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28 Irish Eyes Smiling with SeriousFun



the Lamp

OF DELTA ZETA

Understanding Heart



Kindhearted Souls



Outgoing Personality



The prescription for stronger relationships

Refills

Physician Signature

To ensure brand name dispensing, prescriber must write 'Dispense As Written' or 'D.A.W.' on the prescription.

DEA#

FRIENDSHIP



WINTER 2022-2023



ARCHIVAL

The Delta Zeta badge is an inspiration to every woman who wears it. Over the years, various renderings of the badge have been created by artists. This copper version hangs at the Delta Zeta National Historical Museum and Headquarters is a favorite photo op for visitors every year. It was a gift from collegiate chapters in the state of Illinois on October 23, 1983.

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The prescription for stronger relationships is closer than you might think.

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THE LAMP

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DELTA ZETA SORORITY NATIONAL COUNCIL 2021-2023

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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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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

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Iota-Iowa

Grace Mason Lundy
Epsilon-Indiana

Elizabeth Coulter Stephenson
Alpha-Miami (OH)

Myrtle Graeter Hinkly
Delta-DePauw (IN)

Norma Minch Andrisek
Gamma Alpha-Baldwin Wallace (OH)

FROM THE PRESIDENT

I AM Delta Zeta

Have you ever crossed paths with someone wearing their fraternity or sorority letters? Better yet, wearing Delta Zeta letters? Maybe it was in an airport while waiting for a connection, while you were out shopping or attending an event in the community. Did you get a little bit excited and strike up a conversation? Inevitably, the conversation usually goes like this, "Hey, I'm a Delta Zeta! Where were you a Delta Zeta?" See, I do it, too! We usually talk about our Delta Zeta experience in the past tense. It was something we did while in college, but not something we are now. But we are and always will be Delta Zeta sisters! The concept of lifetime membership is not easily understood when our sisters join Delta Zeta during college. Members today are living in the present, facing decisions, stresses and pressures that impact their financial, academic and social expectations. Thinking about lifetime membership isn't a focus.



Our sisterhood experience continues beyond our time spent on campus as collegiate members. One of the focuses of the Sorority Strategic Plan has been to grow through traditional and non-traditional membership recruitment and increased member retention. Delta Zeta has been expanding our definition of membership, and task forces have been working and providing the National Council with many ways to grow the Delta Zeta membership experience.

Over the past several years, we have been listening to both our collegiate and alumnae members and have a lot of exciting opportunities on the horizon for our members. One area we recently took action on was barriers to membership based on member feedback. The National Council has taken bold steps to update our academic and financial policies related to membership. All collegiate chapters will be expected to maintain the academic requirements and/or expectations of the registered student organizations on their respective campus. Delta Zeta has also eliminated national and local monetary fines as a disciplinary measure to ensure the affordability of the membership experience.

Also, as part of creating a culture of belonging, we have evolved our member accountability process to be framed in care and compassion. Along with this will come realigned chapter roles and volunteer advisor roles supporting a holistic approach to member accountability. We held town hall meetings throughout the fall with chapter and regional leaders to share these changes and create open dialogue as we evolve the Delta Zeta membership experience. We appreciate the thoughtful dialogue and know these changes will be successful because we are ALL Delta Zeta. Membership is for a lifetime, and we thank each of you for helping to grow the membership experience, always walking truly in the light of the flame.

Christy M. Phillips-Brown

Christy M. Phillips-Brown
National President

Ways to be Your Authentic Self on Social Media

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

ONE

Don't worry about what others think. Make content you want, not what others expect or think you owe them. Whether you have 100 or 100,000 followers, you can share anything you want with your network. If you want to post every day, go for it. Start that daily vlog, create reels or edit that Facebook picture however you want.

TWO

Follow people that you know, inspire you and that you relate to. Surround yourself with uplifting and positive peers on social media. Social media can quickly become toxic if you are not watchful with who you follow and those that follow you. Follow those that not only inspire you but also that do not bring you down.

THREE

Professionalism is KEY—but not boring. Your future boss could be watching! Do not let this restrict your content but make sure to be respectful to others when exchanging on social media. Beware of the privacy of others, and protect your own when posting, sharing and engaging with others.

FOUR

Share stories and experiences that have shaped who you are.

It is important to stay authentic. Share your story and experiences on your terms, not because someone expects you to. Talk about your career, your hobbies or life lessons you have learned.

FIVE

Share content aligned with your core values.

Be proud of who you are and your beliefs. Do not be afraid to share your passions on your social media platforms. This sharing lends authenticity and can help you make new friends and build your following with people who share those values.

SIX

Be transparent and consistent.

Transparency is one of the essential parts of keeping your social media pages and content authentic. Be honest and open, and stay accountable for yourself. Consistency in your content is what helps your following grow.

PLUS ONE

Nobody's Perfect!

You will not be perfect, and social media will not let you forget that, but do not let any mistakes or low points define you. Celebrate your successes and learn from your losses. Be kind to yourself, trust your instincts and never let anyone tell you what to believe. 💡

ALFA

But I'm Busy

How today's alumnae nurture connections despite being busy!

By Allison Lynch St. Germain, Alpha Upsilon-Maine; Managing Editor, and Megan White, Epsilon Gamma-Central Missouri

My (Allison's) attendance at alumnae chapter events started to dip even before most meetings moved virtual or were canceled in 2020 for the chapter I was associated with in Connecticut. I'd find every excuse not to get in the car at the end of the day to drive miles out of my way and sit through a "chapter meeting." Even the promise of food with friends couldn't motivate me when I was too busy with other responsibilities to attend to in those precious extra hours of my week. And we hear the same thing often across the country from other alumnae; they are just too busy for the typical alumnae chapter experience.

Yet, they yearn for connection.

We've found some shining examples of new ways that alumnae chapters, chapter associations and our volunteers in the alumnae areas are nurturing new ways of connection for the Delta Zetas of today.

Connection might look a little different these days, but there is always a way to connect meaningfully with Delta Zeta in the post-collegiate years.



LOCAL ALUMNAE RECEPTIONS

Delta Zeta has also been hosting local alumnae receptions around the country this year. Even members who are not a part of a local alumnae chapter but live in the local areas received invitations to attend events in Birmingham, Columbus, Indianapolis, Chicago and Hartford. If a local event invite makes its way to your inbox, try to attend and spread the word to other local friends. These are great opportunities to hear updates on Delta Zeta today!



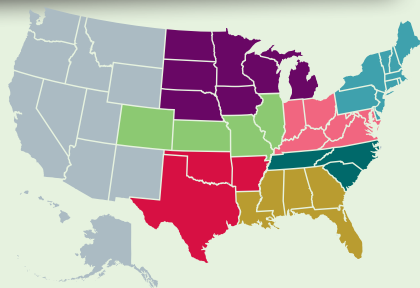
GREATER SEATTLE COMMUNICATES

The Greater Seattle Alumnae Chapter produces a regular chapter newsletter distributed via email to all members and other supporters. Ellyn Hartung Sewell, Kappa-Washington, is the Alumnae Chapter President, and she curates content from national Delta Zeta communications to share with their local alumnae members. The newsletter also shines the spotlight on alumnae achievements.



DZ DOES DISNEY

In September 2022, 53 Delta Zetas from six states shared a magical sisterhood experience at Disney World at an event organized by the South Carolina State Alumnae Chairman Summer Harris, Beta Delta-South Carolina. The women met new sisters, and some reconnected with those they had known for years. Some preferred the rides, some the food, some the shows and characters, but everyone enjoyed experiencing the bonds of sisterhood again. 🔥



DELTA ZETA ALUMNAE AREA UPDATE

To increase alumnae engagement and provide more geographical connectivity of alumnae, the National Council approved the addition of three alumnae areas bringing the total to eight. The volunteer appointment process is underway to fill all open Area Alumnae Director roles. The new Areas are:

Area I: CT, DE, MA, ME, NH, NJ, NY, PA, RI, VT

Area II: DC, IN, OH, KY, MD, VA, WV

Area III: NC, SC, TN

Area IV: AL, FL, LA, MS, GA

Area V: AR, OK, TX

Area VI: CO, IL, KS, MO

Area VII: Canada, International, IA, MI, MN, NE, ND, SD, WI

Area VIII: AK, AZ, CA, HI, ID, MT, NV, NM, OR, UT, WA, WY

Your Words & Pictures



@ Via Email

During the pandemic, the Long Island Alumnae Chapter (NY) lived the Delta Zeta Creed and walked in the light of the flame. The following poem was emailed to active chapter alumnae celebrating Founders Day.

Long Island's Delta Zeta alumnae
called us forth

And we've come from chapters
south and north

We've lived through a pandemic
not of our making

but our Delta Zeta values
we've not forsaken

Amid the lockdown's stress and
gloom

We've celebrated
Founders' Day via zoom

We've contributed record
amounts of money

To local food banks that
feed the hungry

We've mourned sisters
Kelly Groom and Stella Baker

Who passed into the realm
of their maker

Moving onto a more joyous heading

We've delighted in
Carol Slattery's wedding

We've missed celebrating
many a milestone

But we've followed the flame
and we have grown

Without any further discussion
or fuss

This year we pay tribute to
each one of us

Long Island's Delta Zeta
Alumnae of 2022



✉ Via Mail

My mother, Phyllis Davis Fisch, Delta Xi-Northern Colorado, received a letter honoring her dedication and devotion to Delta Zeta by recognizing her induction into the Order of the Pearl for 75 years of membership. A month after receiving your letter, Mother passed at the age of 101. I am writing to let you know what a joy it was for Mother to receive your recognition. The letter and award prompted many conversations about her college life in the Delta Zeta house when she attended Colorado State College of Education, now known as the University of Northern Colorado.

As I reflected upon my Delta Zeta mother, I found that not only did Delta Zeta impact her life, but it also impacted me. I wanted to share the extent the affiliation has had an impact and commend Delta Zeta for continuously recognizing and ensuring the sisterhood is really for a lifetime. Mother always felt connected.

Thank you for your thoughtfulness and caring appreciation.

Best Regards,

— **Carla Steinforth,**
Kappa Alpha Theta

To read more about Carla's Delta Zeta mother, visit the blog at www.deltazeta.org/thetruly.

ALFA

Take Note

**2023-2025
NATIONAL COUNCIL
RECOMMENDATIONS**

Do you know a sister who should be considered for Delta Zeta's National Council? The nomination process for the 2023-2025 National Council is now underway! The deadline for submitting a recommendation is no later than 11:59 p.m., EST, March 10, 2023. Access the online form at www.deltazeta.org/alumnae/council.

Questions about the nomination process may be directed to DZLeadership@deltazeta.org.

**UPDATE YOUR
INFORMATION
TO RECEIVE
SIDELIGHTS!**

Sidelights is coming back — electronically! As Delta Zeta's esoteric communication for members only, Sidelights was distributed once a year. We are bringing it back, and if you would like to receive it, please make sure you have an email address on your record. You can sign in by clicking the Members link on DeltaZeta.org or by emailing your update to DZS@deltazeta.org.

Why I Give



JEAN WICKSTROM LILES, Alpha Gamma-Alabama, attributes her career success to her Delta Zeta involvement. She

distinguished herself as Senior Foods Editor of Southern Living magazine, beginning in 1972, as the only home economist on staff. By her retirement in 1992, Southern Progress Corp. had expanded to include 40 home economists.

"Delta Zeta encouraged involvement and to strive for high academics. I learned the value of teamwork and gained confidence from being an officer and a leader," shared Jean. "That is why I want to pay it back to Delta Zeta for what it gave me by establishing a Foundation Scholarship. I find it gratifying to know I could help a student with their education. Anything I can do to help students accomplish their educational goals is so important."

Jean was the 2002 Delta Zeta Woman of the Year, an award which is endowed through the Gail Patrick

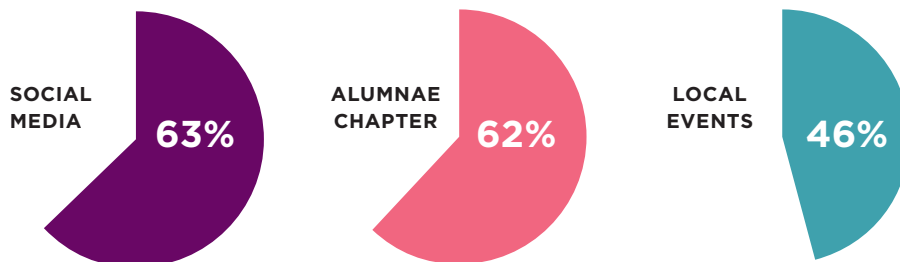
Women of Distinction Program. She has generously planned to endow a Delta Zeta Foundation Scholarship to help future sisters.



“Delta Zeta encouraged involvement and to strive for high academics.”

Show of Hands

Delta Zeta collegiate members recently participated in a membership experience survey conducted by the Timothy J. Piazza Center for Fraternity and Sorority Research and Reform where they were asked how they would like to be connected to Delta Zeta in ten years.



The full report and findings will be presented to the National Council this winter and will help shape ongoing strategic initiatives of the Sorority.

Chit Chat



Learn a little more about three members who received a Gail Patrick Women of Distinction scholarship and the impact it will have on their educational journeys.



My parents are immigrants, which makes me a first-generation student. To anyone that knows, being first generation is tough. Delta Zeta has made me a more confident and stronger woman. Delta Zeta gave me values I will carry on forever. These values will prepare me for any opportunities that will come my way! I aspire to be a hospital administrator, which will take a lot of time and persistence.

— **Quynh Do,**
Delta Theta-Houston (TX),
Gail Patrick Women
of Distinction
Undergraduate Scholarship



Delta Zeta helped prepare me for my future career through the leadership roles I held in the chapter. I have become an effective communicator and learned the importance of collaboration through working with an executive board. The foundation scholarship is helping me pay for dental school at the University of Michigan. I am grateful for my experience in Delta Zeta and the continuous support beyond my undergraduate education.

— **Sarah Jobe,**
Epsilon Nu-Missouri State,
Gail Patrick Women
of Distinction
Graduate Scholarship



Delta Zeta is giving me real-life opportunities to grow both personally and professionally. This scholarship will help me pay off my undergraduate student loans. My Delta Zeta leadership positions helped me gain real-life experience, networking opportunities, professional development opportunities and the best support system I could have ever asked for. My focus is on my education and not the potential financial burden that could be had by trying to continue my education.

— **Gabriella Llanos,**
Beta Lambda-Tennessee
/Knoxville, Gail Patrick
Women of Distinction
Undergraduate Scholarship

The deadline to submit applications for a 2023-2024 Foundation Scholarship is February 15, 2023. Last year, more than \$400,000 was awarded in merit-based scholarships. Visit www.deltazeta.org/foundation/scholarships to start your application today!

Glamorous Gail Patrick - Delta Zeta

By Frances Bohannon Gourley, Alpha Pi-Samford (AL)



Gail Patrick did indeed make her film debut as a secretary in "If I Had a Million"

in 1932 and then went on to star in dozens of other films. But she never forgot her Delta Zeta roots.

Upon moving to Hollywood, Gail immediately contacted Delta Zetas in California. She attended her first Delta Zeta Convention in 1933 while representing Paramount Pictures at the Chicago World's Fair. In 1938, when the National Convention was held in Pasadena, CA, Gail took carloads of delegates for tours at Paramount Studios. Gail was named Delta Zeta Woman of the Year in 1962 and served on the Delta Zeta Foundation.

In the 1950s, she approached CBS studios and successfully sold them a package for a television series featuring Raymond Burr as the defense lawyer, Perry Mason, a show for which she was the executive producer. The program was an instant

success and is the longest-running lawyer series ever made for television.

After her death in 1980, she left Delta Zeta a bequest of \$25,000, and the Foundation set up the Gail Patrick Velde scholarship fund. Then, more than 20 years later, we received word that the Delta Zeta Foundation was in consideration for an additional gift. The Foundation outlined the Gail Patrick Women of Distinction Program, and on October 24, 2003, we received word that Delta Zeta would be receiving an additional \$1 Million gift due to the royalties of the "Perry Mason" series, which was still playing in syndication worldwide.

The Gail Patrick Women of Distinction program continues to impact Delta Zeta members today through the scholarships given to both undergraduate and graduate students, all due to the generosity of a sister who never forgot where she came from. ♡

Reprinted from the January 1933 LAMP

Almost like a fairy story it sounds . . . this story of a college Cinderella. And the title. . . perhaps it should be "From August to September." Once upon a time, on August 1 to be exact, Margaret Fitzpatrick was heralded as winner of the "Panther Woman" movie contest sponsored by the Birmingham Post and the Alabama Theater. She was merely one of hundreds of local winners all over the United States. She went to Hollywood to stay a week. Paramount Studios wanted to take a longer look at her. She arranged to stay three days longer. At the end of that time, before the girl who was to play the part of the "Panther Woman" in H. G. Wells "Island of Lost Souls" was chosen, Margaret had a seven-year contract with Paramount Studios. Chosen from 60,000 girls!

And because "Margaret Fitzpatrick" is too long to be strung across a theater front in electric lights, something had to be done about it, for the seven-year contract may lead to stardom. So, they changed the name to "Gail Patrick." And if you can't find it in the Delta Zeta directory you can find it listed on the roll of the Paramount Stock Company which has only fifty members mostly stars!

Margaret's career does not seem surprisingly meteoric when we consider her previous record. She was the first girl to be president of the student body at Woodlawn High School, one of the largest high schools in the city of Birmingham. A slight prejudice was all that defeated her by a very few votes in her race for the same office at Howard College (later Samford University), a Baptist co-educational institution. She was a popular leader in every activity on the campus, in her sorority, in sports, in the classroom, for she was graduated under the Honors System, a system used at Howard College whereby students are orally examined before their professors.

Margaret wears only red, black, or white, or a combination of these. Her mother and her brother have moved to California. At the end of the first six months, Paramount will have a chance to renew its "option" on her. Her first minor role will be in a sequence with May Robson in "If I Had a Million."

In the meantime, Margaret is delaying her intended career as a lawyer and future governor of Alabama.



Margaret Fitzpatrick, later known as Gail Patrick, arriving in Hollywood to embark on her film career.

Founders Day Challenge



Celebrating 120 Years of Friendship

Sisters and friends celebrated Delta Zeta on October 24-25, 2022, during our fifth annual Founders Day Challenge (FDC).

2022 shattered previous records raising more than ever before thanks to a historic number of donors! Gifts made during FDC support scholarships, educational and leadership programming, member development, the Elizabeth Coulter Stephenson emergency grant and so much more!

Thank you to all our donors for honoring the legacy that Alfa, Anna, Anne, Julia, Mabelle and Mary created in 1902 as we continue to walk truly in the light of the flame 120 years later!

\$252,858

TOTAL AMOUNT RAISED
(an increase of **35%** from 2021)

700

ALUMNAE
DONORS

422

FIRST-TIME
DONORS

STATES
WITH
THE MOST
DONORS

146

COLLEGIATE
DONORS

28

NUMBER OF
ADVOCATES

**Texas,
Alabama,
California,
Ohio
and
Florida**

268

FRIENDS OF
DELTA ZETA
(FODZ)
DONORS

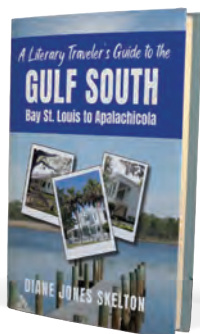
1,215

GIFTS MADE
(an increase of
31% from 2021)

TOP FIVE AMBASSADORS:

Christi Schneeberger Mayer, Kappa Mu-Shepherd (WV); **Virginia Gilbert Loftin**, Alpha Gamma-Alabama; **Margaret Purcell**, Alpha Gamma-Alabama; **Paula Harfst**, Kappa-Washington; **Michelle Albrecht Smith**, Alpha Chi-California/Los Angeles

READING ROOM



Former LAMP Contributor Turned Author

For more than twenty years, Diane Jones Skelton, Epsilon Mu-Southern Mississippi, compiled the "Chapter Notes" for The LAMP under editors Florence Hood Miner and Gwen Moss McKeeman. Reading hundreds of college reports and compiling them into cohesive, interesting chapter notes helped develop Diane's writing skills. She continues to write, publishing "A Literary Traveler's Guide to the Gulf South: Bay St. Louis to Apalachicola" in the fall of 2022.

Purchase Diane's book at www.amazon.com.



Alumna's Children's Book on Friendship

Drew Anne Boyd Allen, Epsilon Xi-Central Arkansas, has written a children's book emphasizing the value of true friendship called "The Adventures of Sam & Dak." Drew Anne has a master's degree in Deaf Education and has worked with Deaf children and taught American Sign Language. She wrote this book during the pandemic at a time when we all needed an extra reminder of the value of true friendship.

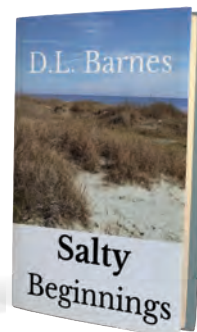
Drew Anne's book was published September 8, 2022 and is available at www.amazon.com.



Adventures Turned into Titles

Joanne Dott Stearns, Zeta Epsilon-California/Pennsylvania, has penned two children's books. "The Penguin's Secret" is based on a family cruise to Antarctica and their interactions with thousands of penguins and their smelly odor on the ship during the trip (their secret). "Lily's World: or who's knocking on my door" is the story of the adventure Joanne had with her dog, Lily, trying to get a turtle back to the lake across the street. Each book is designed for teachers and parents to use as a guide to discuss teaching points about the information in each book, such as Antarctica, penguins, Florida, turtles and chihuahua dogs.

You can find Joanne's books wherever books are sold.



New Series Release

Dwana Guntrum, Omicron-Pittsburgh (PA), has released two fiction novels to a series called "Coastal Saga Series" under the pen name of D.L. Barnes. After working most of her career in healthcare, she moved on to education and now publishing and writing. Dwana currently lives near Atlanta, Georgia and spent two years in the area around Hilton Head Island, South Carolina, which gave her inspiration for her series.

Learn more at <https://oceantimepublishing.com>.



Inspiring Self-Confidence with her Stories

Patricia (Pat) Danna, Iota Xi-Missouri-St.Louis, wrote "Delmar the Dinky," the story of a little trolley at the 1904 World's Fair in St. Louis. She has taught Social Studies and worked as a library assistant. Besides the historical aspect of this children's picture book, there is also a theme of self-confidence. The little trolley must overcome his size to compete with the larger trains to take people to the 1904 World's Fair. 🍷

Learn more at www.patdannabooks.com.

Are you a Delta Zeta author?

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

AUTHENTIC

Mari Lyn Berryman Meier

Alpha Theta-Kentucky



WHAT MOTIVATES YOU AS A BRAND AMBASSADOR?

Our customers! I feel like each one is part of my family, and I want to make sure they always have what they need and want, so I always put my best in front of the camera, as well as behind the scenes. I treat every day as if it is an audition. Friends of philosophy and QVC customers are all over the world, and I'm often greeted with a "hello" or "hey, you're the philosophy girl!"

WHERE DO YOU TURN TO FOR MOTIVATION ON A DIFFICULT DAY AT WORK?

First, my husband, David, has been a tremendous support throughout 30 years

of marriage, but especially during this adventure with philosophy and QVC. The schedule has been known to change often, and he is always there to help me. The second is through prayer. I talk to God a lot. I feel calmer and more confident after prayer. Lastly, every bottle or jar of philosophy has an inspirational message on it. I have many of these bottles and jars around me all day, and sometimes, just picking up one of them can lift my mood. We have always believed that what is inside our bottles and jars will give you great skin, and what is on the outside will give you better days.

B

y taking a chance, Mari Lyn became a face of an international beauty brand and has impacted the lives of people all over the globe. She started with philosophy, a personal care product company, as a Regional Education Manager and quickly connected with customers sharing her understanding of the beauty industry, cosmetics and skincare products. When an opening on the QVC broadcast team was suggested as a good fit for her skills, Mari Lyn took it as a compliment and, after an intensive audition, she was selected for the philosophy on-air team. "I wouldn't be where I am if I had stayed where I was," says Mari Lyn.

HOW HAS MEDIA CHANGED SINCE YOU STARTED WITH PHILOSOPHY? WHAT IS EASIER/HARDER NOW THAN IT WAS THEN?

QVC has always been at the forefront of personal interactions with media. The digital world is growing quickly, becoming a primary source of information. Social media platforms have allowed me to connect with our philosophy friends on a more personal level. They reach out to me for advice on products, and I'm always happy to share what's new with the brand. I often spill the beans on new products before you see them on air.

ARE THERE ANY PROFESSIONAL WORDS OF ADVICE YOU'D GIVE TO A YOUNGER SISTER EMBARKING ON HER CAREER?

Smile, be kind to yourself and others, stand your ground and take chances when you see them. Confidence can be one of your greatest assets. Take time to create and understand your goals so you can transform them into successful accomplishments. 💖

Connect with Mari Lyn on Facebook and Instagram by following @marilynmeierphilosophyqvc, and look for her on your TV screens representing philosophy on QVC.

FRIENDSHIP



When Katie Carpenter, Gamma Kappa-Kent State (OH), was challenged to find subjects for a school photography project, she didn't have to look any further than her chapter house. Her goal was to show her friends' beauty and individuality through her portraits. "Lex has a contagious laugh, a goofy demeanor and an outgoing personality, while Trisa, with her girl boss attitude, and unmatched energy, is the number one hype girl for our chapter," Katie shared. "And then there is Caris. She is always smiling and is everyone's shoulder to lean on with an understanding attitude and a compassionate heart; Caris makes everyone feel like they belong in the chapter."

The friendships that Katie made through Delta Zeta bring great memories of time spent together in the chapter and are the prescription for a healthy life. The meaningful friendships forged with sisters are a unique benefit of joining Delta Zeta, even as we are seeing an increase in isolation and loneliness today affecting individual health. The pink and green connections we build as members of Delta Zeta today might be the key to overcoming some of the biggest health concerns we may face in the future.

THE LONELINESS EPIDEMIC

Even before the world was plunged into the pandemic, forcing isolation, United States surgeon general Dr. Vivek Murthy cautioned about an "epidemic of loneliness"¹ spreading across communities in his book "Together: The healing power of human connection in a sometimes lonely world" which was written just before the global crisis in the spring of 2020. We were already dealing with the increased speed of life, causing separation in communities and the spread of technology into our social interactions. Then, the feeling of loneliness only deepened for many people during lockdown. In a March 2022 survey by the New York City Health

Department, 57 percent of people said they felt lonely some or most of the time, and two-thirds said they felt socially isolated in the prior month². Dr. Murthy cautions that loneliness affects our health, how we perform in the workplace, our connections to those closest to us and adds to the growing sense of division and polarization in our society¹.

Loneliness is not solitude. Many people enjoy their alone time and benefit from it. The negative feelings brought on by loneliness arise when the social connections you are searching for don't materialize. For example, you may feel sad, empty or as if you're lacking something important when you spend time by yourself. Chronic loneliness manifests in physical health symptoms ranging from decreased energy, insomnia, anxiety, body aches and feelings of self-doubt, hopelessness or worthlessness. Of course, this isn't an exhaustive list, and many people can have a sleepless night now and again and not be experiencing loneliness. However, these are real symptoms brought on by a lack of social connection. Loneliness is a form of stress; the more stress a body encounters, the more it will react.

Employee disconnect is a form of loneliness impacting productivity and creativity. Even the Great Resignation, which has been in the headlines this year as employees either leave the workforce or resign positions looking for more balance in their work environments, can, in part, be due to loneliness in the workplace. Employers with staff who feel isolated in their work are more likely to see those employees' performance and organizational commitment decreased³. Individuals who feel a strong sense of community and connection at work are less likely to leave their jobs⁴. The cost to companies to replace key employees is higher than the cost to build meaningful connections among their teams.

Strong friendships, relationships and social connections can go a long way to

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Rx

Name: _____

Date: _____

Physician Signature: _____

Refills: _____

*The prescription
for stronger
relationships*



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

Photos by Katie Carpenter, Gamma Kappa-Kent State (OH)

combating loneliness and the health and wellness concerns accompanying it.

PRESCRIPTION FOR CONNECTION

Friend is a word used to describe just about any personal interaction with another human. That person you pass on your daily walks and wave to, it's your walker friend. Or the person behind the counter at the coffee shop you commiserate over the weather; they are your coffee friend. These interpersonal interactions are important, but deep, meaningful connection built between friends is more than a wave or quick chat over the weather. Building and maintaining a friendship takes thought and action.

In her book, "Platonic: How the science of attachment can help you make – and keep – friends," Marissa G. Franco⁵ gives us a potential prescription to build strong friendships. She calls them practices for making and keeping friends.

First, take the initiative, which is as it sounds. You need to put yourself out there consistently and keep showing up with groups of people you'd like to get to know better. Finding new friends isn't due to luck, as much as that would be amazing! Just like when we joined Delta Zeta, we had to take a chance and talk to others to find out if we had interests in common. Making new friends as adults requires the same thing. Katie's friend Chloe is a very outgoing and social butterfly, always building connections among Delta Zetas. So, look to members like her to help introduce you to new experiences if meeting new people intimidates you a little.

Second, friendships are built upon expressing vulnerability with others. Sharing with friends when you need support builds trust and strengthens the bonds you've built. It is hard to be vulnerable, so start with sharing with someone you trust, and once that goes well, get used to being uncomfortable and sharing with others you know less well. You'll find that vulnerability becomes a regular habit.

Be yourself. Or, as Franco says, to build friendships, we should be pursuing authenticity. Sharing your honest feelings, even if they are not the same as your friend, is an example of authenticity. It is entirely possible to build a friendship across differences. You should never feel like you need to hide an opinion or perspective from a true friend, even if they might have an entirely different perspective.

Conflict, though, is expected in friendships. How we deal with it determines how strong

a friendship truly is. Being upfront and voicing concerns help with creating understanding. At Gamma Kappa, Katie's friend Abigail strives to make everyone feel important and heard within the chapter.

Friends are also generous. People who give of themselves to make others' lives a bit better create stronger bonds in groups. Give to others because you want to, not for what you might expect in return. Katie describes her friend Olivia as having a down-to-earth attitude, contagious smile and warm heart, who is always there to reach out a helping hand. The picture of generosity.

And finally, friends show affection for one another. Affection can be a touchy subject for many friends. It is socially acceptable to show love for a romantic partner, but friend-love is strange to many people. New friends might be uncomfortable with affection, and it might take time to get to the friend-love stage of a relationship. You'll get there by complimenting their achievements, praising their work and even just greeting them warmly and with a smile. Katie showed affection for her friends by submitting her beautiful friendship portraits, which uniquely captured the qualities she sees in each of them, which they are sure not going to forget soon!

TO MY FRIENDS ...

It's no surprise that when we speak about friendship in Delta Zeta, we talk about understanding and appreciation. Think back to how Katie described her friend, Caris, and her understanding heart which makes everyone in their chapter feel like they belong. A friendship built upon understanding and appreciation like the ones found in Delta Zeta already has much of the prescription to build a strong connection. Take some time and reflect on the steps to build and maintain friendships to see where you can develop them in your relationships. Do you need to take the initiative in developing relationships? Are you having a problem with vulnerability? Maybe it's hard to be authentic with people you don't know well. Do you shy away from conflict? Or is it hard to be generous and affectionate with others? Concentrate on just one of these steps in your relationships, and you will see your anxiety and stress levels reduce, positively impacting your health because of the stronger bonds you've created with others. 💖

The Connection Prescription

Take Initiative

Express Vulnerability

Deal with Conflict

Give Generously

Provide Affection

The Kindhearted Soul



Abigail

The Helping Hand



Olivia



The Outgoing Personality



Lex

The Social Butterfly



Chloe

Caris

The Understanding Heart



DELTA ZETA



Trisa

The Girl Boss



THE LAMP

CELEBRATING FRIENDSHIP:

Founders Day Friendship Contest

In honor of Delta Zeta's 120th Founders Day, The LAMP searched for the most inspirational story of friendship representing our sisterhood by asking members to submit their stories via email. While most wrote essays, the Editorial Team was struck by Katie Carpenter's, Gamma Kappa-Kent State (OH), photo submission titled "Family Values," depicting her friends' true selves.

In her submission, Katie described the project: "For my school photography project, I decided to photograph my three best friends ... otherwise known as my littles. I had them all wear Delta Zeta in the photos since that brought us together, and I chose a pink background to represent Delta Zeta's colors. My goal with this project was to capture each woman's raw emotion that truly shows who they are as a person."

The original submission highlighted three of Delta Zeta's shared values, friendship, empowerment and generosity, which Katie saw in her three little sisters. She was more than willing to go back and ask three more sisters who represented Delta Zeta's other values, curiosity, community and belonging to be photographed for this issue's feature story beginning on page 12.

Katie will receive the \$250 Grand Prize, and we are pleased to use her images in our feature story in this issue of The LAMP.

Four additional entries were recognized as runner-ups. These member stories will be published on the

Truly Blog, and a preview of each is below. Head to the website by scanning the QR code to read and get inspired by these sister stories on friendship!



Navigating Life with a Friend

By Charlotte Williams, Alpha Gamma-Alabama

I am pleased to share my story about my exquisite friendship with my dear pledge sister, Lauren. My father suddenly passed away five years ago. As our Delta Zeta Creed reads, "To those closer ones, Love that is ever steadfast," Lauren exhibited this during a crucial and challenging time in my life. She never stopped calling me, physically showing up and being a sister in every capacity.

SEE KATIE'S
PHOTO
SUBMISSION
ON PAGE 12

LEFT, LAUREN
MUSSELMAN
RULLMAN
AND RIGHT,
CHARLOTTE
WILLIAMS, BOTH
ALPHA GAMMA-
ALABAMA.





MEMBERS OF XI BETA
CHAPTER AT EASTERN
KENTUCKY UNIVERSITY
CLASS OF 1989.



RIGHT, KATHRYN
GREENWAY JESSE,
LAMBDA XI-
TEXAS A&M, AND
LEFT, VICTORIA
VARN PORE',
DELTA ALPHA-
CALIFORNIA STATE/
LONG BEACH.



I Really Like Them

**By Victoria Varn Pore',
Delta Alpha-California
State/Long Beach**

You know that feeling when you meet someone new and walk away saying to yourself... "I really like them!" I get that feeling a lot with Delta Zetas across the nation. They are genuine ladies, eager to connect. My dear friend and sister Kathryn (Kathi) Greenway Jesse, Lambda Xi-Texas A&M, is no different and continues to be an inspirational sistership for me. We first met during our sons' Boy Scout meetings. We chatted and socialized at each scout meeting. Then during my son's Eagle Scout interview, we connected on a whole new level.

The Power of Sisterhood and Connections

**By Robin White Underwood,
Xi Beta-Eastern Kentucky**

In late spring of this year, our sister Michelle passed away due to a rare brain tumor. She was the sweetest, kindest person I knew. When her DZ sisters found out that she was ill, the text chains and messages began to spread. At her funeral, we connected. We told stories, we laughed, we cried, and many things were talked about that brought us back to the Xi Beta sisterhood at Eastern Kentucky University.

How Pi Chi Has Affected Me

**By Rachel Beckett,
Pi Chi-Western Kentucky**

I joined Delta Zeta the spring semester of my freshman year. Looking back at my fall semester, I remember how scared and lonely that girl was. I knew how outgoing I was but I struggled to connect with others. I longed for a place to feel like home. I wanted a sisterhood where my sisters would lift me up and constantly support me. I got caught up in the status of what being in a sorority could bring me, so I wanted to make a good impression. I talked to different organizations, but I never was truly myself. I was constantly putting on a face and trying to fit into each place I went. It wasn't till I came to Delta Zeta where I finally was comfortable enough to drop the mask and be myself. 💖

RACHEL BECKETT,
PI CHI-WESTERN
KENTUCKY.



ROSE & GREEN

My Travels and the Delta Zeta Connection

By Ashlee Lepa, J.D., Iota-Iowa, Phoenix Alumnae Chapter Panhellenic Delegate,
State Alumnae Chairman for Arizona, Iowa, Nebraska and New Mexico

Have you ever traveled to a new city? A new state? A new country? Have you just stepped foot into a new neighborhood or another side of town that you aren't familiar with?

As I write this, I am sitting in a café in Amsterdam, Netherlands, a long way from my home in Phoenix, AZ. I have been on a river cruise on the Rhine River with my partner Brian. Everywhere I've gone in the last ten days, I have met new people, made new connections, shared information about myself and learned about other people.

I started this cruise in Basel, Switzerland and traversed parts of France and Germany to land in the Netherlands for a final stop before my trek home. I find the last day of a trip is a good time to reflect and commit to memory what I enjoyed and learned. During my trip, I find myself reflecting with amazement and full of appreciation. I admire the people and the way they live. I admire the landscape and nature of these areas. It comes to mind that nature is to be admired, but what we do with and in nature is to be experienced. Human beings have an impact or a force on everything. A history walking tour and canal boat

tour of Amsterdam taught us those human beings turned the area from a swamp to a city! Just look at cities anywhere and imagine the landscape before people!

You might be wondering what this has to do with Delta Zeta. I don't have a story to recant about learning along the way that I met another DZ. As much as I love pink and green, it wasn't a staple in my rain gear attire. It wasn't something that came up in any of my conversations. What did come up repeatedly in conversation was family, prior travels and personal values. In my mind, that is Delta Zeta. Family is Delta Zeta. I've traveled with other Delta Zetas. And Delta Zetas share my personal values.

I took a period of leisure and recreating in a place that pushed every boundary of comfort. I don't speak French, German or Dutch. I had to frantically use my iPhone translation app to try to be a courteous visitor and not assume anyone



vacation

[vey-key-shuhn, vuh-]
noun

1. an extended period of leisure and recreation, especially away from home or traveling.





66

I love DZ for the similarities and differences.

I love DZ for history and richness.

I love DZ for the connection.



place. It's not just the people who have the same interests.

This experience reminded me:

I travel for the similarities and differences.

I joined Delta Zeta for the similarities and differences.

I travel for the history and richness.

I joined Delta Zeta the history and richness.

I travel for the connection.

I joined Delta Zeta for the connection.

I love DZ for the similarities and differences.

I love DZ for history and richness.

I love DZ for the connection.

There are Delta Zeta members that are similar and different from me. Delta Zeta is now 120 years old! I have 20 years of membership experience. I have so many connections within Delta Zeta I wouldn't even be able to count them! And like our ability as human beings to cultivate nature in continued and new ways, we must remember to also cultivate Delta Zeta in continued and new ways as alumnae.

We can let it be what it is, or we can put more into it to get out more. Either way, Delta Zeta will be waiting for us and there for us. ♡

spoke English. I walked several miles daily to tour small river towns and to learn about other people's cultures and history. This history overlaps with some of our families' military service and sacrifice. These historical events also impacted our sisters and their families.

This period of leisure and recreation included about 90,000 steps, a bicycle ride and countless calories of food and drink. I may go home and try to cook a few new recipes or find an imported wine or beer to enjoy at some point, but my memories are mostly of people. Not just the ones I met on the cruise or in the towns but the ones whose history I learned. It's not just the people that we have a line of relation to. It's not just the people who speak the same language. It's not just the people who live in the same



ROSE & GREEN



Left to Right: Epsilon Nu alumnae and collegians, Candice Bybee Reed, Claire Rodgers, Vice President of Finance, Morgan Courtney, Chapter President, Amelia (Amy) Bailey Counts, Angie Waggoner Vediz, Tricia Estrada Middleton, Christina (Tina) Kremer Christanell, Jill Mentzer, Vice President of Membership

Missouri State University made history this past fall when the campus raised its largest fundraising total ever with the Onward, Upward Campaign. And a Delta Zeta sister was a part of the campaign's success! Amelia (Amy) Bailey Counts, Epsilon Nu-Missouri State, is a member of the Board of Governors, a role she was first appointed to in 2017 by the Governor of Missouri. She became the first female of color to become Board Chair in 2021. The campaign was chaired by John Goodman, actor and proud MSU alum, and raised over \$274,000,000 for the campus. Amy's sisters were there in force over

Homecoming weekend, supporting her. "Amy was in Delta Zeta's very first pledge class at Southwest Missouri State University, now MSU, in 1990," shared Tricia Estrada Middleton. "I was one of the founding members of Epsilon Nu and remember this sweet, very well put together young lady, and we ALL knew we had to have her in our sorority! Not only to be our sister but to help us build the foundation of what we wanted the Sorority and its leaders to look like for years to come." Amy continues to give back to Delta Zeta and serves as the Alumnae Relations Advisor for the Epsilon Nu Chapter.



Pi Epsilon's Pink Rose Gala

The start of the new school year brings with it lots of new things. SJ Eberhart, Vice President of Philanthropy for Pi Epsilon-Clemson (SC), organized the chapter's first-ever Pink Rose Gala on September 18, 2022, at a local Clemson outdoor venue. Sisters invited their parents, other family members and friends to this beautiful event during family weekend at Clemson for a night full of dancing and fun supporting hearing and speech. Once the dancing was done and the silent auction winners were announced, the event ended up raising \$32,682 for Delta Zeta's national philanthropy of hearing and speech!

Alumnae Honors

Janet McBurney Armstrong, Chi-Oregon State, has been named World Citizen by the United Nations Association of Greater Kansas City. She is a member of the Greater Kansas City Alumnae Chapter and received this award because of her contributions to education, culture, environment and friendship.

Dr. Dalisha Herring, Alpha Gamma-Alabama, has served on the Board of Directors for the Pace Center in Leon County, Florida since May 2021 and was recently elected to its executive council as Vice Chair of the Board. Pace Center for Girls is a place where girls can feel safe and connected at school and have caring adults in their lives; where they can be free from violence and have an opportunity to be happy and in a healthy environment.

Tory Marie Arnberger Blew, Delta Omega-Fort Hays State (KS), is the 2022 recipient of the Fort Hays State University Young Alumni Award. Her senior year of college, Tory Marie ran for a seat in the 112th district in the Kansas House of Representatives and won. She was the youngest member of the Kansas Legislature from 2017 to 2021.

Audra Dunefsky Good, Zeta Lambda-East Carolina (NC), received the 2022 Bunny Yesner School Library Media Program of the Year Award from the Connecticut Association of School Librarians (CASL). She shared, "I'm lucky to know amazing librarians who have provided mentorship and collaboration through CASL." Audra has a Delta Zeta sister also in the CASL, current National Council member Laura Baxter Hedenberg, Gamma Beta-Connecticut.

Denise Sabo Brenner, Alpha Rho-Ohio Wesleyan, (at right on left), was honored with the 2022 Ohio Wesleyan David Hamilton Smith Greek Alumni Award which celebrates Greek alumni who contribute to the OWU fraternity/sorority community. Denise was introduced during the ceremony by her close friend and chapter sister, Traci Kennedy-Brockfield, Alpha Rho-Ohio Wesleyan, (at right on right).

From Top to Bottom: Janet McBurney Armstrong, Dr. Dalisha Herring, Tory Marie Arnberger Blew, Audra Dunefsky Good (left) and Laura Baxter Hedenberg (right), Denise Sabo Brenner (at right on left), Traci Kennedy-Brockfield (at right on right).



ROSE & GREEN

Reunions and Gatherings



Zeta Epsilon-California/PA

sisters graduating between 1963 and 1965 have remained in contact through the decades, sharing good times and not so good times. Telling stories of children, grandchildren, travels, good reads and more have made them appreciate each other and how their lives have evolved. Pictured above: Back: Barbara Bost Tosi, Jean Buchar Snider, Doris (Cookie) Bodnar Phillips, Doris (Dolly) Haddad Paul, Dorothy Corswirth Werny, Judy DiBuono Paglia, Front: Brenda Fisher Tate.



Omicron Gamma-Ohio sisters Amy Faessler LaHue, Jessica Halsak Gunn, Amanda Meilinger Reagin, Kenzi Davis Tainow and Karla Carruthers Warren reminisce fondly, whenever they get together, on their time living in "Big Blue" over 25 years ago. This year they met up for a beach getaway (above). It was homecoming weekend at Ohio University the week they met and, of course, they wore matching sweatshirts for nostalgia's sake.



Iota Tau-West Liberty State (WV)

alumnae met during Homecoming in October 2022. They rented a cabin at nearby Oglebay Park in Wheeling, West Virginia. The autumn weather was perfect for the game, and the 50-year bond of sisterhood continued to grow. Pictured above: Back Row (left to right): Cynthia Bond Clemens, Judy Breon, Julie Neikirk Middlekauff, Linda Rush Anderson. Front Row (left to right): Mary Gatts Davis, Sara Foti Reynolds, Diane Salade Neralic, Nancy Cerrone Stephenson, Margaret Ernst Baumgardner.

Alpha Theta-Kentucky alumnae, at right, have been gathering with a DZ Dinner Weekend for more than 50 years! The core group consists of about eight since they are geographically the closest, but it has expanded to 12 or 13, depending on who might be available from elsewhere to join and where they might be headed! Some were closer than others during their collegiate years, but all are in awe that from a chance beginning as new sorority sisters all those years ago, they've maintained relationships through all of the decades that followed.





Dunk a DZ

Epsilon Theta Chapter's Dunk a DZ gave PennWest/Clarion University the opportunity to dunk a DZ or favorite professor! Isabelle Cellucci, Vice President of Philanthropy, organized the event where members and professors could be dunked for Delta Zeta's philanthropy. Many families donated money to have their daughters and other sisters dunked. Renting a dunk tank was something that the chapter had never done before but will continue to do for years to come thanks to its great success.

Delta Xi Bouquet making

University of Northern Colorado's Delta Xi Chapter had a bouquet making sisterhood where they got to bond with each other and celebrate their new members, first sisterhood event.



WALK TRULY

Making Passions a Reality

By Taylor Gunter, Zeta Pi-Georgia

Creating an environment where kids can thrive and grow, no matter their ability or diagnoses, is a passion of mine. Summer camp is a place where kids can become independent and build self-confidence. All kids deserve an opportunity to go to camp. When I learned about The Painted Turtle while going through recruitment at the University of Georgia there was nothing else that matched my interests, passion and goals quite so precisely, and I knew I had to be a part of Delta Zeta.

The adventure I had at The Painted Turtle was even more than I could have anticipated. Kids who have seen hospital walls more than their school walls were now flying down the zip line or getting bullseyes in archery. Everything at camp was completely accessible to any child, no matter their ability, and they were grouped in a session with other kids with similar illnesses. The camp schedule worked around their medical needs, and every camper had the chance to participate. It was truly an honor for me to play a small part in making magic for the kids.



ROSE & GREEN

"D, D, Delta Z, Dee Zee is the one for me!"

After a fun summer, Delta Zeta chapters came back to campus ready for recruitment this fall. During spirit week, sisters perfected Delta Zeta cheers and songs, practiced values-based conversations and got to bond with sisters.

T

he Beta Delta Chapter at the University of South Carolina

(1) gave each day its own creative theme, such as alphabet day, when sisters dressed as something that started with the same letter as their first name, and a day where everyone dressed as their favorite holiday.

Bid Day saw our chapters welcome their newest members with excitement. Color coordinated themes ruled the social media feeds, from a retro pink vibe at **Beta Tau-Nebraska Wesleyan** (2) to a match made in heaven at **Lambda Omicron-Angelo State** (TX) (3). Campuses from coast to coast saw excitement as new members ran to join their new sisters.

And new members weren't the only ones running home to Delta Zeta. Chapters welcomed sisters back who had served as Recruitment Counselors. Ten sisters from **Pi Tau Chapter at Sacred Heart University** (4) volunteered to be recruitment counselors and guide potential members through the recruitment process. "Becoming a recruitment counselor really opened my eyes to how strong the Panhellenic community is and how every woman is part of their own organization for the same reason, to make a difference here on campus and to make a difference in the world. While disaffiliating was difficult, it made me realize how strong the relationships that I have within my own organization are and how much I rely on their friendships," said Erin Polo, Pi Tau-Sacred Heart (CT).

5. Lambda Gamma-Jacksonville State (AL); 6. Theta Iota-Western Carolina (NC); 7. Omicron Epsilon-Arkansas State; 8. Omicron Nu-Windsor (Canada)





6

Chapter Anniversary Celebrations

50
YEARS

The Kappa Psi Chapter at Shippensburg University

celebrated 50 years of sisterhood with an alumnae reception held on October 1, 2022. After a five-month planning and decorating process, collegiate sisters celebrated with alumnae. Founding members from 1972 were presented with their Golden Rose awards from Charlotte Fields Silversteen, Delta Tau-Temple (PA), Distinguished Past National Officer.

75
YEARS

This past spring the Gamma Delta Chapter at Pennsylvania State University

celebrated their 75th anniversary with a dinner where collegiate members connected with alumnae and looked at the historical monuments of the chapter. Guest speakers included a chapter founder, Lorraine Yotka Teyssier, and Christy Phillips-Brown, National President.

100
YEARS

The Alpha Gamma Chapter at the University of Alabama

celebrated a century of sisterhood when they hosted their 100th anniversary celebration the weekend of September 9-10, 2022. Alumnae were welcomed back to 900 Magnolia Ave for a special tea with new collegiate members while the weekend was topped off with a black-tie gala celebration.



2



8



Top: Kappa Psi Chapter at Shippensburg University; Bottom Left: Alpha Gamma Chapter at the University of Alabama; Bottom Right: Gamma Delta Chapter at Pennsylvania State University

ROSE & GREEN

Boxes of Bravery

Emily Shannon began her service project before she joined the Delta Upsilon Chapter at Marshall University. Boxes of Bravery is an outreach project through the community that helps ease the transition between the hospital and home for families affected by childhood cancer in West Virginia. Emily began working on this project as an extension of her platform for the Miss America organization in West Virginia.

"I was given the opportunity to create a platform to advocate for and work on during my year of service," said Shannon. "I partnered with the West Virginia Kids Cancer Crusaders as a part of my platform as Miss Mon Valley to support my local families beyond battling childhood cancer."

This platform is important to Shannon because of her personal experience. "My younger brother Will was diagnosed with acute lymphoblastic leukemia when he was 4 years old. Through his battle with cancer, I witnessed the many challenges that faced my family," said Shannon. "Over the years, I have supported other families dealing with childhood cancer, which inspired me to take my support to a bigger scale."

The chapter adopted Boxes of Bravery as their local nonprofit in the fall of 2021.

STEADFAST LOVE



Retiree Writing Romances

At 93 years old, Eleanor Washburn Cocreham, Sigma-Louisiana State, still has lots of romance in her life! Eleanor published her first romance novel at the age of 79 called "Choice Makers," and she followed it with four more. Journals of her family's travels helped provide the inspiration for her stories. In 2012, Eleanor was named a People's Health Champion by the New Orleans Saints, recognizing Louisiana residents who accomplished an exceptional achievement after age 65. Fun fact, her husband Bill received the same honor in 2011.



Let's Do Brunch!

On the Illinois State University campus, Delta Zeta's Lambda Rho Chapter and Kappa Kappa Gamma worked together to create a new philanthropy event. The two chapters hosted a delicious brunch filling the Delta Zeta dining room with donuts, pancakes, fruit and guests. "Having an event with another sorority on campus helps strengthen the panhellenic community," shared Karolina Wierzbicka, LAMP Editor. 💖



HOME

Boiler Up!

Xi Omega Chapter at Purdue joins the NHC

By Kayla Ray Spinella, Director of Communications, Theta Psi-Ashland (OH)

Delta Zeta welcomed the Xi Omega Chapter at Purdue University to the National Housing Corporation (NHC) in 2022. By joining the NHC, the chapter gains the expertise of a property management staff dedicated to working with their everyday housing and property needs.

Xi Omega House Director Kayle Eckerle, Zeta Nu-Ferris State (MI), shared that she has had the opportunity to see the house go through many changes throughout her nine years with the chapter and the switch to NHC has been the most positive of those changes. "I have had the opportunity to lead large projects and renovations over the years with our local alumnae board, but due to the COVID-19 pandemic, we had no choice but to turn to National Headquarters for help. The switch to the NHC is the

best move for the longevity of the chapter," she said.

While the chapter's hilltop home is still in the process of being updated, members can already see a difference and are excitedly waiting for the finishing touches. New flooring has been installed across every main area in the house, walls painted, bathrooms updated and new furniture purchased for all main common areas. "The interior designers kept consistent communication with us about possible renovations, always listening to our opinions and taking into consideration our requests. Coming back from summer break was a refreshing surprise for all the sisters, and we are all so incredibly thankful," said Mairéad Kennedy, Chapter President.

Xi Omega can look forward to not only the new furnishings and completed updates of the house

but a continued renewed interest and desire among members to live in the chapter house. "With these renovations, members are excited to choose to live in the house. Overall, these renovations have given us a lot of positivity throughout the house, and house morale has been boosted because of it!" said Mairéad. During this fall's recruitment, Mairéad shared that many of the newly initiated members mentioned that the Xi Omega house made the chapter stand out during recruitment.

A large portion of the chapter's success over the years can be attributed to the dedication and support of the previous members of the Xi Omega Local Housing Board. The chapter is thrilled to welcome these alumnae back to their home on the hill once all updates are complete. 🔥

GLOBAL AMBASSADOR

“Irish Eyes are Smiling at...”



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

Above: Tyler Blatt and her mother, Christine Spisz Blatt, both Gamma Psi-Central Michigan, at Barretstown, a SeriousFun Children's Network camp in Ireland.

D

elta Zeta has been giving graciously since our first philanthropy was adopted in 1922.

Through our partnership with SeriousFun Children's Network, our members can now continue making a difference globally through volunteering at the nine SeriousFun camps in the United States (including The Painted Turtle) and SeriousFun's international camps and programs.

Barretstown is a member of the SeriousFun Children's Network in County Kildare, Ireland, and offers free, specially designed camps and programs for children, and their families, living with a serious illness. The camp is supported behind the

scenes by 24-hour on-site medical and nursing care. The volunteers at Barretstown are called Caras, the Irish word for friend.

Delta Zetas can join the magic at Barretstown by volunteering as a Cara. Christine Spisz Blatt and her daughter Tyler Blatt, both Gamma Psi-Central Michigan, volunteered at Barretstown during the summer of 2022. They were the first Delta Zetas members to ever volunteer internationally with a SeriousFun camp.

When asked to describe their experience in one word, Christine said she was grateful. "To be part of these girls' lives which allowed them to be campers instead of patients, even if just for a few days, made me



LAUGHING AGAIN

Eleven-year-old Callum's world was flipped upside down when he received his stage four cancer diagnosis. His mom, Karen, remembers "When we arrived at Barretstown for the first time, the activities and fresh air didn't just put color back in his cheeks, it put color back in our lives. For the first time since Callum's diagnosis, we felt like a family again. But to hear him laugh again felt like magic."



feel honored and grateful for the experience,” Christine shared. Tyler says it was special. “It took us longer to get here due to Covid,” shared Tyler. “So, when it finally happened, I felt special that I could attend and be part of the kids’ camp experience.”

Tyler has volunteered at The Painted Turtle in California. When comparing these two experiences, she says the camp structures were very similar, but she loved how Barretstown offered the experience of getting to know children from an international level. “At The Painted Turtle, everyone was from the U.S. At Barretstown, we had Irish, Spanish and American campers and volunteers.”

Christine and Tyler’s favorite camp activities were the meals in the dining hall, where the kids were thrilled to sing and dance together

and cabin time in the evening spent chatting and forming strong connections with the campers. While at Barretstown, Christine was surprised at the camp’s number of volunteers and how everyone made it all possible. “Without the help of everybody, it truly would be impossible to touch the lives of these children,” she reflected.

Every year, more than 2,000 volunteers come to Barretstown to support this once in a lifetime experience for the campers. Paul Newman, the late actor and philanthropist, is the founder of SeriousFun camps, which started in Connecticut and has extended to over 30 camps and programs around the globe. Newman said, “Healing doesn’t just happen in hospitals, and laughter very well may be the best medicine.” 🔥

BECOME A CARA

Are you interested in getting involved? To volunteer at any SeriousFun camp, including Barretstown, apply on the camp website. All lodging and food are covered while at camp. Volunteers pay for their flights to and from the airport. Barretstown also has staff positions available in the summer as well as an internship program. Scan the QR code below to check out what it’s like to be a volunteer Cara at Barretstown.



FLAME ETERNAL

Elizabeth Chilton Gryder



It is with great sadness that Delta Zeta learned of the passing of Elizabeth Chilton Gryder, better known as Bitsy, Past Foundation

Graduate Scholarship Committee Chairman, on October 7, 2022.

Bitsy attended the University of Tennessee at Knoxville, where she joined the Beta Lambda Chapter. She later graduated with a Bachelor of Arts in Education from California State University at Fullerton. She continued as an advisor to the Iota Upsilon Chapter in several leadership roles for many years as well as serving in multiple chair positions for the Orange County Alumnae Chapter. Bitsy served for many years as the Chairman of the Foundation's Graduate Student Scholarship Committee delivering the opportunity for scores of women to improve their lives and their communities through higher education.

Bitsy was a Girl Scout as both a girl and adult for over fifteen years, as well as a Cub Scout leader for her son. She celebrated fifty-three years of marriage, supporting her husband as he served in Vietnam as well as over thirty years of policework in the city of Los Angeles. A true partner, Bitsy was key in organizing several professional conferences for the Los Angeles Police Protective League. In 1989, she was recognized as Volunteer of the Year by the commander of the 6th Army and named a Woman of the Decade for the 1990's in Who's Who in recognition for her contributions to the Family Support Unit manuals.

After living in California for over forty years, Bitsy returned to Tennessee in 2006 to care for her mother. Bitsy is most remembered as a gracious and loving hostess, a beloved wife and a devoted mother and grandmother. She is survived by her beloved husband Joseph, her daughter Lorilei and husband, her son Joseph and wife, four grandchildren and countless other friends who became family over the years.

ALPHA

Elsa Jane Baer, 1943

DELTA

Marilyn Younker

Anders, 1946

Kathryn Harris

McNulty, 1946

Dorothy Nordlund

Harris, 1957

Joyce Gregg

Stoppenhagen,
1957

EPSILON

Ann Nancy Eakins

Galiger, 1955

THETA

Margaret Jean Miller
Odor, 1939

Mary Jacqueline

Pantalos Reed,
1968

IOTA

Kathryn Erwin
Penningroth, 1958

KAPPA

Chloris Harriet Nau,
1966

MU

Maxine Schumann
Maas, 1963

XI

Gail Hachtel
Haddad, 1953

PI

Nancy Grieme
Pottenger, 1948

Lois Poorbaugh
Wood, 1948

Elizabeth Stout
Kerwin, 1958

SIGMA

Susan Heck Schwab,
1959

Elena Jeannie
Posadas Miller,
1963

TAU

Ellyn Framberger
Zimmerman, 1962

Nancy Cox Karbo,
1966

UPSILON

Joyce Helgeson
Grumbo, 1956

PHI

Janet Haines
Johnson, 1955

CHI

Beth Bryant Orem,
1943

Marjorie Laws Doty,
1947

Judith Hanson
Darke, 1955

Maralyn Lewis
Thomas-Schier,
1960

PSI

Ruth Glover Ostler,
1947

Jane Klasen
Nichelson, 1950

Betty Sanderson
Mills, 1955

Sally Mabel
Krumins, 1959

OMEGA

Patricia Mauney
Bresler Buchan,
1948

ALPHA ALPHA

Lila Dunham Aurich,
1947

Marilynn Jean
Netzel, 1947

Diane Zimmerman
Sehy, 1952

Nancy Spindler
Goodfellow, 1959

ALPHA GAMMA

Barbara Bridges
Bridges, 1947

Betty Carol Huske
Gilbert, 1949

ALPHA DELTA

Phyllis Hall Ebert,
1944

ALPHA EPSILON

Carol Ann Barton
Michno, 1958

ALPHA ETA

Mary Clement Kiss,
1948

ALPHA THETA

S. Candace Guyther,
1970

ALPHA PI

Marian Clark
McMahan, 1957

ALPHA TAU

Peggy Hand Jones,
1949

Marilyn Trubenbach
Koontz, 1961

Ann Carlisle Silber,
1971

ALPHA UPSILON

Faith Wixson
Varney, 1953

ALPHA PSI

Martha Johnson
Chapman, 1941

Jean Maier
Sheppard, 1954

Nancy Porter
Godfrey, 1961

BETA ALPHA

Sheryl Tahakjian
Lafleur, 1975

BETA DELTA

Maria Helene
Ferrara, 1982

BETA THETA

Virginia Campbell
Isaacson, 1957

BETA KAPPA

Catherine Michels
Johnson, 1944

Gwyneth Jones
Augustine, 1959

Karla Elizabeth
Wiechman Collins,
1960

BETA LAMBDA

Elizabeth "Bitsy"
Chilton Gryder,
1970

BETA NU

Barbara Lowrey
McFarland, 1955

Ann Marshall
Comito, 1960

Carolyn Rife Mical,
1967

This list includes obituaries reported from July 1, 2022 to October 31, 2022.
The year of initiation is after the member's name.

BETA XI

Barbara Cheney
Keel, 1953

Alice Megginson
Cutts, 1956

Elizabeth Bass Pate,
1979

BETA PI

Sue Goodrich
Pearsall, 1957

BETA RHO

Sandra Feldpausch
Goran, 1955

BETA SIGMA

Janet Carlstrom
Davis, 1954

BETA UPSILON

Jean Brandin Hall,
1947

Vilma Grosz Norton,
1948

BETA CHI

Arlene Fabian
Harder, 1955

BETA OMEGA

Anastasia Fourtunes
Vardopoulos, 1949

GAMMA ALPHA

Edna Conner
Marran, 1955

GAMMA BETA

Lila Moore Martin,
1947

GAMMA DELTA

Edna Peterson
Bennett Pierce,
1951

Sally Spencer
Davenport, 1956

Barbara Jean Easter,
1957

Marilyn Lontz
Shupp, 1958

GAMMA EPSILON

Ruth Graves Olson,
1956

Janice Savage
Bailey, 1957

GAMMA THETA

FeLou Sawyer
McElroy, 1957

GAMMA IOTA

Catherine Wilson
Hanley, 1965

GAMMA NU

Alice Wisner Pampe,
1956

GAMMA PI

Barbara Barnes
Reed, 1954

GAMMA SIGMA

Anita Carroll
Johnson, 1962

GAMMA TAU

Amy L. Wiley, 1986

DELTA BETA

Marlene Loreda
Ryan, 1963

DELTA THETA

Belinda Kay Baker,
1978

DELTA XI

Judy Kelley Hinze,
1957

Pamela Massey
Struck, 1972

DELTA PI

Linda Johnson
Gronquist, 1969

DELTA SIGMA

Peggy Harris Moore,
1973

DELTA PHI

Carla Harrell
Atchley, 1968

DELTA CHI

Jean Zumwalt
Whan, 1956

DELTA OMEGA

Marilyn Stremel
Niernberger, 1957

EPSILON DELTA

Margaret Bird
Woodrum, 1956

Ouida Kahle
Harman, 1957

EPSILON GAMMA

Carol Jackson
Fisher, 1965

EPSILON EPSILON

Mildred Basye
Waterman, 1957

EPSILON ZETA

Katharine John
Bennett, 1957

Barbara Scheehle
Stabler, 1957

EPSILON KAPPA

Caroline Kalb
Rietbrock, 1957

Grace Weston
Stobbe, 1957

Sara Brennan Ripp,
1958

Judith Hendrick
Mayer, 1961

EPSILON MU

Katherine Fokakis
Patterson, 1994

EPSILON OMICRON

Mary Elizabeth
Fetgatter Graves,
1963

EPSILON RHO

Betty Johnson Bush,
1959

EPSILON UPSILON

Franceen Brown
McClendon, 1975

Amy Hardwick
McLanahan, 1998

EPSILON OMEGA

Julie Nimtz
Glowacki, 1961

ZETA ALPHA

Donna Rasor
Hanson, 1958

ZETA ZETA

Karen Bell Sheffy,
1958

Nena Freeman
McSpadden, 1961

ZETA THETA

Janet Hillyard
Grossie, 1961

ZETA KAPPA

Joanne Griffith
Lipski, 1970

Lucia Christian
Chromik, 1975

ZETA PI

Sarah Ashley
Schofield, 2002

ZETA TAU

Susan Peseux
Rothermel, 1969

ZETA PHI

Linda Ratkus
Packham, 1967

THETA THETA

Marlene Rocco
Carey, 1962

THETA IOTA

Destinee Jordan
Reinhold, 2015

THETA KAPPA

Margaret Shay
DeSonier
Engelbracht, 1976

THETA PSI

Margaret Ann Poe,
1969

IOTA ALPHA

Martha Diane Dow
Roberts, 1970

IOTA GAMMA

Irene Jutras
Paoletta, 1970

IOTA KAPPA

Katherine Szijarto,
1983

IOTA TAU

Kathryn Ocel
Enama, 1975

KAPPA ALPHA

Mary Virginia Barker
Gaubert, 1978

KAPPA PHI

Nancy Kennedy
Castillo, 1982

KAPPA PSI

Susan Rising
Erdman, 1972

Sheri Salyards
Duchak, 1985

Jenna Atchison
Kelley, 2007

OMICRON PHI

Nancy Lantigua,
1994

PHI BETA

Lois Tukey Baker,
1957

Susan Edwards
Barnett, 1957

Marjorie D'Arcy
Blake, 1957

Helen O'Leary Foley,
1957


Catherine Grant
Glauber, 1957

Rosemarie Marchese
Guarracini, 1957

Amelia Burg Hays,
1957

Jane Gucwa
Hughes, 1957

Jean Erickson
Stevens, 1962

Joan Vance
McCollough, 1965 

TRULY ΔZ

Pink and Green Through and Through

Anyone who knows Sandra (Sandi) McAlister Nesbitt Fisher, Beta Xi-Auburn (AL), Past National President, will say she is the pinkest and greenest sister they know. Delta Zeta has been a large part of her life since she joined the Beta Xi Chapter at Auburn in the fall of 1956. Since then, she has mentored many future Delta Zeta leaders with her quiet, steady confidence through the years.

Why did you join Delta Zeta?

As an only child, I always wanted a sister. So, what better way to make that happen than to go out and join a sorority? From the time I walked in the door of the Delta Zeta chapter room, that just felt like the place I was supposed to be. I can well remember how emotional I got during preference round. I kept thinking this was really what I wanted and where I wanted to be. Not only have I kept in touch with many of those with whom I pledged, but there are also so many women I've met because of my Delta Zeta volunteer involvement.

What is your favorite line of the Creed?

"To those who my life may touch in slight measure, may I give graciously of what is mine." That doesn't mean you only have to give monetary things. There is so much you can give

and get to people in your life; it can be a smile, an encouraging word, or a letter you may send or receive that touches you. There are so many ways that you can give back to someone.

“There is so much you can give and get to people in your life; it can be a smile, an encouraging word, or a letter you may send or receive that touches you.”

What role that you have had in the Sorority has impacted you?

The best job I ever had was College Chapter Director (CCD). I just loved being with the chapter and seeing the women grow. There were fun times, and serious times, but it was a wonderful experience for me. Up until I became CCD at Beta Xi, I was a wife and mother and didn't have much of an identity of my own. When I got to know the chapter, they just wanted me, an older sister, a friend and an advocate to help them along the Delta Zeta way! That gave me another outlet to my identity.

When you grew up, what did you dream of becoming?

I wanted to be a teacher. Teachers get my respect because it is such a hard profession today. I thank the Lord every day that there are still people willing to be educators.

What most excites you about Delta Zeta today?

It takes a lot of people to accomplish things, just as I had lots of help while I was National President to reach our goals for the Sorority. Today, there are still so many opportunities for women, and we enhance those for our members and support them with many of the programs offered today. I'd like to think that more women will have opportunities because of Delta Zeta, making it easier to reach any life goal they have.

Finally — Pink or green?

I probably wear more pink, but I love green, too! 💖



REFLECTIONS OF LOVE AND LOYALTY



Snake Chain, 18"
#SNAKE

*Charm and Chain
sold separately*

Daughter-Granddaughter Charm
#0807



Silhouette Rose Collection
#B141



Rope Chain, 18"
#013R

*Charm and Chain
sold separately*

**Crown Pearl Monogram
Heart Charm**
#1058PRL



Lamp Recognition Pin
#2627



Filigree Ring With Laser Engraved Icon
#0629L



Cora Ring
#RP3400



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DELTA ZETA