

The Arrow

OF PI BETA PHI • WINTER 2022



WELCOME
New Angels!

PI PHI WELCOMES TWO CHAPTERS

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FEATURED CONTRIBUTOR

FRAN DESIMONE BECQUE, New York Alpha



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SUBMISSIONS

All Pi Phis are encouraged to submit news and stories to *The Arrow*. Articles may be submitted online at [pibetaphi.org/submit](#). Visit [pibetaphi.org/arrow](#) for submission and photography guidelines.

All photos and written submissions become the property of Pi Beta Phi, and are subject to editing for content, grammar and space constraints, and may be used for other educational or marketing purposes by the Fraternity. We cannot guarantee the publication of any submission.

SUBMISSION DEADLINES

Fall — August 1 Spring — February 1
Winter — November 1 Summer — May 1

ADDRESS/NAME CHANGES

Please direct any address or name changes by email to thearrow@pibetaphi.org or by mail to *The Arrow*, 1154 Town & Country Commons Dr., Town & Country, Missouri, 63017. You may also call Pi Beta Phi Headquarters at (636) 256-0680 or update your profile at [pibetaphi.org/profile](#).

HOW TO RECEIVE THE ARROW

To receive four hard copies of *The Arrow*, pay your \$35 annual alumna dues to your local alumnae club or directly to Headquarters. Visit [pibetaphi.org/dues](#) or mail a check to Headquarters.

Balance Through Boundaries



BRENDA BALKUNAS WIRTH
President
Fraternity Housing Corporation
Board of Directors

Wisconsin Alpha
University of Wisconsin, Madison

Dear Sisters,

I'm a big believer in the value of setting boundaries; I set them for myself, for those with whom I work, for my children and for my time. This approach not only simplifies my packed schedule — balancing work, motherhood, volunteerism and social responsibilities — but it also eases my mind and makes expectations realistic and attainable.

When I'm presented with a new opportunity, my priority is to ensure that I don't commit to anything I can't give my all to, or to anything that will hinder my ability to fulfill my current promises. This approach helps me stave off the threat of burning myself out. Balancing a busy schedule can take its toll, and I know that if I stretch myself too thin, I'll not only let down those I'm trying to help, but also myself. In order to avoid overloading myself, I've found I need to be fully aware of what I'm taking on and the responsibilities that come along with it.

Setting boundaries helps me navigate both life's challenges and opportunities. Being able to fully dedicate my attention to a commitment has allowed me to forge strong bonds with those I serve alongside — including my Pi Phi sisters. In turn, my Pi Phi sisters have become my biggest support system and have helped me to process, unwind and decompress in the midst of hard times.

We can only be at our best if we prioritize taking care of ourselves and surrounding ourselves with friends who will allow us to do so. I've always found my Pi Phi friends are my best support. My network of Pi Phis keeps growing for that reason — these friends help me be better (and they make life so much more enjoyable.)

I hope as you read this issue of *The Arrow*, you'll think about how your sisters in the wine and silver blue can help see you through. ◀

In Pi Phi,

A handwritten signature in black ink, appearing to read 'Brenda Wirth'.

Letters to Pi Phi

Pi Beta Phi believes we can strengthen the inherent value in Pi Phi sisterhood by seeking feedback from our members and using what we learn to help plan our next steps. We want to hear from you, whether you're sharing your feelings on the latest issue of *The Arrow*, your thoughts on a Fraternity email or social media post or a heartfelt critique encouraging Pi Phi to do better. Below are a selection of thoughts Pi Phi sisters shared with the Fraternity.

Let's keep the conversation going, together — send your reflections and feedback to thearrow@pibetaphi.org. Please include your full name and chapter of initiation.

In response to the Fraternity's International Day of Persons with Disabilities social media post:

ALLISON HARVEY GRIFFIN, *Virginia Theta, initiated 1998*

"Thank you for sharing this and for promoting International Day of Persons with Disabilities. I sincerely appreciate the effort to be inclusive and recognize all our differences."

In response to the Fraternity's alumnae-exclusive Ring Ching Chat with Oklahoma Alpha Carmen DeVora Felder:

LEISA EBELING LOWREY, *Ohio Eta, initiated 1976*

"I LOVED tonight's Ring Ching Chat! How lucky we are to have such outstanding women representing us! Carmen gave such wonderful advice for young alumnae in particular, and Greer was a great facilitator as usual. #ringching #piphiforlife"

In response to the announcement of the 2021-2023 Diversity, Equity and Inclusion Advisory Committee members:

TINA BRISKI FELLERS, *California Eta, initiated 1998*

"So thankful for these women taking on this important work for the Fraternity. Together we can be better!"

In response to the Fraternity's Instagram post commemorating Martin Luther King Jr. Day and asking how members were recognizing the day of service:

KAREN FAULKNER, *Kentucky Alpha, initiated 1998*

"I am teaching my children to serve and leading by example. Today, we work on service projects for our community, including donating our toys and time!"

The opinions expressed in Letters to Pi Phi do not necessarily reflect the opinions of Pi Beta Phi Fraternity, nor does Pi Beta Phi endorse the opinions or viewpoints expressed within these letters. ◀



CELEBRATE INTERNATIONAL BADGE DAY

Each year, thousands of members from all 26 organizations celebrate their sorority membership on National Panhellenic Conference's International Badge Day. On Monday, March 7, 2022, wear your arrow badge or Pi Phi letters to let everyone know you're proud to be a sorority woman and a Pi Beta Phi. Share your Pi Phi story — no matter how ordinary or extraordinary — using #BadgeDay22 on social media.

Left: Indiana Zeta **JUDY LASLIE** wears her badge on International Badge Day 2021.

REGISTER NOW FOR PI BETA PHI LEADERSHIP INSTITUTE

In 2022, Pi Beta Phi Leadership Institute will return to the Washington University campus in St. Louis. At this three-day experience, Pi Phis will be encouraged to identify their talents and develop a plan so they can serve the world as confident leaders, who contribute to making the impossible the inevitable. Any Pi Phi collegian who wants to develop a strong inner voice and is prepared to take action, speak up and make a difference should attend. To learn more and to register, visit pibetaphi.org/leadershipinstitute.

PI PHI'S RISK MANAGEMENT PROGRAMMING IS NATIONALLY RECOGNIZED

Pi Beta Phi was awarded the 2021 Campus Prevention Network (CPN) Seal of Prevention™ alongside other fraternal organizations and college campuses. The seal is awarded to organizations and campuses that demonstrate an exemplary commitment to digital prevention programs tied to student safety, well-being and inclusion. We are proud of the commitment shown by Pi Phi members as well as the staff and volunteers who support our programming efforts.



PI PHIS GATHER AT THE ASSOCIATION OF FRATERNITY/SORORITY ADVISORS (AFA) ANNUAL MEETING

In December, members of Pi Beta Phi Headquarters staff — including Pi Beta Phi Diversity, Equity and Inclusion Director Teresia Williams, a newly-elected AFA Board member — and several Fraternity Officers attended the AFA Annual Meeting in Dallas. The Annual Meeting provides an opportunity for campus-based staff, international organization staff and volunteers and industry vendors to come together to share best practices, discuss new ideas and connect face-to-face.

Pi Beta Phi hosted a reception for Pi Phi members, Fraternity and Sorority Advisors who work at universities with Pi Phi chapters, and Pi Phi International Officers who live in the area.

Right, from left: Pi Beta Phi Executive Director Shawn Eagleburger, Diversity, Equity and Inclusion Director Teresia Williams and her husband, Marlin, attended AFA and celebrated Teresia's appointment to AFA's Board of Directors.



JOIN US FOR A HALO HAPPENINGS!

Hosted by Pi Beta Phi Foundation's Board of Trustees, our Halo Happenings events provide members the opportunity to gather, hear updates from Pi Phi leaders and learn more about the ways we're making a difference for our sisterhood. Your Foundation is excited to visit the following cities for fun and Sincere Friendship:

- Charleston, South Carolina
- Chicago, Illinois
- Detroit, Michigan
- New York City/Northern New Jersey
- Omaha, Nebraska

Halo Happenings are open to any Pi Phi who would like to attend. More details, including dates, will be available in the spring. Visit pibetaphi.org/halohappenings to learn more.

UPDATES TO THE CHAPTER EVALUATION

As a premier organization for women focused on building Friends and Leaders for Life, it's integral to the Pi Phi experience that we continually evaluate the performance and accomplishments of our collegiate chapters. In light of the COVID-19 pandemic, the traditional Chapter Evaluation was paused in 2021 to allow flexibility for each chapter to focus on their own tailored goals. As of the start of the Spring 2022 term, chapters have adopted a new Monthly Chapter Evaluation to more precisely evaluate the performance of our chapters. Through this reimagined Monthly Chapter Evaluation, it is the Fraternity's hope chapters have a clear roadmap for meeting basic expectations, allowing them to engage in meaningful reflection and reporting of chapter accomplishments. Chapters that have met "exceeding expectations" standards will be eligible to submit their 2022 achievements for consideration as a top Pi Beta Phi chapter and Balfour Cup contender. More information on feedback, awards and recognition will become available later this year.

SAVE THE DATE FOR PI PHI GIVING DAY

Join sisters and friends around the world for Pi Phi Giving Day on Thursday, April 28, 2022. As a premier organization for women, we've worked hard to support and empower our sisters since 1867. Giving on Pi Phi Giving Day, and any day, is a tangible way to live the values at the heart of our sisterhood and ensure future generations benefit from the support of Sincere Friends and have the inspiration to achieve their goals.

After April 1, visit piphigivingday.org to give back with a gift to Pi Beta Phi Foundation — then invite sisters in your chapter, alumnae club and social networks to join you! We hope you'll add to the online celebration by sharing your favorite Pi Phi photos, memories and sisterhood stories on social media using #PiPhiGivingDay. ◀



Pi Beta Phi Welcomes Two Chapters

Each of our chapters represents a special link in the chain of Pi Beta Phi sisterhood. What started with 12 women at Monmouth College soon spread to colleges and universities across North America. For nearly 155 years we have continued to grow and change—opening new chapters and oftentimes returning to chapters which had previously closed or paused operations. With each new and returning chapter, we gain new sisters who share our core values and believe in our promise to contribute to the betterment of society.

In Fall 2021, Pi Beta Phi welcomed Connecticut Gamma and Wisconsin Epsilon into our sisterhood. Established in 2011, the Connecticut Gamma Chapter at Quinnipiac University was installed by Grand President **MARY LOY TATUM**. After reorganizing in 2019, the chapter returned to campus in Fall 2021 with the support of Resident Leadership Development Consultants (RLDCs) **CHRISTIANA HOLLADAY**, Colorado Gamma, and **DOROTHY RUOFF**, Montana Alpha.

Throughout the fall term, New Members were excited to leave a mark on Quinnipiac’s campus and Pi Beta Phi’s sisterhood. Chapter President **MADDIE ENOS** shared that she saw her role as an opportunity to continue Connecticut Gamma’s story. “I see the members in this chapter, and their many majors and backgrounds, as part of our chapter’s story,” she said. “A story which will have many chapters over the years to come. One day we’ll return to this campus as alumnae, as mentors, and see how our values have continued to flourish.”

Chapter members were excited to participate in their Initiation Weekend November 12-13, 2021. On Friday evening, New Members took part in the Preparatory Service; the following morning, Grand President **LISA GAMEL SCOTT** initiated Connecticut Gamma’s New Member Class. As the first chapter Lisa initiated since taking on the role of Grand President, she felt exceptional pride in being part of a momentous day for this chapter and our sisterhood. “The young women at Connecticut

Below: Wisconsin Epsilon’s Leadership Team at the chapter’s Cookie Shine celebration the evening before Initiation.





Above, from left: Connecticut Gammas **KALEIGH O'DONNELL-BIRCH**, **MARIAH NORRIS-JOHNSON**, **BROOKE GALLAGHER** and **NEEKA SABOKROOH**.

Gamma are smart, energetic and excited to shape the future of our chapter at Quinnipiac University,” says Lisa. “As I looked at each member, I could see the emotion of experiencing Ritual for the first time—it was both moving and meaningful.”

As Connecticut Gamma continued its Pi Phi story, Wisconsin Epsilon’s story was just beginning. On October 4, 2021—with support from RLDCs **MADDISON GATES**, Connecticut Alpha, and **SARAH MOORE**, South Carolina Alpha—Wisconsin Epsilon was established as the first National Panhellenic Conference (NPC) organization at the University of Wisconsin–Green Bay.

“From being the first NPC organization to expand beyond a founding campus to becoming the first NPC organization to establish a philanthropic project, Pi Beta Phi has been associated with many historic ‘firsts,’” says Grand Vice President Fraternity Growth **ANA MANCEBO MILLER**. “We are honored to join the local organizations at the University of Wisconsin–Green Bay and our members are eager to be part of something bigger than themselves.”

After much anticipation, Initiation Weekend was held December 3-4, 2021. The weekend’s celebration began with a welcome reception for New Members to meet Fraternity officers, the Preparatory Service and a Cookie Shine for local alumnae, members’ friends and families, campus

officials and Fraternity officers and staff. The next day, the chapter’s founding members were initiated by Grand President Lisa Gamel Scott, and Wisconsin Epsilon was installed as Pi Beta Phi’s 206th chapter.

After her installation as Chapter President, **SAMANTHA STRICKLAND** shared a few of her aspirations for the future of the Wisconsin Epsilon Chapter. “As we advance, I hope to inspire our members to believe in themselves and their abilities,” Samantha said. “I want our chapter to become an organization recognized for its strength and integrity, and I hope we continue to develop a supportive, safe place where sisters feel welcomed, accepted and encouraged. We have already grown so much together; I can only imagine the impact we will create going forward.”

From the first chapter at Monmouth College to the hundreds that have followed, Pi Beta Phi has grown to more than 300,000 members. The common thread that binds us together is the one each Pi Phi wears over her heart; the arrow badge donned with a golden chain representing the friendships of our Founders and every Pi Phi who has come since. The core values at the heart of our sisterhood and the friendships bound in the wine and silver blue are in the hearts of every member, including our newest sisters at Connecticut Gamma and Wisconsin Epsilon.

“Without knowing, Pi Phi called out to me and took me for who I am, making me believe I truly belonged.”

Wisconsin Epsilon

REIMA ABUSALMA

As an Arab American Muslim it has always been hard to fit in. I was never able to find people who liked me for me, who didn't make comments about my ethnicity or my religion. From a young age, I felt I was too different from the other kids. Upon entering college, I decided I wouldn't let anyone know how I identify in fear that, similar to previous years, I would be made fun of or feared by others. My mom argued against me, saying that the friends I would make in college would be some of my greatest friends, friends who would stick by my side no matter what. That same day, I stopped by a booth for a sorority. I never saw myself as the sorority type — I wasn't anywhere near Elle Woods material — but I decided to give it a shot. When I was offered a bid, I felt happy, yet scared. I wondered if the other members would judge me once they met me. I got a text from one of my Pi Phi sisters asking to formally meet everyone in our Pi Phi "Phamily." Upon arriving, I immediately clicked with **MORGAN KRYZANEK**. Like me, she is an aspiring healthcare worker with big dreams. Morgan, **SUSANNA LINDEMANN**, **OLIVIA MARCHANT** and I talked for hours about classes, life and school. I felt a sense of belonging that came with knowing I was accepted by friends. During other sisterhood activities I have been asked about my culture, language and religion. My sisters asked genuine questions of wonder, never ridicule. It was after these moments that I vowed to be the sister that makes others feel accepted — just how I feel everyday surrounded by my Pi Phi sisters.

Below: Wisconsin Epsilon New Members attend a sisterhood event at a local apple orchard.



Above: The Connecticut Gamma New Member class on Bid Day.

Connecticut Gamma

MARIAH NORRIS-JOHNSON

To me, home is not a place, but a feeling. When I first came to Quinnipiac, 1,000 miles away from home, I was ready — ready to leave the comfortable nature of my hometown and experience the new life that awaited me. It was nothing as I expected. I missed my mom, I missed my home and, most importantly, I missed my friends. I didn't feel like I belonged. However, I realized what I was really missing were the friends and support to make me feel like I belonged. One day, after a hard rugby practice with mud smeared all over me, I was greeted by the friendly Dorothy [Ruoff]. She asked me, "Have you ever thought about joining a sorority?" After talking about Pi Beta Phi with Dorothy, I remember being excited about something for the first time in weeks. I couldn't wait to tell my mom and my friends about my next endeavor. Since that day, I have cherished the comfort that Pi Phi has provided me. I finally found the people I was missing in my life and that was all it took to make everything else fall into place. Without knowing, Pi Phi called out to me and took me for who I am, making me believe I truly belonged. Being a member of Pi Beta Phi is something I will always value. I cannot express my excitement to be involved in re-establishing Connecticut Gamma and making a difference for my current and future sisters. I hope I can help provide a place in Pi Phi that makes it feel like home to all those who seek it. ◀

Extending the Hand of Sisterhood

By Historian and Archivist **FRAN DESIMONE BECQUE**, New York Alpha

Every Pi Phi can recall and recount the story of our sisterhood's founding as I.C. Sorosis in the home of Major Holt on April 28, 1867, at Monmouth College in Monmouth, Illinois. But how many Pi Phis know the precarious situation our Fraternity was in when Monmouth College authorities forced all fraternal organizations on campus to close only 10 years after our sisterhood's founding?

In those early days, fraternal organizations didn't have central offices or headquarters as governing bodies. Instead, the Alpha chapter was the center of the organization. For I.C. Sorosis, this was the Monmouth chapter, now known as Illinois Alpha. Members from any chapter were vested with the power to establish a chapter in a collegiate institution provided Alpha gave approval. We are quite lucky our earliest members had such a strong desire to extend the hand of sisterhood, otherwise our nearly 155-year history could have been much more abbreviated.

Extension was an early passion for founder **LIBBIE BROOK (GADDIS)**. Libbie's singular dedication prompted her to leave Monmouth College and enroll at Iowa Wesleyan University in Mount Pleasant, Iowa, with the specific intent of founding a second I.C. Sorosis chapter. On December 21, 1868, she established our second chapter, followed closely by the third chapter at Mount Pleasant Female Seminary, where extension efforts were championed by fellow founder **NANCY BLACK (WALLACE)**.

From that point on, I.C. Sorosis extended across the upper Midwest with the help of both founding members and other young women passionate about offering an opportunity for sisterhood. When Libbie's sister **MARY BROOK (PEARCE)** enrolled at Lombard College in Galesburg, Illinois, she followed in her sister's footsteps and established the Illinois Beta chapter. In turn, **SARA RICHARDSON**, an Illinois Beta charter member, encouraged her three sisters to help establish Kansas Alpha in 1873 — now the Fraternity's oldest continuous chapter.

The growth of the Fraternity was spurred by the dedication and love members felt for the sisterhood and spread through personal connections and random happenstance. Iowa Beta at Simpson College was chartered on October 13, 1874, when **ANNA PORTER**, an officer at Monmouth, wrote to **IDA CHESHIRE**



Above: Five of the six living founders attended their chapter's reinstallation at Monmouth College in 1928.

From left, **LIBBIE BROOK GADDIS, CLARA BROWNLEE HUTCHINSON, FANNIE WHITENACK LIBBEY, INEZ SMITH SOULE** and **MARGARET CAMPBELL**.

(BARKER) asking her to bring together 10 women to organize an I.C. chapter. A chance meeting of two women on a train led to the founding of Iowa Gamma at Iowa State University in 1877.

When the Alpha Chapter at Monmouth College was forced to close in the 1870s, it existed sub-rosa (underground) for a few years, but was unable to serve as the center of operations for the larger organization. Thanks to the extension efforts in that short period, there were enough chapters to sustain the momentum of growth — as well as roughly 275 initiates, most in their late teens and early 20s, who were willing to put forth the effort to keep I.C. Sorosis moving forward. These mold-breaking women attended college at a time when fewer than one percent of women their age were enrolled in any form of higher education.

In the early 1900s, former Fraternity Historian **ELIZABETH CLARKE HELMICK**, Michigan Alpha, summed up the early history of Pi Beta Phi: "Our Founders were not ignorant of the opposition they would have to contend with in executing their well laid plans. They realized that it meant sacrifice; scattered throughout the pages of our early history we read of the constant devotion and unflinching loyalty to the objects and ideals of Pi Beta Phi. The stirring accounts of the early struggle for recognition, the grave opposition to woman's aggression upon man's privileges and the miraculous growth of chapters and enthusiasm would fill a book throbbing with vital interest." ◀



Karin (KJ) Dell'Antonia

KANSAS BETA

DESCRIBE YOUR CAREER JOURNEY.

I went to law school because it seemed like the thing to do. I didn't think I could make a career as a writer; unfortunately, I hated practicing law! I co-wrote a book, freelanced and worked for Slate magazine before moving to the New York Times as the editor of the Motherlode

blog (later Well Family). I left the Times in 2018 to pursue fiction. My first novel, *The Chicken Sisters*, was published in December 2020 and was a Reese's Book Club pick and a New York Times bestseller. My next novel, *In Her Boots*, comes out in July 2022, and I'm working on a third. I also co-host the #AmWriting Podcast.

WHAT DOES A TYPICAL DAY LOOK LIKE?

After I work out, take care of our farm animals and get any kids who need help off to school (they normally manage without me), I work on my current writing project in the morning. In the early afternoon, depending on the day, I shift into anything else I need to do — recording podcasts, scheduling, responding to email, ordering things I need (and don't need) online, making appointments, reading books to blurb or for my book coaching clients, scrolling Instagram. That kind of thing.

WHAT DO YOU LOVE MOST ABOUT YOUR WORK?

I love the total freedom to make up lives, towns, families and friends that are flawed, but still likeable.

TELL US ABOUT THE EXPERIENCE OF WRITING YOUR FIRST NOVEL.

I wrote an early draft of *The Chicken Sisters* for NaNoWriMo (National Novel Writing Month) in November 2018. Then I tried to revise it on my own, but it had too many characters and subplots. It was messy and flabby, and I wasn't sure how to fix it. I needed to learn how to structure a story. So, I hired a coach to help me revise and edit it and stick with it long after I wanted it to be done.

WHAT'S THE BEST ADVICE YOU'VE EVER RECEIVED?

My dad told me not to fill silences. Let the other person talk first, especially in a negotiation or interview. Don't rush into saying things just for the sake of filling the air.

WHAT ADVICE WOULD YOU GIVE A YOUNG PROFESSIONAL WOMAN?

Ask for more money. Always, always, always ask for more money.

HOW DO YOU MEASURE PERSONAL SUCCESS?

I'm a "gold star" person — I measure success through bestseller lists, high-profile jobs and interviews, outer kudos and followers. It's not exactly the stuff of self-help books, but the nice thing is that I'm able to bask in it when it happens. I don't one-up myself. Once I have the gold star, I don't keep chasing the next thing. I've had a lot of success and right now all I'm trying to do is write another good book.

HOW DO YOU STAY MOTIVATED WHEN THE GOING GETS TOUGH?

Happily, I find challenges motivating. The best thing you could possibly say to me is "you'll never be able to do that." Someone once laughed when I told them I'd like to write for *The New Yorker* one day. (Google my name and "New Yorker.") The more I have to do, the more I do, and the more you doubt me the more I'll prove you wrong. That said, I don't beat myself up when I'm sick or need to slow down. I'm annoyingly mentally healthy.

DO YOU EVER EXPERIENCE BURNOUT — AND IF SO, HOW DO YOU COPE?

Every once in a while, I just let everything drop. (This is why I'm better self-employed.) I ignore everything that isn't actively on fire — if I have something due that isn't going to happen, I alert people and then just shut down. I read books all day. I eat chips straight out of the bag. I order take-out. Then I feel better, answer all the emails and pull things back together. I don't apologize, though. I don't owe anyone my immediate attention unless I've already committed it to them.

WHAT IS SOMETHING ABOUT YOU THAT MIGHT SURPRISE PEOPLE?

I'm really good at making sushi.

WHAT IS YOUR FAVORITE PI PHI MEMORY?

I wrote a weekly column for the Kansas State Collegian. When I was a senior, I wrote about things that made sororities and fraternities expensive and inaccessible to a lot of students. Now, there's a lot more awareness of these things, but back then they weren't talked about much. My column made some of my sisters so angry they wrote a letter condemning me for it. This is a favorite memory, even though it's a hard one, because I'm proud I didn't deny a problem just because I was a part of it. And, I never looked to see who signed the letter. I knew none of my sisters wanted to be a part of something that excluded others this way; they just hadn't thought about it yet or put their minds to making it better. ←

Would you like to share your story with your fellow Pi Phis by being featured in *The Arrow* or in an upcoming Ring Ching Chat? Show your interest by using the form at pibetaphi.org/submit.

Betting on Herself

By its very definition, taking a leap of faith is going boldly into the unknown, fueled by belief. When we place that belief in ourselves — in our abilities, our insights and our goals — the results have the power to change the direction of our lives. Michigan Beta **HELAINÉ KNAPP** understands this power firsthand. As the co-founder and CEO of omnichannel fitness brand CITYROW, Helaine has shaped her career path by leaning into confidence and betting on herself. Along the way, she has learned to maintain that sense of self-assurance through a steadfast belief in her work and a deep understanding of her own needs — two qualities that help her manage the challenges and successes of leading her own company.

Despite her outward achievements, Helaine is the first to acknowledge that life as an entrepreneur isn't always what it seems. "It hasn't been an easy journey at any moment," she reflects. "It's great from the outside looking in, but what's often untold is what it takes to get there — companies are built on grit and resilience. It takes a lot, and it's harder than anyone imagines. Sure, the highs are really high, but the lows can be really low. The antidote is being able to ride both."

As a young professional living in New York City, Helaine was introduced to boutique fitness classes and quickly fell in love. "Boutique fitness checked a lot of my boxes — working out and being held accountable, managing stress and finding community," she says. The high-intensity studio classes soon became a vital part of her daily life, but also came at a steep physical cost. Helaine found herself plagued with lingering, debilitating injuries, including herniated discs in her spine. "All the things I did previously were no longer accessible to me — I was completely sidelined," she says of her injuries. "I pushed myself to understand more about my workouts and realized I needed something low-impact that still delivered results."

Knowing she needed to find an alternative she still felt passionate about, Helaine used the setback as an opportunity to rethink her approach to fitness. She shared her quest with a personal trainer, who recommended a surprising possibility — rowing. "In my head, I saw my grandpa on an ugly exercise machine in his basement," she laughs. "It's a total-body workout that torches calories, but I couldn't picture myself sitting on a rowing machine in fancy leggings." Though she initially dismissed the idea, Helaine felt inspiration spark. "I thought, 'If rowing

is so good for you, how can I make it more appealing?'" she recalls. "I saw an opportunity to give it a makeover and bring it to the boutique fitness space as the basis for a smart workout."

For the next year — while also juggling a demanding full-time role at a tech startup — Helaine built the foundations of CITYROW, raising funds, leveraging her connections and expertise, and betting on herself from the start. "I did the one thing I was told not to do by bringing on my best friend as my co-founder and Chief Brand Officer, and another close friend as our director of programming," Helaine says. "We've been a female triumvirate since day one, and I'm most proud of the ability to navigate our relationships while running a business. That comes from a deep commitment to each other as friends."

Helaine and her team opened the first brick-and-mortar CITYROW studio in Manhattan in January 2014. Since then, the company has expanded to become a true omnichannel business, combining in-person classes at studios across the United States with digital class offerings for in-home fitness. Helaine says the decision to enter the digital space was another critical moment that required her to lean into her confidence and instincts.

"At that time, we had a few brick-and-mortar studios, and we were thinking carefully about growth and scaling," she explains. "We were very close to hitting the gas and opening more corporate locations, but I had a feeling we needed to think differently. Digital fitness was just





Above: Michigan Beta **HELAINÉ KNAPP** sits on one of the machines at a CITYROW studio.

starting to see traction, and it resonated with me. I was intrigued by the question of how we could take the gold standard of the studio experience — the instruction, the accountability, the community — and replicate it in a home environment.”

Trusting her understanding of the CITYROW workout, class structure and equipment, Helaine opted to launch a digital platform in 2018. The decision paid off, positioning CITYROW for growth as the demand for in-home fitness exploded. “It was a big gamble, but a pivotal moment that changed the trajectory of the business,” she says.

For Helaine, the key to navigating those moments, and all the highs and lows in between, is maintaining a keen understanding of herself and her needs — being honest with herself about everything from her strengths to her

self-care. “Early on, I realized that taking care of myself was also taking care of my company; I can’t do it if I’m not in a good mental, physical or emotional place,” she says. “The biggest game-changer I’ve learned is knowing what elements of my job deplete and recharge me. That understanding helps me structure my days and weeks and build in time to support myself.”

Awareness of both where she excels and what she needs to function at her best gives Helaine the confidence to keep betting on herself when it matters most. “First, you need deep conviction in what you’re doing,” she says. “But during the lowest lows, what got me through was knowing what I was good at and the belief I could do it. I’ve gained the perspective to know I’ll get through it, that I’ll figure it out and that I’m the right person for the job.” ←

RUNNING ON EMPTY



Stress is unavoidable. Amid a hectic stretch at work, a busy exam season, a harried family schedule, a time of personal challenges or even a long period of unease, it can be easy to dismiss growing feelings of exhaustion, fatigue and helplessness for the sake of buckling down and muscling through. While this is a natural response, unaddressed periods of prolonged, excessive stress can signify something more: burnout.

The road to burnout is denoted by obvious, yet often ignored, signs and symptoms. Emotional exhaustion. Lack of interest. Poor mental and physical wellness. Self-doubt. Detachment. In isolation, any of these symptoms can be addressed with the right tools. Together, they can compound into a cycle that quickly overwhelms.



Left: Florida Alpha
TALIA CULOTTA

“It became a cycle.”

Burnout is more than a simple feeling of being stretched too thin. It’s a recognized occupational hazard resulting from chronic, unmanaged stress. Mental health practitioners and workplace wellness experts report increasing numbers of patients and employees who cite burnout as a prominent challenge to both their productivity and overall well-being. And, its effects can be felt far beyond the classroom or workplace. The stress of personal responsibilities and commitments — from motherhood to volunteer leadership — can manifest in similar ways.

Typically, burnout is characterized by three factors that interact to create a cyclical pattern:

- Feelings of **energy depletion** or **exhaustion**;
- Feelings of **negativity** or **cynicism**, resulting in increased mental distance from essential tasks; and
- **Decreased efficacy** in professional and personal tasks.

Because of its cyclical nature, managing burnout isn’t as simple as addressing these factors and moving on. Especially in the context of recent years, many have found themselves repeating the cycle of burnout indefinitely — struggling to manage increased levels of stress while also trying to break free of the downward spiral caused by that stress in the first place.

For some, burnout sneaks up quickly and quietly, without many major warning signs before the full onset of the side effects. For others, the process is instead a slow burn, building in layers until it reaches an overwhelming crescendo. But for every person who experiences the phenomenon, identifying and coping with burnout is a unique process.

Right, from left: Alabama Betas **LENA BARRIDO**, **MADELINE BLAHNIK**, and **ALISON LESSER**.

Florida Alpha **TALIA CULOTTA** understands just how quickly the cyclical pattern of burnout can establish itself. At the start of 2020, she became Chapter President with a specific set of goals in mind. Within weeks, most of those aspirations were sidelined by the COVID-19 pandemic as the Stetson University campus closed during spring break.

Almost immediately, Talia could see the beginnings of burnout taking hold — both within the chapter and in her own life — as members grappled with feelings of disappointment, loss and confusion. “It’s one thing to manage and try to cope with my own burnout, but then I was facing chapter-wide burnout and it became a cycle,” she explains.

For Alabama Beta **LENA BARRIDO**, shifting attitudes toward mental health during the pandemic, coupled with her own lofty standards for academic achievement, made for a difficult transition into her sophomore year. While Lena saw an increased awareness and respect for the importance of mental health at the onset of the pandemic, she felt that focus dissipate during the return to normalcy. To Lena, compassion and grace were seemingly replaced by a lack of understanding and high expectations for productivity.





The Cycle of Burnout

- Feelings of energy depletion or exhaustion;
- Feelings of negativity or cynicism, resulting in increased mental distance from essential tasks; and
- Decreased efficacy in professional and personal tasks.

Source: *International Classification of Diseases, 11th Revision*

As she managed a schedule packed with pre-med and chemistry classes — plus Pi Phi, community and personal commitments — she found herself reaching the end of many days with a complete lack of energy or enjoyment. “This year, everything started to feel like a checklist I’m rushing to complete rather than a time to experience things to the fullest,” she says. “I end up getting everything done, but what I sacrifice is time for myself and for my mental health.”

With a background in student services administration, Pennsylvania Zeta **SARAH IAQUINTA** entered the job market in earnest after completing her master’s program in Spring 2020. As was the case for many, she found herself not only in a competitive applicant pool, but also seeking employment during a pandemic which contributed to historically high employee turnover and unemployment.

Soon, looking for a job became Sarah’s full-time job. What began as an exciting opportunity to network and find her “dream job” became a tedious, exhausting cycle of applying, waiting and being rejected. “Going through that process wears you down,” she shares. “I was rolling out all the stops to find a job, but still kept hearing ‘no.’



Right: Pennsylvania Zeta **SARAH IAQUINTA**.





Above: Indiana Zeta **KIERA HELM MATEL**.

I couldn't help but wonder why nobody would give me a chance, and it really started to affect my self-esteem and self-worth. Now it's almost as if I've burned myself out before I even entered the field."

For someone like Indiana Zeta **KIERA HELM MATEL**, who finds joy, gratification and fulfillment in staying busy, recognizing the signs of burnout was complicated by her genuine enjoyment of the work she was doing. Yet she began to feel all-consumed while balancing a postgraduate program in public relations leadership, her work for Kappa Alpha Theta Fraternity and preparation for her upcoming wedding — all while navigating an unprecedented global health crisis.

Kiera soon realized she wasn't caring for herself the way she usually would, and that mindset bled into other parts of life and responsibilities. By muddling through — rather than finding a sense of enjoyment and fulfillment — she felt as though everything she did was at a mediocre level, for the sake of surviving, not thriving. As the pandemic timeline lengthened, Kiera says she felt her worlds begin to merge and add an extra level of stress. "Once work and home became the same place, I felt busy all the time and like I couldn't get away from anything," she says. "You can't take time to decompress and find separation when 'work' and 'home' are ten feet apart."

Indiana Gamma **MEREDITH KEITH-CHIRCH** is proof that burnout can come not just from demanding, menial responsibilities, but also from things we love. A self-described "joiner," Meredith will say "yes" to a new opportunity even when her plate is packed full. As a mother, avid volunteer and business owner with a strong internal drive for success, the things that occupy Meredith's time and energy not only bring her fulfillment, but also pose obstacles and challenges in the process.

"You can't take time to decompress and find separation
WHEN 'WORK' AND 'HOME' ARE TEN FEET APART

Particularly in parenthood, Meredith says she's had to build mechanisms to combat burnout while also remaining grounded in herself. "As moms, sometimes we forget who we are," she shares. "But I'm still me, I'm still my own person and I still love the things I love and want to continue doing the things I find joy in. Focusing solely on one thing — parenting included — can burn someone out just as much as trying to focus on too many things at once."

Knowing when to take a step back and how to manage priorities are key strategies to avoiding and overcoming burnout. However, it can be challenging when the contributing factors are also the very things in which we find personal fulfillment. For Director Member Experience **SHARON ABEYTA-LEVEY**, New Mexico Beta, it never occurred to her to disconnect from Pi Phi after graduation. As a driving force in her collegiate experience, Sharon understood the value of engaging with our sisterhood and felt a pull to give back to an organization that had been a source of support and inspiration. She volunteered with her chapter's Alumnae Advisory Committee (AAC) and was continually inspired by the transformative experiences of the collegians she mentored.

Yet she soon felt the difficulty of trying to balance her commitments to our sisterhood alongside a developing career and her growing family. While Pi Phi is a lifelong priority for Sharon, she made the decision to step back from volunteering for a time while her children were young. "As a young mother, I focused on my kids before I focused on anything else," she says.

The road to burnout is denoted by obvious, yet often ignored, signs and symptoms. Emotional exhaustion. Lack of interest. Poor mental and physical wellness. Self-doubt. Detachment. In isolation, any of these symptoms can be addressed with the right tools. Together, they can compound into a cycle that quickly overwhelms.

Above: Indiana Gamma **MEREDITH KEITH-CHIRCH** (right) and her family.
Below: Director Member Experience **SHARON ABEYTA-LEVEY**, New Mexico Beta.



FEET APART."

“I know I need to take a step back.”

When the signs of burnout begin to emerge, experts recommend focusing on the three Rs:

- **Recognize** — watch for the warning signs;
- **Reverse** — undo the damage by seeking support and managing stress;
- **Resilience** — build your resilience to stress by taking care of your physical and emotional health.

Recognizing the signs of burnout is an essential first step in overcoming the burdens it brings. Stressors exist in every facet of life and can compound to the point that burnout permeates even the otherwise most enjoyable parts of daily life. Managing life’s varied responsibilities — whether personal, professional, familial or social — is a precarious balancing act.

A thoughtful, intentional and informed approach can mean the difference between entering the cycle of burnout in perpetuity and breaking that cycle from the start.

Both Talia and Sarah experienced breakthroughs by reframing their respective situations. Talia worked with Florida Alpha’s Executive Council officers to set new

goals and expectations in keeping with the chapter’s new circumstances. Her leadership approach — “meet everyone where they are” — became an essential component in guiding members through the pandemic and celebrating small wins rather than focusing on losses. In turn, Talia relied on others to give her the support she needed to fight her own burnout.

“I was definitely harder on myself and not very kind to myself at the beginning,” she says. “I was lucky to have friends on the Executive Council who were able to step up and provide support to others, including me. When I was burnt out, they gave me grace and met me where I was, exactly as I did for them.” In addition to her chapter sisters, Talia says she found support from members of the chapter’s AAC who continue to support her as an alumna. “Both [Florida Alpha] **KATE COULTER** and [Connecticut Alpha] **CAROLYN HARTIGAN-SMITH** were big supporters, and still are,” she says. “I definitely leaned on their experience and if I needed ideas or someone to help me build enthusiasm to keep going, they always helped me to do so.”

Similarly, Sarah’s realization that she was facing burnout prompted a reevaluation; rather than allowing self-doubt and helplessness to take over completely, she used her time to reframe her experiences and assess not only her professional value, but also her own priorities. Pausing to reevaluate what she wanted — compared to what she thought she wanted — provided an opportunity to also reframe the job search process itself.



Stress vs. Burnout

STRESS

- Characterized by over-engagement.
- Emotions are overreactive.
- Produces urgency and hyperactivity.
- Loss of energy.
- Leads to anxiety disorders.

BURNOUT

- Characterized by disengagement.
- Emotions are blunted.
- Produces helplessness and hopelessness.
- Loss of motivation, ideals and hope.
- Leads to detachment and depression.

“Now I look at it this way: the rejections were a redirection,” Sarah explains. “I thought to myself, ‘What other passions do I have? What are my other strengths? How can I leverage those strengths as I look for other career opportunities?’ I still send out my resume and put myself out there, but I think about all my strengths and what I can do outside of my past goals.”

Lena and Kiera were able to reverse the damage of burnout by finding a renewed sense of purpose in their work and relying on the support of close friends. Rather than resigning herself to repeating the cycle of burnout, Lena made an effort to lean in to all the positives in her life. “It’s natural to want to achieve and focus on productivity only, but if you don’t have your ‘why’ and the reason that drives you, that’s where burnout can come in,” she says. “It’s not just from overworking yourself, but also from forgetting why you started and what you’re working toward.” One way Lena reminds herself of that “why” is through the friends she’s made in school, particularly her Pi Phi sisters. “I have a group of Pi Phi friends who I study with, and without them I wouldn’t be where I am,” she says. “It can all be so daunting, especially looking ahead to medical school, but knowing I’m going through it with

other people, being able to rely on them and be each other’s lifelines makes it so much easier. I don’t feel like I’m alone and that makes it all so much more manageable.”

Living in the Alabama Beta Chapter house has been a source of comfort and support for Lena. The sense of gratitude she feels in even the smallest of things — eating lunch with friends, decompressing with her roommate after a long day — not only helps Lena refocus on her “why” but also provides motivation to overcome the challenges she faces. “I’m still focused on my academics and succeeding in my classes, but I also know I can contribute a lot more to the world beyond a grade on a test,” she says. “Keeping that balance in life helps take away from that burnout and enjoy these experiences in a sustainable way.”

Like Lena, Kiera believes in the value of the sorority experience; her time as a Pi Phi collegian was one of tremendous personal growth. By continually reminding herself that her work is important and connects to her passion, she was able to keep her flame from completely going out. Kiera was able to reinvest her energy into her work and studies. She now credits her experience with

burnout as a pivotal time in her thesis research, providing firsthand knowledge and insights she hopes will ultimately benefit future fraternity and sorority members as well as herself.

"I always thought I needed to be busy to function," she shares. "This experience made me realize how overwhelming it all was and that I couldn't continue that way. It's very isolating to feel like you're running on empty while everyone else is seemingly totally fine. I've learned that sharing those feelings with someone else is a great reminder you aren't alone."

Community has been integral to Kiera's success in navigating burnout, building her professional network and maintaining personal relationships for the long term.

"Dealing with burnout made me realize how much more important it was to reach out to friends and reconnect with them," Kiera says. "Connecting with someone else, even to process negative experiences, can make a huge difference in understanding you're not alone. We can be there for each other and help each other through whatever comes our way."

By learning to seek fulfillment and keep their emotional cups full, Sharon and Meredith have cultivated the resilience to help themselves during future episodes of burnout. For Sharon, burnout is not only a personal obstacle, but also one she helps others navigate. As a mother, manager and Pi Phi International Officer, she's had a wealth of experience helping others to face their own challenges, but says she sometimes hesitates to do the same for herself. "It's difficult for me to ask for help, but I'm always willing to give it," she says. "I'll ask my direct reports, 'What are you doing for you?' and give them 'permission' to take a break or extend a deadline and do what they need to make sure they are taking care of themselves. I've had to learn to do that for myself as well. If we aren't healthy for ourselves, we can't be healthy for others."

The element of burnout Sharon most commonly faces is the lack of interest in and detachment from activities she'd typically enjoy. Whether in work, volunteering or other aspects of life, she says her passions are her driving forces and can sense when those feelings begin



Signs you may be experiencing burnout

1. Feeling exhausted no matter the amount of time off or rest you get
2. Lack of interest in activities or events you previously enjoyed
3. Persistent lack of motivation
4. Physical reactions to your mental wellbeing; feeling sick, losing appetite, lack of sleep, etc.
5. Every day feels like a bad day
6. Feeling simultaneously overwhelmed and completely disinterested

to hinder her commitment to those passions. “If my heart isn’t in it, I know I need to take a step back. Something I learned from [Michigan Beta] **AUDREY SULLIVAN JACOB** is to “de-people” when I need a break. I take the time to do things for and by myself and just de-people for a little while. Sometimes it is important to just focus on me, and that’s a concept that helps me disconnect, unwind and regroup to come back better.”

Sharon calls on this self-awareness in her role as an Operations Administrator for the Mayo Clinic focused on closing gaps in healthcare access for underserved populations in Arizona. From the big-picture, systemic concerns to individual support, Sharon’s

work centers on the patients and helping them access essential care, but also advocating for patients by removing unintended barriers. “This is the most fulfilling work I’ve done over my career,” Sharon says. “I moved into this position recently because it allowed me to focus on this work of providing access to care for uninsured, underrepresented patients. This work can be really challenging and requires sacrifices, but it really does feed my soul and call back to my purpose.”

“I always thought I needed to be busy to function ... This experience made me realize **how overwhelming it all was** and that I couldn’t continue that way.”

"FOLLOW YOUR JOY.

It sounds simple, but it honestly helps me overcome so much, **including burnout.**"

For Meredith, processing burnout requires a combination of seeking support from friends — oftentimes fellow moms and business owners — and taking short solo retreats to decompress or even physically move through the feelings. "To avoid burnout, we need to send that energy somewhere else," she says. "Sometimes that is to talk to someone, even just to have them validate that there isn't a simple solution, but that the feelings are legitimate. Other times it's to physically move. Emotions equal energy in motion; moving my body can help alleviate those overwhelming feelings and provides a physical process to move through those feelings and clear my mind."

The idea of taking time to be alone and recharge away from responsibilities might sound unlikely or impractical to some. Initial reactions might include thinking it's a selfish act, or it's not a good use of time or it's less practical than focusing on the tasks themselves that feel overwhelming; that's certainly how Meredith felt prior to instigating her rest times. "To build resilience I need to take time to rest and decompress, and that most often means leaving my home and taking a break on my own," she says. "When I take those opportunities to disengage from the things that feel overwhelming, that's when rejuvenation and restoration happen. Whether I go camping for a weekend or go to a conference for work, I'll use that time to be intentional about my healing process, spend time with myself and get ready to come back with more creativity, new approaches to problem solving and a refreshed mindset.

"When I started doing weekly rest time and solo retreats it felt wrong. I felt like I should be doing the things that were wearing me down rather than resting, so I had to work myself up to the longer times. What I've learned is that I always come out of it a happier person, a healthier person and someone who others will want to be around. Burnout can shorten our fuses and wear out our patience, so this is a service to myself as well as to others. It's a way to serve my relationships, not an indulgence. I'm not the only one who benefits from me taking that time."

In facing challenges like burnout, Meredith relies on a grounding message. “Follow your joy. It sounds simple, but it honestly helps me overcome so much, including burnout,” she says. “Oftentimes we get mired down in what we thought we wanted or what someone else expected of us, but we do our best by setting aside those expectations and instead following our joy. Sometimes I have to be honest with myself and see that I’m not following my joy and reworking my schedule or working later won’t solve that. It requires a bigger solution. It can be really hard, but that mentality helps guide me and keep me in touch with what I need and how I can get unstuck from burnout or whatever else I’m facing.”

“Know you’re **not alone.**”

Upending the cyclical process of burnout necessitates a personalized approach. Whether you focus on reframing your current challenges like Talia and Sarah, rely on your community for support like Lena, lean into your passions like Kiera or take time to refill your cup like Sharon and Meredith, there is no reason to think the cycle can’t be broken. “Things will catch up with you, and that’s okay,” Sarah says. “We all have different thresholds for stress and coping mechanisms to manage it but know you’re not alone.”

If you feel you are experiencing burnout, keep in mind the three Rs: recognize — watch for the warning signs; reverse — undo the damage by seeking support and managing stress; resilience — build your resilience to stress by taking care of your physical and emotional health. The pathway out of the cycle of burnout isn’t a lonely one, so whether you call on Pi Phi sisters, family or other support systems, community can make all the difference. “We have to support each other to break out of those cyclical negative attitudes,” Talia says.

You don’t have to look far to find someone who is experiencing or has recently experienced burnout. Turn to those who are in the cycle and offer a hand of Sincere Friendship and, if the cycle comes back around to you, ask for that hand in return. There’s power in community and connection, and as a supportive sisterhood, Pi Phis are well equipped to be the change in breaking the cycle of burnout, for ourselves and for one another. ◀

The Importance of Literacy for English Language Learners

For more than a century, Pi Beta Phi has championed literacy initiatives impacting communities across North America. Whether it be at a Fraternity Day of Service Signature Event, through Pi Beta Phi Foundation's Local Impact Grant program or by donating to The Literacy Fund at Pi Beta Phi Foundation, our sisters work to participate, donate and advocate for Pi Phi's Read > Lead > Achieve® initiatives. While our literacy efforts have far-reaching impacts, our philanthropic focus has a deeper significance for many of our English language-learning sisters.

Born in Brussels, Belgium, Indiana Delta **MAUDE FRAPPART**'s first language was French. "When I was a kid, my mom read to me every night," Maude says. "I loved to read in French, and I know that it left something special in me." Maude shared how reading made an impact on her life at a young age, developing her critical thinking and speech skills while inspiring her imagination and creativity.

When Maude started elementary school, she experienced learning to read again — this time in English. "As a kid, reading was important to me," she says. "When I started to learn a new language, I went through the entire process of learning to read again, and it was very meaningful to me." At seven years old, Maude began to learn the basics of English and Dutch. By age 13, Maude chose to concentrate her studies and selected the most immersive English language learning options available.

As she developed her language skills and prepared to study abroad in the United States, Maude relied on reading to enhance her testing performance. "It was a challenge to take the SAT because the text was more complex than I was used to," she says. "I read a bunch at home to develop my understanding and learn new vocabulary." Maude's extra practice led to her acceptance at Purdue University.

After her first semester online, Maude was ready to travel to America to discover a new culture, make friends and work toward being accepted into the university's engineering program. "I wanted to join a sorority where I would feel good and make friends," she says. Being so far from home, Maude was looking for community — a home and family she could rely on with hers so far away. She found this sense of belonging in Pi Phi.



Above: Indiana Delta **MAUDE FRAPPART** in her native Brussels, Belgium. Below: Maude, with her mother.

In addition to the Sincere Friendships which drew Maude to Pi Phi's sisterhood, our literacy efforts and initiatives also resonated with her. "A lot of kids have trouble reading," Maude says. "I had parents who read to me a lot, but not everyone is that lucky." Maude's childhood experience with reading, both in French and English, helped establish her understanding of the need for literacy support around the world. "Encouraging children and adults to expand their reading abilities is so important. It's sad that you don't hear about it as often because it is essential to be able to read and — even more — to actually enjoy it."

As an English language learner as well, Montana Alpha **BARLA BEAUDOIN** understands this connection to literacy. “My mother came to the United States from Brazil and did not know much English,” Barla says. “For the first few years of my life I only spoke Portuguese. It wasn’t until kindergarten that I started to speak English and even then, I used a mixture of the languages at home and school.”

As she continued to learn English, Barla remembers one of the concepts she found most challenging: understanding the order of words in a sentence. “I remember taking reading lessons on my computer every night,” she says. “I was always excited because my lessons were hosted by a dog in space.” For Barla, learning to read was a fun experience. She considers herself lucky to have had access to programs that expanded her skills and abilities while encouraging her to enjoy the stories she was reading.

Like Maude, Barla felt an immediate connection to Pi Phi’s philanthropic focus. “When I learned about Read > Lead > Achieve, I thought about how grateful I was to have learned how to read,” Barla says. “Many people with marginalized identities do not have that same access to education and, for me, it is important to continue this support.”

Barla feels passionately about Pi Phi’s literacy efforts and knows they have far-reaching impact. “Reading is something you use in your life every day,” she says. “Many basic tasks require reading, from going to the hospital to applying for a job.” Knowing she is making a difference, Barla actively participates and supports Montana Alpha’s literacy efforts. From participating in chapter philanthropy events to personally raising money and donating, Barla makes literacy support a priority.

Both Maude and Barla experienced the joy of reading at an early age. Even when they were presented with new challenges, both women relied on their positive literacy experiences to push them through. Pi Beta Phi’s Read > Lead > Achieve initiatives develop a lifelong love of reading. Through programs like Champions are Readers®,



Above: Montana Alpha **BARLA BEAUDOIN**. Below: Barla, with her mother.

Pi Phis around the world inspire the next generation and empower them to reach their full potential. For Maude and Barla, reading opened the door to a new culture they hadn’t yet experienced. For millions of others, learning to read unlocks a world of possibility and opportunity. At Pi Phi, we believe in the power of reading and know it always has been - and always will be - a powerful step toward a life of enduring impact. ◀

No Better Reason

“It’s not life or death.” Faced with challenges, obstacles or high-stakes decisions in our personal or professional lives, we might use this phrase to regain perspective on our priorities and remind ourselves that things might not be as dire as they seem. But for Illinois Alpha **MARY GRABLE MCLEOD**, this emotional safety net doesn’t apply. Her career in lab science and blood bank medicine requires her to navigate the fine line dividing life and death every day.

As a cell therapy quality manager with Stanford Health Care, Mary ensures patients receive the lifesaving treatments they need during medical emergencies such as organ transplants, brain injuries and cancer. Where some might hesitate, Mary embraces the innate challenge of her work. “The idea of saving lives is motivation in itself,” she explains. “Knowing I can help make the lives of our patients better gives me focus.”

After making numerous friends in the Illinois Alpha Chapter, Mary decided to join Pi Beta Phi during her second semester at Monmouth College and found a strong connection with Pi Phi’s origin story. “Leave it to this small college to be the place where 12 dynamic women created a new way to support each other,” she says. “They were truly remarkable — bold and gutsy.”

Mary pursued post-graduate education at Rush University and embarked on her career in a Chicago-area hospital lab. As a woman working in a STEM field dominated by male colleagues, she continued to draw inspiration from our founders’ boldness. “Especially when I started, the work environment could be intimidating,” Mary shares. “You had to stand your own ground, to say ‘I know this is valid science, it’s correct, and we’re doing it this way.’”

Mary understood that acting boldly could mean taking professional risks. She recalls an incident in the hospital’s emergency room involving a trauma patient who was rapidly losing blood. The patient’s rare blood type left no margin for error, and Mary openly challenged the emergency room physician’s direction. Her confidence in her own knowledge and ability saved the patient’s life and changed the trajectory of her career. “When I got to work the next day, my supervisor told me I needed to go back to school, that this is what I was meant to do,” she says. “It was an impactful, empowering experience.”

Mary earned her master’s degree from Washington University in St. Louis with a specialty in blood bank medicine — the science that governs the transfer of cells from one body to another. At the time, the blood bank industry was growing exponentially through the success of new procedures. Mary opted for a lab position with Stanford, and her responsibilities have grown as the field



continues to evolve. In her current role, she ensures the proper steps and processes are in place for patients to receive the correct treatments. Her team treats patients as young as three months, providing bone marrow therapy during leukemia and lymphoma and generating new cardiac and neural tissue to assist with recovery following strokes or accidents.

While Mary thrives on the problem-solving aspects of her work, she isn't immune to its challenges. "My job is intense and complicated, and can be very demanding," she says. "We work long hours and long days; some procedures can take 10 to 12 hours to complete. And, hospitals never close — cancer doesn't take a holiday." The ongoing COVID-19 pandemic has only added stress to the mix, bringing experimental work to a sudden halt, increasing workloads and disrupting continuity as lab teams rotated between in-person and remote work. Yet Mary continues to find motivation in the lifesaving nature of the field. "As a team leader, I'm guiding a group of people toward a mission and a goal, and our purpose is to cure cancer," she says. "At the end of the day, I want to know I made a difference in someone's life, that

"We feel we can make a difference in the world by making it possible for others to realize their educational dreams."

our patients can go on to be Little League champions, celebrate another Thanksgiving or kiss a grandchild."

Mary finds that same sense of joy and renewal in Pi Phi sisterhood and giving back to Pi Beta Phi Foundation.

Since graduating from Monmouth College, she has relied on local alumnae clubs to build meaningful connections and friendships with other members in the area. In addition, Mary and her husband Ken's longtime philanthropic support of Pi Phi's literacy programs and Foundation scholarships is a way to ensure other members have access to the opportunities that put her on the path to success — particularly when it's needed most.

"My dad passed away while I was in college," Mary

shares. "I'm the oldest of four siblings, all a year apart. To continue my educational dreams without the support of scholarships and grants would have been impossible. Without someone who saw the potential in me, my path would have been very different; I know there are members in similar circumstances. My husband's father also passed away at a young age, so it's a huge motivator for us to pay it forward. We feel we can make a difference in the world by making it possible for others to realize their educational dreams."

For Mary, supporting the educational aspirations of her sisters is another way to honor our founders, who established Pi Phi as they boldly pursued their own education. "Our founders' primary purpose was to support each other in good times and bad," Mary says. "There is no better reason to give back than to support your sisters and their dreams." ◀



Left, from left: Illinois Alpha **MARY GRABLE MCLEOD** with her husband Ken McLeod, sister **PEGGY GRABLE**, Nevada Alpha, and mother Christine Grable. Mary and Peggy are both members of the Palo Alto, California, Alumnae Club.

Coming Home - Celebrating 100 Years of Florida Beta Sisterhood

From significant milestones to life's smallest moments, the Pi Beta Phi chapter facility is a place where Sincere Friendships are formed. Chapter facilities serve as the background for some of our most cherished Pi Phi memories. Whether it be within the walls of a chapter house or the common area of a suite, sisterhood takes root in the places our chapters call home.

Those moments of sisterhood and Sincere Friendship don't end after graduation. Many alumnae return to the chapter facility to make new memories and reminisce on the old. So, it comes as no surprise that when the time came to celebrate the Florida Beta Chapter's Centennial, members were eager to return to Florida State University.

Inspired by their Pi Phi experience, Florida Betas **CINDY STRINGFIELD PROVENCHER** and **ROBIN MCPHERSON ROHRBACK** found their way to the Centennial Celebration Planning Committee where they joined Florida Beta chapter officers, Alumnae Advisory Committee members and Regional Specialists to plan the chapter's milestone anniversary event.

As both women began planning the celebration, they were reminded of what made their time in the Florida Beta Chapter house so special. Growing up as a military brat, Robin was frequently on the move and didn't have family nearby during her time at Florida State. "I knew when I walked into the chapter house that it was something special," says Robin. "For me, the chapter house was my home."

Robin's excitement to return to the chapter house was shared by her Florida Beta sisters, and, as planning continued, the committee knew the chapter facility would play an important role in the weekend's celebration. "It's special to return to the house because it brings back a flood of memories," says Robin.

As part of the planning team, past Chapter President **GRACE TUTTLE** was excited to see alumnae across generations return to 519 W. Jefferson. "It's always fun



Above, from left: Florida Betas **AMANDA KAHN**, **KRISTEN NORTHCUTT**, **GRACE TUTTLE** and **SAMANTHA SEITZ**.

when alumnae return to tour the house and find their composite," says Grace. "Hearing their memories and seeing their commitment reminds me that Pi Phi is lifelong, and our experiences, friendships and values stay with us forever."

Florida Beta's milestone anniversary reminds us of the importance of the chapter facility—it's not just a facility, but a community bringing sisters together. "The chapter house has always been the universal meeting place and it continues to be where we come together," says Robin. After graduation, the chapter facility keeps members connected to the Fraternity—providing sisters with a place to gather and call home well past their collegiate days.

While some members return more frequently for annual homecoming or alumnae weekends, others may go years without seeing the place they once called home. As members graduate and leave the area, it can be easy to lose touch with the chapter or even the Fraternity at large.

But the chapter facility extends an open invitation to all sisters—an invitation to pick up where you left off and continue your Lifelong Commitment to Pi Beta Phi.

Are you planning a chapter reunion, anniversary or return visit to the chapter facility? Share your story and photos at pibetaphi.org/submit. ←

ALABAMA

Alabama Beta, University of Alabama

Over the summer, Alabama Beta **CEARA BURDEN** traveled with News21 across the United States to investigate how COVID-19 impacted and will continue to impact people with disabilities. The team spoke to families in California, Pennsylvania, Wisconsin and New Jersey about their experiences, ranging from social isolation and touch deprivation to continued exclusion exacerbated by the pandemic. They also spoke with government officials and advocates to explore how historical inequities and legislation have impacted COVID-19 policies and procedures. Interviews with officials at The Arc of the United States, former officials from the Clinton Administration, as well as researchers from Rutgers University and The RAND Center for Disability Research contributed to the team's reporting. Ceara is credited as a writer for "People with Disabilities Left Behind during COVID-19" and as a reporter on the first episode of the project's podcast, and voiced the accessible version of the story. Ceara says, "I have to say thank you to all the Alabama Beta sisters who reached out and shared stories, contacts and experiences with me. Sisterhood is not confined to the doors of 845 Magnolia Drive, and Alabama Beta confirmed that this summer."

ARKANSAS

Arkansas Alpha, University of Arkansas

On Halloween, Arkansas Alpha hosted a trick-or-treating event for alumnae and their children to come dressed in their best costumes and go door-to-door inside the chapter house. Members who live in the house also dressed up and handed out candy to greet all the trick-or-treaters. Spooky snacks and fun carnival games were enjoyed by the alumnae and their families, as well as the chapter members — a great opportunity for sisterhood and connection across generations. It was very special for the chapter members to be able to spend time with the alumnae who share their same love for Pi Phi. Alumnae loved the chance to gather to celebrate the holiday and be able to share Pi Phi with their families as well. Arkansas Alpha hopes to include alumnae in other fun activities like this Halloween event for future holidays.



Above, from left: Arkansas Alphas in costume during chapter house trick or treating for local alumnae and their families.

CALIFORNIA

California Theta, University of California - Davis

California Theta Chapter members are involved in a plethora of activities on and off campus that speak to the Pi Phi core values of Integrity and Philanthropic Service to Others. Vice President Community Relations **NAREH DERHARTOUNIAN** is the founder of two service projects taking place in Armenia. Both projects speak to child and young adult wellness in impoverished areas of Armenia and are partnered with the nonprofit organization Focus on Children Now. Her first project, "Smiles of the Future," is an oral health and dental hygiene initiative in Armenia. This project provided dental hygiene kits including toothpaste, toothbrushes, floss and pamphlets outlining dental health and nutrition translated in both English and Armenian. The dental hygiene kits are delivered multiple times a year to schools and other children's resource centers across the country. Her second project, "The Anahit Project," is a feminine health initiative that provides sanitary products, underwear, socks, razors, deodorant and shampoo to girls in the Gyumri Cultural Center. These packages are delivered on a monthly basis to the girls in the center to offer them comfort and resources that are limited in their areas. Feminine health is still a taboo topic in Armenia, so Nareh's project was her effort to change societal viewpoints and offer direct change to a community she holds dear to her heart. The chapter is so proud of Nareh's initiative to support women and children around the world. Her efforts and care for the communities around her are admirable. Nareh truly embodies Pi Phi values, and her sisters cannot wait to see all that she accomplishes in the future.



Above: Members of California Xi and the University of San Diego Alpha Tau Omega chapter after a successful Saturday morning beach cleanup.

California Xi, University of San Diego

California Xi was thrilled to be back on campus for the fall semester after missing the sense of community from other fraternity and sorority organizations in the virtual environment. Upon returning to campus, the chapter realized that organizations are stronger when they join together. Bearing that in mind, Director Service and Philanthropy **KATIE DIETRICH** decided to team up with the University of San Diego's Alpha Tau Omega (ATO) chapter for an engaging and effective joint service event. Together, members of California Xi and ATO spent a Saturday morning cleaning up trash from the beaches of Mission Bay. Not only was the chapter able to form better friendships with another fraternal organization, but together they were able to give back to a community they love.

DISTRICT OF COLUMBIA

D.C. Alpha, The George Washington University

After a year and a half of Zoom meetings and virtual events, the D.C. Alpha Chapter finally returned in-person to The George Washington University's campus in the fall. D.C. Alpha sisters were excited to reunite, participate in sisterhood events and raise money for Read > Lead > Achieve. For many, especially members of the newest member class, this was their first opportunity to meet their sisters face-to-face. Despite being in-person, local COVID guidelines made it difficult to host the usual large in-person events that sisters love. Because of these guidelines, the chapter had to brainstorm new and creative ways to host sisterhood and philanthropy events. Vice President Member Experience **MORGAN DRAKE** hosted weekly study hours, where sisters could choose to participate either in-person or virtually through a Zoom call. Morgan also worked with sister **SUMI SUDA** to organize an outdoor tie-dye sisterhood event. While chapter meetings were still conducted virtually, Director Social Events **AMELIA JACQUAT** organized a post-chapter meeting clothing and book swap for members of



Left: D.C. Alphas enjoy being back in-person with their sisters. Back row, from left: **RACHEL WEBER**, **MOLLY SAVORY** and **MEKLIT YORDANOS**. Middle row, from left: **NICOLE SMITH** and **SERENA MARTIN**. Front row, from left: **CORAL CHAN** and **EMILY RICHARDT**.

the chapter. At the end of the swap, the remaining items were donated to local organizations. Director Service and Philanthropy **MOLLY SAVORY** connected D.C. Alpha with a local elementary school and secured funding for new books through an FDS500 grant. Molly also organized a “Halo-ween” social media bingo board fundraiser, where members used their social media platforms to raise money for Read > Lead > Achieve. Though they had to find creative ways to incorporate beloved Pi Phi traditions, D.C. Alphas were busy this fall semester embracing Pi Phi values to the fullest extent and enjoying being back in-person with their sisters.

FLORIDA

Florida Delta, University of Florida

Sincere Friendship means celebrating your friends’ accomplishments and supporting them in their endeavors. This year, the Florida Delta Chapter decided to do just that by hosting a Pi Phi Marketplace to showcase the creativity and entrepreneurship of its members. The market included many student vendors, including members selling items they handcrafted such as crocheted hats and shirts, hand-embroidered jackets, painted canvases and handmade jewelry. A few members even performed a musical piece for attendees. Members who did not opt to sell anything were invited to shop, admire the craftsmanship and spend time with their sisters. The event served as a sort of homecoming for members previously unable to go to the house due to COVID-19 restrictions. It was a beautiful reminder that every member has diverse interests and talents, and through shared experiences in Pi Beta Phi sisters can learn and grow together.

GEORGIA

Georgia Alpha, University of Georgia

This year has brought a lot of heartache for Georgia Alpha Chapter members, as they lost a dear sister and friend, **ARIANA ZARSE**. Ari was known and loved by the entire chapter and will always be remembered for her fun-loving and bold personality. As Georgia Alpha’s Director Social Events, she planned many memorable events for the chapter, including formal and creative date nights like Pi Phi Palooza and Fire and Ice semi-formal. In addition to a candlelight vigil, the chapter also hosted Parents’ Weekend — which had been planned by Ari before her passing. The chapter worked with Ari’s family to have a memorial at the event for friends and family to attend. Ari was a force to be reckoned with and will always be dearly loved and missed.

INDIANA

Indiana Beta, Indiana University

This fall, the members of Indiana Beta hosted their annual Pi Burger Phi fundraiser and were excited to bring back the event after missing it in 2020 due to the pandemic. Pi Burger Phi was held at the chapter facility and included catered burgers and fries, a root beer float station, a DJ, and T-shirts for sale. Because many members had never experienced the annual philanthropy event, Vice President Community Relations **SARA ARENZ** decided to get the entire chapter involved in planning and to start new traditions. In the weeks leading up to the event, the philanthropy team was never short of volunteers. Sara says it was incredibly heartwarming to see the strength of the chapter’s sisterhood bonds in putting together a philanthropy event for Read > Lead > Achieve. Thanks to the entire chapter’s hard work, dedication and passion for philanthropy, Indiana Beta had its most successful philanthropy event in years. The chapter had an amazing turnout of over 1,800 attendees ranging from the Indiana University football team and other student organizations to faculty and local business owners. “I have never been prouder to call myself a member of Indiana Beta, and have never felt more love in my heart than I did during Pi Burger Phi,” Sara says. “It truly is the most fulfilling feeling to see your sisters so passionate about an amazing cause and so committed to Pi Beta Phi values, and friendships growing even truer.”



Above: Indiana Beta members at the chapter’s Pi Burger Phry philanthropy event.



Above, from left: Grand President **LISA GAMEL SCOTT** with Indiana Delta Chapter President **VALORA HART**.

Indiana Delta, Purdue University

In October, the Indiana Delta Chapter celebrated 100 years of sisterhood at Purdue University. The chapter had a weekend-long celebration and was fortunate enough to have many alumnae come back to celebrate. Throughout the weekend, there were house tours and a Pi Phi Through the Years exhibit, represented by antique shoes. On Sunday, there was a special brunch where chapter members and alumnae celebrated and recounted their favorite Pi Phi memories. They also held a Cookie Shine, where collegiate members were delighted to hear alumnae sing so passionately. The chapter was incredibly grateful to have Grand President **LISA GAMEL SCOTT** join the festivities and celebrate this momentous occasion for Indiana Delta. Chapter members were amazed to see the impact Pi Phi has on so many sisters and to see how special Indiana Delta is to members of all ages.



Above, **LINA SATTARIN** ringing the bell to celebrate her last cancer treatment at The University of Kansas Medical Center's Cancer Center.

KANSAS

Kansas Alpha, University of Kansas

Last semester, Kansas Alpha emphasized its focus on giving back. During Spirit Week, the chapter raised money for the Ballard Center. The Ballard Center provides affordable pre-K childcare, specific needs-based services and rent/utility assistance for families in the Lawrence, Kansas, community. The chapter worked with the Ballard Center to make back-to-school bags for each of the students at the Center which included pencils, crayons, glue, erasers, colored pencils, markers and a toy. In October, members painted pumpkins with the students and helped organize a Halloween party where kids could trick-or-treat at the Center. Chapter members have loved giving back to their community and seeing the direct impact they can have on children in Lawrence.

Kansas Beta, Kansas State University

Kansas Beta **LINA SATTARIN** was diagnosed with stage two non-Hodgkins lymphoma in June. While undergoing treatment in Kansas City, Lina was also running her own photography business, attending school full-time, serving as the chapter's Director Public Relations/Marketing and working part-time in marketing. Lina is now cancer-free and able to attend in-person chapter activities including philanthropy and sisterhood events. "Pi Phi has been a good support system for me during these last couple of months," Lina says. "The girls have really done their best to make me feel included when I was at home for the beginning of the semester and make me feel loved during this hard time in my life."

MICHIGAN

Michigan Alpha, Hillsdale College

CHLOE TRITCHKA illustrated a children's book titled "The Legends of Winona: A Special Gift." "I made this book in high school with other students under the Heritage Association," says Chloe. "The Heritage Association is a nonprofit my mom helped found for the history and beautification of Hillsdale County [Michigan]. With support from the association, she had made a statue of Princess Winona, the daughter of Potawatomi Chief Baw Beese, who lived around this area. We thought it would be fun to write a children's story about her." Chloe read this story with children during a Michigan Alpha Champions are Readers® event. "I thought the event would be a good opportunity to share this book with kids from the community so they can learn a little bit about the history of Hillsdale through a fun story about a local princess."

Michigan Gamma, Michigan State University

Philanthropic Service to Others is a major motivator for the members of Michigan Gamma, whose commitment to literacy in their community inspires their support of Read > Lead > Achieve. This fall, members purchased a classroom book set for a local elementary school. To further increase accessibility to literacy resources, members also recorded themselves reading chapters of the books aloud for the school's YouTube channel. Michigan Gammas also spent time creating bookmarks containing important information about how to register for an East Lansing Public Library card.

MONTANA

Montana Alpha, Montana State University

Living through a global pandemic along with the regular stressors of being a college student has not been easy for Pi Phi collegians. Members of the Montana Alpha Chapter felt they needed to do more to ensure their sisters received the support they needed during these difficult times. The chapter created the Mental Wellness Committee consisting of Pi Phis from different member classes who are passionate about and committed to the mental wellbeing of their sisters. "It is important for us to acknowledge that our mental wellbeing is just as important as our physical wellbeing," says **TRISHA CROWELL**, founder of the committee. "In order to uphold our value of Sincere Friendship we must be able to recognize when our sisters are struggling and need assistance. This committee strives to create a safe and confidential environment where sisters can seek mental health resources." The support the committee provides ranges from setting up check-ins and coffee dates with sisters to helping individuals seek professional assistance if needed. The committee's end of year project was goodie bags for finals week, containing snacks, water, stress balls, Chapstick, face masks and a



Above, from left: Michigan Alphas **CHLOE TRITCHKA** and **TRACY WILSON**.



Above, from left: Michigan Gammas **MICHELLE POWELL**, **CLAIRE LANKO** and **KRISTEN GRAHAM-MCNEIL** making bookmarks to promote a lifelong love of reading.

list of tips to destress. The committee also ordered bagels and coffee for chapter members on the first morning of finals. These gestures helped Montana Alpha sisters know they are cared for and loved. The committee members are excited to continue their work throughout the school year and support Pi Phi sisters any way they can.

NEBRASKA

Nebraska Beta, University of Nebraska

In the fall, a few Nebraska Betas started nursing school together in the University of Nebraska Medical Center’s nursing program. These women have worked hard to prioritize their academics while still being highly involved in the chapter. Being accepted into the nursing program is a huge honor, and the women are incredibly deserving. Their sisters know they will do great things and make an immense impact in their future careers. **KARSYN BUTTLER** says, “Pi Phi has supported me by introducing me to so many incredible women on the same career path as me! Having other people to study with me and push me to do better has been so incredible. I’m really looking forward to getting into the different specialty areas and finding my perfect fit.”

Below, from left: Nebraska Betas **KARSYN BUTTLER, HADEN COTTER, CLAIRE STRONG, LEXI HARRE** and **EMILY LENSER.**



Above, from left: Ohio Iotas **PAIGE PARRISH, JULIA GILL** and **CLARE PITSTICK.**

OHIO

Ohio Iota, University of Dayton

During the last week of September, the Ohio Iota Chapter came together with the fraternity/sorority community at the University of Dayton for Greek Week. During the week, chapters from all areas of fraternity/sorority life raised money for Crayons to Classrooms — an organization very dear to Pi Phis, as it provides teachers with necessary supplies for their classrooms. The Ohio Iota Chapter raised \$12,000 of the \$20,000 donated to Crayons to Classrooms at the end of Greek Week. The chapter also won the dance competition, Puttin’ on the Hits, with their Lizzie McGuire-themed dance to end the week. The Ohio Iota Chapter is now working with Crayons to Classrooms to create daily journals for students and is excited to continue to serve this organization through future philanthropic efforts.

ONTARIO

Ontario Alpha, University of Toronto

SARAH TAMURA, a new initiate of the Ontario Alpha Chapter, is a proud and decorated figure skater. She has always had a love for ice skating and has won multiple championship titles throughout her professional career. She has gone on to win the World Junior Championships for Team Canada twice and is a two-time Canadian National Figure Skating Champion and three-time Provincial Figure Skating Champion. In 2018, Sarah also served as Petro Canada's athlete of the year. Her excellence in her sport is admirable, and she continues to show her pride not only in her athletics but in her dedication to Pi Beta Phi.

Ontario Gamma, University of Guelph

On September 30, Ontario Gamma held its first in-person philanthropy event since the beginning of the COVID-19 pandemic, a Lemonade Stand for Literacy. The event was extremely successful in turnout and helped to inspire a lifelong love of reading. Members of the fraternity/sorority and Guelph communities attended and were interested to learn about Read > Lead > Achieve. Not only was this Ontario Gamma's first in-person philanthropy event in over a year, but it was also the most successful since the pandemic started. The event's success could not have been accomplished without the resilience, encouragement and comfort Pi Beta Phi provides to chapter members. Ontario Gamma has truly come out on the better side of the pandemic and shown how much they can adapt and grow as individuals and leaders no matter what they face.

PENNSYLVANIA

Pennsylvania Zeta, Washington and Jefferson College

Along with being an intern for the local junior high school where she assists in teaching eighth grade American history, **SAMANTHA CASILE** is a student-athlete. During Samantha's freshman lacrosse season, she tore her ACL before her first collegiate game. Twice a week for eight months, she went to physical therapy to rehabilitate her knee. Eleven months after her surgery, she became a starter and led her team to win their conference and advance to the NCAA Sweet 16! At the end of her sophomore season, she was also awarded a spot on the Presidents' Athletic Conference Sportsmanship Team and was soon chosen as one of the team captains. Along with serving as a captain, she is also the chapter's Vice President Risk Management, helping to plan events and hold peer accountability meetings in a respectful



Above: Pennsylvania Zeta **SAMANTHA CASILE** after leading her lacrosse team to win the President Athletic Conference.

manner. "Growing up with sports being a big part of my life, I learned responsibilities that connect to my position in Pi Phi," Samantha says. "My experiences on a smaller campus allow me to experience healthier and stronger relationships with my sisters and teammates."

SOUTH CAROLINA

South Carolina Alpha, University of South Carolina

The South Carolina Alpha Chapter kicked off the fall semester with its first annual Parents' Weekend fundraiser. Pi Beta Phi family members attended the Friday night function with a warm welcome from chapter members, alumnae and Alumnae Advisory Committee members. In addition to the food, music and perfect weather, parents enjoyed bidding on items in a silent auction that raised money for Read > Lead > Achieve. Local businesses and restaurants made donations, along with many of the chapter members' parents. The chapter raised more than \$3,000 for Read > Lead > Achieve, and families went home with items ranging from gift baskets to a weekend lake trip. The chapter hopes to make this event a new Parents' Weekend tradition in the years to come.

UTAH

Utah Alpha, University of Utah

The Utah Alpha Chapter values strengthening our sisterhood by bringing members together, while also giving back to the local Salt Lake community. This fall, members performed philanthropic service for the community by packaging art kits for local children. Members gathered at the Bennion Service Corner to make birthday kits for children at the children's hospital. They cut out paper crowns, banners and triangular birthday hats, and in each of the bags, they added smiley

face stickers, a ribbon printed with "It's my birthday," banners, bouncy balls and celebratory crowns. Members worked together to split the work of constructing the DIY projects while they listened to music, laughed and bonded with each other. Sisters had a blast collaborating, working together and helping to make an impact. A few weeks later, members also made art kits filled with Thanksgiving crafts for local students during the holiday season. Some of the members who participated said it was heartwarming to see their sisters bond with one another while making a difference in a child's life.

VIRGINIA

Virginia Eta, University of Richmond

Virginia Eta recently held its annual philanthropy event, Lip Sync for Literacy. Due to the COVID-19 pandemic, the University of Richmond did not have any philanthropy events during the 2020-2021 school year, and Virginia Eta was excited to hold one of the first events on campus in over a year. With many members of the past Chapter Leadership Team graduating, it was the first large scale event for Virginia Eta's young chapter officers. Nine organizations participated in the "party anthems"-themed competition that raised over \$500 for The Literacy Fund at Pi Beta Phi Foundation. The Virginia Eta chapter is excited to continue supporting Pi Beta Phi's philanthropic efforts for Read > Lead > Achieve. ◀

Below: Virginia Eta members at their annual Lip Sync for Literacy Event. Back, from left, **REBECCA BIVENS, LAURA VANSTONE, CAITLIN FAY, JANE HILL, LUCY PATTERSON**. Front, from left, **EMILY ENRIGHT, EVE RIDENHOUR, EMILY ACQUAFREDDA, ALLISON NGUYEN**.



ARIZONA

Arizona Alpha Alumnae

A few years after graduating, Arizona Alpha **LAURA (ROBBIE) COLLINGS LITTLE** met with a small group of sisters over lunch to reminisce about the special bonds they'd formed in Pi Beta Phi. The following year, she planned another reunion, as she has done for the last 49 years. Now almost 140 sisters have attended at least one reunion and some as many as 47. While the reunions have always provided a point of connection, a few years ago they offered an opportunity for the dedicated alumnae to give back to their chapter at the University of Arizona. The chapter house was in need of an expansion and, in February 2019, fundraising began which gave donors the opportunity to name a room in the renovated house. Robbie's reunion group made it their mission to both support the chapter and leave a legacy in the house that first built their Lifelong Commitment to one another. Members from across the country came to celebrate the successful renovation, including the Robbie's Reunion Sisters TV room, at the chapter house's grand reveal to alumnae. The two-day event started with a catered patio dinner at the home of **GAEL MORRISON BEAHAM** at which 34 women, now mostly in their 80s, traveled from as far as Tennessee and Illinois. The next day, members held a luncheon at Lodge on the Desert followed by carpooling to the beautifully renovated house. There, the chapter had a dedication ceremony with speeches by the Chapter President, Vice President Community Relations, Chapter House Corporation President and fundraising campaign manager. At the end of the ceremony, attendees joined in the courtyard to sing Remember. Now, not only does the chapter have a beautiful, updated house to call home, but that home also celebrates a dedicated group of sisters whose bonds in the wine and blue have lasted a lifetime.

Below: **LAURA (ROBBIE) COLLINGS LITTLE** outside the TV room named for the Robbie's Reunion Sisters.



Above: Region Eight Alumnae Engagement Director **MARGO WILTON LESSER**, California Gamma, and Nevada Alpha **BARBARA FOLTZ QUIGLE** attend the 50th Anniversary celebration of the Central Orange County, California, Alumnae Club.

CALIFORNIA

Central Orange County, California, Alumnae Club

Members of the Central Orange County, California, Alumnae Club celebrated the club's 50th anniversary on September 16, 2021. The club was chartered on January 16, 1970; however, the luncheon's original date was postponed due to COVID-19 precautions. Nevada Alpha **BARBARA FOLTZ QUIGLEY** began serving as Club President shortly after graduation. After her initial two-year term, she returned to the role in 2012 and has served as president since. The club was proud to honor two charter members, Indiana Beta **JUDY SEESE RAND** and Oregon Alpha **JANET WEATHERALL MARSH**, and were also joined by six past presidents. Region Eight Alumnae Engagement Director **MARGO WILTON LESSER**, California Gamma, also attended and gave the attendees updates from Convention 2021 along with more insights on the state of the sisterhood. Members sang Pi Phi songs and enjoyed looking at scrapbooks from the club's history. Attendees toasted the long history of Sincere Friendship within the club and each took home a crystal angel as a remembrance of the celebration.



Above, from left: Indiana Betas **TERESA BUSARD CROUSE, LORI TEMPLETON FETTER, JANA O'DONALD CONNER, KIM CRAWFORD GALL, JILL ETCHISON STEPHENSON, SUSAN TUCK RICHARDSON, PAT DELANEY EDGING, MARTI BIANCO STEDMAN** and **NANCY MEEK TAYLOR**. Center, **COLLEEN GRADY COLVIN**.

FLORIDA

Florida Zeta Alumna

EMILY CARTAFALSA was recently named to Tampa Bay Business Journal's 25 Entrepreneurs Under 25. Emily is a Product Owner at SiteZeus, a site selection company in Tampa, Florida. She started at the company as an intern and was brought on full time after graduating from the University of Tampa. She has demonstrated exceptional growth in her years at the company, finding solutions for clients in a creative and analytical manner. She has also co-hosted multiple webinars to showcase SiteZeus solutions and capabilities. Emily's feature in the Journal is a testament to her passion for client-based solutions, education and her overall commitment to excellence. Florida Zeta and all its members are proud of her accomplishments and looks forward to all she will do in the future.

INDIANA

Indiana Beta Alumnae

Indiana Beta Pi Phi celebrated 50 years of sisterhood and friendship at a reunion in August at the home of **TERESA BUSARD CROUSE** on Walloon Lake in Michigan. The sisters from Indiana University were initiated on October 3, 1971, and have stayed in contact throughout the years, despite living in six different states. Their precious time together this summer was filled with love, laughter, respect, hopes, dreams and special memories. Heartstrings were pulled tighter all because Pi Beta Phi brought and kept these sisters together.

KENTUCKY

Lexington, Kentucky, Alumnae Club

In 2021, the Lexington, Kentucky, Alumnae Club nominated a local program, The Nest, to receive an FDS500 grant. The Nest is a lifeline for individuals and families in crisis, facing adversity or who have unexpected needs through its four free programs: early childhood education, family assistance for basic human needs, counseling and advocacy for abused and neglected children and victims of partner violence, and education and support for parents. The Nest will use the grant funds to purchase books for children served by their organization. The books will be given to children through Reindeer Express, a no-cost way for parents to provide gifts for their children during the holidays. Parents have access to toys, clothes and other items, and each child receives at least one book from the Book Room at Reindeer Express. Jeffrey White, Executive Director of The Nest, shared that Pi Phi's support would help tremendously in getting more books into the hands of children this year. Club members are proud of our sisterhood for providing support to such a worthy cause.

MICHIGAN

Bloomfield Hills, Michigan, Alumnae Club

The Bloomfield Hills, Michigan, Alumnae Club was pleased to present Golden Arrows to four Pi Phis who graduated from the University of Michigan together 50 years ago and have remained friends in the years since. Their Lifelong Commitment makes club members Pi Phi Proud. The club was thrilled to honor this commitment with the Golden Arrow ceremony and celebrate together.

MISSOURI

St. Louis, Missouri, Alumnae Club

In September, members of the St. Louis, Missouri, Alumnae Club and their guests gathered at the recently opened Anne O'Connell Albrecht Nature Playscape in St. Louis's Forest Park, named for Missouri Alpha **ANNE O'CONNELL ALBRECHT**. As Anne explained, the Nature Playscape is a 17-acre experiential playground designed with the help of children in the St. Louis area. It features nine activity areas, including sand play, willow tunnels, stump steppers, boulders and rocks, hand water pumps, wading pools and more. Paths of gravel and wood wind through various natural areas, such as a sensory garden, an upland prairie, a young forest and wetlands. The Nature Playscape was funded by donors to the Forest Park Forever fundraising effort, with the lead gift provided by the Albrecht Family Foundation who chose to name the playscape in honor of Anne's commitment to supporting children and families in the St. Louis area. Club members and guests enjoyed wandering through the activity areas and watching the children climbing, digging and playing.

NEW YORK

New York City - Manhattan, New York, Alumnae Club

The New York City - Manhattan, New York, Alumnae Club had its first in-person event since 2020 at the American Museum of Natural History. The group included 20 sisters who gathered to enjoy the museum's new Hall of Gems and Minerals with special guest and gemologist, New York Zeta **WENDI MAYERSON**. Wendi was an invaluable resource to the club, answering questions and providing interesting facts about each of the items on exhibit. It was an amazing day of fun and friendship for every sister in attendance.

Below, from left: Michigan Betas **MARTHA GIBISER SHEA, JUDY RENFREW HART, SUZANNE SMULSKY** and **GAIL GIBISER SANDERSON**.



NORTH CAROLINA

Charlotte, North Carolina, Alumnae Club

The Charlotte, North Carolina, Alumnae Club celebrated Read > Lead > Achieve Month in September by sponsoring Niner University Elementary School (NUE). NUE opened in 2020 and is one of nine lab schools mandated by the North Carolina General Assembly to provide enhanced educational programming to students in low-performing schools. Students from other schools in the Charlotte-Mecklenburg district who need more focused resources are chosen to attend. As a new school with many students from low-income backgrounds, the school greatly needed books and school supplies. Throughout September, alumnae club members collected age-appropriate books and school supplies at club events to donate to the school. Members also donated funds so the club could buy snacks and other necessities for the children or purchase items from the school's Amazon wish list. At the end of the

month, club members met in the school's gymnasium to sort all the books and supplies into bins for each of the school's 13 classrooms. Afterward, club members toured the school with the principal and left a bin in each classroom to surprise the teachers. There were even enough leftover items to replenish the school's supply closet! More books are already on the way as the club also successfully nominated NUE to receive an FDS\$500 grant.

In October, the club continued its philanthropic focus by organizing a team to participate in the Walk to End Alzheimer's in Charlotte on October 23. Family members and friends were invited to participate with the Charlotte Pi Beta Phi team. The walk was a great way to safely socialize, get some exercise, enjoy the lovely autumn weather and support a worthy cause. Through the support of club members and friends, the team was able to meet its fundraising goal.

Below, from left: South Carolina Beta **NELLY WELSCH**, Mississippi Beta **SUZANNE MALONE**, Virginia Gamma **PAT SANDERLIN BURTON**, Alabama Alpha **MICHELLE WILDER DODDS**, and South Carolina Alpha **SUE CAROL HUNGATE** with the book and supply bins collected by the Charlotte, North Carolina, Alumnae Club for Niner University Elementary.



OHIO

Ohio Delta Alumna

Ohio Delta **RAE ANN LOGAN HERMAN** received the David Hamilton Smith Greek Alumni Award during Ohio Wesleyan University's Homecoming festivities on October 2. Nominated by her Ohio Delta sisters including **STACEY RYEN SHEEHAN**, who introduced her at the award ceremony, Rae Ann was honored for her 32 years of service as the Chapter House Corporation President for the Ohio Iota Chapter at the University of Dayton, as well as for her service to the Dayton, Ohio, Alumnae Club and the Dayton Area Panhellenic Association.

OKLAHOMA

Oklahoma Beta Alumnae

In February 1971, Oklahoma Beta initiated a small New Member class during a record snowstorm. Fifty years later, nearly all returned to campus to receive their Golden Arrows together. Two sisters were remembered in a memorial ceremony, while the 16 in attendance wore wine carnation wristlets, sang Ring, Ching Ching at lunch and caught up on a half century of amazing accomplishments. Nine members even had daughters in the house who followed their Pi Phi footsteps.

Oklahoma City, Oklahoma, Alumnae Club

After fall primary recruitment, the Oklahoma Alpha Chapter was in need of a short-term House Director. Chapter House Corporation (CHC) member and Oklahoma Alpha alumna **HEATHER VERITY SHOWALTER** reached out to fellow Oklahoma Alpha **BETTY STAGGS HUCKABAY** for help. Word spread quickly, and soon the alumnae club had a list of volunteers. Oklahoma Betas **KAY HERTWIG REVELL** and **DEE RIPPETOE RICHARDSON**, as well as Oklahoma Alphas **MONICA SHAW SZYMANSKI** and **COURTNEY WATSON**, all stepped up to serve as temporary House Directors until the position could be filled. Former House Director **MINDY HOLBROOK JONES**, Oklahoma Alpha, is serving in the interim, but the club, CHC and chapter are incredibly thankful to the local alumnae for their continued love and support. Their desire to serve Pi Phi exhibits the mantra of being a "Pi Phi for Life."



Above, from left: Ohio Delta alumnae **STACEY RYEN SHEEHAN** and **RAE ANN LOGAN HERMAN**.



Above: Oklahoma Alpha **BETTY STAGGS HUCKABAY** serving as temporary House Director.



WASHINGTON

Washington Alpha Alumnae

In September, 13 members of Washington Alpha's 1959 New Member class celebrated 62 years of sisterhood and Sincere Friendship. In 2021, all the sisters turned 80, so birthdays also were celebrated while cruising Seattle's Elliott Bay.



Above, from left: Texas Betas **JAMIE MCCOMISKEY MOORE** and **ABIGAIL SASSENHAGEN WILLIAMS** and Texas Gamma **MELINDA MCMILLAN MITCHELL** at the Dallas, Texas, Alumnae Club's October meeting kicking off the official partnership between the club and Abigail's nonprofit United to Learn.

TEXAS

Dallas, Texas, Alumnae Club

The Dallas, Texas, Alumnae Club and Texas Beta Chapter at Southern Methodist University proudly announced a formal partnership with United to Learn, a Dallas-based nonprofit whose mission is to mobilize the community to close opportunity gaps in Dallas public elementary schools. United to Learn is committed to accelerating literacy achievement and growing purposeful young leaders across 49 elementary schools in the Dallas Independent School District. With dedicated and intentional involvement by Dallas alumnae and Texas Beta collegians, United to Learn will provide critical resources for literacy initiatives and meaningful philanthropic opportunities for Dallas Pi Phis. Founder and CEO **ABIGAIL SASSENHAGEN WILLIAMS** is a Pi Phi sister and Texas Beta alumna. She has worked to eliminate inequities in the educational system for the past two decades. Leaning on her proud Hispanic roots and personal lived experiences, Abigail believes a strong public education that drives literacy achievement will lift up today's children and enable opportunities. Together, United to Learn and Pi Beta Phi alumnae and collegians can close opportunity gaps and build an informed community empowered to advocate for all students to read and lead.



Above, from left: West Virginia Alpha Alumnae **CARA CHREVEKA, DANAE DEMASI-LEMON, WENDY RIDENOUR** and **CARMEN BURRELL**.

WEST VIRGINIA

West Virginia Alpha Alumna

On October 1, West Virginia Alpha **CARMEN BURRELL** was inducted into the Gamma Class of the West Virginia University (WVU) Center for Fraternal Values and Leadership Greek Hall of Fame. Carmen was recognized with this prestigious award for her tireless work at WVU supporting students, faculty and staff through the COVID-19 pandemic. Carmen worked with the university community to ensure safety for all by providing testing and immunization clinics. She shared that she was able to get through the last two years with the support of university administration, her family and her Pi Phi sisters, with whom she shared many group texts and

Zoom calls. Carmen was able to celebrate this significant recognition with a few of those sisters, including her little sis, as well as her husband, mother, sister and brother. Carmen was also selected by the American College Health Association's (ACHA) Awards Advisory Committee to receive the Ollie B. Moten Award for 2021. Established in 1982, it honors ACHA members who have made a significant impact on the institution of higher education with which they work. Carmen lives in Morgantown, West Virginia, with her husband, Johnny Shields, and serves as the division chief of ambulatory operations and medical director of WVU Medicine Urgent Care, WVU Student Health Services and the International Travel Clinic at WVU Medicine J.W. Ruby Memorial Hospital. ◀

In Memoriam

We honor our Pi Phi sisters who have passed away and celebrate their part in our sisterhood.

In Memoriam lists the name and initiation year of each member who has died. The list below reflects notification by public obituary received at Pi Beta Phi Headquarters between August 18, 2021 - October 31, 2021. Obituaries may be submitted at pibetaphi.org/in-memoriam.

Memorial gifts made to Pi Beta Phi Foundation are a loving and lasting way to honor the memory of a beloved Pi Phi sister. To make a memorial gift, please call our Foundation at (636) 256-1357 or visit pibetaphi.org/foundation. ←

ALABAMA BETA

Harriet J. Hooper, 1954

ARIZONA ALPHA

Karen Miller Applewhite, 1953
Jinx Brown Bailey, 1952

CALIFORNIA BETA

Claire Stoffel Killeen, 1950
Ann Seulberger Reynolds, 1955
Susan Thomas Stoakes, 1946

CALIFORNIA ZETA

Diane Williams Wagener, 1953

COLORADO ALPHA

Mallory Fletcher Price, 1982

COLORADO BETA

Carol Veasey Powers, 1948

FLORIDA ALPHA

Joyce Rogers Toggweiler, 1948

FLORIDA EPSILON

Karen Berlin Ziemkowski, 2000

GEORGIA ALPHA

Susanna Blackstone Arnold, 1991
Mildred Matthews Dillard, 1949
Katherine Coiner Roberson, 1954
Ariana Lisbeth Zarse, 2019

IDAHO ALPHA

Verley Takkinen Gregerson, 1947
Lisa Wagner Jones, 1976

ILLINOIS BETA-DELTA

Jeanne Kelly Phillips, 1946
Lizzy Warner, 2010

ILLINOIS EPSILON

Betty Lou Olson Bukowski, 1986
Jan H Wortman Levine, 1962
Barbara Razner Winters, 1948

ILLINOIS ETA

Barbara Barta, 1949

ILLINOIS THETA

Judith L. Hutchcroft, 1959
Joyce L. Patterson, 2010

ILLINOIS ZETA

Joyce Bresee Bishop, 1948
Joyce Applegate Eberhardt, 1947
Marilyn Hindsley Haynie, 1949
Susan Boodin Player, 1958

INDIANA ALPHA

Susan Mills England, 1961
Anne Clark Sherry, 1982

INDIANA EPSILON

Mary Downs Thompson, 1942

INDIANA GAMMA

Sally Vertrees Schlotz, 1949

INDIANA ZETA

Susan Duncan Sexton, 1965

IOWA BETA

Mary Jane Detrick Heavilin, 1955

IOWA ZETA

Beth Fellows Green, 1941
Carolyn Pillmore Sauer-Adams, 1957

KANSAS ALPHA

Alice Cash Mills, 1962
Martha Cable Wagner, 1944

KANSAS BETA

Jeannine Wedell Shadwick, 1951
Roberta Hostinsky Wright, 1958

KENTUCKY BETA

Ann Brand Haney, 1968
Kristi Weihe McAnulty, 1985

LOUISIANA ALPHA

Edie Harris Ford, 1950

LOUISIANA BETA

Jan Gray Teekell, 1950

MAINE ALPHA

Diane Wiseman Linscott, 1957

MARYLAND ALPHA

Janis Wimberly Hruby, 1950,
affiliated Oklahoma Alpha

MARYLAND BETA

Valerie Kidner Netting, 1960

MICHIGAN ALPHA

Jane Collins Black, 1952
Julia Reeves Johnson, 1959
Patricia Todd Male, 1960
Marcia Welch Montgomery, 1954
Elizabeth Endres Smith, 1950
Marie Weishaupt, 1954

MICHIGAN BETA

Julie Windham Boardman, 1956

MICHIGAN DELTA

Susan Meade Dregler, 1972
Barbara Glocksine Hansen, 1964
Wendy Sue Urka, 1982

MICHIGAN GAMMA

Marilyn Bersie Heibel, 1945

MINNESOTA ALPHA

Mary Ellen Pfau Kjos, 1959

MISSISSIPPI BETA

Marianne Morris Sweitzer, 1994

MISSOURI ALPHA

Mary Torrence Daues, 1948
Marilyn Tweedie Shutz, 1951

MISSOURI BETA

Nancy Clipner Israel, 1954
Joann Johnson Truss, 1949

MISSOURI GAMMA

Virginia Wilson Savage, 1942

NEW MEXICO ALPHA

Sara Carpenter Morris, 1956

NEW YORK ALPHA

Marilyn Marquiss Rathmann, 1948

NEW YORK GAMMA

Frances S. Mead, 1954

NORTH CAROLINA ALPHA

Barbara Lowe Keates, 1949

NORTH DAKOTA ALPHA

Dorothea Prete McCallum, 1957

OHIO BETA

Carolyn Cranmer Chabot, 1955
Edinaearle Williams Noe, 1959

OHIO DELTA

Eleanor Anderson Hull, 1958
Sally Trumble Ninos, 1954

OHIO EPSILON

Terry Ann Eoff, 1969

OKLAHOMA ALPHA

Sheila Reilly Dixon, 1957
Jan Knauer Horton, 1952
Elaine Word Knight, 1959
Linda Landauer McDonald, 1959

OKLAHOMA BETA

Margaret Swain Beesley, 1940

ONTARIO BETA

Jean-Marie Ross MacKinnon, 1946

OREGON ALPHA

Molly Schoel Campbell, 1966
Nancy Carlisle Thomas
Guenther, 1944
Judie Harding Timpe, 1959

OREGON BETA

Verna Cutsforth Kinersly, 1947

OREGON GAMMA

Beatrice Nagl Moore, 1947

PENNSYLVANIA GAMMA

Suzanne Ritter Chandler, 1951

SOUTH CAROLINA ALPHA

Sidney Smith Wait, 1955

TENNESSEE ALPHA

Carolyn Sawyer Hill, 1942
Dorrie Paetzell Neligan, 1948,
affiliated North Carolina Beta
Shirley Maxey Williams, 1948

TENNESSEE GAMMA

Brittney Kaitlin Basham, 2008

TEXAS ALPHA

Linda Lewis McSween, 1960

TEXAS GAMMA

Bev Wood Krieger, 1954

UTAH ALPHA

Sheila Dugan Barton, 1949
Margaret Chase Dreyfous, 1943
Joyce Lindley Marcroft, 1952

VIRGINIA ALPHA

Betsy Lebrun Caspari, 1956

VIRGINIA GAMMA

Sara Fowlkes Oliver, 1945

WASHINGTON ALPHA

Barbara Johnston Howell, 1942

WASHINGTON BETA

Suzanne Burchard Hewitt, 1950

WISCONSIN ALPHA

Joan Rapp Halas, 1952

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Spotlight on Sisterhood

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@newmexicopibetaphialumnae

I love that these angels get to work together. #sandiahigh #pibetaphi #nmalpha #pibetaphialumnae



@piphimialpha

We are so #piphiproud of our sisters and their collective academic efforts toward our 104th Scholarship Cup win!

@pibetaphimsu

Rainbow Spring Roll DEI Sisterhood. Our Director of Diversity/Inclusion, Lauren Bresky, teamed up with Nicole Grace, Vice President Member Experience and Annie Hoang-Pham, Vice President Community Relations, to bring our sisters together to build their own rainbow vegetable spring rolls and learn about Vietnamese culture!



@msupibetaphi

Big Little with @elizabethmberry, "Being a mentor is an amazing opportunity! I get to share my love and knowledge of Pi Phi with both of my littles. It's given me the chance to build authentic friendships, which is especially cool! Hailey and Sophia are amazing Pi Phis, and I cannot wait for all of the memories to come!"



@piphicwru

Incredibly proud of everyone for finishing the first semester! Wishing everyone good luck on finals and a reminder to take care of your mental health ❤️