

The Arrow

OF PI BETA PHI • WINTER 2021

Self-care is
not selfish.





The Arrow

OF PI BETA PHI • WINTER 2021

FEATURES

12 SELF-CARE IS NOT SELFISH

33 HOPE PERSISTS

44 MAKING A DIFFERENCE FROM A DISTANCE

ON THE COVER

Recognizing what you need and taking the steps to fulfill that need is an essential practice for mental, physical and emotional wellbeing. Self-care may be a personal practice, but the benefits span far beyond the individual. A community is stronger with all members at their best, and the same is true for the sisterhood of Pi Beta Phi. Taking care of yourself is a gift to those who care for you, and a selfless gift at that.



IN EVERY ISSUE

2 PERSPECTIVE	22 IN HER WORDS
3 LETTERS TO PI PHI	26 COLLEGIATE NEWS
4 ONE, TWO, THREE WORDS	34 ALUMNAE NEWS
6 COVID-19 UPDATE	42 REMEMBER
8 BUILT FOR SISTERHOOD	44 READ > LEAD > ACHIEVE®
10 FOUNDATION	46 IN MEMORIAM

FEATURED CONTRIBUTORS

KELLI SUSEMIHL, South Dakota Alpha
HANNAH WHITLOCK, Texas Delta
FRAN DESIMONE BECQUE, New York Alpha



THE ARROW® OF PI BETA PHI
Winter 2021 • Vol. 137 No. 2

GRAND COUNCIL

Marla Neelly Wulf Alison Veit Heafitz
Emory McGinnis Eison Jenn Plagman-Galvin
Amy Lorenzen Southerland Jamie Feist Daniels
Lisa Gamel Scott

EXECUTIVE DIRECTOR

Juli Holmes Willeman

EDITORIAL STAFF

Jordan Aschwege TG Livak
Caroline Backer Cassidy Nieves
Shawn Eagleburger Brittany Robb
Emily Kuryla

PI BETA PHI FRATERNITY FOR WOMEN

1154 Town & Country Commons Drive
Town & Country, Missouri 63017
(636) 256-0680 | FAX (636) 256-8095
headquarters@pibetaphi.org
pibetaphi.org

CONNECT WITH US!

/pibetaphi
 /pibetaphihq
 /pibetaphihq
 /Pi Beta Phi Fraternity
 /pibetaphihq
 /pibetaphi.org/blog

SUBMISSIONS

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

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

SUBMISSION DEADLINES

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

ADDRESS/NAME CHANGES

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

HOW TO RECEIVE *THE ARROW*

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



FRATERNITY
COMMUNICATIONS
ASSOCIATION

Practice Makes Permanent



EMORY MCGINNIS EISON
Grand Vice President Collegians

Mississippi Beta
University of Mississippi

Dear Sisters,

I'm a first child, a rule follower and a people pleaser. I make lists, menus and live by my calendar. I used to define myself by those labels. Part of being a people pleaser is not wanting to upset others — and I used to sacrifice myself so others could be happy. Then, about three years ago, I went through some major career changes that challenged all my life goals. Looking back, this is where I see a turning point in the way I cared for myself and the start of my own self-care journey. I started thinking more about what I wanted out of my life instead of what everyone else wanted. I had to learn and understand my limits, respect the boundaries I set for myself and consistently assess my priorities. I realized I had to start caring for myself first before I could coach, mentor and care passionately for others, but it was also vital for my own well-being. In fact, if you take just one thing away from this page, please remember this: It's important to put yourself first. You are worthy.

For me, caring for myself is all about finding balance. We all have responsibilities that pull us in different directions each day — work, school, family and volunteering, to name a few — and those responsibilities can change frequently. It helps me to think intentionally about my priorities every day. It's hard to know what we need to focus on if we don't think about it first. Some priorities are constant; for me to have balance in my life, I need to spend time with my family. See what I did there? I didn't say they had to be happy. I said I needed to spend time with them for my own happiness. I put the focus on what gives me balance. One of the most important things I've ever learned from a Pi Phi mentor is that an emergency on someone else's part doesn't always constitute an emergency on mine. Just because someone wants me to jump in and resolve an issue at a given moment doesn't mean it's the right time for me. Don't let others rearrange your priorities.

I know you've heard the saying "practice makes perfect." But what about "practice makes permanent?" What if we spend time each day being intentional about caring for ourselves? Over time, our actions become habits and those habits become part of daily life. Living in the grey and with flexibility is where I belong and where I thrive. I've learned to live positively and lead with my heart. As you read this issue, I encourage you to think about your own "sweet spot." Where do you flourish? What frame of mind are you in when you're able to manage stress and anxiety? In addition to considering these things, talk to those who care about your well-being. Be open when you're struggling and don't be afraid to seek suggestions. Seeking clarity on these things has helped me grow in self-awareness and gain a deeper understanding of how to nurture myself. Wherever you might be in your own self-care journey, I hope they'll benefit you as well. ←

In Pi Phi,

Emory McGinnis Eison

Letters to Pi Phi

Pi Beta Phi is committed to delivering a premier experience for all members. To fulfill this commitment, we are continually striving to learn what our sisters need from the membership experience and find the best ways to deliver. We believe we can strengthen the inherent value in Pi Phi sisterhood by seeking feedback from our members and using what we learn to help plan our next steps.

We want to hear from you, whether you're sharing your feelings on the latest issue of *The Arrow*, your thoughts on a Fraternity email or social media post or a heartfelt critique encouraging Pi Phi to do better. Below are a selection of thoughts Pi Phi sisters shared on recent stories in *The Arrow*, social media and Fraternity communications.

LEIGH CHRISTINE CRANE-FREEMAN, *Oklahoma Beta, initiated 1975*

I'm all for being kind, and being open to young women who fit OUR standards, but I am vehemently against lowering our standards to fit into others' requirements. ... In my opinion Pi Beta Phi should NEVER worry about following along with the other Greeks or the latest political tangent. We ARE THE BEST therefore we march to our own drum, and WE set the standard for the other sororities ... and that standard should be EXCELLENCE, whether that be grades, activities, leadership roles, or morals. ... Pi Beta Phi does not follow. WE LEAD!

KELLI SUSEMIHL, *South Dakota Alpha, initiated 2018*

"I am thankful for the sisters and opportunities that have pushed me to be the best version of myself!"

In response to our Instagram post asking why members are #thankfulforpiph

DINA NEWMAN, *D.C. Alpha, initiated 2009*

"Love this inclusive use of closed captioning!"

In response to an Instagram video reminding members of COVID-19 safety protocols

EMILY REIN, *Illinois Alpha, initiated 2017*

Good luck and have fun! When it feels like you are struggling, reach out to your sisters and know that you are making a difference in your chapter, even if it doesn't feel like it. Appreciate that you are having an opportunity to grow as a Pi Phi and an individual! And most importantly, you got elected for a reason so share your Pi Phi Love the best way you know how! Being elected to two Chapter Leadership Team positions during my time as a collegian is one of the things I value most about my membership. Each role truly helped shape me into the person I am today!

In response to our Facebook post asking members to send words of encouragement to incoming chapter officers

KAYLA MCCARTHY ERLANDSON, *Alberta Alpha, initiated 2006*

Although I'm sure not the most ideal situation, I'm so excited for so many sisters to take part in this! What a silver lining in creating an opportunity!!! Convention wasn't even on my horizon and now I don't know how I can possibly say no.

In response to the Fraternity's announcement to move Convention 2021 to a virtual format

CONVENTION 2021 TO BE HELD VIRTUALLY

Grand Council has made the decision to move Convention 2021 to a virtual format, with no in-person meeting, following a critical look at the ability of the Fraternity to offer a premier convention experience while addressing unique challenges presented by COVID-19. Pi Beta Phi's 73rd biennial Convention will make history as our first-ever virtual convention—presenting some extraordinary opportunities, including the ability to engage far more members in this once-a-biennium sisterhood celebration! Turn to page 24 to learn more.

WELCOME, FLORIDA ETA

Earlier this year, Pi Beta Phi was invited to establish a chapter at the University of Miami in Coral Gables, Florida. Resident Leadership Development Consultants **CHRISTIANA HOLLADAY**, Colorado Gamma, and **SARAH MOORE**, South Carolina Alpha, led in the establishment of the chapter through a mostly virtual recruitment process. The Florida Eta Chapter will be installed in late March as Pi Phi's 135th active chapter.

CELEBRATE A SISTER WITH A WINE CARNATION

True, lovely, fair, beyond compare — we all know Pi Phis who embody the values and virtues at the heart of our sisterhood. Send a virtual wine carnation and a personalized message to honor and celebrate the sisters who have touched your life with friendship, loyalty and love.

When you send a wine carnation to a sister, your support helps our Foundation respond to Pi Phi's most pressing needs — maintaining essential support for the leadership, literacy, scholarship and emergency assistance programs that empower our members. Visit give.pibetaphi.org/carnation to honor a sister today.



SHOW YOUR PI PHI PRIDE

Each year, thousands of women celebrate their sorority membership during the National Panhellenic Conference's International Badge Day. On Monday, March 1, 2021, wear your arrow badge or Pi Beta Phi letters to show your Panhellenic and Pi Phi Pride. Share your Pi Phi story by using #BadgeDay21 on social media.

Mississippi Gamma **HELENA BRANTE** wears her Pi Phi arrow in honor of International Badge Day 2020.

JOIN PI BETA PHI FOR A RING CHING CHAT

Ring Ching Chats present Pi Phis with an opportunity to stay informed of what's happening in our Fraternity through an informal, virtual conversation with Pi Phi leadership. During these chats, collegians and alumnae are encouraged to submit questions and engage on a variety of topics including the Leadership and Nomination process, Fraternity initiatives, resiliency and much more. To watch previous recordings or save the date for an upcoming chat, visit pibetaphi.org/ringchingchat.

MEMBER SATISFACTION SURVEY

As we look toward the future, Fraternity leadership must continue to ask questions to ensure the sorority experience remains relevant in our members' lives. For Pi Phi to better understand the needs of our alumnae members, we created the Member Satisfaction Survey. In early March, the survey will be sent to all alumnae with a valid email addresses on file. Be sure your information is up to date at pibetaphi.org/profile.

SAVE THE DATE FOR PI PHI GIVING DAY

Join sisters and friends around the world for Pi Phi Giving Day on Wednesday, April 28, 2021 — our 154th Founders Day. As a premier organization for women, we've worked hard to support and empower our sisters since 1867. Giving on Pi Phi Giving Day, and any day, is a tangible way to live the values at the heart of our sisterhood and ensure the Pi Phi programs that make us a premier organization for women continue today.

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



SHARE YOUR STORY WITH *THE ARROW*

Every Pi Phi has a story to share — and, believe it or not, your story is important. We want to hear about the good work you and your sisters are doing. We're looking for member stories about sisterhood, leadership, philanthropy, mentoring and living our core values. You could be featured in Pi Phi publications! Visit pibetaphi.org/submit to share your story and photos. ◀

The Resiliency of South Dakota Alpha

By South Dakota Alpha **KELLI SUSEMIHL**, Past Chapter President



From left, Vice President Recruitment **KARA SEARS**, Director Membership Selection **CARLY VAVRA**, Chapter President **KELLI SUSEMIHL** and Director Recruitment Events **KARA HARMS** during Fall 2020 recruitment.

As our lives screamed to a halt in March 2020, I assumed, as did many of my sisters, the COVID-19 pandemic would be over by summer. As Halloween passed and we entered November, we continued to see that our world is anything but back to normal. However, as the 2020 Chapter President of South Dakota Alpha, I was continuously amazed by the resiliency and adaptability of our chapter during the crisis that affected every member of our organization in some way.

What I admire most about my chapter, and about Pi Beta Phi as a whole, is our members' ability to take difficult situations and shape them into opportunities to uplift our communities and our sisters. This ability was evident in the first few weeks of our fall semester, when I was the first person in our facility to test positive for COVID-19. Our chapter members sprang into action, invoking a whole-house quarantine to ensure we were not the cause of an outbreak on campus. I was showered with kind messages, notes, candy and food, as I prepared for my own quarantine and dealt with the logistics of an appropriate pandemic response. During this time, we

did what South Dakota Alpha does best: made each other laugh.

Within hours of being in our own rooms, members had come up with ideas to stay connected with one another through a TikTok chain, scheduled Zoom chats to catch up and enjoyed the sun distanced and masked on the lawn. Members took it upon themselves to make each other feel loved, supported and connected during this time — a reminder of why I joined the chapter. South Dakota Alpha's creative solutions and dedication to a premier membership experience did not stop at making a whole-house quarantine enjoyable.

When Pi Phi announced in-person events with non-chapter members were suspended through the end of the fall semester, our Executive Council took it in stride, creating the idea for a caramel apple fundraiser to replace our beloved Haunted House philanthropy event. Our chapter also held in-person recruitment this year, an experience we know was unique and we felt fortunate to have. Thanks to the innovation of our recruitment team in

creating socially-distanced recruitment procedures (not an easy feat!) and the willingness of the chapter to try new things, we held recruitment safely for both our members and Potential New Members. Our ability to respond with effective precautions to prevent the spread of COVID-19 has garnered us attention from local health officials and our university, and I am proud of our members for successfully implementing these changes.

The COVID-19 pandemic has taken something from every Pi Phi member, whether it be the cancellation of an anticipated event, the opportunity to spend time with friends in-person or the loss of one's health or that of a friend or family member. This crisis reshaped all our lives, and I am certain I am not alone in sharing the growing appreciation I have gained for Pi Beta Phi because of these experiences. Never again will I take for granted a Monday night meeting, getting dressed up for a social event or a late night laughing with friends in the house. Being a sorority woman during unprecedented times has given us the daunting task of being role models for our community but has made us all stronger as a result. ◀



Pi Beta Phi's Continued Response to Covid-19

How many more times will you pick up your copy of *The Arrow* to find an update on the Fraternity's response to the impact of COVID-19? While solutions clearly seem to be on the horizon, they can't come soon enough. COVID-19 has undoubtedly led to heartache for many. For many Pi Phis, the opportunity to be encouraged by a sister — an old friend or a new friend, a friend nearby or a friend far away — has made getting through a little easier. The Fraternity has worked hard to focus on the opportunities that arise as we navigate the challenges.

- As of our publication date, 77 of Pi Beta Phi's 134 collegiate chapters have reported a confirmed case of COVID-19. Fourteen chapter facilities have undergone full house quarantines due to community or campus mandates, some more than once. Fourteen chapters closed housing for the fall term, and seven chapter facilities were closed for the spring term.
- During the fall term, the Fraternity issued direction to limit chapter in-person gatherings to collegiate members only. Many chapters demonstrated adaptability and creativity as they managed chapter business and hosted sisterhood events virtually. Chapters were supported in conducting Initiation virtually as well as accommodations for some in-person ceremonies.
- The Fraternity, along with other National Panhellenic Conference (NPC) organizations, anticipated a significant decrease in New Member class sizes. In response, NPC implemented an altered structure and new recruitment strategies, many of which are expected to strengthen Pi Phi's efforts well past the pandemic. Comparing Fall 2019 and Fall 2020, the Fraternity saw a 4% decrease in New Members, a much smaller decrease than projected. Most Pi Phi chapters conducting primary recruitment this spring will host events virtually. Feedback on the recruitment structure has been positive, as it allows chapters and Potential New Members to focus more on conversation and less on the pomp and circumstance often associated with recruitment.

Living All In

When surrounded by sisters who have your best interests at heart, you're encouraged to be the best version of yourself. For many Pi Phis, the chapter facility is a setting for transformative life lessons and cherished memories. It's where our members pursue academic and personal goals, test their leadership skills, practice accountability and navigate the ups and downs of life, all with their sisters by their side. Whether you live in a chapter facility or gather in a common area of a suite, one thing is certain — being surrounded by sisters lifts you up.

Illinois Epsilon **BECKY BROWN**'s live-in experience played an essential role in her growth during her collegiate years. Living in the chapter facility brought Becky a new group of friends tied together by a special bond. Becky recalls sitting in the kitchen with her sisters as one of the memories she misses most. "We loved going downstairs to see whoever was home — drinking coffee and reading the newspaper in the morning and eating pizza late at night," she says. While Becky fondly remembers her time in the chapter house, her experience living with her sisters also put her in a position to develop Personal and Intellectual Growth.

Throughout Becky's time living in the facility, she grew as a leader, woman and friend. Living in the chapter facility encouraged her to pursue more leadership opportunities in Pi Beta Phi. Becky realized she didn't want to be tangentially involved; she wanted to go all in. She shares, "When I'm part of a group, I want to be involved. I want to lead the group, have a voice and help others to have

a voice." As a member of the Executive Council and later the Panhellenic Executive Council, Becky felt her presence in the house helped set the tone for the chapter. She knew members looked up to chapter leaders and wanted to invite her sisters to more fully experience Pi Phi sisterhood.

Becky's determination and dedication to Pi Phi allowed her to invest time and energy into getting to know and understand the women with whom she lived. Within every Pi Phi chapter is a dynamic, diverse composition of women. While living in the chapter facility doesn't make everyone best friends, it allows every woman to get to know one another in a unique way. Becky lived with several roommates throughout her two years in the chapter facility and regularly interacted with many other women. While she was closer to some than others, she was able to understand and appreciate each one of her sisters. "Everyone was empowered to be themselves," Becky says. "We didn't have to be someone we weren't to get along with one another." Each of the women knew they were sisters and, despite their differences, would always be there for one another.

Becky utilizes her experience living with sisters in her career as an attorney within law enforcement. Living in the chapter facility emboldened Becky to be herself and provided her with a better understanding of different types of people. She was able to be a friend — even amid difficulty and disagreement.

Illinois Epsilon **BECKY BROWN** outside the chapter facility during her New Member class' 10-year reunion in 2007.



The friendships Becky made throughout her time in the chapter facility allowed her to develop resiliency. While living in the house, Becky's sisters recognized and encouraged her ability to lead; because of this, she believed she was able to adapt to the unique challenges of living among the sisters she led. She says, "Whether I became a leader because I am resilient or I am resilient because I am a leader, it doesn't matter. Because I'm both those things."

Becky's resiliency was put to the test last year when she was diagnosed with breast cancer. She was able to battle cancer and focus on her health with the support she received from her sisters. Becky always knew there would be sisters to encourage her, join her for dinner and ultimately fall back on when she needed it most. "I was better able to take care of myself because I had these

women who I knew would support me," she says. "I made those friendships in the house."

During those formative years in the Illinois Epsilon Chapter house, Becky figured out who she was as a leader and woman. She says, "It's hard for me to separate being in Pi Phi, from living in the house, from becoming a woman in college because they're all the same to me. I figured out who I was in that house, while I was in Pi Phi, with my sisters." For Becky, living in-house was just the start. The support of her sisters strengthened her collegiate experience and made her the woman she is today. "Every time someone compliments me on my ability to navigate certain situations, I credit my Pi Phi experience," she says. "I tell them, 'Oh, I lived in my sorority house for two years — it prepared me for anything.'" ←



Above: From left, Illinois Epsilons **BECKY BROWN, ELIZABETH OTT, MEGAN PATRICK, LISA SCHECHTMAN** and **MARILEE MILLER** at a recent birthday celebration.

Right: Illinois Epsilon **BECKY BROWN's** New Member class on Bid Day 1997.



Empowering Organizational Resilience Through Planned Giving

As a sisterhood, Pi Beta Phi has set lofty goals and aims to foster Sincere Friendships, empower generations of women leaders, reduce barriers to literacy for all children and contribute to the betterment of society. These goals set Pi Phi apart as an organization of women seeking to live the values they hold dear and ensure they leave behind a positive impact for all.

Each Pi Phi commits herself to these visions for the future and contributes to these goals through involvement in the sisterhood. Whether it's attending or planning a collegiate philanthropic event, facilitating leadership development programs or giving to the Friendship Fund to support essential programs, members contribute to achieving organizational goals in numerous ways.

In a time when resilience is crucial to the future of the organization, your support of Pi Beta Phi and your Foundation is motivating and essential. Your Lifelong Commitment makes it possible to continue seeking those lofty goals, as well as support the organizational needs of the Fraternity. During this time of increased uncertainty, knowing there is a strong coalition of Pi Phis and friends standing together makes all the difference.

One group of women and friends who are integral to furthering the mission and vision of Pi Beta Phi are the members of the Marianne Reid Wild Society at Pi Beta Phi Foundation. The namesake of this donor society, Kansas Alpha **MARIANNE REID WILD**, was a pillar of Pi Phi for more than 60 years, serving as Province Vice President, Assistant Grand Vice President, Grand Vice President and Grand President. During her six years as Grand President, she installed seven chapters and in 1966 was named Grand President Emerita.

On top of giving her time and talent to the Fraternity, Marianne also pioneered support for our Foundation by becoming the first alumna to bequeath a significant planned gift, naming Pi Beta Phi Foundation as the primary beneficiary of her estate. Hers was the first planned gift of its size, establishing our endowment and cementing her legacy as a Pi Phi during her lifetime and beyond. Not only did Marianne's generosity of spirit impact the lives of the members she served, but her legacy continues as a beacon of philanthropy for current and future Pi Phis to model.

In honor of her steadfast commitment to our sisterhood, the many Pi Beta Phi members and friends who choose

Below, from left: Notable Pi Phis and past Grand Presidents Kansas Alpha **MARIANNE REID WILD** and Ohio Alpha **CAROLYN HELMAN LICHTENBERG**.





Above, from left: Kansas Alpha **MARIANNE REID WILD** with fellow Past Grand President South Carolina Alpha **SARAH RUTH "SIS" MULLIS**.

to make planned gifts to our Foundation are members of the Marianne Reid Wild Society. Each November, our Foundation honors the legacy of Marianne and celebrates the members and friends who have followed in her footsteps.

The ability to plan for the future is crucial to both the Fraternity and Foundation. When the effects of COVID-19 nearly halted all chapter and club philanthropic efforts last year, support for the Friendship Fund decreased by 38% compared to the previous year. The Friendship Fund is the primary way the Foundation fulfills its mission and ensures the future of Pi Beta Phi. The world always needs Pi Phi leaders, but right now it's clear why courageous, empowered women are so critical. We hope we can count on your support again this year. Annual gifts made to the Friendship Fund help our Foundation fulfill Pi Phi's mission. These unrestricted gifts allow us to respond to

Pi Phi's most urgent needs — maintaining essential support for leadership, literacy, scholarship and emergency assistance programs that empower our sisters — and the needs driven by the rapidly changing world.

Planned gifts provide unique strength to the Fraternity and Foundation by guaranteeing future support and forecasting for our mission-critical initiatives. At a time when there are no guarantees of "business as usual," knowing there are members and friends who are forward-thinking enough in their generosity to include Pi Beta Phi Foundation in their estate plans is the ultimate catalyst for organizational resiliency.

To learn more about planned giving to our Foundation, visit pibetaphi.org/giving. ◀

Self-care



is not selfish.

Splashed across the pages of magazines, championed by lifestyle bloggers, trending on curated social media accounts — the concept of self-care has taken on a life and a cultural significance of its own. While the term may bring to mind spa visits and wine, it's not a synonym for indulgence and is more than a pop-culture buzzword.

At its core, self-care is the practice of authentically nurturing ourselves by cultivating an awareness of our true needs. Especially at a time when so many of us feel distracted, anxious, overwhelmed and burned-out, self-care invites us to slow down and reconnect with ourselves. When approached with intention, caring for ourselves can help us grow in empathy and awareness to the needs of others and build the well-being and resiliency we need to navigate life's challenges and emerge whole.

Whether in school or at home, we learned the basics of caring for ourselves as young children. Wash your hands. Move your body. Get enough sleep. Eat your vegetables. Yet somewhere between our childhood and adult lives, those simple lessons are easy to forget in the clutter of academic pursuits, career goals, caring for our families and the constant drive for more of everything. We have a tendency to develop attitudes and perspectives that discourage us from prioritizing our own needs. We often lose track of the connection linking our physical, mental and emotional health. We may rely on caffeine when we need rest; diet and exercise to fix perceived imperfections, not to feel our best; spend time with social media rather than connecting with friends; and treat ourselves to temporary mood-lifters in search of happiness. And when we hear others talk about self-care, we may feel discouraged by a lack of time, money or knowledge.

True self-care contradicts the narratives and habits many of us develop during the varied seasons of life. While the approaches, methods and goals vary from individual to individual, health and wellness professionals agree that meaningful self-care practices should originate from a place of simplicity and authenticity — taking the time to check in with ourselves.

A lifelong habit and culture

Oklahoma Alpha **KATIE QUALLS FAY** promotes the concept of self-care every day as a certified health educator at the University of Oklahoma. “I love working with college students because they’re smart, savvy people who simultaneously can make unhealthy choices,” she explains. Katie empowers students to develop the skills

they need to stay healthy and manage stress as a means to achieve their academic goals. “Every semester, the National College Health Assessment points to stress and anxiety as two of the five most common things in the way of student success, and anecdotally our collegians are telling us the same thing,” she says.

Katie encourages students to begin caring for themselves by addressing stress through a lens of greater self-awareness and an understanding of the way stressors affect us overall. “How do you know if you’re stressed?” she says. “What symptoms do you have? Do you know the last time you had your blood pressure checked, if you’re drinking enough water or if you’re getting enough rest? Self-care starts with mindfulness of all the components of the self.”

Katie uses this holistic approach to guide her work, referencing an often-cited definition of self-care from the World Health Organization and the International Self-Care Foundation’s Seven Pillars of Self-Care (learn more on page 16). “I embrace the idea of self-care as a lifelong habit and culture,” she says. “Many feel self-care is attached to privilege or isn’t accessible to them, but the Seven Pillars focus on things everyone can do. You don’t need to be a counselor, you don’t need a title, you don’t need to buy anything. Anyone can practice good habits and model healthy behaviors. It just takes self-awareness.”

You come first, no matter what

Arizona Gamma **COURTNEY MCCARRON** shares a similar perspective on self-care, describing the practice as a two-part approach. “First, it’s taking the initiative to be

Self-care is a lifelong habit and culture. It is the action individuals take for themselves and their families to stay healthy and take care of minor and long-term conditions, based on their knowledge and the information available, and working in collaboration with health and social care professionals where necessary.

Source: World Health Organization

Courtney emphasizes that self-care is less complicated than we realize and more than skin-deep. “Caring for ourselves improves our overall functioning as a human, even simple things like brushing our teeth in the morning,” she says. “The more we do it, the more we get in tune with ourselves and our needs, and the more our good habits are incorporated into everyday life.” As a mental health professional herself, Courtney says it’s common to pay attention to the needs of others while overlooking or ignoring our own. “The hardest part is realizing you need to come first as a person,” she says. “You come first, no matter what. Your health and well-being are of the highest importance. Once you recognize this, your entire world changes for the better.”

attentive to one’s own needs, taking a moment to look inward and ask yourself what you need,” she says. “It’s also the act of using that mindfulness to maintain and enhance our personal well-being.” Courtney is an advocate and educator with Mental Health First Aid, a national organization that provides training and teaches skills in mental health and substance abuse issues. Until recently, she worked as a case manager for a large hospital system in Arizona, helping to identify patients’ barriers to recovery and ensure proper access to treatment after their discharge.

The Seven Pillars of Self-Care

Health literacy and knowledge

Mental well-being

Physical activity

Healthy eating

Risk avoidance

Good hygiene

Rational and responsible use of products, services, diagnostics and medicines

Source: International Self-Care Foundation

Listening to what your body and mind need

Iowa Beta **STEFFI LEE** decided to make herself a priority after realizing how burned-out she felt at the end of each day. Now a student at Drake University Law School in Des Moines, Iowa, Steffi was working as a reporter for a television news station in Austin, Texas, when she knew she needed to make a change. “I used to dread the feeling of having to tackle another day,” she says. “I worried about everything from the moment I woke up until the moment I went to bed and blamed myself for every single thing that would go wrong.”



Drawing on encouragement from a previous boss to find more balance, Steffi made a commitment to herself and began practicing yoga daily. She found the practice changed her relationship with her body and helped her place more value on sleep and rest. “Self-care is really giving yourself the space and grace to understand what matters, listening to what your body and mind need,” she says. “In this day and age, we’re so used to multitasking, doing so much at once and always thinking ahead. We’re driven and that’s great, but it becomes so easy to burn out. At that point, we’re not feeling or doing anything at our best. That’s what I grew to understand, and by practicing self-care, I feel stronger, healthier and like I can put in my best work.”

Through her yoga practice, Steffi connected with others looking to cultivate more mindfulness and balance in their lives. That sense of community and a desire to give back led Steffi to pursue her 200-hour certification as a yoga instructor. “On days when I feel out of balance, it’s a reminder to put myself first and encourage others to prioritize their own health and well-being,” she says. “Taking care of ourselves on a routine basis helps us know what our limits are, where we can give more and where we need to scale back to protect ourselves.”

Making meaning of your experiences

Missouri Alpha **JULIE JONES GEETING** emphasizes that becoming more aware of our own needs and learning to nurture ourselves can serve as early intervention or even prevention of future health challenges. Julie developed her appreciation for a holistic approach to self-care when members of her family were diagnosed with chronic and life-threatening diseases. “Physicians kept telling us, ‘You need to manage and reduce stress,’”

she recalls. “In this process of being a health advocate for the people I love, I became more aware of my own health and grew to understand that our physical health cannot be separated from our emotional well-being and sense of purpose and meaning.”

Julie’s experience led her to pursue a second career as a licensed professional counselor and certified well-being coach at an integrative medical center in St. Louis. She works with adults of all ages, often in times of transition, helping them develop personal skills and tools to manage stressful situations and health diagnoses. She says cultivating greater awareness and taking responsibility for our own needs, can help us increase our adaptability and flexibility in the face of challenges. “When incorporated into a larger philosophy of living, self-care can really unlock our potential and increase our psychological resilience to stress,” Julie explains. “Our culture sometimes overemphasizes being busy, and while that’s useful in some areas of life, it can come at the cost of deeper reflection and developing a larger perspective. Perspective and reflection are essential for helping us make meaning from our experiences, which helps us be resilient in unthinkable times.”

Prioritizing knowing ourselves helps us let go of what we cannot control and make better decisions in the face of stress. Julie points to a phrase she often encourages her clients to use: in order to solve a problem, I have to be calm and non-judgmental. “If I am calm, it’s more likely my prefrontal cortex, or ‘rational brain,’ is engaged, which guides me toward contentment and mid- to long-term goals,” she says. “When I’m overwhelmed, my limbic system, or ‘emotional brain,’ is likely in charge and will point me toward quick gratification or relief. If I can’t get honest with myself about what I’m feeling, I risk making decisions in the moment that don’t support my values and well-being.”

It's OK not to be OK — especially at a time when everyone's capacities are being tested in new ways. While self-care practices are essential to our overall health and well-being, sometimes the challenges we face require additional support and expertise. We encourage you to seek guidance from a trusted helping professional or healthcare practitioner if you feel it may be beneficial to you.

How can we support others in cultivating self-care practices?



“Be more transparent. Our struggles often come from feeling like we can't be open. Remind other women it's okay to feel vulnerable, set boundaries and speak up if something doesn't feel comfortable.”
— Iowa Beta **STEFFI LEE**, certified yoga instructor



“Talk about it. Recognize where our culture has normalized things like lack of sleep, over-caffeinating and disrupting biological cycles.”
— Oklahoma Alpha **KATIE QUALLS FAY**, certified health instructor



“Have the insight and courage to ask a friend what she needs.”
— Arizona Gamma **COURTNEY MCCARRON**, mental health educator



“Stabilize your well-being so you can be a steady force for good in the lives of others. It is hard to notice the needs of others when we are stressed and overwhelmed.” — Missouri Alpha **JULIE JONES GEETING**, licensed professional counselor and certified well-being coach

Becoming the researcher of your own well-being

No matter where we are in life, engaging in meaningful self-care has profound benefits for our overall health and well-being. Yet the idea of incorporating self-care practices into our daily lives — or even just setting aside the time to become attuned to our deepest needs — can seem daunting, if not impossible. That's an easy trap to fall into if we're thinking of self-care solely in terms of pricey memberships to fitness studios and a perfectly organic, plant-based diet. Authentically caring for ourselves doesn't need to be expensive, time-consuming or reflect what we see on Instagram to be effective. Whatever practices you choose to start, Julie advises, do what matters.

“Start with accepting that there is always more to learn about ourselves,” she says. “If we can acknowledge this simple truth, then I recommend becoming the researcher of your own well-being. Start to notice how you feel when you sleep well, exercise or meditate and how you feel when you don't, and get honest about it.”

Julie further encourages women to approach new practices with patience and intention, letting habits take shape with time. “All sustainable change happens in increments — I think of the way a river can wear away a stone,” she says. “There are stages of change we go through before something becomes a habit, so knowing change requires more effort at the beginning can be helpful. Start with a small commitment and grow it from there. Even five minutes a day, devoted to a meaningful practice that builds well-being, can make a difference.”

Courtney places value on the little things she does to care for herself — savoring a cup of coffee at the beginning of the day, spending a few minutes in the sunshine or taking a shower to clear her head. She finds simple, daily reminders to be a helpful way to incorporate mindful practices into everyday living. “I write myself notes and save reminders in my phone,” she says. “I need to tell myself to stop and breathe, to be silent and be present. Eventually it becomes automatic, but remembering to make a conscious effort is the first step.”



It's important to remember that checking in with yourself is not a one-time occurrence. Just as our interests, commitments and needs at age 20 look different from those at age 50, what promotes health and brings us fulfillment also changes over time. For self-care to be a truly lifelong practice, Courtney emphasizes the need to stay in touch with what works for you in every stage. "Checking in with ourselves on a regular basis helps us continually assess where we are, what we're capable of and what our needs and desires are," she says. "What worked 20 years ago might not work now, and what brings you joy might change throughout life."

As with many aspects of life, self-care requires balance and perspective. Practices and habits that initially boost our well-being can become detrimental if they become too narrow a focus or interfere with other areas of daily function. "Moderation and awareness are key," Julie says. "Remember, it's not just what we do but how we do it that's important." Because "normal" varies from person to person, knowing exactly where to draw the line can be tricky. "Whenever something has an overall negative impact on your life or those around you, it's no longer a healthy coping mechanism," says Courtney. "At that point, you probably need to reassess whether your habits are actually self-care."

In a culture where we frequently hinder our own growth by allowing perfection to become the enemy of the good, Steffi ensures her self-care practices remain intentional by staying focused on their purpose. "We really have to value what makes something feel healthy rather than feeling pressure to meet standards," she explains. "We have to remind ourselves that self-care is also about having self-confidence, remembering we're worthy and knowing we each have unique value."



What do you need?

Prioritizing our own health and well-being is in itself the primary reason to embrace meaningful self-care practices. However, an added benefit of becoming more attuned to our own needs is becoming more empathetic to the needs of others. Having more in-depth knowledge of ourselves can help us recognize when a roommate might need a heart-to-heart conversation or if a friend in our alumnae club needs extra support. When we're caring for our own needs, we have a clearer understanding of our capacity to give. We can approach our responsibilities to each other as sisters from a place of sincerity and openness rather than superficiality or self-sacrifice. Knowing where our boundaries are allows us to better care for those around us without depleting ourselves.

"Service to others is actually essential for living in well-being and being content," Julie says. "As humans, we're hard-wired to connect this way, and as women, we often value our role as caretakers and nurturers. But we have to take responsibility for when we cross the line from being of service to others to sacrificing ourselves."

Empowering our friends and loved ones in their personal self-care practices and journeys is one of the most effective ways we can build a culture of well-being. This starts with recognizing that each of us brings different knowledge, perspective and needs to the conversation — as well as varying lived experiences, reference points for healthy behavior and attitudes toward wellness. Like the process of self-care, helping others cultivate meaningful practices can take a profoundly simple approach.

"As a friend, just having the ability to say, 'what do you need?' provides a safe space for someone to share what their needs are," Courtney says. "Having the insight to know when someone has a need, and the understanding of what you can give, creates a place for self-care to occur and allows you to work on it together."

Affirming mindfulness through our own behaviors and practices helps, too. "How we talk to each other matters," says Steffi. "If we're aware of how we approach self-care, those around us will pick up on it. We can share what works for us while being supportive of what works for someone else. We can be mentors for other women by making it a priority to feel healthy." ◀



photo by
Caroline Stelte

Carmen DeVora Felder

OKLAHOMA ALPHA

WHAT DOES A TYPICAL DAY OF WORK LOOK LIKE?

I am a professional ballet dancer with Northwest Arkansas (NWA) Ballet Theatre in Bentonville, Arkansas. This is my second season with the company and my 11th year dancing professionally. My typical day of work consists of a ballet class, rehearsal and teaching ballet. I start early with a big breakfast, followed by my physical therapy exercises. I head to the studio about 30 minutes before class starts and I prepare myself for the day. Class is typically an hour and a half, which prepares my body for rehearsal and allows me time to improve my technique. Rehearsal can be anywhere from zero to six hours a day as I work on multiple ballets or various roles from the same ballet! These hours are the bulk of my workday. After rehearsal, I teach ballet classes to students aged seven to 70! I enjoy teaching in addition to performing as it's a wonderful way to share the art.

HOW HAS THAT CHANGED IN THE LAST YEAR?

COVID-19 has certainly changed what my typical day looks like. The onset of the pandemic canceled multiple performances for me and moved all studio work into my living room. This sudden change was emotionally difficult. The ballet I was learning in March, prior to quarantine, was an incredible opportunity for me. Losing the chance to perform crushed my spirit. I also live on the second floor of my apartment complex and did not want to disturb the neighbors below me while dancing during the day. I had to learn choreography from videos and record the ballet on my own without any coaching. I produced and hosted a talk show to stay connected with our audience and community, which was a lot of fun. Dancing at home also meant not wearing pointe shoes, as the floor was not suitable for pointe work. Not having a sprung floor to jump on also meant not jumping for almost six months! I am back in the studio now but with masks and all recorded performances. Being able to have

space to move and a proper floor to dance on is nice. There are many ballet companies still unable to get into studio space. I feel very fortunate to have that part of my work back.

WHAT DO YOU LOVE MOST ABOUT YOUR WORK?

I love being able to express myself through dance and the daily challenge to improve myself as a dancer, be it technique or artistry. It is a joy to also be a vessel to audiences and my community. Each day is an opportunity to step into a character or a place and take whoever is watching on a journey with me. I enjoy the physical aspect of ballet as well. There is an intimacy in knowing how my muscles and joints work together to make beautiful lines and shapes and knowing when something is not tuned correctly. That relationship is empowering and allows me freedom in growing my artistry. The costumes, photoshoots, pointe shoes and galas are all icing on the cake!

BEST ADVICE YOU'VE EVER RECEIVED?

The best advice I have ever received is "plié" — as it applies to both life and ballet. In ballet, it means to bend and is generally a movement where dancers find grounding to move to the next position. A lot of my dancing improved when I allowed myself to plié! It applies to life too. Bend with what comes your way. Stay grounded and don't allow anyone to derail you.

HOW DO YOU DEAL WITH STRESS?

I am a firm believer in a hot bath, meditation or a tough workout to deal with stress. I also have incredible friends and family who allow me to vent. Holding in my stress isn't good for me. Being able to express aloud what is troubling me is helpful in easing tension.

WHAT IS YOUR FAVORITE PI PHI MEMORY?

Dancing with my Little. We were both ballet performance majors and we got to dance quite a few ballets together, my favorite being George Balanchine's *Divertimento #15*.

"PI BETA PHI HAS TAUGHT ME ..."

to be the best version of myself. In order to do so, I need to be able to learn, listen, adapt and have fun. Pi Phi has also shown me I have friends and connections everywhere I go.

FAVORITE QUOTE:

"In light is her power and her joy." — J.R.R. Tolkien from *The Silmarillion*

WHAT ADVICE WOULD YOU GIVE A YOUNG PROFESSIONAL WOMAN?

Be observant. Listen. Never stop learning. Make room for growth.

SOMETHING YOU WISH YOU WOULD HAVE KNOWN SOONER IN YOUR LIFE?

Speak kindly to yourself, speak truthfully to yourself and be proud of your accomplishments. Validation will come later, but you need to be open to it.

WHAT ARE YOUR BIGGEST SELF-CARE PRACTICES AND TIPS?

My biggest self-care tips involve getting to know yourself. Tap into your emotions — what makes you feel great and what makes you feel discouraged. I find being aware of what I'm feeling is important in order for me to change my mindset. It allows me to be frustrated while being in a fortunate situation. Self-care also involves speaking to myself with more care and kindness.

Read more about Carmen at pibetaphi.org/blog. ←

photo by
Nathan Richards





LINKED
Through Friendship

Π Β Φ CONVENTION 2021

JUNE 25-27, 2021

Be part of this once-in-a-lifetime celebration of sisterhood, heritage and Pi Phi Pride! Convention honors the milestones of our history, celebrates the accomplishments of our present and ensures we are prepared for a bright future.

Celebrate your Pi Phi Pride as we...

MEET OR RECONNECT WITH SISTERS

Friendship is at the heart of Pi Beta Phi. It's the core that links us together. Just because we aren't physically in the same space doesn't mean we can't share our sisterhood. Technology makes it easier than ever to connect with sisters from all over the world!

SHAPE OUR FUTURE

An essential aspect of each convention is conducting the business of the Fraternity, which includes both the election of officers and voting on proposed legislative changes to the Pi Beta Phi Constitution and Statutes. Grand Council, chapters and alumnae clubs can sponsor a piece of legislation. The Legislative Committee oversees the legislative process and is an independent resource to advise and clarify legislative proposals for delegates. For each member, participation in the legislative process is a privilege and a responsibility. Proposed changes to the Constitution and Statutes will be sent to chapters and clubs in early Spring. Reviewing this document is critical in preparation for convention.

Fraternity officers for the 2021-2023 biennium will be elected at convention. The slate of officers will be posted at pibetaphi.org/slate on March 29. Challenges to the slate must be received by April 2. The Leadership and Nominating Committee will qualify challengers by April 9, and challengers will be posted at on April 13.

MAKE A DIFFERENCE

The world needs Pi Phis more than ever. Join your Foundation in giving vital support to sisters and our communities. Whether it's scholarships for sisters who are facing financial hardships, literacy for underserved children or funding a chapter facility that needs maintenance for our members — our Foundation has a place for your time, talent or treasure.

HONOR OUR SISTERS

Gather with your special Pi Phi sisters to find out who will receive Pi Beta Phi's top awards and how they earned them.

BECOME INSPIRED

Hear from members and guest speakers who understand who we are, what we need and how to positively approach what's next in our ever-changing world.

A complete agenda and registration will be available in early Spring. Visit pibetaphi.org/convention to learn more. ◀



Alabama Beta mourns the loss of **NICOLE DETJEN** after her battle with cancer and remembers her as their guardian angel.

ALABAMA

Alabama Beta, University of Alabama

On September 8, the Alabama Beta Chapter grieved the loss of their dear sister and friend, **NICOLE DETJEN**, after her courageous battle with cancer. Nicole was a strong, caring and loving individual who contributed so much to Alabama Beta and made an impact on every person she met. Nicole graduated in August 2020 with her Bachelor of Science in Commerce and Business Administration and was the recipient of the “Outstanding Senior” award from Alabama Beta. Nicole’s friends described her as beautiful on the inside and out, the most positive person they knew and someone who lit up every room she walked into, even during her most difficult times. Nicole always had a smile on her face and was consistently there for her friends and family — no matter what struggles she faced in her personal life. Nicole will be remembered within the chapter and the Tuscaloosa community, and her sisters promise to honor Nicole and her legacy forever within their own lives. Nicole will always hold a special place in their hearts, and Pi Phi’s love and prayers continue to go out to her family and friends during this difficult process. “We love you Nicole, our guardian angel forever.”

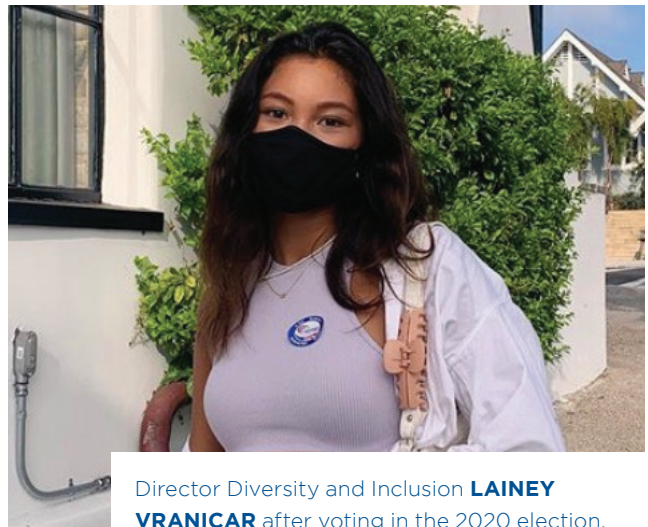
CALIFORNIA

California Delta, University of California, Los Angeles

In 2020, the California Delta Chapter of Pi Beta Phi introduced an Equity, Diversity and Inclusion (EDI) committee, headed by Director Diversity/Inclusion **IRIS HONG**. The purpose of the committee was to catalyze change regarding these issues in Pi Phi and the Panhellenic community. Iris gave educational presentations throughout the year, starting with a presentation on cultural appropriation leading up to Halloween. Additionally, the committee created a YouTube channel to create videos discussing books that highlight EDI and use the books to create an open dialogue with the schools benefited by the chapter’s Champions are Readers® program. The committee also planned content for the chapter’s Instagram account to promote discussions surrounding these issues. As a pilot program, the EDI committee communicated with other Pi Beta Phi chapters across the country to discuss ideas to benefit the chapter, campus and the broader community.

California Epsilon, San Diego State University

Throughout the fall semester, California Epsilon found it important to promote the values of voting to their members. Director Diversity/Inclusion **LAINIE VRANICAR** put on a raffle to encourage members to vote and awarded prizes to a member from each member class who provided proof of voter registration. This was a fun way the chapter was able to motivate members to get more involved in the election. Another member, **DIANA GIER**, is involved in a student advocacy group called CALPIRG (California Public Interest Research Group) Students and was part of the New Voters Project, which helped register more than 10,000 student voters across California. Diana said, “I definitely feel like I’ve made a difference because this election is super important to me, and helping people register to vote was a good way to



Director Diversity and Inclusion **LAINIE VRANICAR** after voting in the 2020 election.

get involved and make an impact for the election!” Diana spoke at a chapter meeting to explain the basics of voting, how to fill out a ballot, how to mail or drop off a ballot and the deadline to register to vote. Voting is important to the chapter and through each of these events, Lainey and Diana were able to encourage and inform members on the impact of their vote.

California Kappa, University of California, San Diego

With the transition to fully online learning for the fall quarter, California Kappa adapted to working with members living around the world. From Washington D.C. to Hawaii to Dubai to Spain, members are determined to ensure Pi Phi sisterhood and friendship are felt no matter the distance. Director New Member Experience **NADINE SHOUSA** was in Egypt for the quarter which brought an opportunity to create a committee to assist with welcoming New Members to the chapter. This committee consists of two women from the 2019 Member Class interested in dedicating their time and efforts to make sure the New Members feel they have a home at the University of California, San Diego. In addition to New Member meetings and the Beta Buddy process, California Kappa created programs to connect each New Member with a woman on the Chapter Leadership Team. Meeting with someone from the leadership team will encourage New Members to feel confident and hopefully take on their own leadership role in the future. The California Kappa Chapter has also transitioned coffee dates from the winter quarter into a virtual activity. It is often difficult to connect New Members with older members in the chapter. The coffee date program aspires to create a long-lasting bond and provide another source of mentorship for the New Members.

California Zeta, University of California, Santa Barbara

The California Zeta Chapter is proud of the accomplishments of one of their newest members, **SOLÉ ORTIZ-RUIZ**. In November 2019, Solé wrote and published an article titled “Disrespect of Black Men Demoralizing” in The Sun newspaper of Southwestern College. After its publication, the Associated Collegiate Press awarded her piece Story of the Year and she’s become nationally ranked as the No. 1 student columnist. At the time, Solé attended Southwestern Community College in San Diego, where she studied and worked as a sports editor before transferring to the University of California, Santa Barbara. The inspiration behind her article came after watching a disturbing video of a student being violently shoved to the ground by police officers on campus. The man in the video was not a stranger, but Solé’s friend. She says the experience was painful, emotional and gave her a different perspective on the issue of police brutality, especially against the Black



SOLÉ ORTIZ-RUIZ celebrates her graduation from Southwestern Community College prior to attending the University of California, Santa Barbara.

community and people of color. After this encounter, she was determined to use her experience and voice to inspire change and uplift the Black community. Solé plans to become a multimedia journalist and hopes to one day have her own talk show. She says her ultimate goal and purpose is to use her platform to empower women, promote change through discussion and dialogue and uplift marginalized voices — especially for women of color. Since rising to the status of No. 1 columnist, Solé says the experience has given her the confidence to use her voice and has shown her the incredible impact words can have. You can find and read her article on The Southwestern College Sun student newspaper website. California Zeta is so proud of Solé and can’t wait to see the remarkable things she will continue to accomplish.

CONNECTICUT

Connecticut Alpha, University of Connecticut

Because one of Pi Beta Phi’s core values is Philanthropic Service to Others, the Connecticut Alpha Chapter takes great pride and initiative to exemplify this value. They host and take part in several events to support Read > Lead > Achieve®, but these events looked different this year as they had to adjust to everything being online. The chapter partnered with Natchaug Elementary School, the school they normally partner with for Champions are Readers (CAR), to continue to share books and stories with the students in a safe way! They created a Google Drive where sisters can record themselves reading books — many of them diverse titles — so the kids can watch or listen from home. The chapter believes this small act will help many hardworking parents provide a 20-minute

educational experience for their children. Due to the economic hardships many families are facing from the pandemic, Connecticut Alpha started a supply drive for Natchaug Elementary and collected over 200 notebooks and writing utensils. They created Instagram punch cards and were able to raise \$218 to buy new books for the third-grade classrooms. They also won a social media contest which provided a \$500 donation for Read > Lead > Achieve. The chapter members are currently working with the teachers to provide all the materials necessary for the kids to be successful in their classrooms — one of which is lower-level Spanish language books for their bilingual classroom. Connecticut Alpha is so excited to continue working with the third-grade teachers of Natchaug, even with CAR being paused this year. They will continue to update the titles on Google Drive and host the supply drive throughout the school year.

IOWA

Iowa Zeta, University of Iowa

At the beginning of the fall semester, the Iowa Zeta Chapter was recognized by the University of Iowa Panhellenic Council for completing more than 810 service hours in the spring semester, the most service hours of all Panhellenic chapters. This was a great accomplishment, and they are so happy to see members involved in the Iowa City community. During the fall semester, Iowa Zeta held multiple social media fundraisers and advocated for Read > Lead > Achieve, raising over \$1,800 in one weekend. The chapter hosted a contactless book drive, and all books were donated to the Bright Horizons UIHC Child Care Center, another opportunity for the chapter to support, donate and advocate for children's literacy in the Iowa City community. They also partnered with the



From left: Iowa Zetas **SARAH MCCAULEY** and **MARI CROWLEY** ready to take the books from their contactless book drive to the Bright Horizons UIHC Child Care Center.

UI Mobile Clinic to host a personal protective equipment drive. With the chapter's help and support, the UI Mobile Clinic will be able to provide each patient that comes to their clinics with a bag containing three disposable masks, one or two cloth masks, hand sanitizer and an information card on how to stop the spread of COVID-19.

KANSAS

Kansas Alpha, University of Kansas

For Kansas Alpha's fall philanthropy event, they partnered with the Missouri Alpha Chapter to host a book drive competition in support of the Boys & Girls Clubs in their local communities. The Kansas Alpha Chapter was able to involve the entire University of Kansas Panhellenic community by encouraging other chapters to donate books as well. Together, the chapters donated over 22,600 books and raised awareness for Read > Lead > Achieve, and they look forward to continuing the tradition of friendly competition with Missouri Alpha.

MARYLAND

Maryland Gamma, Johns Hopkins University

On November 20, Maryland Gamma celebrated its 10th birthday. In 2010, there were only 61 initiated sisters. Now, 10 years later, over 400 sisters have been initiated into the chapter. In preparation for the anniversary, Director Fraternity Heritage **MICHELLE CARTER**, with assistance from members of the Executive Council and Chapter Leadership Team, invited all Maryland Gamma alumnae to attend. The virtual event featured keynote speakers, meet-and-greets, opportunities to network with alumnae and concluded with the beloved Cookie Shine and singing Ring Ching. Happy 10th birthday, Maryland Gamma!

MICHIGAN

Michigan Gamma, Michigan State University

On November 30, the Michigan Gamma Chapter at Michigan State University took home four awards at their annual Greek Gala Ceremony, including the coveted Chapter of the Year award. The first award was the Community Involvement award for their continuous work to stay involved with their Champions are Readers school, Cavanaugh Elementary, and the installation of a Little Free Library near the chapter facility. The chapter also took home the Public Relations and Communications award for their informative use of their social media platforms with posts discussing topics such as from racial injustice, Transgender Day of Remembrance, Anti-Hazing and encouraging members and followers to follow CDC Guidelines, including how to do so while enjoying Michigan State football. Lastly, the chapter won the Risk Management and Administration award for their newly-



Kansas Alpha's Director Service & Philanthropy **ANNABELLE RIXSON** organized the chapter's first annual book drive with Missouri Alpha.

introduced house safety protocols, a successful risk management presentation and positive discussions about how to avoid health and safety risks during the pandemic. The entire chapter is so proud of all of the work their Chapter Leadership Team put in to introduce and sustain successful programming and garner the attention and respect of their campus community.

OREGON

Oregon Alpha, University of Oregon

Since June 2020, Oregon Alpha senior **MAIJA SANDS** has worked with the University of Oregon Student Corps to Combat Coronavirus (UOSCCC). This student organization has helped the University of Oregon (UO) create, manage and maintain their coronavirus plans. Her primary work is to assist with contact tracing in the UO community, although she recently shifted her focus toward creating a safe environment in the fraternity and sorority community on campus as COVID-19 cases spike on campuses across the nation. During the fall semester Maija met with UO administration, fraternity and sorority life staff, the directors of UOSCCC and Chapter Presidents to bridge the gap between chapters and campus administration on COVID-19 best practices

Right: Senior **MAIJA SANDS** holds a certificate given to her by the University of Oregon Health Center for her work focused on the University of Oregon fraternity and sorority community.

and information. This union is important because the UOSCCC serves as a liaison between students and public health officials - and gives chapters and staff direct access to public health officials. This allows Chapter Presidents to make informed decisions related to chapter safety, especially with open chapter facilities. Maija is planning to become a physician's assistant and earn a master's degree in public health after graduating from the University of Oregon. "This position has helped me learn more about public health practices and understand what healthcare concerns people are experiencing," Maija said. "Working for UOSCCC has really opened my eyes to the widespread health disparities in our community, and in our country as a whole."



PENNSYLVANIA

Pennsylvania Zeta, Washington & Jefferson College

Pi Beta Phi helps foster women leaders. Senior **FONTANA MICUCCI** has held many positions in Pi Phi including Director Academics, Interim Vice President Administration and Policy and Standards Board Chair. But, by far her favorite position was as the Panhellenic President at Washington & Jefferson College. The role of Panhellenic President is not an easy one, but Fontana handled the role with grace. As Panhellenic President, she represented the fraternity and sorority community, and made sure chapters understood and were abiding by National Panhellenic Conference rules. “It has been such a learning experience and having this opportunity has shown me not only the benefits of joining Pi Phi but also the benefits of being a sorority woman as a whole,” Fontana said. The Panhellenic Board also included **SAMANTHA GOOCH** as Director of Risk Management. In this role, Samantha kept members informed on policies pertaining to relevant fraternity issues and worked with the Vice President Judicial to coordinate National Hazing Prevention Week. Additionally, each semester she planned at least two awareness activities about hazing prevention, drugs and alcohol, stress management or other relevant topics. “I love being a part of Panhellenic because it gives me a change in perspective, and I get to not only interact with members from my chapter but work with members of other chapters,” Samantha said. “I love how working together strengthens our fraternity and sorority community.”



From left: Virginia Alpha **LUCY REINKING CARL** and Texas Etas **CATHERINE CARL** and **LAURIE RANKIN CARL** celebrate Fall 2020 Initiation together in their home.

TENNESSEE

Tennessee Gamma, University of Tennessee

Director Service and Philanthropy **SUMMER ESPINOSA** and Champions are Readers Committee Chair **LOREN MABRY** were creative with their chapter's service opportunities last semester. Tennessee Gamma sisters masked up to help organize over 150 books that were donated to Christenberry Elementary in Knoxville, Tennessee. Everyone stayed outside and sorted the donated books according to grade level so they could easily be passed out to the students at Christenberry. In these unprecedented times, Read > Lead > Achieve is still a priority for chapter members, and the sisters were so excited to extend a helping hand.

Tennessee Gamma members helped distribute and organize over 150 books donated to Christenberry Elementary in Knoxville, Tennessee.



TEXAS

Texas Eta, Texas A&M University

The Texas Eta Chapter is proud to have initiated 92 New Members during the fall semester, including alumna initiate, **LAURIE RANKIN CARL**. Laurie accepted a bid in Fall 1988 from the Mississippi Beta Chapter at the University of Mississippi. However, due to extenuating circumstances, she was unable to be initiated. Nonetheless, Laurie kept in close contact with her Pi Phi friends and continued to live out Pi Phi values in all that she did. Her daughter **CATHERINE CARL** was initiated as a member of Texas Eta in Fall 2019 and was slated to serve as Vice President Community Relations for the 2021-2022 academic year. Catherine is a now a third-generation Pi Phi as her paternal grandmother, **LUCY REINKING CARL**, was initiated in 1959 at the Virginia Alpha Chapter. Laurie was initiated via Zoom, then celebrated with a small group of family, friends and Pi Phi sisters new and old. Texas Eta is proud to call Laurie their sister and they admire her lifelong dedication to Pi Phi values.

WASHINGTON

Washington Beta, Washington State University

Washington Beta **KRISTIN WOOD** is a certified nursing assistant and an active member of her Pi Phi chapter. Since the beginning of the pandemic, she has been working in a hospital in her hometown of San Diego, California, caring for COVID-19 patients. Her main responsibility is to assist the nurses, but she also assists with meals, provides hygienic care to patients and facilitates Zoom calls between patients and their loved ones. "Working during this time has opened my eyes to things I have taken for granted such as my health. I am happy to give back in any way I can and I hope I am making a difference for the patients during these unprecedented times," Kristin said. Kristin's inspiring leadership was always shining as she continued her work as Director Leadership in 2020. Her commitment to the chapter and her community is admirable and commendable, always prioritizing and caring for those in need. The chapter and all Pi Phi sisters thank you, Kristin, for your hard work, dedication and inspiring leadership.

WISCONSIN

Wisconsin Delta, Marquette University

Amid the challenges they've faced with the ongoing pandemic, the Wisconsin Delta Chapter has made this one of the most engaging and successful years for their membership. During the fall term, the chapter participated in fun and safe outdoor sisterhood events. They hosted sisterhood sunrise watching at Bradford



Washington Beta **KRISTIN WOOD** working as a certified nursing assistant in San Diego, California, during the COVID-19 pandemic



From left: Wisconsin Delta members **ALYSSA SUGAY, AIXA KOLOFALE, LUCILA RADKE, MIA STRAHLENDORF** and **ELISE SLEDGE** stand in front of the location for their new house set to open in 2022.

Beach, outdoor hiking activities and even a Pi Phi Phall Fest where members enjoyed socially-distanced apple cider donuts and carved pumpkins. The Wisconsin Delta Chapter also had successful fundraisers throughout the fall term. They held a successful virtual Pie a Pi Phi event and raised \$2,240 for Read > Lead > Achieve! The chapter also received an FDS500 grant to purchase books for the Milwaukee Academy of Science. The chapter is excited

to announce the completion of their new house in 2022. These young women keep persevering through these hard times. Their commitment to their sisterhood is an inspiration of hope and spirit, and they are looking forward to more initiatives for the academic year. ←

Hope Persists

By Texas Delta **HANNAH WHITLOCK**, Vice President Community Relations



With the support of her sisters, Texas Delta **OLIVIA SERGOT** is fighting a recurring kidney cancer for the third time. Olivia is a freshman at Texas Christian University.

In September 2020, Texas Delta welcomed home our largest-ever New Member class of 81 women. Despite this semester looking different from the norm, we're excited to continue our sisterhood and traditions with our newest sisters.

Unfortunately, COVID-19 has not been the only health concern making an impact on our chapter. In early October, we received the devastating news that one of our New Members, **OLIVIA SERGOT**, had been diagnosed with Wilms tumor, a type of kidney cancer, for the third time. During what was supposed to be a quick visit home to Chicago for a routine scan, Olivia heard the news that would once again alter her way of life. From undergoing chemotherapy to missing milestone moments to losing hair, cancer has taken away too much from our sister.

Thankfully, hope persists. Wilms tumor is most commonly diagnosed before age 10 and the survival rate for Stage IV

is between 85% and 90%. We're grateful for the positive outcomes of Olivia's first two diagnoses and we're optimistic about her current battle with this cancer.

Even more positive is the light that is Olivia herself. Despite the challenges she faces, she continues to be an incredible friend, a compassionate older sister and an intelligent student. She dreams of becoming a pediatric nurse and continues to work hard in her classes and stay involved with campus life throughout her treatment. During her hospitalization, Olivia says she was able to bond with her nurses and gain a better understanding of the profession. She says her illness is her biggest motivation and she looks forward to helping children in similar circumstances.

Our chapter has banded together in support of Olivia and to help raise awareness on campus about pediatric cancer. Junior **SOPHIE RANDLE** designed sweatshirts with the encouraging phrase "never stop fighting" and "Sergot" to show our support. Texas Delta members and fellow students were able to purchase the shirts before heading home for winter break. Olivia requested the proceeds raised go to Cal's Angels, a Chicago-area pediatric cancer foundation inspired by the memory of Cal Sutter who lost his life to leukemia in 2006 at 13 years old. Cal's Angels provides hope to families of children battling pediatric cancer through their mission of granting wishes, raising awareness and funding research.

Although the future is filled with uncertainty, Olivia's bravery is a constant. Olivia's big sister **CAROLINE HUGHES** described Olivia's resiliency in a beautiful piece she wrote on her personal blog, "Although the bell of freedom may currently be silent, her kindhearted spirit and optimism remain thunderous. As for Olivia, the new tarnish only makes her luster shine brighter." Olivia's strength is one that inspires us all, and our sisterhood is honored to be there for her through both life's obstacles and greatest treasures. ◀

ALABAMA

Tuscaloosa, Alabama, Alumnae Club

The Tuscaloosa, Alabama, Alumnae Club received a \$1,000 FDS500 grant, a program supported by gifts to Pi Beta Phi Foundation, to support Matthews Elementary School. This grant allowed Matthews Elementary teacher Kayla Carpenter to purchase 500 new books through the First Book Marketplace. Each student at Matthews Elementary was able to receive their own book because of the FDS500 Grant. “The Tuscaloosa Alumnae Club is thrilled to partner with Matthews Elementary through this grant,” said Alumnae Club President **EMILY CERRINA**, Alabama Beta. “This is such a blessing for this deserving school, student population and the Tuscaloosa community. The Tuscaloosa Alumnae Club is overjoyed to bring happiness into the lives of teachers and put books in the hands of their hardworking students.” Matthews Elementary is a Title 1 School with 100 percent of students receiving free or reduced lunch. This year’s grant recipient, Kayla Carpenter, expressed the importance of reading and having access to books. “We are a school in need of support. Most of our students read way below grade level. We encourage parents to read with students but have found that many of our parents also struggle with literacy,” Kayla says. “Because of budget restrictions, these books and their supplies are funded by my own earnings. Reading and access to books is essential for my students. Reading allows them to travel, learn about the world and find people who look like them! Reading can help them find their place in the world.”

The Tuscaloosa, Alabama, Alumnae Club presented Kayla Carpenter a check from the FDS500 grant. From left, Alabama Betas **Laurie Copeland, Emily Cerrina, Jamie Burke**, Matthews Elementary Special Education teacher Kayla Carpenter and Mississippi Beta **Monica Gailes**.



From left, California Etas **Katie McCormick Shreve** and **Donna Romero** deliver backpacks and boxes of supplies to a local elementary school teacher, Christine Mohler.

CALIFORNIA

South Coast, California, Alumnae Club

The South Coast, California, Alumnae Club hosted their annual school supply drive in August. Each year, the club supports two local schools, Kinoshita Elementary and College Park Elementary, by delivering much-needed school supplies. Given this year’s online learning environment, the schools had special requests for wireless computer mouses and earbuds. These items help to facilitate teacher-student engagement while helping to limit the challenges and distractions of online learning.





The six mothers at their Pi Phi Book Club with the babies representing their alma mater, Colorado State University. From left, **PAIGE BAILEY SCRO** and Henry Scro, **KATY JAEGER COLE** and Claire Cole, **ANDREA BROCK GARNETT** and Brock Garnett, **SHAINA EDERHOFF VASSAU** and Remi Vassau, **KIM BARTELS BRANTING** and Jude Branting, and **MOLLY WRIGHT SWANTON** and Lucy Swanton.

COLORADO

Colorado Gamma Alumnae

Six best friends from the Colorado Gamma Chapter of Pi Beta Phi, initiated in 2007, all had their first babies within a year of each other. The sisters were pregnant in pairs with their babies coming within two to four weeks of one another. They also made a pattern of boy, girl, boy, girl, boy, girl. **KATY JAEGER COLE** says, "It has been so special to share in motherhood and learning how to be moms together. We are forever grateful for Pi Phi bringing us all together and giving us long-lasting friendship, which is now spreading to the next generation."

Colorado Springs, Colorado, Alumnae Club

In September, Colorado Springs, Colorado, Alumnae Club member **RENA MCGRAW BAISDEN**, Texas Gamma, shared during a luncheon the Pi Phi connection she created with Colorado Epsilon **ABBIE STEEN** after the club implemented a Pi Phi Pen Pals program with the Colorado Epsilon Chapter when the Founders' Day celebration had to be canceled due to COVID-19. Rena says of their virtual connection, "When no one could gather in person for our Founders Day celebration, the Colorado Springs Alumnae Club contacted its members to see if they would be willing to participate in a program called Pi Phi Pen Pals! The Colorado Epsilon Chapter came up with the idea in which their members would reach out to alumnae and discuss their thoughts on Founders Day and Pi Phi sisterhood. I'm so happy that I said "I'd love to have a

Pi Phi Pen Pal!" Abby wrote a beautiful letter on Founders' Day and I was so touched that she would take the time to write such a thoughtful and insightful message. It turned out that we had so much in common. Abby is from Boulder, Colorado, where I have lots of family members. She is also pursuing a career in the medical field and I was a clinical specialist for a biotech company for many years. Since then, we have written to each other over the past few months and were finally able to meet in person when she returned for the fall semester! We first met for lunch and then she visited our home up in the mountains near Colorado Springs.



Colorado Epsilon **ABBIE STEEN** and Texas Gamma **RENA MCGRAW BAISDEN** connected in person after creating a meaningful relationship through "Pi Phi Pen Pals."

San Juan, Colorado, Alumnae Club

The San Juan, Colorado, Alumnae Club celebrated the 20th anniversary of its founding by donating \$200 to their local library for children's programs and an additional \$200 to Pi Beta Phi Foundation to help fund literacy programs. Unfortunately, the arrival of COVID-19 prevented an event at the library that everyone could attend. Instead, the members presented the Pagosa Library check in an outdoor setting with masks and fewer people, as appropriate to the times. "It means so much to me, and to the library, that Pagosa Pi Phis thought of donating to us," said Josie Snow, Pagosa Library early literacy specialist. At the same time, Missouri Alpha **MARIYLN KELSO CHIPPS** mailed the club's \$200 contribution to Pi Beta Phi Foundation to support Pi Phi's literacy programs.

FLORIDA

Fort Myers, Florida, Alumnae Club

On November 16, 2020, the Fort Myers, Florida, Alumnae Club celebrated their 50th anniversary. Charter member **SUSAN CRANE KYLE** and some of her fellow Fort Myers/Naples area Pi Phi sisters started the club, known today as the Fort Myers Area, Florida, Pi Beta Phi Alumnae Club. All members want to extend a thank you to Susan and all charter members for starting a club and creating a community for local sisters to connect and celebrate the Pi Phi sisterhood. In an email to members, the club shared, "Susan's birthday is also today - how cool is it that the charter for our club was approved on Susan's birthday 50 years ago!"

IOWA

Iowa Gamma Alumnae

BERNADETTE PODUSKA and **TAEH HORBAS YODER**, alumnae of Iowa Gamma from different member classes, were excited to work with a sister when they both accepted jobs with an automation engineering company. Taeh says, "I'm so grateful to have a sister to start my career with!"

MISSOURI

Missouri Alpha Alumnae

Missouri Alpha alumna **AMY DEERING SHORT** stayed at the Grace Coolidge Campground in Custer State Park, South Dakota. She hiked the trail along Grace Coolidge Creek and visited the Game Lodge where President Calvin Coolidge and First Lady **GRACE GOODHUE COOLIDGE**, Vermont Beta, stayed during the summer of 1927.

From left, Grand Vice President Finance/Housing **LISA GAMEL SCOTT**, Colorado Alpha; **MARILYN KELSO CHIPPS**, Missouri Alpha and **CAROLE MUNROE HOWARD**, Oregon Beta pictured with Josie Snow, early literacy librarian at the Pagosa library.





From left, **BERNADETTE PODUSKA** and **TAEH HORBAS YODER** outside their shared workplace at Power/mation.



Missouri Alpha **AMY DEERING SHORT** visits Grace Coolidge Campground in Custer State Park.

NEBRASKA

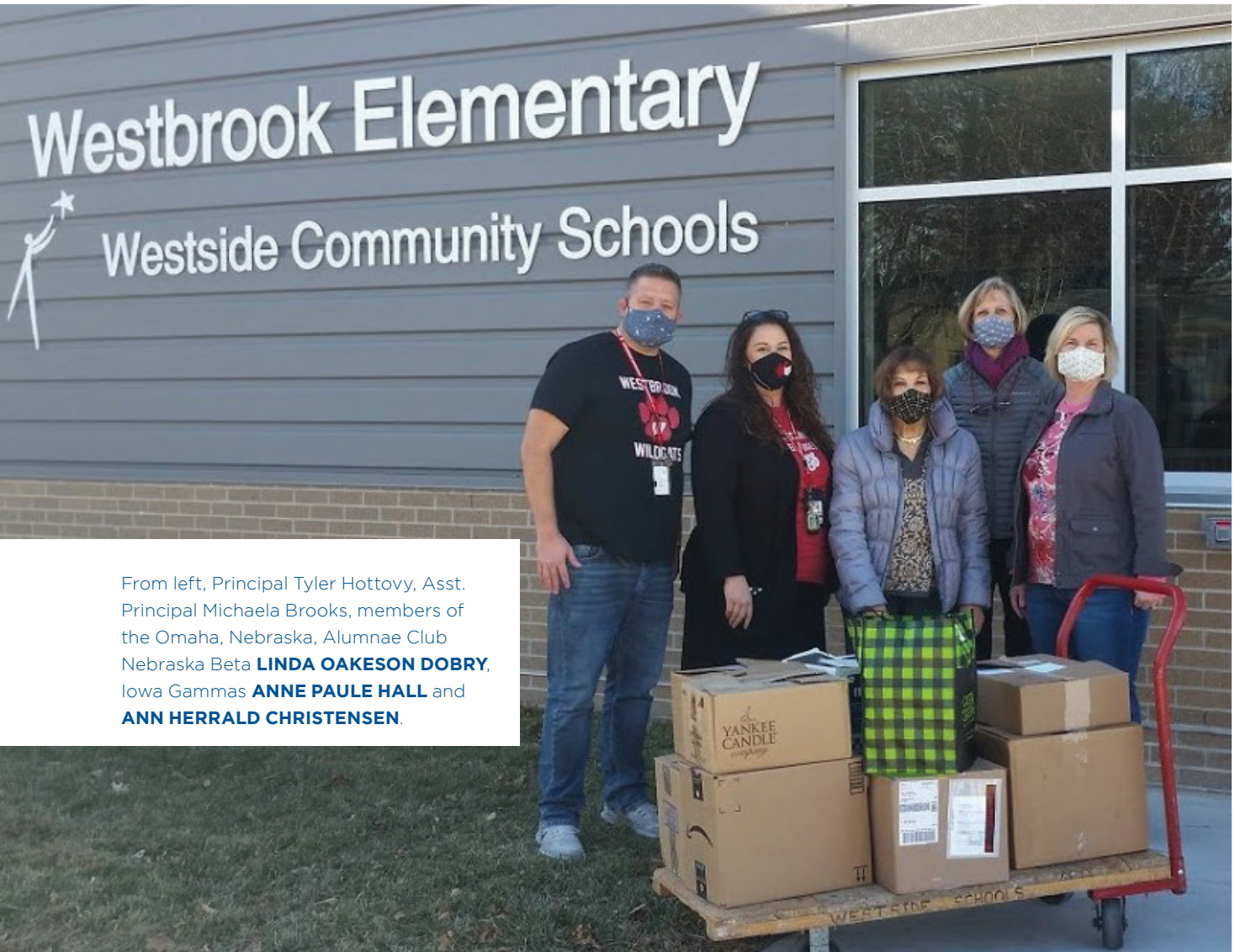
Omaha, Nebraska, Alumnae Club

Over the span of three weeks, the Omaha, Nebraska, Alumnae Club collected 463 new and gently used books to donate to a local Title 1 elementary school. "Books from Angels" provided a book for each of the 415 students at Westbrook Elementary. Principal Tyler Hottovy and Asst. Principal Michaela Brooks had been seeking ways to get more books into their students' homes. When Iowa Gamma **ANN HERRALD CHRISTIANSEN** contacted them to offer the Books from Angels, they were delighted to be able to provide books to every student in their school. The books were delivered on December 9, 2020, by Ann and two other club members, Nebraska Beta **LINDA OAKESON DOBRY** and Iowa Gamma **ANNE PAULE HALL**, who donned arrow face masks for the occasion.

SOUTH CAROLINA

Greenville, South Carolina, Alumnae Club

The Greenville, South Carolina, Alumnae Club recently honored their first ever Diamond Arrow member. South Carolina **NELL MAYER TAYLOR** celebrated 75 years of membership in Pi Beta Phi in 2020, and the club wanted to help her recognize this milestone anniversary. Members safely visited Nell's home to present her with her Diamond Arrow pin and ended up hosting an impromptu Cookie Shine. Club members were so impressed with Nell's sharp wit, her incredible recall of her collegiate escapades and her delightful southern drawl and humor. She is truly a treasure trove of Pi Phi historical events and takes the time to share those experiences with her sisters.



From left, Principal Tyler Hottovy, Asst. Principal Michaela Brooks, members of the Omaha, Nebraska, Alumnae Club Nebraska Beta **LINDA OAKESON DOBRY**, Iowa Gammas **ANNE PAULE HALL** and **ANN HERRALD CHRISTENSEN**.



From left, Kansas Alpha **PAIGE ELLIOTT TIEMANN**, Texas Alpha **LYNN JAMESON MCFARLAND** and California Zeta **ROSANNE ROBERTSON EASTON** survey the results of the Austin, Texas, Alumnae Club book drive at their delivery to the Women's Storybook Project.

TEXAS

Austin, Texas, Alumnae Club

The women of the Austin, Texas, Alumnae Club temporarily adopted the Women's Storybook Project of Texas (WSP) as the beneficiary of their efforts during Read > Lead > Achieve® month in September. WSP helps incarcerated women in Texas — 80% of whom are mothers — record stories and messages of love for their children and gift the book and recording so the children can hear their mother's voice and still share the experience of reading together. With the WSP's usual donation sources being uncertain due to the pandemic, Louisiana Beta **SUSIE LAMBERT MESEROLE** applied for and received one of the FDS500 grants supported

by the Literacy Fund at Pi Beta Phi Foundation for WSP's benefit — providing a meaningful 500 new books toward their mission. Additionally, the alumnae club organized a drive-through, socially-distanced book drive with the help of Program Chair **PAIGE ELLIOTT TIEMANN**, Kansas Alpha, and Philanthropy Chair, **ROSANNE ROBERTSON EASTON**, California Zeta, which resulted in the collection of over 430 new books for WSP and enough funds to purchase an additional 100 books to support this literacy and humanitarian cause. The total effort of the club garnered over 1,000 new books for Women's Storybook Project which serves all women's prisons in the state of Texas.

Southlake Area, Texas, Alumnae Club

The Southlake Area, Texas, Alumnae Club had traditionally supported literacy through several events with Morningside Elementary School in Fort Worth, Texas, but wanted to expand their philanthropic service to other organizations in the community and make it easier for alumnae to volunteer based on their personal schedules. Last year, the club partnered with Cook Children's Hospital to read to the children on an individual basis, but then COVID-19 hit. The club quickly pivoted and developed the Words With Wings program, a virtual storytelling program that allowed members to record themselves reading books from home and the patients at Cook Children's Hospital to have a book read to them safely. These recordings, played on the hospital's internal television station, became the children's bedtime stories. With the success of this virtual storytelling program, the club then approached the principal and librarian at Morningside Elementary and created a similar program where members selected a grade and committed to sending a new book recording weekly. These recordings provided teachers the opportunity to play a book or two for the class while they could take time for one-on-one instruction with students who needed additional support. The club even found volunteers from two local chapters, Texas Delta at Texas Christian University and Texas Epsilon at the University of North Texas. Texas Epsilon helped send virtual stories to Cook Children's and Texas Delta "adopted" the fifth grade at Morningside to send virtual stories. In addition, Cook Children's Hospital has a program where children can select books to take home after they are discharged from the hospital but found they were low on donations — so Pi Phis helped close the gap and sent books directly to Cook. Club members will be grateful when they can safely join the children in person again, but are so happy to have found ways to promote literacy and partner with local collegiate members. The Words With Wings program will be launching additional literacy outreach throughout 2021 with a Center for Abused Women and a Veterans Literacy initiative. ◀



Southlake Area, Texas, Alumnae Club officers were among the volunteers who read and recorded stories for local children. Above, from left: Oklahoma Alpha **LARA LANDERS DOBSON** and Michigan Gamma **COURTNEY HAMILTON**. Below: New York Epsilon **MARY CENDANA BATTO**.

Withstanding the Difficult Times with Support from Pi Phi



KATHERINE WILSON,
California Zeta

When life's obstacles continue to pile up, resilience and a strong support network can help guide a person through to the other side. The bonds formed and values forged in Pi Beta Phi can be a life raft when it's needed most. This has been the case for California Zeta **KATHERINE WILSON** over the years, particularly the last year, while

managing life during a pandemic in addition to family health challenges and safety at home.

The bonds of friendship have held strong since Katherine first met her California Zeta sisters in 1970. She continues to rely on those women and the lessons they taught her to this day. While they've been required to social distance and stay connected virtually during the pandemic, Katherine reminds her sisters they are never alone, and they provide the same support for her.

The past year has been full of challenges for Katherine, and at times she's had to remind herself she has Sincere Friendships she can call on at any time for support. After 30 years apart, Katherine recently reconnected with her big sister, **TINA BRYANT LUCAS**. Tina has epitomized what it means to be a Pi Phi and helped Katherine recognize the strong sisterhood she has to rely on.

"Reconnecting with her really picked me up. I've been almost depressed because I have three additional heavy things going on, not just the pandemic," Katherine said. "I live in fire country, near Lake Tahoe, and we've been evacuated. Both of my cars are packed and I'm lining the hallways with even more stuff to put in them. One of my brothers is a doctor who treats COVID-19 patients at UC Medical Center in Sacramento, and we thought he had COVID-19 at one point. My other brother has cancer.

We just lost our parents, and I was in danger of losing my whole family. It was almost too much for me with one thing piling on top of another."

Katherine's resilience in the face of these challenges comes from a lifetime of developing healthy strategies to manage

stress and strife. She knows one way of managing those burdens is relying on others for support, particularly her Pi Phi sisters and the memories they share over decades of sisterhood.

Looking back on her college days in California Zeta, one thing she appreciates most is there was no time she ever felt alone. She says this is a time in her life when she grew, developed healthy coping strategies and gained more self-confidence. "It helped me build confidence because we were so unified," Katherine said. "There were a lot of really good minds working together. It was synergy — people working in sync to accomplish something instead of one person trying to do it all herself."

While her time in the chapter instilled an appreciation for each of Pi Phi's core values, Philanthropic Service to Others holds a particular significance in Katherine's life. Along with caring for her own family and building a career, Katherine has spent her adult life committed to cultivating leadership potential and enriching the lives of others who are often overlooked. Katherine is a movement educator for Osher Lifelong Learning Institute and primarily works with children and senior adults. To help enhance access to this type of programming, she has taken her creative movement class to 10 countries, including three trips each to Panama, Belize and the Yucatan Peninsula, as well as over the last five winters teaching children in the Caribbean.

There's no doubt in Katherine's mind that Pi Beta Phi played a big role in instilling the values of self-care and caring for others. Building a healthy lifestyle and strong relationships is at the core of Katherine's life, and her Pi Phi friendships are evidence of that continuing strength. "Our hearts are so connected as sisters," she said. "It doesn't matter what happens as time goes on, there's still an underlying closeness, understanding, empathy and fun when we're together, even from afar." ←

Resilience Reflected in Adaptability

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

With the announcement of the 73rd biennial Convention moving to a virtual format this coming June, an organizational history dating back nearly 154 years provides insight and comfort as to how Pi Beta Phi handles such a departure from normalcy. Take, for instance, the difference between the 1940 Convention in Pasadena, California, and the following convention, six tumultuous years later in Swampscott, Massachusetts.

During the Pasadena Convention, business ran as usual. The nearly 1,000 Pi Phis who attended the festivities at the Huntington Hotel mixed fun with the serious work of the Fraternity, as is typical at a Pi Phi event. **FANNIE WHITENACK LIBBEY** was an honored guest, the final time a founder attended convention, so it was fitting that the restoration of Holt House was one of the legislative items on the agenda. In conducting the business of the Fraternity, the convention was not without its share of contention, including an episode known as the

Incorporation Challenge (read more about this event on pages 307-311 in "A Century of Friendship in Pi Beta Phi"). When the banquet ended and the Pi Phis said their farewells, could any of them have predicted it would be another six years before they would convene again?

In that six-year timespan, the effects of World War II pushed the world into anything but normalcy, from the warfront to the home front. Life changed quickly and drastically, including campus life, as male students joined the armed forces and headed to military service. The war and its ramifications also touched the lives of Pi Phi's membership. Ever the servant leaders, Pi Phi collegians and alumnae gave more than six million hours of service to the war effort. And as with all challenges, the Fraternity and its members had the opportunity to look at things differently and deal with them in new ways, exercising their resilience in the face of strife.



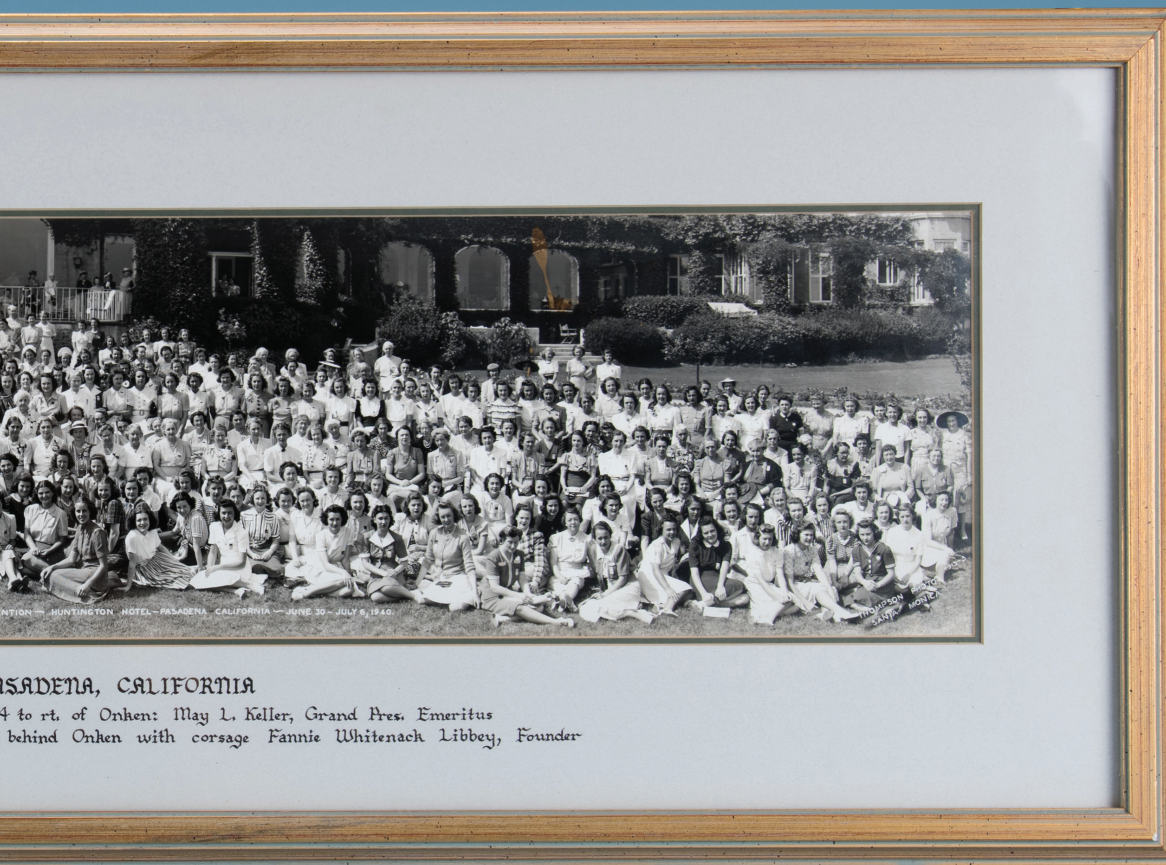
1940 CONVENTION PASADENA, CALIF. PI BETA PHI BIENNIAL CONVENTION
 1st row in chairs: Center Amy B. Onken, Grand Pres. *
 *7 to rt. of Onken: Marianne Wild, Asst. to Grand U.P. Standing,

By 1946, the world was returning to a semblance of normal, which included the gathering of 600 Pi Phis for the Swampscott Convention. According to a report in the December 1946 issue of *The Arrow*, "The picture was much the same - the same ecstatic greetings, the same abandoned grief over loss of baggage, and the same helpless look on the faces of the hotel employees who had not yet coped with so many feminine guests. At the start there was perhaps a little more ignorance of procedure, a more apparent lack of sureness than in former years, but all picked up the swing of it very quickly. Old traditions were revived, and new ones born."

Despite the challenges they had faced, Pi Phis came back together after a world-changing few years to show their dedication to, and love for, the sisterhood that provided them needed support during such a time. It wasn't a mere social gathering by any means. Three Fraternity programs were approved at the 1946 Convention that still operate in 2021: The Order of the Golden Arrow was founded to honor 50-year members, January 9 was designated as Chapter Loyalty Day and the Emma Harper Turner Memorial Fund was established to assist Chapter House Corporations and individual Pi Phis in need.

These three efforts celebrate their 75-year anniversaries in 2021, but not without some modifications over that time. The first Golden Arrow signifier was a gold carnation guard, and in 1987 it was changed to a gold circle pin crossed by an arrow. Because many chapters are not on campus on January 9, Chapter Loyalty Day is often celebrated on another date. Today, the Emma Harper Turner Fund is administered by Pi Beta Phi Foundation with the sole focus of helping collegians and alumnae facing sudden financial crisis due to life's challenges.

In either a turn of irony or twist of fate, the 2021 Convention will be virtual, another adaptation to our biennial event bookending this 75-year time period. Yet another world-changing circumstance has necessitated adaptability and resilience from our sisterhood. Although members cannot gather in person, it is a fervent hope the sentiment expressed in the 1946 Convention report will be as true 75 years later as it was then: "The 1946 Convention was ended, but memories remained...and of all memories, the most lasting [was] that of friendships strengthened by and for Pi Beta Phi." ◀



Making a Difference from a Distance

Promoting the love of reading is at the heart of Pi Beta Phi’s philanthropic efforts. Our Read > Lead > Achieve® programs are also a primary way Pi Phis engage with each other, with their communities and with the Fraternity. For this reason, our literacy activities are intentionally designed with in-person interaction in mind. Events and programs like Fraternity Day of Service celebrations, Signature Event book distributions, FDS500 grants and Champions are Readers® (CAR) provide Pi Phis a way to develop meaningful friendships with like-minded sisters and cultivate connections within their communities through service and advocacy.

Alumnae and collegians often cite the personal fulfillment and sense of purpose they receive from giving back as a main reason they participate in literacy activities. They recount the joy of giving a child their first book or the achievement of raising money for The Literacy Fund at Pi Beta Phi Foundation. But as was the case with countless events in 2020 and early 2021, safer-at-home orders and social distancing restrictions required many Pi Phi literacy events to be significantly changed or canceled outright. Demonstrating their resilience and adaptability, Pi Phi chapters across North America found creative ways to keep members engaged while safely supporting literacy work.

In a typical academic year, Alabama Beta collegians celebrate Read > Lead > Achieve Month during September with a variety of advocacy and fundraising events. When all classes at the University of Alabama’s campus were moved online and COVID-19 restrictions prevented members from working with local students through CAR, chapter officers searched for opportunities to engage members in philanthropic service.

The Community Relations team got to work. Past Director Service and Philanthropy **ALEX GUATNEY** suggested recording members reading children’s books and posting them to the chapter’s YouTube channel for parents and children to watch for an extra reading opportunity at home. Past Director Diversity and Inclusion **MARCELLA MARTINEZ** knew the chapter could take the idea one step further by including Spanish-language books among the videos. Marcella was aware of the high percentage of Spanish-speaking families in the Tuscaloosa area. She also knew these children would need extra support during periods of virtual learning. “We wanted to read to kids in a way they could relate to and understand,” Marcella says. “We bought a few well-known books in

both Spanish and English so students can compare words in both languages.” Marcella recruited Alabama Betas with Spanish fluency to both read the books and help with subtitles. In future videos, she hopes to feature members communicating in American Sign Language to reach a new, often marginalized population.

While the chapter has encountered a few logistical challenges and technical difficulties in recording the videos, mostly brought on by social distancing requirements, Marcella says more members are interested in recording videos than there are opportunities to participate. She attributes the desire to help to chapter members’ recognition of the need that exists within the state. “Literacy is a major issue in Alabama, so the work hits close to home for our members,” Marcella says. “We want to do what we can to help solve a much larger problem. There’s a Spanish phrase for this — ‘dar nuestro granito de arena,’ which means ‘give our grain of sand.’ We might not see a big change right away, but you don’t always know the impact that can come from changing someone’s perspective or sparking their interest.”

The members of California Xi looked forward to a spring semester filled with weekly visits to their CAR partner school and a campus-wide philanthropy event to raise money for The Literacy Fund at Pi Beta Phi Foundation. Those plans changed quickly and drastically, as March 13 marked the last day of in-person classes at the University



The California Xi Chapter used an Amazon wish list to provide teachers at nearby Explorer School with books and supplies to support virtual learning and restock classroom libraries.

of San Diego. “We had a week for everyone to move home, and then online classes resumed the week after,” explains past Director Service and Philanthropy **KAYLA CONSTANTINO**.

Chapter members responded to the challenge by pivoting just as quickly. Rather than cancel their planned philanthropy event, the chapter shifted to a completely virtual fundraising opportunity. “We invited everyone who was going to participate to make an online gift instead,” Kayla says. “The women in our chapter are very connected on campus, so we were still able to reach a lot of people and make an impact. It was amazing to see so many people willing to donate despite their own financial uncertainties.”

Kayla and past Vice President Community Relations **CAYDEN DUFFY** spent the summer brainstorming how to adapt the chapter’s literacy activities while keeping engagement and impact at the forefront. Knowing they wanted their work to have a tangible outcome, they invited teachers at a local elementary school to submit book requests for an Amazon wish list. The chapter promoted the opportunity to buy books on social media, and members shared the wish list with their families and friends. “Most of the books were inexpensive — around the cost of two coffees — but buying one gave a child a chance to read,” Kayla says. Within a week, all 350 books on the wish list had sold! Teachers used the books to create classroom libraries and send home with students during virtual learning.

Kayla adds that the success of the virtual fundraiser and Amazon book drive had a positive effect on members’ spirits. “Everyone was excited that some philanthropic work was still happening,” she says. “With members scattered across the country, having events that worked toward a common goal was something we all needed.”

As a chapter frequently recognized for high academic achievement, literacy service is meaningful to the women of Delaware Alpha. “We motivate each other to do well, and we know our achievements are based on foundational literacy skills from childhood,” explains past Vice President Community Relations **SYDNEY SWINGLE**. “We want to help students who might not have the support system they need for academic achievement.”

Sydney and past Director Service and Philanthropy **TIA PERSOLIO** started their terms energized by their shared



Delaware Alphas **SYDNEY SWINGLE**, past Chapter President, and **TIA PERSOLIO**, past Director Service and Philanthropy, show their enthusiasm for philanthropy during the chapter’s first-ever Zoom bingo fundraiser.

passion for literacy and excited for the opportunity to collaborate. When the semester was cut short, Sydney and Tia looked for ways to inspire Pi Phi pride among Delaware Alphas through philanthropic efforts. They launched the chapter’s Remote Reading video series on YouTube, which features members reading children’s books with a focus on diverse characters and authors. And instead of organizing their traditional ArrowSpike volleyball tournament on the University of Delaware campus, they hosted an online bingo night via Zoom — an idea that came from a Pi Phi webinar. The effort was such a success the chapter is planning to incorporate Zoom bingo into future philanthropy weeks, as they were able to include people who typically aren’t able to participate in campus events. “We had a great turnout,” Sydney says. “All the sisters in our chapter attended, as did many of our friends and family at home.”

As the weeks went on, chapter members found they missed the in-person interaction of reading with local elementary students through the CAR program. With a lot of persistence and the help of West Virginia Alpha **KRISTIN PETERSON POTTS**, a member of Delaware Alpha’s Alumnae Advisory Committee and a teacher at a local elementary school, Sydney and Tia figured out a way to facilitate CAR remotely. “Kristin recruited five fellow teachers to participate,” Sydney says. “Once a week, two of our members join each of their classrooms virtually for 30 minutes. We usually do an activity and read a book, but we’re also able to talk with the kids and get to know them. Kristin’s involvement is the reason we were able to do it — she made it work!” ◀

How is your chapter or club adapting plans and finding new ways to engage members in literacy service? Share your story and photos at pibetaphi.org/submit.

In Memoriam

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

In Memoriam lists the name and initiation year of each member who has died. The list below reflects notification by public obituary received at Pi Beta Phi Headquarters between August 1 and October 31, 2020. Obituaries may be submitted at pibetaphi.org/in-memoriam.

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

ARKANSAS ALPHA

Hattie Lilly Clinton, 1956

CALIFORNIA ALPHA

Eunice Erb Goodan, 1944
Maiya Teague Penberthy, 1943

CALIFORNIA EPSILON

Mary Crock Holzinger, 1952
Eleanor Hunt Tucker, 1955

CALIFORNIA GAMMA

Joan Herscher Lamoreaux, 1951

CALIFORNIA ZETA

Joanne McGarry Hollingsworth, 1950

CONNECTICUT ALPHA

Melanie A. Gillar, 1972

FLORIDA ALPHA

Eloise Newell Clark, 1949

FLORIDA BETA

Olive Fleming Mahoney, 1945

GEORGIA ALPHA

Anne Irwin Smith, 1947

IDAHO ALPHA

Mary McNair Solberg, 1953

ILLINOIS ALPHA

Elizabeth Davis Vance, 1949

ILLINOIS EPSILON

Mary Louise Schwier Worth, 1950

ILLINOIS ZETA

Beverly Beaver Schrader, 1948

INDIANA BETA

Janet Esterline Yosha, 1959

INDIANA DELTA

Shirley Gayda Dora, 1955

INDIANA GAMMA

Joanne Spivey King, 1954
Mary Sadowsky Neff, 1962
Gloria Cole Ryan, 1945

INDIANA ZETA

Joey Blume Hamilton, 1955

IOWA ALPHA

Rosalie Bentzinger, 1942

IOWA GAMMA

Barba Throckmorton Drinka, 1962
Donna Sones Ethington, 1947
Jane Montgomery Herbold, 1953
Mary Longworth Koester, 1956
Barbara Diane Lacke, 1975

IOWA ZETA

Joan Workman Summerwill, 1939

KANSAS ALPHA

Georgianne Hedrick Mercer, 1949
Adrienne Hiscox Mitchell, 1945

KANSAS BETA

Sally DeForest Attwater, 1954
Jane Haymaker Floersch, 1939

KENTUCKY ALPHA

Anne F. Duncan-Ponvert, 1958
Eva Griffith Taylor, 1959

LOUISIANA ALPHA

Palmour McIntire Dodd, 1966

MICHIGAN ALPHA

Margaret Fenwick Deal, 1944

MISSISSIPPI BETA

Susie Glenn Sullivan, 1971

MISSOURI ALPHA

Judy Smith Sipe, 1958

MISSOURI GAMMA

Carolyn Phillips Oliver, 1954

NEW MEXICO ALPHA

Sally Stringer Burkstaller, 1953
Gretchen Spear Clatworthy 1950

NEW YORK GAMMA

Linda Melkerson Janiesch, 1956
Leona Swancott Sexton, 1937,
affiliated New York Alpha

NORTH CAROLINA BETA

Mary Atkins Schreit, 1946

OHIO ALPHA

Karen Erdmann Bizer, 1953
Gene Kissner Davis, 1943
Marlene K. Erdmann, 1955
Marilyn H. Paulsen, 1963
Beth Breitenstein Wolfe, 1960

OHIO EPSILON

Bonnie Kitzman Loss, 1946

OKLAHOMA ALPHA

Gail Hughes Anderson, 1951
 Lauren Elizabeth Hess, 1998
 Barbara Berry Sewell, 1944
 Martha Reeves Votaw, 1955

OKLAHOMA BETA

Mary Bobo Fickett, 1946
 Donna Kaufman Mobley, 1954
 Susan Leslie Shelton, 1972

OREGON BETA

Beverly McGilchrist Simmons, 1944

SOUTH CAROLINA ALPHA

LeGrand Moorner Nelson, 1963

TENNESSEE BETA

Kendall Carnes Warden, 1978

TENNESSEE GAMMA

Jennifer Killen Riggs, 1992

TEXAS ALPHA

Sue McCan Cannon, 1946
 Rebecca Brown Hutcheson, 1971
 Lorwen Williams Merriman, 1934
 Louan Parks Rogers, 1960

TEXAS BETA

Ann Harrison Faulkner, 1944
 Virginia Holt McFarland, 1939
 Jean Gratigny White, 1954

TEXAS DELTA

Evelyn Harshman Hutchison, 1969

TEXAS GAMMA

Rolfe Fort Godshalk, 1958
 Penny Wilkins Hudgeons, 1965
 Kelli Whitehead Moerschell, 1990

UTAH ALPHA

Marie Shill Clemens, 1941
 Jennie Allen Creer, 1954
 Ardys Mason Dublinski, 1950
 Marian Brennan Nelson, 1964

VIRGINIA ALPHA

Mary McGee Boggs, 1958,
 affiliated Oklahoma Alpha
 Mercer McKee Trapp, 1956,
 affiliated Tennessee Beta
 Sugie Gribble Maxfield, 1942
 Frances McEachern Streich, 1951

VIRGINIA DELTA

Jacqueline Elizabeth Thurston, 1996

VIRGINIA GAMMA

Laurie Pritchard Andrews, 1944
 Martha Hogshire Lex, 1949

WEST VIRGINIA ALPHA

Mary Jane Powell Andrews, 1954
 Marjorie Garvin Chase, 1954

WASHINGTON ALPHA

Nancy Benson Petersen, 1949

WISCONSIN GAMMA

Kay Kaericher Lippman, 1953,
 affiliated Illinois Epsilon

WYOMING ALPHA

Betty Cooke Denham, 1961
 Margaret Hirsig Wilson, 1954



Everest Crewneck
\$29.99

FOR THE LARGEST CURATED COLLECTION
OF PI PHI MERCHANDISE, VISIT

shoppibetaphi.com



Vintage Sign
\$39.99

Ring in the new year.



A. Stackable CZ Band Ring, #143864 SP \$25 GP \$25 | B. Addy Ring, #ADDY SP \$39 GP \$39 | C. Crested Signet Ring, #0345 SS \$100 10K, 10KW \$300 | D. Forever Ring, #001G SS \$253 10K, 10KW \$407 | E. Official Crest Ring, #3002 SS \$100 10K, 10KW \$225 | F. Arrow Wrap Ring, #3047 SS \$100 10K, 10KW \$300 | G. Oval Incised Ring, #0342 SS \$100 10K, 10KW \$300 | H. Cushion Ring, #0452 SS \$128 10K, 10KW \$325 | I. Chapter President's Ring, #20AQG SS \$175 | J. Emma Ring, #0629 SS \$128 10K, 10W \$440

Shop these and many other Pi Phi accessories.
HJGreek.com | 1.800.451.3304



Pi Beta Phi Fraternity
 1154 Town & Country Commons Drive
 Town & Country, MO 63017
 www.pibetaphi.org

NONPROFIT
 ORGANIZATION
 US POSTAGE
 PAID
 PERMIT NO 1828
 ST. LOUIS, MO

Self-Care Sisterhood

FOLLOW
 PI BETA PHI ON INSTAGRAM
 @PIBETAPHIHQ



@okcpiphi

Staying healthy, staying connected... and a good time was had by all!



@piphimialpha

Here's to a semester of sincere friendship, mentorship, mutual support, and intense growth! May we ever rely on each other and strive towards growth, not perfection.



@baylorpiphi

1 in 3 doctors recommend spending quality time with your sisters to get rid of the Sunday blues



@piphitulsa

With a Master of Science in Counseling Psychology, practicing Cognitive Behavioral Therapy to now Human Development Coaching, Kristi works with individuals and corporate teams in reaching their full, human potential. Her work combines Relational Intelligence and Human Experience exercises, while also incorporating visual art and hands-on activities. From meeting in coffee shops and corporate rooms - Kristi pops around town physical distancing style or out of town/country via Zoom connects.

@chapmanpiphi



Julianna is a rising Junior from Pittsburg, Pennsylvania, majoring in screenwriting. She is thrilled to announce that she just published her

very own debut poetry book! Her book is about growing up and struggling with friends, relationships, your body and mental health. "I wanted to write it to help others that struggle with these things, so they feel less alone!" We are so proud of you, Julianna!



@uvmplibetaphi

Yoga on the green was a perfect way to start the weekend!