berries, yogurt, kale, bananas and water.

9:00 a.m. Studying for the Colorado Bar Exam — yikes! Any downtime I have is spent preparing.

12:00 p.m. Lunch and catching up on Hello Brew Co. Instagram, messaging back customers, following up on orders with our accounts and posting upcoming beers and events. Our next beer is



a hazy IPA called Refuge. A portion of the proceeds will go to the Florence Immigrant and Refugee Rights Project in Arizona.

2:00 p.m. The beer industry is an afternoon business. Most of our accounts open in the afternoon so we spend it loading kegs and cans and delivering to local restaurants and craft beer bars.

4:00 p.m. Volunteering at the Center for Civil & Human Rights Name & Gender Change ID Clinic. This is a monthly pro bono clinic I helped set up that assists trans and non-binary people with getting their name and gender markers changed to reflect who they know themselves to be.

8:00 p.m. My favorite way to unwind is watching “Modern Family” or “Psych.” I’ve seen them both a million times but it’s comforting to do something mindless at the end of the day. ♡



THINGS CHRISTINE CAN'T GET THROUGH THE DAY WITHOUT

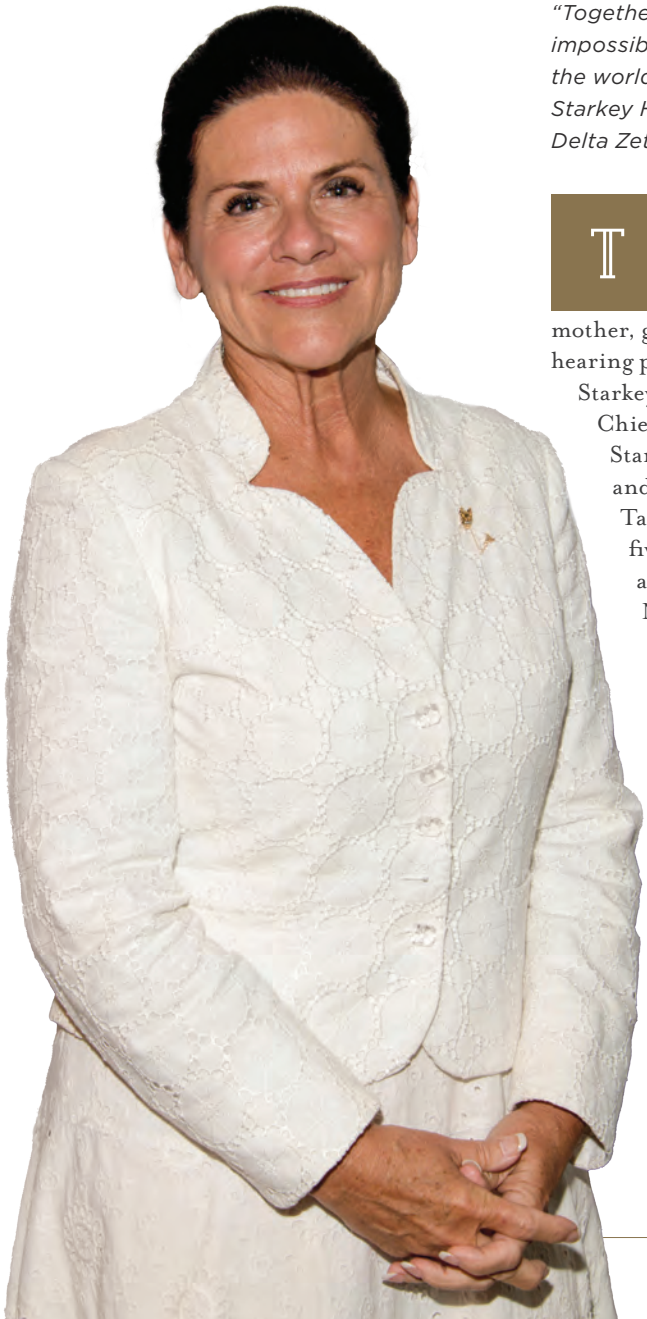
- **My Agendio Day Planner**
I still keep everything in a handwritten planner and was able to customize it to fit my days perfectly.
- **Beachbody Workout**
I started Beachbody at the start of the pandemic, and I’m obsessed!
- **Instagram**
Because Hello Brew Co. is a distribution-only brewery, Instagram is our virtual taproom and how we connect with the community and our accounts.
- **Email**
A big part of Hello Brew Co. is elevating marginalized voices and creating awareness for important social issues. We are always looking for new and important causes to celebrate, and email is how we can make it all happen!



GLOBAL AMBASSADOR

Sparkling Pink and Green with Starkey

By Mary Delgadillo, Pi Xi-Central Florida, Global Philanthropy Intern



"Together we have done the impossible ... truly changed the world!" — Tani Austin on Starkey Hearing Foundation and Delta Zeta partnership

Tani Austin, Alpha – Miami (OH), is a woman who has worn and wears many hats; she is a wife, mother, grandmother, licensed hearing professional, Co-founder of Starkey Hearing Foundation, Chief Philanthropy Officer for Starkey Hearing Technologies and a proud Delta Zeta sister. Tani just celebrated her five-year membership anniversary. She was the 2016 National Convention Initiate in Orlando, Florida. Tani has always been in the hearing industry professionally, thanks to her mother Pat, who started her own hearing clinic when Tani was five years old.

When Tani connected with Delta Zeta, it was a match made in heaven! Delta Zeta's mission, vision and values align with her own and the Starkey Hearing Foundation's vision "Alone we can't do much. Together we can change the world!" Since



Above: Tani on stage at the 2016 National Convention with Past National President Diane Stecher and Executive Director Cindy Menges.

our philanthropic partnership began in 2006, Delta Zeta has helped the expansion of Starkey Hearing Institute and helped Starkey grow from one team in Minnesota to seven regional teams around the globe with 70 programs in 70 countries.

“

Alone we can't do much. Together we can change the world!

When asked about her time working with Delta Zeta and Starkey, Tani said, "I have had the privilege of working and meeting members who support Delta Zeta's ideas and make words into action. It has been a pleasure and honor to share in meetings, collaborations and hearing mission moments with them too numerous to count. The mission to Kenya and Zambia in the winter of 2019 was a blessing to share with Delta Zeta leaders."

Like with Delta Zeta, and the rest of the world, COVID-19 impacted the Starkey Hearing Foundation.



With travel no longer possible, their Foundation pivoted to the next phase of support, now focusing on training, education and building more champions for their mission. They continued to train the next generation of hearing healthcare providers

who will carry this work forward in their home countries at the Starkey Hearing Institute (SHI) in Zambia. "Covid actually accelerated the Starkey Hearing Foundation global programs to where we saw them going in our future. Through our trained team members and partners, the programs are progressing to self-sustainability. Care for patients continues without employed staff being on the ground. The highest form of success is when you can turn a program over to the people running them. With the help of Delta Zeta, we have been able to do that," Tani remarked.

With the dedicated staff and volunteers, strong leaders and passionate partnerships, like the one with Delta Zeta, the Starkey Hearing Foundation's future looks bright. Tani gave a peek into that future when asked about any new programs Starkey is working on. "SHI is partnering with hospitals and clinics in Zambia to utilize our students as clinicians as they do practical work. We also have a new academic partner through Queen Margaret University in Scotland to enable graduates of the Institute to receive an advanced degree in hearing healthcare, which furthers our work and accreditation," Tani shares. She goes on to say, "the foundation will continue sharing and teaching around the world the importance of hearing, hearing loss and hearing aids. We will continue to help those in need through our partners, governments and trained professionals. And I would love to see a Starkey Hearing Institute in all seven regions of the world."

Delta Zeta will continue to support our sister Tani as we hope to help her reach these goals. 🍷

Advice from Tani

FOR DELTA ZETA MEMBERS:



"I am from a small farm and coal mining town in the Midwest. If you had asked young Tani where she would be in 2021, I couldn't have imagined this life. You have no idea of the opportunities in your future. Always, always be yourself! It is always good enough! Be intentional, don't back away, run into the smoke, because if not you, then who? Live in the answer, not the problem. Always be kind to that person that cut you off in line. You have no idea what has happened in their life. No one's life is more important than someone else's life. Caring is love in action and love can change the world."



TRUEST AND DEEPEST FRIENDSHIP



"The purpose for which said corporation is formed is as follows: To build up the character and cultivate the truest and deepest friendship among its members."

Those handwritten words on that simple piece of paper set into motion the sisterhood hundreds of thousands of members have experienced for almost 120 years.

To celebrate those experiences, The LAMP is welcoming essays of truest and deepest friendship from our members this year.

Do you have a story of truest and deepest friendship you'd like to share? Please email submissions of no more than 350 words to lamp@deltazeta.org by November 1, 2021.



Friends May Come and Go, Sisters are Forever

By Maureen Goodnow Sharp, Gamma Zeta-Southeastern (TX)

There are friends who come and go in our lives, and then there are friends who are with us through all the ups and downs of life. The fall of 1977 brought the six of us together as residents of "Third West" (3W) in LK dormitory at Southwestern University in Georgetown, Texas. We all joked that we were the WWW sorority, and when rush came in January of the next year, there were 13 of us in our DZ class from various floors of LK. By the time we all graduated, the six of us remained, and we have been getting together every summer since then (except for two years), for our weekend we call "WWW" — Weekend Without Worry. We have been there for each other through both the tragedies and the joyful times of our lives, and we stay in touch throughout the year with a Facebook group as well as

emails. One of our exes dubbed us the "Power Circle," and that name stuck. We turn to each other for support, and we make each other laugh. We have been through a lot together, as pledges, as "actives", and in these 40 years since we graduated. Each one of my Power Circle has her own gifts and personality, and we all look forward to our Labor Day weekend gatherings each year. We know each other so well that we couldn't play the game where you try to convince the others of a lie about you! We are all grateful that Delta Zeta brought us together and that we have stuck together through "the thick and the thin," as one of our favorite DZ songs goes!

Above, Front Row: Maureen Goodnow Sharp, Cindy Newman Kirkpatrick, Kim Kennedy Montgomery. **Back Row:** Carol Sloan Browne, Karol Sandberg Boes, Diane Bailey Sturges all Gamma Zeta-Southeastern (TX).

Friends Through it All

By Krista Hedrick Rosner, Xi Phi-Missouri/Kansas City about her best friend Leah Jelinek Fann, Iota Xi-Missouri/St. Louis

Leah and I stood at the bus stop together on the first day of third grade and from that day forward, we have been best friends. We were both starting at a new school, so we naturally gravitated towards each other. From our time spanning elementary school through high school, we spent countless hours with each other and even though we often had different friend groups, we were always present in

each other's lives and cheering the other on. When we went to college, we were the farthest away from each other that we had ever been, and it tested our friendship. At the end of the day though, she was "my person" and we were able to work hard at being there for each other, even as we grew, and we were learning to come into our own. I joined the Xi Phi Chapter at the University of Missouri/Kansas City in 2008 and often Leah did not understand why I wanted to join a sorority. Eventually, we both were living together and attending the University of Missouri-St. Louis.

I had affiliated with the Iota Xi Chapter on campus.

After I became Chapter President, Leah started to show interest in Delta Zeta, but

I never pushed her because I knew if I did, she would run in the opposite

direction. After spending time with the chapter and seeing the growth and friendship she could be connected to, she decided to join. As President, I was able to initiate her in Spring 2010.

Leah and I have been through so much together since third grade from surviving high school, going to prom together, countless relationships, being roommates, living apart from each other in different states for almost ten years, being in each other's weddings and being one of the first people to hold our children after they were born. I only hope that we have decades of more memories together. Leah is my best friend, sister and someone

I am thankful to have shared so much of my life with.



Above: (Top) Krista's wedding in 2013. (Bottom) Leah's wedding in 2017.

Left: Krista and Leah in high school, 2005-2006.

Inset: Leah and Krista at a Delta Zeta Philanthropy Event in 2010.

TRUEST AND DEEPEST FRIENDSHIP

Friends Make Anything Possible

By Dawn Bowmaster Zerbs, Beta Tau-Nebraska Wesleyan, and Julie M. Anderson, Beta Tau-Nebraska Wesleyan

Anything is possible when you have a best friend beside you. Since 1980, we've been by each other's side. We met when Dawn was in first grade and Julie was in kindergarten. As we grew up, we attended the same church, took lessons from the same dance studio, sat next to each other in the clarinet section in band and were even high school cheerleaders together on the same squad.

Dawn chose to attend Nebraska Wesleyan University and pledged the Beta Tau Chapter. The following year, Julie did the same after a memorable preference night when she was paired with Dawn. We lived together in the famed balcony room in the DZ house. And at the 1996 National Convention in Palm Springs, Delta Zeta bestowed Dawn a Grace Mason Lundy award while Julie received a Florence Hood Miner honor. Then, Julie finished college while Dawn traveled for a year as a DZ Chapter Consultant before moving to Chicago to continue her career. Julie ended up in Washington, DC.

Our personalities are really different, but in the things that truly matter, we're alike.

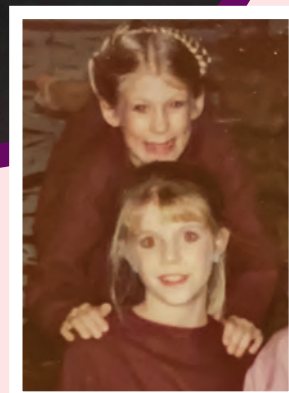
Our friendship has remained unchanged as we've been through life's twists and turns, tragedies and

celebrations, including marriage and kids.

When we both lived in Chicago, through graduate school, we volunteered for kitchen duty during Alpha Alpha Chapter's formal recruitment at Northwestern University. In between refilling dessert trays, we had a pivotal conversation. First, we realized that the newly engaged Dawn would soon have the initials "DZ" after changing her name, leading to a lot of laughter. And then we set a goal of going into business together; we planned to call our future company A to Z Consulting to reflect our last names.

Twenty years after that momentous conversation we've now launched our business, albeit with a different name: The Essential Pencil at www.theessentialpencil.com. We teach high achieving professionals how to improve their writing at work.

Throughout childhood, early adulthood, and now into middle age nothing has interrupted our friendship even though we live in different time zones. Our relationship is one of the most treasured parts of our lives. Friendship from the start — strengthened by Delta Zeta — and better than ever after 40 years. 💖



Above: Julie (top) and Dawn at a dance recital in 1983.



Left: Julie, left, and Dawn, at Julie's wedding in 2014.

READING ROOM

Listening to What You Need

This Reading Room goes out to all our members who may not have enough time in the day to sit and read a book. Try listening to one of these podcasts the next time you're in the car on your way to work, running errands or picking up your kids for a little self-care on the go.



For Society and Culture

"Six Degrees of Segregation" is dedicated to sharing untold stories, amplifying unheard voices and showing that bias might just be closer than you think.

The goal is to provide a platform for others to share their stories to an audience who might not otherwise hear them. It's about listening deeply. It's about learning, loving and empathizing. And acknowledging that the experiences people live can be very different based on how someone looks.

This podcast makes stronger connections and relationships by removing the physical, emotional and systematic space that exists between Black America and the rest of it.

Host: Katherine (Katie) Wiederhold Garry, Zeta Kappa-Ohio Northern



For Leadership and Travel

"Lead. Travel. Pray." was started by three friends who met at work. While they no longer work at the same organization, or in the same city, they have stayed connected through personal and professional changes. People and thought leadership, global travel and faith are the bonds that make their friendship fulfilling. Their podcast was created to share their passions with family and friends. And they hope to make some new friends along the way!

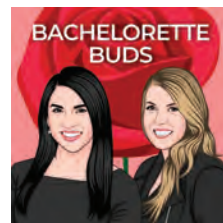
Co-Host: Sandra Kay Schneider, Delta Sigma-Truman State (MO)



For Music Lovers and Mental Health

"Check Your Head" is where musicians and experts share their stories and solutions for mental health and wellness. A music journalist and life coach for musicians, host Mari Fong deep dives with her interviews to bring out the open and honest rockstar stories you want to hear. A great listen for musicians, music lovers and those looking for inspiring stories of hope, resilience and recovery.

Executive Producer and Host: Mari Fong, Theta Rho-California State/Los Angeles



For Reality Television

"Bachelorette Buds" is a podcast for all "Bachelor"/"Bachelorette" or reality TV fans. Join Kate Young and her co-host Marcie Mangan as they discuss all things related to reality TV. Everything from "The Bachelor" to the best binge-worthy reality television shows of the year.

Co-Host: Kate Young, Xi Omega-Purdue (IN)



For 20-Somethings

"Uncharted 20s with Maya and Sara" is a podcast about two best friends taking on their twenties and sharing their experiences as 2020 graduates, professionally and personally, in a changed world.

Co-Host: Sara Henley, Pi Alpha-Florida





Don't wait for "Until..." You are good enough now.

By Jessica Pettitt

*Original Illustration
by Magda Azab*



ix years ago, I found myself wanting to quit. I was a professional speaker and had been on

the road for about three weeks and had three more to go until I could go home. I was done. D-O-N-E. Toast. Perhaps you can relate? The feeling of wanting to quit is powerful. I am not referring to self-care choices here. I mean the feeling of just not wanting to do something anymore with no reason or plan. This is the story of my own healing and finding my way forward in the hopes it can help you.

Let me back up for a second.

After working at universities in South Carolina, Oregon, New York and Arizona, there was one common denominator I experienced in all these positions — getting fired. Which means that I don't have a lot of experience quitting. I have quit smoking before, and this last time seems to be working. I've been sober 17 years. And it seems that after turning 40, I have ended a number of toxic "friendships." However, I still don't feel like I have a lot of experience quitting.

So, there I was, on stage wanting to quit, but needing to finish my contractual obligations. As a people pleaser, I didn't want to disappoint anyone, so I gave my all and opened myself up to questions. Somehow, I seemed to be hearing the audience differently than before. Later that night, curled up with a pint of ice cream and room service, I replayed the comments. It seems that when I decided to quit, I started listening differently. As a diversity educator, I listen to people's excuses all the time as to why they are uncomfortable, or confused and even unwilling to do something different "until." This "until" is important. A pattern showed up that I hadn't noticed before where they were waiting for someone else to do something first before they would change. Until the other person changed, or something else happened, they aren't doing anything different. What rang differently for me was that I felt the desire to quit on that stage, but had no "until," no next options. People quit in an all-or-nothing fashion because they wait for an "until" and it never comes. I listened and learned, that they, and I, in that moment were good enough now, and did not need to wait for an "until" to change.

GOOD

At the root, "quitting" and "until" are rooted in a displacement of responsibility. Now, this is a bold statement to make, and trust me I really did a lot of research to try to prove me wrong. I've read all of Brené Brown's books, as well as Susan Scott's book, "Fierce Conversations" and Kerry Patterson's "Crucial Conversations." I was stumbling into something that I couldn't shake. Instead of looking at conversations in a transactional, or sender receiver manner, what if I took responsibility for myself as both a sender and receiver? Recognizing that my life and my lived experiences taught me who and how to be in

the world was just the first step of healing my burnout. I discovered I didn't want to quit; I wanted a change. I just didn't want to do diversity trainings that didn't work anymore.

I got reacquainted with the idea that we are all good. I know. I can hear you saying "what about THEM! They can't be good, can they?" I challenged myself to notice

What would you change or keep from your current experience?

patterns of my own judgments and assumptions about others, the "them," and then of my own "us" group. If I no longer displace responsibility, then I recognized that my us group is my them's them group... I will let you reread that because grammatically that is a weird thing to say let alone read. I had to come to terms with the fact that if my life taught me who and how to be, then their life did too. Our judgments and assumptions make us feel safe and prepared. This doesn't make us right, but it does make us all good. (Ok, maybe most of us good.) My crispy edges began to soften, hydrate if you will, at the possibility that I was onto something. This felt good. Honestly, this still feels good.

ENOUGH

This brings me to the concept of "enough," a distant cousin to "until." I am not a therapist of any kind but have had one of my own for decades. "Until" is an inhale and enough in an exhale. They play together. Some say breathing is healthy and, honestly, I struggle with giving myself air and space every day. "Until" serves as an ultimatum in my life that is dependent on waiting for others which is just displacement of responsibility, unless I am waiting on myself. Sometimes this source of grace or space is supportive and good in nature and other times it is the source of my excuses. "Enough" is just that — enough.

Learning to inhale and exhale has been a challenge for me and is connected to moderation in a way that feels clumsy, yet hopeful, for me. Being responsible for my intentions and impacts on self and others means that I can hold multiple truths at once. My life has shown me who and how to be, just as someone else's life has done the same. I don't have to agree with them. And when I disagree with someone, they can still be enough, as can I. In those moments of disagreement, I can reflect and ask myself when have I made someone feel the way I currently feel in the disagreement? (Re)claiming responsibility for a flippant remark's impact on others — or my own self talk — is my work to be done. My lived experiences prepare and protect me going forward, but that doesn't mean I am right. I can write these narratives about others or situations I encounter and print them out triple-spaced with extra wide margins. Only then can I take responsibility while also leaving room for edits of accurate and present information. The moderation needed to be enough means that you will try and, when you can't try, you will try to try. Trying to try and recognizing the effort of others is at the root of "enough." This "until" moment is as

much about you feeling not enough as it is about having had enough.

NOW

Which brings us to now. When reflecting over my past year, I am not certain about anything other than uncertainty is the new normal. Perhaps like talking while muted on that last video call, I have also gotten accustomed to the unknown, but here I am in the now figuring out what “good enough” looks like going forward.

What would be better? How can I be curious or generous enough to inspire my own authenticity and vulnerable enough to hold space for others while wearing hard pants?

Here is a different question to map out your now. What would you change or keep from your current experience? I answered this question in my own manner and brought good and enough with me on the wild ride leading me to this moment of now. The ride had three major twists and turns that I never saw coming, all hiding in plain sight as the ever changing now.

MARCH 6, 2020.

MAY 12, 2020.

MAY 15, 2021.

We all have dates from the past year that we will remember. For me, March 6, 2020 was the day I arrived home from a trip and listened to my voice mail and found that a conference in Boston was cancelled. May 12, 2020 was the date I lost my last year-long virtual contract for ongoing consulting work and I applied for unemployment. Then, just a year and three days later, May 15, 2021, things look different. I graduated with a one-year MBA degree, am debt free and purchased my first airplane ticket for a summer trip. A year grounded at home brought a lot of change, but not necessarily a negative change and I am not sure that I want to give up some of the new things this year has gifted me.

Early last year, I still kept a calendar and had a concept of time so that I’d drive three hours to go to a Trader Joes, see public art and get a sunburn. I craved newness, novelty, the unexpected. I hadn’t realized how much of my life banked on running into friends in unexpected places, meeting strangers or discovering some new thing. Around this time, I was still operating with old definitions. As I continued offering virtual programs, modifying my existing content for clients, and even hosting other people’s meetings on my Zoom platform before they bought their own accounts, my definitions began to shift. I got curious on what other people were doing so I enrolled in other webinars to learn different platforms and techniques that I could experience as a participant

I know that I do not want to lose this genuine sense of curiosity.

and then decide if I wanted to use them on my side of an online program. I never bought big studio equipment, I kept things small and nimble. I made a commitment to myself and my audiences that I would say yes to offering my skills and knowledge. I wasn’t certain I was ever going to be on a stage again. It might look like I quit, but what I did do was change my definitions.

I coined a phrase, “clarity was kindness,” in the light of uncertainty. If we could be clear with each other, then my partner’s students, my audiences and we could get through anything. I began to discover what I didn’t know I didn’t know, and the unknown became more closely aligned with novelty. As much as I miss the stage, and casual conversations with shuttle drivers at 3:00 a.m., I found myself now talking to strangers, not about quick topics, but about more meaningful ones. I opened my curiosity to learn and connect with others. I took risks to ask questions I didn’t know the answer to, because my definition of time had changed as much as my daily schedule. I know that I do not want to lose this genuine sense of curiosity.

So here we go! I have plane tickets purchased for the next six months and am starting to feel excited about the food, people, music, art and other excursions I am planning on doing as my world and mind begin to open back up. Much like any entrepreneur, I need to employ “my dream isn’t your dream.” I ask you to let go of your “until” and realize that in the now you are good enough to answer the question I asked earlier, what would you keep or what would you change?

We need to remember that each of us has new and old definitions that are very different from each other. The key will be finding the commonalities in definitions and the novelty in the differences. I hope this is one thing that sticks around for the long haul. 🔥

Friend of Delta Zeta, Jessica Pettitt has been stirring up DEI Conversations for almost two decades with her concept of Good Enough Now — how doing the best you can with what you have some of the time is better than nothing never. For more information visit www.JessPettitt.com.



ROSE & GREEN

From Teacher to Sister

How one alumna impacts lives through her work

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

As a high school student at Hampden Academy in Hampden, Maine, Julianne (Julie) Llerena, Alpha Upsilon-Maine, had an instant connection with her freshman social studies teacher. “Ms. Albee was one of my favorite teachers in high school. You could come to her with anything, and she would be there to help, no matter what. She treats her students as adults and creates a fun environment for learning social studies, which I’ll admit is not my strongest subject” says Julie. Ms. Albee is actually Emily Albee, Alpha Upsilon-Maine, and the connection she makes with students like Julie show how teachers, just like her, are making an impact in lives every day through their work.

After graduating from high school, Julie enrolled, just like her favorite teacher, at the University of Maine just up the road in Orono. “Honestly, I had no clue Ms. Albee was a Delta Zeta until I became a sister myself,” remembers Julie. “While I was a new member, she commented on a Bid Day post on Facebook how she was a sister as well!”

Emily joined Delta Zeta at the University of Maine in the fall of 2002 as a 17-year-old freshman. As an out of state student, she described joining DZ as “one of the best decisions I could have made.” The curiosity she has for the world around her grew out of her experiences during college, becoming the foundation for her as an educator. As Philanthropy Chairman, Emily learned how to create programming



and awareness events for different issues all while gaining community and leadership experience while developing a lifelong commitment to service. The skills she gained through Delta Zeta made her confident that she had correctly chosen to pursue a career in education because she could maintain her

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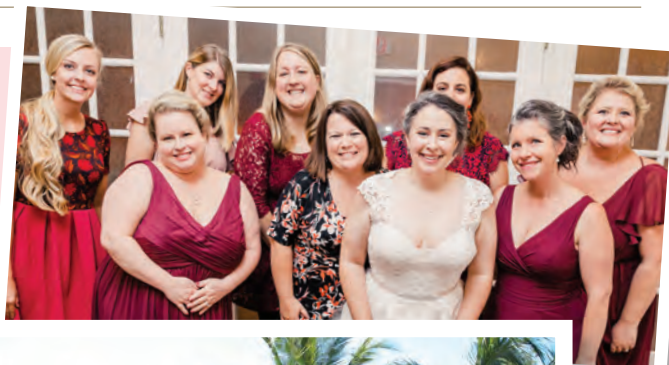
It makes me excited to know that I'm helping, in some small way, craft a generation of learners who will make an impact on the world.

commitment to helping people. Emily improved upon her skills throughout her time at UMaine, both as an undergraduate and then eventually graduate student, and into her professional career as a high school classroom teacher by learning how to organize both people and events to follow the path of social justice.

An ambition to travel and experience other cultures drives Emily, and her Delta Zeta connections have helped her see the world. Her first major



Left: Julie and Emily on campus in Orono, Maine Above: Emily hosting a digital guest speaker in her classroom in the Spring 2021. Top right: Delta Zeta sisters at Emily's wedding. Right: Emily, right, with a friend at an urban farm in Havana, Cuba.



adventure was during college with a fellow sister to visit another Delta Zeta who was studying abroad in New Zealand. The trip lasted three weeks and was a life changing backpacking adventure around the South Island. This experience led to many other adventures and opportunities to meet people in varying cultures in over 37 U.S. states, Canada, England, Wales, Germany, Austria, China, Cuba, Guatemala and Ireland.

Emily's travels helped her grow both personally and professionally while her experiences have turned into curriculum for her classroom. She demonstrates to her students the necessities of connection for an interdependent and global 21st century world. Emily networks with Delta Zeta sisters, welcoming them as digital guest speakers from around the world into her classroom. She is also a dedicated volunteer with Hug It Forward, an organization that works to build more eco-friendly and sustainable schools using non-recycled plastic bottles as the main component of their building materials. She has worked, along with other educators, on building a bottle school in the community of El Refugio y La Rosa in the mountains of Guatemala. Each

year her students fundraise to support the work of Hug It Forward as they continue to build.

Educators, like Emily, have been celebrated for their work during the pandemic. "This year, my exhaustion level is different because of Covid," says Emily. "However, my colleagues and I dug deep, and I know our work was important, especially at supporting the social and emotional wellness of our students." Like many districts across the country, Emily's school felt the extremes hit them as well. From the swiftness of closing in March 2020, to maintaining a hybrid teaching and learning experience this year, the connections that teachers like Emily make with students helped maintain some sense of normalcy for their communities.

"I often say I'm preparing my students for jobs that don't yet exist," says Emily. "That makes me excited to know that I'm helping, in some small way, craft a generation of learners who will make an impact on the world." And, she has done that for at least one student turned sister in Julie who said, "It's been amazing to hear about Emily's experiences with Delta Zeta and how much of an impact this Sorority has had on her. I hope to one day make as big of an impact on this world as she has." 🔥

ROSE & GREEN

WALK TRULY

Olympic Dreams Fulfilled

"If the Olympics were in 2020 as planned, I never would have had the chance to represent Canada because of injuries," shared Alycia Butterworth, Pi Kappa-Idaho. Alycia represented Team Canada in the Women's 3000-meter steeplechase during the Tokyo Games this summer. The 3000-meter steeplechase is the longest track event held with obstacles. The women's event was added at the 2008 Olympics.

Alycia was 10th in her preliminary race in 9:34.25 and did not advance to the final, but her Delta Zeta sisters were following her Olympic debut race on July 31, posting and sharing hundreds of encouraging messages on social media. "I'm beyond excited to be representing Canada at the highest level. I hope to make my country proud and my DZ sisters across the US and Canada proud as well!" Alycia shared. And we are so proud to call her sister!



TOKYO 2020



Magical Ambassador

Who wouldn't want to work at the most magical place on earth? Well Alexandria (Ali) Manion, Sigma-Louisiana State, does and she has been named as a 2022-2023 Walt Disney World Ambassador along with co-worker Raevon Redding! While narrowing down more than 800 applicants turned out to be incredibly difficult, these two exceptional Cast Members wowed everyone. As Walt Disney World heads into their year of "The World's Most Magical Celebration," Ali will be sharing their adventures so be sure to follow @wdw.ambassador on Instagram to keep up.

Above: Ali Manion, Sigma-Louisiana State, and Raevon Redding

Winging it in Western Kentucky



On March 30, the Pi Chi Chapter at Western Kentucky University hosted their Fourth Annual Wing Wars tournament. This bracket-style wing eating competition takes place during philanthropy week and helps bring students from a range of campus organizations together to raise money for the Starkey Hearing Foundation. Pi Chi's Vice President of Philanthropy, Alaina Scott, recalls "as teams competed head-to-head over spicy chicken wings, students, tour groups and members of other campus organizations stood to watch and cheer on their friends."

Above: Pi Chi-Western Kentucky members Paulina Rendeiro, Elizabeth Hitch, Katie Mann and Madison Barrow

Alabama Hall of Fame Honors

Mary Lynda Campbell Ewen, Alpha Pi-Samford (AL) was recently inducted into the Alabama Pharmacy Hall of Fame. One of six inductees for 2020, and the only woman, Lynda has served the profession for over fifty years. She was the first woman in its 133-year-old history to serve on the Alabama State Board of Pharmacy.



ROSE & GREEN

Milestone Membership Celebrations

Each year, thousands of Delta Zeta sisters receive milestone membership certificates. In those cities where we have an alumnae chapter, our sisters try to gather in person to honor them. This year Phoenix, Arizona had 18 Delta Zetas attend Turtles & Pearls as they gathered to honor Christina Echavarria, Epsilon Rho-Northwest Missouri State, for her 25-year Silver Anniversary, Susan Norman, Zeta-Nebraska, for her 50-year Golden Rose Anniversary and Barbara Nicholson Gallaher, Alpha Epsilon-Oklahoma State, with a 75-year Order of the Diamond Anniversary. Also honored were the graduating seniors from the Pi Zeta Chapter at Arizona State University.

Then, the Bayou Area Alumnae Chapter in Louisiana hosted a brunch where over 80 sisters covering every decade of the past 53 years attended. Members visited and celebrated the Golden Rose recipients Debbie (Raz) Raziano, Past National President, Concietta Ruggiero, Charter Member, Christine

Ducos Touns, all Kappa Alpha-Nicholls State (LA) and Vickie Torres Touns, Sigma-Louisiana State, that were in attendance.



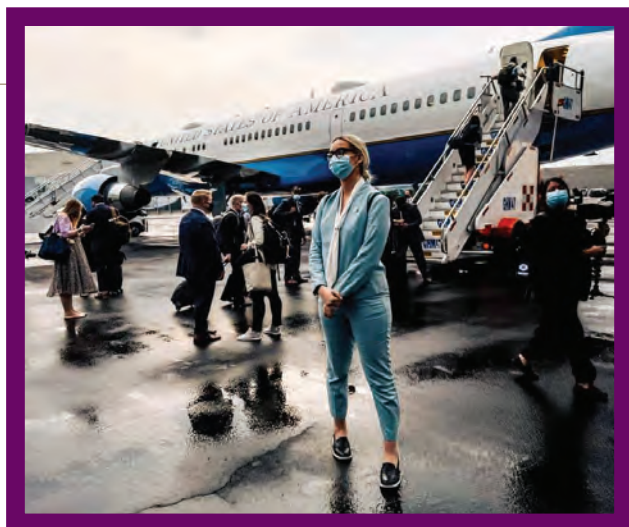
Above: On Left, Barbara Nicholson Gallaher, Alpha Epsilon-Oklahoma State, and her daughter Anne.

Left: Vickie Torres Touns, Concietta Ruggiero (Charter Member), Sue Ducos Hebert, Debbie Raziano (Raz), Past National President, and Chris Ducos Touns.

Tech Industry Executive Honored

Stacey Wheeler Slaughter, Kappa-Washington, was honored with a 2021 CableFax 100 award and featured in their August 2021 magazine. Stacey is the President and CEO of NCTI, a Denver based company specializing in learning management tools for telecommunications. This award honored the innovative ways she repositioned her company to meet the changing needs of her industry during the pandemic. Stacey also serves Delta Zeta as a National Vice President on the National Council.





From the Chapter House to the White House

Elizabeth Cavalieri, Pi Zeta-Arizona State, may have been the Chapter President while in college, but today she works for a President. She is currently working at the White House as Associate National Press Advance Lead. In January, she worked the Presidential Inauguration. Elizabeth then found herself on the tarmac working the departure of the Vice President on the first international trip to Mexico of the Biden-Harris administration. Her sisters can't wait to hear more of her high-flying adventures!

STEADFAST LOVE



90 Years Young

On June 13, 2021, Lois Lee Absher Porter, Alpha Sigma-Florida State turned 90 years young, and her Delta Zeta sisters celebrated with her. Lois Lee received her Order of the Pearl for 75 years of membership at the 2016 Convention in Orlando, Florida. As she was turning 90 this year, her family asked if we could send birthday cards to celebrate. Wow! Did our pink and green spirit shine! She was in great shock over the wonderful birthday surprise!

Focusing on Health and Wellness

The Theta Chapter at The Ohio State University has formed a new Health and Wellness committee. The chapter recognized a need to connect members with professional tools and resources to manage the stress they're facing from Covid-19. In response, they initiated contact with OSU's Counseling and Consultation Service (CCS) for a tailored outreach workshop. Entitled "Coping with Covid and Grief," staff led an hour-long open discussion and lecture event over Zoom. Because this event was initiated and designed by chapter members, the women felt comfortable sharing their experiences — whether it was the stress of working in hospitals during Covid, losing a loved one, or struggling with limited social contact. In the process, members realized they were all experiencing similar feelings, and were able to grow closer over shared experiences.



ROSE & GREEN



Building Sisterhood in South Carolina

Summer Harris, Beta Delta-South Carolina, South Carolina State Alumnae Chairman, planned quite an amazing first State Adventure Day. It was full of fun adventures and time spent with sisters in a way that catered to everyone's desires. They celebrated sisterhood while offering different types of adventures to meet different interests, activity levels and age. The group looked for activities that were either mostly outdoors or had established and proven safety protocols.

The South Carolina alumnae are also building a social media presence that highlights the fun they have. And so, Flat Alfa was created. Members request a Flat Alfa, take her on their vacations, and tag state social media accounts in their posts to share Flat Alfa's adventures. Naturally, it only made sense for Flat Alfa to join State Adventure Day!



When Sisterhood Meets Philanthropy

Zeta Epsilon-California/Pennsylvania combined two of the chapter's most valued components: sisterhood and philanthropy this past spring. Sisters had an opportunity to participate in both an enjoyable and rewarding Build-a-Bear philanthropy event together. These bears, complete with hearing aids, were then donated to local children in hope of making them feel less alone since they would have a furry friend just like them. All proceeds were donated to the Starkey Hearing Foundation and the American Society for Deaf Children.



DELTA ZETA

Beta Delta Oscars

This year, the Beta Delta Chapter at the University of South Carolina

hosted their first Delta Zeta Oscars! They celebrated sisters for their various accomplishments. The chapter had sisters, showcasing their talents as guest performers between award announcements. "We are so lucky to be a part of such a great sisterhood that empowers one another and acknowledges the accomplishments of so many of our own who go above and beyond!" shared Meghan Berglund, LAMP Editor.



Governor Appoints Member to Board of Trustees

Indiana Governor Eric J. Holcomb has appointed Amy Wyse, Gamma Chi-Ball State (IN), as the new student representative on the Ball State



University Board of Trustees with a two-year term through 2023.

"Ms. Wyse is an outstanding student, and she clearly has a passion for Ball State and for making an impact on her campus community," Ball State Board of Trustees Chair Renae Conley said. "We look forward to working with Ms. Wyse and welcome her insights from a student's perspective."

Amy is a junior triple majoring in International Business, Economics and Spanish. She has served in a number of organizations on campus, including the Student Government Association (off-campus caucus senator), the Delta Zeta sorority, Women in Business, Western Equestrian Club, Cardinal Catholic and as an Honors College Peer Mentor.

Reprinted in part from the *Ball State University News*

ROSE & GREEN

Recognizing Outstanding Chapter and Member Efforts

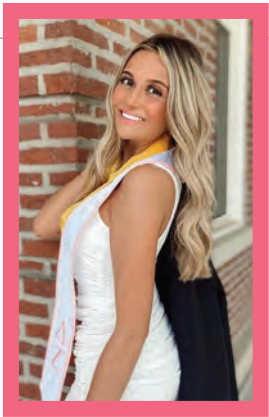
Every year, Delta Zeta collegiate chapters and members are honored with awards on their respective campuses. If your chapter has been recognized, please email LAMP@deltazeta.org to be included in an upcoming issue of the magazine.



At the annual spring 2021 Greek Gala Awards hosted by Sorority Fraternity Life at Illinois State University, the Lambda Rho Chapter received eight awards, the most awarded to any chapter on campus. Their awards included the Overall Chapter Excellence Award which is a traveling award granted to chapters who uphold the principles of excellence amongst all four Greek councils on campus.



Grace Yawman, Beta Xi-Auburn (AL), was honored as Auburn's Be the Creed Honoree. The Be the Creed award is given to one student at Auburn University each year. Students are nominated based on how they exemplify the Auburn Creed in their everyday lives. Grace was nominated by her supervisor Christy Coleman, assistant director of group fitness at Campus Recreation. According to Christy, Grace's hard work, eagerness to learn and capability of handling greater responsibilities led her to becoming program assistant.



Kamryn Giesler, Gamma Phi – Indiana/Pennsylvania was honored for completing her studies as an honor psychology major with a perfect 4.0 GPA. Kamryn was honored with the John J. and Char Kopchick College of Natural Sciences and Mathematics best presentation award (undergraduate) for her project, "Theory of Mind and Social Inferencing Within the Broad Autism Phenotype."

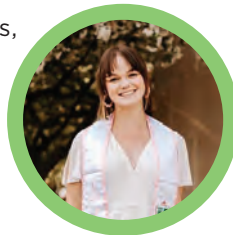


Beta Delta-South Carolina was named the 2020 College Panhellenic Association Chapter of the Year. In addition, they earned an Academic Excellence award! Two individual members were also honored at their spring awards ceremony. Rachel May was named the 2020 Outstanding Council Leader award for her work with Panhellenic at their school. Madison Lynch was named 2020 Greek Woman of the Year.



Members of the Rho Chapter at the University of Denver earned three Fraternity and Sorority Life awards for 2020-2021. Haley Clark was named Exec Member of the Year and served as Chapter President during 2019-2020. Angie Bustillos was named House Manager of the Year and Mandy Valdes, Rho-Denver (CO) College Chapter Director, was named Advisor of the Year.

Emily Rackers, Xi Phi-Missouri/Kansas City, was one of 11 students selected from the 2021 graduating class as a Dean of Students Honor recipient. The award recognizes exceptional students who maintain high scholastic performance while actively participating in university and community leadership and service activities outside of the classroom.



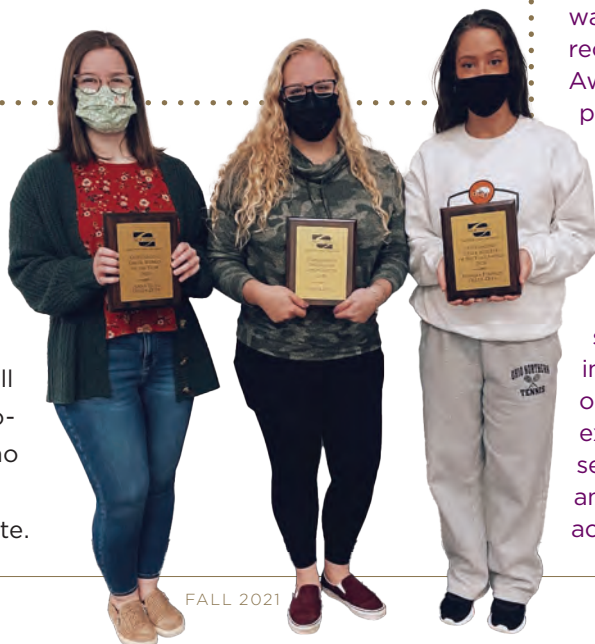
Alpha Upsilon-Maine received the award for most improved chapter during their 2021 Greek Week this past spring. "Receiving the award for most improved chapter this year was very meaningful. Amidst a year of unknowns, we all knew we had each other; we shared values as sisters that

helped us get through the difficult year, coming out stronger on the other side. I'm very proud of the hard work my sisters have put into our chapter to improve our sisterhood!" says Bridget Flynn, Chapter President.



Olivia Waddell, Epsilon Gamma-Central Missouri, was honored as a recipient of a Charno Award, the highest honor presented to University of Central Missouri graduating seniors. Selection is based on a combination of criteria, which include leadership, scholarship, character, involvement in campus organizations and extracurricular activities, service to the university and involvement in one's academic department. 🔥

Zeta Kappa-Ohio Northern earned a Gold Standards of Excellence award and Anna Russ, Chapter President, was also named Outstanding Greek Woman of the Year. Anna made sisterhood her top priority and all sisters felt inspired by her day-to-day actions. Jeorgia Templin, who plays tennis for the school, was named Outstanding Greek Athlete.



FLAME ETERNAL

ALPHA

Patricia Roll
Schmunk, 1949
Leona Penn Blinn,
1950
Cheryl Baker
Bauer, 1960
Jill Strauss Pryor,
1962
Amelia Kunkler
Fink, 1963
Bonnie Young
Grimes, 1967
Rebecca Bell
Bledsoe, 1973

GAMMA

Helen Lorraine
Matson, 1949
Sherrill Jacotel
Johns, 1962

DELTA

Carolyn Gipe
Stauffer, 1951
Grace Hanson
Wilson, 1953

EPSILON

Elizabeth Tarvin
Sorenson, 1956
Susan Kretsch
Swisher, 1957

THETA

Joanne Dunivant
Rinsma, 1947
Pauline McDevitt
Whiston, 1953
Mary Minter
Garland, 1956
Sarah D. Purdy,
1956
Molly Hamrick
Schiff, 1977

IOTA

Joan McNeil
Shrader, 1958
Martha Kosinski
Moreland, 1974

KAPPA

Marianne Brown
Gutteridge, 1946
Ellen Beloit
Cromer, 1947
Joan Brown
Talbot, 1951

NU

Lura May
Rabenstein
Dillow, 1943
Paula Fritze Marin,
1955

XI

Mary Ann
Sommers Larkin,
1950
Helen Jaeggi
Simonton, 1958

OMICRON

Nancy Creasy
Murphy, 1951
Constance Michael
McClain, 1959
Frances Molesky
Clingman, 1962

PI

Pauline Calhoun
Mangold, 1954

RHO

Helen Joan
Nussdorfer
Luoma, 1945

SIGMA

Jolene Bryan
Humphries, 1948
Betty Kleinpeter
Kershaw, 1949
Norma Archard
Carpenter, 1954
Frances Smith
Scranton, 1956
Gloria Blaylock
Newman, 1957
Linda Allred
Becnel, 1959

TAU

Joan Halter
Sorensen, 1947
Elaine
Schuttenberg
Lootens, 1953
Sandra Geipel
Hollands, 1962

UPSILON

Mary Safstrom
Alford, 1950
Fern Dompier
Leintz, 1958

PHI

Jeanellen Calkin
Hendrickson,
1942
Mary Louise
Ringheim Ziuzin,
1954
Marilyn Morgan
Azevedo, 1955

CHI

Shirley Meiklejohn
Zumwalt, 1946
Doris Basinger
Olson, 1951

PSI

Billie Snowball
Lebrock, 1952

OMEGA

Barbara Kirsch
Hamilton, 1948
Anita Allen
Oderman, 1955

ALPHA ALPHA

Marguerite Bunge
Lohrmann, 1942
Marilyn Reeling
Hallman, 1951
Nancy Gerhardt
Ericson, 1951
Lynn E. Haude,
1962

ALPHA BETA

Mary Ann Weeks
Fick, 1949
Janet Barker
Phillips, 1951
Fredna Ray
Glover, 1959
Helen Ross
Sangster, 1963
Donna Stauffacher
Robertson, 1980

ALPHA GAMMA

Carolyn Beaird
Johnson, 1945
Mary Barclift
Lisenby, 1946
Janie Little
Smallwood, 1946
Dorothy Moore
Burton, 1947
Lucinda Tribble
Chamblee, 1953
Gail Wright Noel,
1957
Nancy Charlie
Jones, 1961
Deborah Warren
Valentine, 1972
Diane Black
Martin, 1973

ALPHA DELTA

Marcia Chipman
Hough, 1950

ALPHA EPSILON

Delnita Teter
Hosier, 1966
Gayle Bettinger
Rader, 1968
Susan Neff Letzig,
1971
Lori Michelle
Johnson, 1988

ALPHA ZETA

Alice Walker Bilz,
1971

ALPHA THETA

Cheryl Arnold
Brown, 1970

ALPHA IOTA

Arliss Grant
Charleville, 1944

ALPHA KAPPA

Mary Binley
Barker, 1946

ALPHA OMICRON

Mongah Haynes
Young, 1942

ALPHA SIGMA

Sibyl Griffin
Wagner, 1948
Mary LaGrone
Smith, 1949
Melba Snapp
Wheeler, 1952
Susan Sagar
Waters, 1968

ALPHA TAU

Carrielyn Schmidt
Wenzel, 1943
Betty Waddill
Hayes, 1953
Fredna Schroeder
Stewart, 1954

ALPHA CHI

Barbara Nelson
Taloff, 1947
Carol Davey
Stendel, 1952

ALPHA PSI

Bette Dodd
Beshears, 1956
Glendena Dupree
Bryant, 1958

BETA ALPHA

Priscilla Briden
Fordyce, 1944

BETA GAMMA

Nancy Dolt Fitch,
1949
Janice Muntan,
1961

BETA DELTA

Gene Sawyer
Smith, 1946
Sheryl Foreman
Olecheck, 1980

BETA EPSILON

Gwendolyn Tucker
Biddle, 1943

BETA THETA

Jean Weaver
Schrimmer, 1952

BETA KAPPA

Rhoda Leary
Latting, 1955

BETA LAMBDA

Ethel Fain Haun,
1945
Hildred Hall Lee,
1959

BETA XI

Tays Tarvin Bogue,
1943
Marilynne Pater
Myson, 1952
Eleanor Haywood
Loyd, 1958
Carol Haslam
Merrill, 1960

BETA PI

Dorothy Olenzek
Slutz, 1946
Marilyn Brackett
Hanford, 1954
Patricia Groney
Hill, 1954
Marilyn Hook
Calkins, 1958

BETA RHO

Pamela Hibberd
Kahler, 1961

BETA TAU

Glenice Velte
Kemling, 1952
Elizabeth Webster
Aquilair, 1955
Janet Voorhees
Benton, 1955

BETA UPSILON

Mildred Foley
Hawkshead, 1948

BETA CHI

Barbara Baker
Hubbell, 1950
Katherine Kotila
Scholz, 1951
Marica Johnson
Baranyi, 1962

GAMMA ALPHA

Joan Edmondson
Kocher, 1974

GAMMA BETA

Dorothy O'Brien
Carter, 1946
Judith Schnaars
DiDomizio, 1963

GAMMA DELTA

Nancy McClain
Snook, 1950
Sarah Keating
Martin, 1964
Janice Myers
Kaltaler, 1965

GAMMA EPSILON

Marilois Wolter
Ewalt, 1954
Alberta Collinet,
1955
Eleanore
McDonald Troxel,
1958
Donna Johnke
McLaughlin, 1967

GAMMA ZETA

Carmin Nannetta
Cleavenger, 1953
Carolyn Haupt
Stephens, 1955

GAMMA THETA

Violet Cisler
Delaney, 1956
Martha Bruenger
Block, 1967
Barbara Schmid
Schmelzle, 1970

GAMMA IOTA

Patricia Fitzgerald
Lane, 1953
Anna Cathryn
McBride Ball,
1956
Judy Crum
Vincent, 1958

GAMMA KAPPA

Janice Allshouse
James, 1954
Marilyn Thompson
Beckett, 1958
Michele
Ranzenberger
Gromelski, 1967

GAMMA LAMBDA

Laurel French
Gross, 1959
Jennifer Edwards
Feasby, 1983

GAMMA MU

Marianne Kulak
King, 1962

Obituaries reported from March 1, 2021 to June 30, 2021. Year of initiation is after name.

GAMMA NU

Louise McCumber
Hawthorne, 1949
Shirley Stiff
Goudie, 1950
Dolores Coleman
Day, 1955
Patty Snyder
Lohrenz, 1956
Ruth Carstens
Heminger, 1970

GAMMA XI

Elizabeth Scekles
McKinley, 1956
Cynthia Ann
Cooper, 1965

GAMMA OMICRON

Lorna Manzy
Jacox, 1949
Susan Phillips
Ehlers, 1961
Carolyn Flood
Robbins, 1962

GAMMA PI

Donna Bush
Treloar, 1952

GAMMA RHO

Marilyn Hoffmann
Howe, 1952
Trudy Worth
Long, 1955
Norma Griesbaum
Knecht, 1956
Colette Floistad
Lawson, 1956
Kimberly Kolinski
Gillespie, 1984

GAMMA SIGMA

Margaret Baker
Lay, 1956
Arlene Robinson
Santer, 1957

GAMMA TAU

Nancy Klinger
Wade, 1957
Cheryl Mayer
Saker, 1965
Melinda Mackin
Sprow, 1977

GAMMA CHI

Stephanie Dart
Davids, 1955
Rachel Moody
Ford, 1956
Janis Watkins
Carpenter, 1962

GAMMA PSI

Lynne Johnston
Fennick, 1965

DELTA BETA

Sara Going
Simpson, 1957

DELTA EPSILON

Diane Silz Field,
1955
Mary Hines
Briganti, 1958

DELTA KAPPA

Necia White Kelly,
1957

DELTA MU

Sherrie Phillips
Chmelka, 1957
Phyllis Hensch
Stachour, 1958
Carol Fisher
Baldwin, 1969

DELTA OMICRON

Donna Burns
Landreth, 1957
Nancy Eckhardt
Leslie, 1972

DELTA PI

Jo Lynn Borgna
Kistner, 1957
Carol Sue Curtis
Knapp, 1959
Mary Martin
Hawkins, 1960
Brenda Burford
Brewer, 1962
Jane Trankamp
Mellick, 1964
Myrna Martin
Rockers, 1965

DELTA THETA

Donnie Newsom
Burgner, 1957

DELTA SIGMA

Helen Owen
Robinson, 1964

DELTA UPSILON

Marjorie Devers,
1956
Christine Haga
Burgess, 1957
Ruth Lykins
Ramsey, 1957
Ann Tygrett Ross,
1965
Paula Miller Allan,
1968

DELTA PHI

Arlene Holeman
Reid, 1956
Willa Searce
Pace, 1957

Janet Lamon
Smith, 1962
Ashley Dawn
Pryor, 2001

DELTA CHI

Beverly
Martinovich
Volpato, 1956

DELTA PSI

Susan Ramsey
Smartt, 1965

EPSILON ALPHA

Margaret Corder
Long, 1958

EPSILON EPSILON

Shirley McGrew
Carlson, 1956

EPSILON IOTA

Constance Ware
Payne-Stewart,
1956

EPSILON KAPPA

Beverly Young
Church, 1961
Nancy
Borkenhagen
Peebles, 1962
Linda Bjornstad
Bradley, 1966

EPSILON MU

Robyn Nannette
Jackson, 1980

EPSILON XI

Marjorie Corbell
Whitmore, 1959
Carolyn Hazel
Lewis, 1962
Julie Janay Aitken,
1990

EPSILON OMICRON

Patricia Anderson
Magerkurth, 1957
Christy Hausmann
Elliott, 1960
Judith Harlin
O'Connor, 1961
Clarice Clauser
Gabbrants, 1962

EPSILON RHO

Ruth Ann
Hazelbaker, 1957

EPSILON TAU

Geri Lynn Flanary,
1982

EPSILON UPSILON

Priscilla Cantlon
West, 1963
Lisa B. Perez, 1993

EPSILON OMEGA

Lynda Lund
Hoffmann, 1960
Wendy Michelle
Gerlach, 2005

ZETA ALPHA

Joy Grabow Maier,
1957

ZETA BETA

Kathryn Anderson
Steckel, 1958
Cheryl Ann Olsen,
1973

ZETA GAMMA

Yvonne Labranche
Lagasse, 1959

ZETA EPSILON

Esther Nicholson
Dupstadt, 1958
Peggy Tsoucaris
Butler, 1965
Tammy Sue
DeVotie, 1983

ZETA ZETA

Mikala Faville
Stephens, 1958
Phyllis E.
Goettsch, 1959
Beverly Peck
Peters, 1964
Tamara Tarter
Fresquez, 1978

ZETA KAPPA

Connie Kelner
Stocksdale, 1960

ZETA LAMBDA

Jere Dee
Gallagher, 1967

ZETA NU

Carla Sydney
Morat, 1987

ZETA XI

Martha Little
Gossett, 1961

ZETA OMICRON

Norma Gillette
Vinger, 1961

ZETA PI

Julia Brown Lewis,
1962

ZETA RHO

Tami Kohler
Wilson, 1998

ZETA UPSILON

Elizabeth Walters
McGee, 1965

ZETA PHI

Patricia Ann
Connelly, 1963

THETA ALPHA

Mary Sears
Hansen, 1962

THETA GAMMA

Claudette Marie
Chagnon, 1970
Sheila Helen
Calanquin, 1975

THETA DELTA

Gail Miller
Dransfield, 1966
Joan Bovard
Griffith, 1969

THETA EPSILON

Kimberly Watson
Hughes, 1988

THETA ZETA

Marilyn Darago,
1964
Linda Lee Shaver,
1970

THETA ETA

Esther Powers
Dungan, 1963

THETA THETA

Patricia
Schillewaert
Jackson, 1964
Melissa Mae
Bradley, 1991

THETA XI

Marilyn Taylor
Hayhurst, 1967

THETA TAU

Janis Edgar
Dodds, 1965

THETA CHI

Ainsley Lloyd
Perkins, 1965

THETA OMEGA

Martha Mewborn
Marble, 1965

IOTA THETA

Sheila McConnell
Stavisky, 1968

IOTA IOTA

Jayne Russell
Jackson, 1969
Adrianne
Moreland
Biorkman, 1997

IOTA KAPPA

Joyce
Abrahamson
Littlehale, 1977

IOTA XI

Mary Palermo
Kruse, 1970

IOTA TAU

Emma Gilligan
Bertram, 1971

IOTA PSI

Darla Rhodes
Sullivan, 1967

IOTA OMEGA

Patricia Carter
Gates, 1978

KAPPA ALPHA

Dorothy Hindman
Meyer, 1973

KAPPA EPSILON

Janet Guptill
MacLeod, 1975

KAPPA ZETA

Wendy Kramme
Terrell, 1982

KAPPA THETA

Kathy Gausvik
Margosian, 1975

KAPPA NU

Carolyn Redmond
Steppe, 1972

KAPPA XI

Melissa Bender
Ravas, 1994
Jessica Tisak,
2010

LAMBDA ZETA

Joyce Delektio
Gavitt, 1972

LAMBDA THETA

Melia Burge
Hougaboom,
1978

PI DELTA

Kelly Ann Knight,
2005

PHI BETA

Judy O'Leary
Anderson, 1957 🔥

35 UNDER 35

Develop Relationships

How to Build Your Professional Network

I

n a rapidly expanding world, building your network helps you stand out from the crowd at work.

The Harvard Business Review says that building and nurturing professional relationships improves the quality of work and increases job satisfaction (hbr.org/2016/05/learn-to-love-networking). Relationships and friendships, like those we find in Delta Zeta, can be a valuable connection to open doors to new career opportunities and provide support.

Our 2021 35 Under 35 Honorees share how building relationships has helped them in their careers. These outstanding young alumnae have, before the age of 35, achieved success by making a significant impact in their industry. Learn how their experiences with friendship can help you build a stronger professional network.

Do you know a member who should be nominated for their achievements? Nomination information for the 2022 35 Under 35 program can be found on our website at www.deltazeta.org/alumnae/35Under35.

"I have a very strong support system in some of my closest friends. They are the ones that I can't wait to share the news of a promotion or the success of a presentation. They're always the ones cheering me on, giving me words of encouragement and helping me achieve my goals in any way that they can."

► **Mary Sullivan, MBA, Epsilon Zeta-Drexel (PA), Manager of Known Leads Strategy, Marlette Funding**





"I firmly believe that a strong, core group of friends can help you get through anything. Something I love about working professionally in fraternity and sorority life are the connections you make with others. Specifically, I feel lucky to have worked with our former Assistant Director, Shauna Prentice, a Kappa Delta. Having also attended NKU for undergrad, she was a source of inspiration as she was well-known for her involvement. We began our time at the University of Cincinnati together, so she really has been there every step of the way. Although she has now left the university, she still supports me, challenges me, gives me advice and instills a sense of confidence I don't always believe possible."

▲ **Madeline Stine, Kappa Beta-Northern Kentucky, Assistant Director of Fraternity & Sorority Life, University of Cincinnati**

"Friendships have always been my support system both professionally and personally. My DZ sisters have had my back and are always a great group to commiserate with and get advice for my tough life questions."

▼ **Kristi Roehr, MBA, Iota-Iowa, Vertical Marketing Manager, Epsilon**



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"Delta Zeta has helped me grow personally and emotionally by building lasting friendships with many wonderful women. Though miles and the pandemic separate us, I can connect with many of my sisters via Facebook, LinkedIn and Snapchat. Seeing my sisters' snapchats of their families and being able to share mine is a highlight of my day and always makes me smile."

▲ Elizabeth Hubsy Dahlgren, MBA, MLS(ASCP)cm, Lambda Theta-Michigan Technological, Director of Laboratory Services, Advocate Aurora Healthcare and ACL Laboratories

"My friendships have been the heart and soul of the growth of my business. I always lean on my sisters to keep me grounded, remind me of my worth and my growth, and support me every single step of the way as I took a very untraditional route with my life. I owe much of my success to their support in the beginning when I was making these bracelets myself, and they would remind me of how impactful they were during the times in college when we would pass them around to each other throughout our chapter. It was within Delta Zeta that I truly believed these bracelets could impact women for years to come and I know that having my sisters behind me was a huge reason I had such confidence in this dream."

► Adriana Botti Carrig, Lambda Lambda-New Jersey, Founder & CEO, Little Words Project Inc.





“There is this saying that ‘we stand on the shoulders of giants so we can see further on the horizon.’ I stand on the shoulders of the giants that came before me like my mother and Vice President Kamala Harris — both women of color who paved the way for a woman like me to succeed. My goal in life is to bring up as many young women as I can, stand them on my shoulders, and let them see even further than I was able to.”

◀ **Brooke López, J.D, Pi Sigma-Texas/Dallas, Founder & Features Director, Lone Star Parity Project**



“I was able to break out of my ‘shy’ shell in college thanks to Delta Zeta. I met members from different backgrounds that helped me grow and become who I am today.”

▲ **Christina Haidemenos, Epsilon Kappa-Wisconsin/Whitewater, Senior Client Success Manager & Co-Founder of Women's Entrepreneurship Week, Civic Dinners**



“Friendships are how I am here in my profession and confident in what I do every day. My friendships from school, both prior to joining Delta Zeta and after have only given me confidence and happiness. Having dozens of women cheer for you, for getting good grades, helping you through bad ones and supporting you when you finally start off in the professional field of your dreams, is how any strong woman can gain success.”

◀ **Makenna Holman, MPH, Epsilon Sigma-Wayne State (MI), Health Educator, Genesee County Health Department**

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"Friendships, both in and out of the workplace, are critical to being successful. Everyone needs to have someone they can lean on, reach out to on the bad days and celebrate with on the good days. Without these relationships, people struggle to navigate the stresses of work and growth and tend to suffer from career stagnation."

▲ Milea J. Kittle Kammer, PhD., Xi Omega-Purdue (IN), Engineering Manager, Materials Engineering, Honeywell Aerospace



"My best friend is also my sorority twin, and she has been a huge part of my life since we met. She has stayed in my life while I moved from Ohio to Alaska to Florida to North Carolina. She's always there to offer advice and pick me up when I fall."

▲ Malia E. K. Smith, Theta Zeta-Akron (OH), PhD Research Assistant, University of North Carolina/Wilmington



"I intentionally stay connected not only with educators locally, but worldwide. I also follow big education pages for the latest news and techniques. I read and listen to educational pedagogy whether that be a book in print, a blog or a Ted Talk. Internally, I reach out to my peers and Central Office members when I have a question or suggestion. Relationships are the number one thing in education, and I make it a priority to foster and nurture them."

▲ Lauren Ellermann Bethancourt, M.Ed., Sigma-Louisiana State, Lead Science Teacher at Boyet Jr High., St. Tammany Parish Public School Board



“As an only child, friendship has been a core component of my ability to succeed and continue to move forward both professionally and emotionally. My DZ little, Katie, has been a positive influence in my life. She has been there for all the things that have shaped my life since Delta Zeta and Randolph-Macon brought us together. I am forever grateful for the morals that root us down together, and I know that we will be friends forever.”

◀ **Katelyn Rose Jordan, Omicron Zeta-Randolph-Macon (VA), Legislative Assistant to State Senator Siobhan Dunnivant, M.D., Senate of Virginia**

“I remind sisters that we serve as one another’s best references. I am still asked to be a reference for DZ sisters for jobs, internships, grad school applications. I have listed them and they have listed me.”

▶ **Stephanie Morse, LMSW, Theta Nu-Minnesota State/Moorhead, Foster Care Social Worker, Buffalo Bridges Human Service Zone**



“I wouldn’t be where I am today without my Delta Zeta foundation. The sister that has been behind me every step of the way on my career journey is Bethany Downs Gervais, Alpha Upsilon-Maine. She was in a different country as an exchange student when I joined DZ, but she still reached out and introduced herself and we have been inseparable ever since. She also went into education, so she has been my sounding board for my questions.”

▲ **Tara Kierstead, MS, NCC, Alpha Upsilon-Maine, School Counselor, Hall-Dale Middle/High School**

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"I use Facebook to stay connected with most people. I find that it's a good mix of professional and playful so I can keep up in all aspects. Whenever someone shares a win, I always reach out to congratulate and talk about it! If someone is going through something hard, I try my best to help them even if it's just lending an ear."

► **Sara Kephart, Pi Omega-Johnson & Wales (RI), Owner, Sara Kep's Kitchen**



"I am thankful to be surrounded by uplifting and high achieving women and Delta Zeta sisters who have encouraged me every step of the way."

▲ **Emily Baldock Irwin, Beta Gamma-Louisville (KY), Senior Associate at Wyatt, Tarrant & Combs, LLP**



"We have a support group of about ten women that update on both professional and personal lives fairly regularly. We not only use this to stay in touch but to boost each other up!"

▲ **Gabrielle Jehle, Lambda Delta-Virginia. Senior Consultant, Clermont Partners**

"Good friendships are so important for so many aspects: from helping me unwind to keep my sanity while obtaining my degrees, to networking, which directly led to my employment. Because of good friends in my career, I became involved on the logistical side of keeping optometry moving forward. I have many mentors who worked hard to allow me to practice medical optometry, and I want to make the career even more fulfilling for my friends who are just now graduating."

► **Dr. Erica Griffin Kwiatkowski, Delta-DePauw (IN),
Optometrist, Envision Eye Care**



"I lean on my friends and family to get me through the difficulties in life, especially this last year. I have three friends that I cherish from Delta Zeta, all of whom were bridesmaids in my wedding, or vice versa and I was a bridesmaid in theirs. I believe that Delta Zeta instilled the meaning of true friendship in me and how a group of women can support each other."

◄ **Stephanie Meletis Proffitt, DNP, RN,
APRN, AGNP-C, Pi Epsilon-Clemson (SC),
Clinical Nurse Educator- Cardiovascular
and Neurosciences, UChicago Medicine/
University of Chicago**



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"As we evolve as individuals, our friendships evolve as well. Overcoming challenging times with friends and losing friends has made me more resilient. Resiliency is somewhat of a superpower for me. It allows me to push through setbacks and challenges in projects and my career. My resiliency is what has kept me afloat throughout the last year."

▲ **Danielle Seymour Karaplis, Gamma Tau-Bowling Green State (OH), Product Management Consultant, DealEngine**



"Staying connected takes effort and consistency, which is made simpler with various social media platforms. I always try to reach out, whether it is congratulating someone on their promotion with a comment on their post or reaching out personally via phone call or text if someone is going through a difficult time. The key is to develop a genuine relationship with people."

▲ **Ana Ahmad, Gamma Lambda-San Jose State (CA), Founder/Executive Director, Hungry to Help Organization**

**“Colleagues become friends.
We support each other and
treat each other like humans.
We give each other grace and
compassion.”**

► **Jessica Rose H. Johnson MA CIA, Epsilon Upsilon-
Central Oklahoma. Owner, Rosebud Consulting**



“I have made meaningful friendships over the last 15 years. I have a specific friend, Melissa Lopez, who has been through it all with me. She has supported my decisions, giving feedback when I’ve asked and been a shoulder to lean on when times have been tough. As I continue with my career, I have also made friendships that will stay with me for a lifetime. I would have never gotten this far in my career without God, and those He has sent my way.”

▲ **Jessica Ruiz, MA, LMFT, LPCC, Theta
Rho-California State/Los Angeles,
Owner & Clinician, Wellness with Jessica**

“Every project and opportunity will bring new people into your life. I have met some of the most incredible people in my career and have created friendships outside the workplace that will last a lifetime with these people.”

◀ **Hannah Wood Rice,
Sigma-Louisiana State,
Program Manager,
Shiftsmart; Business
Development,
WoodHouse;
Partner, José**



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“Friendships are the lifeblood of progressing professionally. You do not have to be best friends with everyone, but you can develop a kind relationship with those around you whenever possible. You never know who or when you may need the help of others.”

► **Rachel Gauthier Straughen, Lambda Theta-Michigan Technological, Education Specialist, Office Manager & Camp Director, Grand Traverse Conservation District & Boardman River Nature Center**



“I am surrounded by so many strong professional women that I met in Delta Zeta. My network of sisters remains very close. I actually am next-door neighbors with one of my sisters, Alexa Brown, Epsilon Nu-Missouri State!”

▲ **Bridget Stubbs, BSN, RN, CCRN, Epsilon Nu-Missouri State, Clinical Team Leader, Surgical Neuro Intensive Care at Mercy Hospital South**



“My friends are my biggest supporters and the people who encouraged me at every step of my career journey. Even when I thought I couldn't do something, my friends have shown me that I'm more capable than even I know I am and have pushed me to keep growing.”

◀ **Emily Clancy, Rho-Denver, Communications Director, Immunize Colorado**

"My sisters are still just as important now than they were in college. I lean on them for support, I get advice from them and I get to have a network of cheerleaders when I achieve my victories."

▼ **Sara Gruss Stehle, CMP, DES, Iota Delta-Edinboro (PA), Senior Manager of Meetings, Society of American Military Engineers**



"Making friendships professionally makes work so much more enjoyable! Being able to have casual conversations lead to be best brainstorming sessions and the most creative ideas, in my experience. The women who have been my mentors have always supported me in the industry and that speaks volumes for the power in relationship building."

▼ **Kara St. John Tompkins, Xi Rho-Clarkson (NY), Director of Direct Marketing and Participation, Office of Philanthropic Engagement at Syracuse University**

"My best advice is to create genuine bonds with your professional network. Continue to inquire not just about their work, but also about their lives and families. Staying in touch and reaching out, even if it's just a quick birthday message on Facebook, brings an authenticity to our professional relationships and helps you stand out."

▲ **Victoria Anderson, MA, Lambda Omicron-Angelo State (TX), Recruiting and Events Coordinator, Mississippi State University**



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"I met Lee Ann De Reus, Beta Kappa-Iowa State, my current supervisor at DV LEAP and inspiration, through a Truly Connected event! I am so grateful that I was able to meet her and then stay connected while working in different countries."

▼ **Victoria Pedri, Omicron Nu-Windsor (Canada),**
Founder & Executive Director, Women's
Justice Empowerment Association (WJEA);
Outreach Coordinator, Domestic Violence Legal
Empowerment and Appeals Project (DV LEAP);
National Chapter Manager of Get REAL



"I personally believe that friendships are at the core of succeeding professionally because the better, more genuine relationships you have while you work, the happier you will be, and the better you will perform."

▲ **Rebecca Tjahja Harvey, Pi Sigma-Texas/**
Dallas, Senior Communications & Digital
Manager, The Roddenberry Foundation;
Founding Partner, Gold Creek Strategies;
Campaign Manager, Jamie Cheney For
State Senate



"My job can be emotionally challenging, and it's important to have support. My friend and Delta Zeta sister, Kylie, has always been there for me in these times — and even happened to be one of my roommates when I first began my position."

▲ **Victoria Suslovitch, MS, CGC,**
Delta Beta-Tampa (FL), Genetic Counselor,
Boston Children's Hospital



"I spend more than 50 percent of my time learning and exposing myself to different opinions and practices. For my work, non-academic activism including as social media activism and blogs are extremely legitimate spaces for learning and sometimes more applicable to communities than academic research. This also means engaging with like-minded people in organizing circles and collaborating on projects." 🔥

▲ Deanna Yadollahi, Iota Upsilon-California State/Fullerton, Founder of Deanna Yadollahi Creative Access Consulting; Creative Access Consultant and Educator of Disability Justice and Liberatory Access

"Friendships give you a safe space to land when you need to escape, vent, laugh or cry. As a woman dedicated to her career, this has been so important for me to understand and lean on."

▲ Kelsey Wingert, Sigma-Louisiana State, Freelance Host/Reporter/Emcee; Host, Farm To Fame MLB Podcast; Spokesperson for LGE Community Credit Union

HOME

Strange and Quirky Campus Traditions

Some of the fun things about college are the many quirks and traditions which have developed over time. The LAMP went in search of some of the unique and wonderful things on campuses across the country which make members feel at home in their college towns.



▲ REGION III

Miami University

Alpha Chapter members rub the turtle heads for luck. In Miami's Central Quad is the Tri-Delt Sundial. It is said that rubbing one of the heads of the copper turtles is good luck and, if done so before an exam, legend says you will receive an "A."

PHOTO COURTESY OF INSTAGRAM @MIAMIUNIVERSITY



▲ REGION I

University of Connecticut

Gamma Beta Chapter members might rub Jonathan's nose for good luck. The University of Connecticut's mascot, Jonathan the Husky, isn't just a great photo op on campus — he's also good luck. Got a tough exam ahead? Rubbing his nose can't hurt.

PHOTO COURTESY OF INSTAGRAM @UCONN



▲ REGION IV

Old Dominion University

Legend has it that our Theta Phi Chapter members should never walk across the University Seal located on Kaufman Mall. If they do so, they will never graduate from Old Dominion University.

PHOTO COURTESY OF INSTAGRAM @OLDDOMINIONU



WAR EAGLE!

▲ REGION VI

Auburn University

"War Eagle" is Auburn's battle cry — not a mascot or nickname. "War Eagle" has become a way for the Auburn Family to greet and identify each other all over the world. Beta Xi Chapter alumnae wearing something with an Auburn logo should expect to hear "War Eagle!"



▲ REGION II

Pennsylvania State University

We are sure that many Gamma Delta Chapter alumnae have snapped a photo with the Lion Shrine. The Nittany Lion shrine was gifted to Penn State by the class of 1940 and was dedicated to the university during their 1942 homecoming festivities. It's now a homecoming tradition to guard the shrine.

PHOTO COURTESY OF INSTAGRAM @PENNSTATE

► REGION VII

Eureka College

Each year, new students at Eureka College are given a sprig of ivy. They place the ivy sprig into a collective basket symbolizing formal membership in the community. The ivy then symbolically grows together to form a single continuous vine as one becomes a full member of the EC family. Pi Chapter members graduating from Eureka College then take part in the Ivy Ceremony where during Commencement Exercises graduates will cut a circle of ivy as a reminder that ivy can take root elsewhere and as a symbol of the spread of knowledge. The tradition traces back to 1925.



▲ REGION X

University of Washington

The Sylvan Grove columns are part of the UW's first building constructed in 1861 in downtown Seattle. When the UW moved to its current location, only the cedar columns survived demolition. After a few relocations around campus, in 1921 they were moved to their final destination, Sylvan Grove Theater. The columns stand for four university values: loyalty, industry, faith and efficiency or "LIFE." Students, like our Kappa Chapter members, touch the column that represents a value they resonate with when they arrive on campus for the first time. Students touch the columns one more time at their graduation, representing the end of their undergraduate academic journey at the UW.

PHOTO COURTESY OF INSTAGRAM @UOWFA

▼ REGION VIII

Stephen F Austin State University

Freshman Zeta Psi Chapter members each receive an axe handle to decorate when they join the campus community as Lumberjacks at Stephen F Austin State. Every decorated axe handle is a true original that reflects each student's unique personality. It's a tradition like no other, and most students keep this symbol of pride throughout their college career and beyond.

PHOTO COURTESY OF INSTAGRAM @SFASU_DZ



▲ REGION V

University of South Carolina

Beta Delta Chapter members might be familiar with the circular brick formation on the outdoor patio of the Russell House Student Center. Campus tradition says to stand in the center of the circle, clap your hands and you (and only you!) will hear a distinctive chirping sound.

JERRY COLI, DREAMSTIME.COM

► REGION IX

Iowa State University

Campaniling is one of Iowa State's most popular traditions and we are sure there are Beta Kappa Chapter alumnae who have done it! The tradition states that every student must kiss someone under the Campanile at midnight in order to become a "true Iowa Stater." 🔥



TRULY ΔZ

Giving Graciously

G

iving is a part of Virginia Gilbert Loftin's, Past Foundation President, Alpha Gamma-Alabama, DNA. Professionally, she is Vice President for Advancement and Communications at Birmingham-Southern College in Alabama, while personally she has invested in advancing Delta Zeta through her Foundation involvement and with the Alpha Gamma Chapter at the University of Alabama, where she was initiated in 1977. As she shares, when you give to Delta Zeta, the return on investment is immeasurable.

LAMP: Why did you join Delta Zeta?

VIRGINIA: I grew up with brothers, not sisters. When I went to the University of Alabama, I wanted to join a sorority to gain sisters and to help me find my place at a large university. Delta Zeta felt like the right fit from the start, especially walking out of Preference Round. Even more special to me was that Delta Zeta strengthened my connection to my mother, Betty Carol Huske Gilbert, who was initiated in 1949 at the same chapter.

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

VIRGINIA: Of course, I loved my Foundation years. Being a Trustee, and especially the honor of serving as President for four years, allowed me to experience the scope and power of our national organization. But, I have to say my life's work might be the new Alpha Gamma Chapter house, which opened in 2018. As the Building Committee Co-Chair, I partnered with the National Housing Corporation to create a truly amazing space that serves the chapter and has helped engage our alumnae. I learned so much about the power of a gathering space — no matter how large or small — to shape the member experience.

LAMP: What excites you most about Delta Zeta today?

VIRGINIA: I'm inspired by how Delta Zeta is reimagining the alumnae experience with programming being offered to make alumnae activities worth the investment of time for busy women, like our Truly Connected networking opportunities.

Delta Zeta keeps doors open for women who are looking for a place to belong and serve. It certainly has for me.

LAMP: Who are mentors you've had in your life?

VIRGINIA: My greatest Delta Zeta influencers have been younger women. I'm honored to be close to — and learn from — so many younger sisters, both collegians and alumnae, who are brilliant, focused, successful and already making an impact. Sisterhood is truly ageless.

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I'm inspired by how Delta Zeta is reimagining the alumnae experience with programming being offered to make alumnae activities worth the investment of time for busy women.

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

VIRGINIA: Anyone who knows me knows I'm a diehard Alabama fan (Roll Tide!). But no one knows that I'm a secret fan of the University of Tennessee. (I expect a lot of frantic text messages from my Bama DZ sisters after this goes to print, wanting to know if I've lost my mind.)

LAMP: Finally, pink or green?

VIRGINIA: Yes. 😊 I love them together! 💖



At left: (inset) Virginia's mother, Betty Carol Huske Gilbert, Alpha Gamma - Alabama. Virginia's Bid Card from the Alpha Gamma Chapter.

It's never too early to start a holiday wish list.



OFFICER DANGLES

Usually worn on your guard chain, these dangles look equally cute on a charm bracelet! Visit HJGreek.com for the entire Deta Zeta dangle collection.



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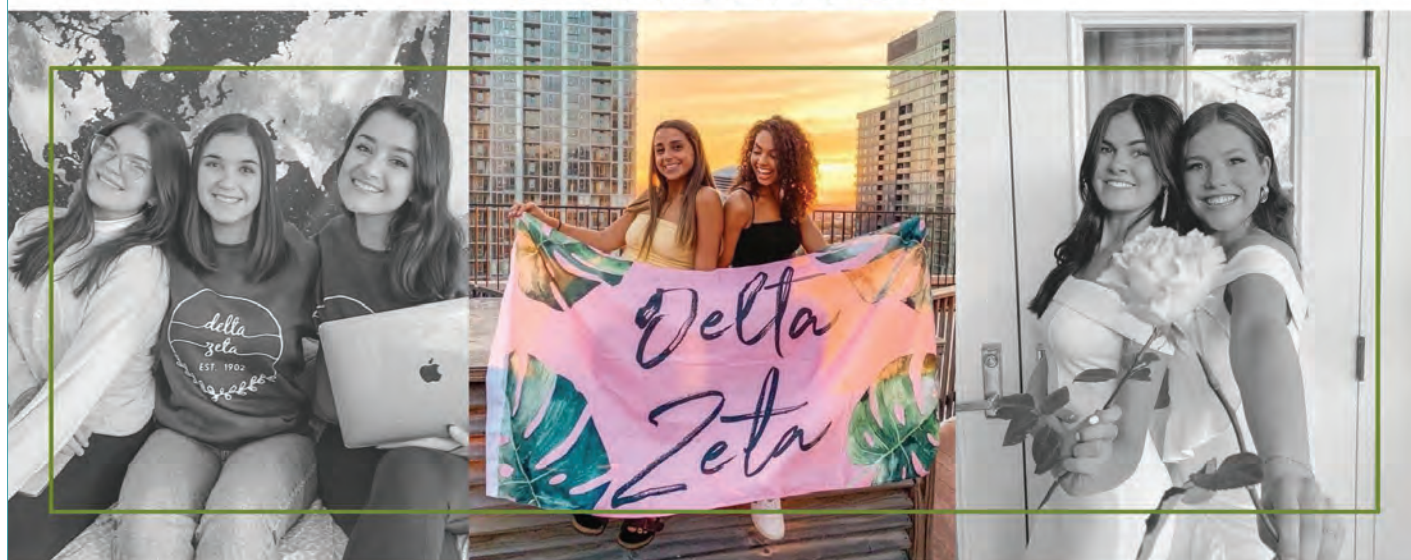
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