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Designer

**22** Internship  
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**32** Confident and Empowered:  
This Year's 35 Under 35



# the Lamp

ZETA



# STRONG

**HOW ONE MEMBER  
BUILT SELF-EFFICACY  
AND CONFIDENCE,  
AND YOU CAN TOO**

FALL 2022



# ARCHIVAL

A song contest that was the feature of Delta Zeta's Silver Anniversary in 1927 yielded "Dream Girl of Delta Zeta," a song written by Juanita Kelly Bednar, Nu-Knox (IL), which was later recorded and appeared on the radio. Juanita penned many other songs during her life, was Delta Zeta's National Director of Public Relations from 1952-1958, and was on the board of the General Federation of Women's Clubs, also writing that organization's national song. A longtime personal friend of Pulitzer Prize-winning poet, Carl Sandburg, she was instrumental in preserving his birthplace in Galesburg, Illinois and was president of the Carl Sandburg Association.





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#### THE LAMP

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St. Germain  
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## FROM THE PRESIDENT

### The LAMP of Delta Zeta

VOLUME III, ISSUE 2  
Fall 2022

#### **DELTA ZETA SORORITY NATIONAL COUNCIL 2021-2023**

Christy Phillips-Brown  
Theta Iota-Western Carolina (NC)  
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Gamma Psi-Central Michigan  
**National Vice President**

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Gamma Beta-Connecticut  
**National Vice President**

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**National Vice President**

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Iota Xi-Missouri/St. Louis  
**Past National President**

Phyllis Sundberg Davis  
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**National Panhellenic  
Conference Delegate**

#### **FOUNDERS**

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

#### **THE ORDER OF THE LAUREL**

Irene Caroline Boughton  
Iota-Iowa

Grace Mason Lundy  
Epsilon-Indiana

Elizabeth Coulter Stephenson  
Alpha-Miami (OH)

Myrtle Graeter Hinkly  
Delta-DePauw (IN)

Norma Minch Andrisek  
Gamma Alpha-Baldwin Wallace (OH)

# The Promise of Community



Community is so important. It's what keeps us going, it's what holds us together, and it's what makes us thrive. It had been a long two and a half years since Delta Zeta's last in person leadership event, and I was so excited to attend the Norma Minch Andrisek Leadership Conference (NMALC) this past July in Oxford, Ohio! My pink and green battery gets a recharge whenever I have the privilege of walking in the footsteps of our Founders and engaging with sisters, especially our emerging collegiate leaders meeting sisters from across the U.S. and Canada for the first time and experiencing this outstanding leadership event where we saw each sister grow as a leader during their time there.

Our members have dealt with so much in the past two and a half years. For some, the "new normal" is just "normal," or what they have always known first as high school students and now at college. It was truly special to talk with our next generation of Delta Zeta sisters and see what they are passionate about. I can't wait to see where they take our sisterhood in the future.

While at NMALC, we were challenged to think through what our communities look like and how they operate. The curriculum included the writings of Margaret J. Wheatley and Myron Kellner-Rogers, in which they illustrate that "when a community knows its heart, its purpose for being together," the challenges faced are easier hurdles to overcome. Though humans long for connections made in a community, they are also individuals, each with their own personal needs and opinions. During our time together, we focused on two words taken from our Creed, understanding and appreciation, as we grow our community of belonging together.

Delta Zeta is a community shared among 285,000 members and across six generations. When we remain focused on our true purpose for being, we will fulfill the promise our Founders made 120 years ago when forming what they aimed to be a national sorority. As the world and our communities continue to evolve, Delta Zeta is poised to continue building community for the future because our members are striving to achieve the vision of so many before them.

And that is a worthy aim.

Christy M. Phillips-Brown  
**National President**



# Milestones for Twentysomethings

People in their twenties are known to go through some major life milestones. Some may even say this is a person's most important decade because they are reinventing themselves as they fully enter adulthood. As a member who has recently entered her thirties, Kayla Ray Spinella, Theta Psi-Ashland (OH) reflects on her experiences to provide advice to sisters just entering that decade.

## MILESTONE 1

**Graduating Undergrad:** The majority of Delta Zetas graduate college with a great sense of accomplishment and enlightenment. Don't forget that the hard work of four, sometimes five or six, years to receive your diploma isn't an end, it is a beginning.

## MILESTONE 2

**First Job:** For many, applying for, interviewing and receiving their first job can be incredibly frustrating and challenging. Remember, many people go on to work in areas outside the scope of their studies if they can't find a job in their field. Approach it with newfound excitement.

## MILESTONE 3

**Living on Your Own:** Whether you move to a new city/state, or simply move back to your hometown, living on your own is exciting! However, there are also challenges, such as learning to cook, clean, be responsible for your own finances and maintaining an apartment/house. Get through it by leaning on friends and family, and realize you aren't the only one facing these challenges.

## MILESTONE 4

**Romantic Relationships:** Our twenties can be filled with the joy of romantic relationships. For some it may be navigating the first serious relationship, or it may be taking a big step and moving in with their significant other. This milestone could also be ending a serious relationship. For others it may be getting engaged and then married. Everyone's romantic relationships are different with different timelines, and that is okay!

## MILESTONE 5

**Defining Ourselves:** As we navigate our twenties, we are truly finding out who we are as people and inventing who we will be for decades to come. As women, we have unique challenges to face through these reinvention periods. For some, it comes in the form of taking a new spouse's last name. For others, it's finding a balance between work and life while chasing career ambitions.

## MILESTONE 6

**First Big Purchase:** Whether it is purchasing a car, house, big appliances, furniture or even a business, many twentysomethings will make significant purchases or take out loans for the first time. While making a big purchase can feel overwhelming due to the new financial responsibility and budgeting, it can also feel like an accomplishment.

## PLUS ONE

**Delta Zeta Connections:** Let's face it, making friends after college is HARD! We are thrown into a new environment where we now have to go out of our way to try to meet new people and see if we can make meaningful connections with them. However, as Delta Zetas, we have a built-in network of sisters across the world, and all we have to do is reach out to an alumnae chapter, see what sisters live in our city/state on the Delta Zeta App, connect with sisters in our industry via Truly Connected or simply call our best friends from our chapter. 💖



## ALFA



**SINCE 1980, THE NORMA MINCH Andrisek Leadership Conference (NMALC)** has been

providing an innovative leadership opportunity to emerging Delta Zeta leaders. The conference is named for Past National President and Order of the Laurel recipient, Norma Minch Andrisek, Gamma Alpha-Baldwin Wallace (OH), who felt strongly that when Delta Zeta members received leadership learning opportunities, they would be more successful in whatever role they may take in their chapters.

This year's conference, the first in-person experience since 2020, allowed more than 275 collegiate members to come to Miami University in Oxford, Ohio. They were inspired by the campus where our Founders envisioned a national sisterhood as they explored their own

future as leaders. An inspirational keynote was delivered by James Robilotta who helped members pause and think about the way they lead, connect and impact the world with the curiosity they hold. He challenged members to get better at asking questions and demonstrate a commitment to each other. Members also participated in small group discussions on vertical development and self-leadership against the backdrop of Delta Zeta's history and member stories which came

to life during the Heritage Tours and Alumnae Panel. Conference participants filled their minds, and notebooks, with tools to help them in their leadership journeys.

Many attendees, like Autumn Sivily, Vice President of Membership, Epsilon Omega-Wisconsin/Eau Claire, loved being able to connect with Delta Zetas from across the country in person again. And they'll be bringing what they learned back to their chapters. "My biggest

**Left: National President Christy Phillips-Brown, with Emmaline Crawford, Pi Chi-Western Kentucky, left and Destiny Bitschenauer, Gamma Nu-Eastern Illinois. Middle: Foundation Vice President-Museum, Ruth Patterson, connects with Ella Burrows, Delta Omega-Fort Hays State (KS) during tours of the National Historical Museum and Headquarters. Right: Molly Shea and Ryan Scala, both Alpha Upsilon-Maine, share their About You cards during the Norma Minch Andrisek Leadership Conference.**





take away from the conference was learning ways to ignite curiosity among my members,” said Autumn.

Throughout the weekend, participants also had the opportunity to learn more about Delta Zeta’s efforts in various areas of collegiate chapter life. From the general session, Belonging: Seen, Heard and Accepted, which inspired sisters to create spaces which promote belonging among our members through understanding and appreciation, to updates on Delta Zeta philanthropic efforts, sisterhood time and a panel on member engagement, NMALC attendees left the conference equipped to impact lives back in their communities.

Addressing our emerging leaders, National President, Christy Phillips-Brown

“

**This weekend is about learning, discovering and connecting. And we’re going to do it all together.**

encouraged emerging leaders in attendance to take in all the weekend had to offer. She shared, “I invite you to fully immerse in this community with sisters from all over the United States and Canada. Each of you are unique! Each with your own story, your own interests and each on your own leadership path. This weekend is about learning, discovering and connecting. And we’re going to do it all together.”

Delta Zeta’s shared values of friendship and belonging were certainly evident throughout the weekend because of the generous donations to the Delta Zeta Foundation which provides this leadership experience. Thank you to all the friends and volunteers who gave of their time as small group facilitators to help ensure a truly amazing experience for our collegiate Delta Zeta members.

“I will never be able to thank Delta Zeta enough for this experience!” shared Hannah Glass, Vice President of Philanthropy, Pi Rho-West Georgia. “I am so excited to be able to take so much from this conference back to my chapter so that we can grow and flourish into everything I know we can be! I now fully understand what it means to give graciously and live my life understanding and appreciating not only my Delta Zeta sisters, but everyone.”

everyone.”

## Show of Hands

**Members came from across the United States and Canada to Miami University in Oxford, Ohio for the Norma Minch Andrisek Leadership Conference.**

**Travel might have been tough with summer airline delays and rising gas prices but traveling by plane edged out a sisterhood road trip!**



**38%**  
took to the highways

OXFORD, OHIO

**62%**  
traveled by air







# 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.

## 2022 FLORENCE HOOD MINER AWARDS

- **Tobechukwu Chima**, Xi Upsilon, Northeastern University
- **Jacqueline Fisher**, Zeta Kappa, Ohio Northern University
- **Emma Hunt**, Zeta Pi, University of Georgia
- **Molly Schreiner**, Epsilon, Indiana University
- **Sydni Springer**, Beta Tau, Nebraska Wesleyan University
- **Amy Wyse**, Gamma Chi, Ball State University

## 2022 GRACE MASON LUNDY AWARDS

- **Tessa Bettano**, Omicron Delta, Bryant University
- **Madi Forseth**, Beta Kappa, Iowa State University
- **Annie Johnson**, Beta Tau, Nebraska Wesleyan University
- **Ana Martinez**, Kappa Alpha, Nicholls State University
- **Alexis Showalter**, Lambda Rho, Illinois State University
- **Kristina Warf**, Lambda Kappa, University of Alabama/Huntsville



## Celebrating Our Impact

Learn more at  
[www.deltazeta.org/foundation](http://www.deltazeta.org/foundation)

# 56

GRADUATE  
SCHOLARSHIPS

# 62

UNDERGRADUATE  
SCHOLARSHIPS





## Record Amount Given in Scholarship Awards



The Delta Zeta Foundation has empowered the continuing education of

118 undergraduate and graduate members of the Sorority for the 2022-2023 academic year. This year's scholarship awards total a record of \$401,500, an increase in total funds given of more than 11 percent from 2021-2022.

In the previous five years, the Foundation has awarded over \$1.5 million to Delta Zeta members, inspiring members continuously on their individual paths of lifelong curiosity. A full list of 2022-2023 scholarship recipients can be found on our website here [www.deltazeta.org/foundation/scholarships](http://www.deltazeta.org/foundation/scholarships).

ALFA

**JULY 27-30, 2023**

### JOURNEY TO THE 125TH ANNIVERSARY

Delta Zeta will turn 125 years old in 2027, and we are on a journey to celebrate this sisterhood milestone! Save the date for the first step toward this milestone — July 27-30, 2023 at the Signia by Hilton Bonnet Creek in Orlando, Florida. This newly designed signature Delta Zeta event is planned to be a weekend full of sisterhood and memories. Additional updates will be shared in January 2023.

**\$401,500** AWARDED IN SCHOLARSHIPS

**over \$1 million** IN GIFTS RECEIVED

**61**

COLLEGIATE CHAPTERS REPRESENTED AMONG SCHOLARSHIP RECIPIENTS



## Chit Chat

At the Norma Minch Andrisek Leadership Conference, we asked sisters to give their advice to new members, joining this fall, on **how to get the most out of their Delta Zeta experience!**



Try everything. If you want a leadership position, go for a leadership position. If you want to go to an event, go to an event. Because you're not going to regret it. What you are going to regret is not trying. So definitely do everything you can.

**Durga Nagarajan,  
Pi Sigma-Texas/Dallas**



Go into Delta Zeta with an open mind. Take in as much information about your sisters that you can to really find your people and find the people that you mesh with the most. I promise there is someone in Delta Zeta for you, and you'll have the best experience that you can have.

**Annelyssa Destin,  
Xi Xi-North Georgia**



Say hi, and introduce yourself to all your new sisters, and put yourself out there as much as possible.

**Gabi Franzone,  
Alpha Theta-Kentucky**



Go to as many events as you can during your new member semester, and spend as much time with your sisters as possible.

**Ellie Thomas,  
Gamma Lambda-  
San Jose State (CA)**



Don't be afraid to be yourself, and really put yourself out there. Your sisters are here for you, and they're going to support you no matter what.

**Bella Veloz,  
Iota Upsilon-  
California State/  
Fullerton**



Go to as many events as possible. If you have a house, spend as much time as you can at the house getting to know your sisters. Be outgoing, and spend time with sisters that you wouldn't normally think that you have something in common with because you never know. Try out a leadership position. Being in a position really creates a bond with you and your sisters and with the chapter as a whole.

**Kylie Tafoya, Gamma Xi-  
New Mexico State**



## Take Note

### IN RESPONSE TO THE SPRING/SUMMER 2022 LAMP

#### Via Phone

The phone at National Headquarters rang and 96-year-old **Lenora Porter Galbreath, Gamma Alpha-Baldwin-Wallace (OH)**, was on the other end. Lenora said she was reading The LAMP and turned the page, and there was an old friend, **Jean Leberman Milway, Omicron-Pittsburgh (PA)**, and her husband Dean. It made her so happy. They weren't from the same chapter but belonged to an alumnae chapter in Youngstown, Ohio. Lenora was able to get Jean's phone number and promised to call her right away!

#### Via our inbox

"I was delighted to read **Dawn Butler Vincent's** story in the latest edition of The LAMP. Dawn was initiated into the Gamma Iota Chapter at Memphis State when I was chapter president. I remember her well as a bright young woman. I also remember her mother Mae Mae, who contributed greatly to our chapter's activities and later to our alumnae group.

I married Earl Watkins, who was Executive Director of Pi Kappa Alpha Fraternity. Earl and I had five children before his untimely

death in 1967. In 1970, I moved to Nashville with my children to pursue a Ph.D. degree in English literature at Vanderbilt University, after which I taught for 30 years at Tennessee State University. Like Dawn, I have enjoyed travel throughout the U.S. and abroad.

I cherish the memory of my years as a Delta Zeta and am happy to learn of Dawn's accomplishments.

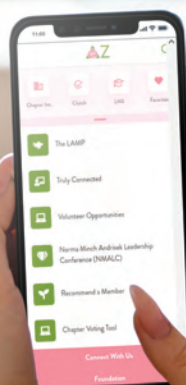
— **Louise (Ruchie) Webber Watkins, Gamma Iota-Memphis State (TN)**

*Editor's note – we were able to connect Ruchie and Dawn up via email to reconnect after more than 65 years.*

## Digital Exclusive

### NEW Delta Zeta App

Download the NEW Delta Zeta app now available in the Google Play and App Stores or scan the QR code to visit the website.







# Delta Zeta's Ritual

THE COMMON TIE OVER 12 DECADES

Originally printed in *The LAMP of Delta Zeta, History*, October 1934

Above:  
Alpha 1903  
Initiation  
banquet

**IN THE EARLY YEARS OF DELTA ZETA'S** founding, local chapters exercised great freedom in the managing of their own affairs and policies. The whole Sorority had the nature of a confederation loosely held together by its common ritual and name. But how did that ritual pass chapter to chapter, member to member, and continue now for 120 years? This account, written by Grace Mason Lundy, Epsilon-Indiana, during her time as Chairman of the History Committee, is the story of Delta Zeta's ritual and how it has endured.

**T**he ritualistic ceremonies of the Delta Zeta Sorority parallel the development and growth of the organization in other lines. First in point of time is the service for initiating candidates into active chapter membership. This ceremony as we know it today shows considerable deviation from the original service, although close examination discloses that most of the differences are not fundamental changes but rather additions, refinements of presentation and simplifications of performance.

When the newly formed Delta Zeta Sorority first announced itself through the columns of the *Miami Student*, it was already





equipped with a full initiation service for the neophytes expected shortly to be added.

At the time of the coalescing of Alpha Chapter with the Phi Tau group at Miami, the Delta Zeta girls burned their ritual and destroyed most of the secret property of the Sorority. When Alpha was being revived in 1907-1908, the ritual was rewritten by some of the alumnae. Although in the main quite like the old one, being written from loving memory there were a number of changes consciously made at this time.

With the addition of new chapters, came the necessity for passing on the ritual and *Constitution*. This was done by the simple, but laborious process, for the first several chapters, of copying these two documents, by hand and in total, in the archives book of the new chapter. The logic of this plan is readily seen from the provision that the initiates were required to affix their signatures "to the constitution" which they literally did, page after page of these old books bearing the signatures and initiation dates of the chapter's members from year to year. But notwithstanding the fact that each new chapter did thus have a true copy of the ritual as held in Alpha's possession, there grew up minor differences in wording and

## DID YOU KNOW...

- The Alpha Chapter held its first initiation in the fall of 1902 for four members Elizabeth Coulter, Noble Miller, Lillian Minton and Luella Crugar. All were members of the Miami girls' basketball team.

- Delta Zeta's second initiation banquet was held in the fall of 1903. The initiates were Marie Hirst, Mary Coulter (Bess' sister), Jessie Denman and Lilla Stanton. Marie wrote in her diary, "Our hearts thrilled with the thought of the wonderful comradeship which had come to us with the taking of the vows."


- Lillian Lloyd, Faye Bunyan, Hazel Bryan and Lois Pierce were the first to experience the new ritual June 1908 after it was rewritten from memory by alumnae.

- Three of Delta Zeta's founders, Julia Bishop Coleman, Mary Collins Galbraith and Alfa Lloyd Hayes, who, while initiating many early members into Delta Zeta, were never initiated themselves. They were initiated at the 1952 Golden Anniversary Convention (above left).

presentation, so that members of one chapter, witnessing the ceremony at some sister group, saw some things not done "as we do them in our chapter." A new set of copies was made and distributed to affect a return to uniformity of usage. But where old custom has made a thing endeared, changes are difficult to secure, and out of these very differences grew requests that certain of the modifications be made official, as they found favor in the eyes of the members.

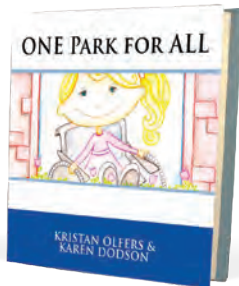
## This ceremony as we know it today shows considerable deviation from the original service

A standing committee on ritual was therefore appointed and was in activity until the 1924 Convention. A number of changes, mostly incidental and pertaining to manner of presenting certain bits of the service, were the result of this committee's work. Those of the suggestions which were accepted by the Convention, were ordered written into the official initiation ceremony and a committee from the Grand Council was formed to put this service into readiness for distribution as modified.

In 1926 and 1928, there were model initiations held at National Convention, each by a chapter especially selected for efficiency in its ritualistic work, and for a candidate of outstanding interest to the Sorority. 



# READING ROOM



## Inspiring Children to Read in Texas

Kristan Bishop Olfers, Lambda Xi-Texas A&M, is better known as the Frisco Book Lady. She has self-published children's books and is putting Frisco, Texas, on the map with young readers. Her book, "One Park for All," is the story of a little girl, her mother and a town that decided to make a difference. Hope Park is located in Frisco and inspired the story. She has also published "Fun, Fabulous Frisco!" a keepsake book about her hometown.

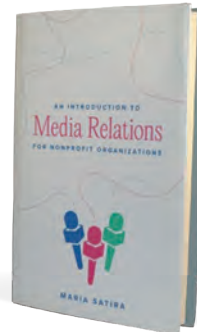
Learn more about Kristan on her website [www.friscobook.com](http://www.friscobook.com).



## Golden Rose Provides Valuable Advice

Even after 50 plus years as a Delta Zeta, Sharla Taylor King, Zeta Zeta-West Texas A&M, is still learning to be able to share valuable advice to today's members. She was inspired over the pandemic to turn her professional background, as a mental health educator, into common sense advice for those who might be struggling with their own mental health. "Health Yeah: A Common Sense Approach to Mental Health" was published in 2022 and provides real advice for readers to approach their mental well-being.

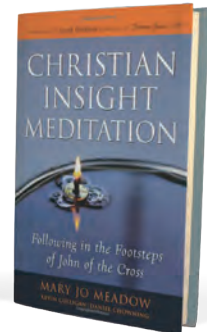
Her book is available on [amazon.com](http://amazon.com).



## Journalist Turned Media Specialist

Former news anchor and journalist Maria Satira, Xi Chi-Robert Morris (PA), has written a book to help nonprofits manage the landscape of earned media. She explores key issues nonprofit organizations face when sharing their stories with local and regional media outlets and offers essential information that nonprofits should consider in terms of strategy, pitching, and networking. Maria helps small businesses, entrepreneurs and nonprofit organizations achieve their communication, media relations and digital strategy goals through her agency, Maria Satira Media.

Learn more about her here [www.mariasatira.com](http://www.mariasatira.com).



## Professor Connects Mindfulness Across the Centuries

Dr. Mary Jo Wiesner Meadow, Epsilon Psi-St. Louis (MO), is Professor Emerita, Minnesota State University at Mankato, in the psychology of religion. Mary Jo is a Sister for Christian Community and follows the Theravadan Buddhist nun's precepts, which emphasizes attaining self-liberation through one's own efforts most commonly through meditation and concentration. She has authored many publications including "Christian Insight Meditation: Following in the Footsteps of John of the Cross." The Buddha taught insight meditation to help people overcome suffering. 15th Century mystic John of the Cross wrote about the spiritual practice.

This book both highlights and gives brief instruction in practicing mindfulness and is available on [amazon.com](http://amazon.com).

## Are you a Delta Zeta author?

Share your publications with us by emailing [LAMP@deltazeta.org](mailto:LAMP@deltazeta.org)



## AUTHENTIC

# Kori Samples Fabian

Epsilon Upsilon-Central Oklahoma

by Abby Hanlon, Delta Upsilon-Marshall (WV),  
Digital Communications Intern

**K**iki Cookie Co. came to life in January 2021 as Kori was preparing to make royal icing cookies for her daughter's birthday party. "The business grew completely organically as requests started rolling in and completely took me by surprise. I was drawn to cookies over other baked desserts honestly because I just love the art form," Kori shared. She's now learned some important steps that others who are creating their own "recipes" can apply to their own experiences.

### WHAT DO YOU ENJOY THE MOST ABOUT OWNING YOUR OWN BUSINESS?

When you work for yourself, you get to write your own book. You can set your own business policies, pricing structures, hours of availability, etc. It is so satisfying to be able to hone a craft and deliver a beautiful, custom, quality product to clients. I am able to stay at home with my children and build my own business schedule.

### IS THERE A FAVORITE "STEP" IN YOUR COOKIE MAKING?

My favorite is the royal icing. Mixing ingredients, rolling dough and baking cookies can be very monotonous, but the real fun kicks up when I get to start decorating and bring the theme and designs together.

### WHAT DOES A TYPICAL DAY LOOK LIKE?

My workdays vary greatly from day to day. I am a full-time mom to my 4-year-old daughter and my 2-year-old twins. I do my

hands-on cookie work primarily at night and on weekends, as little fingers can be quite sneaky! I utilize naptimes to respond to order requests, inquiries and social media work. I always try to stay ahead of schedule by 1 or 2 days as a buffer because I have learned the hard way that unexpected things often come up.

### DO YOU HAVE ANY TIPS FOR STARTING A BUSINESS?

Honestly, I barely slept for the first year. I worked hard,

called in lots of favors and utilized every resource at my disposal. To be successful, you have to go all in. Also, have passion. When you're passionate and pour your all into your business, it is evident in every aspect 💖

Follow Kori's cookie journey on social media, and learn more about the woman behind the cookie at [www.kikicookieco.com](http://www.kikicookieco.com) and on Instagram at [@kikicookieco\\_](https://www.instagram.com/kikicookieco_).



### KORI'S CUSTOM COOKIE SCHEDULE:

**Day 1** - Sketching out Designs with Shapes & Baking

**Day 2** - Mixing, Coloring, Achieving Correct Consistencies and Bagging Icings

**Day 3** - Decorating & Dry Overnight

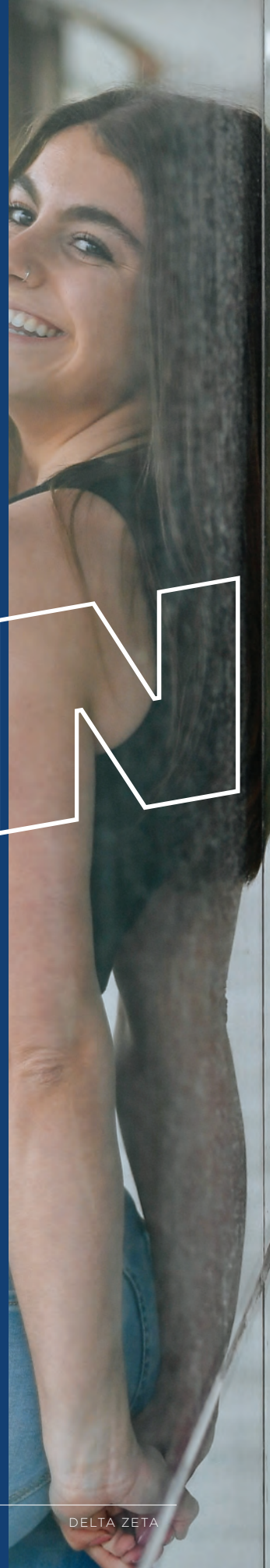
**Day 4** - Photograph, Send Sneak Peek to Client & Reconfirm Pickup Time, Individually Heat Seal & Send my beauties off to their new home!





**HOW ONE MEMBER  
BUILT SELF-  
EFFICACY AND  
CONFIDENCE,  
AND YOU CAN TOO**

# STRONG





# GAMMA YOU

**By  
Ailis  
Garcia,  
Founder of  
The Strong  
Movement**

Photos by  
J. Hong  
Photography

Left: Angela Recine  
from Gamma Beta-  
Connecticut



"If [she] can  
crush a weight  
in the gym,  
who's to say  
[she] can't  
overcome  
anything else?"



the fall of 2019, Angela Recine, Gamma Beta-Connecticut, first stepped foot into The Rec, the student gym on campus.

As a freshman, she felt timid and scared. She was still getting accustomed to life in college, making new friends and figuring out her way. While she was very active growing up, playing field hockey and fencing in high school, she didn't have experience working out at a gym before. She was bummed out about a relationship that had ended, so when her roommate, Brianna, encouraged her to go to the gym with her and exercise to feel better, Angela went. Brianna showed her around the gym, and instantly, Angela was hooked.

A week later, Brianna couldn't make it, and Angela decided to go to The Rec by herself. She wanted to try new machines, so she stepped to the top of the StairMaster. Overwhelmed by the control panel and afraid of embarrassing herself on the machine, she stepped off and walked back to her dorm room. Sitting in her room, Angela asked herself, "What was the worst thing that could have happened?" Then, she realized that everyone at the gym was too focused on their workouts to notice or judge her. She needed to step out of her comfort zone if she wanted to learn new things. So, she resolved to go back the next day.

Over time, Angela felt more comfortable and confident and expanded into learning how to use other equipment. She built a new habit of exercising and working out, which grew into much more than she initially thought. It became therapeutic and helped her manage anxiety and relieve stress, especially as she moved back home at the onset of the COVID-19 pandemic.

As she reflects on her journey, Angela recognizes the positive effects regularly exercising has had on her mood, attitude and overall well-being. The lessons she's learned and the confidence she's built apply to other aspects of her life. Angela believes that "If [she] can crush a weight in the gym, who's to say [she] can't overcome anything else?" Angela has learned to trust herself and build physical and mental strength.

## THE STORY BEHIND THE STRONG MOVEMENT

Angela's story resonated with me and reminded me of my own experience. Like Angela, I was also very active and grew up dancing competitively. As a freshman at the University of Southern California, I was intimidated walking into the weight room full of college men. Like Angela, I felt nervous and uncomfortable in a public setting that required me to step out of my comfort zone and try something new.

My confidence also grew as I learned new exercises, and fitness became my passion. I researched and learned as much as I could. At the time, there was little information readily available for college women on how to work out and develop healthy habits. I knew I wasn't alone and that my friends also wanted that information. So, I coached them in the gym and started a blog called "The Strong Movement" to empower college women to be their best selves and build strong bodies and strong minds.

## STRATEGIES FOR OVERCOMING INSECURITIES

I share both of our stories because perhaps our experiences are similar to your own. Maybe not in a gym setting, but a classroom or work environment. Has there been a time when you've





felt insecure trying something new? Or had unrealistic expectations of wanting to be perfect at something on the first try but held you back in the past? Whatever the context, you've likely experienced situations where you've lacked confidence or where the fear of failure has kept you from going after your goals and dreams. I know I have many times.

For decades, researchers have been studying confidence, specifically the concept of self-efficacy. While we all need general confidence, self-efficacy refers to your belief in your ability to succeed in a particular situation (Bandura, 1977). Put simply, it's about what you think you can do (Maddux, 2009). And it's this belief that influences your thoughts and actions in that specific context. Self-efficacy is important for accomplishing your goals and an important element of resilience and navigating life's challenges (Reivich & Shatte, 2003). So, how do you go about developing self-efficacy? The following three strategies will help you shift your beliefs and build confidence in a specific area of your life.

### Bio

Ailis Garcia, MAPP, is the founder of The Strong Movement®, a consultancy that offers training, workshops, and custom science-based programs and assessments to help individuals and organizations thrive. Clients include universities, Greek organizations, trade associations and businesses. She developed StrongU™, a research-based positive mental health and resilience program for national sorority organizations to help their members build healthy habits and cultivate a culture of belonging. Ailis earned her master's degree in Applied Positive Psychology from the University of Pennsylvania. For more information, visit [www.thestrongmovement.com](http://www.thestrongmovement.com).



"Some self-doubt is healthy. But, if you wait to 'feel' confident before getting started, you may be waiting a long time."

#### WORK TOWARD MASTERY

**EXPERIENCES:** According to Albert Bandura, Ph.D., the leading psychologist on self-efficacy, the most effective way to shift your beliefs about your ability to succeed is through mastery experiences (Bandura, 1977). In short, if you want to become confident at something, you must try it, consistently practice it and persist when facing challenges. There's no other way around it. You have to put in the work and get your "reps" in regularly to improve and move closer to your goal.

#### CONSIDER A GROWTH MINDSET:

So what happens when you make a mistake, aren't making progress or feel insecure? Often, in these moments of challenge, we forget that confidence is not about our skills or talent but our beliefs about what we can do with our skills and talents (Jewell, 2017). You may have slipped into a fixed mindset and need to change your perspective. When you catch your inner critic saying, "This is too hard. I'm not good at this," flip the script and ask yourself, "How can I grow from this challenge?"







### MANAGE YOUR FEAR & SELF-

**DOUBT:** Some self-doubt is healthy. But, if you wait to "feel" confident before getting started, you may be waiting a long time. Remember that stepping out of your comfort zone is indeed uncomfortable. You can be courageous while still feeling nervous at the same time. Offer yourself self-compassion and remind yourself that everyone starts as a beginner.

When I asked Angela what advice she would give others, she said, "You're capable of more than you think." Little did I know when I first started blogging out of my dorm room that I would travel the country sharing that same message of believing in yourself with thousands of college women. After graduating, I was invited to return to USC and speak at a sorority. One talk led to another, and soon I was traveling to chapters on dozens

of campuses leading confidence workshops and fitness workouts. My passion for helping others to be their best selves led me to study positive psychology, the science of well-being, under the leading researchers in the field and earn my master's degree at the University of Pennsylvania.

Today, The Strong Movement has evolved into a consultancy where we help individuals and organizations thrive with science-based tools and applications. When Angela shared with me her plans to become a personal trainer and train other students in the gym, I smiled. After all, that's how my journey started. I've always told myself that I would have done my job if I could help just one person. I hope that by sharing our stories, you, too, are inspired to step out of your comfort zone and believe in yourself.

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### Fast Facts:

- Over 7,000 sorority women participated in a "Strong Girl Steps to a Stronger, More Confident & Happier You" Workshop & Workout & 40+ campuses visited between 2016-2020
- StrongU™, a research-based positive mental health & resilience program, is currently implemented nationwide for over 20,000 sorority members.
- Since 2016, we've had a student-run club, "Chapman Strong Girls," at Chapman University.
- In 2020, The Strong Movement launched a Data Lab to measure and study the beliefs and behaviors that contribute to resilience. We help organizations use data to help their people thrive.



## GLOBAL AMBASSADOR

# Giving Graciously Globally as Hearing Health Professionals

By Natalie Boyer, Delta Tau-Temple (PA), Global Marketing and Philanthropy Intern



In 2016, the Starkey Hearing Institute (SHI) was developed with its primary purpose to fix the problem of a short supply of hearing healthcare professionals around the globe. The Institute is located in Lusaka, Zambia and aims to train students with the skills they will need to return to their countries and help those who are in need of hearing healthcare. To date, 67 students from 16 different countries have graduated from the Starkey Hearing Institute. The year-long program is orchestrated in a way for the graduates to be able to handle vulnerable populations and provide the care that is necessary.

Currently, Delta Zeta donations for the Starkey Hearing Foundation go toward the Starkey Hearing Institute to support the student's tuition, education, housing, as well as expansion, and other related projects.

We wanted to introduce you to three women attending SHI as they remind us of our own Delta Zeta members: courageous, brave and empowering. Coming to a year-long program to become a hearing healthcare professional is not a simple duty, but these women are inspiring us every day to follow our dreams. Let's meet a few of these women.





Born in Tanzania — **Dodoma**, **Joyce Charles Mbedule** (above), 29, wanted to join the medical field to spread love to her patients. Joyce is married and the mother of two children. Before coming to the campus, she was an ENT Nurse at Benjamini Mkapa Hospital, where she recognized a lot of patients were unsatisfied with the treatment they were receiving due to a lack of education in a hospital that serves over six million people. Interactions like these led her to SHI. When asked about her favorite memory with SHI, she said, “The mission we did in June is the most memorable experience. We had almost 300 patients whom we served and fitted for hearing aids within a short time successfully without any inconvenience.” Looking into the future, Joyce would love to see more people in Africa obtaining their degrees in Audiology at the SHI. She also hopes Starkey will continue to give back to those who are less fortunate since so many people benefit from their services but cannot afford good quality healthcare. Joyce is looking forward to being an advocate for those in the deaf community while applying her skills and knowledge to make the world a safer place for those with hearing loss.

Born in Kisii county, Kenya, **Mokua Kerubo Nahum** (below), 25, saw Starkey as a strong bridge between those with hearing loss and those who have no hearing loss. What started as pursuing her degree in Special Needs and inclusive education helped her find a passion for those with hearing loss. Supporting and showing up for people who, at times, fit into a “stigma” was very important to her. Coming to the SHI, she knew she could make a difference and impact her community. Starkey has provided her with the opportunity to further her learning and push her to go even further with herself. In her words, “Unity has been restored in different families whereby it wasn’t felt before because of lack of proper communication. The smiles Starkey put on people’s faces reflect a true community.



#### INTERESTED IN GETTING INVOLVED?

Members can write encouraging letters to the Starkey Hearing Institute students and send them to Starkey Headquarters to be delivered. The address is below:

ATTN: Kirk Richards  
PO Box 41514  
Minneapolis, MN 55441



Another student, **Mabulara Rampai** (above), is 31 years old and from Lesotho, a country in Southern Africa. She is a single mother to her daughter, who is currently staying with Mabulara’s parents. She graduated in 2013 with a degree in Special Education and worked with students who were deaf and thus led her to her first encounter with Starkey that year. The love she had for her students is what inspired her to keep going with her education in hearing healthcare. In Lesotho, people are unaware of hearing healthcare, and most hospitals do not even have audiologists. Some parents residing there still believe hearing loss is a curse. When asked what it’s like for her to be a young woman empowering people around her, she says, “One of the young boys I met in at the aftercare at the Starkey Hearing Institute says because of hearing loss, his peers did not enjoy playing with him, his teachers considered him an ignorant student; therefore, his school performance was affected negatively. After receiving hearing aids, he engages with his classmates and outside the classroom. I would like to dedicate myself to this empowerment to affect students’ lives.”

Not only is Starkey lucky to have these women, but we are lucky to have women like Mokua, Joyce and Mabulara, who will fill the world with hope and give back graciously. 💖



## ROSE &amp; GREEN

# The Real World

Building career connections through internships

By Megan White, Epsilon Gamma-Central Missouri,  
Digital Communications Intern

**T**he right internship can prepare you for your future career and profession. Students find that an internship is a path to walk on and learn new things before stepping into the workplace. And they might even find that an internship experience can build connections that help in future careers. You learn leadership skills that you can't necessarily learn in a classroom setting. And you can also build a competitive advantage before you step into a long-term position. Delta Zetas from all over have internships that have taught them so much. We asked some who were in internship roles this summer for what they have gained because of these roles.

"This summer, I will be aboard the University of Washington Research Vessel, the Thompson (below), deploying robots to adjust the deep-sea Regional Cable Array for my internship. This will be my first experience living at sea, and I am so excited to see the wildlife! Additionally, I am a Creative Director for an innovation and mental health collective called The Khancept. So far, I have worked through podcast development, media marketing and event coordination while also learning from leading venture capitalists and investors from the San Francisco Bay Area."

—Aisha Rashid,  
Kappa-  
Washington



"I am a sales intern for Audi Pittsburgh! My workdays tend to consist of a lot of shadowing my full-time coworkers and following along as we take the customers on car walk arounds, test drives and through the sales process. I observe what strategies the professional car salespeople use to efficiently make a sale. I'm looking forward to improving with my customer communication skills and building connections."

— Isabella Giacalone, Xi Eta-  
Northwood (MI)



"I have always been very passionate about giving back to my community and making it a better place. I currently intern for Texas State Representative, Ryan Guillen, who represents George West, Texas, where I live. My duties as a legislative intern at the capital in Austin

include proposing Legislative initiatives for review, interacting with state agencies, doing extensive research and much more. I have learned many things while interning such as building key professional skills, gaining insights on the process of law and policy and being able to identify issues within the realm of the office and identifying strategies to solve them. My goal is to attend law school upon graduation and gaining experience from this internship will greatly benefit me in the future."

— Crystal Amoles, Lambda Xi-Texas A&M



"I am an intern with the Tampa Bay Rays working with the Baseball Foundation as a member of the 50/50 raffle team. I promote the Rays Baseball Foundation and help raise money through raffle tickets and other promotional techniques. My internship has taught me how, when approaching a new environment, to use the excitement as an advantage. Being outgoing and open-minded allows new knowledge and opportunities to be acquired, as well as gives the fans a positive experience. Not only am I learning an immense amount of helpful information, but I am meeting and building relationships that will allow me to reach my goal of being an executive of a professional sports organization."

— Lindsey Quick,  
Alpha Sigma-Florida State



"This summer I am an intern at Enterprise Holdings as a Network Engineer in their IT Department. My team is responsible for preventing the business from becoming a victim of cyber-attacks as well as making sure our networks are secure across the world. My manager placed me on multiple teams throughout my internship so I could get a comprehensive learning experience, but also to help me figure out exactly what I want to do when I graduate. The way my manager and mentor were willing to help me figure out what I wanted to do was so eye-opening because I can see there are people out there who want me to succeed. Overall, this internship helped me narrow down my career path after college, and I am grateful I had this opportunity."

— Michelle Kasting, Epsilon Gamma-  
Central Missouri 🍷

## Delta Zeta National Internship Opportunities

Each year, Delta Zeta offers collegiate members opportunities to serve as interns in a variety of roles which support the strategic goals of the organization. Internships run each year from January-December and applications for 2023 can be found at [www.deltazeta.org/right-now/internships](http://www.deltazeta.org/right-now/internships).

Development and Engagement Interns support the Delta Zeta Foundation's operations, including donor engagement, customer relations, communications, fundraising, virtual engagement and event execution.

Digital Communications Interns work with Delta Zeta's social media and digital marketing team. They support communication needs, which include curating content for social media, website and electronic communications.

Global Marketing and Philanthropy Interns support Delta Zeta's philanthropy needs, which includes helping chapters reach their philanthropic goals and curating marketing content to provide education and awareness about our national philanthropy partnerships.





## ROSE & GREEN

### Shining Bright as a Diamond

BY SARA JANE CALVERT DIXON,  
DELTA-DEPAUW (IN),  
ORDER OF THE DIAMOND

I fought hard to get to DePauw as a woman in 1941. My family viewed college as unnecessary and too far away. But I scrimped and saved, working at Sylvania building vacuum tubes for the war effort and during summers at the Jersey Shore. My sisters at Delta Zeta and the Housemother Mrs. Mann helped me and supported me. At DePauw, I met Al Dixon, a proud Sigma Nu and we married in 1945. We relocated to Kansas City in 1962, where I earned my teaching degree at Avila College and then taught at Johnson County public schools.

Al and I were dedicated members of the Village Presbyterian Church where I served as Deacon and sang in the church choir for decades. My faith supported me throughout my life and is the foundation from which grew compassion for others and a love of God's world in all its facets.

Now, 75 years after my initiation into Delta Zeta, I reminisce often about my travels throughout North America and the world and can claim friends from Germany, Mexico, Taiwan, Japan and India: A girl from Altoona, Pennsylvania with a global perspective!

Right: Sara Jane Calvert Dixon (second row, second from left) with her Delta Chapter sisters in the 1940s.



### Rho Alpha Knockout

From celebrating a successful Family Feud philanthropy event, to participating in many other Greek life philanthropy events, the Rho Alpha Chapter at Murray State University in Kentucky has had a very busy semester. The chapter participated in All Campus Sing, a singing contest on the steps of beloved Lovett Auditorium and had an amazing performance!

### Alpha Chapter Leads with Mental Health Committee

This past semester, the Alpha Chapter at Miami University established a mental health committee. The committee is led by Kaleigh Fogarty. Health is extremely important to Kaleigh, who has had her own personal struggles with mental health. She is hoping it makes an impact on the chapter as a whole and hopes to inspire other chapters on campus and Delta Zeta chapters nationwide to establish their own mental health committees. "I believe that every sorority and fraternity on campus should have that outlet to go to," Kaleigh said. "I want to make a difference in this chapter and have the conversation [surrounding mental health] develop more." While the committee is new, its ongoing mission for now and the future is to spread awareness about mental health, beyond just posting about it on social media. "A lot of people don't like to open up, and that's OK, but I just know that college can be really stressful," said Kaleigh. "Whatever you're going through, I just want people to know that there's always someone to talk to."

For more, follow @deltazeta.mhc on Instagram!



# Flying Horse Farms: Volunteering with a SeriousFun Camp



Isabella Yanniello, Kappa Chi-Youngstown State (OH), a senior Primary/Primary Intervention Specialist major, volunteered at a SeriousFun camp, Flying Horse Farms in Mt. Gilead, OH, this summer. "I was a cabin counselor for boys ages 7-9 years old," remembers Isabella. "I had the best week with the boys. They were full of life, rambunctious, kindhearted, little boys I have ever met." Isabella was responsible for taking them to and from activities, hanging out with them and overall making sure they were having fun. "Camp is a place where they can just be themselves. They do not have to worry about their diagnosis, just worry about having a good time with their new friends."

## Sisterhood Event & History Walk in Columbus

The Columbus Alumnae Chapter gathered on Sunday, May 22, 2022, for a brunch and walking tour of the historic German Village neighborhood in Columbus, Ohio. Friends and significant others were invited to join us for this guided tour by two German Village experts. Sisters learned how Germans came to settle in Columbus as well as how the neighborhood came to be on the historic district. It was a great way to learn more about the community the alumnae chapter is a part of!





## ROSE & GREEN

# Sharing our Good News from Around Campus

Every year, Delta Zeta collegiate chapters and members are honored with awards on their campuses. This past spring we were tagged in many of your newsfeeds celebrating those achievements. Here are just a few that were reported to The LAMP or we saw online. If your chapter has been honored on campus, please share that good news by emailing us at [LAMP@deltazeta.org](mailto:LAMP@deltazeta.org)

The Lambda Rho Chapter at Illinois State University received the Chapter Excellence Award from the Dean of Students office this year. They also received the Outstanding Social/Entertainment Program for their Kona Ice food truck event, Outstanding Collaboration Program and Outstanding Service/Volunteer Program with Catalyst Ministries, their local community service partner, and Outstanding Philanthropic Program for Grilled Cheesies with the DeeZees, a popular event they host every fall.

This past spring, Omicron Zeta-Randolph-Macon (VA) received both individual and chapter awards including the overall Chapter Excellence Award. Natalie Knoke, Omicron Zeta-Randolph-Macon (VA), received the Office of Student Life Award for Individual Excellence in Academic Achievement from Randolph-Macon College.



**Kismet Kohn, Pi Theta-Rollins (FL), was honored by the Columbia Scholastic Press Association 39th Gold Circle Awards program for the Personal opinion, On-campus issues category for her article, "Opinion: New Meal Plan Requirement Disregards Student Wants, Needs" which was published in the campus paper, The Sandspur.**



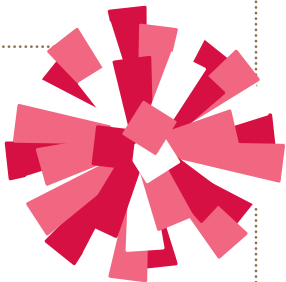
Kappa Tau-Morehead State (KY) received the Excellence in Alumnae Outreach from their campus Greek Life office.

**The Omicron Gamma Chapter at Ohio University not only received their campus' Most Improved Chapter Award, but they also earned recognition with the Outstanding Chapter Operations Award, Panhellenic Spirit Award and Outstanding Health and Safety Award.**



**Xi Xi-North Georgia celebrated their 33rd anniversary as a chapter and was honored by their campus as the 2021-2022 Sorority of the Year.**

Kappa Chi-Youngstown State (OH) took home second place with their melody of songs from Disney's movie turned musical, "High School Musical" at the 69th Annual Greek Sing during their campus' Greek Week. Abbey Cochran, a senior Human Resources major, was awarded with the Greek Lifetime Achievement Award while Ella Hazy, a sophomore Anthropology major, was awarded with the Panhellenic Delegate of the Year Award.



**The Zeta Xi Chapter at Lenoir-Rhyne University in North Carolina was honored with multiple chapter and individual awards this spring on campus. Congratulations to Cami Howard who was named Sorority Woman of the Year, Alyssa Bailey who received a Leadership Award and Eugenia Parish who received both the Sorority Senior Class Award and the Presidential Cup.**

**Megan Symon, Theta Theta-DePaul (IL), was awarded the New Member of the Year for the Panhellenic Council by the DePaul University Fraternity/Sorority Life Office.**



**The Pi Omega Chapter at Johnson and Wales University in Rhode Island was honored to accept the Sorority of the Year Award at their campus leadership awards.**



**Lauren Vowinkel, Pi Tau-Sacred Heart (CT), received the Panhellenic Chapter President of the Year award from the campus Fraternity/Sorority Life Office while the chapter's Executive Board was also honored as Executive Board of the Year.**

Jamie Bero, Epsilon Theta-Clarion (PA), was honored as Advisor of the Year for her work as the College Chapter Director at Delta Upsilon-Marshall (WV). The Delta Upsilon Chapter was also honored with the Chapter Management Award and were Greek Week Champions.





## ROSE & GREEN

### Lamplighter Gala Fundraiser

Greater Seattle Alumnae Chapter hosted their 57th Lamplighter Gala virtually from March 31 to April 6, 2022. The gala began with a "kickoff" program co-hosted by our Lamplighter Gala Chairwoman Diana Ferguson, Kappa-Washington, Gala Committee member Anna Uhl, Lambda Theta-Michigan Technological, and the Board President of Washington State Hands & Voices. This online fundraiser used Delta Zeta's CrowdChange platform for direct donations and a separate online Silent Auction. Funds raised from direct donations, the Silent Auction, alumnae contributions made to their Philanthropy fund when alumnae paid their 2022 dues, and an employer's matching fund gift helped them raise \$3,050 for Washington State Hands & Voices!

### Alumnae Stay Involved with Panhellenic in Louisiana

Members of the New Orleans Alumnae Chapter attending the Greater New Orleans Alumnae Panhellenic annual banquet and scholarship auction were (L to R): Janell Memleb Weber, Charlene Thompson Purcell, Jean Funck Person and Susan Warner, who was installed as President. All are members of Theta Kappa Chapter at the University of New Orleans.



### Truly Empowered to Lead



"If you went back to 2018 and told my shy, uninvolved freshman self that in four short years, she would be president of her sorority and senior class president, she never would have believed you," shared Mackenzie Goodwin, Kappa Epsilon-Plymouth State (NH), upon her recognition as one of the Class of 2022 Top 20 Seniors during the Plymouth State Student Leadership Awards Banquet. Seniors who receive this award have demonstrated outstanding campus involvement, community involvement, academic performance and display of character. Mackenzie was Plymouth State's Class of 2022 President and the Kappa Epsilon Chapter President her senior year. "I am so lucky to have found my home and my voice here at Plymouth and grown to become the leader I am today," she said.





## Graduate Commencement Address

Erika DePalma, Iota Delta-Edinboro (PA), who received a Master of Arts in communication studies from Edinboro University, delivered the student address during the graduate ceremony on campus. Erika received her bachelor's degree in strategic communication and a minor in leadership studies, also served as academic, social and public relations chair for Delta Zeta and managed the EU Phonathon Team. She recently completed her graduate assistantship in Edinboro's Office of Advancement.

## Pi Chapter Alumnae Brunch

In celebration of the chapter's 105th anniversary, the Pi Chapter at Eureka College hosted an alumnae brunch. There were stories, games, fun, and exchange of memories across a wide age range of sisters, from sisters who initiated in the spring, to sisters who have been involved with the organization for 50+ years. The chapter was first installed February 17, 1917.



## Phoenix Panhellenic Woman of Distinction

Phyllis (PJ) Briggs Heyliger, Delta Omicron-Northwestern Oklahoma State, was named the 2022 Phoenix Alumnae Chapter's Panhellenic Woman of Distinction.

PJ was an art major while a collegiate member and served as the Chapter President. PJ began her career teaching art in Junior High and High School in Colorado and later at Rogue Community College in Oregon. Now, as professional artist and illustrator, she has taught watercolor and oils workshops across the country. Her oils, acrylics and watercolors have been exhibited and collected all over the world. One of her paintings hangs in the Jimmy Carter Presidential Library and is the cover of his book "An Outside Journal."



PJ and her husband, Stan Lode have circumnavigated the world six times, always looking for a new place to snorkel. They belong to the Circumnavigators Club whose purpose is to encourage global fellowship and understanding. PJ is a member of the Phoenix Alumnae Chapter and often opens her home for Delta Zeta events.



## ROSE &amp; GREEN

# Professional Accomplishments and Accolades

Jacqueline (Jackie) McVey Scott, right, Omicron Epsilon-Arkansas State, received Project Learning Tree's Leadership in Education Award. The award recognizes teachers and education professionals who make significant contributions that advances youth environmental education. Jackie is a lab science and physical science teacher at Mann Magnet Middle School in Little Rock, Arkansas.



Cassandra (Cassie) Kobasko Porter, left, Epsilon Iota-Fairmont State (WV), was named the 2022 State Principal of the Year by the West Virginia Association of Secondary School Principals. She is the principal of John Marshall High School in Glen Dale, West Virginia. "Educating children is the most life-changing gift we can give. Once given, it can never be taken away. Education changes lives and the course of the world around us forever," shared Cassie.



Deydre Smyth Teyhen, Alpha Rho-Ohio Wesleyan, was promoted to Brigadier General on July 8, 2022 at a ceremony on Joint Base San Antonio, Texas. COL(P) Teyhen will be the first Specialist Corps Officer and first physical therapist to become a general officer. In July 2022, she began serving as the Commanding General for the Brooke Army Medical Center, Joint Base San Antonio, Texas.



Linda Dennison Tapp, Epsilon Zeta-Drexel (PA) was honored by the Board Certified Safety Professionals as the recipient of their 2022 Lifetime Achievement Award. Linda is president of SafetyFUNDamentals and has over 34 years of experience in consulting services on occupational safety across the United States, England, Germany and the Netherlands.

Helen Diamond Steele, Ph.D., Lambda Sigma-Winthrop (SC), received the 2022 Outstanding Professional Award from the Clemson Edward Grandpre Chapter of Chi Sigma Alpha at Clemson University. This award recognizes someone who has made a significant contribution to the student affairs and higher education profession on the campus. Helen is Director, Career and Global Engagement at Clemson University.

Tycene Parrott Fritcher, Delta Beta-Tampa (FL), was recently named as one of the Top 25 Women in Healthcare Software for 2022. She is the Chief Marketing Officer of Transaction Data Systems, Inc., an Orlando, Florida-based provider of technology solutions serving health plans, pharma, and pharmacy markets.




## Scholarships, Senior Cords, Study Bags and So Much More in San Antonio

The San Antonio Alumnae Chapter has been busy supporting the Omicron Alpha Chapter at St. Mary's University all year long!

As the collegiate chapter prepared for Spring Formal Recruitment, alumnae attended a mock recruitment and also provided meals for the change to collegians the evening of formal recruitment to ensure that members were nourished for the event.

During the month of March, the alumnae chapter awarded one collegiate a scholarship to attend the 2022 Norma Minch Andrisek Leadership Conference. The scholarship was presented at the annual St. Mary's University Delta Zeta Alumnae Homecoming Brunch by Alumnae Chapter President, Norma Jean Bustamante Giffin. The scholarship will provide air travel and registration for the recipient, Gianna Salinas, who will join two other officers from the chapter at this year's conference.

The alumnae chapter was pleased to continue the tradition of providing senior cords to eleven graduating seniors in April. And, following the heels of that event, 33 study bags were created for all collegiate members and delivered at the final formal chapter meeting in May. Norma Jean presented the treats to the collegians at the conclusion of the chapter meeting.

With love and gratitude for the support from the alumnae chapter, flowers were presented to the alumnae chapter at the final Omicron Alpha Chapter meeting of the year. 





## 35 UNDER 35

# Confident and Empowered:

How Delta Zeta's  
35 Under 35 Honorees  
Learn and Lead

S

ometimes confidence and empowerment come by way of a valued mentor, other times, they come from the people we surround ourselves with, like Delta Zeta sisters. This year's 35 Under 35 honorees shared with us on how they were empowered to continue to learn and lead because of those closer ones in their lives. These outstanding young alumnae have, before the age of 35, achieved success by making a significant impact in their industry.

Want to learn more about this truly amazing group of women? You can find more in-depth bios on our website at [www.deltazeta.org/alumnae/35under35](http://www.deltazeta.org/alumnae/35under35). Nomination information for the 2023 35 Under 35 program will be due in the spring of 2023.



**"I served Delta Zeta in several different capacities, most notably VP of Membership. I remember my hands shaking giving my first report as a member of the Exec Board! As time went on, I got more comfortable speaking with authority in front of my chapter and leading them in the planning and execution of a successful recruitment. During my most recent artist residency, I was able to give a talk about myself and my work with no previous preparation or planning. My time in Delta Zeta is to thank for that because I can walk into a room full of strangers and find common ground with anyone I talk to and speak with confidence."**

**▲ Allison Flores, Pi Beta-Hartford (CT),  
Office Manager, Wesleyan Potters Inc.**



**"I would not be where I am today without my close friend group of Delta Zeta sisters, who have celebrated my professional triumphs and encouraged me in times where I faltered. I would not have met them if it was not for Delta Zeta. DZ brought them into my life, and I will forever be grateful for that."**

► **Bailey Oliver Blackburn, Ph.D., Alpha Gamma-Alabama, Assistant Professor for the Department of Applied Communication, University of Arkansas at Little Rock**



**"Delta Zeta has given me the skills and connections needed to feel confident in myself and my abilities. I feel like this has allowed me to empower others as I pass along my knowledge, lead them in their own skill-building and critical dialogue, and lift up their own passions and ideas."**

▼ **Alyssa Roush, Kappa Mu-Shepherd (WV), Director of Multicultural Opportunities, Student Activities, Inclusion and Change (MOSAIC), Hastings College in Hastings, Nebraska**



**"My grandma has always helped people, and my mom has told me the importance of blood donors, especially when she was diagnosed with thyroid cancer. Each story I hear from donors about why they need blood, or how it saved their loved one's life, motivates me."**

▲ **Brianna Blake, Epsilon Iota-Fairmont State (WV), Account Manager, The Blood Connection**

"Delta Zeta instilled in me a sense of philanthropy and helped me grow in my leadership capacity while in college. Those qualities have stayed with me. I now mentor others through my work, particularly young women who are just starting to figure out what they want to do with their careers. I also build power in the communities I serve by providing them with the tools and knowledge they need to lead their own campaigns locally."

▼ **Stephanie Corte, J.D., Theta Omicron-Texas/Pan American, Campaigns Director, Texas Climate Jobs Project**





## 35 UNDER 35



"The past five years, I have been CCD to an amazing chapter that was not my home chapter. Being able to work with this newer generation hand in hand as their CCD along with traveling to all our conferences each year I feel like it's helped me grow as a leader in my profession. I've learned the generational differences and how to lead such a wide array of women who all learn on different levels. It helped me translate that into my training programs with new hires for our groups."

◀ **Alexandria E. Reece, Theta Iota-Western Carolina (NC), Supervisor of AP and Cost Control, Red Classic Transportation Services**

"Delta Zeta provided another outlet for my compassion for humanity and desire to be of service where needed. The planning and execution of events always afforded me the opportunity to sharpen my organization skills. Further, the entire DZ experience helped me learn to network and find common threads with others, to develop lifelong friendships. The women I met in college are a key part of my network."

▶ **Amanda Witkowski, Pi Tau-Sacred Heart (CT), Co-Founder, Morgan Marie Michael Foundation**



"In the medical profession, reciting the Hippocratic Oath incites a sense of pride and humility. It serves as a reminder of the commitment to our patients and their loved ones that we as physicians have undertaken. There is another pledge that has positively influenced my outlook throughout the years. Although I did not know it at the time, joining Delta Zeta helped to shape my values and ideals. As I have progressed through my surgical training, the Delta Zeta Creed has been applicable to the fundamental principles I strive to uphold as a breast oncology surgeon."

▶ **Jessica Thoresen Thompson, M.D., Lambda Theta-Michigan Technological, Breast Surgical Oncology Fellow, Physician, and Clinical Instructor, University of Michigan/Michigan Medicine**





"I would not be able to do what I do every day without the skills I learned as a DZ. In addition to the organizational and time management skills I learned, holding leadership positions in my chapter grew my confidence and brought me out of my shell so that I now feel comfortable and excited to talk to anyone in any community. I try to focus on empowering other young people, particularly young women, to feel confident in my industry since there aren't many young people in the place branding and urban design world."

▼ **Brisa Byford, Gamma Xi-New Mexico State, Senior Strategist, CivicBrand**



"Over my thirteen years in the military, I have been fortunate in having many influential and invaluable mentors. Perhaps the most invaluable is Lt. Col. Jason Yee, the Officer in Charge (OIC) of the section I worked for several years. He has taught me the power of research, preparation and strategic thinking. He gave me many tools for my professional tool kit and gave me the freedom to learn from both successes and mistakes."

▲ **Amanda N. Kalkowski Pederson, Zeta Phi-Slippery Rock (PA), Suicide Prevention Program Manager, 316th Sustainment Command (Expeditionary), U.S. Army Reserve Command**





## 35 UNDER 35



"My older sister, Kaitlin, inspired me to become both a Delta Zeta and a pharmacist. Through her constant support and encouragement, she has demonstrated how to embody the Delta Zeta values both personally and professionally."

▲ **Brooke E. Kulusich, Omicron-Pittsburgh (PA), Speaker of the House, American Pharmacists Association**

"My dad has been my biggest mentor. I watched him work his whole life to build a business he loves, and it's his way of supporting people. Watching him work always inspired me to work harder and do the best I can. He always told me at the end of the day all you can do is your best, and that's exactly what I am going to do."

► **Gina Thornberg, Iota Delta-Edinboro (PA), Vice President of Technology, Higher Images**



"My time with Delta Zeta has taught me the importance of helping others. My sisters taught me to be a lending ear when someone needed it. I can say that each one of my sisters was there for me, as I was there for them. Our passion for helping those in need really pushed me to execute the best philanthropic events possible. Delta Zeta taught me how to be present myself with as much class and strength as possible. This pushes me to be that woman when helping others. I empower others by being a chain reaction and being a call to action. I tell people that all it takes is your time, and you can make the greatest impact."

◀ **Jasmin West, MBA, Xi Eta-Northwood (MI), Marketing Specialist, Insight Surgical Hospital**



"Serving on Executive Board during my collegiate years provided me with many professional skills that made me feel ready to join the workforce. I also feel empowered by my sisters who I have met that work in the same field and feel stronger knowing that I have them to turn to when things become challenging. I always strive to help my younger female colleagues to know their worth and learn to advocate for themselves, and that is something I feel I learned from being in Delta Zeta."

► **Arden Parker, Rho-Denver (CO), Legislative Assistant, U.S. Congresswoman Diana DeGette, U.S. House of Representatives**



"Delta Zeta has provided a network of friendships, professionals and the grace and courage to seek all of them with my full potential. I empower others daily at my work through mentoring programs where I offer advice, listen to people vent when they need to and, most importantly, to help pursue our greatest strengths. I've promoted and referred many women within my organization and over my career. I truly believe the greatest gift is to give to others."

◀ **Kendra Sears Marshall, MBA, Theta Eta-Creighton (NE), Director Business Strategy, Sammons Financial Group**



## 35 UNDER 35

“Crusading for justice, seeking the truth and defending it always is a guiding force for what I do and defines how I can help empower the next generation to use data science to do just that. Data is power and, with the right resources, opportunities and leaders, it can transform the world. I have the opportunity to impact the future of higher education and the development policies that create new opportunities.”

► **Arlyn Woodall Burgess, Alpha Alpha-Northwestern (IL), Associate Dean for Administration, School of Data Science, University of Virginia**



“Delta Zeta taught me the importance of living out my values and always being cognizant of the way I am presenting myself. I am confident these two lessons have helped me advance in my career. I empower others, especially women, through my career. I provide opportunities for those I supervise to have professional development, general holistic development, assist them with obtaining new opportunities, nominate people for promotions and awards, and I do my best to be mindful of who has a seat at the table and pointing out when I notice there are issues, especially around diversity.”

◀ **Brittany House Conrad, Ph.D., Gamma Alpha-Baldwin Wallace (OH), Executive Director of Career Engagement & Professional Development, Wittenberg University**



**"I first met Merary Simeon, the Vice President of Diversity and Engagement at PepsiCo., when I was an intern. And ever since joining the organization full-time, she has been someone I have looked up to. She has taught me how to embrace my full self, peel back the noise and be courageous in my pursuit of what makes me whole."**

▼ **Sandrine Akindo, Omicron Pi-Frostburg State (MD), Human Resource Project Manager, PepsiCo Inc.**



**"My cooperating teacher, Mrs. Gibson, was an invaluable mentor for me professionally. Mrs. Gibson was my first placement for student teaching. While it was one of the most difficult time in my teaching career, Mrs. Gibson made it manageable. She taught me that when the teacher loves what she is teaching/reading, the students will follow. The enthusiasm I brought to class each day would set the mood for each period. The most important thing I learned from Mrs. Gibson was to love the students first."**

▲ **Kelsey Musich Rieger, Zeta Phi-Slippery Rock (PA), 7th Grade English Language Arts Teacher, Fairview School District**

**"As a member of Delta Zeta, I held multiple leadership positions allowing me to build my confidence by being able to speak in front of a group and to my peers. As a federal probation officer, I have to report to the Court and give sworn testimony; while doing this, I have to be confident. Delta Zeta helped build my confidence in speaking, but most importantly, within myself. I believe my confidence helped me land my dream job."**

▼ **Amanda Hamel Hornbeck, MSCJ, Lambda Pi-Georgia College & State, United States Probation Officer, United States Probation Office**





## 35 UNDER 35

**“Delta Zeta gave me the confidence to go out and conquer any situation I may face head on. It also helps that Delta Zeta has a great support system. I support those around me and give them the tools they need to succeed.”**

► **Jennifer Smith Chiasson, Kappa Alpha-Nicholls State (LA), Public Relations Coordinator, T. Baker Smith**



**“I love the Truly Connected conferences. I served on the planning committee for the first Truly Connected in Atlanta, Georgia, and I really believe in the power of connecting people to learn from each other. Delta Zeta taught me how to reach out and make those connections in an authentic way. I try to pay it forward by being open to chatting with aspiring sports business professionals and giving all that I can. I was certainly helped along the way, and I try to help the next generation just as well.”**

▲ **Carson Holden, Zeta Pi-Georgia, Insights Analyst, Elevate Sports Ventures**

**“I’ve been so fortunate and blessed to have many mentors, and they’ve all taught me to stick to my journalist ethics and beliefs and that the greatest and most impactful stories, are all about PEOPLE. I make myself open to mentoring opportunities and invite aspiring journalists to job shadow me. It’s exciting to watch the growth of the next generation of journalists who have the important job of informing the communities they serve.”**

► **Kasey Cunningham, Kappa Psi-Shippensburg (PA), Television News Reporter/Journalist, Kasey WRAL News, Raleigh, NC**







“Through my experience in Delta Zeta, I learned basic professional skills such as offering a solid handshake (thanks, Jenny Dresser!), how to table and engage with the general public in a sociable and friendly manner, how to interrupt and exit a conversation politely and how to hold myself in professional spaces. By empowering others, I try to highlight others’ work that has inspired me, particularly other women. As a first-generation college graduate, I wholeheartedly believe I would not have learned these invaluable techniques without DZ.”

◀ **Brianna Bendixsen, MA, Gamma Lambda-San Jose State (CA), Co-Founder and Lead Training Faculty, Psychedelic Research and Training Institute (PRATI), Study Therapist, Multidisciplinary Association for Psychedelic Studies (MAPS) PBC Psychotherapist, Reflective Healing**

“Delta Zeta taught me how to be a leader and a team player. Trauma is all about the team. Without the team, the patient cannot be saved. I chose to lead from the bedside and enjoy hands-on training with new trauma nurses. I teach the importance of team dynamics and how to successfully communicate in chaotic situations.”

▶ **Afton Jamerson, BSN, RN, TCRN, CEN, Xi Delta-Radford (VA), Trauma Program Manager, Johns Hopkins Bayview Medical Center**





## 35 UNDER 35

"I continue to have a passion for community service rooted in causes I supported while in college and after graduation. Delta Zeta gave me foundational skills, like working in teams, communication problem-solving, and professionalism, that has translated into my career. As a residency program coordinator for my institution, I mentor and guide pharmacy residents in transitioning from student to pharmacist. Outside of who they are as a professional, my residency leadership partners and I help our residents in their personal growth as well."

► **Kristi L. Hargrove, PharmD, BCPS, Kappa-Washington, Clinical Pharmacy Specialist - Emergency Medicine, University Health**



"Coming from such a strong community in my hometown, Delta Zeta was there for me when I was far from home. Being a DZ gave me my first taste of having a network of women that would one day give me lasting relationships. I feel I can reach out to any one of my sisters at any time, and they would be there for me."

◄ **Bohdana Komichak, MPS, Omicron Gamma-Ohio, Art Director, DEFINITION 6**





**“Being a Delta Zeta has given me the confidence to be a leader. While in college, I was able to serve my chapter as Parliamentarian and Ritual Chair.**

**Both of these positions helped to teach me the skills needed to be a compassionate and strong leader.”**

◀ **Taylor Sherva, Zeta Psi-Stephen F. Austin State (TX), Social Studies Department Chair and Instructional Coach, Manor Middle School in Manor Independent School District**



**“I’ve learned significantly from a variety of women who have made career changes as their interests change. I was afraid to try something new, but with the encouragement from others, I gained confidence to make the jump. I’m so glad that I believed in myself to not only change careers, but also start my own business.”**

▲ **Maria Satira, Xi Chi-Robert Morris (PA), Director of Marketing and Communications, Greenville Eastern North Carolina (ENC) Alliance/Owner, Maria Satira Media**

**“My chapter had some of the most intelligent and eloquent women I have met in my life. The connections we made during our collective study sessions, and the dedication everyone had to their homework and future careers, pushed me to be better. I felt inspired at every Delta Zeta event I attended by the professionalism of my peers and felt an energy that made the world feel huge in the best way. Delta Zeta gave me the privilege of meeting so many strong women with big dreams and goals and the exposure to incredible leaders. I am also grateful that I had a chapter advisor who wanted the best for all of us and always provided the best guidance to be strong, empowered, professional women.”**

▶ **Savannah DeLeon, Zeta Phi-Slippery Rock (PA), Associate, Booz Allen Hamilton**

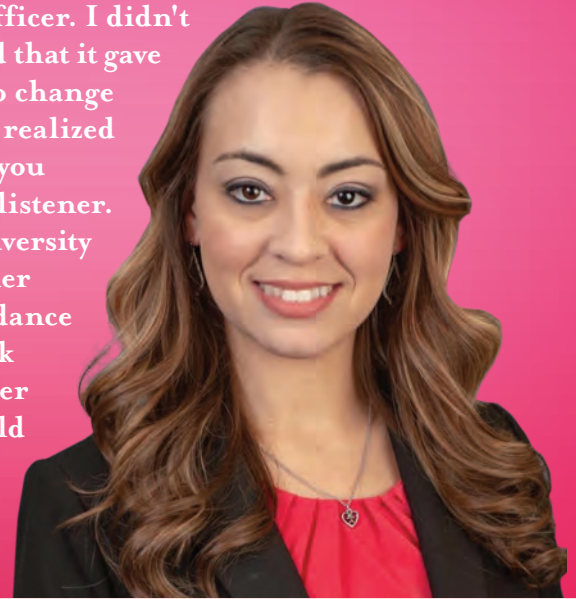




## 35 UNDER 35

"I had a college professor who was a federal probation officer. I didn't fully understand what that meant but I quickly learned that it gave people ways to be positively supported in their efforts to change their lives and be better people despite past mistakes. I realized that mistakes do not have to define who you are or who you strive to be. This professor taught me how to be a good listener. She was the expert at everything in the job and faced adversity early on in her career in a male dominated field and her success paved the way for female staff to excel. Her guidance and support has been with me since the first class I took with her and she has and continues to be my cheerleader and compass throughout every step of my career. I would not be where I am today without her."

► Savannah T. Smith, M.S., Omicron Alpha-St. Mary's (TX), United States Probation Officer, Western District of Texas - San Antonio



"Delta Zeta has empowered me professionally more than I ever realized. I learned to conduct effective and efficient meetings, lead others, form genuine connections quickly and display confidence. All of these were skills that I have been able to carry with me. Now that I am serving as a Delta Zeta advisor, I have also learned effective coaching and mentoring techniques, which have empowered me to become a more effective mentor for first-year and future teachers."

► Rachel Mateyka, M.S.Ed., Iota-Iowa, Teacher of the Deaf/Hard of Hearing, Champaign Unit 4 Schools



"The skills and friendships I acquired as an active member were truly invaluable. The sense of community and working together truly set me up for success, even as a solo entrepreneur."

► Caralyn Mirand Koch, Xi Rho-Clarkson (NY), Content Creator and Founder, CaralynMirand.com







"Delta Zeta has opened several doors for me professionally. As a Delta Zeta, I had access to a massive network that I have used to make work partnerships and connections. I was able to get an interview with my dream internship due to the supervisor also being a Greek alumni and having a very close friend who was a Delta Zeta. At professional conferences, I'm running in to fellow Greeks, especially Delta Zetas, and making long lasting professional partnerships."

▲ **Shannon O'Rawe Odom,**  
**Theta Iota-Western Carolina**  
**(NC), Recreational Therapist -**  
**Adaptive Sports, Department**  
**of Veteran Affairs VA North**  
**Texas Healthcare System**



"Steve Schneider, the longtime Sports Director at WAFB in Baton Rouge, saw something in me as a young broadcaster that I didn't even see in myself. I interned there in college, and he was always so helpful and willing to give everyone opportunities to learn. I'm always talking to other young women, offering advice and guidance in this crazy, male-dominated industry. There's so much that I've learned along the way that I wish I knew, and I'm more than willing to pass that along." 🔥

◀ **Tatum Everett,**  
**Sigma-Louisiana State,**  
**On-Air Talent/**  
**Content Manager,**  
**Minnesota Vikings**



# FLAME ETERNAL

## ALPHA

Marilyn Green Payette,  
1946

## DELTA

Selma Kamphaus  
Caldwell, 1948

## EPSILON

Christine Benninghofen  
Turnbull, 1944

Peggy Copeland King,  
1950

Pamela M. Modrowski,  
1968

## THETA

Mariann Walton  
McCornack, 1955

Virginia (Ginny) Dahs  
Bertsch, 1956

Carolyn Sowry  
Somerville, 1964

Tiffany Ann Iler, 2020

## IOTA

Judith Akin Lass, 1964

## KAPPA

Florence Wetzel  
Turner, 1946

Carole Haumann Shiel,  
1956

Joanne Reilly Bushey,  
1963

## LAMBDA

Wanda Bassett, 1971

## NU

Marcia Louise Larson,  
1938

Marjorie Dodge  
Greene, 1947

## OMICRON

Beverly Muir Johnston,  
1950

Hannah Marie Imhoff,  
2020

## RHO

Nina Pate Lenon, 1948

## SIGMA

Marci Glascock Lichtl,  
1990

## PHI

Virginia Stripe  
Henning, 1945

## CHI

Zelta Wieman Adams,  
1947

Phyllis Herman Goebel,  
1950

## PSI

Marilyn Beaman  
Kerner, 1949

## OMEGA

Beulah Korn Betts,  
1948

## ALPHA ALPHA

Helen Docekal Morris,  
1944

## ALPHA GAMMA

Lynda Baker Blackwell,  
1959

## ALPHA EPSILON

Mary McMillen Butler,  
1944

## ALPHA ETA

Mary Elizabeth  
Vaughan Scott, 1951

## ALPHA THETA

Marion Long Russell,  
1951

Elizabeth Pattillo  
Buehler, 1963

## ALPHA SIGMA

Jo Ann L. Long, 1945

Janie Irene Roche, 1970  
Patricia Olney-Bothwell,  
1971

## ALPHA TAU

Jean Fambrough  
Moritz, 1959

## ALPHA UPSILON

Phyllis Atwood Epps,  
1950

Barbara Lunt Allen,  
1957

## ALPHA CHI

Dorothy Tooney  
Rowberg, 1965

## BETA ALPHA

Dianne Kaufman  
Young, 1956

Betsy Ann  
Dudenhoefer, 1976

## BETA GAMMA

Mary Ann Keene  
Hoffman, 1947

## BETA THETA

Barbara Baird Swift,  
1949

## BETA KAPPA

Ruth Myatt March, 1938

Suzanne Hayward  
Kimpton, 1942

Margaret Edgar  
McWilliams, 1948

Marilyn Werner  
Kollmorgen, 1955

Kay Sullivan  
Kloppenburg, 1957

Cherrill Mack Whiting,  
1957

Carolyn Rae Bachtell,  
1977

## BETA LAMBDA

Mary-Ellen Swafford  
Loveless, 1979

## BETA MU

Shirley Coulter  
Cleveland, 1957

## BETA XI

Elizabeth Sturkie  
Williams, 1949

## BETA PI

Barbara Odgers  
Carpenter, 1948

## BETA TAU

Wilma Robinson  
Droge, 1946

Bethel Carne McCoy,  
1947

Patricia Johann  
Heermann, 1948

Barbara Peregrine  
Hegwood, 1949

Joyce Rudell  
Halvorsen, 1971

## BETA CHI

Mary Tabit  
Baltisberger, 1955

## GAMMA EPSILON

Pauline Hoeven  
Marshall, 1950

## GAMMA ZETA

Diane McMeans Kreger,  
1973

## GAMMA THETA

Yvonne Wood  
Golsteyn, 1949

Susan DePolis Hart,  
1966

## GAMMA LAMBDA

Alice Estelle  
Hunsucker, 1953

Jo Ann Donahue  
Chamberlain, 1954

Joyce Rodrigues  
Wallace, 1955

## GAMMA NU

Nadine Sperandio  
Brumleve, 1950

Grace Hance Marben,  
1956



This lists obituaries reported from March 1, 2022 to June 30, 2022.  
The year of initiation is after the member's name.

**GAMMA PI**

Joan Worden Taylor,  
1950

Kathleen Murray  
Weber, 1965

**GAMMA RHO**

Betty Henry Calkins,  
1951

Carolyn McCoy  
Schachtner, 1953

**GAMMA TAU**

Betty Voorhis  
Bushong, 1953

**GAMMA OMEGA**

Elin Bates Dumney,  
1959

**DELTA GAMMA**

Patsy Amburgey  
Trautner, 1958

**DELTA DELTA**

Rosemary Robertson  
Greene, 1955

Ruth King Phillips, 1956

Joyce Yerkes Turner,  
1959

Patricia Chase Truett,  
1966

Barbara Brown Hafele,  
1969

**DELTA ETA**

JoAnne Carscaddon  
Witherspoon, 1964

**DELTA THETA**

Linda McFerran  
Goerland, 1965

**DELTA LAMBDA**

Teddy Barclay Pope,  
1958

Georgia Graeter Lau,  
1965

**DELTA UPSILON**

Angela Frazier  
Vollman, 1983

**DELTA PHI**

Paula Charlene Konz,  
2006

**DELTA PSI**

Vivian Schmitz  
Borland, 1956

**DELTA OMEGA**

Margaret Lund Watson,  
1957

**EPSILON ALPHA**

Janet Thompson  
Duran, 1964

**EPSILON GAMMA**

Betty Baldwin Kramer,  
1956

**EPSILON THETA**

Marcia Schmidt  
Brubaker, 2004

**EPSILON OMICRON**

Marianne Kastner  
Bricker, 1964

Jane Ahlander Valiga,  
1966

Carol Syverson  
Racette, 1970

**EPSILON SIGMA**

Anne Marie Kurzyniec,  
1970

**ZETA EPSILON**

Nina Jane McLuckey  
Yuhas, 1966

**ZETA ZETA**

Carol Ayers Crain, 1965

**ZETA XI**

Judith Ginader  
Truesdail, 1964

**ZETA RHO**

Eva Lee Kuhlman  
Waits, 1963

Linda Diane Thomas,  
1988

**ZETA PHI**

Judith Anderson  
Beisswenger, 1963

**THETA ALPHA**

Nova Turpen Kane,  
1963

**THETA BETA**

Glenda Kay Green,  
1967

**THETA DELTA**

Kathleen Bovenkerk  
Marshall, 1966

**THETA ETA**

Susanne McGrath  
Laughrey, 1965

**THETA KAPPA**

Eileen Walsh Donovan,  
1970

**IOTA ALPHA**

Janet Stulting Stone,  
1977

**IOTA TAU**

Evelyn Carole Azallion  
Williams, 1963

**KAPPA ALPHA**

Rosemary Fleming  
Lovell, 1968

Cynthia Bollinger  
Landry, 1978

**KAPPA ZETA**

Patricia Maxwell  
Haworth, 1968

**LAMBDA IOTA**

Gail Cecile Speakman,  
1990

**LAMBDA NU**

Jacquelyn Palmer  
Roberts, 1984

**XI DELTA**

Cheryl Weber Newton,  
1983 ♡



# Four Decades of Service

T

his year Cindy Winslow Menges, Alpha-Miami (OH) celebrates more than 40 years of service to Delta Zeta Sorority and its affiliates, as the Executive Director, newly retitled to Chief Executive Officer.

She is the sixth Delta Zeta to lead the professional staff in our 120-year history and one of the longest serving executives in the interfraternal industry. As CEO, Cindy works in partnership with the National Council to set Delta Zeta's strategic vision and oversees the operations of the Sorority, the Foundation and the National Housing Corporation.

## Why did you join Delta Zeta?

I wanted to meet people, so I went through recruitment. I am a first-generation sorority member, so I really had no idea what I was getting into. Carolyn Benham, the Alpha Chapter President at that time made a presentation that took my interest to a higher level. She was a poised, articulate and confident senior member. I immediately wanted to meet her and even be like her!

## What is your favorite line of the Creed, and how do you work to practice that line in your everyday life?

"To my mind, Growth; To myself, Faith, that I may walk truly in the light of the Flame." Knowledge is empowering and opens doors to different opportunities. So, I seek ways to be a better listener and learner which is a constant work in progress.

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

That first cup of coffee!

Just joking! I believe that each day is a gift. So, I look forward to taking the bow off the package and finding out what's inside. I enjoy the challenge of balancing work and play, none of which will occur if I don't get up!

66

**I seek ways to be a better listener and learner which is a constant work in progress.**

## What most excites you about Delta Zeta today?

Our Sorority leadership truly embraces a commitment to continually improve the member experience. We are intentional to invest in resources that supports grassroots

connectivity and building community through those networks. This investment is unending in a global women's organization. We have amazing alumnae who are passionate and enthusiastic to mentor our youngest members. Knowing this, I get excited thinking about the future because there will always be a next generation to integrate into the Sorority, assuring the Delta Zeta experience will stay relevant.

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

I love to cut the grass! I prefer the larger mower with gears to change, but suburban living relegates you to a push mower, so over the years I focused on the cut pattern. Our lawn is now taken care of in our community; however, I do help my friend trim when I need a fix!

## Finally — Pink or green?

Pink for sure. Goes better with gray hair. 🌸





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Guard, #0500 | J. President, #01 | K. Vice President, #02 | L. Social Chair, #13 | M. Ritual, #26  
N. VP New Member Educator, #27 | O. VP Recruitment, #3606 | P. Big Sis/Little Sis, #37B  
Q. VP Secretary, #03 | R. VP Finance, #04



## **And adorn your badge!**

*Dangles hang from the chain that connects your badge and chapter guard and are used for recognition. Tell your Delta Zeta story!*

Visit **HJGreek.com/deltazeta** to see the entire collection of Delta Zeta dangles!



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## Founders Day Challenge

October 24, 2022

Join us in celebrating 120 years of sisterhood  
this Founders Day! Your gift today helps to  
transform the future of Delta Zeta! Learn more at  
[trulygiving.deltazeta.org](https://trulygiving.deltazeta.org)

DELTA ZETA  
  
FOUNDATION  
EMPOWER THE WOMAN