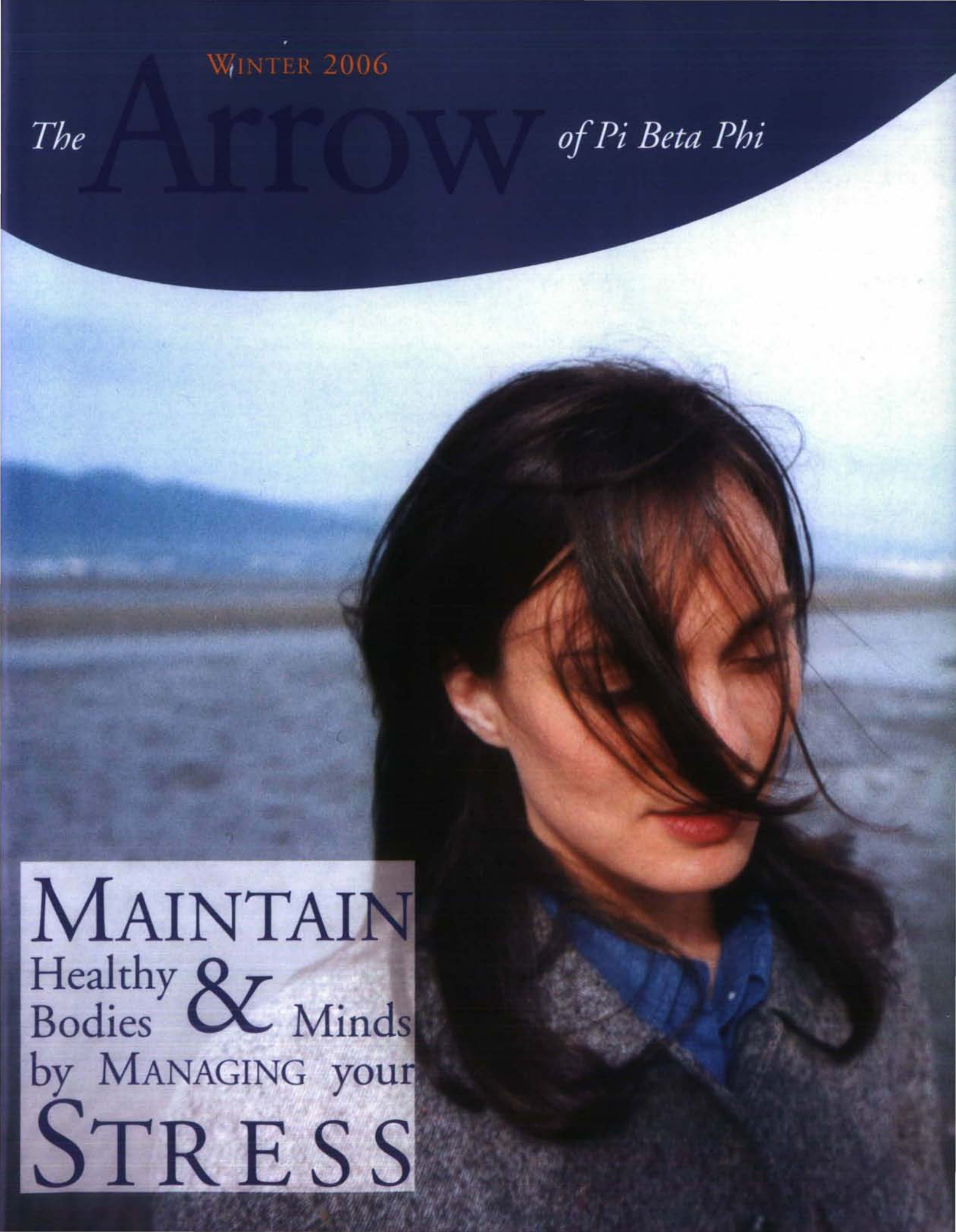


WINTER 2006

The **Arrow** of Pi Beta Phi



MAINTAIN  
Healthy & Minds  
Bodies by MANAGING your  
STRESS

# We're listening... *Are you ready to talk?*

The vision statement of Pi Beta Phi Fraternity states that we are committed to being recognized as a premier organization for women by providing lifelong enrichment to our members and contributing to the betterment of society. These words were carefully chosen. Notice that we are not satisfied with merely *being* premier. We intend to be *recognized* as premier, as well. It also doesn't say that our vision is to be a premier *sorority* because our vision is not confined to the fraternal world.

There's no doubt that this is a big vision and the first step toward being premier is to be so with our members throughout their collegiate and alumnae years.

Three years ago we commissioned market research to guide us as we work toward our vision. We wanted to know how you perceive Pi Phi and how much value you place on your membership. We wanted to know if Pi Phi still had meaning to your life or if it was just something you did in college.

Your responses in phone interviews and focus groups have guided the thinking behind many of Grand Council's initiatives over the past few years.

From you, we learned that our older collegiate members need fewer demands on their time and more age appropriate programming. College seniors have very different needs, interests and commitments than our new members. It took research to reveal what now seems so obvious. Our senior program, "Pi Phi for Life," is as important to the collegiate experience as the new member education program. We now know that we must pay particular attention to that time of transition in order to retain our members for life.

Networking, both personal and professional, is very important, especially to our young alumnae. That finding led us to develop young alumnae networking parties that the Fraternity has hosted in 10 major cities over the past two years. We have five already planned for this year. We found that club activities don't fit everyone's needs, but many Pi Phis would like to have more limited involvement, perhaps centered around personal growth or in com-

munity service. The new Lifelong Enrichment Series for Women was developed to provide an avenue for personal growth. The partnership with Read Across America is our springboard to a Day of Service. That partnership took us to Southwest Airlines, where we will literally Read Across America. See page 14 for details.

We found that we needed to brand Pi Phi and update our look. Most importantly, we found that you do value

.....  
*We wanted to know how you perceive Pi Phi and how much value you place on your membership. We wanted to know if Pi Phi still had meaning to your life or if it was just something you did in college.*  
.....

Pi Phi and we need to emphasize the core values of the Fraternity. Pi Phi is now recognized as a Greek leader in values-based programming with our "Leading with Values" member development program.

I listed these initiatives so you could be assured that your voice is important and because we want to hear from you again.

During  
January and  
February  
Prince

Market Research will conduct focus groups, phone calls, and e-mail surveys on behalf of Pi Phi. If you are contacted, please take a few minutes to respond. All members of Grand Council are eager to receive your honest and thoughtful feedback. Together we will achieve our big vision!

Yours in Pi Phi,

*Karen Shelton Chevalier*



**Grand Vice President  
Communications  
Karen Shelton Chevalier**

\*Photo is used with permission of *U.S. News & World Report*, where Karen works as the Executive Director, News Administration.

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Founded 1867

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Member College Fraternity Editors Association

**On the Cover:**

Michigan Alpha Jo Ella Miller Eriksen is an Anglican lay minister in Vancouver, British Columbia, Canada. This and the photo of Jo Ella on page 11 were taken by her husband Jeff Eriksen. Learn how Jo Ella and other Pi Phis strive to live a more peaceful, less stressful existence. Stories begin on page 5.

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# From the Reader

The Arrow invites comments about the magazine, its articles or any other topic of interest to our readers.

In order for your letter to be published, please include full name, address and chapter of initiation. Letters may be edited for style, clarity and length.

Send comments to:  
1154 Town & Country Commons Drive  
Town & Country, Missouri 63017  
or e-mail [thearrow@pibetaphi.org](mailto:thearrow@pibetaphi.org)

## COLLEGIATE NEWS

What a wonderful idea for a picture regarding breast cancer on page 33 from your Summer 2005 issue. As you can see, my interest is very deep on that subject.

PATRICIA LENHART SCHEIFLY  
OHIO ALPHA  
THE PATRICIA L. SCHEIFLY BREAST  
HEALTH CENTER  
WHITTIER, CALIFORNIA

(*Editor's Note:* IOWA BETA sent in a photo of their members in the formation of a looped ribbon in honor of their cook, Melissa Hosey.)

## CONVENTION 2005

I wanted to let you and your staff know how impressed I was with the most recent issue of *The Arrow*! I really felt that this issue captured a sense of community as well as presented an accurate picture of what the Fraternity is doing these days.

The convention coverage was very well done. Thank you for including more background on the accomplishments of our individual collegiate

award winners! It really makes a difference when we can share why these women are so outstanding. It helps all of us appreciate how Pi Phi is helping to nurture these young servant leaders.

I also wanted to commend your editorial judgment in the selection of the photo on page 14. I know it was a departure from the way we typically cover an awards presentation. What I loved about it is that you don't need to know any of the women in the picture, their titles, chapters, accomplishments or even read the caption to get the feeling that this is an organization of women who genuinely celebrate lifetime friendships and loyalty to Pi Beta Phi. I hope we see more of that in the future!

SUSAN KINGSLEY ROBINSON  
MISSOURI ALPHA  
PRAIRIE VILLAGE, KANSAS



## SISTER TO SISTER RELIEF

I wanted to thank you so much for assisting me with the Sister to Sister Grant. I received my grant recently and was floored at your generosity. The grant money will be used wisely as I start to rebuild my life. Thank you again and please pass this on to anyone else who helped you help me.

A LOUISIANA BETA  
METAIRIE, LOUISIANA

I just want to thank all of you who helped in giving sisters like me, much needed help during this ongoing time of struggle and need since the hurricane over eight weeks ago. I miss my home and job terribly, and knowing my sisters can come to help, even way after my college days, means so

much. I truly could not have gotten through this without the help of Pi Beta Phi. Thank you so much from the bottom of my heart.

AN ALABAMA BETA  
NEW ORLEANS, LOUISIANA

Thank you so much for the assistance from the Sister to Sister fund. We are going to carpet the rooms where we had six feet of storm surge water. I am so appreciative of the aid that a note can't truly express my gratitude!

A TEXAS ETA  
OCEAN SPRINGS, MISSISSIPPI

Words cannot express my gratitude for your financial help due to Hurricane Katrina.

I almost cried when I received the letter. Not only was the money a relief, but it made me realize how much Pi Beta Phi really does care about me as an individual. I was so worried that after losing so many things in my life I would lose Pi Phi as well because of my financial loss. I am now a senior and this experience has taught me how important that alumnae financial assistance is. In the future I hope to provide financial support to my sisters.

You will all be happy to know that the MISSISSIPPI ALPHA sisters are all helping each other through this tough time. Thank you again.

A MISSISSIPPI ALPHA  
LONG BEACH, MISSISSIPPI

(*Editor's note:* There has been some confusion about the hurricane relief efforts provided by Pi Beta Phi. Sister to Sister is funded by the Fraternity, while the Emma Harper Turner (EHT) Fund is managed by the Foundation and all EHT donations are tax deductible. Further explanation about each fund can be found at [www.pibetaphi.org/Sister\\_to\\_Sister.html](http://www.pibetaphi.org/Sister_to_Sister.html) or [www.pibetaphifoundation.org](http://www.pibetaphifoundation.org).

Peaceful  
*Tranquil*  
TENSE  
Serene  
Placid *Rushed*  
Centered *Scattered*  
CALM ANGRY  
STRESSED...

Stop for a minute. Can you feel the warning signals that stress is tap, tap, tapping you with every day? They might appear in the form of a dull headache, a muscle spasm in the small of your back or a clenched jaw after a night of grinding teeth.

Chances are you have noticed, but then what? Many Pi Phi sisters have not only discovered innovative ways to relieve their own stress, but some have decided to go into professions to help others lead more peaceful and, ultimately, healthier lives.

Granted, a few methods may seem out of the mainstream, but keep reading. You just might pick up a new way to respond to stress before it builds to a toxic level in your system.

NEW YORK ALPHA KRISTEN LOMBARD is an advanced practice nurse consultant who became disillusioned with the type of care she was able to provide and expanded her practice into integrative care. She was burnt out with traditional nursing — suboptimal staffing patterns, high productivity models, a higher value placed

on high tech and the bottom line, little time to do the care that was so desperately needed. “This is crazy and is burning people out. We are not able to give the kind of care that we went into the profession to give.”

Kristen holds a master of science in nursing degree from the University of Virginia and a bachelor of science in nursing degree from Syracuse University. About 11 years ago, she was working at Mercy Hospital in Portland, Maine, when a combination of three factors led her to pursue

a career in integrative care. First, she was concerned how patients frequently were referred to a multitude of specialists, who didn't always talk to each other and often compartmentalized the patients' problems by looking through their narrow lenses. Care was often about medicating a symptom rather than understanding the root of the problem and treating that.

The second motivator was that she was excited by the medical literature she was reading about the successes of newer ways of healing and how they complemented conventional care and last, but not least, Kristen personally benefitted from an experience of a complementary therapy called healing touch.

She was in the midst of a difficult life event when a healing touch practitioner suggested Kristen come in for a session, which involves balancing the human energy fields. Kristen admitted that at the time she felt dubious of its effectiveness, but she trusted the woman, who was also a friend. In her first session, Kristen relates that she "experienced a profound sense of peace and balance," that she had never known. Her friend encouraged Kristen to learn how to provide healing touch, and today Kristen is a certified healing touch practitioner, Reiki Master, stress reduction educator and psychotherapist.

Back in 1997, Kristen's career also began to shift when she joined forces with a multi-disciplinary group to bring complementary therapies to Mercy Hospital, in Portland, Maine. The response was excellent and they went on to create the Holistic Council and held meetings guided by a model of governance called circle process. This process values the equality and respect of all voices and leadership is shared. "We wanted to work together in a healthy way where we all come to the table with equal power and with gifts, though we have different gifts and different skills," Kristen explains. "We learned how to do relationship-centered care with ourselves first."

The participants found that they began to relate to each other and their patients in a more positive and authentic way. "It absolutely changed our personal and professional lives. We are very passionate about this thing called circle process."

In the beginning the group had big dreams of providing both in-patient and

out-patient integrative care at Mercy Hospital. When this didn't happen because of monetary limitations, they raised their own money and five years ago started True North, Maine's Center for Functional Medicine and the Healing Arts.

Based on the model of relationship-centered care, today True North has 17 practitioners and their mission is to provide a patient-centered environment for the health and healing of the body, mind, emotions and the spirit. They now collaborate with the hospitals and practitioners in the community and have become a teaching site for most health professionals. Patients come from all over the country for care.

**The National Institutes of Health, the United States' governmental health research organization, studies and acknowledges the efficacy of Complementary Alternative Medicine (CAM) and the defines the five following CAM therapy categories:**

**Biologically based practices use substances found in nature, such as herbs, foods and vitamins (in doses outside those used in conventional medicine).**

**Energy therapies involve the use of energy fields, such as electromagnetic fields or biofields (energy fields that some believe surround and penetrate the human body).**

**Manipulative and body-based methods are based on manipulation or movement of one or more body parts.**

**Mind-body interventions use a variety of techniques designed to enhance the mind's ability to affect bodily function and symptoms.**

**Alternative medical systems are built upon complete systems of theory and practice. Often, these systems have evolved apart from and earlier than the conventional medical approach used in the United States.**



**Kristen Lombard**

Integrative care is the new term that "describes a system of health care that is anchored in a collaboration

between conventional health practices and the complementary healing arts," Kristen says. It has been called holistic, alternative or complementary care.

"It has been proposed that this is not new age health care, but the new science. There are decades of science to support a better understanding of the mind-body connection, as well as some of the ancient ways of healing. We are also learning that we have self-healing abilities that can be cultivated to improve health.

"Integrative treatment is a process that considers the root of the problem, instead of merely treating the obvious signs and symptoms. Integrative care acknowledges that each person is a unique individual consisting of the integration of body, mind, emotions and spirit. These integrated parts make up the whole person and cannot be separated. The whole is greater than the sum of its parts and we are understanding more accurately the inter-relatedness of all our systems."

Kristen points out the importance of a comprehensive traditional medical work-up to help understand the whole picture. The integrative care paradigm understands that that social and environmental conditions are as important as the physical, genetic and psychological make-up of the person. Good health is the state of balance between the physical, mental, spiritual and emotional aspects of a person. Well-being is a dynamic process and requires the person's active participation in staying healthy. The body has an innate ability to heal itself. Part of becoming or maintaining health is to become more self aware, intentional and to connect more consistently with our inner wisdom.

"Spirituality, any practice that nurtures a sense of meaning in life, plays an important role in transformation/health. There are many paths to healing," Kristen adds that there was an interesting study about prayer from San Francisco General Hospital regarding 393 cardiac care unit

patients. There were patients randomly assigned to two groups so that neither doctors nor the nurses knew who were receiving prayers. One group received daily prayers by prayer groups, who only knew the first names of the patients, and the other group received no prayers. “Those patients who had been prayed for used five times less antibiotics and had a survival rate that was three times better than the other group,” Kristen reports.

These results may not be revolutionary to religious people, but they did show the scientific community that the spiritual/body connection merited further study.

True North’s patients come to the center for many reasons. It may be because they have complex medical problems, or perhaps they are not getting relief through traditional medical treatment. They may have been told that nothing else can be done. Some want a relationship with their practitioner, while others understand there are other ways to heal. Others are preventively seeking to maintain their current level of health.

Kristen states that patients want time to foster a relationship with their practitioners, which is difficult to do during a typical 8-minute office visit. At her center, the practitioner spends one, two-hour session with each new patient. Hour-long follow-up appointments are not

unusual. The comprehensive assessments and treatment address not just the physical symptoms, but other factors such as nutrition, psychosocial, genetic and environmental conditions.

True North continues to use the circle process today as their administrative and collaborative model and to conduct patient care. They believe that relationship and trust are critical components of a person’s healing. According to a holistic philosophy, wisdom and healing comes from the patient, not the practitioner. The practitioner helps the process of healing by creating an environment in which healing can happen — i.e. time, respect, information, resources, encouragement, presence, curiosity, acceptance, non-judgment and love.

But, what if a patient wants to use integrative care with a medical doctor who does not see the value in these types of therapy? “Skepticism is honored,” Kristen says, “but, ultimately, it is the patient’s decision to access integrative care. Fear of the unknown is honored. I think part of my work is to educate my colleagues.” She generally starts by explaining her work and shares relevant research to back up the treatment she offers and closes by encouraging good communication as the care progresses.

Education is a big factor, whether it be with doctors, the general public, insur-

ance companies, or most importantly, the patients themselves. Kristen teaches widely in the community on stress reduction, integrative care and circle process to get the word out. “Our job is to give them the information, provide a safe and trusting container for healing, effective treatments and make informed recommendations. The patients need to make the decision about what they want to do. We support them to slow down and touch base with themselves and their values. The focus of treatment is directed by the patient and health care practitioner in partnership.

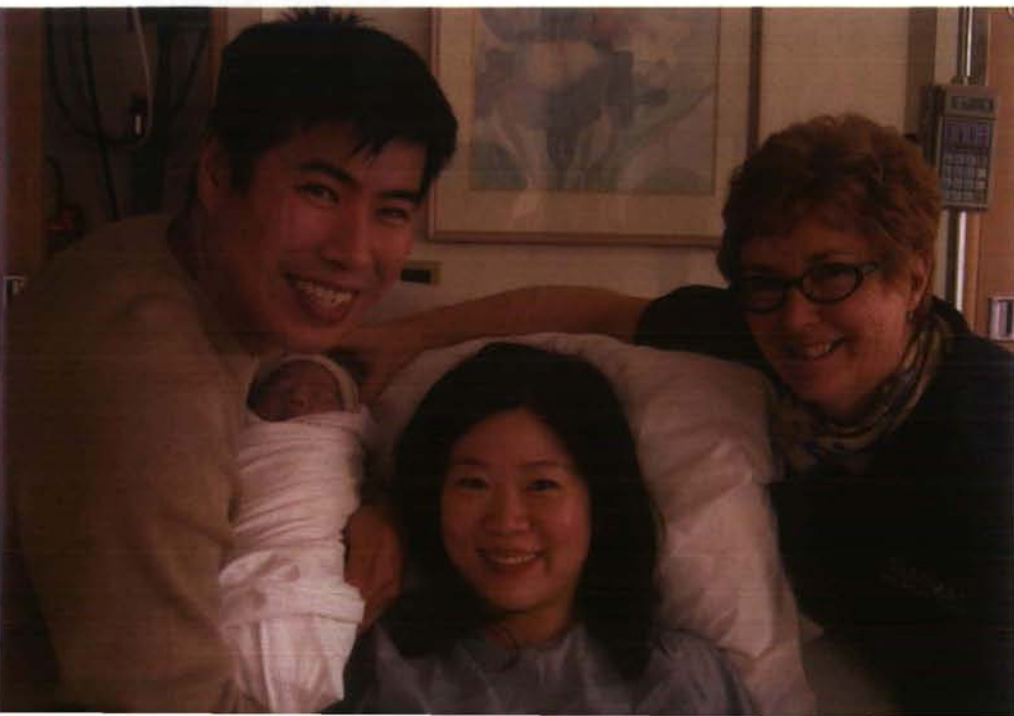
One way Kristen works with her patients to slow down and get off autopilot is by teaching them mindfulness meditation. She helps them learn how to pay attention in the moment, on purpose and without judgment. If you have ever pulled up into your driveway and realized that you don’t remember anything about the drive home, you have experienced being on autopilot, which is the opposite of mindfulness.

“With people who have a lot of anxiety or ruminating thoughts, their mind is always on the hamster wheel and they often don’t know how to get off,” Kristen says. She teaches the “importance of the breath and diaphragmatic breathing in particular as a way to anchor to the present moment. The simple use of diaphragmatic breathing has been found to have automatic positive effects on immune and other physiological stress reactions, bringing emotional clarity and calmness, enhanced mental functioning and a greater sense of spiritual connection.

“Early research at the Institute of HeartMath showed that negative emotions — anger, resentment, frustration, judgment, worry, disappointment, guilt — threw the nervous system off balance and the heart rhythms became jagged and irregular. This stress on the nervous and cardiovascular systems cause potential health problems, including decreased immune response.

“In contrast, connecting with positive emotions — love, appreciation, gratitude, compassion — brought the nervous system into better balance and heart rhythms were noted to be harmonious and coherent,” Kristen states. “When the heart functions in that way, it optimizes mental clarity,

**Elaine Montgomery, right, poses with proud parents who welcome their newborn. She was the family’s doula. Read about her work on page 8.**



emotional intelligence, creativity, positive feeling states and personal effectiveness.”

Following are the stories of other Pi Phis who are using their positive emotions of love, appreciation, gratitude and compassion.

## Doula

“Many of us say that if doulas were a new drug, and could be bottled and sold, we would be prescribed for every woman having a baby,” says ALBERTA ALPHA ELAINE KING MONTGOMERY, who is a doula in Calgary, Alberta, in Canada.

“Studies show that mothers and/or couples who have a calm person with them have shorter, more satisfying births. Doulas are a supportive presence and give the mother the strength to have a memorable birth. Often this helps mothers feel in control of their birth. This does not necessarily mean that there are no drugs or interventions. It does, however, help mothers and other support people ask any questions they might have to help them make decisions.

“As doulas we meet with the family a minimum of two times before the birth. To prepare we begin by discussing the type of birth the couple envisions. What are they doing to get ready both mentally and physically for this event? Prenatal yoga classes are also very beneficial and help the mother with stretching and breathing. A doula can be especially important if a mother has medical concerns such as diabetes, chronic fatigue syndrome, injuries or high blood pressure. The doula does not supply information, but can assist with finding relevant information and discussing with caregivers any special needs.

“Finally, when labor begins I join the couple either at home or at the hospital. I stay with them until about an hour after the baby is born. My experience has been that not only does the doula help the mother relax, but



Jaime Walsh

father. He is often so nervous that his negative energy causes tension in the mother. If we can keep dad somewhat calm, the laboring woman can concentrate on the task of allowing her body to function as effectively as possible.

“Doulas protect the memory — what more wonderful beginning for a new family than to remember the birth as a fulfilling experience?”

## Massage Therapist

UTAH ALPHA JAIME MEYER WALSH, of Sandy, Utah, says “I became a massage therapist so I could help other people achieve better health and wellness.

Bob Hope and George Burns received massage every day that kept them both healthy, vital and alive past their nineties. Massage is not a luxury it is a necessity.”

Jaime says massage has many benefits. It relieves stress and muscle tension and stiffness; promotes deeper and easier breathing; improves circulation of blood and lymph; strengthens the immune system; promotes peace of mind and a relaxed state of mental alertness; and reduces blood pressure. She says a 1-hour massage is equivalent to four hours of sleep.

“So go out and find a therapist you like and start taking time out for yourself. Life will wait a couple of hours for you and your mind will be clearer and you will feel wonderful.”

## Spa Owner

OHIO DELTA BARBARA HOLE BREWER and her husband Bill raised their three children on a 120-acre farm where they “enjoyed the cycle of crops, the horses, sheep, dogs, and cats, and most of all, the serenity of the land and the view facing the Miami River Valley.” Once the children were on their own, Barbara started searching for what to do with her life. “Doors opened. I finished my nursing degree and knew there was more to the calling than the traditional path. That’s when I discovered massage therapy. I wanted to be able to use what I knew about health and wellness and people and life to make a difference one to one with others in a place where the natural connection to earth and land and animals was a part of the healing connection.

“I started a practice in my home and soon we were having health retreats at the farm, along with the massage prac-

To get the most out of your massage session, Jaime Walsh recommends that you:

- Avoid eating 1-2 hours before your appointment.
- Limit caffeine and sugar as well as other stimulants before your appointment.
- Allow extra time to get there so you don’t feel rushed.
- Let your therapist know what areas need extra attention and your preferences regarding: the type of pressure, music and the volume, and room temperature.
- Make sure to communicate and let your therapist know what you like and don’t like.





Barbara Brewer

tice." Next came a healing center, a grotto with a hot tub, water falls, streams to a pond and hiking trails and the farm was transformed into Harmony Farm in Tipp City, Ohio. "Nine years after that, we needed still more space and with a strong sense of a guiding hand at my back, we built a second building called 'Discover' where we can offer overnight retreats and soul-journey conferences."

A year ago Bill died, but Barbara continues to direct the spa. "I no longer have just the sense of a hand at my back guiding the future of the farm; I can feel Bill's loving arms still reaching and embracing the land as I now envision the future of Harmony Farm. All of the devotion he poured into the land, the gardens and meadows, the trails and waterways still daily guides our services. I've learned through the unfolding of the farm to trust my own deepest experience and have come to understand that this inner knowing place is the deep and true place where healing can happen."

## Acupuncturist

A year before graduating, from the University of California, Berkeley, in 1992, CALIFORNIA BETA HEIDI HENKLE ROSS had taken a break from study and was traveling. "I experienced some profound healing with both massage therapy and acupuncture during this time away from Cal which left such an impression on me that I decided at that point that I had discovered my destiny, to help others on

their path to health and wellness." She is a Doctor of Traditional Chinese Medicine, (TCM), better known as an acupuncturist in her hometown of Pacific Palisades, California. Heidi received her degree from Yo San University in Los Angeles in 1997. "I have both a National and California state license to practice acupuncture and herbal medicine. I am also a certified doula, and assist women and families with their fertility, pre-natal and post-natal needs."

Heidi believes that "all healing is a road back to our original selves. Both medical technique and the creativity of art support one another in fulfilling our health — a word whose original meaning is wholeness. Where medical technique may save lives, art gives saved lives a purpose to live. Either one alone is not enough for us to thrive.

"The purpose of my work as a physician is to nourish bodies and spirits back to a passionate, grounded and even eccentric wholeness.

"The lifestyle that I have created enables me to practice what I preach. I have a 10-year-old son who has been raised with the tenets of TCM at his core. He understands the benefits of meditation and yoga, of eating organic food and avoiding McDonald's. I have learned so much from my experience of raising a child with the arsenal of herbs, needles and liniments in my medicine cabinet, as compared to the Tylenol, Robitussin and penicillin of my nearest and dearest friends."



Heidi Ross



Ellen Purtell

## Counselor

A rescheduled appointment with her child's pediatrician kept NEW YORK EPSILON ELLEN PURTELL away from her office located in Tower 2 of the World Trade Center office the morning of Sept. 11, 2001. "Like the rest of the nation, I watched CNN in horror as my building went down," she recounts. "I could almost hear the wings of my guardian angel beating around me that day, protecting me and my family.

"In 2001, I was working as a corporate account manager for some of the largest firms on Wall Street." She describes her work with a demanding group of customers who themselves worked in a highly competitive field, akin to being in a "constant pressure cooker."

After 9-11, "there was work to be done and I was involved in the efforts of reopening the New York Stock Exchange as a customer liaison. After a few months passed, I had a harder time justifying to myself staying in a job in which my greatest contribution to the world was making sure that Wall Street had dialtone. I quit and decided to make a change.

"Prior to getting my MBA I had gotten a master's degree in counseling psychology; I decided that being a counselor and helping people with their problems would be a more fulfilling way to live my life. In order to have a private practice in New Jersey, I have to fulfill a certain slate of requirements." These include taking some additional classes, which she is



**Christine Bandettini taught adolescents, who learned several strategies for relaxation.**

doing at the College of Saint Elizabeth in Convent Station, New Jersey; passing the National Counselor Exam, which takes place in April 2006; and finally, completing 4,500 hours of supervised clinical work.

"I always knew that I wasn't where I belonged in a vocational sense; I was successful, but not fulfilled. I need to be doing something meaningful, and it took a jarring and violent event to wake me up. Maybe I can help others in their lives so that the impetus for their changes doesn't have to be violent or jarring.

"My children had a lot to do with my decision also. After 9/11 I was no longer willing to be on one side of the Hudson River with them on the other side every day. I also want them to know that change is difficult, but possible and that money isn't everything. I still have a long road ahead before I meet my goal, but I know that with some hard work, perseverance and a few angels flying around, I will realize my dream."

## Counselor & Yoga Instructor

Mahatma Gandhi's quote, "If we are to make real peace in this world, we shall have to begin with children," rang true to WASHINGTON GAMMA CHRISTINE MATSON BANDETTINI of San Rafael,

California. When her children went off to college, she began to look for another purpose for her life. "I already served the community by volunteering in the schools and non-profits and worked part-time as a medical technologist. My parents modeled serving for me. An inspirational calling led me to an enriching journey of self-discovery.

"I had tried many natural things to quiet my nervous system. After practicing yoga, I experience profound peace. Yoga helps me to release emotional stress, and restore my body's nervous system as well." Christine is a licensed marriage and family therapist, Ayurvedic counselor, and registered yoga teacher who is currently teaching helpful strategies to people of all ages. "The results of



**Marion McElroy**

which, improve their relationships with themselves, as well as with others and the universe.

"We each are architects of our own lives. It is up to us to design the life that we want to live," she says.

## Yoga Instructor

"I retired from teaching public school three years ago and decided to do something that I really enjoyed," says TEXAS GAMMA MARION MCELROY, who lives in Wichita, Kansas. She credits 11 years of yoga classes for the relief of her back pain. "Therefore, I decided I could help others find healing through yoga." She became certified to teach yoga and began teaching two or three classes a week at Calvary Methodist Church. "Many of my friends were very supportive and attended classes there. Even though yoga is 5,000 years old, it is not a religion, but you can choose to incorporate your own religious beliefs into your yoga practice. My most popular class is 'Easy Does it Yoga,' which is chair yoga and senior citizens attend from the church and nearby community.

"Currently, I am teaching five classes a week at several Wichita Park and Recreation Centers. Also, I go to several retirement homes and enjoy being with older citizens who want to keep active. My mother is 96 and I shared yoga with her group in her retirement center in Lubbock, Texas.

"Yoga is a philosophy and a way of life. Yoga can affect us in any way or every way we choose. In Sanskrit the word means 'union' and it joins the body, mind and soul. It has changed my life.

"This summer I was certified in cardiac yoga in Virginia with Mala Cunningham. I am planning to teach yoga to people with heart problems. I believe that yoga is so popular with those of us who are retired because we want to stay healthy, enjoy life each day and share the gifts that aging has given to us."

## Prayer

"It is because of my personal relationship with Jesus Christ that I am able to achieve a more peaceful life, especially in difficult times," says MICHIGAN ALPHA NANCY KROMER



Nancy Roudebush

ROUDEBUSH, of Breckenridge, Colorado. Recently, she was awaiting the results of a biopsy. "One night about 2 a.m., I had been praying and all of a sudden I felt God's comforting arms around me and it was then that I knew that everything would be okay no matter what the result. The biopsy was negative.

"About 25 years ago my eldest was diagnosed with spinal cord cancer. These past years he has had over 18 surgeries and has been an incomplete quad for most of that time. Of course, there were the normal ups and downs with the normal human emotions but I always knew where to go for help — to God in prayer. Besides our prayers, we had many people praying for David as well as for the entire family. It is amazing how one feels their prayers.

"One night, I was so tired and really did not know how to pray. As I was looking out

the hospital window, I remembered a scripture which said that the Holy Spirit will pray for us when we are no longer able, we are to just ask.

"Now for the rest of the story. My son, even with chemo, radiation and their side affects was only supposed to live at best five years. He is happily married, has two adopted children and a full-time job. He is currently being groomed for upper management. Best of all, he and his wife are very active in sharing their faith in Christ with others. He is now 45 years old.

## Keeper of the Sabbath

"During my college years, I lived the typically stressed student life, filling my schedule to the brim, and then occasionally adding in the spontaneous weekend road trip just for fun," says MICHIGAN ALPHA JO ELLA MILLER ERIKSEN, a lay Anglican minister at St. John's Shaughnessy in Vancouver, British Columbia, Canada. "At that time, an attentive academic adviser helped me begin to combine my loves of history and psychology by introducing me to the Western spiritual classics — writings which introduced me to the ancient spiritual disciplines which have gently transformed the pace of my life and grown my faith.

"I first encountered the notion of Sabbath-keeping in my final year of college. From the Hebrew word shabbath, sabbath means 'to stop' or 'to desist,' and refers to the practice of setting aside one day each week for the exclusive purpose of rest and spiritual attention. At first, this practice seemed impossible and impractical to me. How could anyone really cease all work for one day each week?

"Like many, I grew up in a home where a day off was a day to catch up on everything else, with a little time at the end to veg out in front of the TV. The notion of sabbath is more than simply a day off. Within the Judeo-Christian tradition, sabbath is rooted in recognizing that we were created for more than work, so we can stop working for one day each

week and the world will not come crashing down on us. In this practice, I am reminded of my own limits and I am reminded of the bigness of God.

"Contemporary writer Eugene Peterson has summed up the activity of Sabbath-keeping as praying and playing. In setting aside one day each week for spiritual rest, I have time and space in my mind for prayer, to be attentive to God beyond the urgent concerns of the moment. For me, it has meant spending time outside, reading the scriptures and thinking about these rich words, while noticing the beauty around me. A day of rest also allows me time to play, time set aside to enjoy and celebrate. This may mean curling up by the fire with a good book, enjoying an easy hike or having unrushed time with friends.

"When I am keeping this rhythm of rest in each week, my attitude towards the rest of my life is changed. Rather than reacting to life, I begin to see the rest of my life in its larger context, and am reoriented towards what matters most.

## Quilter & Poet

"Two years after my husband died, I began a new life in Milwaukee, the city of my childhood," says INDIANA EPSILON CARY KAY FELLMAN. "I learned to quilt, using fabric from my husband's flannel shirts to make appliqué quilts for each of our six grandchildren. Quilting serves a three-fold purpose in my life: the act of



Jo Ella Eriksen



Cary Fellman

quilting relaxes me, designing quilts and sewing them is an outlet for my creativity and teaching others the art of appliqué satisfies the teacher in me.

"I discovered I was a poet, able to spill my sorrow unto paper. This also gave me a way to express the joy I found in nature, family and friendships. I serve as regional vice-president on the Board of Directors of the Wisconsin Fellowship of Poets and lead workshops on self-publishing, the art of the re-write, and poetry writing. My second book of poetry will be printed by late winter 2006.

"In July 1998, I became an accredited teacher of T'ai Chi Chih Joy Through Movement and teach classes at a school for seniors and at the School of the Arts at the University of Wisconsin in Rhinelander, Wisconsin. It is a form of T'ai Chi that is not a martial art, but

rather, is movement that helps one remain calm and centered and fosters a spiritual connection to the universal energy I call God.

## Harpist

COLORADO ALPHA PAMELA MILLER LIPP finds the harp is a perfect antidote for the stress of helping her husband run his consulting business.

"My grandfather was a harpist and the only harp repairman on the west coast back in his time in the late 40s and early 50s. He died when my mom was pregnant with me, so I never met him, but his harp stayed in our family. I dabbled with playing it when I was 14 and 15, but lost interest and didn't have the appreciation for it that I do now."

Pamela Lipp



Peggy Smyth-Casey

After sitting unused for 30 years, the harp was sent off to Chicago to be overhauled. Pam's parents sent the refurbished harp to her in Fair Oaks, California, and "now my 16-year-old daughter and I both take lessons.

"It is so peaceful to play and it calms me. I have three kids, and run a business, so my life is very busy." The music draws her husband to the room to rest, read and just enjoy the music, "even when I'm practicing a new song and it's rusty. There's something about the harp that is soothing even when you are not playing so well. Even our cat is a big fan. He will traipse from across the other side of the house when he hears harp sounds and stay in the room during play."

Although Pam and her daughter are still beginners, they hope "to play for senior homes and for community service."

## Journaler

Journaling is one of the ways CALIFORNIA DELTA PEGGY HOOTEN SMYTH-CASEY of Hacienda Heights, California, finds to relieve stress and find peace. "I have been writing each morning now since 1990," she says. "Sometimes I have nothing really great to write about, but other mornings I just pour out my heart and the writing is a form of releasing pent-up, hidden thoughts and this in turn helps you to be in control of your situation."



Kathleen Ebey

## Gardener

MARYLAND BETA KATHLEEN KELLY EBEBY of Aiea, Hawaii, finds growing bonsai trees to be a wonderful way to reduce stress.

"To this day I don't know why I stopped by a plant sale that was being held in a neighboring community," she says. A purchase of a bonsai tree sparked an interest and she soon enrolled in a bonsai class. "I was hooked at the very first class. Bonsai has taught me how to patiently wait several years for a tree to show its true beauty, just as I must often do with people. It has taught me to allow the tree to tell me what it wants to be, rather than me trying to force my will on the tree, just as I must often do with situations that face me. It has taught me to look at a tree as a piece of art work rather than as a "tree" — to look for one positive aspect rather than all of the negative ones, just as I must often do with both people and situations. In a manner of speaking, I am learning "to go with the flow" of each tree. And when you learn to "go with the flow" in life, stress is definitely reduced.

"Additionally, the school of bonsai (where) I am learning comes from Japan so I have met many Japanese bonsai masters who truly practice acceptance, tolerance, patience, and respect for age,

both in people and trees. So, along with learning the art of bonsai I have been blessed to learn a little about the art of living one day at a time and one tree at a time."

When working on her trees, Kathy is oblivious to outside distractions. "I don't hear the kids yelling in the park, the dog barking next door, the car alarm going off down the street. I am totally lost in the world of the beauty of little trees. And there is definitely no room for stress in that world."

## Vegetarian

"The sign as you enter my drive-way reads 'Slow — Animals at Play,'" says MISSISSIPPI ALPHA KATHRYN SCHLEDWITZ LEWIS of Gulfport, Mississippi. "Turtles, deer, ducks, rabbits, cats, etc. all have found our home is their home. Actually, when you think about it, their home has become our home. Box turtles come to our back door for strawberry treats. Our pair of flying squirrels have survived a severely Katrina-damaged tree to entertain us each night, a mother possum brought her baby after the hurricane to find refuge under our deck, and we have had as many as nine cats, all strays or feral, at one time. They all bless



Kathryn Lewis

us with their companionship, antics and devotion.

"Why have I been a vegetarian for almost 20 years? There is a reason dogs and other animals are called man's/woman's best friends.

"I live in South Mississippi in an area heavily damaged by Hurricane Katrina. This tragedy has asked the most of our sisterhood and Pi Phi has answered the call. For sisters who love animals like I do, know there are thousands of animals that need our help. Katrina has left many of them lonely and hungry. If you would like more information on how you can help these wonderful creatures please contact the Humane Society of South Mississippi, 13756 Washington Ave., Gulfport, Mississippi 39503, phone 228-863-3354."

*Editor's Note:* I hope that you have found these women to be as inspirational as I have. May your New Year be filled with peace, love and good health.

If you are interested in learning more, here are some resources that have been recommended by the profiled women:

### BOOKS:

"Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness," by Jon-Kabat Zinn, Ph.D.

The Bible's Book of Romans

"The Schwarzbein Principle II: The Transition," by Diana Schwarzbein, MD

"The Artist's Way Morning Pages Journal," by Julia Cameron

### MOVIE:

"What the Bleep Do We Know?"

### WEB SITES:

<http://nccam.nih.gov/health/>  
[www.massagetherapy.com](http://www.massagetherapy.com)  
[www.HarmonyFarmOh.com](http://www.HarmonyFarmOh.com)

# Links to Literacy



## PI PHIS & SOUTHWEST® *share the spirit*

Wondering how Pi Beta Phi is going to read all the way across America? The Fraternity just received word that we are getting a turbo-charged boost from Southwest Airlines.

Pi Beta Phi is thrilled that Southwest Airlines has agreed to “Share the Spirit” and join us in a Read Across America initiative. Pi Beta Phi’s National Day of Service project, Read Across America is a reading awareness program which takes place annually on or around March 2, which is Dr. Seuss’ birthday. In observance, Pi Beta Phi and Southwest Airlines will treat children flying on select Southwest flights on March 3 to their very own book.

This effort – scheduled for the afternoon of Friday, March 3, in 25 Southwest cities – will be jointly managed by Pi Beta Phi and Southwest Airlines. In each location, a

Pi Phi coordinator will work hand-in-hand with a Southwest Airlines counterpart to oversee local activities, work out logistics, and coordinate volunteer opportunities.

Pi Phi volunteers will be needed to affix book plates in books prior to the event and to greet children and hand out books in airports on event day. The 25 airports include: Albuquerque, New Mexico; Austin, Texas; Baltimore, Maryland; Burbank, California; Chicago, at Chicago Midway; Dallas, Texas, at Love Field; Houston, Texas, at Houston Hobby Airport; Kansas City, Missouri; Los Angeles, California; Nashville, Tennessee; New Orleans, Louisiana; Ontario, California; Orange County, California; Orlando, Florida; Phoenix, Arizona; Portland, Oregon; Raleigh/Durham, North Carolina; Reno, Nevada; San Antonio,

Texas; Salt Lake City, Utah; San Diego, California; San Jose, California; Seattle, Washington; St. Louis, Missouri; and Tampa, Florida.

Pi Beta Phi is extremely proud that our literacy initiative has been adopted as a part of Southwest Airline’s “Share the Spirit” philanthropic and community service campaign. As the airline that carries the largest number of domestic passengers, Southwest offers our partnership an unprecedented visibility for Pi Beta Phi Fraternity. “Not only are we thrilled and gratified by the opportunity for visibility, but we also have a great deal of respect for Southwest Airlines as an organization,” said BIMBI LANE HUEBNER, Grand Vice President Programming. “Pi Beta Phi is particularly excited to partner with Southwest Airlines because we believe

### KANSAS ALPHAS LET THE CAT IN TO PLAY ON PHILANTHROPY DAY

Kansas Alpha’s potential new members could literally feel the literacy excitement last semester. The chapter capitalized on the Fraternity’s partnership with NEA’s Read Across America to give their Philanthropy Day of recruitment a makeover. They found Read Across America and the Cat in the Hat to be a valuable marketing tool and a fun theme.

Tara O’Connor wore the Cat in the Hat costume, which immediately prompted conversations about literacy and Read Across America. An AAC contact donated more than 100 books to the chapter. The books were prominently displayed at the entrance to the house. The Cat in the Hat lounged, reading Dr. Seuss.

Potential new members joined chapter members to make journals, using Arrowmont’s Art Smart Pack. The journals were donated to a first grade class at Hillcrest Elementary School in Lawrence, Kansas, to be used as reading logs.



we share common goals and values. As organizations, we each feel a significant commitment to our people and to those we serve."

According to Melanie Jones, Southwest's Manager of Community Relations and PR Programs, Southwest Airlines is just as pleased with the arrangement. "Southwest Airlines is devoted to each and every community that we serve and we are always looking for opportunities to give custom-

ers more than they expect. Our partnership with Pi Beta Phi will make that possible," Jones said. "Our employees will love working side-by-side with the members of your organization to reach out to children with the gift of reading. We know our young customers will love receiving this gift from Pi Beta Phi, which will also give them something to read while they are flying. At the same time, our adult customers will appreciate the significance of Read Across

America. At Southwest Airlines, we are proud to offer our cities more than just friendly and affordable air service. We offer our hearts."

If you're interested in volunteering for this project, contact Pi Beta Phi's Director Philanthropy LYN ARNOT CLARK by e-mail at [dp@pibetaphi.org](mailto:dp@pibetaphi.org) or call Pi Beta Phi Headquarters, 636-256-0680.



## *Alumnae Club Finds a Cat in the Hat Partner*

THE SEATTLE, WASHINGTON ALUMNAE CLUB creatively launched their fall events and promoted the Fraternity's partnership with NEA's Read Across America program at the same time. They found out that a local art gallery, Kenneth Behm Galleries, was featuring an exhibit of the artwork of Theodore Geisel, aka Dr. Seuss, in October and made arrangements to hold their event there.

The exhibit at Kenneth Behm Galleries was a part of the family collection of Dr. Seuss' artwork. Kenneth Behm Galleries

was the only gallery in the Northwest permitted to show it.

Behm, a Chi Psi from the University of Illinois, took great delight in teasing the Pi Phis and reminiscing about college day rivalries. He then enlightened the group about the fascinating and innovative work of Theodore Geisel. The women and their guests were treated to an evening of food, wine and a fascinating new look at a familiar artist. They also were eligible to win Dr. Seuss miniatures donated by Behm as door prizes.

Not only did Behm host the event, but he generously donated a percentage of his sales at the event, and the Seattle Alumnae Club is giving his \$175 contribution to the Pi Beta Phi Foundation to fund literacy programs.

SEATTLE, WASHINGTON ALUMNAE CLUB members who attended are pictured above in front of some of Mr. Geisel's artwork.

# Arrowmont

by KIMBERLY GEIB NEWMAN  
Public Relations Coordinator

**PLAN TO ATTEND PI PHI &  
FRIENDS ARTS WEEKEND  
MAY 4-7, 2006**

Make this weekend even more fun by planning a pledge class reunion, a small family reunion or just a fun getaway to treat yourself and make new friends!

Class offerings include:  
*Baskets* by Virginia McKinney  
*Book Arts* by Cathy Hunt  
*Stained Glass* by Bill May  
*Jewelry* by Barbara Joiner  
*Pi Phi Proud* by Frances Fox  
*Woodturning* by Dave Hankey



**Baskets by Virginia McKinney**  
A full brochure of Virginia McKinney's baskets will be available in January. Visit [www.arrowmont.org/piphiweekend.html](http://www.arrowmont.org/piphiweekend.html) to see the 2005 photo album!

## GRANT TEAM VISITS PI BETA PHI HEADQUARTERS

During the last week of September 2005, the "Pi Beta Phi to Arrowmont" grant team traveled to St. Louis, Missouri, where they paid a visit to the national headquarters of the Pi Beta Phi Fraternity for women. The goal of the trip, to comb the Fraternity's archives in search of letters, photographs, and other primary documents related



to the founding of the Pi Beta Phi Settlement School, and then to scan these items for inclusion in the final digital collection, was more than met, thanks in large part to ... Fran Becque and Diane Balogh. Becque, Pi Beta Phi archivist, provided the grant team with unfettered access to early Fraternity documents, thereby expediting the process of discovery. Balogh, Director of Communications and *Arrow* editor, loaned her computer and scanner — in truth, her entire office — to Principal Investigator Anne Bridges, and Digital Coordinator Melanie Feltner-Reichert, allowing them to complete the prodigious task of scanning and cataloguing items for the collection.

All told, the grant team scanned 140 photographs, nine manuscripts (about 55 scanned pages), 36 printed text documents (about 120 scanned pages), and one 27-page scrapbook. Among these items were images of the early settlement school, correspondence between Pi Beta Phi officials and Sevier County School Board (ca. 1910-1911), and subscription pamphlets used to solicit donations from Pi Beta Phi Alumnae Clubs. Additionally, Principal Investigator Ken

Wise and Research Coordinator Steve Davis photocopied hundreds of pages of documents that, while less suitable for inclusion in the final collection than the scanned items, will provide valuable insight into the origins and philosophical goals of the settlement school. These items will be kept on file by the grant staff and used as a supplement to materials borrowed from the archives of the Arrowmont School of Arts and Crafts.

More information and sample excerpts are available for viewing now at the project Web site: [www.lib.utk.edu/arrowmont/](http://www.lib.utk.edu/arrowmont/).

*(Editor's note: This article was reprinted from Great Smoky Mountains Colloquy, Fall 2006, Vol. 6, No. 2., with permission from The University of Tennessee Libraries.*



The "Pi Beta Phi to Arrowmont" grant team is shown in the Pi Beta Phi archives at Headquarters. From the left, are: Melanie Feltner-Reichert, Ken Wise, Anne Bridges and Steve Davis.



# Diary of a Mad Crafter — *My Week at Arrowmont*

by MARY McDONALD BOSTON,  
LOUISIANA BETA

Like all new members, I learned about the Pi Phi Settlement School and the development of Arrowmont, took the pledge test and promptly forgot all the facts and figures. We had Arrowcraft sales through the alumnae clubs and we'd hear a little about Arrowmont.

The LOUISIANA BETAS at my alma mater, Louisiana State University, gave an amazing \$16,000 to Arrowmont last year. But still, we really don't know much about Arrowmont and what it is today.

So, 33 years after taking that new member test, I found myself checking into an Arrowmont dorm for a class in fused glass. I had always wanted to learn to fuse glass, but now I was wondering if I had jumped in way over my head. Would everyone in the class be a professional artist? This had seemed like such a good idea three months ago when I logged on to the Web site and signed up for the class. Suddenly, I felt like that 5-year-old going into the first day of kindergarten.

My glass fusing class started with a bang. I quickly found out that the students have a broad range of experience, but most were trying something new, so we were all starting at square one. Our instructor, a professional glass artist named Meagan Chaney, had us firing a kiln and making our first project before lunch on the first day. We couldn't wait to get to lunch to tell everybody what we had done. Of course, everyone at lunch wanted to tell us about their projects.

The surface design artists were setting up silk screens, the jewelry makers were working on rings, the coopers had begun their buckets. Everyone was excited about their classes. The week just got better from that point on.

Each day Meagan would come into our studio with some new twist on fused glass that she wanted to show us. And every day we saw our work get more and more sophisticated. As we relaxed and gained confidence, we could see different personalities emerge in the pieces of art. We stopped fearing failure and tried different techniques. Some worked, others didn't; but we learned from all of them. The lovely woman across the table from me made beautiful pendants for her friends. When I tried to copy them, mine looked dreadful. However, I found that I could "cold finish" an edge as well as anyone in the class.

Every evening there was some sort of program that included instructor slide shows featuring their work and we heard words like, "Smithsonian," "White House collection," "High Museum," etc.

The Artist-in-Residence program brings five artists to Arrowmont each year. They are all accomplished young artists who are on an 11-month work/study program. Current residents include a silversmith; a furniture maker; an artist who works with very campy, found objects; a ceramist; a painter; and a young man who has



Plates cooling in the glass kiln.

studied indigo and specializes in dying and weaving. Each one of them is a fascinating study, both in art form and personality, and getting to know them was one of the highlights of my Arrowmont experience.

In our class there were 14 students with widely diverse backgrounds. We bonded over fabulous meals at the dining hall and long discussions about what other classes we wanted to take in the future. All of us expanded our e-mail address books

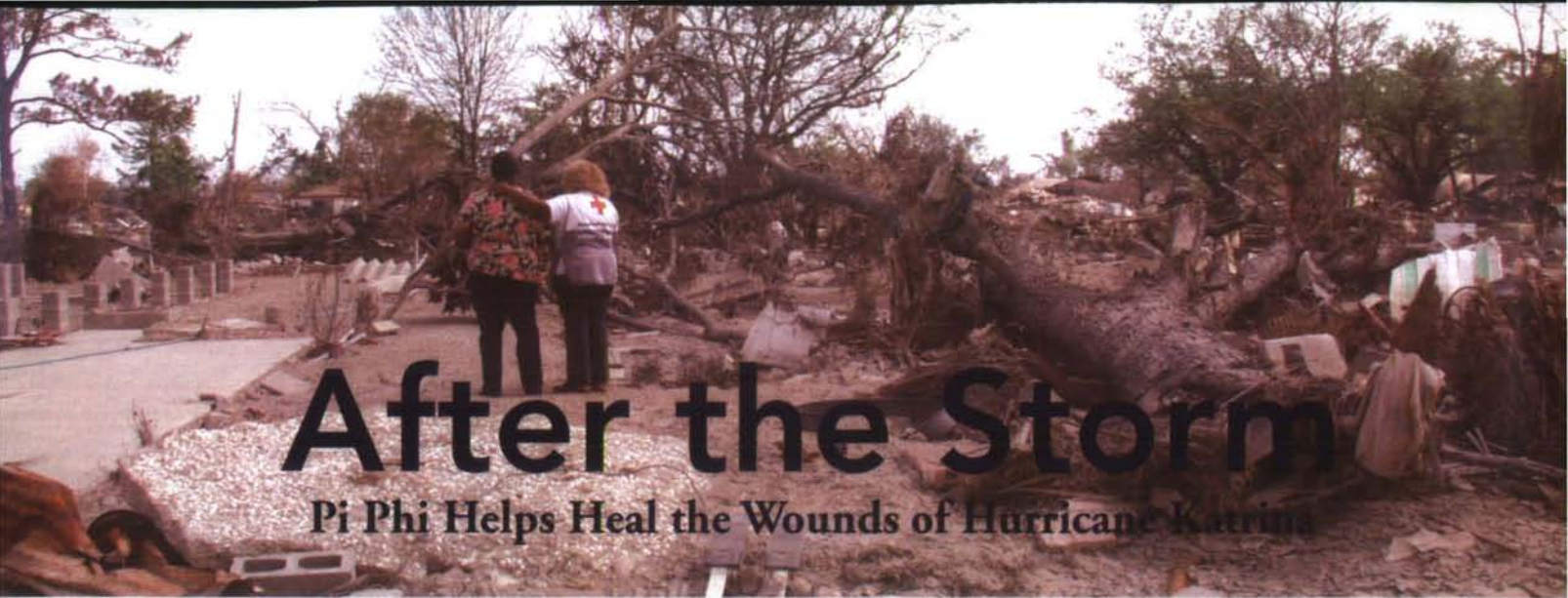
*We have quietly allowed Arrowmont to flourish in the hills of eastern Tennessee without much fanfare. And it has grown into beautiful maturity.*

by 13 names. The architect in our group created meticulous pictures of trees and mountain lakes, while the high school art teacher recreated

famous works of art using tiny bits of glass. The doctor from the West Coast produced designs reminiscent of the Navaho rugs he collects. All of them were beautiful. And the art was nice, too.

I have only one regret. I wish I had gone to Arrowmont years ago. It is the kind of place that can really change your life. It certainly changes the way you look at things and makes you appreciate the beauty around you. I'm sorry that Pi Phi doesn't shout from the rooftops that this is a world-class operation that needs to be recognized as such. We have quietly allowed Arrowmont to flourish in the hills of eastern Tennessee without much fanfare. And it has grown into beautiful maturity. It is a wonderful place to learn a craft, appreciate an art form, and make friends.

For more information about Arrowmont, log on to: [www.arrowmont.org](http://www.arrowmont.org). I urge you to ask recent students of the school to speak to your alumnae club or active chapter. We should all be proud of the accomplishments of our philanthropy.



# After the Storm

Pi Phi Helps Heal the Wounds of Hurricane Katrina

## SISTER TO SISTER

Pi Beta Phi Fraternity established the Sister to Sister Emergency Relief Fund to assist members and chapters affected by Hurricane Katrina and to remain in place for future emergency needs. Donations from individuals, chapters and alumnae clubs, as well as from the Fraternity's Operating Fund, have made this possible. Through this fund and the financial assistance available through the Emma Harper Turner Fund, administered by the Pi Beta Phi Foundation, Pi Phis affected by the Hurricane are receiving assistance.

**Foundation's Emma Harper Turner Fund Hurricane Relief**  
 23 members received help  
 \$34,500 aide granted  
 21 donations, totaling \$4,500

### Sister to Sister Emergency Relief Fund

87 members received help  
 \$91,500 aide granted  
 113 donations, totaling \$69,462\*

Members in need or those wishing to contribute to the Sister to Sister Emergency Relief Fund or Emma Harper Turner Fund should visit [http://www.pibetaphi.org/Sister\\_to\\_Sister.html](http://www.pibetaphi.org/Sister_to_Sister.html) or call (636) 256-0680.

To reach others in need outside of Pi Beta Phi membership, the Fraternity has also made a donation to the American Red Cross.

\*Not including Fraternity Operating Fund donation

## An Update from Louisiana Beta:

On Monday, August 29th, Hurricane Katrina made landfall, devastating the Gulf Coast. Baton Rouge was the closest functioning city to the flooded New Orleans, so it became the obvious place for evacuees of the storm.

Louisiana State University in Baton Rouge took in 2,700 additional students from New Orleans universities. The LSU campus became a recovery site for hurricane victims. The basketball arena was turned into a field hospital with more than 400 beds and the field house was transformed into a special needs facility. LSU gave the students a week off from school to recover and help with the relief efforts, and the LSU Pi Phi's responded passionately.

Louisiana Beta has approximately 30 members from the affected areas, some of whose homes were completely destroyed. Many of the affected women were unable to go home right away, and they threw

themselves into volunteering. Pi Phis volunteered loading and unloading medical vehicles, moving patients on stretchers, donating blood, handing out meals, and comforting the sick.

Louisiana Beta has also opened its doors to those Pi Phi's displaced by the hurricane. Several Louisiana Betas who had gone on to nursing or medical schools in New Orleans moved back to Baton Rouge to attend temporary schooling and were welcomed back to the Pi Phi house. There are also a couple of Louisiana Alphas from Tulane University spending the semester at LSU. Without the Sister to Sister Fund there are a number of girls who would not be able to continue as members of Pi Beta Phi. Even though some of our houses may not be intact, we all have a place to call home at the Pi Phi house.

—Amy Trick

*Public Relations, Louisiana Beta*

From left:  
 Louisiana Betas  
 Christine Keller,  
 Morgan Montelaro and Elizabeth Braud load up canned goods to take to the shelters.



## Through the Lens of Katrina

*Overwhelmed by the devastation shown on national television reports, Illinois Zeta Karyl McKinney Wackerlin was one of thousands of Americans who called their local Red Cross chapters after Hurricane Katrina and volunteered for Disaster Relief. She shares her story of her experience with the Gulf Coast aftermath:*

I arrived in Baton Rouge on October 14 to begin my three-week Red Cross deployment, hopeful that my placement would allow time for my passion for photography. As a wedding photographer, I have seen (and felt) emotion through the lens of my cameras, using film as a medium to tell the world about the joys and hurts of the world. Now, as I received my assignment as Public Affairs photographer/writer, I was to embark on a new adventure, sharing the joys and sorrows of many of the victims displaced by the hurricanes.

The Broadmoor Methodist Church in Baton Rouge, Louisiana, became my home for my first few nights of deployment. The church congregation not only provided all the comforts of home—cots, towels, blankets, warm showers, and food—but an inviting place to “detox” at the end of each day.

It was there that I learned about the wedding of Jeanne and Albert, two New Orleans residents living in a Red Cross shelter in New Iberia, who were to be married the next day in the park across from the shelter. The wedding had become a community celebration—a much-needed break from the devastating news of death and destruction—complete with invitations, flowers, decorations, and food. Local merchants donated the bride’s dress, the groom’s suit, and a wedding cake. A local church donated a pre-ceremony meal with music. A Red Cross shelter volunteer who happened to be a Presbyterian minister offered to perform the ceremony, and other volunteers and fellow residents served as best man, maid of honor, and ring bearer. Listening to the story, I asked, “Do they have a wedding photographer?” Thus began my first official function as a Red Cross volunteer.

The next few weeks would bring many opportunities to use the skills I had used in my 30-year career as a photographer and writer, but perhaps the most poignant experience was with a man named Joseph\*, whose harsh words to me the first few times we met had me in tears. Angry about being held “captive” in the shelter, Joseph told me I shouldn’t pretend to know how he felt, having lost all he had in the hurricane. He explained how angry he was with volunteers who

Some of his fellow prisoners removed the sheets from their bunk beds and wrote signs to hold up to helicopter pilots flying overhead. The signs read: “We don’t want to escape; we just need help!”

made promises and couldn’t keep them, and how badly he and the other evacuees needed to find jobs and places to live. Each time he approached me, I listened, frustrated that I could not diffuse his anger.

My last day in Lafayette, Joseph took me aside and asked if I had time to listen to his story. He apologized for his anger all week, and then, as I sat across the table from him and wrote furiously, he explained that he was in prison when Katrina hit. A diabetic, a prison nurse had given him enough medication on Friday to last him until Sunday night “in case I can’t get back because of the storm.” He told me how the wind howled on Monday; how silent it got after the storm passed; and the fact that there were no prison guards, or medicine, or food on Monday . . . or Tuesday . . . or Wednesday. He talked of looking out the window to see the water rising on the building across from the prison, of the feeling of panic when the

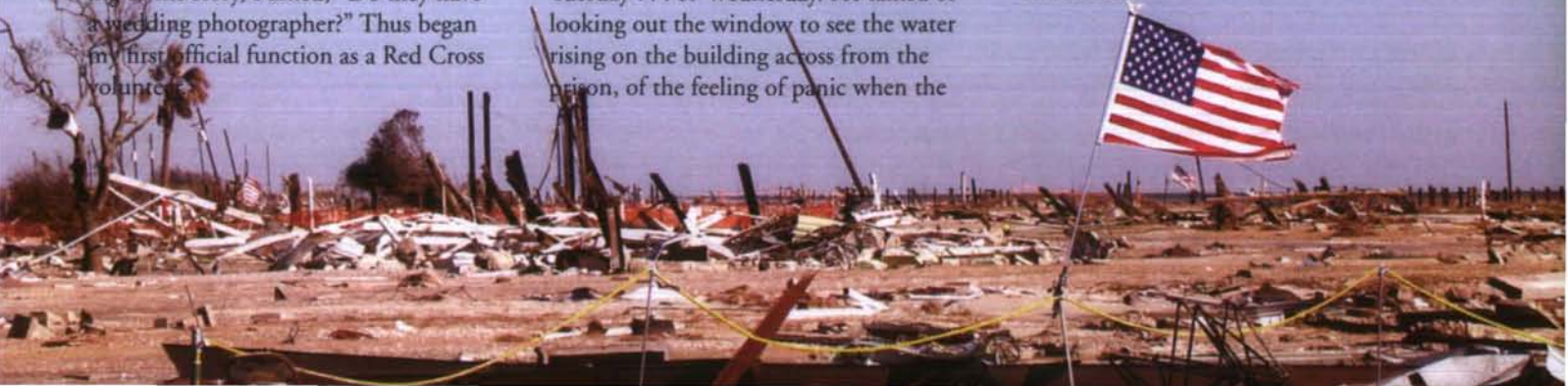
power went out and the water started to slowly rise on the prison floors. His eyes filled with tears as he talked about the pounding . . . pounding . . . pounding on the prison walls—men furiously trying to get outside to the prison yard, and of the frustration of breaking through to the yard, only to have water from the outside pour into the cells. As the water reached chest high, he had a decision to make, stay inside his cell, where he might have the chance of finishing the last four months of his nine-month sentence, or swim through the hole in the wall to the prison yard. Some of his fellow prisoners removed the sheets from their bunk beds and wrote signs to hold up to helicopter pilots flying overhead. The signs read: “We don’t want to escape; we just need help!”

Three days after the horror began, Joseph explained that the prisoners were rescued by boat and taken by bus to correctional facilities hours away from New Orleans. Having heard his story, I now began to understand his need to “vent,” thankful that the young evacuee eventually trusted me enough to share his story.

I returned home, almost three weeks after my Red Cross adventure began, convinced even more than we are put on this earth to serve others with our special abilities and talents, and as we open our hearts and make ourselves available to serve, we are blessed beyond measure.

*\* Name changed for the sake of anonymity*

The photos on this page and the top of page 18 were taken by Karyl in Louisiana. *The Arrow* truly appreciates her contribution.



# LIFELONG ENRICHMENT SERIES FOR *Women*

This fall, the Fraternity launched its new initiative, the Lifelong Enrichment Series for Women, and was proud to present OHIO BETA BARBARA OLIVER TOOTLE, president of Left Field Consulting, as the featured speaker. Barbie's program hit on key issues for women and focused on how to manage change.

The series kicked off in New York City in late September, followed by an event in Chicago in October and concluded the fall schedule in Atlanta in early November.

The series featured a meal, keynote speaker and breakout sessions. Participants were introduced to skills that can help them let go of old ways and make new beginnings. Barbie's humorous and creative approach touched on topics, such as identifying the moments between the familiar and the fresh when we are most vulnerable and when possibilities are great, as well as the myth of balance, which included strategies for managing the day-to-day rigors at every life stage.

"I enjoyed (the) seminar because it enabled me to be with other similar-minded, intelligent women who are struggling with the same issues. I would absolutely attend another just from the perspective of it being a great opportunity to meet new Pi Phi and network," said ONTARIO BETA LINDSAY COSTELLO.



The Lifelong Enrichment Series for Women is heading to five cities this spring. See the box below. The structure has been fine tuned in response

## COMING SOON:

**Houston, Wednesday, March 22**  
**Dallas, Saturday, March 25**  
**Los Angeles, Wednesday, April 19**  
**San Francisco, Thursday, April 20**  
**Washington, D.C.,**  
**to be announced in Spring Arrow**

to an interest survey conducted by the Fraternity in late fall 2005. More time will be set aside for networking. The events, except for Dallas, will be held in the evening

and will offer appetizers instead of a meal. This will reduce the cost to the members and will accommodate an after-work structure.

The Dallas/Fort Worth event will be held on a Saturday with brunch.

Additional details can be found at [www.pibetaphi.org](http://www.pibetaphi.org). Enter the site and click on "Events" at the top of the page. You will then see Lifelong Enrichment Series for Women listed in the menu on the left-hand side of the page. Click on this and you will

be directed to information on the series. You may register for any of the events in this section.

Each year, the Lifelong Enrichment Series for Women will feature events with keynote speakers, as well as time for networking. The theme will change each year and the keynote speaker will travel from city to city. The beauty of this program is that attendees will have the opportunity to learn valuable life skills while they connect with members who have similar interests. Topics each year will focus on helping women master personal and professional life skills necessary for success and happiness.

If you have additional questions about this series or events in your specific area, please direct them to [lifelongenrichment@pibetaphi.org](mailto:lifelongenrichment@pibetaphi.org) or call 636.256.0680.

# Protecting Our Pride

## *The Importance of Licensing*

Every Pi Phi, whether she is buying 100 Pi Phi note pads or just one, needs to buy Pi Phi marked items from licensed vendors. If Pi Phi Express, the Fraternity's official merchandiser, can't fulfill your needs, there are other licensed vendors who can help.

Pi Beta Phi, along with more than 40 other Greek groups, has paired with Affinity Marketing Consultants, Inc., (AMC) to protect our registered trademarks. Only Pi Phi Express and other licensed vendors can legally sell merchandise with Pi Beta Phi's marks. In turn, those vendors pay royalties to Pi Beta Phi.

### **WHY SHOULD I CARE?**

It's our pride in Pi Beta Phi that makes our name, letters and images valuable. Help protect them. We own our name

and others should not make a profit on something they don't own.

### **HOW DO I KNOW IF A VENDOR IS LICENSED?**

A frequently updated list of licensed vendors is always available online at [www.greeklicensing.com](http://www.greeklicensing.com).

### **DO WE HAVE TO STOP USING VENDORS WHO ARE NOT LICENSED?**

Not necessarily. It's easier than ever to invite your favorite vendor to become licensed. Find simple instructions online: [www.greeklicensing.com](http://www.greeklicensing.com). If unwilling to comply, the companies must stop producing merchandise with Pi Beta Phi marks. Report any inappropriate trademark use to Alison Bauer at Pi Beta Phi Headquarters, 636-256-0680.

Licensed vendors are educated about the proper usage of our registered trademarks. These companies will help to protect our image and promote our pride.

### **WHERE DO I START?**

Look at the listing of licensed vendors online: [www.pibetaphi.org](http://www.pibetaphi.org), go to "Marketplace" and choose "Licensed Vendors" and click on the link [greeklicensing.com](http://greeklicensing.com).

### **WHAT MARKS ARE PROTECTED?**

The Greek letters ΠΒΦ and ΠΦ, our Fraternity crest, the arrow badge, the Pi Beta Phi logo, the words: Pi Beta Phi and Pi Phi are all protected marks.



# Foundation

## AFTER THE RAIN... A LOOK AT THE PI BETA PHI FOUNDATION'S RESPONSE TO THE HURRICANES

We have all seen the destruction brought by the recent hurricanes in Louisiana, Mississippi, Alabama, Texas and Florida. As most of us watched the events of these disasters unfold on television it seemed so surreal, almost like a movie. But the reality is, it wasn't a movie and it was, and is, still very real to our sisters living in the affected areas. Within a few days of each storm we, thankfully, started to hear from our sisters. They all were safe, but there was much to be done to begin to restore even a semblance of normal life for them. These are the times and events for which the Foundation's Emma Harper Turner Fund was created.

## EMMA HARPER TURNER FUND DISASTER RELIEF

The Emma Harper Turner (EHT) Fund is one philanthropic project that is close to the hearts of many alumnae and collegians. The fund provides one-time grants or monthly stipends to initiated members in grave financial need.

Established by the Fraternity in 1946 and transferred to the Foundation in 1994, the fund provides gifts to alumnae in dire financial need, alumnae who are continuing their education due to extreme circumstances and for the educational expenses of collegians who have experienced a life change that jeopardizes their ability to stay in school.

After Hurricane Katrina, the Foundation Board of Trustees also voted to add disaster relief measures

to the EHT Fund program to ease the application process for members residing in presidentially-declared disaster areas, to expand on the needs with which we are able to assist collegians and to speed the distribution of aid. The Board hopes to help all alumnae and collegians in need of aid. It is their intent that affected members will never be turned away.

*Dear Pi Beta Phi Foundation,*

*Thank you so much for the Emma Harper Turner Fund grant. This will help my family as we try to rebuild our home and our lives after Hurricane Katrina. There are so many everyday items that we took for granted until we had to start re-buying them. This whole experience has truly shown me what sisterhood is. It makes me proud and grateful to be a part of such a loving and giving Fraternity. Thank you again for your generous gift.*

*Hurricane Katrina Emma Harper Turner Fund Recipient*



## HOW CAN YOU HELP?

Hurricane Katrina has been recorded as the largest natural disaster in North America. The occurrences of Katrina and the other recent large scale hurricanes have also led to the largest amount of aid needed and requested in the history of the Emma Harper Turner Fund. Because of this, we need your help. A special gift, from you, to the Foundation's Emma Harper Turner Fund will allow the Foundation to continue granting hurricane relief funds. Your gift will also help rebuild the Emma Harper Turner Fund so it can continue with its day-to-day commitment to our members in grave financial need and in extreme circumstances.

You can help by writing one extra check this month and sending it to the Pi Beta Phi Foundation in support of the Emma Harper Turner Fund. With your help, we are committed to meet the needs of our members in need now and in the future. Checks can be mailed to the address below. Please be sure to note "Emma Harper Turner," "EHT Fund" or "Disaster Relief" on the memo line of your check. Gifts can be made securely on the Internet with credit or debit cards through the Foundation Web site's "Make A Gift" page. Please be sure to note on the form that your gift is in support of the Emma Harper Turner or EHT Fund.

All gifts to the Pi Beta Phi Foundation, including your gift to the Emma Harper Turner Fund, are tax deductible.

Pi Beta Phi Foundation  
1154 Town & Country Commons Drive  
Town & Country, MO 63017

[www.pibetaphifoundation.org](http://www.pibetaphifoundation.org)

**AlcoholEdu**

For the current 2005-2006 academic year, the Foundation granted the Fraternity more than \$50,000 in sponsorship of Outside The Classroom's collegiate AlcoholEdu program. AlcoholEdu is a science-based course that is taken by tens of thousands of college students each year across the country. The on-line course educates students about alcohol and its effects on the mind and body. The course offers each student a confidential and personalized experience.

**A survey of nearly 30,000 students who have taken the course found:**  
**53% said they would change the way they use alcohol.**



**40% educated by the course about Blood Alcohol Concentration (BAC) said they had previously underestimated their levels of intoxication.**

**84% felt that AlcoholEdu was beneficial and helpful for them.**

AlcoholEdu was designed to meet the flexible needs of today's college student. Students can log on and off at any time of the day and the course may be completed in segments or all at one time.

In the 2004-2005 academic year, the Foundation granted \$3,500 for the Fraternity's pilot of the AlcoholEdu program. This year's \$50,000 grant will make it possible for all chapter officers and new members to participate. Completion of the program is a requirement of new members before initiation.

**IT'S NOT TOO LATE FOR SCHOLARSHIPS!**

Foundation scholarship, graduate fellowship and alumnae continuing education scholarship applications for the 2006-2007 academic year

must be completed and postmarked no later than Jan. 31, 2006. For more information and an application packet, call 636-256-0680 or log on to the Foundation's Web site [www.pibetaphifoundation.org](http://www.pibetaphifoundation.org).

The Foundation awarded 70 scholarships, totaling \$114,600, for the current academic year. Don't miss out for next year; apply today!

**HOLIDAY GREETINGS**

Rabeca Lenhart, fourth grader at Pi Beta Phi Elementary in Gatlinburg, Tennessee, created the artwork, right, that was selected for the Foundation's 2005 Holiday Scholarship Card.

The Foundation's Holiday Scholarship Program is a unique one-of-a-kind program that allows current and former Pi Phi leaders, officers and staff to support the educational goals and aspirations of deserving collegians. Instead of mailing holiday cards to each other, they sent a contribution to the Foundation equal to what they would have spent on cards and postage. As donors, their names appeared on the holiday card that was mailed to all participants. Ten Holiday scholarships will be awarded for the 2006-2007 academic year, as a result of this year's Holiday Scholarship Program.

**RECENT GRADUATE GIFTS**

Did you know the Foundation mails a complimentary copy of the Cap & Compass book *life after school. explained.* to all graduating seniors? The book provides simple, humorous explanations and helpful hints



concerning post-graduation life. These warmly received graduate gifts are purchased thanks to your gifts to the Friendship Fund.

*Thanks so much for sending me the life after school. explained. book. It is wonderful! Transitioning from college into the real world has not been easy, but it's nice to know that there is someone out there still thinking about us. Pi Phi has always provided me with a stable base and I'm glad to see that, although I've left college behind, it still serves as a source of comfort and provides a sense of security.*

*Idaho Alpha  
 Recent Graduate*



# Women of Vision, Women of Action

By Sue Zorichak  
Alpha Sigma Alpha

More than 200 women of vision and action convened in Houston in October, for the 59th biennial session of the National Panhellenic Conference (NPC).

In her state of the Conference address, NPC Chairman Martha Brown illustrated the NPC news-making events each month of the biennium with headlines. They were: "Judy Woodruff Featured Speaker for NPC's Distinguished Lecturer Program," "227 Visits to House and Senate Office by NPC and NIC Leaders," "NPC Board of Directors Launches a Strategic Planning Process," "NPC Co-Sponsors National Hazing Symposium," "Hooray! The Manual of Information Is Ready for Delivery," "NPC Publishes First E-Newsletter," and "PR Chairman Announces a Messages and Positioning Platform for NPC."

## GROW, GIVE, LEAD, SUCCEED

Public Relations Committee Chairman Kris Bridges, Phi Mu, presented the NPC messages and positioning platform. The platform's components consist of a "who we are" narrative, five value messages, and anchor messages and proof points that support the value messages. A "PR toolkit" for all members will be available in 2006.

There are five value messages in the platform:

- NPC helps sororities succeed.
- NPC is power in numbers.
- NPC is the unified voice for sororities.
- NPC sets the bar high for members.
- Today's sororities enrich society.

The public relations platform aligns with NPC's new strategic plan, which was adopted by the Conference during the general session.

There are seven objectives of the strategic plan:

- To ensure that NPC realizes its vision for the future and fulfills its mission of service to its members
- To enhance NPC's effectiveness through improved committees, operations/administration, budgeting/finance, internal communications and use of technology
- To enhance NPC's effectiveness in its partnerships with interfraternal, higher education and other key constituency communities
- To position NPC as the positive advocate and public representative for its collective members
- To provide each member with opportunities to achieve its membership goals
- To ensure the continued strength of NPC, considering possible growth through nontraditional means
- To ensure programming for its members relevant to its mission

## NPC IN D.C.

Kevin O'Neill, Lambda Chi Alpha, an attorney with Patton Boggs, took the Conference on a whirlwind tour of the Greek agenda in Washington. He touched on the firm's involvement in Greek government relations; the components of the Greek government relations program; the Capital Fraternal Caucus/Congressional Fraternal Caucus; the formation of the Fraternity and Sorority Political Action Committee; "Go Vote 06;" the Collegiate Housing and Infrastructure Act; the Higher Education Reauthorization; the College Fire Prevention Act; the



Pi Beta Phi's delegation included NPC Delegate Carol Inge Warren, seated; and standing from the left: First Alternate Michael Bettin; Arrow Editor Diane Balogh; Grand President Emily Russell Tarr; Executive Director Renee Ross Mercer; Second Alternate Catherine Birch Daniel; and Third Alternate Ashley Dye.

Hazing Prohibition Act; "grassroots" and "grass tops" campaigns; and plans for the 2006 congressional visit.

During two joint Alumnae Panhellenic and College Panhellenic committee meetings, members discussed several timely topics, including recruitment and the release figure method, the Facebook phenomenon and teaching and reinforcing ethical behavior.

NPC Foundation President Marny Gilluly, Alpha Chi Omega, announced that in 2005, it awarded \$50,000 in grants and \$5,000 in scholarships. One of the Foundation's three goals is to double its grant-making capacity by 2008.

The 2005-2007 Executive Committee is:

- Chairman: Elizabeth Quick, Gamma Phi Beta
- Secretary: Julie Burkhard, Alpha Chi Omega
- Treasurer: Eve Riley, Delta Delta Delta
- Alumnae Panhellenics Chairman: Linda Collier, Alpha Omicron Pi
- College Panhellenics Chairman: Patricia Disque, Chi Omega



# Pi Phis Fill a Vital Role in *Panhellenic Alumnae Clubs*

Do you recall Panhellenic in your collegiate years? Remember how the sororities on campus would come together to promote the ideals of fraternity life? Well, Panhellenic at the alumnae level continues to achieve such goals with sorority club delegates participating within a town or city.

There are more than 200 Panhellenic alumnae clubs in existence. Two clubs that have been very successful in maintaining an active club, participating in philanthropic activities and awarding scholarships are the Phoenix Panhellenic Club and the Denver Area Panhellenic.

The Phoenix Panhellenic Club was established in 1920 and currently has delegates from 19 of the 26 Panhellenic sororities. Many of the delegates remain year after year with low turnover or change of delegate which makes the organization feel like a sorority in itself. What makes this organization successful? Pi Beta Phi Panhellenic Delegate LISA REDE ROMÁN, NEW MEXICO BETA, says "The club has existed for decades, however not until 1976 did the club really begin to work towards a common goal — that being the volunteer work at the Phoenix Open, which allows the club to award scholarships to collegiate Greek women of Arizona."

In 2006 the Phoenix Panhellenic Club anticipates awarding \$25,000 in scholarships. The club awards an average of 20 scholarships a year with applicants from a sorority receiving an average of one scholarship a year. However for the past 10 years Pi Phi chapters in Arizona have been awarded on average of two scholarships a year.

The Phoenix Panhellenic Club also has a holiday community service project. This year the club will donate gift certificates and various items to a local women's shelter.

At the May meeting, a brief biography will be presented about the "Woman of the Year." This is awarded

yearly to a local Phoenix Greek alumna who has contributed to her sorority, community, family and career in an outstanding way. A past "Woman of the Year" recipient for Pi Phi is JAN THRELKELD MOORE, ARIZONA ALPHA.

"I have seen as a Panhellenic Delegate that the Phoenix Panhellenic Club is successful because the participating sororities are committed to a purpose and goal," Lisa says. "Each contributes without complaint, and in the end we all succeed as Greek women."

Founded in 1908, Denver Area Panhellenic (DAP) is comprised of 20 representative alumnae clubs from the 26 NPC groups. Pi Phi's outnumber the other 19 NPC Denver area alumnae clubs in membership, dues and scholarship contributions, according to TEXAS DELTA SARAH LEFFEN, Denver Area Panhellenic (DAP) Vice President.

Approaching a century of service, Denver's Alumnae Panhellenic accomplishes its commitment to the NPC purpose by providing member sorority education, supporting recruitment and undergraduate experiences, participating in alumnae programming and philanthropic efforts and raising funds to benefit collegiate scholarships.

"As a united group, we support three additional philanthropic endeavors that benefit DAP's scholarship fund," Sarah says. Since 1922, DAP members have been collecting new clothing for New Garments Always, which serves 19 Denver distribution agencies. "An annual school supply drive is held in the fall with donations made in January to replenish dwindling needs to highly impacted schools. And the Phantom Tea fund-raiser has been an unbelievable success in embellishing our collegiate scholarship drive strictly by soliciting individual monetary contributions," Sarah adds. "It has actually become a bit of a competition between alumnae groups raising more than \$3,000 annually over the past five

years, with Pi Phi the leader in contributors."

Denver Area Panhellenic has been consistent in sponsoring an annual scholarship program for Greek women attending Colorado colleges and Greek women living in the Denver area seeking graduate degrees. In the last 10 years DAP has awarded more than \$40,000 to scholarship winners.

"We enhance our Panhellenic Council meeting schedule both intellectually and socially," Sarah says. "Last February, DAP hosted an event that honored sorority women who contribute to their professions, communities and alumnae clubs in leadership capacities." ILLINOIS EPSILON JEAN EVANS JONES, who is President/CEO of Mile High Girl Scouts, was recognized and was a featured guest speaker.

Each biennium NPC recognizes those Alumnae Panhellenic Associations who have exhibited excellence in providing information, inspiration, education and public relations in their communities. "DAP was awarded fourth runner-up for both the 2001-03 and 2003-05 fiscal years and was winner in 1997-99," Sarah says.

In August, all six Pi Phi alumnae clubs in the Denver area will host DAP's annual President's Tea to honor Sarah as she begins her term as DAP President.

"The benefit of being affiliated with Denver's Panhellenic has impacted all Pi Phi alumnae as they have interacted in the exchange of education, philanthropic activities and fraternity camaraderie," Sarah says. In 2004, DAP awarded and honored Pi Phi's own ILLINOIS EPSILON MARGARET HUBBARD SCHLUP as its Woman of the Year.

To find a local Alumnae Panhellenic club in your area visit: <http://www.npcwomen.org/index.php>.

# Alumnae News

Three generations of Pi Phis enjoy the St. Louis, Missouri Alumnae Club's event honoring Golden Arrows. From left: Indiana Epsilon Allison Dieffenbach, Missouri Beta Eve Bissell Horner and Colorado Beta Debby Horner Dieffenbach.



OKLAHOMA ALPHA JEAN BONNEY MCGILL was recognized for more than 25 years of service to furthering the lifesaving mission of the American Cancer Society. Jean was honored for her dedication to promoting fiscal stewardship, leadership of health promotions, continuous support of the Society's patient service programs, and for her active participation in helping people touched by cancer in her

community. Jean is the president and CEO of Noble Investments, Inc.

INDIANA GAMMA BETTY BLADES LORTON was recognized by the Indiana chapter of the Association of Fundraising Professionals at the organization's 2005 Philanthropy Awards Dinner in November. Betty was honored as an outstanding volunteer fund-raiser for her work with Pi Phi Foundation, Butler University and Second Presbyterian Church in Indianapolis.

Hospital, which has been ranked #1 Hospital in America by *US News & World Report* for 15 consecutive years.

INDIANA EPSILON REBECCA RELIC accepted a position with the U.S. Treasury department in May. Rebecca is Deputy Assistant Secretary for Public Liason, Business Development and Strategic Planning in the Treasury's Office of Public Affairs. In her position, Rebecca acts as the Treasury Department's liaison to the business, advocacy and financial communities. Prior to joining the Treasury, she served as Director of Federal Government Relations and the head of the Washington Office for McDonald's Corporation.

ILLINOIS ZETA JULIE FREISCHLAG was recently appointed to the position of Surgeon in Chief at Johns Hopkins

California Mu Bronwyn Jacoby is the founder of 2911 Productions, a food and wine public relations and consulting firm. She monitors restaurant openings, conducts tastings, assists in chef placement and plans events. Bronwyn was recently recognized by Pepperdine University for being a successful woman in business. She is pictured here with Matt Lauer when she obtained a spot for one of her chef clients on the Today Show's "In the Kitchen" segment.



INDIANA ZETA CHRISTINE DOBBYN recently received a Broadcasting Emmy Award from the National Association of Television Arts and Sciences. She received the award for her work at WBNS-TV, the CBS affiliate in Columbus, Ohio. She now reports at KTRK, ABC 13, in Houston, Texas. Christine is a former chapter president and traveling graduate consultant.

Two members of THE COLUMBIA, SOUTH CAROLINA ALUMNAE CLUB have put forth exceptional effort towards Hurricane Katrina and Rita relief. SOUTH CAROLINA ALPHA ANN SANDERS CARGILL was deployed to Texas and selflessly worked for three weeks to help evacuees who had been relocated there. Keeping her spirits high, Ann sent humorous e-mails to the Club back at home, describing the valuable lessons she learned—including how to make meat loaf for 150 people. SOUTH CAROLINA ALPHA JOANNE FLOWERS DUNCAN participated in Red Cross training to provide aid to evacuees relocated to Columbia, South

Carolina. She did case work, talking to evacuees to learn their situations, the conditions of their homes and the immediate assistance that they required. The experience was extremely draining, yet rewarding, for both.

Sign of the Arrow, the ST. LOUIS, MISSOURI ALUMNAE CLUB's non-profit specialty and needlepoint boutique recently announced the local charities selected to receive donations for 2005. The shop donates its profits, this year totalling more than \$128,000, to various St. Louis area charities. Since its inception, Sign of the Arrow has donated more than \$3 million to St. Louis area charities.

ILLINOIS ALPHA LINDA JOHNSON PETERSON is the new executive director of the Alton Marketplace Association, a partially public-funded booster of Alton, Illinois, businesses. Very involved with the March of Dimes, Linda also stays active in the ALTON-EDWARDSVILLE, ILLINOIS ALUMNAE CLUB.



The San Juan Pocket in southwest Colorado combined their traditional Christmas angel gift exchange with contributions to the local Operation Helping Hand holiday food drive in Pagosa Springs, Colorado.

## ALUMNAE NEWS

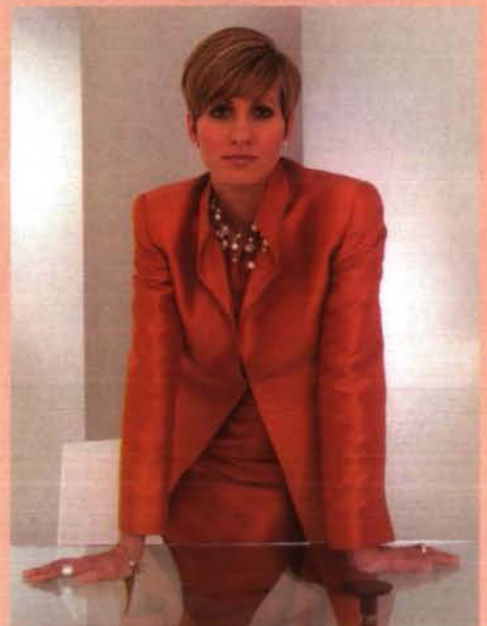
# PI PHIS MEET MARTHA

*The Apprentice: Martha Stewart* debuted this fall on Wednesdays at 9/8c on NBC. Of the 16 candidates competing for a position as Martha's apprentice, TWO were Pi Phis!



THE APPRENTICE: MARTHA STEWART – NBC Alternative Series  
– Pictured: Dawn – NBC Universal Photo: Virginia Sherwood

**New York Alpha Dawn Silvia,  
PR Consultant from Boston, MA**



THE APPRENTICE: MARTHA STEWART – NBC Alternative Series  
– Pictured: Shawn – NBC Universal Photo: Virginia Sherwood

**Pennsylvania Epsilon Shawn Killinger,  
TV Newscaster from Grosse Pointe, MI**

**Illinois Theta Lisa Helfrich Jackson was the Co-Executive Producer of the show "Everybody Loves Raymond," which received two Emmys for Best Comedy Series in 2003 and 2005. Lisa is currently working on a new CBS series with Julia Louis-Dreyfus called "Old Christine."**

The work of painter MISSOURI ALPHA BARBARA FINK GRAHAM was featured at the Nexus Projects Showroom Gallery in New York City, Dec. 6-21.

TEXAS ALPHA MARIE HEJL is a civil litigation attorney in Austin, Texas, but on the weekend, she can be found serving up creative recipes

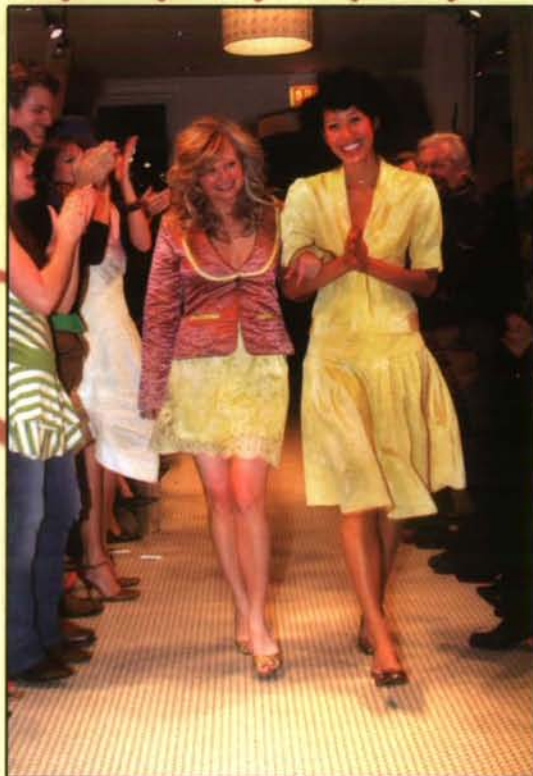
and helpful cooking hints on her very own cooking show, "It's easier than you think." Marie spends hours cooking and filming for the show, which airs on Austin public access television, ACTV Channel 16.

Even Hurricane Katrina's fury couldn't break the ties of friendship which have bound the "Arrow Investment Club" members in New Orleans, Louisiana. After months of working together at the 56th biennial Convention in 1987, the group was chartered as a means to stay in touch. Lunches, traveling and frequent meetings have kept this close-knit group together, and though they were scattered by the storm, they quickly made contact with one another and learned that all were safe. As some struggle to rebuild their lives, the group takes comfort in the fact that they will meet again once life starts to get back to normal.



Oklahoma Beta Loydell Nash Seward (right) was recently honored in Antigua, Guatemala by HELPS International, a humanitarian organization. Loydell has participated in 10 HELPS projects aiding those in need in Guatemala. Her daughter, Beth, left, accompanied her to Guatemala to accept her award.

VIRGINIA EPSILON RANI RUSSELL SHEA threw an early Mardi Gras party, "The Big Party for the Big Easy" to benefit the victims of Hurricane Katrina. The party featured a live band



## Pi Phi Fashionista

Minnesota Alpha Allie Prasciunas Adams, left, is the designer behind the womenswear line, Doris Ruth. Allie Adams transformed a pile of vintage clothing and jewelry and a sewing machine on her dining room table into a successful business and a collection that has received recognition across the country.

Allie has been named "One to Watch" by both *Women's Wear Daily* and *Lucky* magazines. Her clothes have appeared in numerous national magazines, such as *Elle*, *US Weekly*, *Redbook*, *ElleGirl* and *Self* and her designs have been spotted on celebrities such as Emmy Rossum and Carmen Electra.

Pi Phi has played a very important role in Allie's accomplishments — not only did she serve as chapter president at the University of Minnesota where she studied design, but the treasurer during her term was Minnesota Alpha Julia Moran, who is now the accountant for Doris Ruth.

and silent auction and raised more than \$6,000 for the Salvation Army Hurricane Relief.

THE HONOLULU, HAWAII ALUMNAE CLUB is sponsoring a new program called "Pi Phis in Paradise." Members of the club are interested in assisting mainland Pi Phis traveling to Hawaii in planning a memorable and relaxing vacation. They are eager to offer tips on places to visit and things to do. Those interested should contact [juliecahn@gmail.com](mailto:juliecahn@gmail.com).

THE KNOXVILLE, TENNESSEE AREA ALUMNAE CLUB recently met for a night of sewing, stuffing and bow tying. It has become an annual tradition for the club to make arrow pillows for all of the new members of TENNESSEE GAMMA. The pillows are presented to the new members at their initiation banquet.

FLORIDA BETA JENNIFER LOVEJOY BARRACLOUGH and her husband journeyed to St. Petersburg, Russia, in April 2005 to adopt a baby girl. On their trip, they met another couple using the same adoption agency, who traveled with them for the duration of their time in Russia. Jennifer soon came to find that the wife, SARA SMITH BAILEY is an ALABAMA GAMMA. The two became great friends as they and their husbands went through the poignant experience of adopting their children.

TEXAS ALPHA SUSAN MCBRIDE was recently chosen as one of *St. Louis Magazine's* "Top 20 Singles." Susan is an author and is releasing a third novel in her Debutante Dropout Mysteries Series, "The Lone Star Lonely Hearts Club," on Jan. 31, 2006. MISSOURI ALPHA NORA BRESNAHAN, a marketing coordinator, also made the list!



From the left, members of the Chicago Windy City, Illinois Alumnae Club, Mississippi Beta Jennifer McRae Gordon, Illinois Beta-Delta Shilpa Bhalerao and Wisconsin Alpha Dara Prunuske who participated in Chicago's "Run for their Lives" event to support PAWS Chicago (Pets Are Worth Saving), the city's largest no-kill humane organization. They raised \$103,334.



Ten members of Nation's Capital Alumnae Club, Washington, DC, participated in the DC Bocce League. The women had a blast competing on Capitol Hill against teams from across Washington, DC.



Iowa Gamma Andrea Hefty, left, is shown with her aunt, Ohio Eta Phoebe Walling, and mother Minnesota Alpha Andrea Walling at the Hopkins, Minnesota Relay for Life run. The trio participated in honor of Phoebe, a 2 1/2 year lung cancer survivor, and her and Andrea Walling's mother, Minnesota Alpha Andrea Scott, who died of lung cancer in 1980.



Missouri Alpha Kayman Teas and her family, parents Paul and Cyndy, and brother Trace.

# Happy Campers

MISSOURI ALPHA KAYMAN TEAS, former chapter president, and her family were recently featured on "Extreme Makeover: Home Edition." The show, which renovates the homes of well-deserving families, chose the Teas family, nominated by Kayman's cousin, because of their selfless work through a camp they established.

In 1995, the Teas family purchased a rundown camp in Southwest Missouri and transformed it into a thriving haven for children with disabilities. Camp Barnabas has given thousands of critically- and chronically-ill children the chance to fully enjoy the camp experience and be surrounded with encouragement and hope.

My experience with Camp Barnabas has taught me to see people through their hearts, because our outer appearance can make such a different impression compared to who we really are.  
-Kayman Teas

In the midst of their generosity, the Teas family had neglected their own home, because they always put the needs of the camp first. "Extreme Makeover: Home Edition" surprised the Teas family with a vacation to Hilton Head, South Carolina, and in seven days, completely rebuilt their home and several of the camp facilities—a heartwarming gift for a family that has given so much to others.

Top: The Teas' living room, before. Middle: The Teas' living room, after. Bottom: The Teas family with Ty Pennington.

4 Photo Credits:  
EXTREME MAKEOVER: HOME EDITION - "Teas Family"  
(ABC/STEVE FENN)

THE DAYTON, OHIO ALUMNAE CLUB held its second annual "Floral Fantasy" in November to raise money for scholarship aid for OHIO IOTA collegians at the University of Dayton. Eighteen beautiful centerpiece arrangements were paraded through the crowd of attendees and then awarded to lucky raffle winners.

THE NORTHERN VIRGINIA ALUMNAE CLUB chooses a book for each meeting to complement the month's activities and serve as a topic of conversation. Recent choices have included "Bridget Jones' Diary" by Helen Fielding, "A Thousand Days in Venice" by Marlena De Blasi and "Skipping Christmas" by John Grisham.

Several St. Petersburg and Clearwater, Florida alumnae joined together to participate in the Susan G. Komen Race for the Cure in October. Wearing recycled "Pi Beta Phi Convention Volunteer" buttons with an added pink ribbon, the women represented Pi Phi in their efforts to fight breast cancer. Among those participating were FLORIDA DELTA LAURA MICHAELS ALBEE, MARYLAND BETA CAROL O'BRYON ROGICH, INDIANA EPSILON NANCY COX FONTAINE, PENNSYLVANIA EPSILON KATHY ROZAMUS MICHAELS and NEW YORK ALPHA PAT DUNN MORIARITY.

THE GLENDALE and LA CANADA VALLEY, CALIFORNIA ALUMNAE CLUBS have merged to form the GLENDALE-LA CANADA, CALIFORNIA ALUMNAE CLUB. The club looks forward to a year of new beginnings, new faces, new places, new things to learn and new opportunities. The club's goal is to increase membership and participation and to boost support for its philanthropic endeavors.



**Angel Bear**  
With ΠΒΦ printed on ribbon, 10". Not a toy.  
809 \$16.00



**Logo Tote Bag**  
Canvas tote bag, 17"Hx13"Wx5"D.  
704 \$15.00

**Cosmetic Bag**  
Canvas bag, 9"Wx6.5"H.  
707 \$10.00



**Glass Keepsake Box**  
With ΠΒΦ medallion.  
807 \$12.00



# Pi Phi Gear for the New Year!



**Tackle Twill  
Sweatshirt**  
Cotton/poly. S,M,L,XL  
251 \$38.00



**Limoges Box**  
Authentic Limoges angel box, with "Pi Beta Phi" inside.  
803 \$125.00



**Satin Pajama Pants**  
With "Pi Beta Phi" imprinted satin ribbon.  
S,M,L,XL  
402 \$32.00

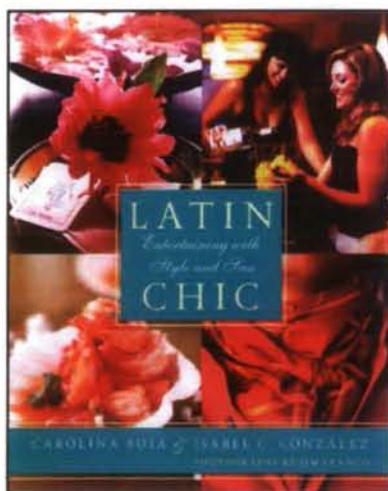


Visit Pi Phi Express at  
[www.pibetaphi.org](http://www.pibetaphi.org),  
or call 1-800-322-1867

ARIZONA ALPHA KELLY CAMPBELL, INDIANA EPSILON ALLISON SMITH BROADGATE, TEXAS ETA ERIN KIRKPATRICK SUZUKI and NEBRASKA GAMMA ANDREA GEDDES CARROLL met through the SEATTLE, WASHINGTON ALUMNAE CLUB and currently serve together on AAC for WASHINGTON ALPHA They celebrated their friendship this fall with a trip to Yakima Valley in Washington.

Three members of the DALLAS, TEXAS ALUMNAE CLUB serve as leaders of local charity events. TEXAS ZETA JILL GUEST SMITH was 2005 Crystal Charity Ball chairman, TEXAS ALPHA SHERRI ZILLGITT BAER was 2005 La Fiesta de las Seis Banderas chairman and ARKANSAS ALPHA PAIGE DAVIS SLATES is 2006 Junior League Ball chairman.

## PI PHI PENS



North Carolina Beta Carolina Buia has co-authored "Latin Chic: Entertaining with Style and Sass" with Isabel C. Gonzalez. The book has gained national attention by capturing the unique spirit of Latin entertaining through a variety of recipes for both food and drink and colorful and creative decorating tips.



Tennessee Alpha Elizabeth Johnson McCaslin, former chapter president, has written her first novel, "Christ, Amy Lowell," at age 82. The book tells the liberating story of a woman on a cross-country quest to escape her abusive husband and destructive patterns that have defined her life. Elizabeth is actively working on a second novel.

# Reunions & Anniversaries



California Theta celebrated its 25th anniversary in October. From left: Washington Gamma Betsy Campbell Stone, California Theta founding RGC and AAC chair; Washington Gamma Luellen Clymo Smith, Grand Vice President Membership; California Kappa Beth Seidelhuber, Collegiate Regional Specialist; and California Theta Katie Carnazzo, chapter president

Fourteen INDIANA DELTAS initiated in 1955 celebrated their 50th anniversary by reuniting in October at Purdue University to visit the chapter house, tailgate before the football game and enjoy each other's company.

The 1963 pledge class of KANSAS BETA gathered in August for a reunion. The highlight was a road trip to Kansas State University to revisit the chapter house and enjoy a special Cookie Shine.

OREGON BETAS who graduated in 1962 got together for their 13th annual reunion in Donner Lake, California. They recognized their 65th birthdays with a celebratory Cookie Shine.

Forty-eight OREGON BETAS initiated from 1989-1990 met in Portland, Oregon for a night of dinner, drinks

and fun at a restaurant called the Blue Hour in the Pearl District of downtown Portland. Thrilled with the turnout, the women shared memories and laughs with long lost sisters.

WASHINGTON BETAS from 1974-1980 gathered at WASHINGTON BETA in July for a reunion. Great fun was had by all—catching up, reminiscing and even sleeping in the dorm!

FLORIDA EPSILON is celebrating its 25th anniversary at the University of Central Florida. All alumnae are invited to attend a sisters-only banquet, "A Knight of Angels," on Saturday, Jan. 21, 2006, and an open house at the chapter house on Sunday, Jan. 22, 2006. For more information, please contact JENNIE BLANTON PELUSO at [aknightofangels@gmail.com](mailto:aknightofangels@gmail.com) or [www.aknightofangels.com](http://www.aknightofangels.com).

Four Indiana Deltas moved to California after graduation from Purdue University in 1968 and still get together annually for a long weekend. From top, Bobbie Cook Bruno, Marsha Tusing Daerr, Robin Schueler and Kathy Baughman Wilkens explore Bandelier National Park near Santa Fe, New Mexico.



## REUNIONS & ANNIVERSARIES



Twelve Florida Betas graduating in 1962 held a reunion in Rabun Gap, Georgia, at the mountain home of Susan Kittredge Fisher. The women spent three days enjoying hiking, sightseeing, shopping and cooking together. Between reunions, they keep in touch through their new "Floridabeta62" Web log.



Seven Michigan Beta 1994 initiates reunited for a University of Michigan football game in September.

The 1965 Oklahoma Alpha pledge class ham it up for the camera at their 40 year reunion this fall. The group enjoyed three nights of slumber parties and a Cookie Shine at Nancy Keese Walter's log lodge in Breckenridge, Colorado.



The D.C. Alphas initiated in 1944 have stayed in close contact over the years. The remaining six reunite yearly. Floor: Mary Ogden Thompson ; from left: Harriet Curry, Margery Gessford Glass, Suzanne Juvenal Middleton, Mary Dickson Hinshelwood and Suzanna Kitts Sherwood



Kentucky Alpha alumnae held a reunion in Louisville, Kentucky the weekend before Thanksgiving. From left: Jennifer Boone Mitchell, Trish Osborn, Susan Schaefer Florence, Karen Boone, Mary Ann Mullins Whitmore, Elisabeth Long Young and Andrea Boone Duncan

## Christmas Village —

# A Nashville Christmas Tradition

The dust is still settling from the NASHVILLE, TENNESSEE ALUMNAE CLUB'S 45th Annual Christmas Village, but at press time, the club estimates it raised at least \$333,000 for their philanthropies.

Christmas Village was created in 1961 by the Nashville Pi Beta Phi Alumnae Club to raise money for its philanthropies and to engage its members in an interesting and worthwhile project. The first event netted \$1,020.

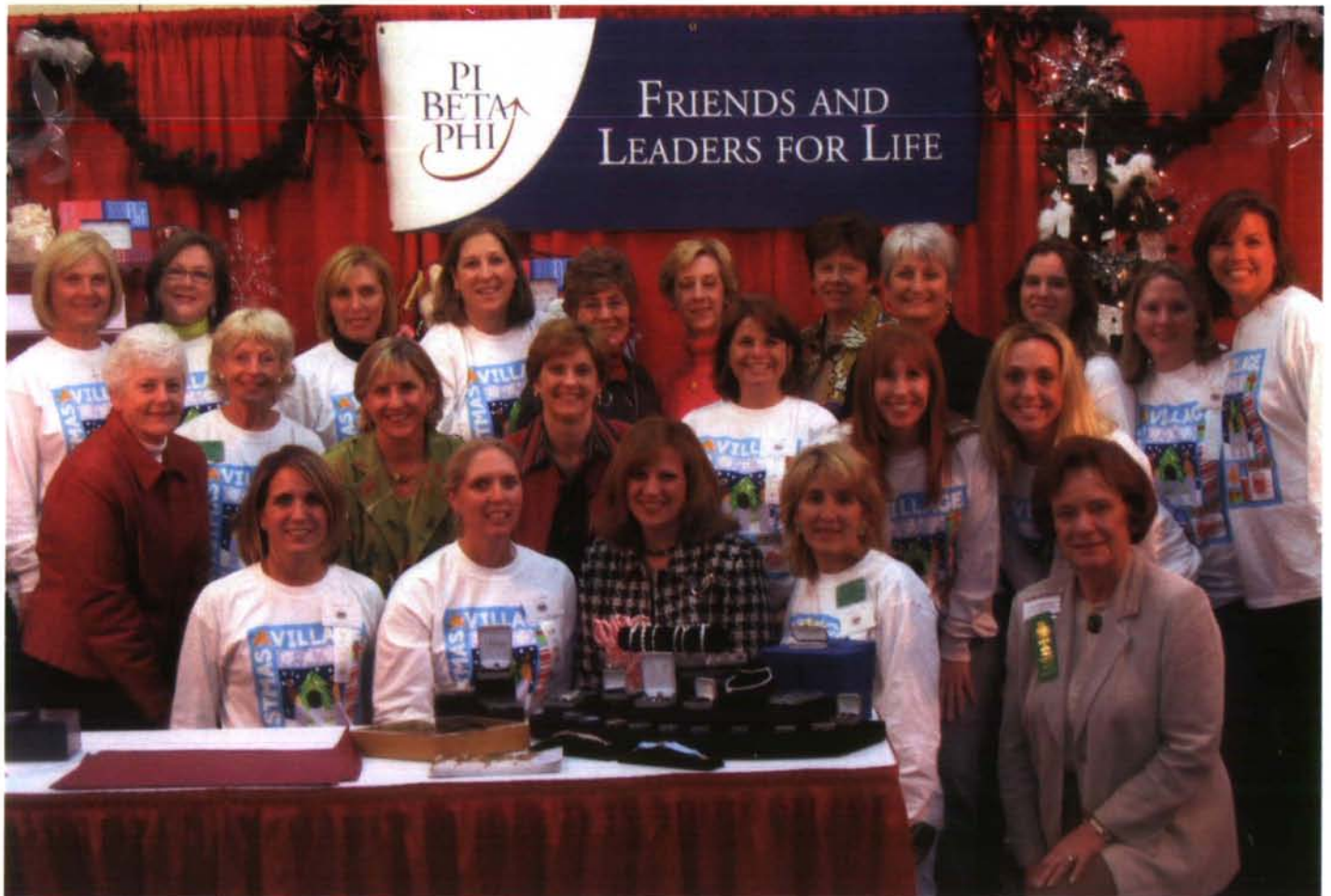
This year's event, open to the public, was held Friday, Saturday and Sunday, Nov. 11–13 at the Tennessee State Fairgrounds. They also host a private sneak preview night the Thursday before. Christmas Village is recognized

as the premier consumer show in the southeast. Over the past 44 years, Christmas Village has raised \$3.6 million for the Vanderbilt Bill Wilkerson Center, as well as an additional \$1.6 million for other philanthropic organizations, including the Arrowmont School of Arts and Crafts.

This year, more than 260 merchants from across the country, including Pi Phi Express, sold holiday gift items to approximately 20,000 shoppers at Christmas Village 2005. Items included Christmas decorations, toys for all ages, clothing for adults and children, jewelry, food, antiques, pottery and collectibles.

For additional information, visit the Christmas Village Web site at [www.christmasvillage.org](http://www.christmasvillage.org).

**The Vanderbilt Bill Wilkerson Center serves persons challenged by communication-related diseases and disorders. These include deafness, autism, stuttering, accidental brain injury, vocal disorders, swallowing disorders, speech and language delays, balance disorders and other conditions that affect the ability to communicate. Serving patients from Nashville as well as from the entire region and across the nation, the Center makes more than 50,000 patient contacts every year.**



Members of the Christmas Village Committee gather with past and present Grand Council members for a photo at the Pi Beta Phi Express booth in November.

# Start 2006 in Style with Pi Beta Phi Jewels!



MD187  
Festoon  
Necklace  
SS \$25.00



MD198  
Bean Necklace, 16"  
SS \$42.00

MD199  
CZ Circle Necklace  
SS \$48.00

MD185  
Aquamarine  
Crest Ring  
SS \$150.00



MD186  
Garnet Crest Ring  
10K \$225.00



MD141  
Arrow Ring  
SS \$85.00



MD204  
Heritage Ring

"1867 Pi Beta Phi 1867"  
engraved on the outside,  
"Pi Beta Phi"  
engraved on the inside.  
SS \$150.00



MD124  
Swirl Ring w/Garnets  
SS \$85.00



MD200  
Cuff Bracelet  
SS \$60.00



MD179  
Pearl & Garnet Bracelet,  
SS Crest Charm  
\$35.00



MD193  
Garnet  
Crest Pendant  
SS \$90.00



MD194  
Aquamarine  
Crest Pendant  
SS \$90.00



MD311  
Garnet & Aquamarine Badge  
w/Diamond Point  
10K \$180.00

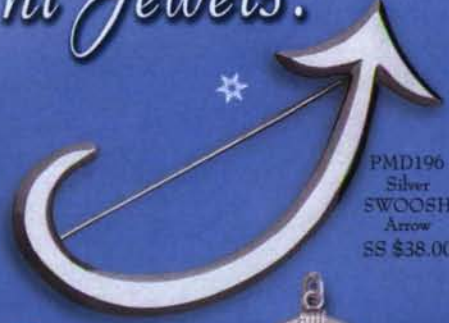


PMD174  
CZ Pierced Arrow Charm  
10K \$250.00



PMD173  
CZ Pierced Arrow Charm  
SS \$150.00

PMD178  
Heart Arrow  
Necklace, 17"  
SS \$35.00



PMD196  
Silver  
SWOOSH  
Arrow  
SS \$38.00



MD161  
Rope Border  
Charm  
SS \$25.00



MD171  
CZ Lavaliers  
SS \$90.00

MD170  
Diamond Lavaliers  
10K WG \$290.00



MD202  
Pearl Bracelet,  
SS Charm  
\$60.00



MD165  
Angel Charm  
SS \$21.00

MD180  
Heart Charm  
Bracelet  
SS \$65.00



MD189  
Stainless Steel Watch,  
Diamond Medallion  
Dial w/Pi Beta Phi Letters  
\$125.00

To Order Call: 1.800.322.1867

Hours: Monday-Friday: 8:30am-4:30pm CST

Or Click: [www.pibetaphi.org](http://www.pibetaphi.org)

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Not all ring sizes are stocked.

The complete collection of Official Jewelry is available for viewing and ordering online at our website.

Please call to inquire about special order jewelry, or to request a brochure.



# Collegiate News



Six current Miami University students (five of them Pi Phis) and 15 alumni ran in the Chicago Marathon to benefit a scholarship fund established in memory of Ohio Zeta Julie Turnbull and two other Miami University students killed in a house fire. Doug Turnbull, Julie's father, had special running jerseys made for all of the participants, as well as "Running to Remember" T-shirts that were sold before and after the race. A pasta dinner was held the night before for runners and supporters. Top, from left: Ohio Zeta Margaret Naeny and Aubin Gilbert. Bottom, from left: Ohio Zetas Liz Zeidner, Mallory Baschnagel, Kristine Bishop and Hadley Brink

*College is full of new experiences, opportunities and responsibilities — making it an exciting, yet stressful time in a young person's life. The importance of nurturing the mind, body and spirit can sometimes get lost amid a sea of exams, presentations, meetings, social events and family obligations. For this issue, we asked our collegians to tell us how they incorporate alternative or holistic techniques of stress reduction and health optimization into their busy lives. Their tips apply to everyone:*

OHIO BETA hosted a stress specialist at the chapter house for a mini-

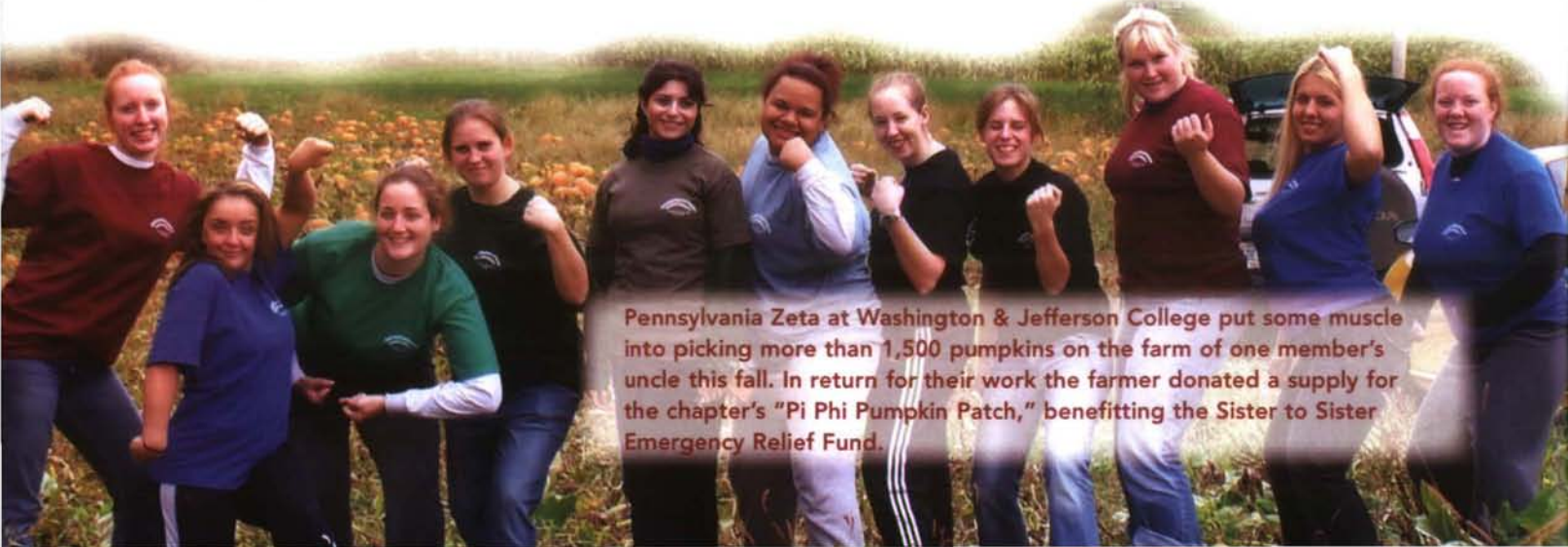
seminar. They all learned different methods of dealing with stress, such as yoga and massage. The event was a good bonding experience, and now several of our members practice yoga daily in the house.

*Ohio Beta  
The Ohio State University*

One of our sisters, KAITLYN VALERI, studies Buddhism and Zen as a mentality and lifestyle applicable for people of all religions. Kaitlyn says she "really admires the simplicity of the Buddhist lifestyle. I try to keep

it in the back of my mind to keep from becoming too materialistic."  
*Pennsylvania Gamma  
Dickinson College*

Our chapter has several members who are proud of the holistic lifestyle they maintain. CHRISTIE NORRICK has been a vegetarian since she was a child and uses her sculpting talents to calm herself by creating pieces dealing with issues such as feminism and protecting the environment. ALLISON SILVERS maintains her healthy eating



Pennsylvania Zeta at Washington & Jefferson College put some muscle into picking more than 1,500 pumpkins on the farm of one member's uncle this fall. In return for their work the farmer donated a supply for the chapter's "Pi Phi Pumpkin Patch," benefitting the Sister to Sister Emergency Relief Fund.

habits by consuming only organic foods and shopping at farmer's markets. Both women practice yoga as a way of connecting their minds and bodies through spirituality.

*Missouri Beta  
Washington University*

Our Risk Management Educator JULIE BONDY recently held a Pi Phi pilates night for the chapter. Julie enjoys doing Pilates and brought her favorite video to share with her sisters. The workout was a great study break and stress reliever.

*Virginia Eta  
University of Richmond*

SHEENA SMITH is known throughout OKLAHOMA ALPHA for her persistent focus on health. Sheena acknowledges that healthy eating is one of the biggest hurdles for college students. She recommends always keeping washed and cut fruits and veggies in the fridge so that ready-to-eat produce is constantly on hand. She advises against preprocessed foods and encourages small changes such as adding protein powder to homemade smoothies, and drinking green tea after meals to aide digestion. As for relieving stress, she says, "What works best for me is exercising, taking a bath with scented candles, going for a drive, or just being outside and pausing to observe nature." Sheena also emphasizes prayer, "reading the psalms is my most reliable way of calming myself after a troublesome day."

*Oklahoma Alpha  
University of Oklahoma*

Once a month, the PHOENIX, ARIZONA ALUMNAE CLUB prepares a special house dinner for the members of ARIZONA BETA. The alumnae interact with the collegians, sharing upcoming events and stories of Pi Phi after college. These dinners help foster tradition and are relaxing, comforting gatherings in the hectic



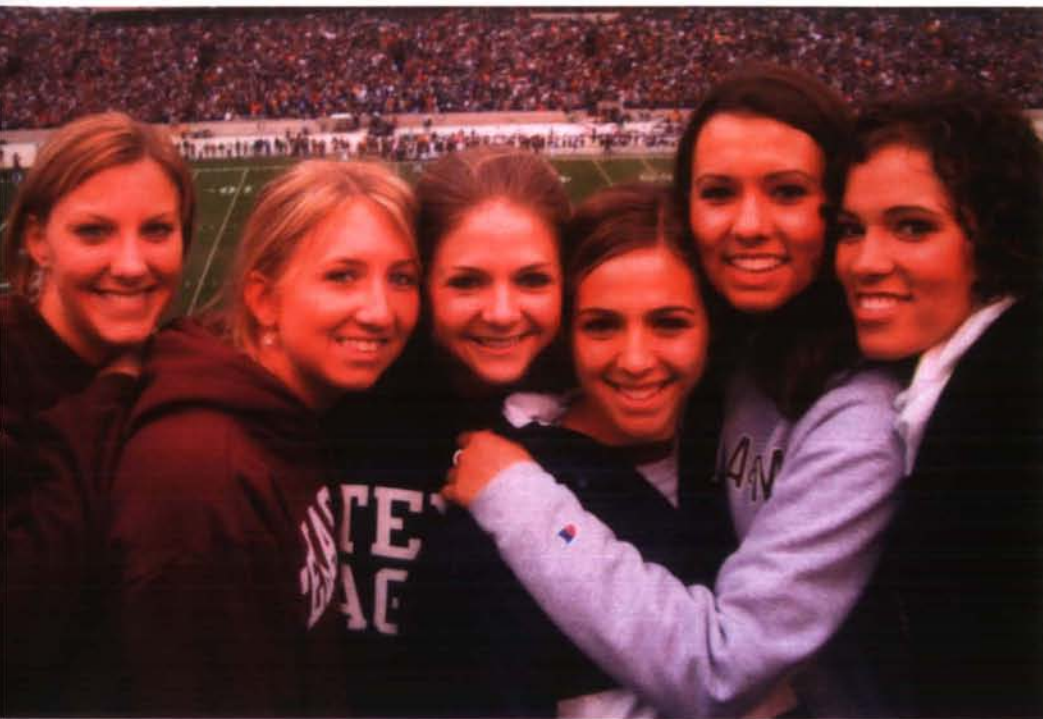
New York Epsilon recognized this semester's scholastic achievement at a Parent's Weekend banquet at Rensselaer Polytechnic institute. From left: Caitrin Donnelly, Elisha Waz and Lindsey McKeen



Montana Alpha's family brunch was a great opportunity for relatives of collegians to experience the Pi Phi bond. Jamie Holman held the record for most family members in attendance — her parents and both sets of grandparents traveled to Montana State University. Her grandmother, Dorothy Turner Holman (immediate right of Jamie) is a Washington Beta.



Georgia Alpha at the University of Georgia held its first Pi Phiesta this fall, benefiting the American Red Cross Hurricane Katrina Relief. Dollar tickets were sold to the all-you-can-eat Mexican buffet. The event raised more than \$4,500.



**Texas Etas enjoy Texas A&M University football. From left: Sarah Ford, Nicole Cusumano, Rachel Curry, Kristin Oberfield, Betsy Collins and Courtney Walker**

lives of the collegians. ARIZONA BETA truly appreciates this alumnae support.

*Arizona Beta  
Arizona State University*

ILLINOIS ZETAS AMANDA NEILSSON and JENNA LOSH are currently enrolled in a class called, "Rigidity and Flexibility in Japanese Arts and Culture." This class teaches about the Zen way of life. Each week, the class holds a tea ceremony. These ceremonies are a time for quiet reflection and enjoying the company of others. Zen teaches to appreciate everything around you and to put heart, mind and spirit into everything you do to live life to the fullest. This class has taught Amanda and Jenna that everyone can fit Zen into their life.

*Illinois Zeta  
University of Illinois*

COLORADO ALPHA hired a yoga instructor to come to the house and

give the women a one-hour course in beginner yoga. The chapter found it a good way to bond with each other while attending to the needs of their own minds and bodies.

*Colorado Alpha  
University of Colorado, Boulder*

CALIFORNIA NU's Wellness Chair KAT HANLON is an excellent resource in health and fitness. Kat, a senior, is a certified personal trainer and is constantly looking for ways to stay healthy. Each week she shares tips at meeting on how to research the food we eat and comparison shop for healthy food. She recently gave a presentation on what can be found in bottled water and warned us of the calorie counts of some of our favorite drinks at Starbucks and Jamba Juice.

*California Nu  
Loyola Marymount University*

The sisters of PENNSYLVANIA EPSILON love to unwind in the company of

other angels. Whether its a sisterhood trip to yoga class or a pledge class movie night, our chapter stresses the importances of peaceful relaxation as much as we stress enthusiastic community involvement. JAYNE BARRICKMAN has scheduled a sisterhood hike up Mount Nittany as a way to bond among the beautiful University Park surroundings.

*Pennsylvania Epsilon  
Pennsylvania State University*

COLORADO GAMMAS KATIE ZEORLIN and MORGAN LAFFERTY participate in Bikram yoga, a form of exercise and breathing techniques that take place in a small room heated to over 100 degrees. The heat takes getting used to, but it makes the muscles more pliable, and eventually becomes soothing. Both women agree that this type of exercise clears their minds and makes life calmer, and they now attend Bikram classes daily.

*Colorado Gamma  
Colorado State University*

NORTH CAROLINA DELTA CAROLINE BLACK has received acupuncture twice. She says that the needles do not hurt, as many people assume, but actually tickled. After the procedures, Caroline said she felt as if her health had improved, and that acupuncture is a practice that she would use again to treat certain ailments.

*North Carolina Delta  
North Carolina State University*

The women of CALIFORNIA ETA relax and relieve stress in a variety of ways, including meditation and exercise. STEPHANIE WEBB opts to relax by knitting warm clothing and then donating them to premature babies at the hospital where she volunteers. CHERIE HAYS relieves stress by spinning her old color guard equipment. Meanwhile, other sisters choose to go on long, solitary drives, dance or

just spend quality time with their sisters in the mall or in front of our house's TV.

*California Eta  
University of California, Irvine*

We can't eliminate the chaos of some days in college, but we can help control it. Incorporating time for yourself every day and leaving time for relaxation helps manage a busy lifestyle. Exercise, meditation, calming music, yoga or even just driving in the car by yourself for some alone time can help you stay sane.

*Indiana Theta  
Valparaiso University*

For the past two years, NEBRASKA BETA CARRIE NIELSEN has led aerobics classes at the University of Nebraska Recreation Center. Always very interested in exercise, Carrie earned her certification from the Aerobics and Fitness Association of America, and is also certified in Turbo Kickboxing. She has inspired many chapter members to get in shape—aerobics class is always more fun with a friendly Pi Phi face at the front of the room!

*Nebraska Beta  
University of Nebraska, Lincoln*

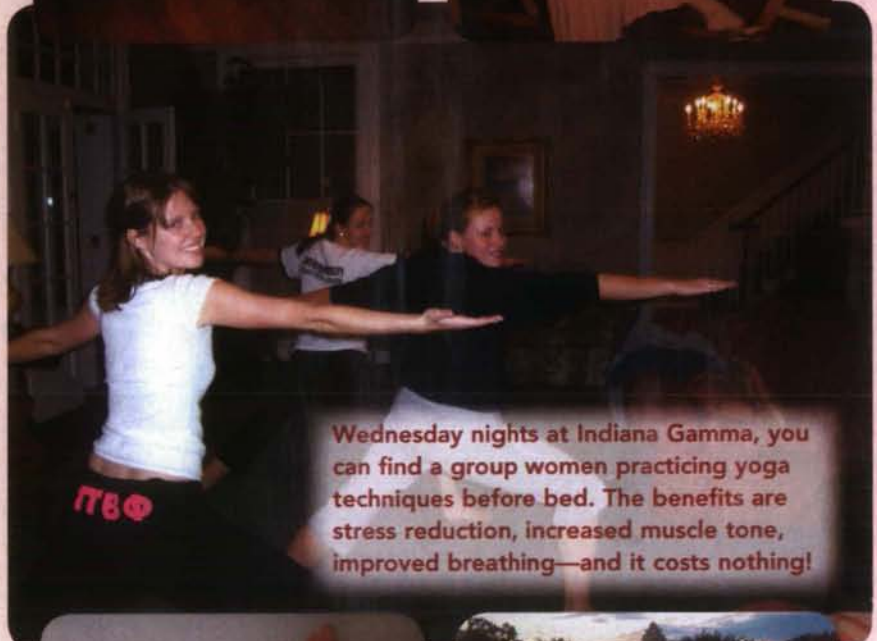
Mirrors in sets of three, strategically placed around TEXAS EPSILON KRISTINA HUFF'S room are present to ensure the proper flow of the chi. Kristana has been a follower of the Feng Shui way of life since she can remember. Her family introduced her to Feng Shui as a child. The Chinese practice of placing objects in a room, home, or even a city in order to maintain harmony and balance in life has been around since ancient times. Kristina believes that Feng Shui keeps her in balance with nature and helps her to be a more relaxed individual.

*Texas Epsilon  
University of North Texas*

Virginia Epsilon Alana Witte begins each day with a mind and body strengthening session of hot yoga. The exercises calm her and increase flexibility. Here she demonstrates one of the poses from her class at the University of Virginia.



Arizona Alpha Karlie Saine discovered modern dance as a fun, stress relieving activity. She has introduced several fellow chapter members to the modern dance classes offered at The University of Arizona.



Wednesday nights at Indiana Gamma, you can find a group of women practicing yoga techniques before bed. The benefits are stress reduction, increased muscle tone, improved breathing—and it costs nothing!



Julia Byrd is one of many Tennessee Betas who attend Yoga classes together at Vanderbilt University before or after chapter meetings.



Several members of New Mexico Beta at New Mexico State University have come to appreciate the emotional, mental and physical benefits of meditation.

## COLLEGIATE NEWS



Oklahoma Beta at Oklahoma State University participated in building two houses for Habitat for Humanity this fall. Additionally, they raised funds to furnish the homes. From left: Kailey Cole, April Orr, Kacey Boyd and Kaylyn Heidebrecht



Pennsylvania Thetas Andrea Zorrilla, left, and Lauren Yen enjoy one of their chapter's annual philanthropies, "Sink or Swim" at Villanova University.



Alberta Alpha gave a fantastic performance at Anchor Splash, an interfraternal swimming competition hosted by Delta Gamma at the University of Alberta.

WEST VIRGINIA ALPHAS engage in a variety of activities to relieve tress. This is especially important during extra-busy times of the year such as recruitment or homecoming week. One creative means of stress relief our members have found is by playing a big game of dodgeball. Not only does this release energy and stress, it is great fun and a chance to interact with sisters.

*West Virginia Alpha  
West Virginia University*

We have one member in particular who encompasses the ideal of Zen. She is completely in touch and comfortable with herself because of the time she takes for quiet reflection. Aside from taking time out for reflection, she also upholds the ideals of Zen in her great self discipline and hard work, maintaining one of our chapter's highest GPAs. At a chapter meeting during finals time she taught us a breathing technique to help us relax before our tests.

*Florida Alpha  
Stetson University*

A number of members of the MICHIGAN ALPHA chapter have begun doing Pilates regularly as a means of keeping in shape and reducing stress. We realize that we need to cultivate our physical growth as well as our mental and social growth. By working together, we are more motivated to exercise and stay healthy. Weekly Pilates has created another opportunity for us to have fun with our sisters while taking care of our bodies and minds.

*Michigan Alpha  
Hillsdale College*

Many members of TEXAS ZETA turn to God to calm our nerves and guide us. We use prayer to put our hearts at peace. Once a week, our chaplain hosts a bible study group for our



members. We realize that God gives us strength to guide us through the stressful times.

*Texas Zeta  
Baylor University*

Members of TEXAS BETA came together in late October to spend time with the children at the Interfaith Housing Coalition of Dallas, Texas, a place that provides rebuilding services to Dallas-area homeless families. Pi Phis helped the children in the after-school day group celebrate Halloween by painting faces and decorating cookies. Helping others improve their conditions brings peace into our own lives.

*Texas Beta  
Southern Methodist University*

On Oct. 2, 2005, several members of COLORADO DELTA were the beneficiaries of good karma. After participating in the Denver, Colorado Race for the Cure with CHANDRA LIPPITT and AMY DUPONT, DARCY SOUTA returned to her vehicle to discover a puzzling surprise. A box of four brand new hubcaps was sitting next to the driver side door. A note left on the box said, "Hi, your back right tire is low — my mom was a Pi Phi! P.S. We thought these might work for you!" The note was referring to Darcy's mismatched hubcaps and flat back right tire. The do-gooder had noticed the Pi Phi sticker on Darcy's back window and went out of their way to warn her about her tire. Let's hope everyone has an angel in disguise looking out for them!

*Colorado Delta  
Colorado School of Mines*



Maine Alpha celebrates a successful Bid Day at the University of Maine.



From top left, University of Mississippi seniors Ashley Brod, Lezlie Wilkerson, Kat Rice, Nicole Cook, Megan Wantland, Mary Elizabeth Roe, Rachel Peterson and Anne Coleman enjoy their last Bid Day as active members of Mississippi Beta.



The seniors of Indiana Theta took a "seniors-only" bonding trip to Butler University to watch Valparaiso University play Butler University. While there, they visited the Indiana Gamma house and were warmly welcomed by the actives, as well as Indiana Gamma alumnae who were also visiting.

# Holt House

Contributions of \$100 or more  
received from July 1, 2004 —  
June 30, 2005

## \$1,600-\$2,000

Florida Beta, Florida State University  
Oklahoma Alpha, University of Oklahoma

## \$1,200-1,599

San Antonio, Texas Alumnae Club

## \$800-\$1,199

Arizona Alpha, University of Arizona  
Colorado Alpha, University of Colorado  
Virginia Eta, University of Richmond  
New York Alpha, Syracuse University

## \$500-\$799

California Kappa, University of California —  
San Diego  
Texas Zeta, Baylor University  
Illinois Theta, Bradley University

## \$200-\$499

Dallas, Texas Alumnae Club  
Del Sol North, California Alumnae Club  
Florida Delta, University of Florida  
Norman, Oklahoma Alumnae Club  
Ohio Epsilon, University of Toledo  
Richardson — Plano, Texas Alumnae Club  
Texas Gamma, Texas Tech University  
Washington Alpha, University of Washington  
Atlanta, Georgia Alumnae Club  
Charlotte, North Carolina Alumnae Club  
Houston, Texas Alumnae Club  
Katy — West Houston, Texas Alumnae Club  
Oklahoma Beta, Oklahoma State University  
Peoria, Illinois Alumnae Club  
Virginia Epsilon, University of Virginia  
Louisiana Alpha, Tulane University — Newcomb  
College  
California Epsilon, San Diego State University  
Kansas City, Missouri — Shawnee Mission,  
Kansas Alumnae Club  
California Mu, Pepperdine University  
Michigan Alpha, Hillsdale College  
California Theta, University of California Davis  
Arkansas Alpha, University of Arkansas



## \$150-\$199

Austin, Texas Alumnae Club  
Bellevue-Eastside, Washington Alumnae Club  
California Alpha, Stanford University  
Champaign-Urbana, Illinois Alumnae Club  
Maine Alpha, University of Maine  
Seattle, Washington Alumnae Club  
South Dakota Alpha, University of South  
Dakota  
Texas Eta, Texas A&M University

## \$100-\$149

Alabama Beta, University of Alabama  
Ann Arbor, Michigan Alumnae Club  
Arizona Gamma, Northern Arizona University  
Arlington Heights, Illinois Alumnae Club  
Bloomfield Hills, Michigan Alumnae Club  
Boca Raton, Florida Alumnae Club  
Cedar Rapids, Iowa Alumnae Club  
Contra Costa, California Alumnae Club  
Cypress Creek — NW Houston, Texas Alumnae  
Club  
Dayton, Ohio Alumnae Club  
Denver, Colorado Alumnae Club  
Florida Epsilon, University of Central Florida  
Glen Ellyn-Wheaton, Illinois Alumnae Club  
Indiana Alpha, Franklin College  
Indiana Delta, Purdue University  
Indianapolis, Indiana Alumnae Club  
Iowa Beta, Simpson College  
Jefferson County, Colorado Alumnae Club  
Kansas Alpha, University of Kansas  
Kentucky Alpha, University of Louisville  
Kentucky Beta, University of Kentucky  
Knoxville, Tennessee Alumnae Club  
Lake County, Illinois Alumnae Club  
Long Beach, California Alumnae Club  
Marin County, California Alumnae Club  
Memphis, Tennessee Alumnae Club  
Michigan Epsilon, Western Michigan University  
Michigan Gamma, Michigan State University  
Minneapolis, Minnesota Alumnae Club

Missouri Alpha House Corporation, University  
of Missouri  
Monmouth, Illinois Alumnae Club  
North Carolina Beta, Duke University  
North San Diego, California Alumnae Club  
Northern Virginia Alumnae Club  
Ohio Zeta, Miami University  
Oklahoma City, Oklahoma Alumnae Club  
Omaha, Nebraska Alumnae Club  
Oregon Beta, Oregon State University  
Philadelphia-Main Line, Pennsylvania Alumnae  
Club  
Sandhills of NC Carnation Circle  
South Bay, California Alumnae Club  
South Coast, California Alumnae Club  
Springfield, Missouri Alumnae Club  
St. Louis, Missouri Alumnae Club  
Stillwater, Oklahoma Alumnae Club  
Tucson, Arizona Alumnae Club  
Tulsa, Oklahoma Alumnae Club  
Ventura County, California Alumnae Club  
Central Orange County, California Alumnae  
Club  
Broward County, Florida Alumnae Club  
Colorado Springs, Colorado Alumnae Club  
Cleveland West, Ohio Alumnae Club  
North Dakota Alpha, University of North  
Dakota  
Pennsylvania Epsilon, Pennsylvania State  
University  
Westchester County, New York Alumnae Club  
Cleveland East, Ohio Alumnae Club  
North Carolina Triangle Alumnae Club



**The Holt House  
Committee thanks  
Illinois Alpha Jane  
Mears Warfield for  
her eight years of  
dedicated service  
as curator of Holt  
House.**



### A FOND FAREWELL

After nearly 10 years as Executive Director of Pi Beta Phi, IOWA ZETA RENE ROSS MERCER will resign Jan. 31. She is leaving to devote more time to her extended family.

A true servant leader, Renee will be greatly missed, not only by Headquarters staff, but by the many Pi Beta Phi officers and Panhellenic friends she has worked alongside.

Before serving as Executive Director, Renee worked as Membership Coordinator for one year and Assistant Executive Director for two years. She has witnessed and played a large role in facilitating many changes in the Fraternity. Perhaps, the most dramatic change occurred when the Fraternity decided to build and move into its own Headquarters building in 2002.

"When I think about leaving my position as Executive Director, I am reminded of words from the Pi Phi song, *Remember*," Renee says. "The loyalties and the friendships, that you know they've brought to you..." How true.

"I am grateful for all the wonderful friendships that I have made as Executive Director and will continue to make through my membership in Pi Beta Phi. I am leaving Headquarters, but my Pi Phi ties will be forever."

### EXECUTIVE DIRECTOR SEARCH

Pi Beta Phi is in the process of searching for a new Executive Director. Key responsibilities lie in three areas: International Headquarters, Grand Council, and the Greek Community. The Executive Director leads and manages the overall function of the International Headquarters of the Fraternity; implements organizational policies, procedures, and programs established by the Grand Council; and fulfills the administrative needs of the organization and its members in an efficient and professional manner.

A Bachelor's degree is required. Candidates who are members of Pi Beta

Phi and those with a minimum of five years of management experience are preferred. A strong candidate will possess these skills: proven leadership experience with strong change leadership capabilities; excellent execution discipline demonstrated by a track record of management success; strong relationship management skills, including collaborative relationships; ability to motivate others; excellent oral and written communication skills; effective presentation skills; and facilitation and negotiation skills.

To learn more about this position, visit our Web site at [www.pibetaphi.org](http://www.pibetaphi.org). If you would like to apply for the Executive Director position, please send your resume to Grand President Emily Tarr at [gp1@pibetaphi.org](mailto:gp1@pibetaphi.org).

### YOUNG ALUMNAE EVENTS

In order for Pi Beta Phi Fraternity to reach its vision of being recognized as a premier organization for women, it must restructure existing programs and create new programs that are engaging, relevant and appealing. One such initiative that the Fraternity has been supporting the past two years is the planning and executing of young alumnae events. These events, entitled "Night of Networking", have been held in 10 cities since fall 2003.

Each event is set up to bring those women who have graduated within the last 15 years together with a common purpose—professional and social networking. To date, close to 500 women have attended these events. Information about area clubs and updates on Fraternity programming are distributed.

Plans are underway for five events to be held in winter and spring 2006. The dates and cities are listed below. Invitations will be mailed to invitees approximately six-eight weeks prior to the event. For more information on an event in your area, please call Headquarters at 636-256-0680.

#### PHOENIX, ARIZONA

Thursday, January 26

#### PORTLAND, OREGON

Thursday, March 16

#### INDIANAPOLIS, INDIANA

Thursday, March 30

#### ST. LOUIS, MISSOURI

Thursday, April 6

#### BOSTON, MASSACHUSETTS

Thursday, May 11

### ARROW DISTRIBUTION

You may not have realized it, but this is the first *Winter Arrow* in five years. *The Arrow* is back to publishing four issues a year. But, this is not the only change in the future of *The Arrow*.

During the 2005-06 academic year, all members with accurate mailing addresses will continue to receive a copy of *The Arrow* in their home mailboxes. In the 2006-07 academic year, the *Fall Arrow* will be the only issue mailed to the entire membership. Members who have paid their international dues for the previous year will continue to receive all four issues in the mail. Those members who do not pay dues will be sent e-mail notices and links to the *Winter*, *Spring* and *Summer Arrows* when they are posted on the Web site.

If you have not paid your dues, please consider doing so now, or make sure that Headquarters has your most recent e-mail address.

Anyone wanting to continue to receive *The Arrow* who does not have computer access and is unable to pay dues, should contact *The Arrow* editor for information about receiving a copy.

### INTERNATIONAL DUES

If you have not paid your dues for the 2005-2006 fiscal year, you should have recently received an invoice in the mail from the Fraternity. If not, it should be arriving soon. This invoice is for the \$20 International dues for the year, which began July 1, 2005, and ends June 30, 2006.

Collecting local and Fraternity dues from alumnae is a vital role of alumnae clubs, pockets and Carnation Circles. Those members who are not active in an alumnae organization were encouraged to use the envelope enclosed in the *Fall Arrow*.

# News & Notes

## WWW.PIBETAPHI.ORG

The Pi Beta Phi Web site continues to grow and change to better meet our members' needs. The main Web site features brighter, easier-to-read pages. Check out what's going on and what's new on the "In the News" and "New on the Web" pages. These pages are updated weekly.

Visit the new Publications page at <http://pibetaphi.org/aboutus/publications.html>. You can view most of the Fraternity's publications, as well as resources and guidelines for submission to publications. Web guidelines and resources may also be found on this page.

Coming soon is a totally re-vamped Members-Only side to the Web site. New pages and functions will make it easier to update information, locate sisters, pay alumnae dues and access information, forms and documents on the Web site. It is expected to go live early this year. In the meantime, look at the "sneak peek" on our Web site to preview the new Members-Only Web site and the functions it will deliver. The Web page address is [www.pibetaphi.org/Preview\\_MO.html](http://www.pibetaphi.org/Preview_MO.html).

We will feature a new prototype page every few weeks, so check back often. If you have not signed up for your Members-Only Web site account, be sure to do so. If you do not have your Member ID, which can be found on your *Arrow* mailing label, click on the link next to the Member ID field. The link says "Request your Member ID." Once you have received your member id via e-mail, return to the "sign up" screen and enter the requested information — your member ID, initiation year, chapter and name to gain access to the site.

## BOOK ABOUT GRACE COOLIDGE

Cynthia D. Bittinger, executive director of The Calvin Coolidge Memorial Foundation, Inc., has written a new book about VERMONT BETA GRACE GOODHUE COOLIDGE, called "Grace Coolidge: Sudden Star." Materials found in the round robin letters that Grace wrote to her Pi Phi sisters were instrumental in the writing of this book, Cyndy says.

For more information about this book,



Louisiana Beta Alumna Initiate Kathy Fusilier, center, poses with her three daughters and sister at the initiation last November. From the left are: Laura Fusilier, Catherine Fusilier, Kathy, Sarah Fritts Livingston and Sarah Fusilier Palen. All five women are Louisiana Betas.

or the Foundation, log on to: [www.calvin-coolidge.org](http://www.calvin-coolidge.org).

## SPRING ARROW

April is "Donate Life" month and the Spring Arrow cover theme will be on organ and tissue donations. Do you know of a sister who has either given or received an organ? How about a Pi Phi who works on a transplant team? Does your chapter/club help raise the awareness of organ or tissue donations? If so, please contact *The Arrow* editor by Feb. 1 at 636-256-0680 or e-mail at [editor@pibetaphi.org](mailto:editor@pibetaphi.org).

## AACs/HOUSE CORPORATIONS NEED HELP

A full listing of all of the chapters that need Alumnae Advisory Committee or House Corporation members typically runs in the *Summer Arrow*. Although we do not have space each issue to reprint the list, it doesn't mean that all positions are filled. If you are interested in serving as an AAC or House Corporation member, please check the updated Web site listing at [www.pibetaphi.org](http://www.pibetaphi.org) to see if there is a chapter near you in need of help.

## BREAST CANCER RESOURCE

Delta Gamma Member Vicki Tashman realized when she was undergoing treatment for breast cancer a missing piece in typical support groups. "No one sitting around the table had the same breast cancer that I did," Vicki said. "Everyone had different surgeries; some had cancer in their lymph nodes or were going through different chemotherapies, as well as radiation."

This gave her the idea to develop a cen-



Two grandmothers and her mother surprised Allison Johnston when she was initiated in October at Auburn University. Surrounding Allison, from the left, are: Grandmother Donna Crocker Johnston, Ohio Epsilon; Mother Jacque Bankston Johnston, Alabama Gamma; and Grandmother Nancy Laird Bankston, North Carolina Alpha.



# In Memoriam

Due to space constraints, *The Arrow* will only print the obituary of a former Grand President. *In Memoriam* lists the name, initiation year, and month and year of each other member who has died. If you know a sister has died, please inform Headquarters. However, only those names accompanied by a published notice will be listed in *The Arrow*. Published notices include a newspaper obituary, a funeral program/prayer card, or a listing in a college/university alumnae newsletter. Also acceptable are obituaries from newspaper Web sites — attach the article and e-mail it to Alison Bauer at [alison@piphico.org](mailto:alison@piphico.org).

## ALABAMA ALPHA

Laura Moore Weaver, 1935; September 2005

## ARIZONA ALPHA

Joyce Snyder Alexandre, 1946; September 2005  
Carole Holsten McDonough, 1964; September 2005  
Christine Wright Withrow, 1958; July 2005

## ARKANSAS ALPHA

Marian Cleveland Lester, 1966; October 2005  
Mary Jacqueline (Jackie) Sanders Moore, 1959; March 2005  
Alice Day Rice, 1976; August 2005

## CALIFORNIA BETA

Eleanora Dawson Richards, 1941; August 2005  
Andree Bonno Webb, 1941; September 2005

## CALIFORNIA GAMMA

Louise Wigton Evans, 1937; May 2005

## CALIFORNIA DELTA

Nancy Gleichman Henson, 1946; August 2005  
Gloria Webb Madsen, 1943; October 2005

## COLORADO ALPHA

Josephine Mulligan Daigle, 1951; September 2005  
Jean Anderson Viney Moffat Fanning, 1939; September 2005  
Elizabeth "Biz" Glaze Zeran, 1933; October 2005

## COLORADO BETA

Barbara Weatherwax Mohar, 1945; August 2005

## D.C. ALPHA

Jane Lesh Gould, 1943; August 2005

## FLORIDA DELTA

Amalie Alvarez Lehman, 1997; October 2005

## ILLINOIS ALPHA

Sally Whitman Gehring, 1946; December 2004  
Ruth Graham Hutchins, 1934; April 2005  
Mary Louise Nelson Montgomery, 1933; July 2005  
Betty Teeter Moody, 1938; September 2006

## ILLINOIS ZETA

Dorothy White Gover, 1926; September 2005

## ILLINOIS ETA

Jean Beall Snyder, 1935; May 2005

## ILLINOIS THETA

Margaret Jones Bowman, 1947; April 2005  
June Ruppert Reents, 1951; September 2005

## INDIANA ALPHA

Janice Joplin Reed, 1923; July 2005

## INDIANA BETA

Kathryn Cookson Compton, 1945; August 2005

## INDIANA GAMMA

Shirley Stilwell Brown, 1950; October 2005  
Frances (Sally) Hollingsworth McConnell, 1943; September 2005

## INDIANA DELTA

Elaine Gibson, 1959; June 2005

## INDIANA EPSILON

Karen MacNeill Bone, 1973; September 2005  
Lara Michelle Rutan, 1999; September 2005

## IOWA ALPHA

Charlotte Allen Beck, 1934; October 2005

## IOWA GAMMA

Margaret Mauss Krause, 1939; June 2005

## IOWA ZETA

Jane Louise (Oopie) Leary, 1935; October 2004  
Nadgie Rohrbach Maney, 1937; April 2005  
Frances Kannaly Wenger, 1933; February 2005

## KANSAS ALPHA

Janice Harper Carmichael-James, 1957; August 2005

## KANSAS BETA

Deborah Barber-Axthelm, 1971; August 2005  
Etienne Guerrant Britton, 1945; August 2005  
Susan Sears Skinner, 1952; June 2005

## KENTUCKY ALPHA

Hazel Jacqueline McLean, 1936; September 2005

## LOUISIANA ALPHA

Caroline Trueman Sharp, 1951; August 2005  
Margaret Schramm Witherspoon, 1932; August 2005

## LOUISIANA BETA

Margaret Lewis Norton, 1943; July 2005

## MANITOBA ALPHA

Janice Barbara Johnston Ross, 1937; August 2005

## MICHIGAN ALPHA

Dorothy Seger Greene, 1934; March 2005

## MICHIGAN BETA

Elizabeth Thomson Rockershousen, 1958; November 2004

## MISSISSIPPI ALPHA

Donna Gonsoulin Jakes, 1968; October 2005

**MISSOURI ALPHA**

Jane Turner Campbell, 1950; October 2005  
Rosalie Cousins Smithers, 1931; August 2005

**MISSOURI BETA**

Helene Higgins Bauer, 1956; July 2005  
Joyce Altvater Deibel, 1943; September 2005  
Elizabeth Hosmer Kramer, 1950; October 2005

**MONTANA ALPHA**

Molly Ann Bulger, 1986; September 2005

**NEVADA ALPHA**

Jeanne Adrian Sutton Bloeser, 1944; September 2005  
Catherine (Kay) Armstrong Scrafield, 1934; September 2005  
Gertrude Polander Van Wagoner, 1936; July 2005

**NEW MEXICO BETA**

Elizabeth Drell Slatter, 1972; September 2005

**NORTH CAROLINA ALPHA**

Sarah Stenbridge Crowe, 1955; February 2005

**NORTH CAROLINA BETA**

Winifred Greenwood Cosgrove, 1935; August 2005  
Evelyn Bandy Doyle, 1939; October 2005  
Ethelyn Upshaw Stults, 1943; May 2005

**NORTH DAKOTA ALPHA**

Cheryl Rodger Weible, 1937; August 2005

**OHIO ALPHA**

Rachel Lenhart Conrad, 1943; December 2004  
Ann Miller Nye, 1952; October 2005

**OHIO BETA**

Marjorie Ann Cottrell Dymock, 1939; September 2005  
Eleanor Bricker Kirkwood, 1935; September 2005  
Mary (Mike) Quinn Schafer, 1955; July 2005  
Margaret Sanders Stallman, 1929; January 2005

**OHIO EPSILON**

Sandra Fuire Baird, 1961; September 2005  
Mary Spieker Smith, 1948; August 2005

**OHIO ZETA**

Dolores Brown, 1946; August 2005

**OKLAHOMA ALPHA**

Mary Crites Clinch, 1951; September 2005  
Christine Gilstrap Harper, 1935; June 2005  
Elizabeth Miller Mahan, 1932; September 2005  
Barbara Mackey Ogilvie, 1940; October 2005  
Lucile Jackson Powell, 1937; September 2005

**OKLAHOMA BETA**

Jennifer Langdon Rogers, 1981; September 2005  
Helen Pulver Stockard, 1936; September 2005  
Mary Lewis Warren, 1965; October 2005

**OREGON ALPHA**

Jeanne Boquist Dunn, 1946; September 2005  
Betty Anderson Weston, 1939; May 2005

**OREGON BETA**

Eleanor Eakin Chown, 1937; August 2005

**PENNSYLVANIA BETA**

Shirley Culbertson Budd, 1956; September 2004

**SOUTH CAROLINA ALPHA**

Barbara (Pat) Adair Bothe, 1959; June 2005

**TENNESSEE ALPHA**

Dorothy Wilber Duncan, 1927; September 2005  
Catheryne Wilbur Laws, 1932; August 2005

**TENNESSEE BETA**

Louise Garrard Spencer DuPre, 1980; November 2004

**TENNESSEE GAMMA**

Sondra Stone Rohrer, 1990; October 2005

**TEXAS ALPHA**

Ann Townes Rice, 1941; September 2005

**TEXAS BETA**

Mary Virginia Murphy Cheek, 1927; June 2005  
Virginia Cobb Cobb, 1932; August 2005  
Marion Dickson McElree, 1953; August 2005  
Jane Burress White, 1971; October 2005

**TEXAS DELTA**

Mary Lou Mueller Towson, 1959; March 2005

**TEXAS GAMMA**

Shirley Cartwright Hammer, 1953; September 2005  
Katherine Johnston Prewitt, 1953; August 2005  
Sarah Thompson, 2000; September 2005

**TEXAS ZETA**

Nellwyn Owens Riggs, 1977; March 2005

**UTAH ALPHA**

Lee Deffebach, 1947; October 2005

**VERMONT ALPHA**

Mavis Jones Little, 1934; December 2004

**VIRGINIA GAMMA**

Mary Virginia Flanary Edmonds, 1937; December 2004  
Elizabeth Chambers George, 1931; August 2005

**WASHINGTON ALPHA**

Jacalyn Hoglund Bylund, 1965; October 2005  
Gail Goodfellow, 1951; September 2005  
Mary Johnston Kunz, 1945; August 2005  
Colleen Kelly Parrish, 1948; August 2005  
Mary Lou Schroeder Paulsen, 1953; October 2005

**WASHINGTON BETA**

Florence McEachran Garber, 1935; September 2005  
Ruth Weed Lamanna, 1935; June 2005

**WEST VIRGINIA ALPHA**

Patricia Collins Fellows, 1951; June 2005  
Nell Heermans Friebertshauer, 1940; June 2005  
Marguerite (Peg) McCulloch Phillips, 1938; October 2005

**WISCONSIN ALPHA**

Joyce Bockman Wangelin, 1953; September 2005

**WISCONSIN BETA**

Betty Dorick Quinn Boyd, 1951; October 2005

**WYOMING ALPHA**

Shirley Beeson Kirkbride, 1939; July 2005  
Rowena Hasbrouck Porter, 1921; October 2005



What are you doing March 6?  
*Proudly Wear Your Badge!*

Once again, the 26 member organizations of the National Panhellenic Conference (NPC) will celebrate International Badge Day on the first Monday of March, which is March 6 this year. Honor your Greek affiliation by wearing your badge or your Pi Beta Phi letters that day.

Who knows? By participating, you may find that you share a Greek heritage with more women in your community than you know.

**HAVE YOU MOVED OR CHANGED YOUR NAME?**

Help us keep our database updated. Edit your member profile online at [www.pibetaphi.org](http://www.pibetaphi.org), or clip this form, place in a stamped envelope and send to: Pi Beta Phi Headquarters, 1154 Town & Country Commons Drive, Town & Country, MO 63017.

Please print changes:

Initiated Name (first/middle/maiden)

Name (first/maiden/last)

New Address

City/State/Zip

Phone Number

E-mail

Chapter and Year of Initiation

If you are an officer in the Fraternity, please give title so that we may update officer lists.

PI BETA PHI FRATERNITY  
1154 TOWN & COUNTRY COMMONS DRIVE  
TOWN & COUNTRY, MO 63017

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