

# the Key

KAPPA  
KAPPA GAMMA

Volume 109, No. 3    Fall 1991

Life: A Series of Horizons





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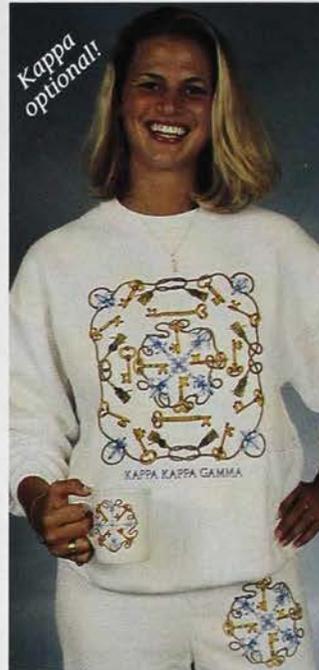


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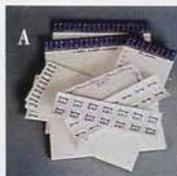


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# the Key

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### ON THE COVER

Pat Ridges Broyles, ΔH, and her trained therapy dogs bring cheer to many confined hospital patients and "seniors." They are pictured with 65-year member Irma Witte Shehan, ΓΔ, outside Albuquerque, NM. Please see page 6.

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## FEATURES

**Pat and Pooh Bear** .....6  
*"Pet therapy" brings cheer to young and old.*

**Life: A Series of Horizons** .....7-15  
*From sunrise to sunset our lives are a series of horizons. As we approach the 21st century the number of horizons in the sunset years continues to increase.*

**A Series of Horizons** .....8

**Zip, Zest, and Ginger** .....10

**The Sandwich Generation** .....12

**Related Articles** .....14

**Betty Bag Lady** .....18  
*An innovative seminar demonstrates the folly of avoiding financial planning.*

**"Loving Landlords" Redo Kappa Houses** .....48  
*Chapter houses are REModeled, REpaired, and REdecorated.*

## DEPARTMENTS

**Fraternity News** .....2

**Chapter Chronicles** .....16

**Profiles** .....35

**In Memoriam** .....39

**Kappa for a Lifetime** .....40

**Through the Keyhole** .....52

## SPECIAL SECTIONS

**KEEP SAFE** Insight on

**Domestic Violence** .....4

**1991-92 Fraternity**

**Directory** .....19

**The Foundation** .....46

*The first college woman's fraternity magazine, published continuously since 1882.*

The mission of *The Key* is:  
To inform, inspire, and challenge  
To sustain and nurture member loyalty and interest  
To recognize individual, group, and Fraternity accomplishments  
To provide a forum for an exchange of information and opinions  
To be a permanent record.

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## *Message from the President*

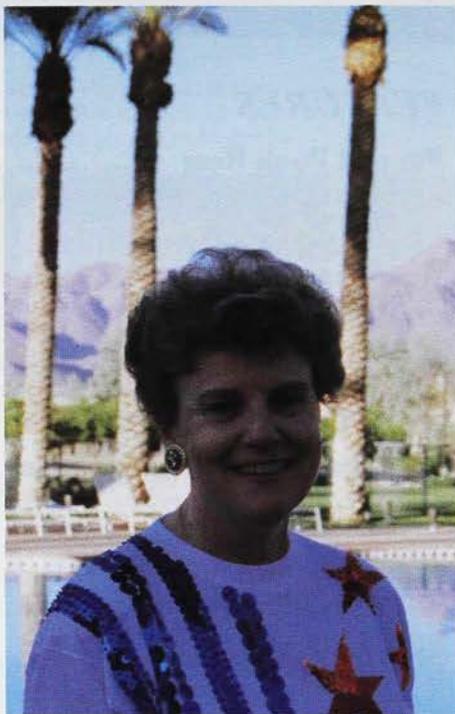
### Founders Day Equals Finders Day

October 13, Founders Day 1991, 121 years after the founding of Kappa Kappa Gamma at Monmouth College in Illinois, could be called "Finders' Day."

What is a "Finders Day"? To me it is the time each year when we again find deep in our hearts the reasons we chose to become members of Kappa Kappa Gamma whether it was more than 65 years ago, or as recently as the past year.

This is the right time to find Kappa, find a Kappa to take with you to a Founders Day celebration, and find the campus of the 1990s.

Stop for a moment this year to think about the important role Kappa Kappa Gamma played in shaping your life, your standards, your inner self. Was it the support of your sisters that gave you the confidence to try a new idea, a new career, or accept a volunteer job? Was it the confidence you gained from your Kappa experience which helped you to develop to your highest potential to the end that you have been able to make the greatest possible contribution to your fami-



ly and community? Did Kappa help you to develop skills and goals on your journey through life?

For those Kappas where there is an

alumnae association, I hope you will attend the Founders Day celebration this year. Whether it is held on a ship in Puget Sound, at a chapter facility, or in an alumna's home, you will find special Kappa friends waiting to welcome you. I believe Kappas have always understood that it is not possible to live a rich, full life without friends and we must be a friend to have one.

As you make plans to attend a Founders Day observance, find a Kappa who has not been involved in alumnae activities and take her with you. You will help her to realize that her Fraternity today has the same traditions, values, and integrity that it had in 1870 and during her college days while meeting the needs and addressing the concerns of today's women. The articles in *The Key* speak to each of us no matter our age or our needs in today's busy and sometimes stressful life.

When you find the campus of the 90s, it may surprise you. As society has changed over the past decades, so have the college campuses. More students come from dysfunctional families and bring more emotional problems and concerns with them; only 15% of the students nationally graduate in four years while Kappas graduate at an 80% rate; campus enrollments are predicted to decline significantly through 1995, particularly the students of traditional age; student populations are becoming increasingly diverse: in age, in ethnicity, and in cultural backgrounds; college costs continue to increase at or above the rate of inflation and increased numbers of students are working part-time to pay for school; entering freshmen are reporting greater interest in community service; students continue an interest in the academic; and campuses with deferred rush have increased.

Yes, FIND KAPPA this Founders Day, "value the present because it is one with the past and future." It is there for you today whatever your life for "as we affirm who we are, we become who we are."

— Kay Smith Larson, Washington, Fraternity President



While preparing for the year ahead at Associate Council Seminar, Fraternity Officers take a break to enjoy an Arizona fiesta.

## Two KKT State Days Slated for Spring 1992

The Fraternity Council selected West Virginia and Alabama for pilot projects during the spring of 1992. Betty Hines Bloore, Mississippi, Region 2 Director of Alumnae, will be in charge of planning these State Days which will involve the participation of both undergraduates and alumnae. Kappas in these two states will receive information as plans are developed and dates determined.

### LICENSING UPDATE

## Look for the Hangtag; Make Money for KKT

For the first time, KAPPA KAPPA GAMMA has an opportunity to earn revenue through protection of our insignia. As one of twenty-one Greek organizations in the newly-formed Greek Consortium, KAPPA KAPPA GAMMA will receive a percentage of the sales price of any item sold bearing our insignia.

Trademark protection is certainly nothing new in this country, but the concept is fairly new to Greek organizations. The U.S. Trademark Association feels that letters, symbols, illustrations, or other identifying marks which demonstrate membership in an organization help sell products bearing those marks. Manufacturers, retailers, and organization members benefit mutually from this free market exchange, and now the Fraternity can benefit financially. While the initial cost of some products may increase, you can be assured that every time you buy an officially licensed product, a large part of that increase is received by the Fraternity.

What can you do to help KAPPA KAPPA GAMMA earn more revenue and thus help keep member fees reasonable? Just look for the Greek Properties hangtag, logo, or banners in retail stores selling Greek products. This logo lets you know that the manufacturer of the product is paying a royalty in support of this licensing program. Greek Properties, our licensing agent, enforces the royalty agreement, looks for new manufacturers who are selling Greek products, and handles all administrative details

for us. The Fraternity benefits by having better control over quality and tastefulness of products bearing our marks. And best of all, the additional revenue produced through this program helps the Fraternity continue the many positive programs offered to our membership.

KAPPA KAPPA GAMMA is proud to have been instrumental in forming the Greek Consortium in an effort to protect the use of our trademarks.

## KKT and ATΩ Combine for a First in Greek Leadership Training.

Kappa Kappa Gamma and Alpha Tau Omega, men's social fraternity, have formed an alliance to deliver state-of-the-art leadership development programming to undergraduates. This newly formed cooperative effort is the first time a women's and men's fraternity have jointly sponsored regional leadership programming.

In January, February, and March, Kappa Kappa Gamma and Alpha Tau Omega will be sending undergraduates from each one of their chapters to 12 sites throughout the country to participate in "Lead To Succeed."

"One does not learn to be a leader by reading a book," said Kappa Kappa Gamma Fraternity President Kay Smith Larson. "I'm excited about the scope and potential of the 1992 'Lead to Succeed' weekends."

Lead to Succeed is an intense weekend of leadership development created by LeaderShape Inc. and tested by Alpha Tau Omega in 1990 and 1991. Jan Shurtz, a Kappa from Illinois, developed "Lead to Succeed," and has been the LeaderShape Institute's director since 1988.

"This joint project will significantly improve our members' knowledge of, and ability to apply, basic leadership skills in daily life," said ATΩ Executive Director Mark Thorsby. "The time is right for women's and men's fraternities to work together in assuring strong leadership development among their members. I'm pleased ATΩ will be pioneering this project with one of the nation's finest women's fraternities."

## Official Colors Adopted for Coat-of-Arms

Responding to requests for establishing official colors of the Fraternity Coat-of-Arms to use in reproductions of this insignia, the Council adopted colors as they appeared on the frontispiece of the December 1911 issue of *The Key*. Now computer color specifications can be provided by Fraternity Headquarters. "The coat-of-arms is heraldically correct" was the finding in 1911 by Marc J. Rowe of Philadelphia, authority of heraldry in America, and reported in the article accompanying the 1911 color photograph in *The Key*.

## Fraternity Officers Meet in Scottsdale

The Fraternity Council met with Regional and Province Officers at the Scottsdale, AZ, Princess Hotel for the 13th Biennial Associate Council Seminar, June 22-27.

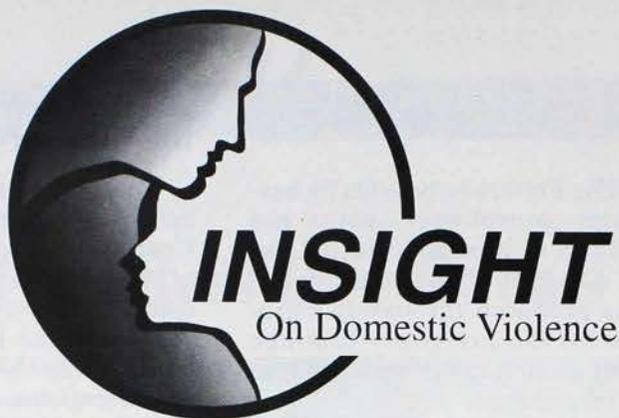
This beautiful resort hotel provided an ideal setting for officer training interspersed with fun, inspiration, and sisterhood for the record 85 participants. This seminar, the first to be held away from the Columbus, OH, area, was a valuable opportunity for training and exchanging information and ideas.

Vera Lewis Marine, Colorado College, Director of Alumnae, and Jennie Miller Helderman, Alabama, Director of Chapters, assisted by the Regional Officers planned the five-day training program for Province Officers who were elected during the spring Province Meetings.

The program included sessions on basic province management, Fraternity Policies, legal issues, ritual, the Kappa Foundation and an open forum for discussion. Also included was a visit to the Phoenician Hotel, site of the June 1992 General Convention.

The Regional Officers added an air of suspense and fun by staging a clever "dining car mystery," presenting clues at each meal until the mystery of "the stolen Bylaws" was successfully solved by the Region 5 contingent.

From the first sessions to the Candlelight Banquet, this Associate Council Seminar provided the fundamentals of the Kappa experience — learning, fun, and sisterhood. ♣



## Reunion

by *Sally Moore Nitschke, Ohio State*

We met for lunch in the Russian Tea Room, a quiet little place in the Short North, a trendy area of art galleries, shops, and restaurants just north of downtown. It was a reunion.

My thoughts went back more than a few years to my days as Membership Adviser at Ohio State. We all have favorite people we meet during rush . . . and Sally was one of mine.

I knew her before I met her at the first party. Her reference had let me know that here was a perfect potential Kappa . . . smart, a high achiever, and with the kind of attractiveness that made you want to get to know her better. I knew that pony-tailed freshman immediately; in every way she lived up to her advance billing.

I watched with interest Sally's college years. An English major, she was always recognized for her 4.0 at the scholarship banquet. She was lovely, a young woman who walked proudly and held her head high . . . the image we all have of a real Kappa lady.

As we sat having lunch, Sally and I talked of a myriad of things . . . our kids, our work, and our lives. Sally's bright intelligent eyes sparkled as she spoke of her daughter and of the hopes and dreams she had for her . . . and for herself.

We talked of **Insight**, Kappa's domestic violence program, of the good it could do and of the people it could help. Earlier, Sally had offered to read the program and to give me her opinion. She returned it praising the contents and correcting my typos ("The English teacher coming out in me," she explained).

We got up to leave. "I'll walk," Sally said, declining my offer to drive her back to her office. "It's good for me." I watched as she slowly moved down the street leaning heavily on her cane.

Since meeting Sally and hearing her story, I am more convinced than ever that **Insight**, developed by two Colorado therapists and produced by the Fraternity, is vital to every woman — to hear about, think about, and discuss.

Make no mistake. This is not just a program for alumnae. Many of the signs of abuse are first obvious in college, in dating relationships. Make no mistake. Domestic violence is not something that happens to people you don't know. Meeting Sally taught me that.

How grateful I am that Sally called out to me that day in the National Assault Prevention Center office. I am privileged to know this brave woman.

Here is her story.

## SALLY'S STORY

"I was hit," I said softly, sitting on the edge of the x-ray table at the local emergency room. Not "he hit me," the grammarian in me now thinks, just "I was hit" — the passive voice.

An inadequate single parent, an alcoholic, an impoverished and careless free-lance editor, I was ashamed of what I had become. And what I had become was a far cry from that bright-eyed, intelligent Kappa Kappa Gamma who had lived in the front room of the chapter house just this side of a most promising future.

How did I get where I was? Slowly. Through ignorance and lack of "training" for the roles I was playing. Because of the alcohol genes that ran through my wonderful family. Because I was vulnerable in a culture that includes violence.

Still, my life is and was my responsibility, and I was the one who had to

contend with the fact that I was a "victim of domestic violence."

Domestic violence can strike anywhere: a judge's wife here, a welfare mother there, a single young partner in a live-together arrangement anywhere. I didn't know that. Domestic violence and alcoholism or drug addiction are often linked, as was the case for me. I didn't know that. But there is no bottle and there is no drug in many, many homes where women are beaten. I didn't know that either.

The man who pummeled his angry fists into my back that night was my sometimes live-in mate. We loved each other. We talked of marriage. The first time that he beat me was the time that I went to the hospital in pain and shock and outrage. I was horrified. So was he.

"I've never done this before," he told me. "I can't believe what I've done. I don't know what happened to me. I'LL NEVER DO IT AGAIN."

I believed him. He was a sweet and gentle man

---

*"And what I had become was a far cry from that bright-eyed, intelligent Kappa who had lived in the front room of the chapter house, just this side of a most promising future . . ."*

---

The second time, I didn't go to the hospital. And he didn't say "I'll never do it again." In fact, I was told, "Women ask for it sometimes."

We were both intelligent, educated, professional people. I knew that I didn't deserve to be beaten, but I wasn't sure that I hadn't "asked for it." After all, couldn't I be pretty abusive with my tongue, especially when I was stressed out, especially when I'd been (and he'd been) drinking?

The next time he beat me, I began to be afraid of coming home when he was there, to slink about, to drive around the block several times to get the courage to go in my own house when I knew he was there before me. Whereas I had talked with several people about the first incident, I generally no longer discussed our relationship with anyone.

When this "sweet and gentle man" crossed other lines in our relationship, it turned out to be the impetus I needed, and I was able to stop seeing him. I don't know what would have hap-

pened otherwise. I might still be there being battered and sinking deeper and deeper into the destruction of my shame. But I got out. Eventually, I got sober. I sought counseling. I joined support groups. But even so, it took me years to unlearn my "learned helplessness," to know that no sharp tongue was ever reason for a beating, to believe that I deserve only love and support in *all* my relationships.

What could I have done to prevent my abuse? Well, first it was never my *fault*, so there was nothing that I could have done in that sense. Still, today I know ways not to assume the role of a victim even if someone else wants to put me in it. One, I have become educated, through programs

like this one Kappa has produced. Today I know characteristics of batterers, know that he fit them exactly. I know the signs of dysfunctional relationships, and I try to avoid them. I stay informed because information is empowering. Two, I make it a daily priority to nurture my self-esteem, to tell myself that I deserve what is best. Third, I talk. And I surround myself with cheerleaders — my cheerleaders — to whom I CAN talk. Secrets hurt, but a breath of fresh air never hurt anything healthy. And finally, I work hard toward righting the wrongs that are part of my path. My "for-pay" job is with an assault prevention center, and I spend many of my volunteer hours with recovering alcoholics and

with the causes and concerns that we share.

My "abuser" is still "at large," and now that I have fibrositis that seems to radiate from the place where I was first beaten on my back, I still think about seeing if I could prosecute. Maybe I will, maybe I won't. I don't know.

But I do know that I'm no longer a victim — no matter what anyone else does to me. It takes two to play the persecutor/victim game, and I no longer play. I'm in the serious business of taking care of me today. I've come to like the work and the pay's phenomenal!

Sally Bulford  
December 4, 1990

## Insight on Domestic Violence

The purpose of **Insight on Domestic Violence** is three-fold: to increase awareness of domestic violence through education; to provide the tools necessary for coping with existing abuse; and to prevent psychological, sexual, social, economic and physical abuse to women. Professional services within your community are available and should be identified as resources for help and referral.

### Myths and Facts

**MYTH:** Partner abuse mostly occurs in lower socio-economic groups.

**FACT:** Abuse is an equal opportunity employer. It cuts across all economic groups with no distinction of race, religion, occupation, or age.

**MYTH:** Battered women think that they deserve abuse; otherwise they would leave.

**FACT:** Many women stay in an abusive relationship because they feel that a battering man is better than no man. Women traditionally in our society have been programmed to feel incapable of surviving without masculine help. Also it is a woman's role to be nurturing, loving, and forgiving. Friends and family often encourage the victim to stay and work it out.

**MYTH:** If a woman gets beaten, it is because she provoked her partner.

**FACT:** No one deserves to be beaten for any reason. Assault is a criminal offense. The belief is that if she had acted differently, she would not have been beaten. Remember violence has to do with the perpetrator not the victim.

**MYTH:** The battered woman syndrome affects only a small percentage of the population.

**FACT:** One in two American women is shoved, slapped, shot, or roughed up at least once in her life by the man she loves. It is estimated that only one in ten women report abuse.

**MYTH:** Many women stay in an abusive relationship "for the sake of the children."

**FACT:** Children are often witnesses to domestic abuse.

The impact of witness abuse is far more damaging than is living in a single parent family. It takes about two weeks for a child who is exposed to violent behavior at home to start expressing similar behavior. Usually children express enormous relief when they are living in a violence-free home. "Staying for the sake of the children" is an often-used rationalization.

### Statistics

- An estimated 3 to 4 million American women are battered each year by their husbands or partners. (**National Clearinghouse on Domestic Violence**)
- Research suggests that wife-beating results in more injuries that require medical treatment than rape, auto accidents, and muggings combined. (Stark, E. and Flitcraft, A; "A Violence Among Intimates: An Epidemiological Review")
- Violence will occur at least once in two-thirds of all marriages. (Roy, M. ed **The Abusive Partner**)
- A woman is beaten every eighteen seconds according to the FBI.
- Among 256 high school students, thirty-five (35) percent reported experiencing various levels of violence in dating relationship.

These statistics obtained from the National Women Abuse Prevention Project, 2000 P. Street, Suite 508, Washington, DC 20036 and AMEND (Abusive Men Exploring New Directions), 445 Union Blvd., Suite #221, Lakewood, CO 80228.

**Insight on Domestic Violence** has been prepared to augment the efforts of alumnae groups which support services for battered women in their local communities as well as to provide information in all chapters and alumnae groups about the issue of domestic violence. The materials have been prepared to stand alone as a meeting presentation or to be given in conjunction with a local professional speaking on the subject of domestic abuse.

To order program materials contact Fraternity Headquarters.

# Pat and Pooh Bear Bring Cheer to Young and Old



Pat Ridges Broyles and Pooh Bear, a 10-year-old Norwegian elkhound. Pat actively recruits other dog owners for Therapy Dog, Inc. Animals help people get well faster! "It's a perfect way for a busy person to spend time with a pet and do quality volunteer work."

**I**t's startling to look up in a hospital waiting room and see a smiling, petite woman in pink and a friendly dog named Pooh Bear cheerfully greeting sick patients and worried families. These unexpected visitors are part of a popular program which has proven therapeutic effects; animals can help people get well faster.

Pat Ridges Broyles, Utah, and Pooh Bear, a 10-year-old Norwegian elkhound, are welcome visitors to University Hospital in Albuquerque, NM. The attention they draw in their weekly visits brings excitement to the often dreary halls of a hospital. It's not unusual to see great sparks of life leap into the eyes of someone who is seemingly unaware of his or her surroundings.

For more than four years, Pat has participated in a group program called Southwest Canine Corps of Volunteers. Specially trained owners and dogs visit hospitals, rehabilitation centers and nursing homes, bringing their unusual healing ability to patients, their families, and the staff. The SCCV members are all part of a national program called Therapy Dogs, Inc. Nationally, these and similar programs have demonstrated ben-

efits for patients and families: a lowering of blood pressure, the creation of enthusiasm in even the sickest patients, and a calming effect in an often stressful situation.

"Animals have a lot of love to give and they expect very little in return," said Pat. "There is no language or emotional barrier and any hesitation or shyness seems to disappear. An animal can easily lighten the tenseness so often associated with hospitals and illness."

Pooh's red heart-shaped tag which reads, "I am a therapy dog," and Pat's pink jacket attract attention in recovery, waiting and children's play rooms, and on oncology and pediatrics floors.

Pat's warm and caring attitude is good therapy for patients and families. While Pooh accepts hugs, pets, and hand-shakes, Pat remembers a recent surgery or comments optimistically on a patient's progress.

At least one day a week, Pat visits local nursing homes and two rehabilitation hospitals with Pooh and Maggie, a Cairn Terrier. "Nursing home residents ask about the dogs' breeding and age and want to know about my other dogs, too," says Pat.

During a trip to train new therapy dogs and their owners, Pat met a man who was afraid to pet her dog. He did not fear the animal but rather his own roughness resulting from a nervous disorder which caused jerky movements. Pat carefully took his arm and helped him pet Maggie. His smile was a wonderful sight.

Marilyn Duncan, M.D., a pediatric oncologist and neighbor, recruited Pat to establish the pet therapy program at University Hospital. She says "There's no question that dogs alleviate much of the fear children have in the hospital. The friendliness of a dog takes a child's mind off being sick and the uncomfortable things being done."

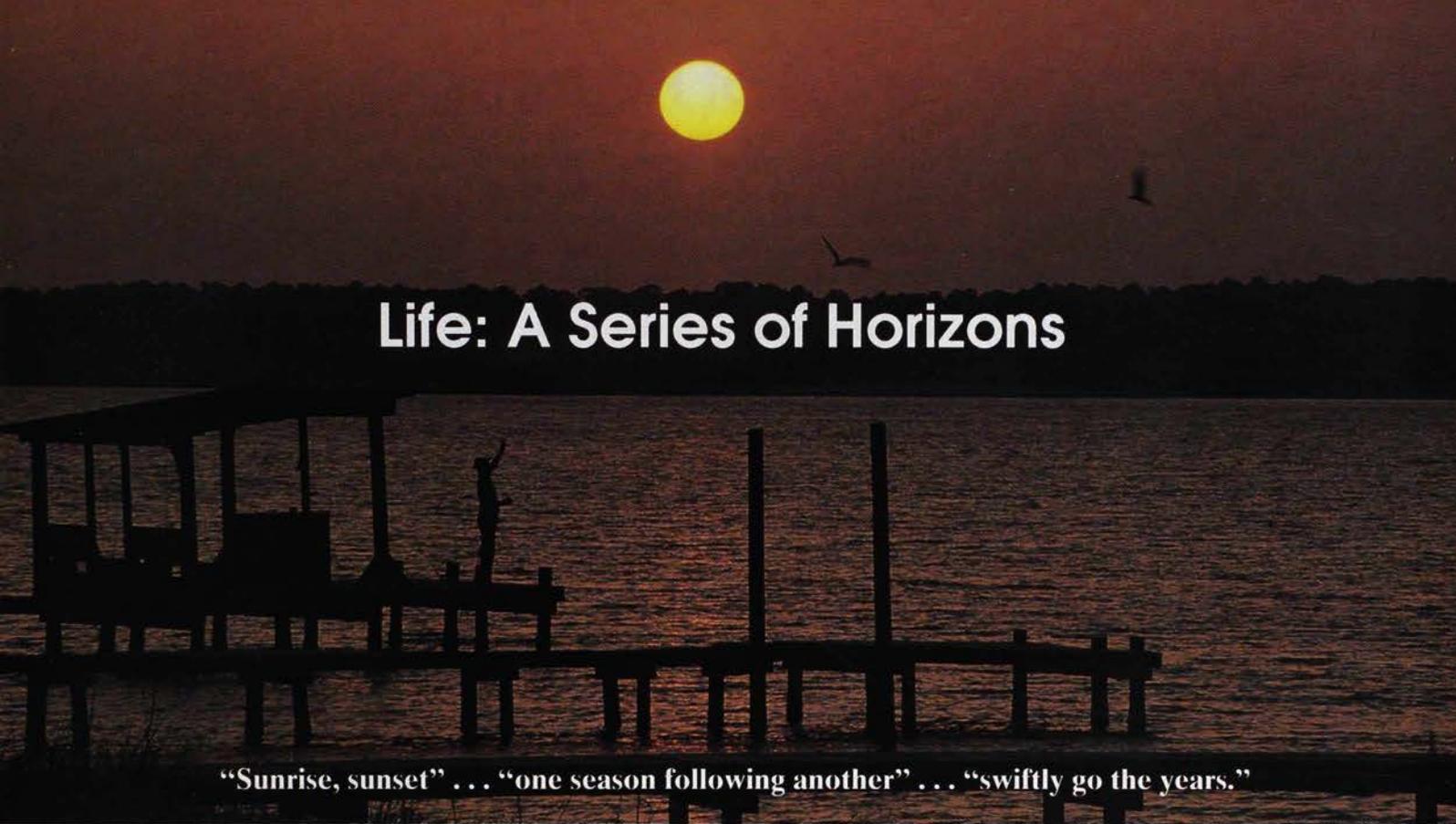
A past President of the Albuquerque Alumnae Association, Pat has also been a member of the Gamma Beta-New Mexico Advisory Board for 12 years.

Currently president of the Southwest Canine Corps of Volunteers, Pat actively recruits other dog owners to the program. She says it's a perfect way for a busy person to spend time with a pet and do quality volunteer work. It's also an especially satisfying way to help others.

— Phoebe Latimer, New Mexico

#### Requirements for getting involved with a therapy dog program:

1. A six-week training class with a behavioral dog trainer.
2. Interactive training with all Canine Corps of Volunteers members (old and new).
3. Visits to five various health care facilities.
4. Certification by an A.K.C. obedience judge who acts as an experienced observer.
5. Registration with Therapy Dog, Inc., required before visitation begins. Membership includes liability insurance coverage.
6. A health certificate signed by a veterinarian.



## Life: A Series of Horizons

“Sunrise, sunset” . . . “one season following another” . . . “swiftly go the years.”

Diana Moore

Tevya sings these words in *Fiddler on the Roof*, words which apply to all our lives. As the sun rises and sets, the tides of each day ebb and flow; the seasons follow one another as “the little child I carried” grows to be an adult; the years slip by. Soon that child is a parent. As more seasons follow she becomes the parent to her parents. The seasons come full circle.

Each sunrise and sunset presents us with a different horizon . . . a different view of life. We may not move toward shared horizons; our paths may diverge. But move we must, toward whatever experiences are in store. In an eager rush or step by slow step, we approach our individual horizons through the sunsets and seasons.

Aging is the normal process of living. As surely as we expect the sun to rise and set, flowers to bloom and fade, the leaves to color and fall, we know that there will be more candles on the cake each year. Yet somehow we forget or ignore what will come. Reading glasses, vanishing waistlines, wrinkles, grey hair . . . we try to accept them gracefully or wage war with makeup, tints and exercise. However successful the delaying tactics, the day may come when we need to be cared for, and the person most likely to be the caregiver is a daughter or daughter-in-law.

For the woman of the nineties, the

“empty nest” is often replaced by being part of the “sandwich generation.” Almost seven million Americans (mostly women) find themselves unpaid caregivers to the elderly. The sandwich takes on the proportions of a “Dagwood” or a “hero” as the many facets of the caregivers’ lives are stacked, like turkey, bacon, lettuce and tomatoes, to comprise the layers of their sandwiched lives. And sometimes it’s difficult to keep it all together.

“The average caregiver to the elderly is 45-years-old, female and married,” says the Older Women’s League (OWL) in their aptly titled Mother’s Day Report, 1989. “They struggle to cope with exhaustion, loneliness, brutal physical demands and the heartbreak of watching a loved one grow weaker. While child care is expensive, elder care impoverishes . . . and the lack of support makes caregiving an act of love with grave consequences.”

The average caregiver is the woman next door, down the hall at work, across the aisle at church, a Kappa sister or a friend whose volunteer efforts are, of necessity, curtailed to meet responsibilities at home. This is the woman who is the peanut butter . . . the one who holds the sandwich together, the smoothness, the flavor and the nourishment. She provides

sustenance for three generations, maybe more. Her day may begin at sunrise and is sure to last long beyond sunset. She is increasingly in need of our concern, our help, our advocacy and our appreciation. There is little time for her to enjoy the changing of the seasons.

The first tentative light of day and the bright rays that follow, the early buds of spring and the flowers that burst forth are reminiscent of the awakening awareness of a baby and the many new steps of childhood and youth. The glorious warmth of midday, especially in summer, is a rich time of strength and well being. As the colors of the sun deepen with those of the leaves, autumn offers a time of reflection and a slower pace of life. Far from being a time of darkness and cold, sunset provides the most varied hues and winter brings us closer to the flames that warm us and give contentment.

The colors brighten and glow, fade and soften; the child becomes an adult; the one cared for becomes the caregiver. We try to make our journey with grace, emulating the majesty and strength of the sun’s journey across the heavens. Serenity and infinity empower us as we reach out toward our horizons. The years go swiftly in the continuous circle of our lives.

— Lois Catherman Heenehan, Adelphi

# A Series of Horizons

by Carolyn Cushing Kruse, Whitman

I have grown old with my clients and patients. Before my three children were born in the 1950s, I worked in child adoption, foster care, and in setting up a pilot program for unmarried mothers. Then, as was the general custom, I resigned my position to be a supportive wife for my banker husband and to rear my family. During those 22 years I was also a professional volunteer, serving on boards and state-wide committees, plus working as a clinical social worker at Planned Parenthood.

Way back in 1944, a Kappa Graduate Fellowship of \$375 (full tuition for one year!) made it possible for me to attend a second year of graduate school in social work at Columbia University. Little did I know then that, as a widow of nine years, in 1991 I would still be working in this continually stimulating profession.

In 1972 our family agreed that the children were old enough for me to resume my paid career on a half-time basis. This has proved to be a “best of both worlds” life style. My weekly hours have hovered around 20 ever since. In some situations, I have “job-shared,” which has been an ideal arrangement for all involved. I’ve become an enthusiastic advocate for part-time careers; it has been a way to maintain a challenging life style in spite of advancing years. Retirement isn’t in my plans.

When I turned 50, it was a shock to learn that I was considered a “token elderly” and in demand for a federally funded program for the aging. Ever since, most of the people I have

served have been elderly and now, at age 70, I reluctantly admit that I am, too. To my surprise, I’ve enjoyed working with this age group; it is easy for me to understand them and for them to relate to me. I worked for several years in a skilled nursing facility, but my favorite setting and the focus of my last nine years is home health care. This gives me the opportunity of assisting patients to remain in their homes as long as possible and to make realistic plans for long-term care if and when this is needed.

Over the years I have learned a lot about aging — both on the job, through courses and seminars, going on social work study tours, and attending conferences all over the world.

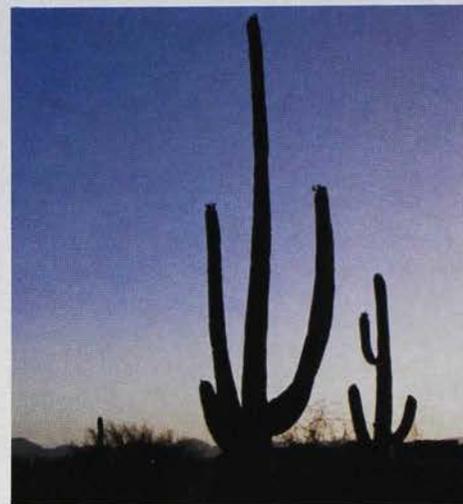
I’m sharing a few items from my disjointed collection of information that have left an impression:

**+ Chronological age is almost meaningless.**

*I have had patients in their 90s who were “younger” than patients in their 60s. I see many factors contributing to this — heredity (good genes), a positive mental attitude, good physical health.*

**+ Multiple chronic medical conditions will develop with aging.**

*Eye glasses, hearing aids, dentures and fillings compensate for the “conditions” of diminished vision and hearing, dental problems. We live with the loss of taste sensitivity without a “fixit.” Humor is an invaluable aid for accepting the inevitable. I regularly fill my car with a group of older friends for*

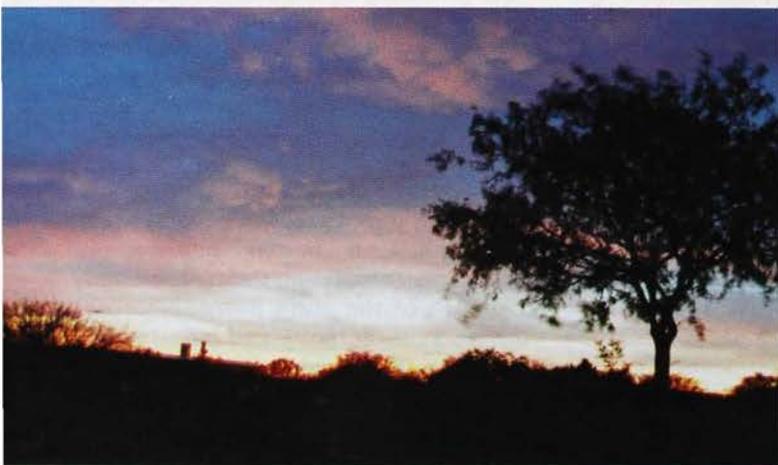


Louise Muenstermann ¶1

*outings. We laugh and joke about the fact that it takes longer for them to get in and out of my car, to buckle and unbuckle, than it takes to drive to our destination.*

**+ Fears about aging are normal and include worries about:**

**FINANCES:** *We’re living longer so what we saved for our retirement years may not be enough. It’s hard to accept that this is the future for which we saved and now our “nest egg” must pay for medical care. There are so many of us “senior citizens” that we threaten to become a burden on our younger people who often find themselves in the “sandwich generation” — caring for parents, children, and grandchildren. I see too many older people afraid to spend money on enjoyable pursuits because they fear the unpredictable future. Inflation has ruined many carefully made financial plans. It is*



Louise Muenstermann ¶1



Barbara Adey, ΔA

painful when frequently I must help a patient apply for public assistance because savings are depleted. Escalating medical costs are a major cause for this erosion of savings and the destruction of financial independence.

*The United States and South Africa are the only industrialized nations without universal medical care. Medicare helps but is not sufficient; it rarely covers nursing home expenses for which insurance is too expensive for the average person.*

**MENTAL PROBLEMS:** *While Alzheimer's Disease is all too prevalent, we may unduly worry that forgetfulness — especially when it comes to remembering people's names — is a symptom of impending dementia. This is rarely the case. It's normal for an aging person to have delayed memory. I often say, "I can't remember that person's name right now, but give me about 20 minutes and it should come to me." . . . and it usually does. I can remember forgetting my Kappa sisters' names during rush when I needed to make introductions — and that wasn't senile dementia!*

**LINGERING ILLNESS:** *We'd like to go fast if there's no chance of recovery. A lingering illness is painful for all involved but it often brings out strengths in a family that we never knew existed and can bring a closeness that those left will always cherish. And there are community services that we can draw upon at such times.*

Because I work with older people, I resisted spending vacation time with them. That was a mistake. A few years ago I reluctantly suggested that my older sister and I attend an

Elderhostel in Arizona. That experience helped me put aging in perspective. We found ourselves with a group of active elders who were eager to learn — not the ill people for whom I was a social worker. Since then I have become an "Elderhostel junkie," having attended two programs in Arizona, one in Washington's San Juan Island, and a rather strenuous one to Mexico's Copper Canyon. This July found us at an Elderhostel and Denali National Park (Mt. McKinley) in Alaska.

I read at the time of Martha Graham's recent death at age 96 that she considered it "a nuisance and an extreme bore to be old" yet she was still working last December! I prefer the quotation about life being a series of open horizons with one no sooner completed than another looms ahead. These are also horizons of the mind and spirit.

Kappa helped equip me to work in a profession with never ending challenges and I have never ceased to be grateful. I continue to look ahead to more horizons. ♣

## Older Is Better

- Older is better; the average age of the top Fortune 500 executives is 60.
- Older age begins later than it used to and includes more healthy years.
- Older age provides women with greater assertiveness and men with greater expressiveness.
- At age 81 Thomas Edison patented his last invention.
- In his 70s, Frank Lloyd Wright designed many of his masterpieces, including New York's Guggenheim Museum.

*The above are from Older Is Better, by Elizabeth Vierck, Acropolis Books Ltd., Washington, DC, 1988.*

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## A Prayer for the Aging of All Ages

Lord, Thou knowest better than I know myself that I am growing older and will some day be old. Keep me from the fatal habit of thinking I must say something on every subject and on every occasion. Release me from craving to straighten out everybody's affairs. Make me thoughtful, but not moody; helpful, but not bossy. With my vast store of wisdom, it seems a pity not to use it all, but Thou knowest, Lord, that I want a few friends at the end.

Keep my mind free from the recital of endless details; give me wings to get to the point. Seal my lips on my aches and pains. They are increasing, and love of rehearsing them is becoming sweeter as the years go by. I dare not ask for grace enough to enjoy the tales of others, but help me to endure them with patience.

I dare not ask for improved memory, but for a growing humility and a lessening cocksureness when my memory seems to clash with the memories of others. Teach me the glorious lesson that occasionally I may be mistaken.

Keep me reasonably sweet. I do not want to be a saint . . . some of them are so hard to live with . . . but a sour old person is one of the crowning works of the devil. Give me the ability to see good things in unexpected places, and talents in unexpected people. And give me, O Lord, the grace to tell them so. AMEN.

*(Prayer found in St. James, Piccadilly, London)*

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Diana Moore



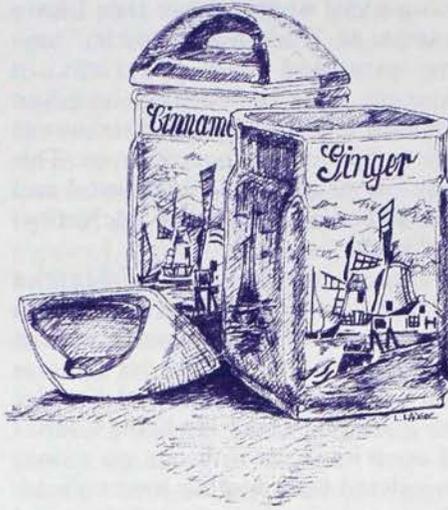
Diana Moore

# Zip, Zest, and Ginger

by Marjorie Cross Bird, Colorado

**W**hat exciting news! Aging is stylish. Simply everyone is doing it! It's just that some of us have been in style longer than others. There is nothing faddish about it. It was in vogue long before those wonderfully funny, insulting birthday cards, and will, as far as I know, continue to be the "in thing" to do.

The most irritating problem for those of us who have been at it longer, in my view, is that "they" keep trying to find cute euphemisms to categorize us . . . gently, of course, so as not to hurt our sensibilities. Why should we modish folk be anything but proud of our greater wisdom and wider experience? By far the best example I know of appeared in an article in the paper the other day . . . "seasoned citizens." I like that! It at least gives us credit for having some zip, zest . . . ginger, if I may use that once popular colloquialism, probably known only to us. It intimates that we have some flavor,



that we add interest to what otherwise might be bland. It suggests that we are the salt of the earth, the spice of life. Of course, the title "seasoned citizens" also carries the connotation of having lived through many seasons. We are accustomed to life and have

learned a lot about the art of living. Vintners would qualify as prime authorities on the values of aging . . . the result is something to be savored, just as life is.

There are many pluses to all that living. We know now what we could not possibly have known at twenty, or forty, because we've been there, through each stage of life. We have learned a lot about human relationships and human frailties. We have learned how to solve problems and to invent creative ways to make life easier, more workable. And above all we have learned a LOT about flexibility. Think of the changes we have seen! Take communication skills as one small example. We can remember when:

- There were no bumper stickers making position statements
- T-shirts and sweat shirts had absolutely nothing to say
- We were shocked to hear Clark Gable use THAT word in *Gone With the Wind*
- We could converse with teenagers not plugged into Walkmans
- Turtles were neither Ninja nor teen-aged
- "Hippy" described someone's figure
- "Far out" meant a long way from here, not "cool"
- "Cool" meant a temperature, not "very good"
- "Good" meant "good" and "bad" didn't (mean "good," that is)

We can remember all of this (and you, no doubt, can add to the list). And, we CAN remember. As a matter of interest, the stereotype which assumes that people lose mental capacity with age is "more folklore than fact" . . . "in the absence of disease, there is no reason to believe that aging *per se* leads to decline and loss of intellectual activities," said Dr. Khachaturian of the National Institute on Aging. The latest NIA studies suggest that challenged, busy minds facilitate brain cell regeneration. Lazy minds stagnate and atrophy.

Yet another of those pluses is that "getting along in years" can be very liberating. Retirement brings discretionary time. We now have the time to do all those things we were going to



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## . . . Simply Everyone Is Doing It; Aging Is "In"

do when we had time. We can do a "Grandma Moses" . . . not necessarily painting pictures, but perhaps trying our hand with that book we were always going to write, or just tinkering with any talent or interest . . . taking risks . . . having an adventurous attitude . . . doing something we really love to do . . . and above all, being able to laugh at ourselves. That, in my book, is Rule #1. Retain a sense of humor. Humor has a way of keeping everything in perspective.

I'm fortunate to know many believers in Rule #1:

I once attended a convention where a former officer was introduced and was asked to introduce other former officers in attendance. She said with great poise, "I'm proud to say that I am probably the world's oldest member of this organization. There are, however, two disadvantages to growing older. One is that your memory isn't quite what it used to be, and the other is . . . oh, well, now I've forgotten . . . so I shall ask them to introduce themselves." Pretty clever! There was nothing wrong with *her* mind!

A friend once told me that she had

purchased a product which was the latest wrinkle in wrinkle creams. She was going to test it on some well entrenched wrinkles and see if it could perform wonders, as advertised. Later, I asked about the wrinkle experiment. She said, "Well, it gets down to the question: do I want oily wrinkles or dry wrinkles? I haven't decided."

Incidentally, have you noticed that there is no such thing as just ONE wrinkle?

Some time ago, before I was as stylish as I am now, I was riding in an elevator at a Kappa Convention with a group of undergraduates and an alumna much older than I. When the undergraduates got off, the alumna turned to me and said, "Heavens, I wasn't that young when I was born!"

I suppose I should "fess up" and tell a story on myself. I was talking with a young collegian and asked her where she was from. She answered very politely and then asked if I had grown up in Fort Collins. I said, "Yes, as a matter of fact, I was born here." She said, "My goodness, you're a . . . a . . . PIONEER!" I laughed, thinking "Do I really look like I'm 100 plus?"

and said, "The word we are groping for here is NATIVE . . . NATIVE." I readily admit that my gray hair belies what's inside. My goal is to die young as late as possible.

### **HAPPINESS is knowing we don't have to repeat:**

- Going through our first finals week.
- Raising teenagers.
- Making gravy for the first time.
- (You complete the list!)

### **NOW, ALL WE HAVE TO DO IS:**

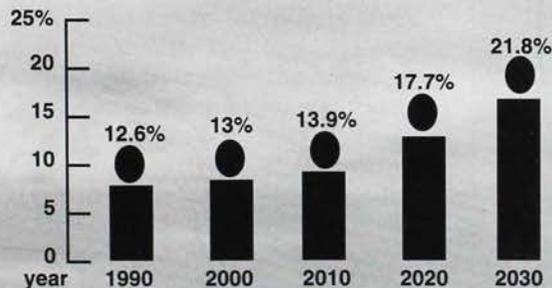
- Rule #1 Laugh a lot.
- Rule #2 Take good care of ourselves.
- Rule #3 Exercise our minds.
- Rule #4 Retain a spirit of adventure.
- Rule #5 Take risks in exploring our talents.
- Rule #6 Put our energies into something we really love to do.

I see us, the "seasoned citizens," as a tremendous source of experienced problem solvers and doers. We are a real resource. The world needs all the creativity and productivity it can find.

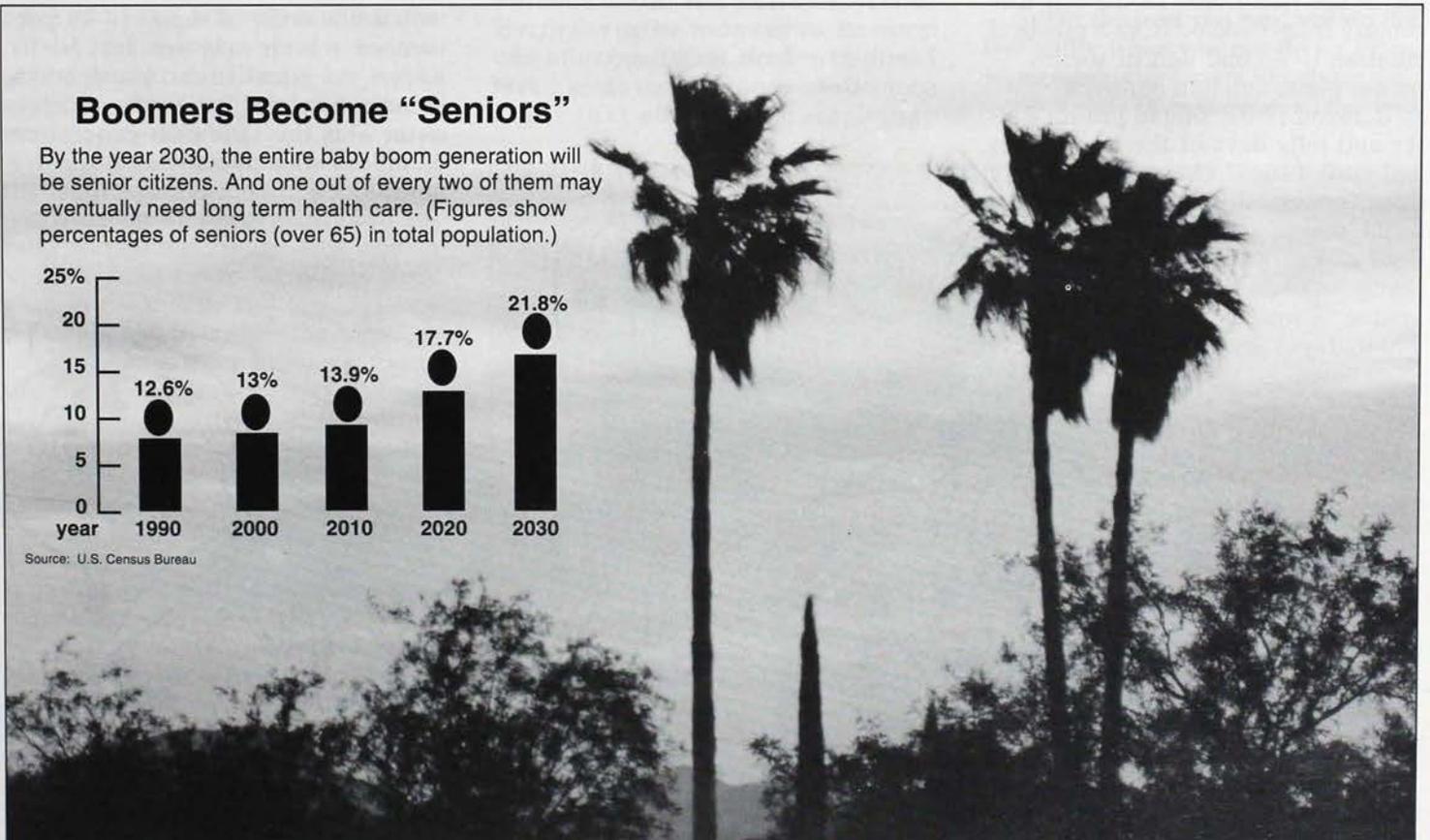
We, the well seasoned citizens, have what it takes — lots of ginger! ♣

### **Boomers Become "Seniors"**

By the year 2030, the entire baby boom generation will be senior citizens. And one out of every two of them may eventually need long term health care. (Figures show percentages of seniors (over 65) in total population.)



Source: U.S. Census Bureau



# How the Sandwich has Changed!



**T**wo hundred years ago the Earl of Sandwich found himself in a dilemma: a compulsive gambler, he wanted to eat and play simultaneously. Ordering some cold roast beef to be placed between two pieces of bread, the earl devised the original fast food. From this spontaneous beginning, the sandwich became an easy means of feeding workers in the field and eventually developed into a staple of the lunch box. In the last half century it has evolved from a practical creation to a condition of society — off our plates and into our lives.

Remember the simple peanut butter and jelly days of the late forties and early fifties? Our mobile society wasn't yet mobile, most mothers were in the home, grandparents were next door or just around the corner. The family unit was a tremendous support system of uncles, aunts and cousins. Then, layer by layer, our society

changed: pastrami covered corned beef, sauerkraut and onions quickly followed. Soon lettuce and tomatoes, several cheeses, sliced cucumbers, olives, even hot peppers were added and . . . the Sandwich Generation was born.

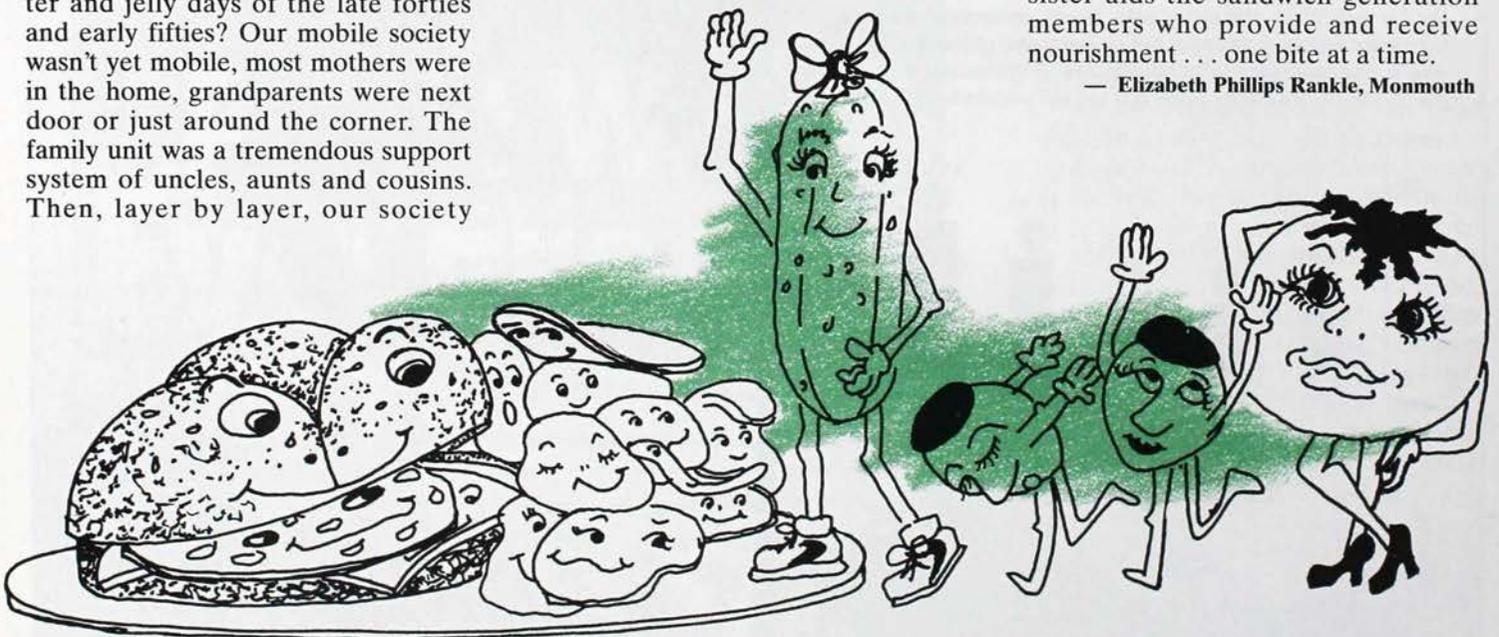
The kitchen creations of Dagwood Bumstead are no longer a fantasy of the comic pages. Rather, they reflect the sandwich generation in society today. Medical advances and increased awareness of preventive health care have lengthened the life span while economic stresses have

taken the mother out of many homes and into the work force. The extended family unit is no longer clustered in a small neighborhood; this dilutes a major traditional support system. Many women find themselves "sandwiched": running to visit grandma in the nursing home, taking mother to the eye doctor, picking up junior at school, chauffeuring his sister to piano lessons. Working both at work and at home, a whole generation has been carved into the oversized toothpick which tries to hold together the "fixings" of a Dagwood sandwich.

Some seem to adapt easily and well to the sandwich life: they nestle contentedly like veggies in a pita pocket. Most struggle to keep the cheese or tomato from sliding out onto the floor. Although living in the sandwich generation is never dull, it can be overwhelming at times, demanding a readily available variety of breads, fillings, garnishes, even shapes.

Mixing love and laughter with frustration and exhaustion, today's sandwich builders try to balance the menu with a side order of support — a portion of which may be served by Kappa. An attentive ear, a sympathetic smile, a helping hand from a Kappa sister aids the sandwich generation members who provide and receive nourishment . . . one bite at a time.

— Elizabeth Phillips Rankle, Monmouth



# Life in The Sandwich Generation

**I**n 1900, people over 65 were less than four percent of the population and the life expectancy of children born that year was about 48 years. The United States was a nation of youth, and families were able to provide necessary care to older relatives. Now we are rapidly becoming a nation of middle-aged and older citizens, many of whom will lead active fulfilling lives well past retirement age.

The dilemma of parental care becomes evident as the chronic diseases of aging take hold. Medical science has done wonders to cure the serious illnesses of the past, leaving a much older generation to deal with arthritis, osteoporosis, hardening of the arteries, diabetes, Parkinson's and Alzheimer's Disease, to name a few.

Usually the effects of these diseases are experienced gradually. One of my friends is noticing her father's worsening Parkinson's Disease and her mother's inability to remember important tasks from day to day. Although she has four children and lives three hundred miles away, her trips to help them manage grow more frequent every year. Another friend enjoyed having her mother-in-law come to live with her family until the parent had a stroke; then it was assumed that the daughter-in-law would quit her job and other activities to provide constant care.

Unfortunately women have found themselves in this binding situation partly because of their nurturing natures and because in the past women were "free" to care for others since most in the middle and upper classes did not hold jobs outside the home.

One of the major problems facing this middle generation, the Sandwich Generation, is the lack of supportive services. In-home help as well as adult day care costs \$30 to \$50 a day, nearly as much as a nursing home, but often with no insurance/Medicare reimbursement for either. Few families today have funds available to meet these expenses.

The burden of caring for elders is a largely unrecognized problem. Studies of working women with caregiving responsibilities have shown that they miss work more often and frequently experience exhaustion. Unemployed caregivers also suffer from exhaustion as caring for the el-

Based on studies conducted in the United States . . .

**FACT:** *Senior Citizens comprise 12% of the population, or more than 26,000,000 people. By the year 2030, one out of every four people will be over 65.*

**FACT:** *Of the care received by elderly people, 80 to 90 percent is from their own families. Three-quarters of the care is provided by women, who spend an average of 17 years caring for children and 18 years helping aging parents.*

**FACT:** *As a result of Medicare's emphasis on curing acute illnesses and Medicaid's emphasis on the poor, many families have few options other than providing or paying for their parents' long term care.*

derly can be demanding and debilitating.

There is no easy answer to the dilemma of the Sandwich Generation. Every day more men and women are caught in the middle, feeling the frustration, devotion, and sometimes anger that come with caregiving,

while they try to maintain a loving relationship with their parents as well as with their own children.

There are some things we all can do to make life easier for the middle generation:

**1) Plan Ahead:** Talk with your parents about their wishes if they should not be able to care for themselves. Do not wait until they become incapacitated. Encourage them to get Long-Term-Care insurance and to document their plans in a Living Will, Durable Power of Attorney for Health Care, and a Financial Power of Attorney.

**2) Ask for Alternatives:** When physicians, hospital personnel, or other family members assume you can drop everything to care for an older relative, ask what support is available and what alternatives you have.

**3) Be Assertive:** Do not let caregiving ruin your marriage, your family life, or your relationship with the person you are caring for.

**4) Advocate:** Write to your legislators and attend public hearings to urge better insurance coverage and employer assistance for supportive services for older adults to facilitate caregiving in the home.

**5) Do the best you can, and do not feel guilty when you can do no more. Remember, you have a life, too.**

— Kathryn Hibbs Buckingham, Tennessee

## WHERE TO GO FOR HELP

National Association of Area Agencies on Aging  
600 Maryland Avenue, SW  
Suite 608  
Washington, D.C. 20024

Ask for your local Area Agency on Aging

American Association of Retired Persons  
1909 K Street, NW  
Washington, D.C. 20049

Write for information and local chapters

Local Hospitals: Many have Senior Services Departments and provide Home Health Care. If not, try the Social Work Department.

*Kathryn Hibbs Buckingham, Tennessee, puts her degree as Master of Public Health to use in her position as Director of Programs/ Service Development at St. Mary's Medical Center, Inc. in Knoxville, TN. She was responsible for starting senior services at the center, including a day program for Alzheimer's patients and caregivers. Kathy states that "The need to understand aging issues permeates all health-care fields."*

## Senior Proms and Camping Trips



Dancing to big-band music at a "Senior Prom."

"Don't assume our nursing home residents can't do things. Right now many of our residents are involved in planning a camping trip, coordinated by our activities director. Such an excursion is a perfect example of how much our older adults can do," says Mary A. Sauer, Auburn, Administrator of Health Care & Retirement Corporation's Heartland of Hillsboro, OH.

The 100-bed facility in which Mary works is the residence for men and women whose average age is 80-85. There are only five residents under the age of 65.

The goal of a nursing home is to help the resident, in a home-like setting, gain as much independence as possible. A resident generally enters a nursing home due to a debilitating ailment. Through physical, speech and occupational therapy, the resident learns to make adjustments toward becoming as much in control of one's life as possible.

Statistics indicate that approximately 5% of older adults reside in nursing homes. The quality of life found in these residences has significantly improved. Recognizing the importance of maintaining the best in care and rehabilitation services in our nursing homes, the United States gov-

ernment has established strict regulations. Today the nursing home is the second most regulated industry by the United States government . . . second only to nuclear energy.

According to Activities Director Kathy Dillon, bingo and church are favorite activities. However, the resi-

dents particularly enjoy their annual prom when, dressed in prom gowns, they dance to big-band music and enjoy a night out-on-the-town.

Other activities include Piper Cub airplane rides at the local airfield, riverboat rides, Cincinnati Reds games, an April Fool's party, a Mothers' Day Tea and participation in the area Senior Olympics. For these outings there are usually two residents per one staff member. For long distance trips, a registered nurse will also accompany the travelers.

As Mary Sauer states, "Our nursing home residents have given up many things, but they have found other things to provide the same level of satisfaction."

— Carol Lash Armstrong, Miami(OH)



Mary Sauer, EH, petting one of the four cats which regularly visit residents. Both "pet therapy" and "baby therapy" are vital to the daily nursing home routine.

### Consider the Facts

- Now 7,750 Kappas are 75 or older; by the year 2,000 the number will reach almost 12,000.
- Ninety-five percent of persons over 65 live at home.
- Two million women are part of the "sandwich" generation, caring simultaneously for growing children and aging parents.
- Seven million Americans, mostly women, are unpaid caregivers to the elderly.
- The average caregiver to the elderly is 45-years-old, female, and married.
- Americans 85 and older, the group most in need of long-term care, are the fastest growing segment of the population.
- Fewer children will be available to care for the future generation of elderly.
- The physical and emotional demands of long-term caregiving can create health problems.

More information is available from OWL Publications, a department of Older Women's League, 730 Eleventh Street, NW, Suite 300, Washington, D.C. 20001. Of particular interest are a *Mother's Day Report*, 1989, "FAILING AMERICA'S CARE GIVERS: A Status Report on Women Who Care" and a *Gray Paper*, "The Womanly World of Long Term Care: The Plight of the Long Term Care Worker."

## Never Too Old to Learn — Together



Passing on a skill of joy from one generation to another, members of the Mt. Vernon, WA, community senior needlework class are teaching knitting to second graders.

Can intergenerational programming play a part in solving the nation's educational dilemma? A resounding "Yes!" might be the answer given by the students and the community of Mt. Vernon, WA.

This year Mt. Vernon learned first hand the many advantages of this special programming through participation in an intergenerational knitting project and an intergenerational heritage project coordinated between the community's senior center and the school district. Linda Schink Frizzell, Washington State, former senior center director, states, "Both children and the older adults benefited from these projects."

The intergenerational knitting project paired second graders with women from the senior center needlework class. Once a week the women patiently taught the second graders

the art of knitting. Each second grader knitted a square which was then built into a quilt that remains in the classroom.

The intergenerational heritage project was an exchange between fourth graders and adults from the senior center. Students and adults with similar heritage were matched as closely as possible. At an initial meeting, participants shared information they already knew about "their" country . . . including Sweden, Norway, the Soviet Union, Germany, England, Mexico, France and Wales. In subsequent meetings, the groups made crafts unique to their countries. These ranged from creating German dolls from walnuts and prunes to making homemade Norwegian lefse, a thinly rolled potato bread.

— Carol Lash Armstrong, Miami(OH)

## A Woman of the Nineties

She was 68 when my father died. She lived alone in a 5-bedroom house for another 18 years and managed her own affairs. Her final 18 months were spent in a nursing home. In each case, it was her choice.

My mother was a woman of the nineties . . . born in 1892. Although she may have disapproved of some aspects of the women's movement, she was an example of the best of it. She was strong, independent, open to change, able to cope, and in charge of her life.

There was never much money to spare, but we were always able to eat well and live fairly comfortably. After teaching for thirty years she had a serious heart attack which forced her retirement. My father's several mild heart attacks meant he could no longer work in the stressful city atmosphere. Unable to afford suburban living costs, they moved to his family home in rural Pennsylvania. Six months later another heart attack brought his quick and merciful death.

No instant decisions were made.

After careful thought, Mom chose to remain in her own home. Social Security and her pension enabled her to live comfortably. She had given up driving, but frequent calls from a friend saying, "Let's run around today," kept her mobile. In her 69th year she boarded an airplane for the first time . . . not very comfortable with it, but it was the best way to get where she wanted to be. That was my mother . . . practical, realistic.

These traits never left her. When she suffered dizzy spells, a fall, and had some minor injuries, the doctor planned to suggest a nursing home as a "temporary measure." Before he could voice the idea she said, "I can't live alone any more. It's time to find some place else."

Once again she chose the practical path . . . a facility near home. Friends were there; family would visit when we could. By then the grandchildren drove and enjoyed "get-away" weekend visits to grandma. Her sense of humor often helped the nursing staff deal with less tractable residents and earned her a special spot in their hearts.

There came a time when I hesitantly offered to take over her checkbook. There was nothing wrong with her mind, but her eyesight was failing. She gladly accepted. I had not wanted her to feel that I considered her incapable; she had not wanted to "bother" me with something more to do. We were able to communicate.

She died on the day before Thanksgiving in 1979 . . . quietly, in her sleep. I had no need to make funeral arrangements; she had done it herself some time before, having had "a nice talk over a cup of tea" with the funeral director.

My mother was strong, competent, decisive, forward-looking. She made sure at an early age that she understood family affairs and planned for the future. She dealt with Medicare and other baffling forms; lived alone but not with loneliness; coped with illness; met friends and family with humor, caring and love; chose positive attitudes rather than pity; remained outgoing rather than becoming self-involved. She played the hand that was dealt her. The cards were not always the best, but she made the best of them.

My mother was a woman of the nineties. She took charge of her life.

— Lois Catherman Heenehan, Adelphi

## Santa Barbara Chapter Sports Ingenuity and Flair

"Spacious living with an unspoiled view of the Pacific." It reads like a real estate advertisement for a piece of luxury property on the west coast. It describes the home of Epsilon Psi at the University of California-Santa Barbara, Kappa's 101st chapter installed in 1978. Recipients of the award for highest GPA at Kappa Province Meeting with a 3.095, the members of this dynamic chapter number approximately 150. Not only do they excel academically, their commitment to philanthropic efforts is distinguished by both ingenuity and a special flair synonymous with Epsilon Psi. Whether it be Kappa Holiday Sharing, selling little birthday cake orders to parents, or something as simple as a spaghetti supper, Epsilon Psi draws the crowds. One such meal raised more than \$2,000 for the Santa Barbara Rape Crisis Center. So successful are they at serving up pasta, they raised another \$2,300 in the same manner to help with the medical needs of UCSB student, Ken Foraker, a cyclist severely injured by a drunken driver. Their recipe must be pretty spectacular, as Greeks and others flocked to the event; the Alpha Chi Omegas and Delta Gammas cancelled their own dinners to participate in the festivities.

Learning early, the pledges at Epsilon Psi have their own philanthropy, a Halloween coloring book of



Epsilon Psi-Santa Barbara Kappas have an annual philanthropy hit — spaghetti that attracts quite a crowd.

their own creation which was distributed by spooks throughout the pediatric ward at Cottage Hospital and at several local day care centers. Each member of this artistic group also designed a personal pledge notebook filled with fraternity educational material to present to the chapter. With their own space at the house showcasing photographs of pledge events, the 1990-91 pledge class almost out-GPAed the actives, bringing in a 3.065.

The annual Great Gatsby party, lawn picnic and spring formal, has become such a hit that the theme has been successfully carried over into rush, a fantastic revival of flappers

and the Charleston. Despite their many activities, chapter members don't feel stressed. If they did, 1991 President Kirsten Schaefer is a professional peer counselor in stress management. Other pace-setters at Epsilon Psi include the 1991-92 Panhellenic President Nicole Reyes and Alison Bowman, co-chairman of the Greek Peer Review Board.

Kappa visitors from another chapter expressed how warmly they were received by Epsilon Psi members. Amazed over the cleanliness of the chapter house, one commented, "Even the beds were made!"

— Carol Craig Cowan, Arizona



Epsilon Chi-Dartmouth hosts an annual "Granddad tea" complete with an Irish folk band.

## Dartmouth's Grand-Scheme

Being at college is an experiment in freedom, yet as time goes on, the institutionalized food and dirty laundry in the corner of the dorm room leaves one longing for the comforts of home. With the comforts of home, however, come parents and rules which are altogether unbearable to a college student accustomed to life on her own. This is where grandparents fit into the grand scheme of things. They cook wonderful meals, wash our

dirty laundry and tell us they love us. Always. No questions asked. So, when the sisters of Epsilon Chi-Dartmouth long for the unconditional affection of a grandparent, they need look no further than the address book of Jessica Lynn, Philanthropy/Public Relations Chairman. Within this book are the names and numbers of several Dartmouth alumni who have eagerly agreed to take part in the Kappa

Kappa Gamma Grandfather program.

The program began in 1984 because chapter members wanted to reach out to the greater Dartmouth community. There are many alumni who chose to make Hanover and the surrounding area their permanent homes, and it is these men to whom the sisters of Epsilon Chi reached out. The program started with a party at the Kappa house where grandfathers were matched with granddaughters. And from there, bonds were formed and the program flourished. These days there is a grandfather party three times a year at which all of the participating grandfathers and grandmothers, (the wives of the alumni who are now as much a part of our community as their husbands are), get together with their granddaughters to trade stories of campus life and to enjoy one another's company.

But contact with these older local alumni is not limited to three parties a year; many sisters form long lasting relationships with their grandparents. Often we will go to a show together, have meals together, or just go for walks. Also, the grandfathers are many of our biggest sports fans, braving the often inclement weather to watch their granddaughters battle it out for the Big Green, just as they did over fifty years ago.

From this program the sisters of Epsilon Chi have learned much about Dartmouth of the past and have taught alumni about Dartmouth of

today. Stories about "the good old days" enlighten us and explain why the Dartmouth spirit lives so well in all who pass through here. Because of the Grandfather program, we will finish our undergraduate years with new close relationships, a fuller understanding of Dartmouth, and even a few home cooked meals and some clean laundry.

— Jessica Lynn, Dartmouth



Epsilon PI-UC Riverside members spend time with students of the California School for the Deaf. Two students join a Kappa to sign K K G.



While members of Gamma Delta-Purdue assist with Special Olympics, Kristen Lowes pushes her special Olympian around the track.



## SHOOTING for PI at Arizona



Total Programming, Western style, at the University of Arizona calls for fewer hoedowns and square dances in 1991 as scholarship becomes the chief focus. All hands at the Gamma Zeta Corral have formed the wagons into a circle for the dual (should that be DUEL?) semester "SHOOT OUT" with a target this year of *PI* . . . (NOT PIE) as in 3.14 . . . *PI* as in  $\Pi r^2$ !! "SHOOT FOR PI" is the chapter goal which was launched in the spring at an Advisory Board/Chapter Council retreat where Marshal Fleur D. Lee "depiitized" the posse, Chapter Council, whose members swore to pursue that "cantankerous villain," **LOW SCHOLARSHIP**, until there **"BE NO REMAINS!!"**

Activities to help stamp out that "dastardly cuss" include a 3.0 grade point minimum for rush — with **NO EXCEPTIONS**, Big and Little Sister "Pi" Contests, and from the

Scholarship Committee, "Pi" recipes for academic achievement with pizza "Pi's" rewarding excellence. The traditional Apple Polisher Dinner for favorite professors now includes apple "pi." The Finance Committee is using billing time to remind members that the "Fraternity believes academic development and achievement should be the primary concern for all collegiate members" who are further encouraged to "pi" their bills in a timely manner.

With such a PI-ATHALON of activities promoting the Gamma Zeta Total Programming Goal and a Master Calendar "frozen" at two events per week, there is still room for participation in philanthropies and social events as well as involvement in campus activities . . . all combined to demonstrate that **PI ARE NOT SQUARE!!!!**

— Carol Craig Cowan, Arizona



Gamma Zeta members and Marshal Fleur D. Lee during the quest for Pi (3.14 GPA) at the University of Arizona.

Without financial planning one could become:

## "Betty Bag Lady" . . . a.k.a. Patsy Pierce Acers, Oklahoma

**A** pathetic figure shuffles into the room. Dressed in tattered, mismatched clothes and carrying a worn, overstuffed shopping bag, she is the prototype of a "bag lady" as she stares at the audience and says, "I hate financial planning. I hate investments." Stage pause. "And that's how I ended up this way."

"Whoever said financial planning had to be boring?" asks Patsy Pierce Acers, Oklahoma, creator of a financial planning seminar called "Do You Really Want To Be A Bag Lady?" A financial counselor, Patsy sought an innovative means to encourage women to think about and plan for their financial future. Personal experience taught her how necessary it is to understand and manage financial affairs.

After 23 years of marriage, divorce changed Patsy's status from cared-for wife to single mother of four. At the age of 43 with limited financial resources, she faced three expensive problems: financial support and education of her daughters aged 18, 15, 12 and 5; nursing home expenses for her mother and no retirement plan to safeguard her own future. The fear of becoming a "bag lady" caused Patsy to set about making order of her own financial affairs and sparked the idea of using this tool in counseling others. She was following her own belief in finding a need and filling it.

"Betty Bag Lady is an icon of all we do not wish to become," says Patsy. Women in the audience think "that could never happen to me." A cast of characters show how anyone might wear Betty's sneakers.

"Devoted Dora" is a homemaker for most of her married life. When her husband dies or divorces her, she is left with no retirement and no job skills.

"Clinging Ivy's" husband also dies, but since she always left financial decisions to him, she has no understanding of her assets or how to manage them.

"Sally Spend It" never saved a dime. She needs to learn the importance of saving and how to save.

"Later Linda" is the woman whose



Betty Bag Lady in action.

husband always said, "We'll discuss the children's education later, Linda." She is left with no plans or money to ensure their education.

All of the stories have an underlying theme — the folly of not seriously considering one's financial future. With the audience fully involved with her not-so-fictional characters, Patsy then sets about providing information on tax and divorce laws, retirement planning issues, Social Security benefits, etc.

Pointing out that statistics show 85% of women in the United States

will walk alone in some part of their life, Patsy urges that they know where wills are kept, what insurance policies are in force, what assets they have, and what retirement plans have been made. The seminars focus on education in financial planning rather than promoting any type of investment or insurance company. They have been presented to church classes, civic groups, single's clubs, various corporations . . . and a Kappa chapter that didn't know Patsy is a Kappa!

In reflecting upon the past 15 years, Patsy reviews the success of her financial planning while continuing to look at future needs. Her daughters are grown and educated; her mother, at age 90, is still cared for in a nursing home; her own retirement funds are building. She remembers that shock which accompanied her loss of financial stability 15 years ago and the need to find a means to get on with her life. For other caregivers of the elderly, she cites statistics stating that for each person who turns 65 this year, 1 out of 2 (50%!) will spend some time in a nursing home. She views nursing home insurance as a good investment when the above statistics are compared with the following: 1 out of 64 automobiles will be involved in an accident, 1 out of 84 homes will suffer a fire. Auto and home insurance are facts of life for all of us; why not look into nursing home insurance?

The popularity of the Bag Lady Seminars is evidenced in their national franchise which is now in 13 states. One of Patsy's daughters handles all the arrangements and all of the franchises. The Bag Lady can be reached by calling (405) 947-4776.

Stressing that a woman is never too young to become involved in financial planning, Patsy quotes a letter from a 14-year-old girl who heard the seminar at a vocational school. "My friends told me I wouldn't enjoy your talk . . . or even understand it. But I did. You made me realize how important it is to learn early in life how to take care of my money. I don't think 14 is too young to start."

— Lois Catherman Heenehan, Adelphi



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# the Key *Thank You!*

KAPPA KAPPA GAMMA

Participants of "Life in the Sandwich Generation" with their own particular skills and expertise are four Kappas who contributed information for this issue of *The Key*. We thank Jamia Jasper Jacobsen, Indiana; Francis Beebe Rittenhouse, Illinois; Jane Tourner Curry, Indiana; and Patricia Stephens Otis, Texas for their advice, assistance, and encouragement in preparing this issue.

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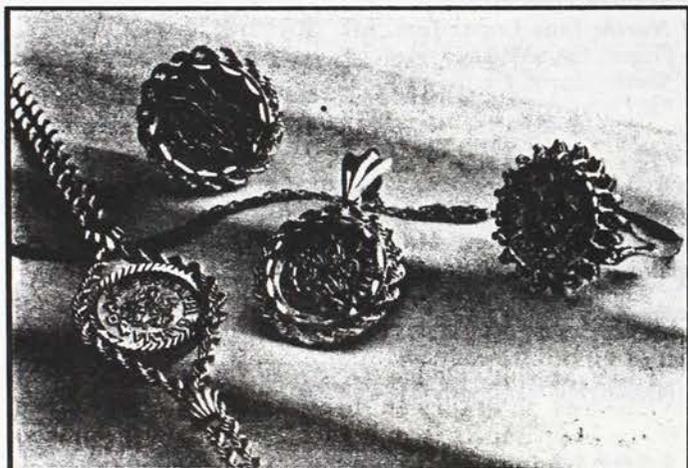
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## ALUMNAE ASSISTANCE

### Regional Directors of Alumnae

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**Region 2 [A, M and N Provinces]:** Betty Hines Bloore, ΔP, (John) 28 Lipscomb Ct., Sterling, VA 22170

**Region 3 [Γ, Δ and E Provinces]:** Martha Spurgeon Fisher, ΓΔ, (Hugh) 452 E. Armstrong St., Frankfort, IN 46041

**Region 4 [Z and H Provinces]:** Tschudy Griffith Schmidt, EB, (John) 1601 Cottonwood Point Dr., Ft. Collins, CO 80524

**Region 5 [Θ, K and Ξ Provinces]:** Shirley Swan Jordan, ΔII, (James) 10926 Piping Rock Ln., Houston, TX 77042

**Region 6 [I and II Provinces]:** Sue McGinty Riches, ΓM, (Michael) 6724 S.E. 34th St., Portland, OR 97202

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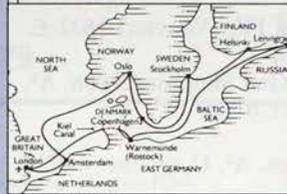
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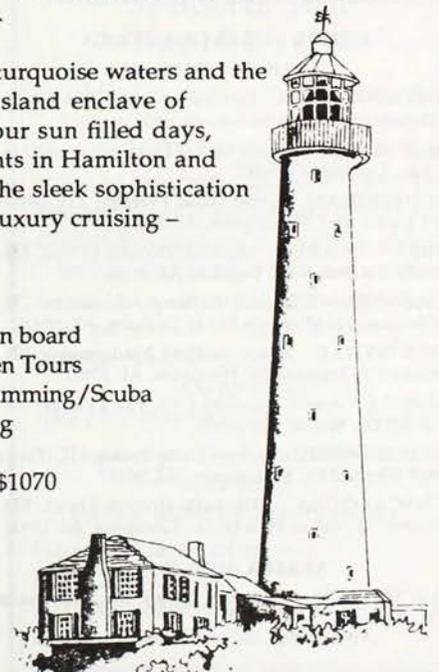
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**Development:** Mary Jane Jackson Crist, ΓΖ, (Warren) 1632 E. Driftwood Dr., Tempe, AZ 85283

**Educational Programming and Review:** Gail Simpson Owen, Α<sup>Δ</sup>, (Timothy) 348 S. Minnesota, Morton, IL 61550

### Financial Assistance

**Chairman:** Catherine Axline Williams, Α<sup>Δ</sup>, (Lawrence) 4720 Pickett Rd., Fairfax, VA 22032

**Chapter Consultant Scholarships:** Director of Field Representatives...Deadline for applications, Nov. 15

**Graduate Fellowships:** Carolyn Hornor Wilson, BY, (R. Rodney), 903 Greene Countrie Dr., Deerfield Greene, West Chester, PA 19380...Deadline for applications, Feb. 1

**Rehabilitation Fellowships and Scholarships:** Barbara Rossiter Huhn, P<sup>Δ</sup>, (David) 810 Dutch Mill Rd., Manchester, MO 63011...Deadline for applications, Feb. 1

**Rose McGill:** Ann Wallace White, Δ, (Douglas) 7405 Frederick Dr. E., Indianapolis, IN 46260 [Chairman]; Eloise Moore Netherton, BΞ, (H.W.), 3933 Balcones Dr., Austin, TX 78731 [Circle Key Alumnae Grants]; Lynn Latham Chaney, DI, (Kermit) 9918 W. 65th Dr., Merriam, KS 66203 [Holiday Sharing Program]

**Student Loan Fund:** Elizabeth Tucker Gessley, ΔΖ, (Donald) 11608 W. 99th Pl., Overland Park, KS 66214

**Undergraduate Emergency Scholarships:** Deborah Wehle Anderson, EH, (Stephen) P.O. Box 21263, Tampa, FL 33622

**Undergraduate Scholarships:** Thelma Muesing Dahlen, X, (Richard) 3210 E. Via Palos Verdes, Tucson, AZ 85716...Deadline for applications, Feb. 1

### Heritage Museum

**Chairman:** Martha Hodson Erwin, BΞ, (James) 3825 Chevy Chase, Houston, TX 77019

**Director:** David A. Hartmann, 530 E. Town St., Columbus, OH 43215 (P.O. Box 2079, Columbus, OH 43216)

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OTTAWA (A) - Contact PDA

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GREATER DAYTONA (S) - Barbara Zemer Golan, Σ, (Frederick) 2535 Tail Spin Trail, Daytona Beach, FL 32124

INDIAN RIVER (S) - Mary Ann Lookabill Harrod, M, (Carroll) 665 Fox Run S. W., Vero Beach, FL 32962



## COLUMBUS IN BLOOM Ameriflora 1992

### Kappa Heritage Museum Sponsored Tour May 14-17, 1992

To celebrate the quincentennial of Christopher Columbus' discovery of the New World, *AmeriFlora* will be the first international floral exposition to be held in the United States. The Kappa tour includes hotel, dinner, admission to all scheduled events, and transportation while in Columbus. We will stay at the Hyatt on Capitol Square. Make your own travel arrangements to Ohio and join us! Husbands and guests are welcome. Space is limited.

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Please mail reservations to:

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## The Ties That Bind

The 1991-92 Fraternity Field Representatives play an integral part in achieving the purpose of Kappa Kappa Gamma . . .

"To unite its members in a close bond of friendship, seeking to instill in them the spirit of mutual love and helpfulness, to the end that each member and the Fraternity at large may attain social, moral and intellectual excellence . . ."

Just as ribbons softly bind a package, our Fields Representatives are "the ties that bind" chapters and the Fraternity-at-large.

Despite differing college back-

grounds and life experiences, each has found in Kappa a place to grow, lasting friendships, and a deep appreciation for our Fraternity ideals. Sharing the common characteristics of personal integrity, leadership, and good communication skills, enthusiasm, and dedication, each has expressed her desire to give back to Kappa all that she is able.

The women selected for the 1991-92 Field Representative program exemplify the finest in Kappa. We have much to gain from these young women. They have much to share.

— Ann Stafford Truesdell,  
Ohio Wesleyan

### CHAPTER CONSULTANTS

Gina Caputo, Florida, to Eta-Wisconsin: "One of the greatest sources of enjoyment and learning during my college career was my association with Kappa Kappa Gamma. My affiliation with Kappa afforded me opportunities to grow as an individual by developing qualities and interests that I otherwise would not have been able to do."

Tiffany Finley, Colorado, to Beta Phi-Montana: "I am proud that we are a group that is so diverse, yet we all share a common bond of sisterhood. This sisterhood is a strong foundation of love, support, and sharing, and has made Kappa Kappa Gamma the wonderful organization that it is today."

Jackie Moore, Auburn, to Zeta Upsilon-Georgia Southern "Kappa Kappa Gamma holds a special place in my heart. It has nurtured me and has let me grow as a person. I will always be grateful for the things it has offered me and I would like now to return the favor."

Karen Olson, Calif., San Diego, to Omicron<sup>Δ</sup>-Simpson: "Kappa is a supplement to my studies. In school, I learned the "three R's" in great detail. But in Kappa, I learned about people. . . . Both of these "studies" have assisted me in such a way that I will not only leave college with a diploma, but with a developed self as well."

Holly Pittman, Richmond, to Rho<sup>Δ</sup>-Ohio Wesleyan: "As a senior, I have experienced the joys of sisterhood, and have seen first-hand the positive effects Kappa has on its members and the surrounding community. I want to see Kappa's influence spread to other campuses as well."

Denise Rugani, Calif., Davis, to Gamma Psi-Maryland: "With each new office came new challenges — new opportunities to develop . . . I believe interpersonal communication and dealing with people on individual levels is essential in enabling the group to work efficiently and harmoniously."



Top - Karen Lynn Olson, Tiffany Lind Finley, Megan LeighAnn Warner, Allison Jo Marker, Jacquelyne Elizabeth Moore, Denise Marie Rugani; Bottom - Gina Marie Caputo, Holly Skipwith Pittman, Christine Marie Orr, Stacy Michelle Underwood, Deborah Kay Keneda



Field Representatives in training to assist chapters during 1991-92.

## TRAVELING CONSULTANTS

Deborah Keneda, Texas Tech: *"Kappa has been one of the most significant parts of my college career . . . It has given me not only friends, fun and memories, but opportunities to achieve certain goals for myself and my future."*

Allison Marker, Washington State: *"I am motivated by this enthusiasm (for Kappa) which is a result of the opportunities that Kappa has given me in the past few years. Undoubted-*

*ly, it has been a positive influence during my college career; one that has encouraged growth, companionship and loyalty."*

Christine Orr, Villanova: *"My college experience has been so enriched by being a Kappa and I would like others to get as much out of it as I have."*

Stacy Underwood, Washington: *"Through my experience as a member of Kappa Kappa Gamma, I have had the opportunity and good fortune to experience friendship, loyalty, lead-*

*ership and respect. I feel I am a better person because of Kappa."*

Megan Warner, William and Mary: *"Kappa has defined my college experience . . . Whether I examine Kappa through my memories as a pledge, a senior, or an officer — my conviction remains the same. I am extremely proud to be a Kappa."*

You, too, can be a "tie that binds" as a Chapter Consultant or Traveling Consultant. Apply now for a Field Representative position.

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Ann Stafford Truesdell  
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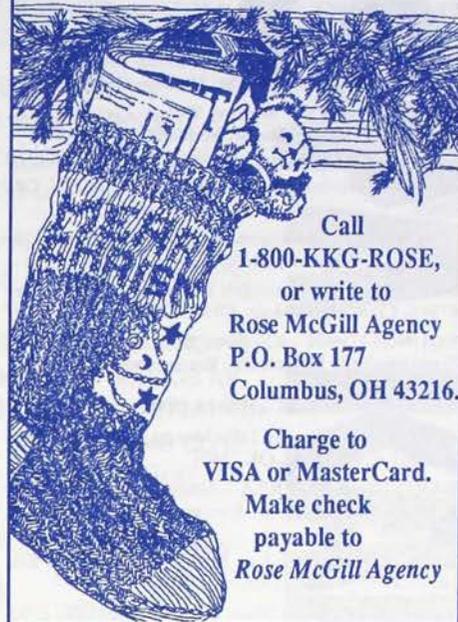
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Married name \_\_\_\_\_

Chapter \_\_\_\_\_

Address \_\_\_\_\_

Date and place of death \_\_\_\_\_

Name and address of nearest relative \_\_\_\_\_

Reported by \_\_\_\_\_

Address \_\_\_\_\_

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**Southern California, U. of** - ΔT (K North) - Beverly Johnson, \*929 W. 28th St., Los Angeles, CA 90007; Wendelin Maners, EI, 425 30th St., Hermosa Beach, CA 90254

**Southern Methodist U.** - ΓΦ (Θ East) - Jennifer Leslie, \*3110 Daniel, Dallas, TX 75205; Laurie Laitner Anderson, ΓΔ, (Doug) 3663 Ainsworth, Dallas, TX 75229

**Stanford U.** - BH<sup>2</sup> (Π South) - Deborah Ho, \*P.O. Box 3626, Stanford, CA 94309; Julie Ann Kohonen, BH<sup>3</sup>, 1089 Laureles Dr., Los Altos, CA 94022

**Syracuse U.** - BT (A South) - Karen Putney, \*743 Comstock Ave., Syracuse, NY 13210; Muriel Illingworth Gallagher, BT, (John) 6226 The Hamlet, Jamesville, NY 13028

**Tennessee, U. of** - EA (N North) - Pam Padgett, \*1531 W. Cumberland, Knoxville, TN 37916; Phyllis Holladay, EA, 414 Forest Park Blvd., Knoxville, TN 37919

**Texas A&M U.** - EP (Θ East) - Allison Merrill, \*1502 Athens, College Station, TX 77840; Genny Roberts VanStavern, ΔΨ, (Neil) 3006 Brothers Blvd., College Station, TX 77840

**Texas Christian U.** - EA (Θ West) - Amy Balliet, \*TCU Box 29721, Ft. Worth, TX 76129; Sandra Stokes McGowan, EA, (John) 8608 Greentree Ct., Ft. Worth, TX 76179

**Texas Tech U.** - ΔΨ (Θ West) - Lydia Welshimer, \*Box 4108, Tech Station, Lubbock, TX 79409; LeAnn Martin Grantham, ΔΨ, (Terry) 5225 89th St., Lubbock, TX 79424

**Texas, U. of** - BΞ (Θ West) - Laura Leman, \*2001 University Ave., Austin, TX 78705; Becky Kemper Kisner, BΞ, (Keith) 4804 Gerona, Austin, TX 78759

**Toronto, U. of** - BΨ (A North) - Gabriela Luthi, \*32 Madison Ave., Toronto, ON Can M5R 2S1; Margot White, BΨ, 37 Morewood Cres., North York, ON Can M2K 1L8

**Trinity C.** - ZΘ (P South) - Sarah Jackson, \*Box 1391, Hartford, CT 06106; Susan Cosenza Mayer, ΔM, (Paul) 309 Park Rd. Ext., Middlebury, CT 06762

**Tulane U.** - BO (Θ East) - Jennifer Tisdale, \*1033 Audubon St., New Orleans, LA 70118; Patti Spradley Jahncke, EA, (Thomas) 2915 Coliseum St., New Orleans, LA 70115

**Tulsa, U. of** - ΔΠ (Ξ) - Shannon Bushing, \*3146 E. 5th Pl., Tulsa, OK 74104; Pamela Paganis Short, ΔΠ, (Marcus) 1227 S. Birmingham Pl., Tulsa, OK 74104

**Utah, U. of** - ΔH (H West) - Lisa Bennion, \*33 S. Wolcott St., Salt Lake City, UT 84102; Gail Schull, M, (Daniel) 8388 S. Ridge Pt. Rd., Sandy, UT 84093

**Vanderbilt U.** - EN (N North) - Jane Allison Greenwood, \*2416 Kensington Pl., Nashville, TN 37212; Cindy Welch Wyrsh, ΓΘ, (Brad) 5620 Kendall Dr., Nashville, TN 37209

**Vermont, U. of** - ZΔ (P North) - Heather Renick, \*448 S. Prospect St., Burlington, VT 05401; Mena Diane Incerpi, ZΔ, 207 Oak Knoll, White River Junction, VT 05001

**Villanova U.** - ZI (B East) - Venessa Winter, \*108 Dougherty Hall, Villanova University, Villanova, PA 19085; Georgianna Clymer, ΔA, 1921 Nester Pl #11, Philadelphia, PA 19115

**Virginia Tech U.** - ZM (A West) - Wendy Simpson, \*301 SPH J, Blacksburg, VA 24060; Elizabeth Field Thomas, EH, (J.R.) 4796 Susannah Dr., Blacksburg, VA 24060

**Virginia, U. of** - ES (A East) - Virginia Asley Massie, \*503 Rugby Rd., Charlottesville, VA 22903; Emily Langdon, EO, 2500 Rivermone Ave., Box 936, Lynchburg, VA 24503

**Washington State U.** - ΓH (I West) - Amy Stickrod, \*NE 800 Campus Ave., Pullman, WA 99163; Lynda Herndon Carey, BK, (Matthew) SE 1110 Spring, Pullman, WA 99163

**Washington U.** - ΓI (Z South) - Lisa Lindauer, \*One Brookings Dr., Box 1182, St. Louis, MO 63105; Margaret Cherry Smith, ΓI, (Andrew) 240 Herworth Dr., Chesterfield, MO 63005

**Washington, U. of** - BII (I West) - Michelle Bielski, \*4504 18th Ave. N.E., Seattle, WA 98105; Susan Lovett Nordquist, Σ, (Clarence) 5835 149th Ave. S.E., Bellevue, WA 98006

**Washington & Jefferson C.** - ZΛ (B West) - Michele Gordon, \*241 E. Beau St., Washington, PA 15301; Margaret Ann O'Brien, ZΛ, 1523 Forest Green Dr., Coraopolis, PA 15108

**Washington & Lee U.** - ZT (A West) - Devon McAllister, \*P.O. Box 1543, Lexington, VA 24450; Emily Smitherman Reel, M, (Robert) RFD 5, Lexington, VA 24450

**Westminster C.** - ZZ (Z South) - Lynne Autrey, \*Box 564, Westminster College, Fulton, MO 65251; Susan Denty Lippincott, Θ, (Jack) Twin Oaks, Rt. 2, Fulton, MO 65251

**West Virginia U.** - BY (A West) - Carol Dunn, \*265 Prospect St., Morgantown, WV 26505; Nancy VanGilst Rice, BY, (Alexander) 1008 Pierpont Dr., Rt. 12, Morgantown, WV 26505

**Whitman C.** - ΓT (I East) - Natalie Fousekis, \*KKG, Whitman C., Walla Walla, WA 99362; Kathryn Eubank Zahl, EI, (Jerry) 1841 Rustic Pl., Walla Walla, WA 99362

**William & Mary, C. of** - ΓK (A East) - Lee Savio, \*1 Richmond Rd., Williamsburg, VA 23185; Sharon Arnoldy Goskowski, EA, (Edward) 507 Spring Trace, Williamsburg, VA 23185

**Wisconsin, U. of** - H (E North) - Cynthia Opp, \*601 N. Henry St., Madison, WI 53703; Marianne S. Photinos, H, 912 Menomonie Ln., Madison, WI 53719

**Wyoming, U. of** - ΓO (H West) - Margie Garlach, \*Kappa Kappa Gamma, Fraternity Row, Laramie, WY 82070; Margaret B. Page, ΓO, (Thomas) 449 Carroll Lake Rd., Laramie, WY 82070

**Yale U.** - ZΞ (P South) - Elizabeth Sclater, \*P.O. Box 491, Yale Station, New Haven, CT 06520; Lynne Kirk Valentine, ΓX, (Ralph) 355 N. Main St., Wallingford, CT 06492

- Victor Hugo — *“Forty is the old age of youth; fifty is the youth of old age.”*
- Oliver Wendell Holmes — *“To be seventy-years-young is sometimes far more cheerful than to be forty-years-old.”*
- Groucho Marx — *“It’s not how old I am; it’s how I’m old.”*

Keep an  out!!

You may be receiving a questionnaire about the Kappa Professional Directory . . .

## Don't be an owl all alone . . . on a limb COME JOIN THE GROUP

You, too, can enjoy the privileges, friendships, and fun that come with participation in an alumnae group. Please take a moment to complete the information form and send it to Barbara Granat. She will put you in touch with your PDA and closest alumnae group.

YES, I WANT TO KNOW MORE ABOUT KAPPA ALUMNAE OPPORTUNITIES.

NAME \_\_\_\_\_  
(First) (Middle/Maiden) (Last) (Husband's Name)

ADDRESS \_\_\_\_\_  
(Street) (City) (State) (Zip)

TELEPHONE \_\_\_\_\_ CHAPTER \_\_\_\_\_ INT. DATE \_\_\_\_\_  
(Area)

MAIL TO: Mrs. William Granat, 654 Vassar Road; Wayne, PA 19087



## A Symphony in Gray . . . Mary Agnes Graham Roberts

An accomplished musician dedicated to the Great Falls (MT) Symphony, tireless community volunteer, promoter of the cultural arts, devoted Kappa volunteer, sparkling humorist—these are a few of the harmonious elements which compose the symphony of Gray . . . Gray is Mary Agnes Graham “Gray” Roberts, Northwestern.

Best known to many Kappas as Convention Chairman 1972-82 and 1976 Loyalty Award recipient, Gray devotes her “non-Kappa” hours to nurturing the Great Falls Symphony and promoting cultural arts in general and music in particular throughout all areas of her beloved state of Montana. Committed to getting music to people in the small towns and outlying areas of the state, she believes “We [must] have a lot of culture in our cities to draw the quality of people that we want in Montana.” Instrumental in forming the Montana Association of Symphony Orchestras, Gray is now in her second term as president.

A 1991 Montana Arts Council Governor’s Award for the Arts was recently presented to Gray recognizing her many accomplishments. Conferring the award, Montana Governor Stan Stephens stated that attempts to organize a symphony in Great Falls had been unsuccessful before Gray and four others began work in 1959. Since its inception, the symphony has not only survived but, according to Stephens, has “thrived, and (she) has been a key player in its prosperity.” In the beginning the symphony needed more cellists so Gray, a violinist, took up the cello! This meant traveling to Missoula for cello lessons every three weeks for five years, regardless of the weather!!

As a lifetime member of the Board of Directors, this talented lady’s *forte* is raising money for the annual budget and endowment. The symphony has grown from an audience of 150 to sales of 1,500 season tickets annually and capacity crowds today of 1,800.

Gray was also instrumental in the establishment of the Great Falls Symphony professional residency string quartet. In its formative years,



symphony members recognized their deficiency in the string section and raised funds to hire a professional quartet. Today the quartet gives concerts and performances throughout the state in schools of the smaller communities and Native American reservations. For the first three years the quartet manager was this talented Kappa who also toured with them for two years. Noting satisfaction found in taking music to those not previously exposed to it she said, “It’s been a wonderful addition to our symphony and to the cultural climate of our state.”

A busy volunteer, Gray, or “M.A.” as she is known to her Montana friends, is devoted to husband Bill who was literally “the boy next door” and a childhood friend of “Sis” and her brothers Bob and Bill. Daughter Jane and son Geoff with his two sons Jay and Zachary round out the Roberts family, although missing now is Barnaby, Gray’s beloved cocker, no doubt greeted in heaven by the long line of Roberts’ dogs.

Gray and the family enjoy summers at their cottage on Lake McDonald in beautiful Glacier National Park or boating on Flathead Lake. Bill and “M.A.” even take several weeks each summer to perfect their fly-fishing skills at a ranch in southern Montana.

When asked about her philosophy of life, Gray replied, “I always remember my mother’s belief that ‘Your later years will be as pleasant as your memories.’ Each day I chalk up my experiences for my memory bank.”

From childhood Gray was interested in the arts and she earned a degree in music education from Northwestern University. At Northwestern her Kappa life began, which has been so rich in service. She was Upsilon Chapter President, Graduate Counselor at Beta Pi-Washington, Field Secretary for two years, and Chairman of Chapter Pledge Programs. She was appointed to the Convention Committee which led to her serving as Convention Chairman from 1972-82. Thousands of Kappas have been welcomed, inspired, assisted, and encouraged by her warmth, knowledge, and humor as they experienced the full scope of Kappa through a General Convention organized under her leadership.

Gray also helped plan four biennial Regional Arts Conferences of the Montana Association of Symphony Orchestras. These leadership conferences for board and guild members of all arts groups in Montana and surrounding states address fundamentals of good organization.

It is apparent that Gray is a symphony herself, a symphony being a harmony of any kind. No matter what she touches, she creates a harmony of love and beauty . . . be it in her work as a Kappa, her efforts in Montana’s cultural world, or her family life and friendships, she brings about agreement among the parts of a design, giving unity of effect and an aesthetically pleasing whole. Thanks to Gray and her colleagues, Montana is alive with the sounds of music.

— Mitch Hielt Pflugh, Colorado

## A Light in the Darkness . . . Frances Beebe Rittenhouse, Illinois

Money management for seniors is, for Frances Beebe Rittenhouse, Illinois, a second career . . . or possibly a fourth! It all began approximately 17 years ago, when as a widow of one month, she began to prepare her federal income tax report. "It was very scary — I had not signed a check in so many years. I was a willing victim of a man . . . who was of the old school." But Frances decided, "I might as well pull up my socks and start learning." She weathered the storm, finding books on taxes at the library, and was able to complete her taxes by the deadline. Her report remained unaudited.

Thus, her almost full-time volunteer career bloomed. Frances was President of the American Association of Retired Persons (AARP) Dallas Chapter 473 and later spent four years as Assistant State Director of AARP, overseeing 12 chapters in Texas. During that time, she was contacted by "signers," who communicate with hearing-impaired persons, asking if AARP might welcome a chapter for handicapped individuals and be of national assistance concerning their needs. Two years of work resulted in the establishment of "Sights and Sounds," the first AARP chapter in this country for the blind and deaf. The chapter won a national award, and Frances, as instigator, earned an AARP Assistant State Director Award for Outstanding Service.

Frances now focuses on her work as Texas Coordinator of the Women's Financial Information Program (WFIP) of AARP. She specializes in coordinating with local co-sponsoring organizations to establish seminars which promote "Taking Charge of Your Life by Taking Charge of Your Money." Available throughout the U.S., the course consists of a series of eight seminars which provide mid-life and older women, perhaps on their own for the first time in their lives, with the tools for handling their finances. Frances travels the Texas circuit, providing much-needed information and assistance.

She advises maintaining good financial records and keeping them in "acceptable places." If a daughter is



faced with caregiving for her aging parents, Frances recommends sitting down with them and recording information, using such help as a "Christmas List" of who's to be notified of bequests, where medical and dental records are found, where adoption papers are located, and funeral preferences, including organizations to which donations might be made in memory of the parents. Ideally, financial records should be kept daily. She explains, "Your records are the basis of your financial accountability. I had been my husband's wife, my parents' daughter, and my child's mother . . . I did not exist financially."

This brings Frances to a point she adamantly makes: "Get credit records separate from your husband; get your credit card in your own name and get your own credit, not as Mrs. John Smith." For women going through divorce, she advises getting credit in their own names before the divorce is final. "Your standard of living goes down by 73% with a divorce, so get credit first, while (your income) is high." She stresses making all name-change transactions with credit companies in writing, rather than by telephone, to make your actions legally binding. For those being remarried, she recommends prenuptial agreements to keep the finances somewhat separated and the relatives as happy as possible.

For this vigorous senior, routine daily activities include her work with WFIP and swimming of a serious nature; she was a champion breast stroke swimmer while a student at Illinois. She continues to spend one month each year compiling a current list of the "best programs of the year" for retired persons' organizations.

Graduating from the University of Illinois in 1928 with a Bachelor of Education, Frances has taught, travelled, and lectured on a variety of topics. Her work as a docent with the Oriental Institute of the University of Chicago took her to Syria, Babylonia, Egypt, and many other exotic areas. She has lectured on the history of lamps and lighting devices and displayed these rare artifacts dating from 2000 B.C. Antique maps constitute another area of interest on which she has lectured extensively.

Honored as a 65-year Kappa by the Dallas Alumnae Association in October 1990, Frances says "Kappa is the best thing that can possibly happen to anyone." She recounts the many warm friendships made through alumnae groups in each place where she and her husband were transferred: "I was never a stranger or lonesome; Kappa is and always has been a wonderful experience."

When asked what life lessons Kappa teaches, Frances responds, "Keep up your dues!" For college students just starting to establish their own financial accountability, she recommends buying good insurance for themselves, starting early, when rates are lowest. She recounts the "rule of three." Before any action, get three opinions, from three insurance companies, banks, lawyers, financial planners, or credit unions.

Frances' carefully honed skills of self-preservation are an inspiration and light in the darkness to others, but quite simply a confident, competent way of life for herself.

For those wanting information about WFIP or written materials, write or call Barbara Hughes, Women's Financial Information Program, Consumer Affairs Section, AARP, 1901 "K" Street N.W., Washington, D.C. 20049, 202-872-4700, or call Frances Rittenhouse in Dallas at 214-696-3008.

— Kimberly Kirby Moore, Arkansas

## Making Sense of the Market . . . Hedi Heiden Reynolds

Mention the securities industry, and one quickly conjures up images of Wall Street and the proverbial "man in the grey flannel suit." But contradicting the stereotypes — and the competitive odds — is Hedi Heiden Reynolds, Oklahoma State, a trader in Memphis.

In a business known for its intensity, Hedi has emerged as quite a success. As managing director and head of over-the-counter trading at Memphis-based Morgan Keegan & Co., Hedi's responsibilities are numerous.

Rather than dealing with accounts and portfolios maintained by individuals, Hedi supervises institutional trading — pension funds and large corporate accounts bought and sold through several public markets in Memphis.

Her 23-year securities industry career includes a résumé filled with accomplishments, one of her proudest occurring in 1988 when she was the first woman to be appointed to Morgan Keegan's board of directors. While her hard work and professional dedication have earned her the respect of peers, Hedi attributes much of her success to teamwork and integrity — traits enhanced during her experience as a member of Delta Sigma-Oklahoma State

"One of the major things I always respected about Kappa was its commitment to high principles," Hedi says. "Kappa reinforced the concept that you can set high goals and attain them without compromising your integrity." As a member of two disciplinary committees of the National Securities Dealers (NASD), Hedi helps to set policies which ensure the integrity of all dealers. She adds, "If people are hurting the business and that's your lifeblood, you're going to want to be strict," . . . a Kappa value carried over into the workplace. She continues, "Kappa also reinforced the importance of teamwork — how to work hard and not necessarily feel a need to get all the credit."

If collegiate accomplishment is any indicator of future professional success, Hedi qualifies as a case study. At Oklahoma State, Hedi was president of the Association of Women



Students, editor of the *Daily O'Collegian*, outstanding senior coed, outstanding arts and sciences graduate, and a top ten graduating senior. She served Delta Sigma as Membership and Pledge Chairman.

Hedi's entrance into a profession which remains largely dominated by men is another story in itself. Following receipt of her B.A. in journalism in 1962, Hedi began her career as a reporter at the *Daily Oklahoman* in Oklahoma City. Years later, however, she entered the securities business while supporting her dental student husband and 2-year-old daughter, Kristin. Landing a job as a trader of over-the-counter stocks with the Memphis office of J.C. Bradford & Co. in 1968, Hedi soon became enchanted with the business.

"Like the newspaper business, trading stocks gets into your blood, and I've been in it ever since," Hedi notes. "This is one of those businesses that you either have a knack for, or you don't. It's a high-pressure, competitive business and you have to have a true desire to be in it in order to succeed."

In 1983, Hedi decided to accept a position at Morgan Keegan. With her husband's successful dental practice based in Memphis but Bradford's headquarters in Nashville, Hedi says she needed to consider a Memphis-headquartered company to make pro-

fessional progress.

Having obviously achieved that goal, Hedi believes she should return something to the field. In addition to her employment responsibilities, Hedi contributes much of her energy to professional associations within the industry. She is former president of the Memphis Security Dealers, serves on several committees of the Security Traders Association and the National Association of Security Dealers.

Despite her high-powered business schedule where days begin early and end late, Hedi also has been active in Kappa, serving as Treasurer of the Memphis Alumnae Association for several years. For her commitment to Kappa, she was presented with the Association's May Bennett Award honoring outstanding alumnae. The Kappa tradition has also continued in her family. Hedi's daughter, Kristin, a 1988 graduate of Vanderbilt University, served as President of Epsilon Nu Chapter. Says Hedi, "I tried not to pressure her when she was going through Rush, and told her I'd be supportive regardless of her decision, but I couldn't help being thrilled when she pledged Kappa."

Though she rarely has time to enjoy the view of the Mississippi River from her office or partake in a leisurely lunch away from her desk, Hedi literally wouldn't trade the life of a trader — or her life as a Kappa.

### Hedi Heiden Reynolds' Tips for Investors

1. Deal only with reputable firms.
2. Set investment goals for retirement, college education, etc.
3. Be sure to have adequate savings before making speculative investments.
4. Do self-research on investing, using seminars, books, etc., as resources.
5. Don't act on "Tips" through the grapevine.
6. Only buy stocks for which you can easily obtain information and quotes.

— Karen Kahler Holiday, Mississippi

## Focus, Experiment, Revise . . . Susan (Shelley) Melvin

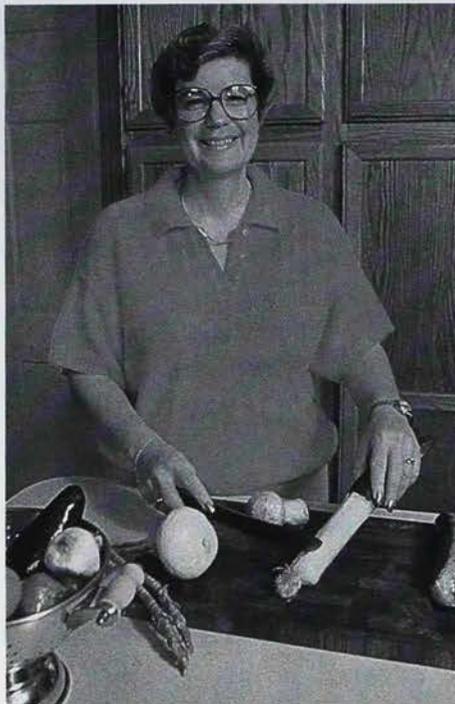
Shelley Melvin, West Virginia, may have more interests and skills than an entire Kappa pledge class, yet she particularly excels in sharing her love of good food with friends, family, and Kappas everywhere. Behind her many achievements as author, caterer, and gourmet cooking instructor lie culinary skills learned in Europe. Her love of Kappa fits right in.

"Kappa is a recipe for life," says Shelley, "a tie that binds but leaves room for growth." Her own Kappa life began at West Virginia University where her major in English and education led to employment as a post and disk librarian with Gulf Oil in London and a life of foreign travel and culture. She studied French cooking for four years with Simone Beck, co-author with Julia Child of "Mastering the Art of French Cooking." Now a 13-year resident of Gainesville, FL, Shelley continues cooking, teaching, writing, traveling . . . and Kappa.

Delicious and hearty foods from fresh ingredients have long been her philosophy. Tedious and exotic meal productions are a challenge to Shelley as she updates their preparation with speed techniques and time management. Armed with a food processor and microwave, her talents are endless as she adapts many "old" recipes to today's new equipment and techniques. Ever mindful of busy lives and minimal time available for good food preparation, she can plan a menu which will make the cooking hassle-free.

As a consumer adviser and instructor for Cuisinarts, Inc. she learned a multitude of skills which led to her first book, *Quick and Easy* — a book of family-oriented recipes that use fresh ingredients and take a maximum of 20 minutes to prepare.

As part of her love for healthy low-calorie food, Shelley has recently developed yogurt cheese recipes. In conjunction with her publisher and the creators of the yogurt-cheese funnel, she authored two books, *Not Just Cheesecake* and *Snack to Your Heart's Content*. She feels that yogurt cheese is a wonderful addition to any diet; it is creamy, tasty, easy to make,



relatively inexpensive, and low in both fat and sodium. With a funnel whey is drained from yogurt to make the cheese. With a batch on hand, yogurt-cheese can be substituted for mayonnaise, sour cream or cream cheese, cutting the calories and fat but leaving the taste. It can even be used for sauces if flour is added for a stabilizer and care is taken not to boil the sauce. In creating new recipes with a new food product, Shelley has shown her ability to develop and pursue her goals, simply put: not to give up. Her recommendation to anyone is to focus, set a purpose, a goal, experiment, revise, and keep trying. A full spectrum of yogurt-cheese recipes are the results of her efforts. Her recommendation is also a way of living life. One ingredient is helping others . . . by presenting a cooking demonstration or the preparing a spectacular feast for a dinner raffle to benefit the March of Dimes or another charity.

Along with gourmet cooking classes, catering and writing, Shelley has maintained two other priorities — traveling and Kappa. During the past several years she has visited India, Pakistan, Scandinavia and European countries. A long-awaited trip to China will come this fall. Shelley ex-

pects it to be a culinary adventure which will include a multi-course banquet in Beijing. Although she does admit to some trepidation concerning what foods might be included in that banquet, clearly her experience with foods of many countries has contributed to the wide variety of ingredients used in her dishes.

Career and self-directed challenges have contributed to Shelley's organizational abilities. Packing these skills under her arm, she has applied them to almost 15 years of Kappa volunteering as Program Adviser, House Board President, Personnel and Chapter Council Adviser for Epsilon Phi-Florida. As Mu South Province Director of Chapters, she will continue traveling — to visit four Florida chapters.

"I love both the scientific and creative aspects of cooking. I love the colors, aromas and textures of food and I enjoy putting them together." says Shelley. That sounds like a good way to approach cooking . . . and living life.

— Helen Kutscha Gyllstrom, Northwestern

### Quick Herb Cheese #1

- 1 cup non-fat yogurt cheese
- 1 small clove garlic, minced
- 2 tablespoons finely minced fresh parsley
- 1 teaspoon dried oregano
- 1/2 teaspoon lemon juice
- 1/8 teaspoon freshly ground black pepper
- Dash ground red pepper (cayenne), or to taste

Combine ingredients in a medium-size bowl and whisk until well blended. Cover and chill until serving time.

Makes 1 cup.

Per 1/4 cup: Calories 43; Protein 5 gm; Carbohydrates 5 gm; Fat <1 gm; Cholesterol 0 mg; Calcium 140 mg; Sodium 41 mg. Exchanges: 1/2 skim milk.

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# In Memoriam

Honoring those we have loved and lost.



Names which appear in this listing are from information received by Headquarters from March 29, 1991 to June 27, 1991.

## Akron, U. of - A

Bancroft, Grace Olmsted, '26, d. 4/91  
Costigan, Mary Brady, '44, d. 4/91  
Wyman, Mary Thomas, '38, d. 6/91

## Allegheny C. - GP

Lyndon, Gail Richmond, '05, d. 2/91

## Arizona, U. of - FZ

Walker, Ann Dezer, '45, d. 5/91

## Arkansas, U. of - FN

Blackshare, Minnie McGarry, '25, d. 1/91

## British Columbia, U. of - FY

Hart, Patricia Turner, '46, d. 6/91

## Butler U. - M

Allerdice, Laura Kirkpatrick, '08, d. 4/87  
Curry, Joanne Jose, '36, d. 2/91  
Jennens, Kathleen Morris, '38, d. 12/88  
Shoemaker, Annetta Wilson, '20, d. 4/91

## California, U. of, Berkeley - P<sup>a</sup>

Barker, Katharine Atkins, '34, d. 12/90  
DeGrassi, Virginia Lane, '16, d. 5/91  
Hobbs, Alice Coughlin, '50, d. 4/91  
Lord, Elizabeth Richardson, '23, d. 3/91

## California, U. of, Los Angeles - F<sup>E</sup>

Deal, Robin Hickey, '41, d. 12/90  
Hill, Marianne Munson, '26, d. 4/91  
Huntington, Helen Galbreth, '28, d. 4/91  
Huntington, Lorraine Hopkins, '34, d. 6/91  
Lee, Geraldine Chesebro, '33, d. 2/91

## Cincinnati, U. of - BP<sup>a</sup>

Burrows, Margaret, '29, d. 4/91

## Colorado C. - ΔZ

Harmon, Virginia Dewey, '32, d. 1/91

## Colorado, U. of - BM

Newton, Virginia Powell, '35, d. 3/91

## Cornell U. - Ψ<sup>a</sup>

Kuckes, Laura, '79, d. 8/90

## Denison U. - ΓΩ

Souers, Mildred McCollum, '35, d. 3/91  
Weaver, Marian Hanna, '29, d. 5/91

## DePauw U. - I

Burton, Nancy Louise, '59, d. 4/91  
Harris, Nelle Darrah, '30, d. 4/90  
Sayre, Alice McCartney, '23, d. 12/90

## Drake U. - ΓΘ

Polk, Ruth Bolton, '28, d. 5/91

## Duke U. - ΔB

McCloud, Susanne Eyerly, '37, d. 3/91

## Florida, U. of - EΦ

Stitt, Melissa Lyn, '88, d. 10/90

## Hillsdale C. - K

Schetter, Marye Quinn, '19, d. 12/91

## Idaho, U. of - BK

Seymour, Dorothy Dole, '33, d. 4/91

## Illinois, U. of - BΛ

Dierolf, Barbara Harvey, '43, d. 12/90  
Kleinschmidt, Kate McCandless, '30, d. 10/90  
Sherertz, Helen Mugge, '24, d. 12/90  
Weld, Mary Granger, '33, d. 4/91

## Illinois Wesleyan U. - E

Poggi, Caroline Formhals, '51, d. 12/88

## Indiana U. - Δ

Hassler, Gladys Lockhart, '12, d. 3/82  
Miller, Barbara Miles, '56, d. 12/89  
Morris, Agnes Klotz, '11, d. 4/91  
Morris, Barbara Smith, '28, d. 1/91  
Sayler, Charlotte Wagner, '15, d. 7/89

## Iowa, U. of - BZ

Dyke, Marguerite Flickinger, '18, d. 3/91  
Nie, Marguerite Fletcher, '31, d. 1/91  
Van Oosterhout, Edna Cantwell, '27, d. 2/91

## Kansas State U. - ΓA

Fell, Ardith Alford, '53, d. 10/82  
Weber, Beatrice Woodworth, '29, d. 3/91

## Kansas, U. of - Ω

Johnson, Ella Root, '21, d. 3/91

## Kentucky, U. of - BX

Huston, Mary Kirkpatrick, '37, d. 3/91  
Pratt, Ethel Buckner, '29, d. 6/84  
Walker, Emmy Ford, '30, d. 4/91  
Wertenbaker, Sarah Marshall, '10, d. 5/91

## Maryland, U. of - ΓΨ

Regan, Eleanor Kuhn, '38, d. 7/90

## Miami U. - ΔΛ

Moore, Margaret Mayhall, '70, d. 5/91

## Miami, U. of - ΔK

Bacon, Mary Jones, '38, d. 3/90

## Michigan, U. of - BΔ

Cavanaugh, Sarah Weed, '51, d. 2/91  
Lindvall, Janet Smith, '21, d. 10/90

## Minnesota, U. of - X

Brown, Ruth Kelley, '36, d. 4/91  
Drake, Catherine Catherwood, '20, d. 12/90  
Lyman, Clara Cross, '18, d. 6/91  
Olds, M. Elizabeth, '16, d. 3/91  
Pattee, Gladys, '10, d. 12/90

## Missouri, U. of - Θ

Bullion, Mary Ford, '37, d. 9/87  
Peck, Maybelle Price, '14, d. 1/91  
Ray, Emily Woods, '34, d. 12/88

## Monmouth C. - A<sup>a</sup>

Miller, Gertrude Eunice, '34, d. 4/91  
Taft, Marcella Foster, '34, d. 5/91

## Montana, U. of - BΦ

Fields, Hulda Miller, '24, d. 2/91  
McCollum, Gertrude Dalke, '24, d. 9/87  
Thane, Alice Wayne, '34, d. 4/91

## Nebraska, U. of - Σ

Hadley, Letitia Speice, '20, d. 1/91  
Jenkins, Margaret Lawlor, '30, d. 6/91  
Minier, Julianna Cunningham, '34, d. 5/91  
Williamson, Janet Warfield, '38, d. 4/91

## New Mexico, U. of - ΓB

Zinck, Elizabeth Griswold Gottschalk, '31, d. 3/91

## Northwestern U. - Y

Robbins, Louise Hubsch, '31, d. 2/91  
Singleton, Kathryn Hall, '26, d. 7/90

## Ohio State U. - BN

Ritchey, Ruth Paul, '22, d. 3/91

## Oklahoma, U. of - BΘ

Brants, Mary Meacham, '28, d. 4/91  
Clayton, Esther Scott, '27, d. 5/91  
Drake, Carol Hare, '40, d. 5/91

## Oregon, U. of - BΩ

Akselsen, Dorothy Lundburg, '26, d. 4/91  
Dinwiddie, Jean Favier, '35, d. 2/91  
Holmes, Louise Allen, '14, d. 5/91  
Kingman, Eleanor Lee, '19, d. 4/90  
Talbot, Elda Erickson, '53, d. 2/91  
Willis-Sanford, Louise Murphy, '42, d. 11/89

## Pennsylvania State U. - ΔA

Myers, Josephine Hobart, '34, d. 11/90

## Pittsburgh, U. of - ΓE

Mason, Mary Thomas, '62, d. 4/91  
Pigott, Mary Quarrie, '31, d. 1/91  
Vernon, Mary Carey, '39, d. 5/91  
Voss, Dorothy Grote, '33, d. 4/91

## Purdue U. - ΓΔ

Camblin, Helen Hoover, '43, d. 2/91  
Carr, Anna Ball, '40, d. 1/91  
Kahl, Joyce Hood, '44, d. 8/90  
Searce, Margaret, '21, d. 6/91

## Rollins C. - ΔE

Stahl, Lydia Wallace, '50, d. 5/91

## St. Lawrence U. - BB<sup>a</sup>

Blanchet, Marjorie Galloway, '37, d. 3/91

## Stanford U. - BH<sup>a</sup>

Heller, Suzanne Boone, '41, d. 1/90

## Syracuse U. - BT

Cory, Helen Bassett, '18, d. 2/85

## Texas, U. of - BΞ

Brown, Ruth Cunningham, '35, d. 1/91  
Crane, Nora, '08, d. 5/91  
Flato, R. Shelley Blount, '37, d. 6/90  
Maxwell, Gay More, '28, d. 5/91

## Toronto, U. of - BΨ

Campion, Gwendolyn Mahon, '30, d. 5/91  
Sandys-Wunsch, Jean Rossiter, '20, d. 4/91  
Scudamore, Roberta Reade, '28, d. 4/91

## Utah, U. of - ΔH

Romney, Janice Cahoon, '34, d. 4/89  
Sellman, Elizabeth Waugh, '38, d. 4/91

## Washington State U. - ΓH

Brockway, Doris Jane, '23, d. 4/91  
Eifert, Esther Mae, '20, d. 4/91  
Layne, Margaret Jeanette, '35, d. 2/91

## Washington U. - ΓI

Winter, Elizabeth Turner, '39, d. 2/91

## Washington, U. of - BΠ

Frost, Ann Goodwin, '37, d. 3/91  
Rustad, Jane Patten, '36, d. 9/90  
Whaley, Beverly Anne, '46, d. 5/90

## West Virginia U. - BY

Watts, Sara Morgan, '22, d. 1/90

## Whitman C. - ΓΓ

Jebens, Helen Thomas, '39, d. 4/91  
Meier, Minta Sayres, '26, d. 11/90

## Willamette and Mary, C. of - ΓK

Smithey, Dorothy Terrill, '23, d. 4/91

## Wisconsin, U. of - H

Heuser, Beverly Stevens, '69, d. 1/91  
Reynolds, Helen Rieke, '31, d. 4/91

## Wyoming, U. of - ΓO

Birkes, Mary LeClere, '44, d. 5/91

## INACTIVE CHAPTERS

### Adrian C. - Ξ

Tackley, Lucille Croft, '18, d. 4/91

### Barnard C. - BE

Bailey, Phyllis Hedley, '12, d. 2/89

### Boston U. - Φ

Essember, Gertrude Bugler, '44, d. 2/91

### Manitoba, U. of - ΓΣ

Dickson, Dolores Edmond, '42, d. 1/89  
Huot, Lucille Davis, '43, d. 3/91

### Middlebury C. - ΓΛ

Slattery, Elinor Smith, '24, d. 3/91

### North Dakota State U. - ΓΤ

Ayres, Eunice Christenson, '34, d. 5/91  
Engebretson, Virginia Baker, '34, d. 3/90

### Pennsylvania, U. of - BA

Fink, Nellie Snyder, '14, d. 4/88  
Simpson, Alice Hall, '26, d. 3/90

### Swarthmore C. - BI

Hart, Ruth Shellman, '25, d. 1/91  
Metcalfe, Anna Williams, '24, d. 2/90

### Wooster C. - BT

Kenney, Florence Hattery, '09, d. 8/86

Hulda Miller Fields, BΦ-U. of Montana, died in February of 1991. She served the Fraternity as Director of Membership 1942-46, Province President 1941, 1948-49 and Province Vice President 1939-41.

In order for names to appear in the "In Memoriam" section, verification and date of death must be sent to FRATERNITY HEADQUARTERS, P.O. Box 177, Columbus, OH 43216.

by Carol Lash Armstrong, Miami (OH)

## Glowing Keys



**Jean Eisenbeis Betschart**, Pittsburgh, is president of the American Association of Diabetes Educators. This independent multi-disciplinary organization has more than 6,000 healthcare professionals and Jean has been a member of the board of directors since 1987. Coordinator of the Diabetes Program at Children's Hospital of Pittsburgh, Jean is serving as Philanthropy Chairman for the Pittsburgh South Hills Alumnae Association.

Utah Court of Appeals Judge, **Judith Mitchell Billings**, Utah, was named "Woman Lawyer of the Year" by the Women Lawyers of Utah. Judith was recognized for her distinguished service and contributions to the needs of low-income women and children. Having served as chairman of the Judicial Council Committee on Child Support Guidelines, she currently chairs the National Association of Women Judges' Task Force on Child Support Guidelines.

In addition to serving as a judge, Judith is an adjunct professor at the University of Utah College of Law and a busy volunteer in many professional organizations.

**Sydney Wyly Dobson**, Oklahoma, recently received the prestigious Byliner Award for professional achievement and community service. This award is presented annually by the Women in Communications of Oklahoma City.

Sydney, as Executive Director of *Oklahoma City Beautiful*, has been instrumental in promoting litter control, tree and wildflower planting, and other projects designed to improve the appearance and quality of life in the city.

Giving volunteer hours to the

Board of Area Wide Aging and the Tree Bank Foundation keeps Sydney busy when her work day ends. She is a past President of the Oklahoma City Alumnae Association.

**Jane H. Edwards**, Utah, received the annual "Women Who Make A Difference" award from the Soroptimist International as well as the Susan Young Gates Award for her contributions to women and human rights. A Field Secretary for the Fraternity in 1968, Jane currently serves as the Executive Director of the YWCA of Salt Lake City and administers six program departments of the multi-purpose, non-profit social services agency. This recipient of a Kappa Kappa Gamma undergraduate scholarship is consultant to the YWCA of the United States.

**Dora Lee Moore Eldred**, Idaho, has been elected president of the Salem (OR) Area Chamber of Commerce.

This 1987 "Realtor of the Year" holds the national designations Certified Residential Specialist and Certified Residential Broker.

Currently she is district vice president for the Oregon Association of Realtors, State Chairman of the Worldwide Properties Unlimited, and Secretary of the National Homes for Living Marketing and Referral Network.

1986 Alumnae Achievement Award winner, **Laurie Lee Humphries**, Emory, continues to gain recognition for her research in the area of eating disorders. Laurie, Director of the Eating Disorder Program at the University of Kentucky Medical Center, Lexington, has been awarded an additional

\$250,000 grant from the McKnight Foundation. The grant will be used to support her research on the correlation of the lack of zinc in individuals with an eating disorder.

From previous research, Laurie has found that many of her patients with bulimia and anorexia nervosa have biochemical evidence of zinc deficiency. Decreased food intake, cyclic patterns of eating and weight loss are major indications of zinc deficiency.

**Dorothy Webb Loan**, Washington State, of College Station, TX, has been elected President of the Auxiliary to the American Veterinary Medical Association (AVMA). Organized in 1917, the AVMA is the oldest auxiliary to the healing arts in the United States and has approximately 7500 members. The Auxiliary raises money for the AVMA Foundation which underwrites veterinary fellows and scholars engaged in research in the 27 accredited colleges of veterinary medicine in the United States.

An alumna who devotes equal amounts of energy volunteering for community programs and Kappa, Dorothy has been an Epsilon Rho-Texas A&M Chapter Adviser as well as House Board President.

**Catherine Roberts McHaney**, Texas, was recognized as a "South Texas Woman" recipient this year. In its first year, the tribute is designed to identify women whose energy, talents and sustained commitment have made an impact on diverse projects in her community, Victoria, TX.

Co-owner and secretary-treasurer of Victoria Advocate Publishing Co., Inc., Catherine was also the recent recipient of the Victoria Rotary Outstanding Citizen Award.

An active member of the Victoria Alumnae Association, she has served in numerous offices including the presidency.

Sixth grade teacher, **Duanne Bean MacMillan**, Illinois, has been named Bay Village, OH, 1991 Teacher of the Year. According to Principal Dave Smith, one reason Duanne earned this distinction is her willingness to try programming which utilizes strategies and techniques that are on the cutting edge of educational research.

Last year, Duanne received a

Jennings Foundation grant to begin an Education Arts Partnership Exchange with Joseph M. Gallagher Inter-mediate School, a bilingual, multicultural school in the Cleveland School System.

An active volunteer in her community, she also is past President of the Cleveland West Shore Alumnae Association.

**Caroline Mulford Owens**, Cornell, was recently named Small Business Advocate of the Year by the Greater Norwalk (CT) Chamber of Commerce. Caroline was honored for the assistance and encouragement she has given to start-up businesses.

In addition, Caroline received the annual Entrepreneurial Outreach Award from the Entrepreneurial Woman's Network of Southwestern Connecticut (EWN). This award was given in recognition of her work in developing conferences and workshops to help entrepreneurial women.

Caroline established her own corporate communications firm, *Newsletters Plus*, seven years ago. Active in many organizations, Caroline currently serves as president of the Connecticut Press Club and is director of the Fairfield County Public Relations Association and Women in Management.

**Helen Wills Moody Roarke**, UC Berkeley, 1960 Alumnae Achievement Award Recipient, has given University of California, Berkeley 19 acres of land worth more than \$1.5 million, in honor of her late parents. Helen requested that money from sale of the land be used for biological research.

For those who may not know, Helen is affectionately referred to as "Queen Helen" in the tennis circuit. She shares with Martina Navratilova the record of eight Wimbledon women's single's titles. In addition, her tennis achievements include seven U.S. National singles titles, four French singles titles and two Olympic gold medals. Helen's tennis career was played as an amateur, hence she never received any financial benefit.

This Phi Beta Kappa and resident of Carmel Valley, whose membership in Kappa covers more than 65 years, continues to be an inspiration to all who have the opportunity to meet her.

**Delores Patterson Roberts**, Baylor, has been named Sales and Marketing Director of Lake Olympia. This multi-million dollar recreational and residential development is one of the fastest growing areas of Houston.

A volunteer *extraordinaire* in her community of Missouri City, TX, Delores is president of the Fort Bend Independent School Board, Director of the Fort Bend Association of Realtors, an advisory director for the First National Bank of Missouri City and a member of the Missouri City Economic Development Council.

An involved member of the Fort Bend County Alumnae Association, Delores has been Philanthropy Chairman for the past five years, directing the annual pecan sales project. Her enthusiasm has quadrupled Kappa involvement of local alumnae.

**Joy Shuler Smith**, Clemson, has been named associate vice president for student affairs and dean of student health, recreation and career services at Clemson. In her new position, Joy will serve as administrator of the university's career center, counseling center, intramural sports program, student health service and student union.

Joy, an adviser for Epsilon Mu-Clemson, has worked since 1977 as an instructor, associate dean, assistant dean of student life, and placement counselor. Currently she is working on a doctorate in higher education administration at the University of South Carolina.

**Monica L. Taylor**, William & Mary, and her teammates from the College of William and Mary's Marshall-Wythe School of Law have won the 41st annual prestigious National Moot Court Competition, sponsored by the Association of the Bar of the City of New York and the American College of Trial Lawyers. In addition, her team won an award for best brief submitted for the competition and Monica was named best orator.

This team worked all year on various stages of the competition, arguing the case in numerous practice rounds before faculty and students at the law school. Having graduated in May, she will spend a year clerking for the chief judge for the Virginia Court of Appeals in Salem, VA.

**April Vari**, Dickinson, is serving as Executive Director of the Northeast Panhellenic Conference which recently established an award for a campus

Panhellenic in her honor. Under her direction, programs and participation have increased and the Conference, the first to pass a resolution on human dignity, has doubled in size. Currently Assistant Dean of Students at Moravian College in Bethlehem, PA, April has served as president of the Lehigh Valley Alumnae Association and is on the Zeta Beta-Lafayette Chapter Advisory Board.



Among the 2,393 alumnae receiving their 50-year pins during this biennium are Virginia Blue MacDonald GB, and Jane Althaus Bube, E, of Arlington Heights, IL.

## Singing "Light" Opera at Age 83

Learning a new operatic role is always a challenge, but it was an even greater undertaking for Maud-Key Shelton Rock, Colorado, at the age of 83 after being retired from singing for 30 years! The role of Light in *The Light Opera*, written by her son William Pennell Rock, was created with his mother in mind. She admits that "never in my wildest dreams" did she ever expect to perform in the Edinburgh Festival, "especially at my age." However, *The Light Opera* company traveled to Scotland to participate in the 1990 Festival, the oldest and largest of its kind in the world.

A 65-year Kappa who was active in the Chicago and Baltimore alumnae associations, Maud-Key is now a member of the Little Rock (AR) Association. A traditionally-trained opera singer, she has sung with the Chicago and Baltimore Opera Companies and was a founder of the Arkansas State opera. Her role as Light demanded a very different sort of preparation since the singers "have to go into the characters and create the music and words at the moment. No two performances are the same." Described by one newspaper as "a remarkable lady in her eighties," Maud-Key is a wonderful example of age being merely a state of mind.



### Art

Techniques used by **Marilyn Branham**, Oklahoma, are detailed in a feature story, "Adventures in Acrylic," *The Artist's Magazine*, January 1989. Marilyn graduated with a degree in music, but found that raising a family on a ranch in West Texas, did not allow her time to pursue a career in singing. Hence, her creative talents were redirected to painting. Diverse textures, images of natural beauty, and abstract design are all part of Marilyn's style. She has won awards from the Western Federation of Watercolor Societies and leads workshops in Texas and New Mexico.

**Aleta Cornelius-Merrick**, Carnegie-Mellon, 1952 Fraternity Alumnae Achievement Award recipient, continues her distinguished career as an artist. She has been featured in *Life* magazine and in *Who's Who of American Artists* and *Who's Who of American Women*. In national juried shows Aleta's works garnered many prizes. Recent shows include "Paintings of the Year" at the Corcoran Gallery of Art in Washington, D.C.; Pepsi-Cola's "Paintings of the Year" at the National Academy of Design; Mystic Art Museum (CT); and Pittsburgh Associated Artists, where she has exhibited works for 15 consecutive years. An active participant of the Flagler county (FL) Council for the Arts, Aleta is now preparing for her next one-woman show.

**Barbara H. Raborn**, Miami (OH) taught elementary school for 28 years and has pursued an art career since 1984. Barbara says, "When trying to limit myself to a theme, style, or media, my work becomes tight and

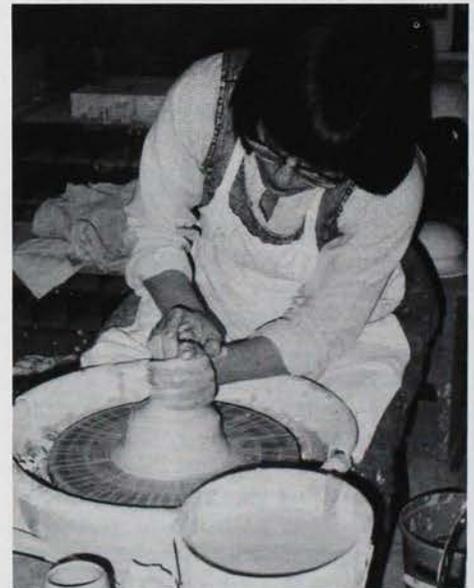
stale — no fun to look at or to do. So I paint, draw, print and mix medias. Sometimes three dimensions are used. My work can be abstract, realistic, impressionistic, expressionistic or a combination. There are several themes that recur such as animals (especially dream animals), working people, symbols of many kinds, rivers, and Texas Hill Country landscapes."

**Emily J.G. Vermillion**, Iowa, was the first prize \$25,000 winner of the 1990 Maybelline/*Ladies' Home Journal* Makeover Contest. The contest asked women to submit a personal goal they hoped to obtain. Her unique entry may have aided in winning the contest as she had her 500 word essay type-set on watercolor paper and added colorful illustrations in the margins. As a child, Emily drew pictures in books at the ends of chapters and continued to hone her skills at the University of Iowa. She was an artist-in-residence with the Iowa Arts Council and established an art school for young people. Many of Emily's works are found in schools, hospitals and libraries. A multi-faceted artist, Emily devotes much time to commissioned portraiture and multi-media fantasy paintings of figures, animals, and landscapes. She uses a combination of watercolors, inks, and colored pencils as well as acrylics and oils.

**Mildred "Millie" Huie Wilcox**, Georgia, directs Left Bank Art Gallery on St. Simons Island, Georgia, along with her husband Robert. For the past few years the Wilcoxes have been collecting documents, etchings, drawings and paintings pertaining to the 200th anniversary celebration of the French Revolution. Although Left Bank is a private gallery, Millie and Bob enjoy

sharing their exhibits of historical and cultural interest with the community.

**Amy Lenz Will**, Kentucky, has been making pottery for fun for 25 years. She recently completed a master's degree in ceramics, and provided the 1991 Nu Province Meeting Candlelight Banquet gift — a small Japanese teacup (yunomie), bearing a blue iris symbol. The "yunomie" is intended for personal, everyday tea drinking. A teacup without handles is cradled in the hands, allowing the warmth of the tea to penetrate to the palms of the holder. Specializing in layering and multifiring, Amy uses the surface of the pot as a sort of painting canvas. Amy makes functional pottery because she wants it to be used. As Amy explained, whenever anyone drinks from a cup, or eats from a plate, or arranges flowers in a vase that was made by hand as an expression of joy, it's like a personal greeting from the potter to the user. When not working as a potter, Amy is an active Kappa and community volunteer, currently involved in the campaign against domestic violence.



A piece of Amy Will's pottery is her personal greeting to the user.

"Art Quilts and Paintings" of **Lucretia Leonard Romey**, Indiana, was an exhibition of Lucretia's work at the Cahoon Museum of American Art, Cotuit, MA, during the summer months. She regularly exhibits in the Northeast and Mid-Atlantic states,

has works featured in magazines, and will soon be painting and creating quilts for a year in Rouen, France. During the 1992-93 academic year she will be teaching drawing on the University of Pittsburgh's World at Sea. Lucretia is a member of *The Key* staff and photos of her watercolors and quilts are regular features.

### Books

**Stephanie E. Classen**, Auburn — *Bounty*, Vantage Press, 516 W 34th St., NY 10001. Stephanie, an undergraduate, is a rising young science fiction writer who plans to attend medical school.

**Guida M. Jackson**, Texas Tech — *Women Who Ruled*, ABC-CLIO, Santa Barbara, CA. It took seven years of research to complete this reference work which covers more than 270 women rulers from Cleopatra to Corazon Aquino and Margaret Thatcher.

**Nancy J. Sigler**, Duke — *Observations In Poetry*, Regard Publishing, Longwood, FL 32752, features 22 poems and illustrations on subjects of nature, sports, romance.

**Cornelia Marschall Smith** Denison — *Browning's Proverb Lore*. Baylor University Press, Waco, TX 76798. The active lifestyle Cornelia, 92, maintains has led associates to honor her with the touchstone phrase "as tireless as Cornelia."

### Children's Books

**Mary Brooke Casad**, SMU — *Bluebonnet at Dinosaur Valley State Park*, Pelican Publishing Company, P.O. Box 189, Gretna, LA 70054. With colorful illustrations and a popular little hero, Mary teaches children about armadillo habits and a bit of Texas history.

**Ann Whitford Paul**, Northwestern, daughter of poet, Genevieve Smith Whitford, Nebraska/Northwestern — *EIGHT HANDS ROUND: A Patchwork Alphabet*, HarperCollins Children's Books, 10 East 53rd Street, New York, NY 10022. The book introduces each letter of the alphabet with the name and a brief history of Early American Patchwork Quilt patterns.

— Chari Beaudry, Washington

## Accent on Kappa Artists



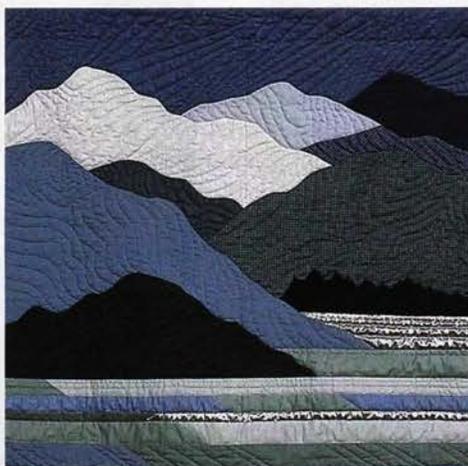
"Aurora Florencias" - Emily Vermillion, BZ



Pottery - Amy Will, BX



"Oakland Bay Bridge," San Francisco - Geraldine Rasmussen, ΔK

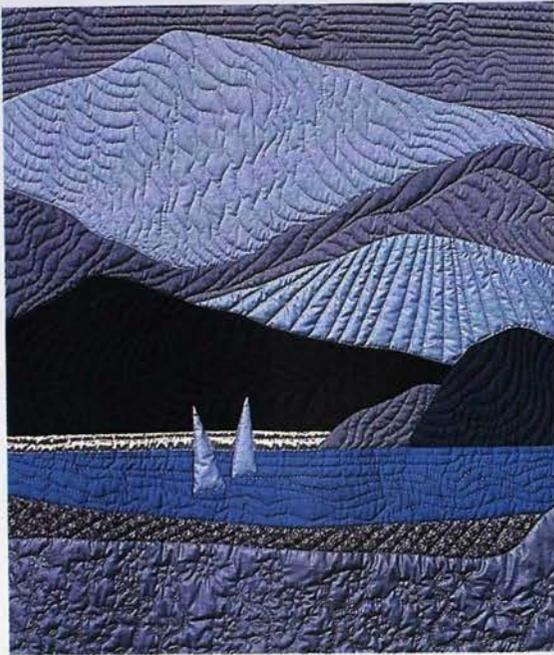


"Green Mountains" - Lucretia Romey, Δ



"Road West" - Marjorie Schwartz, BO

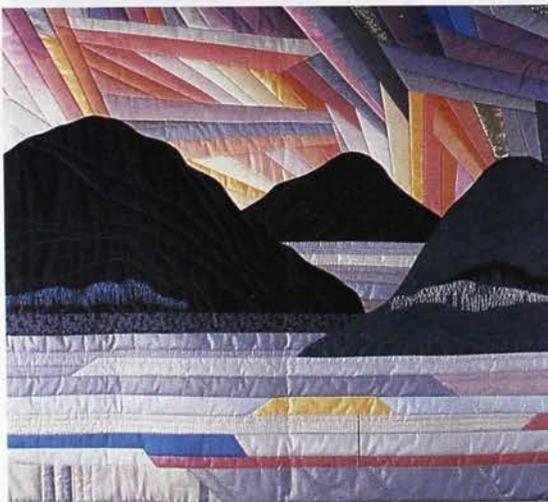
Horizons in Art



“Blue Mountains” - Lucretia Romey, Δ



“Fjord,” Norway - Marjorie Schwartz, BO



“Mountain Sunset” - Lucretia Romey, Δ



“Montana” - Marjorie Schwartz, BO

**ACCENT ON ALUMNAE ACTIVITIES**

**Los Angeles–Westwood (CA)** has formed a Kappa Professionals group to enable working women to participate in Kappa alumnae activities. The group has a monthly breakfast meeting in downtown Los Angeles. This opportunity of getting together in a central location near their workplaces has offered a wonderful friendship group for Kappas of various ages and occupations.

**Phoenix** netted \$3200 through admission and raffle ticket sales at its

26th annual fund raiser to benefit Upward Foundation, a non-profit preschool with rehabilitation services for infants and young children. This year's event was a luncheon and children's "Wonderland" fashion show. In addition to the fashion show, the 200 guests were entertained by a magician and a Valley Youth Theatre group which presented the "Croquet Scene" from *Alice in Wonderland*. An Upward Foundation slide show was also shared. The finale of the after-

noon children's fashion show featured "pops 'n' tots," tuxedo-bedecked dads who accompanied their young models on stage.

**San Antonio** has found a new secret "ingredient" for a successful fund raiser — hostess a Kitchen Tour and Boutique. More than 60 alumnae were involved in accomplishing the association's goal of making such an event a good fund raiser to generate money for Kappa and community philanthropies.

Five Kappas graciously opened their homes for the tour. Guests were treated to kitchen decors ranging from English Country to American Folk Art. In addition, a boutique was open at each home featuring Kappa craft items, baked and canned goods, as well as specialty items brought in by local vendors.

To accommodate work and school

schedules, the tour began on a Thursday night with a buffet preview party. Friday hostesses greeted guests from 10 A.M. until 4 P.M.

The San Antonio alumnae are busy planning their second Kitchen Tour which promises once again to be as much fun for the visitors as for those hosting. This Kappa sharing of homes and gracious hospitality will

continue to provide the money for philanthropic projects.

**Clearwater Bay (FL)** started out to build a dollhouse as a fund raiser for Epsilon Zeta-Florida, and ended up with a special interest group! They met once a week for a year and the completed house netted more than a \$1000 for the chapter!



Kingwood (TX) alumnae "stuffing a spud" during their successful "Wear Your Colors and Keys" evening which included a ritual review, Kappa trivia quiz, and sweatshirt raffle.



During a children's Wonderland fashion show to benefit the Upward Foundation, Alice and the White Rabbit join Phoenix alumnae and guests after their youth theater group presented the "Croquet Scene."



"Out and Abouts" of the Northern Virginia Association enjoying a tour of the National Building Museum, one of the more than 30 outings planned by Barbara Armstrong Wilkins, B.A., (center) since the interest group was formed in 1983.



Hostesses admire San Antonio (TX) Culinary Boutique items just before the crowd leaves the tables bare.



A "small but happy to be there" group of Meadville (PA) alumnae celebrate the 85th anniversary of her initiation with Gail Richardson Lyndon, Allegheny. Gail, 104, known for her twinkling eyes and vibrant personality, was an active alumna and frequent visitor to her chapter. She has a special place in the hearts of many Gamma Rho college generations.

# The Kappa Kappa Gamma Foundation

## Reflections of the Past; Plans for the Future

How do you tell the story of a fraternity that is on the cutting edge in 1991 against a background of mid-19th century Victorian room settings? Actually, it's easy when you remember what trendsetters our six founders were, seeking degrees in higher education in an age when women were reluctantly, if at all, admitted into colleges.

Kappas have always been leaders and establishing the Heritage Museum ten years ago was a first in the fraternity world. Unique also, in the museum world as well as in the fraternity world, has been our success in combining a gracious residence for Fraternity officers and committees during meetings with a house museum



hostesses. In just the last fifteen months more than 900 visitors toured the Museum. This number includes 600 non Kappas in addition to several Kappa pledge classes and chapters from the surrounding area. Several years ago an internship was endowed. This year marks the ninth summer we've offered a twelve-week internship to a Kappa senior or graduate interested in the field of museum studies.

Looking forward to our second decade, as part of the newly created Kappa Kappa Gamma Foundation, we stand at the beginning of a new era for the Museum, and the future is exciting! Not only is the Museum important to Kappa, it is also a signifi-



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*The Heritage Museum front yard will be relandscaped with authentic 19th century Victorian plantings.*

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of period rooms which is open daily to Kappas and the general public.

Now as we celebrate the Museum's tenth birthday, it is time to look back, reflect on our past, and plan for the future. Our first decade was spent collecting important Kappa memorabilia — badges, documents, gowns, and Kappa artifacts and furniture belonging to founders or used in early chapter and Fraternity life. A Heritage Museum Guild and a Docent Organization were created and Columbus alumnae were recruited to give tours of the Museum and act as



cant Columbus, OH, landmark because of its historical and architectural importance. Little has been done to the interior since the Museum opened. Walls, curtains, upholstery, carpets have not been touched in years and are in sore need of restoration. The Museum committee engaged a consultant, Ulysses G. Dietz, Curator of Decorative Arts, Newark Museum, Newark, NJ, to ensure that all furniture arrangement, colors, wall treatments, and floor coverings will be accurate and in accordance with the latest scholarship. A gift from the Houston Alumnae Association made this consultation possible.

In 1992 Columbus will host America's first international floral and garden exposition, AmeriFlora '92, to commemorate the landing of Christopher Columbus. Visitors in the millions are expected and the entire city is caught up in the celebration. The Heritage Museum front yard will be relandscaped with authentic 19th century Victorian plantings. Tyler, TX, alumnae are giving old fashioned roses and Bea Gaches Gardner, Washington, (Profiles, *The Key*, Spring 1989) is supplying bulbs. Proceeds from last summer's post-convention tour sponsored by the Museum are funding the project.

Recently the Foundation and Fraternity occupied the second floor space of the former stable area of 538 E. Town St. In addition to a room of Kappa archives, a lovely, spacious room was created for conferences, lectures, Guild meetings, and rotating Museum exhibits.

The newest venture is launching a Historic Alliance Tour. We've joined with two other living museums also listed on the National Register to offer a half-day tour which illustrates the transition from frontier community life in the Columbus area to urban life in elegant mansions. It is a big step toward fulfilling our mission "to use the history of Kappa Kappa Gamma as background and continuity for educational programs about the changing societal role of women in higher education."

The Museum Committee members are Kappas with strong museum experience in their home towns, and are committed to managing the Museum according to the highest professional standards recognized by reputable museums everywhere.

— **Martha Hodson Erwin, Texas**  
Chairman, Heritage Museum



## DARE TO DREAM

One year ago the Kappa Kappa Gamma Foundation Committee was appointed and began to function . . . another step toward fulfilling the dream of securing the future for the Fraternity's philanthropic, educational, and leadership programs. Most great ideas begin as someone's dream . . . and those prescient Kappas who led the Fraternity down the path toward a fiscally secure tomorrow are seeing their "great idea" moving closer to reality.

Daring to dream seems inherent in Kappa history. Our Founders, by attending Monmouth College, were identified as "modern" women. Perhaps today we would call them "women of vision" as they established themselves in the academic arena which until then had been almost exclusively inhabited by men. They gathered to affirm themselves and their place in the society of the 1870s just as young women of the 1990s are struggling with exciting, complex and often confusing opportunities.

The basic values the Fraternity has to offer collegians have remained comfortingly constant . . . the warmth of friendship, a home away from home, opportunities to develop leadership skills, the fun of community living, a setting in which lifelong bonds of sisterhood are nurtured . . . and the list goes on. However, in 1991, being a member of the Fraternity provides much that extends beyond life on the campus. Through the pages in each issue of *The Key* you will read of the activities, the progress, and the dreams of YOUR Foundation and learn how and why you should be proactive in helping secure the programs for future generations of Kappas.

The goal of establishing an endowment was accomplished through The Adelphe Campaign which officially concluded June 30, 1990. A final report of the results of the campaign has been compiled and will be distributed to Adelphe donors.

Project 2000 is a scholarship endowment program, established by resolution at the 1990 General Convention, in which many individual

chapters are participating. This project will provide scholarship money in perpetuity for members of contributing groups. The scholarships will be awarded for the first time at the General Convention in 2000.

You as Kappas underwrite Foundation programs, scholarships, financial aid, the Heritage Museum, and the Foundation Office through whatever giving opportunity you select. You are all fellow dreamers. You are the ones who understand the dreams of today and are committed to the success of tomorrow. *The Celebration of Giving* was published last year to honor and recognize you, the donors. The original intent was annual publication; however, to minimize Foundation expenses the Board of Trustees voted to publish it biennially. This will continue the desire to thank generous donors while practicing fiscal responsibility. The next *Celebration of Giving* will be published in the fall of 1992 . . . watch for it . . . look for YOUR name!

So . . . dream your dreams . . . whether your calling is motherhood, medicine, or the military . . . your only limitation is the scope of your dreams and your commitment to them. The dreams of the Kappa Kappa Gamma Foundation are many and admittedly ambitious . . . but the commitment of the Foundation is great and with all Kappas dreaming together anything is possible . . . dreams become reality . . .

— **Robin Whitfield Brown, Texas Tech,**  
Foundation Chairman

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*See ad on page 25*

# "Loving Landlords"

## Redo Kappa Houses

by Mitch Hielt Pflugh, Colorado

*To redo or not to redo? That is not a choice!*

**R**ather, for chapter House Boards it has become a matter of when, how, and how much to redo! Whether it is to renovate, redecorate, restore, repair, or remodel, many chapters have recently completed or will soon experience one of these phases of house management.

The years after the Great Depression were years of expansion and growth everywhere. Kappa chapters grew in size and new chapters were added, creating the need for new houses and the remodeling of older buildings to suit chapter needs. Even before that time, the Fraternity recognized a need to assist chapters with house planning and financing. In 1930 the Chapter House Building and Financing Committee was created and in 1939 Catherine Kelder Walz, Michigan, was appointed Chairman and served until her retirement in 1970. Frances Sutton Schmitz, also Michigan, a registered architect, was a consultant to the Committee from 1946 to 1970. In fact, Frances and her husband, Herbert Schmitz, designed 26 of the 53 Kappa houses constructed or remodeled between 1939 and 1970.

Today, a half century or more later, many of these houses are in great need of attention. The Fraternity has once again enjoyed a period of growth and expansion installing 19 chapters since the decade of the 80s began. Many chapter facilities are inadequate, particularly in terms of chapter meeting rooms or dining space.

Mary Lou Griffith Gardiner, Missouri, current Housing Chairman, reports that there are now 68 chapters in houses, 34 with apartments or lodges, and 19 are unhoused. Each has a space problem. Chapter members are asking, "Can a wing be

added?" "Can we create new space somehow?" or even something as simple as "Where can we put the computer?"

*Enter stage left, the House Board with its magic wand.* If only it could be that easy! Helpful husbands and Kappa sons may be drafted for a "work day" of painting or planting. Meals may be delayed and the phone rings off the hook when Mom spends months talking with architects, builders, and decorators or she may be the decorator! Blood, sweat, toil and tears flow freely when the hammer hits the nail . . . right on the thumb, the trim needs a final coat of paint the day before Rush begins, or frustration abounds when the search to find new chairs to match old tables seems hopeless. But eventually, somehow, it all comes together. The "unsung heroines of the Fraternity—" those apparently tireless, usually patient, seemingly magical House Board members — make it happen through countless hours, months, and years of devoted effort.

In no way can these years of work be condensed into a paragraph of description, but a glimpse of several recent projects shows how these complex renovations were handled successfully.

**BETA CHI-KENTUCKY** can now seat the entire chapter in one place at one time! A lovely 1800s home was purchased in 1957 and more than doubled in size with a 9200 square foot addition, allowing about two-thirds of the 65 members to be housed. With the chapter numbers now approaching 150, more space was needed. While painting, papering, and carpeting provided attractive redecorating of "old" public areas, plans were also being made for parking area changes and an addition. The chapter members were somewhat distressed at the early hour at which the

workmen started, but took it in stride, looking forward to all the improvements.

Construction costs were about \$6,000 over the estimated \$201,000, with much of the extra cost going toward the Fire Marshal's requirements and a security system which ties in with the university police desk. Additional dining room tables were purchased but funds were insufficient for more chairs. Alumnae are being encouraged to "endow a chair."

House Board President, Anne Hall Atchison, Kentucky, offers words of caution and encouragement. "Any group having renovation plans should take it slowly — step by step . . . [then] if all these elements are in place — an interested, willing board; cooperating chapter and alumnae groups; an eager, willing House Director; financing; a good contractor and the good fortune to have no problems with the weather once you start, it can be no problem — just stand back out of the way and let it happen!" It happened right on schedule with time to celebrate! Just before the chapter returned for Rush, the house was the site of a celebration dinner for all who had helped during the many years of saving and planning.

"before" sideview



"after" additions and changes

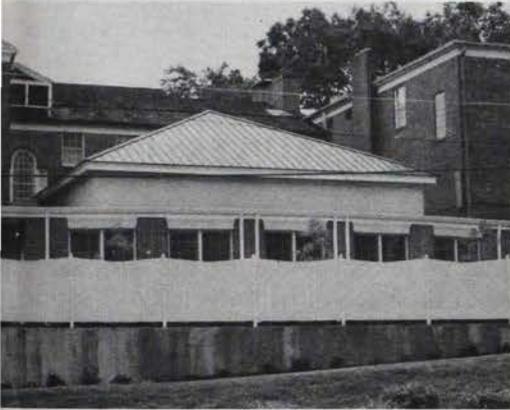


BX-Kentucky

backview "before"



"after" new dining room



ΔP-Ole Miss

**DELTA RHO-MISSISSIPPI** finally had "room to spare during Rush!" Despite previous renovations and additions, the dining room could accommodate no more than 80 for a chapter almost twice that size. Under the supervision of House Board President Lea C. Davis, Mississippi, Board members pitched in with their particular expertise. One member was the decorator. Another handled all the landscaping, including underground sprinklers. Still another handled the details of financing. The work was done during the summer to avoid inconveniencing the chapter and it took the House Director a full week to clean up all the dust before members returned in August to enjoy their new 200-seat capacity dining room. One end even has a stage which was designed by the University Drama Department. House Board members regret not being able to see the chapter enjoying the house very often since most live 25-75 miles away.

**GAMMA PI-ALABAMA** is enjoying new uses for old spaces according to House Board President Miriam A. Locke, Alabama. The latest renovations involved the creation of "of-



ΓΠ-Alabama turns a cheerless, ugly basement into an attractive, functional study room.

ices" for more efficient and comfortable chapter management. The former "pressing room" now contains a typewriter and duplicating machine for officers' use. The former Chapter Council room houses a computer with a direct telephone line to Fraternity Headquarters. This room is kept locked, with keys available only to the Treasurer and President.

A cheerless, unattractive basement room has been treated to new lighting, paneling, carpet and brightly upholstered furniture creating a comfortable and inviting study room. A delighted chapter showed appreciation by improving its academic standing.

The evolution of this house, which has kept pace with chapter growth and changing needs, began in the early sixties and is the result of an exceptionally cooperative and vigorous House Board. Plans are now underway for an extensive patio.

**GAMMA DELTA-PURDUE** completed a major remodeling in 1957, but the growing chapter of today needed even more space. Therefore the House Board prepared for action by dividing into two groups, one for building plans and one for finances. Katie Hughes, Colorado, Board President, said they thought it wise to hire a professional to assist them in reaching the \$550,000 goal.

For some members mammoth responsibilities became a full-time job! Supervising the construction of a new wing included coordinating ideas, approving the architect's plans, choosing and contracting with building companies, and working with the decorator.

The new wing will include an activity room and chapter room, with additional study and dorm rooms above. A handicap ramp will provide easy access.

The actual joining of the new wing

### For and About House Boards

Kappa chapter property values total more than \$80 million.

#### House Board Concerns:

- Rising insurance and maintenance costs
- Large pledge classes and older, inadequate facilities
- Liability of House Boards
- Fire safety
- Overall safety of members in Kappa facilities
- Shortage of volunteers to serve on House Boards

#### Trends in House Board Activities:

- Renovating, refurbishing, and expanding Kappa facilities
- Fund raising to support these projects
- Spending much time and thought on facility safety
- Complying with stricter Fire Marshal guidelines
- Implementing government guidelines for the handicapped



ΔP—Ole Miss dining room boasts a stage designed by the drama department.

to the older house was done this summer, so undergraduates were able to remain in the house throughout the spring. Entering the spirit of things, they even incorporated the building process into a new rush skit using overalls, Lego blocks, and toy construction trucks for props. Although everything will be completed before the fall term begins, their official celebration will be held in October . . . a wonderful homecoming for those who have worked in support of this major Kappa commitment.

**PI<sup>3</sup>-CALIF., BERKELEY** is also enjoying the results of a variety of improvements. A House Board work day produced repainted bedrooms which then received new beds, dressers and bookshelves. Stainless steel racks and screens enhanced the kitchen. A rose garden, hedges and flowers spruced up the yard and a bike rack eliminated the problem of bringing bikes into the house for storage. The next step, according to House Board President Lynn Brown Little, Berkeley, is to raise the money for a \$60,000 fire sprinkler system..

**EPSILON OMICRON-CALIF., DAVIS** encountered an unusual problem stemming from the house's age. If renovation were not undertaken before this house (built in 1939) was 50-years-old, special historical landmark requirements would have been imposed!

Margaret Jean Shannon Powell, Kansas State, well understood the needs of the chapter since she served as House and Membership Adviser. A professional environmental designer, Margy's constant monitoring of the remodeling contributed to the successful completion just as members returned for the fall term. Costs were

financed through commercial lenders and an intensive fund-raising campaign.

A slide show of "before and after" pictures was produced by the chapter to document the work. Design major and House Chairman Christy Hill worked with Margy and used the experience as part of her portfolio in searching for a job.

**BETA THETA-OKLAHOMA** says "Everything old is new again!" A six-year undertaking has touched every room in Beta Theta's 50-year-old house because, "Nothing had been done for years," says House Board President Barbara Thompson Bolen, Arizona.

To achieve this new look in the bedrooms, built-in desks and dressers were added, and wrought iron beds in use since World War II were given a fresh coat of paint to complement new brightly colored balloon shades and bed spreads. Recessed lighting made the study area more inviting while shutters, landscaping, and fencing gave a face-lift to the exterior. Much of the actual work was done by House Board members themselves which increases everyone's pride in all the changes.

**BETA ZETA-IOWA** faced major repairs on a 1900s structure with a 1960s addition. Designer Joyce Lichtendahl Pependorf, Cincinnati, working with Iowa City architects, began the remodeling with attention to stabilizing the foundation system and alleviating the site's poor soil consistency and water drainage.

Existing walls dividing the living and dining rooms were removed and replaced with a structural colonnade to enable the 140-member chapter to be seated together. The Kappa coat-

of-arms etched in a new window, provided a lovely focal point, while skylights added soft, natural light. Attention to details from floor to ceiling transformed the whole first floor. Rewiring of the entire structure, remodeling of bathrooms, first-floor air conditioning and exterior fencing and landscaping were all completed during the summer.

Interior designer Julia Petersen Prohaska, Iowa, handled the furniture and window treatment starting with the fleur-de-lis pattern that she picked up from the fan motif. Dining room tables were custom made. A palette of periwinkle, purples, greens and pink throughout the formal living room and dining room present a very light space now.

**ZETA NU-CALIF., SAN DIEGO** was challenged by renovating a rented property without incorporating too many capital improvements. A two-year lease on the condo, the wish to avail themselves of university housing, if available, combined with the visible wear and tear on furniture and carpeting posed a multi-faceted problem.

The House Board began with a surprise kitchen shower which, according to House Board President Carol Morrison Sobek, Arizona State,

Frances Sutton Schmitz, Michigan, Fraternity Consulting Architect 1946-1970, died January 15, 1990. The first woman architect to become registered in Michigan by examination, she worked with her husband in the firm of Herbert and Frances Schmitz, Architects. Among the 26 Kappa chapter houses they worked on are Gamma Epsilon-Pittsburgh (1964), Delta Omicron-Iowa State (1948-49), Delta Nu-Massachusetts (1964), Delta Eta-Utah (1963), Delta Tau-Southern California (1965), and Epsilon Zeta-Florida State (1961). She also worked with Clara O. Pierce, Ohio State, Executive Secretary 1929-69, in the remodeling of Fraternity Headquarters after purchase of the Town Street mansion, Columbus, OH. The Fraternity Alumnae Achievement Award was presented to Frances in 1962.



Rendering of the remodeled ΣO-UC Davis 1939 historical landmark house.

“inspired the nesting instinct, further nurtured by a professional cleaning once a month.” A color console television was another plus.

A new locking system eliminated the need for keys and a Kappa dad installed deadbolts on all doors for use after curfew. The landlord (Zeta Nu 1989 chapter President) provided carpeting, painting, and other items. Refinished and reupholstered furniture and a new mailbox system completed the new look and improved efficiency.

Carol Sobek’s words reflect those of all the House Board Presidents and project supervisors who contributed to this article. “The time commitment was substantial but very fulfilling . . . I have worked many years, in many dif-



BZ-Iowa . . . walls were replaced with a structural colonnade enabling expansion to a 140-seat dining room.



ΓΔ - Purdue House Board members discuss remodeling plans.

ferent capacities, for both the alumnae and chapters. Never have I taken on such a tremendous personal and financial responsibility in the name of Kappa. If I had known the extent of my hands-on involvement, I might not have plunged in so enthusiastically. Now that it is a project completed, I can rest with great pride in having helped to make such a tangible difference.”

Whether it’s a remodel with a large new addition or a repair to a sinking floor or a redecoration that transforms a “weary, mundane decor into a contemporary, tasteful showplace, where actives can congregate and be both comfortable and proud of their surroundings,” the common thread in all these renovation projects appears to be the committed Kappa volun-

teers — the actives, the alumnae and especially the House Board members — who find their reward from unselfish commitment to making a difference for others.

This commitment means that almost 1,000 House Board members take time from their busy lives to apply their time, talents, training and experience to maintaining and improving chapter facilities. From a work day of painting and planting to a two- or three-year involvement with a major building project, these women devote countless hours to making Kappa houses, lodges, condos and apartments gracious and welcoming homes-away-from-home. It is no wonder that the collegians have affectionately dubbed them “our loving landlords.”

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## the **Key**Notes KAPPA KAPPA GAMMA

### New Alumnae Editor Joins Key Staff

A dedicated volunteer for Kappa and her community, Carol Lash Armstrong, Miami (OH) joins *The Key* and will be handling news for and about alumnae. In addition to editing the "Kappa for a Lifetime" department, she is working on feature articles while also beginning a part time job as a recently certified travel agent.

A former interim Editor, Carol will again contribute her expertise, enthusiasm, organizational skills, and energy to *The Key*. Her numerous Kappa positions include Dayton (OH) Alumnae Association President, Delta Lambda-Miami (OH) Membership Adviser, Gamma Province Director of Chapters, Chairman of Chapter Advisory Boards, Assistant to the Director and Director of Membership, and currently Delta Lambda Chapter Council Adviser. Recently she led recruiting efforts resulting in a full, new Advisory Board! Carol and husband Ron, an endodontist, live in Kettering, OH, with their children, Kim and Mike. Welcome Carol!

### KeyMail

*Never, in any magazine, have I read a more sensitive, touching article than Carolyn Fields Wehner's "The Loneliest Illness . . ." while this issue on empowerment and the articles which support the belief that we can take and keep control of our lives were all interesting, "A Mother's Story" was particularly poignant. Thank you for sharing it with your readers. I will not forget it.*

— Ellen L. Vanden Brink  
National President,  
Alpha Chi Omega

*I have just read The Key, Summer 1991 from cover to cover . . . this is the anniversary year (#50) since my initiation, and I have seen a good many issues. However, I have never been prompted before to write. You have gathered some lovely pieces. The two on health problems brought special poignancy to readers of all ages since they present perspectives on too frequent problems in today's society.*

*But I was most touched by those of your Nautilus theme. Jean Wells' allegory*

*painted a wonderful set of memories for me. Mary Ellen Rodgers expressed exactly what I feel I gained from Kappa . . . and it all began for me at Miami just like the young Kappa in Carol Armstrong's initiate's letter. It is still going strong, though because of a very consuming career I have [not been an active alumna]. Perhaps that is still to come. My loss, as I read of all the exciting things Kappas add to their communities.*

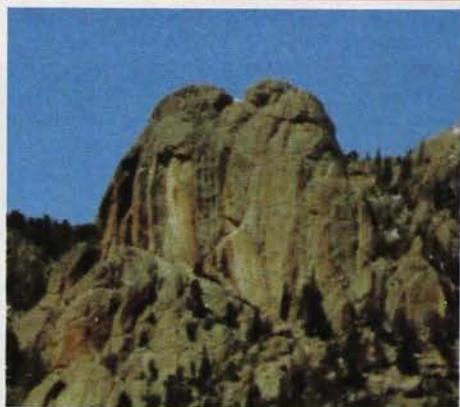
*Thank you and your staff for assembling this collection of articles which epitomize women's lives today . . . but made more special to your readers because we are Kappas.*

— Florence S. Cromwell, Miami (OH)  
Pasadena, CA

*I was thrilled to read the Summer 1991 Key. I believe strongly in the empowerment of women . . . contributors touched on nearly every issue to which I am dedicating my life's work. As a prevention specialist I am convinced that education about these common "family secrets" is our only real defense against continuing family dysfunction. I commend the Fraternity Council for implementing the **KEEP SAFE** rape and domestic violence prevention programs.*

*With the high correlation between alcohol and other drug abuse and the incidence of sexual and domestic violence, it is high time we Kappa's open our eyes to the scope of the problem. Perhaps we can prevent a sister or other loved one from falling victim to addiction and/or abuse.*

— Brenda R. Thomas, Kansas State '87  
Junction City, KS



**Kappa, Kappa . . . everywhere.** Jean Hess Wells, Georgia, Fraternity President 1976-80, continues to "find Kappa" in unexpected places on her travels. She found the "Kappa Path" sign in an isolated wooded area of upstate New York (*The Key*, inside front cover, Fall 1990), and the beautiful "Fleur de Lis Valley" outside Fort Collins, CO (Key cover, spring 1990). A recent "find" was "Twin Owl Mountain" in Estes Park, CO.

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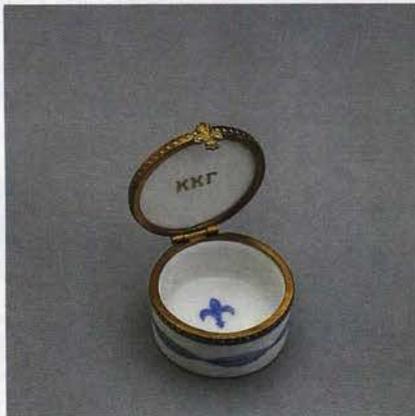
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(If you should have a question you may call Shirley Dickerson (214) 593-5845 Monday through Friday.)

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Send all notices of address changes and member deaths to KΚΓ Headquarters, PO Box 177 Columbus, OH 43216  
Phone: 614-228-6515

Address Correction Requested

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