



THE
Present

**BREAKING
BOARDS,
BREAKING LIMITS**

Hailey Reichelt (Valparaiso) travels the globe, competing in karate tournaments around the world with determination, dedication and heart.

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Summer 2026

GAMMA PHI BETA



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get in touch

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📷 @gammaphibetasorority 📘 Gamma Phi Beta

🖥️ GammaPhiBeta.org



ON THE COVER Hailey Reichelt (Valparaiso)

DEAR *Sisters*

I hope that you are enjoying the summer season and soaking up the warm weather. As fall approaches, I am looking forward to the new members who will be joining us, and the impact they will make in our True and Constant sisterhood.

Before the new school year, I would like to recognize the accomplishments of our current members. This issue's cover story features a young woman's road to victory in karate, while also highlighting her experience as a leader in her chapter. Her determination to succeed in a male-dominated sport showcases the strength and resilience she has needed to excel. Read her inspiring story on Page 22.

In this issue's Chapter Sweet Chapters, we first explore Evanston, Illinois, where we celebrate the reinstallation of Epsilon Chapter at Northwestern University on Page 10. From there, we head to Louisville, Kentucky and discover the sisters of the Louisville Alumnae chapter, made up of members from chapters around the country.

This summer, we will be celebrating Gamma Phi Beta's 82nd Convention in Louisville, Kentucky. On Page 30, Convention highlights are available with further information on how to find the full schedule and register for this memorable event — we can't wait to see you in Louisville!

If you are moving into one of our inviting chapter facilities this fall, the FMC shares some tips and tricks on storage-saving hacks on Page 32. Be sure to check out our Seen On Social standouts on Page 13, focusing on this year's record-breaking Gives Day.

Wishing you a wonderful and refreshing summer, sisters.

In LIKE,



Jennifer Moody (Texas Tech)

FMC Chairwoman



WHO IS JENNIFER?

Jennifer Moody is serving her second term as the FMC Board of Managers Chairwoman. Jennifer was initiated at Delta Epsilon Chapter (Texas Wesleyan) and graduated from Texas Tech University (Beta Tau) with a bachelor's degree in political science and a master's degree in accounting from the University of North Texas. Jennifer is a longtime Gamma Phi Beta volunteer, having served in various roles at the local, regional and international level over the years. She is also an 1874 Society member.

GO-TO COFFEE ORDER

Large caramel latte or an oat milk chai.

SIGNATURE ACCESSORY

My grandfather's watch and a pair of diamond studs.

FAVORITE CANDLE SCENT

Pumpkin spice or anything else baking related.

MORE THAN A COACH

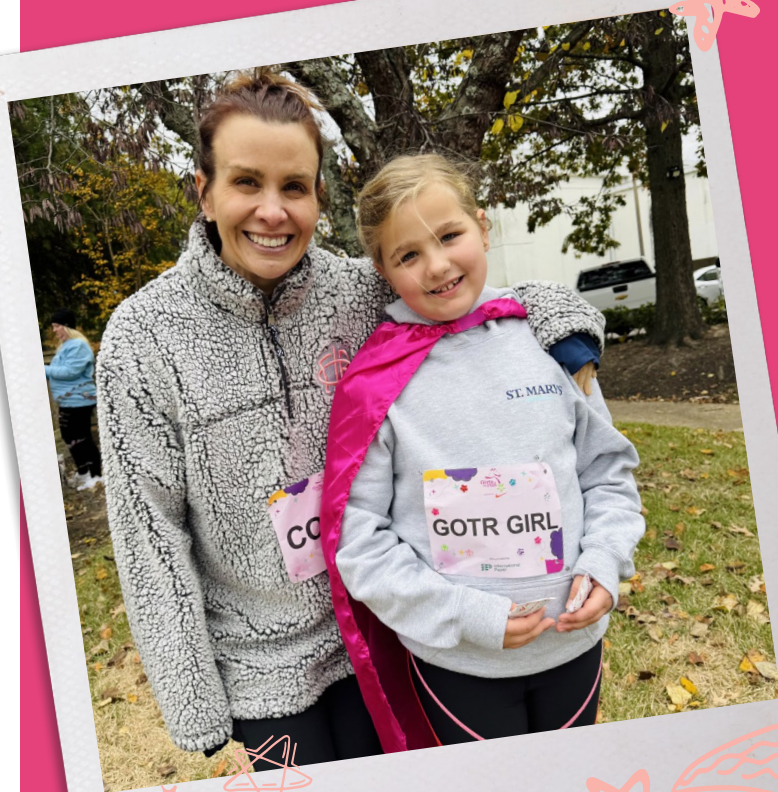
Despite the temperature dropping 40 degrees overnight, on race day, runners gathered at the starting line. As 25-mile wind gusts cut through the cold air, the discomfort was undeniable. These were not the conditions anyone had prepared for, but the participants didn't let the weather stop them, and they ran anyway.

As an alumna, Lillian Lammers (Denver) recognizes in Girls on the Run (GOTR) the same sense of sisterhood that shaped her Gamma Phi Beta experience. When her daughter Ingrid showed an interest in participating in the program, she felt a drive to volunteer as a coach, using her sorority experience to provide an example of what it means to be a sister who uplifts and empowers others.

The pride Lammers felt as she watched the girls cross the finish line was unforgettable. “[They] did not let the weather dampen their joy and excitement for the race,” Lammers said. “The finish line felt like even more of an accomplishment when considering the conditions they had pushed through.”

Gamma Phi Betas have long seen the impact GOTR can have on a young girl's confidence, friendships and sense of self. The program gives girls tools they can carry into school, relationships and everyday life. “The curriculum is so accessible for young girls, and it lends itself toward seeing the value in the lessons in the classroom, on the playground and in many other corners of the girls' lives,” Lammers said.

Lammers and her daughter worked together toward a shared goal of training for and participating in the race. As the season went on, Lammers noticed the impact the program was having on her daughter. “One afternoon, when driving home from team practice, my daughter made a comment to her sisters about working toward



Building Strong Girls

Gamma
Phi Beta
believes in
YOU!



a hard goal and believing it is achievable,” Lammers said. “At that moment, I realized how much the GOTR curriculum was connecting to her life.”

For Lammers, the value of the program is unmatched, and she recognizes the power it holds for young girls. “I wish that I had been able to have an experience of being a member of a team where the only people we were competing against was ourselves and our own negative self-talk,” Lammers said.

For mother and daughter, running together brought with it a memory that Lammers will remember forever. “I loved being a GOTR coach, but it was even more special to get to have this experience with my own daughter,” Lammers said. “Watching her take in the lessons and gain confidence throughout the season was pure joy!”

Lammers and her daughter have decided that one season is not enough and are eager to return to GOTR next season. “My daughter is very social, and I’m pretty sure that she enjoys the relationships with teammates more than she enjoys the running in the program,” Lammers said. “That is one of the best parts of GOTR — that even the non-runners enjoy being part of a team and learning the curriculum with their new friends.”

The lessons learned through GOTR are not soon to be forgotten by Lammers and have helped to shape her understanding of the program’s mission. “Building Strong Girls means helping girls develop the skills and equipping them with the tools to be more confident, resilient, daring and collaborative in any hard task they decide to take on,” Lammers said.

On race day, those lessons were already in motion. Not just for the girls who crossed the finish line, but for the woman who ran beside them.

WE WANT TO HEAR YOUR STORY!

Email thecrescent@gammaphibeta.org to share how you or a sister have been impacted by Building Strong Girls.

**ACTIVATE
YOUR
STAR
POWER**

Confident Women

Based in New York City and making waves in national media outlets like Women's Health and CNN, EM Nutrition strives to assist others in developing a positive and lasting relationship with food. Founding the company after finding her passion for healthy living, Martorano's mission is to educate her clients in guilt-free and anti-diet eating habits and practices, empowering them to live wellness-focused lives.

Emily Martorano

(Delaware)



Katie Leinenkugel

(Minnesota-Twin Cities)

Founded in 1867, Leinenkugel's is best known for its weiss beers and lagers, like its famous Summer Shandy. Now, a sixth-generation leader, Leinenkugel has stepped into the role of president of her family's long-owned and widely renowned company, continuing the legacy her great-great-great grandfather began 159 years ago.

Hey, you. Yeah, you!

You're a confident woman, and we'd like to hear from you. Send a brief bio and high resolution headshot of yourself to thecrescent@gammaphibeta.org for a chance to be featured.



IZZY PINGREY
(Boston)

From singing alone to playing on a stage in front of eager listeners, Pingrey uses her gift of songwriting as an outlet for storytelling. Widely popularized on Spotify and YouTube, her debut EP proved transformative for her career as a musician. Citing her experiences with love, friendships and heartbreak as inspiration, she is moving her way to the top of the music charts.



Check her out on YouTube!



MARLO FAULKNER
(Idaho)

Writing a book is no easy feat, but Faulkner never let anything stand in the way of her dream of becoming a published author. Through the release of her first novel, "The Second Mrs. London: Charmian Kittredge Shares Her Life with Jack London," she credits this achievement to her lifelong career as a writer, spanning thirty-five years, and the idea that through hard work, dreams do come true.



ANDREA GONZALES
(Texas A&M-Corpus Christi)

Without dedicated workers like Gonzales, air travel would prove more challenging. Earning the role as an industrial engineer intern for Turbine Engine Specialists, she assisted in the maintenance and repair solutions for jet engines and APUs, tending to safety and quality in each project, while also gaining valuable experience in her road to becoming a future engineer.



Melissa Posh

(ILLINOIS STATE)

Designed for all occasions, Hi Love Travel bags aim to provide more than just a fashion accessory. As founder and CEO, Posh works to instill a feeling of love and inspiration in the making of all products, as well as the core foundation of the company, and focuses on providing stylish and versatile bags for every purpose.

Sleep: The Most Underrated Leadership Skill

We have all been there: nights where falling asleep feels impossible. Instead of counting sheep, we are counting tomorrow's responsibilities. Our unfinished to-do lists linger in our minds, and our focus shifts from getting a good night's rest to worrying about unanswered emails, academic deadlines or chapter

commitments. Even one night of inefficient sleep can reduce creativity, productivity and focus. We believe that strong leadership begins with prioritizing self-care, which includes creating healthy sleep habits. With a few simple steps, you can shift your nights from restless to restored.



Caffeine Cut Off: Sometimes a morning (or even an afternoon) coffee feels like a necessity to get through a busy day but be sure to keep your sleep schedule in mind. Stopping your caffeine intake eight hours before bedtime can assist you in falling asleep easier and quicker.



Consistency is Key: Small habits create big changes. Consistently starting and ending your day at the same time puts your body on a clock, until eventually you will drift to sleep with ease. Be sure to set your alarms for morning and night for that friendly reminder to get moving or to call it a day.



Power Down: In a world run by screens, sometimes it is important to take a break. Putting away electronics at bedtime helps to reduce distractions and shifts your focus from the outside world to prioritizing your sleep quality. Try putting away the phone or computer before bedtime and see what a difference it can make for you.



Mindset Reset: We all have stressors that sometimes feel like they are piling up, and we need a healthy way to release them so that they don't get in the way of our sleep patterns. End-of-the-day journaling is a productive way to reset your mind before getting some Z's.



Let the Morning Light In: Sunlight intake at the start of the day has been proven to play a vital role in regulating and improving sleep quality, significantly impacting our ability to fall asleep quicker. When you wake up, be sure to open a window and soak up some vitamin D.



COLLEGIATE

Chapter Sweet Chapter



EPSILON

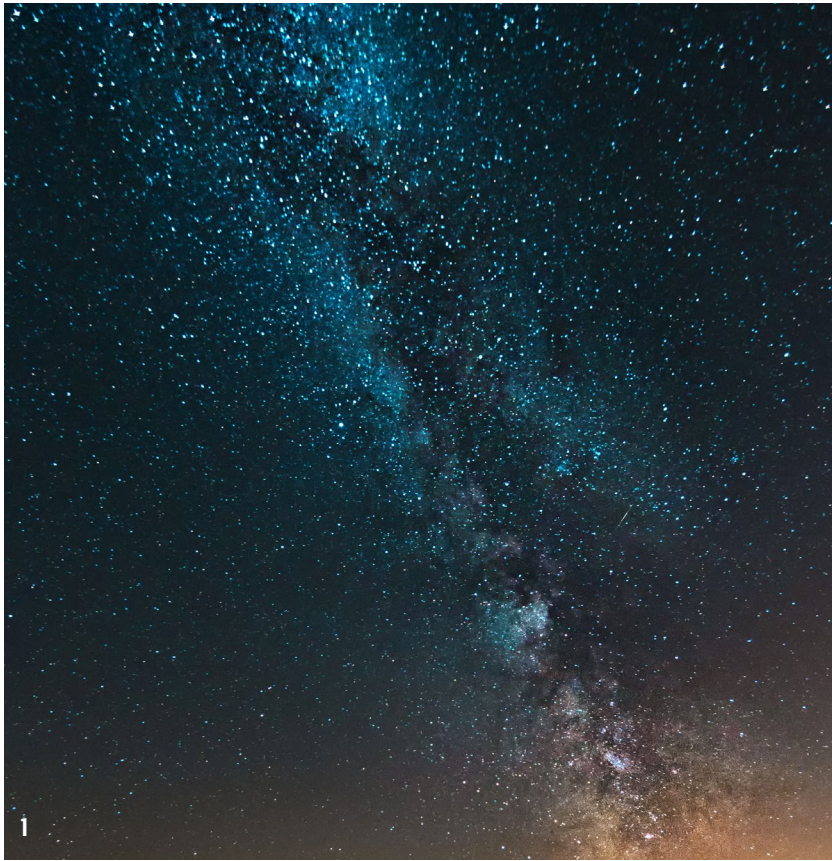
(Northwestern)

Epsilon Chapter was installed at Northwestern University in Evanston, Illinois, on October 13, 1888. On August 31, 2020, the chapter was temporarily suspended amid a changing campus climate.

With the news of the chapter's return officially announced in September 2025, and after nearly six years away from campus, the chapter has been formally reinstalled, marking a new beginning for its members and its legacy. In March, the chapter celebrated their first bid day,

welcoming new members to rebuild the chapter's presence.

The return emphasizes bringing our Sorority's values of Love, Labor, Learning and Loyalty back to the Northwestern Panhellenic community. Its members remain hopeful and future-focused, while honoring alumnae, welcoming new members and rebuilding an empowering sisterhood. Epsilon's legacy endures, now carried forward by a new generation.



1. DEARBORN OBSERVATORY

Free and open to the public every Friday evening, this historic 130-year-old building offers tours where guests can see celestial objects and sky views through a telescope or under a moving dome.

2. MERRICK ROSE GARDEN

A public and free venue and known for its extensive collection of over 200 rose varieties, the garden provides a serene and scenic atmosphere for all visitors.

3. EVANSTON HISTORY CENTER

Dedicated to collecting, preserving and sharing the history of Evanston, the museum aims to educate and inspire the public by offering walking tours, educational programs and exhibits.

4. EVANSTON SPACE

Host to a variety of music genres, local talents and music legends, the venue is known as the go-to spot for musicians and fans, while also offering a bar and merchandise area.

EXPLORE *Evanston*



2



3



4

CRESCENT CORNER

YOUR EXCLUSIVE SNEAK PEEK AT THE MERCHANDISE
COMING TO CONVENTION 2026 IN LOUISVILLE



CRESCENTCORNER.COM



cnugammaphibeta HAPPY GAMMA PHI GIVES DAY!! 🌟💕
 From March 24th to March 25th, 1,874 minutes of Gamma Phi Gives Day starts now!

You can choose what your gift supports!!

- 🎓Scholarship
- 💕Loyalty Grants
- 👯Investing in Sisterhood
- 🌙Bedi Initiatives
- 💻Ogden Technology Fund
- 🎓Educational Programs
- 👑Dorothy "Jan" Jones 1874 Endowment

Every dollar makes a difference! 💕
 Give now via the link in bio!

XOXO.
 Gphi B 🍷
 #gammaphigiveday #gammaphibetasorority



utsagammaphi Celebrate Gamma Phi Gives Day with us! This 1,874-minute fundraising campaign is dedicated to supporting our sisters through scholarships, Loyalty Grants, and other chapter needs. The 1,874 minutes honor our founding year, with the campaign beginning today at 10 AM CT and concluding tomorrow at 5:14 PM!! Little words from our Foundation Relations chair, Adrianna: "Gamma Phi Gives Day is important to us because we love the Gamma Phi Beta Foundation! This helps us highlight our Core Values of Learning and Loyalty. With the scholarships, fellowships and hardship grants the Foundation has helped many sisters across the nation! Being a part of a sisterhood that has opportunities like this is one of the best things in the world!"



wmgammaphi Join us for Gamma Phi Gives Day, a 1,874 minute online campaign that raises funds to help out sisters in Gamma Phi Beta through scholarships, Loyalty Grants and other Sorority needs! 1,874 represents the year of our founding, with the campaign starting 11 AM Eastern Time today and ending tomorrow at 6:14 PM.

From our Foundation Relations chair, @it.sjulianna Choose which part of the Foundation your donation will go to at the link in our bio! To join Carnation Nation, gift 18.74 or more to the Investing in Sisterhood fund or click the Carnation Nation tab! The Chapter raising the most money from collegians and alumnae will receive a sisterhood social catered by Upper Crust food service, and the Chapter with the most Carnation nation members will receive and \$1,000 leadership grant. Share the love and donate! #GammaPhiGivesDay



minnesotagammaphi Gamma Phi Gives Day 2026 🌟 From 10am March 24th to 5:14pm March 25th all funds raised will go to supporting sisters and securing our sisterhood! Please join us during these 1,874 minutes by donating through the link in our bio and our story 💕

Seen on Social!

This year's Gives Day set a new record of \$328,439 raised! Thank you to our 1,300 donors and our 259 ambassadors representing 123 chapters, as well as everyone who participated in donating!

Pssst: Don't forget to tag us @gammaphibetasorority for a chance to be featured on our official IG or here!

FOLLOW US ON SOCIAL MEDIA



@gammaphibetasorority



gammaphibetauwm Gamma Phi Gives Day 🌟 For the next 1,874 minutes you can donate now to help support our sisterhood! This year Gamma Phi Beta aims to surpass \$1,000,000 raised for our Foundation.

Help us support our sisters this Gamma Phi Gives Day and accomplish our goal to raise funds to change Gamma Phi Beta sisters' lives.

2026-28 International Council and Nominating Committee Slate

Each biennium at Convention, Gamma Phi Beta holds elections to fill the elected positions on International Council (IC) and the Nominating Committee (NC). The NC is defined in the Sorority's Bylaws to identify, recruit and slate potential candidates for election to the NC and IC. It is comprised of seven elected alumnae members, two appointed collegiate members and one appointed chair.

Gamma Phi Beta is dedicated to diversity, belonging, equity and inclusion (BEDI) and seeks this commitment reflected in its leadership. Service on the IC or the NC is a significant opportunity open to all alumnae members in good standing who are committed to executing the duties of the role.

The NC approached the development of this slate with the understanding that the effectiveness of any team depends not only on the strengths of individual leaders, but on how well the team functions together in service of Gamma Phi Beta's mission and strategic priorities. Candidates who consistently demonstrate competencies, knowledge, skills, attributes and other characteristics that foster team cohesion, enable strong trusting relationships and prioritize the organization above personal interests.

The NC process emphasizes broad member participation, inviting all members to nominate candidates and provide feedback throughout the biennial cycle. This model relies on an elected NC to do the heavy lifting: conduct a thorough and thoughtful analysis of candidates for elected service in the context of organizational health and future needs.

How does the Nominating Committee work?

2026-28 International Council



One International President



Six vice presidents

*Slated Officers
for 2026-28*

IC 2026-28 SLATE OF OFFICERS

- International President: Stephanie Gauchat Carriere (Arizona)
- Vice President: Callie Cox Bauer (Minnesota-Twin Cities)
- Vice President: Kimberly Chopp (California-Irvine)
- Vice President: Lindsay Healless (Wisconsin-Milwaukee)
- Vice President: Victoria Lopez-Herrera (Alumnae Initiate)
- Vice President: Jennifer Moody (Texas Tech)
- Vice President: Kristen Heine Slaughter (Florida State)

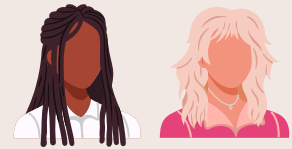
2024-26 Nominating Committee



One chairperson
(Appointed by IC)



**Seven alumnae
committee members**



Two collegiate members

Slates the below

2026-28 Nominating Committee



One chairperson (Appointed by IC)



Seven alumnae committee members



Two collegiate members



Two collegiate alternates

NC 2026-30 SLATE OF CANDIDATES

- NC Member: Megan Buffington (Minnesota-Twin Cities)
- NC Member: Joell Grager (Pepperdine)
- NC Member: Judy Graham (Oklahoma)
- NC Member: Laura Kobsa (Toronto)

NC 2026-28 SLATE OF CANDIDATES

- NC Member: Amber Flores (Midwestern State)
- NC Member: Lola Rodriguez Perkins (William & Mary)
- NC Member: Angela Waller (Texas Tech)

To read the full Report of the 2024-26 Nominating Committee, which includes the 2026-28 IC and NC slated candidates and their qualifications, go to GammaPhiBeta.org/NominatingCommittee.

ALUMNAE

Chapter Sweet Chapter



LOUISVILLE ALUMNAE CHAPTER

Installed in 1955, the Louisville Alumnae Chapter plays an integral part in creating a space for connection, support and friendship for its members. The chapter is made up of members from chapters spanning across the country, coming together to celebrate sisterhood and building confident women working together to create a stronger society.

The chapter actively supports the surrounding Kentucky collegiate chapters, Gamma Omicron (Kentucky) and Epsilon Sigma (Morehead State), by providing snacks during events such as recruitment and welcoming graduates into the alumnae chapter, providing a space where the sisters' True and Constant mission can continue.

Members of the alumnae chapter have worked diligently to create events such as Sisterhood Summer Series, which offered a floral design class, an afternoon luncheon and a visit to the Speed Museum. The chapter remains an active participant in the Greater Louisville Area Alumnae Panhellenic, supporting service initiatives that work to benefit the community.

Made up of young professionals, mothers, new graduates and graduate students, entrepreneurs, mid-life members, retirees and more, the chapter maintains a reputation for creating an inclusive environment where women are given the confidence to lead, inspire and make a lasting impact.

EXPLORE *Louisville*



1. CHURCHILL DOWNS

The site of the renowned Kentucky Derby, discover the home of America’s longest-running sporting event and learn its history at the Kentucky Derby Museum — don’t forget a fabulous hat!

2. MUHAMMAD ALI CENTER

Dedicated to the life and legacy of boxer, activist and humanitarian Muhammad Ali, this museum aims at fostering social justice, gender equity and youth leadership through the teachings of Ali’s core principles, as well as serving as a gathering place for community events and international education.

3. HISTORIC OLD LOUISVILLE WALKING TOUR

A tour of some of the largest Victorian mansions in the country, delve into the past and uncover the area’s astounding architecture under the guidance of an expert tour guide.

4. LOUISVILLE SLUGGER MUSEUM & FACTORY

Famous for its 120-foot steel baseball bat, the museum offers tours where patrons can view historic baseball artifacts, replicas and immerse themselves in interactive exhibits, while learning about baseball legends, like Babe Ruth.



GAMMA PHI *Vibes*

Your guide for finding the Gamma Phi Beta aesthetic in everyday places.



treat yourself

1. Target | Owala 32oz FreeSip Water Bottle in Read My Lips, \$34.99
2. ShopGammaPhi.com | Calligraphy Sorority T-Shirt, \$18.99
3. Crescent Corner | G-Phi Trucker Hat, \$24.50
4. Nordstrom | Pearlized Claw Clip, \$15
5. ShopGammaPhi.com | Beach Towel, \$29.99
6. Urban Outfitters | Intentionally Blank Cora Jelly Mary Jane Shoes, \$48



*Want to introduce
a potential
new member?*



Use this form to introduce a woman
to the Gamma Phi Beta chapter at her
campus. The chapter members will
receive this form prior to recruitment.



Dedication That *Transforms*

Gamma Phi Beta volunteers are valuable supporters who devote their time, energy, experience and expertise to the organization. They impact policies and programs that affect our sisterhood and play an active role in advancing our future. The benefits our Sorority, particularly our collegiate members, receive from our strong core of alumnae volunteers are immeasurable. To learn more about our volunteer opportunities, visit GammaPhiBeta.org/Member/Volunteers/Open-Volunteer-Positions.

Collegiate Chapter Advisors

Chapter advisors enjoy a rewarding opportunity to mentor, guide and support our collegiate members. A board of local alumnae motivates and advises each collegiate chapter in all areas of chapter operations, leading them toward future and continued success. A chapter advisor attends chapter and executive council meetings and chairs the advisory board. Other advisors include recruitment, new member, financial, education, public relations, ritual and scholarship.



International Volunteers

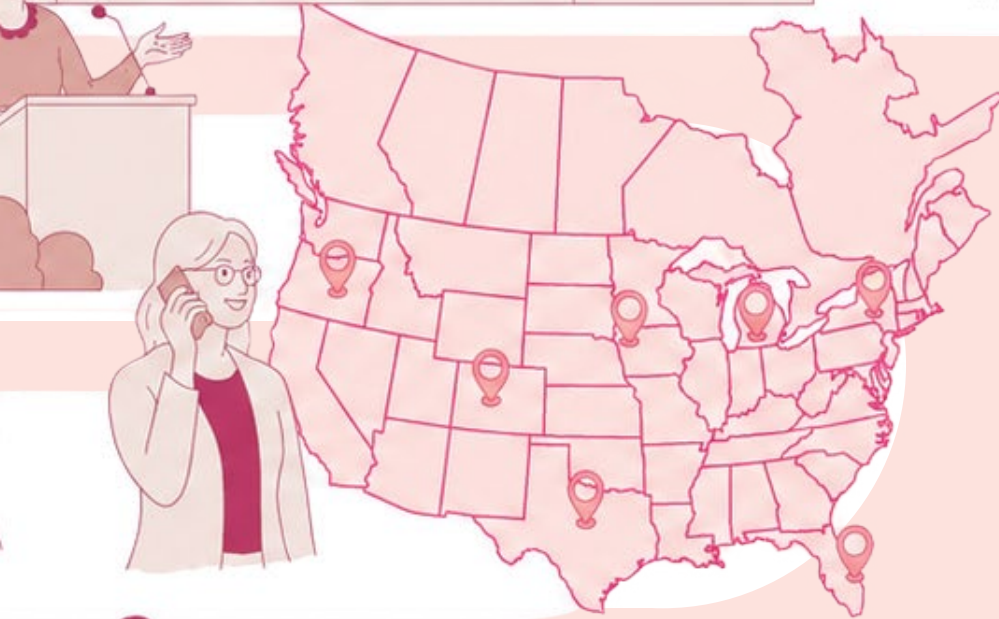
Volunteers serve a central role in the operations of the larger organization through roles focused on collegiate and alumnae experiences, as well as special projects. Each of Gamma Phi Beta's collegiate chapter regions is supported by a regional team leader and specialty area volunteers who help collegiate chapter officers and advisors create a premier member experience.

Alumnae engagement efforts are supported by volunteers in both long-term roles, like alumnae chapter supervisors, and shorter-term opportunities, such as Gamma Phi Get-Together and Dinner With 12 Sisters hosts. Alumnae also serve on a variety of committees and task forces to provide guidance and recommendations to the Sorority and help ensure Gamma Phi Beta is positioned for continued success.



Affiliated House Corporation

Alumnae with talents in facility management, personnel management, rental property or finance are encouraged to serve on their local affiliated house corporation (AHC). AHC volunteers help manage the chapter facility and day-to-day operations of the facility, including meal service, employee relations, maintenance and improvements. It is through their volunteer efforts that Gamma Phi Beta is able to provide chapter housing for its members.



International Council

Serving on International Council (IC) is one of the most revered and honored volunteer roles within our Sorority. The outstanding women of IC serve as the board of directors for Gamma Phi Beta and are charged with setting the vision of the organization. Voted into office by our membership at Convention, the seven voting members of International Council serve two-year terms.



Alumnae Chapter Leadership

Involvement as an alumnae chapter member provides a wonderful opportunity to remain actively involved with Gamma Phi Beta after college! Gamma Phi Betas of all ages are encouraged to join an alumnae chapter and become involved as members, officers and leaders.



BREAKING BOARDS, BREAKING LIMITS

By Jordyn Gassensmith, editor

The mat is quiet, but it won't stay that way for long. Hailey Reichelt (Valparaiso) knows that it is just a matter of moments before she is face-to-face with her opponent, who has flown from halfway across the world to face her. As the anticipation builds, she considers all that it has taken to get to this moment.

BREAK BOARDS

Where It All Began

At just eight years old, Reichelt was introduced to karate. Her siblings were first enrolled in the sport, and she would attend their practices, watching the other students beside the other spectators. She found herself never wanting to leave, in awe of the athletes' confidence and skill, and she eventually took on the challenge of enrolling in classes herself.

From that point, Reichelt had a determination to excel in her craft and began practicing Shotokan karate, ultimately achieving the rank of a second-degree black belt. The sport quickly became more than just a pastime, but a roadmap for Reichelt's life. "I realized karate was more than just a hobby for me when I could see more in my future for myself," Reichelt said.

On the World Stage

After years of hard work, Reichelt holds many achievements that she is proud of, but representing her country internationally on two United States of America (USA) National Teams has been one of her greatest accomplishments to date. "[R]epresenting the USA internationally is unlike any other [feeling] in the way that it goes way beyond myself," Reichelt said. "It brings a sense of another strength or power, knowing that I have the whole country supporting me, but I am also supporting the whole USA by stepping on the mat and showing the world what we have to bring."

Reichelt's experience in competing has spanned across the globe. She has traveled to Romania for the Karate Cup in 2022, Scotland for the World Championships in 2023 and to Bahrain in 2024, where she represented the USA at the ISF Gymnaside. In 2025, she competed with the USA National Team, traveled to Mexico for the Junior Pan-American Championships, where she won her national champion title, and competed in Sweden at the World Championships, where she earned one second-place medal and two third-place

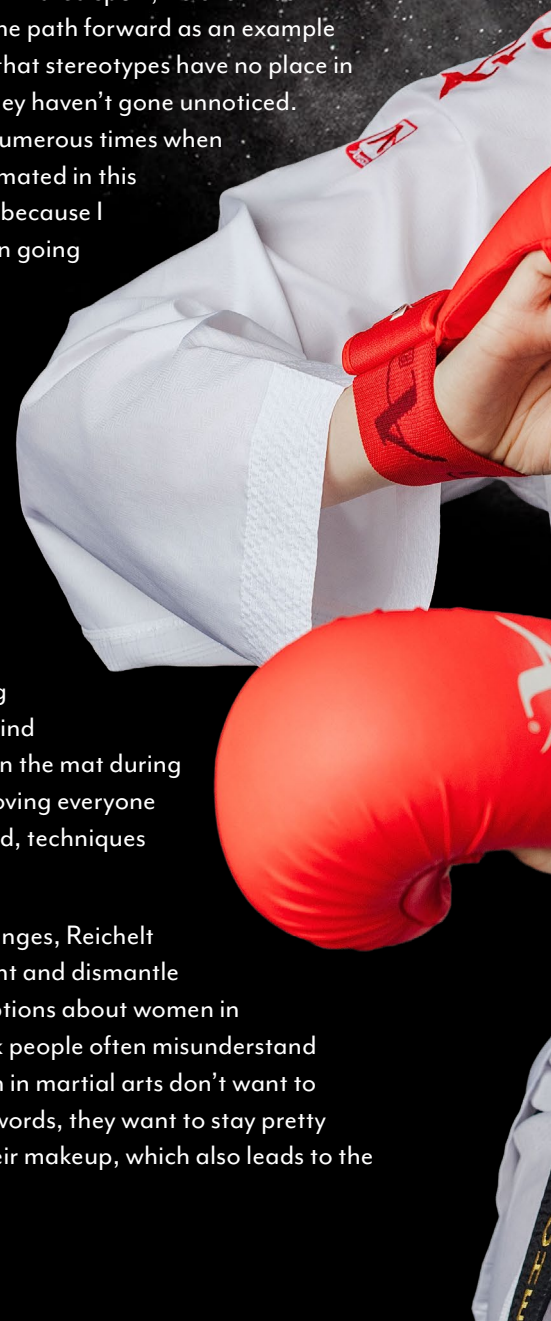
medals. So far this year, she has competed in the Virginia State Championship and has been invited to compete in South Africa for the African National Championships and the Afro-Asia Open.

Finding Strength Within

Typically a male-dominated sport, Reichelt has continued to pave the path forward as an example to women, proving that stereotypes have no place in the sport, though they haven't gone unnoticed.

"There have been numerous times when I have felt underestimated in this sport, whether it be because I am a woman or even going into more difficult tournament divisions," Reichelt said. These moments have only fueled her determination to succeed and redefine expectations. "I responded to these situations by staying calm, keeping my mind neutral and going on the mat during my matches and proving everyone wrong with my speed, techniques and spirit."

Despite these challenges, Reichelt continues to confront and dismantle common misconceptions about women in martial arts. "I think people often misunderstand or think that women in martial arts don't want to 'sweat,' or in other words, they want to stay pretty and not mess up their makeup, which also leads to the



WWS





BEAKING LIMITS

notion of women in martial arts being weak,” Reichelt said. But she has proven that she is anything but “weak,” and to combat this stereotype, she often wears her makeup when training and competing, showing that women in karate can still be powerful in full glam.

Reichelt uses these instances of others’ doubt to motivate her in not just her sport, but her life. She has found power in the doubt of others. “Karate has empowered me as a woman, because it has made me feel brave in times when I may not have if I did not know karate,” Reichelt said. “It has made me more confident to be me and be strong as a woman.” This confidence extends beyond competition, shaping how she approaches challenges in all areas of her life.

Strength in Sisterhood

Though Reichelt has accomplished many unforgettable achievements, she recognizes the support she has had along the way, crediting her sorority sisters for teaching her valuable lessons she uses on and off the mat. “My sorority experience has shaped who I am today, because I have been able to be a more confident leader and comfortable with who I am,” Reichelt said. “It has taught me to push myself in ways I had not considered, and allowed me to know that no matter what, there is always a reason to smile.”

Sisterhood has been prevalent for Reichelt beyond the dojo, as she recognizes parallels between her experiences in karate and her sorority. “No matter what is going on or how I feel, I also remain disciplined in going to practice in karate,” Reichelt said. “The same can go for sisterhood too, [like] always showing up to events, and seeking out connections with those you are not close with.”

Reichelt adopted these lessons in sisterhood and was elected Chapter President, a role in which she

is currently serving. She recognizes the impact her devotion to karate has had on strengthening her skills in leadership. “My experience in karate influences the way I show up as a leader because I bring in the characteristics I have always been taught in the sport,” Reichelt said. She recognizes the responsibility of her role as Chapter President and strives to support her sisters in reaching their full potential.

Building Future Champions

Between her leadership role in the Sorority, taking courses, mastering her techniques in the dojo and competing around the world, Reichelt has found time for coaching the next generation of athletes, a passion she plans to pursue in her future. “I do see myself continuing to teach or mentor young athletes in the future because I absolutely love it and am passionate about it, whether it be continuing to coach in karate or even possibly volunteering at a school or organization to help teach athletes more,” Reichelt said.

For Reichelt, success is not only measured by her own achievements, but through the growth she fosters in her students. “What I enjoy most about teaching younger athletes is being able to show them the potential they have in themselves that they did not even realize,” Reichelt said. “I am always excited to help them learn something that they can interpret for themselves on how to use techniques and come up with new ideas.”

Looking Back, Moving Forward

Reflecting on her journey, Reichelt recognizes how far she has come since those early days. “When I look back at eight-year-old me, who first stepped in the dojo, I would tell her to do it anyway,” Reichelt said. “To do it scared, to do it tired, to do it sick, to do it no matter what.”

In doing it anyway, she has cultivated a legacy that extends beyond the mat.

GAMMA PHI

Convention 2026



Join your Gamma Phi Beta sisters from across North America at our 82nd Convention in Louisville, Kentucky. Convention will be held at the Omni Louisville Hotel July 15-29, 2026. This is Gamma Phi Beta's first time in Louisville, so you won't want to miss it!

Event Highlights

Thursday, July 16

Main Convention Arrival Day

- Sisterhood Meetups
- Ritual Review Session
- First Time Attendee Session
- Welcome Dinner
- Opening Ceremonies/Business Session
- Collegian Sisterhood Reception
- Volunteer Sisterhood Reception

Friday, July 17

Gamma Fri-yay

- Business Sessions
- Awards Luncheon – The Winners Circle
- Confirmed Conventioneers

Saturday, July 18

- Business Session featuring Virtual Discussion and Q&A with James and Susan Patterson (Wisconsin-Madison) featuring their novel “The Mother-Daughter Book Club”
- Closing Ritual
- Keynote
- Memorial and Initiation Services
- International Council Receiving Line
- Pink Carnation Banquet



For the full schedule and further information, visit GammaPhiBeta.org/Convention. We can't wait to see you in Louisville!

BETA

A Taste of Louisville

Make the most of your downtime with a bite at some of Louisville's local favorites.

Porch Kitchen and Bar

Known as the neighborhood's living room, Porch Kitchen and Bar is the place to be. Offering comfort food with a southern flair and recognized by The Bourbon Review as one of America's Best Bourbon Bars, check it out for delicious food and drink options.



Proof on Main

With its lively interior and curated decor, Proof on Main has cultivated a reputation for fresh farm-to-table dishes. Be sure to stop in and enjoy the lounge for some comfort, good conversation and a wide variety of Kentucky's best bourbon.



Wild Swann

Serving culinary pairings and cocktails honoring the heritage of Louisville, Wild Swann provides authentic Kentucky taste with their special twist on flavor. With a range of flatbreads to savory meats, don't miss the unmatched and unparalleled pairings this spot has to offer.



Mussel & Burger Bar

A family-friendly atmosphere with a selection of everything from juicy burgers to charcuterie boards and savory seafood, Mussel & Burger Bar stands out as a unique and mouthwatering experience in Downtown Louisville. Make time for a visit to this local favorite and see what makes it stand out.



Smart Storage for Chapter Living

Living in a shared space means learning to make the most of every inch. With shared rooms and limited storage, a few simple strategies make a big difference. With a few intentional choices, shared spaces can feel organized, functional and comfortable for everyone.

DIVIDE AND CONQUER

Drawer dividers help to maintain organization while eliminating clutter. Be sure to throw away or donate unused items, avoiding the dreaded “junk drawer.” Well-arranged objects will leave you feeling tidy and purposeful.



USE UNDER-BED STORAGE

Under-bed bins are one of the easiest ways to store off-season clothes, extra linens, bags or shoes. Opt for sliding containers for quick access to your items. Not only are these useful for making the most of your room, but will enhance organization.

GO VERTICAL

When floor space is limited, look up. Use hanging organizers, wall hooks and over-the-door storage to free up room below. This will ensure every square inch is being used to your advantage and make way for everything you need.



LIMIT WHAT YOU BRING

Consider only bringing the most essential items. Have a conversation with your roommate and ask what items can be shared, like a television, cleaning supplies or a mini fridge. Watch how sharing can make a change in creating a functional layout.



CHOOSE MULTI-FUNCTIONAL ITEMS

Storage ottomans, lamps with built-in outlets and decorative pillows that double as floor cushions maximize space while serving a duplicate purpose. When shopping for back-to-school essentials, consider investing in items like these. They can be the key to your space-saving solutions.

ONE GIFT, ENDLESS *Impact*

We celebrate the life and legacy of Brenda Dunn Rickert (Texas-Austin), a beloved member of Gamma Phi Beta whose impact on our sisterhood will be felt for generations.

Born on August 19, 1940, in Ballinger, Texas, Brenda built a life grounded in service, leadership and a genuine commitment to others. She attended the University of Texas at Austin, where she joined Gamma Phi Beta in 1959, graduating in 1962 with a bachelor's degree in science education. Her connection to Gamma Phi Beta remained constant throughout her life. She served as a consultant and later as interim executive director at International Headquarters in the early 2000s, supporting and guiding members across the organization.

Brenda's passion for Gamma Phi Beta was evident in

everything she did. She had a gift for developing leaders, offering both encouragement and honest guidance that stayed with members long after their time with her. She worked alongside multiple

International Councils and remained deeply engaged as a sustaining member of the Junior League in seven cities. Her ability to connect with people and bring out their potential led her to become a nationally sought-after facilitator and management trainer, known for her professionalism, warmth and expertise.

In a final gesture of devotion, in December 2025, Rickert ensured her legacy would live on, donating an estate gift of more than \$500,000 to the Gamma Phi Beta Foundation. Her generous gift will support training opportunities for members at every stage of their Gamma Phi Beta experience. Through her investment, collegians and volunteers will have greater access to REAL Leadership programs and other key





experiences that strengthen leadership, connection and chapter success.

By helping remove financial barriers, Brenda's gift opens the door for more members to grow and lead. It's the kind of investment that doesn't just impact one event or one moment. It builds confidence, strengthens chapters and shapes the future of our organization in lasting ways.

Rickert believed deeply in Gamma Phi Beta's mission of building confident women of character. She saw potential in others, championed it and challenged those around her to step into it. Her legacy lives on not just in the roles she held, but in the leaders she developed and the countless lives she shaped along the way.

Even as we grieve her loss, we are deeply grateful for the time we shared with her. We honor her by showing up for one another the way she did, with honesty, generosity and a genuine commitment to helping others grow.



"Brenda Rickert (Texas-Austin) was a wonderful leadership educator and group facilitator. She had a talent for leading groups through self-discovery and allowing all to contribute to the process of forming goals and developing plans. She encouraged laughter and fun while creating a safe space for honesty and transparency. I participated in two very productive International Council retreats under her leadership, and as International President, I benefited from her guidance and knowledge of group dynamics."

—Linda Johnson (Vanderbilt)
International President, 2004-08



in our HEARTS

We acknowledge the passing of the following members and celebrate their part in our circle of sisterhood. This list reflects notifications received at International Headquarters between February 1, 2026, and April 15, 2026. First, maiden, last name and year of Initiation are listed for each deceased member.

To report the death of a sister, please email thecrescent@gammaphibeta.org with her first, maiden and last name and chapter of Initiation. Reported sisters will be honored in a future issue of The Crescent's "In Our Hearts" section.

Honor a sister with an In Memory Gift. To make an In Memory Gift, visit GammaPhiBeta.org/Donate or call 303.800.2890. View Memorial gifts online at GammaPhiBeta.org/InMemory.

GAMMA (*Wisconsin-Madison*)

Janet Schlichting Jaekel, 1948
Helen Frederick Peterson, 1952
Barbara Bina Morrison, 1969

LAMBDA

(*University of Washington*)
Dorothy Broadfoot Strong, 1942
Marjorie Holeton Weaver, 1956

NU (*Oregon*)

Joan Preble Horstkotte, 1945
Sharron Woodworth Church, 1956

XI (*Idaho*)

Lillian Pratt Delyea, 1950

PI (*Nebraska-Lincoln*)

Patricia Patterson
Beckenhauer-Olsen, 1951
Bonnie Altman Steiner, 1953
Joan Carroll Nellson, 1955
Bette Osterlund Fraser, 1956

TAU (*Colorado State*)

Kathleen Wells Kasubke, 1959

PSI (*Oklahoma*)

Dorothy Guerriero Dunnett, 1934
Sherry Allen Rucker, 1961
Carole Clausing Lane, 1966

OMEGA (*Iowa State*)

Mary Orr Hattery, 1951

ALPHA GAMMA (*Nevada*)

Marilyn Walker Manon, 1962

ALPHA DELTA

(*Missouri-Columbia*)
Ann Cornett Anderson, 1955

ALPHA ZETA (*Texas-Austin*)

Margaret Watson Lingerfelt, 1956

ALPHA NU (*Wittenberg*)

Jeanne Becker Brockman, 1949
Karen Dean Schnorrenberg, 1959

ALPHA OMICRON
(North Dakota State)
Beverly Kraus Horne, 1952

ALPHA PI (West Virginia)
Sally Holland Kline, 1974

ALPHA UPSILON (Penn State)
Helen Miller Campbell, 1945

BETA ALPHA
(Southern California)
Alice Shaw Harmon, 1959
Tameron Hulbert Ricker, 1992

BETA BETA (Maryland)
Carole Swoger Greer, 1961

BETA ETA (Bradley)
Joan Severns Roeder, 1950
Pamela Shuck-Hoehne, 1968

BETA THETA (San Jose State)
Lucie Campo Grauf, 1948

BETA MU (Florida State)
Shawna Lavoie Nelson, 1991

BETA PI (Indiana State)
Gloria Hopewell Van Dusen, 1955

BETA UPSILON (Kansas State)
Stephanie Sage Dusin, 1981

BETA PHI (Indiana)
Jamie Sheldon Kallal, 1958

GAMMA ZETA (East Texas A&M)
Janet Blades Slack, 1963

GAMMA XI (Tennessee-Knoxville)
Donna Lou Downen, 1968

GAMMA RHO
(Wisconsin-Oshkosh)
Linda Rondeau, 1970

DELTA TAU (Colgate)
Stephanie Ann Kelly, 1982

EPSILON MU
(Loyola-New Orleans)
Christine Blom Callahn, 1989



SHERRY ALLEN RUCKER
Psi (Oklahoma, 1961)

Born in Amarillo, Texas, in 1942, Sherry Rucker was a cherished wife, mother and grandmother. She had a passion for travel and explored far and wide, always eager to experience new places. Deeply devoted to her family, she made them the center of her life. In 1991, she and her husband established The Rucker Ranch in Haskell, Oklahoma, where they spent their retirement creating a loving haven for their family. She will be deeply missed by all who knew her and fondly remembered for her devotion to her family.



SALLY HOLLAND KLINE
Alpha Pi (West Virginia, 1974)

Born in Falls View, West Virginia, in 1955, Sally Kline had a passion for sports, animals, sports cars, music, cooking, photography and teaching. She was known for her infectious sense of humor, which she shared with everyone she met. She later moved with her husband and daughter to Wrightsville Beach, North Carolina, where she fell in love with the coast. The beach became a special place for family visits and countless gatherings filled with laughter and love. Her memory will live on in the many moments of joy she created with those she loved.

*At the blueness of
the skies and in the
warmth of summer,
we remember them.*

LIFE LOYAL

Life Loyal is a special program available for all Gamma Phi Beta members to continue their lifelong support of our beloved Sorority beyond their collegiate years while receiving exclusive benefits. This is just one way to continue your lifetime involvement as a member of Gamma Phi Beta while fulfilling your financial obligations with an easy, one-time payment. The dedication of our alumnae members who continue to be involved and financially supportive helps ensure the future of our traditions and sisterhood.

Thank you to the following sisters who joined Life Loyal between February 1, 2026, through April 15, 2026.

XI (Idaho)

Marie Fabricius Duncan

ALPHA ALPHA (Toronto)

McKenzie Embree-Boyd

ALPHA ZETA (Texas-Austin)

Laura Monkhouse Lace

ALPHA CHI (William & Mary)

Margaret Catherine Fink

BETA GAMMA (Bowling Green)

Jessica Garrett Poole

BETA PSI (Oklahoma State)

Martha Menzel Thomas

GAMMA RHO

(Wisconsin-Oshkosh)

Christine Erdmann Nell

DELTA DELTA

(California State-Fullerton)

Eilean Dominguez Plumley

DELTA ETA (California-Irvine)

Andrea Annahi Amador

EPSILON ZETA (Jacksonville)

Maecie Wilson

Theresa Lynn Thomas

EPSILON IOTA (Christopher Newport)

Teresa Adams Gibson

EPSILON TAU (Rochester)

Victoria Lynn Hirst

EPSILON PSI

(North Carolina-Asheville)

Madeline Christopher

ZETA SIGMA (South Carolina)

Olivia Katherine Kulig

ZETA PHI (Arkansas-Fort Smith)

Taylor Smith Albernathy

ZETA CHI (Texas Christian)

Judi Morrow

ETA BETA (Florida Southern)

McKenna Watson

Samantha Evans

ETA EPSILON (Virginia Tech)

Lili Grace Aldridge

ETA ETA (South Florida)

Arielle Penn

Katie McNair

EETA LAMBDA (Central Florida)

Cameron Hojecki

ETA TAU (Colorado Mesa)

Annalise Lyn Holte

*Give the gift
of Life Loyal!*

Honor a graduating
senior with the gift of
Life Loyal.



See where Gamma Phi Getaway is headed next!

Gamma Phi Getaway is a one-of-a-kind travel experience, your chance to step away and reconnect—make it a girls trip, reunite your new member class, or travel solo and make new connections, with select trips welcoming non-member plus-ones.



GREECE

Athens, Paros and Santorini

Main Tour Dates: July 12 – July 20, 2027

Nafplio and the Athens Riviera extension

Extension Dates: July 20-23, 2027



SWITZERLAND, GERMANY AND AUSTRIA

Swiss Alps, Munich, Salzburg, and Vienna

Dates: November 2-10, 2027

Prague

Extension Dates: November 10-12, 2027

*Book
your
spot!*



BUILDING ON *Yesterday*



For decades, women have pushed boundaries and carved out space for themselves in athletics. For Sybil Bauer (Northwestern), those boundaries never stood a chance.

Born in 1927, Bauer was a child of immigrants from Norway who owned a summer home on Loon Lake, where she first fell in love with swimming. In 1922, she enrolled at Northwestern University and played field hockey, golf, baseball and basketball, and became a title holder on the swim team. There, she broke the record for the 440-yard backstroke, previously set by a man.

Bauer didn't stop there. At the 1924 Paris Olympics, she broke her own record in the 100-meter backstroke. Afterward, she continued competing, traveling to Brussels, England and Norway, placing first in exhibition.

In the September 1924 issue of *The Crescent*, Bauer's sisters were quoted, showcasing the pride they felt in supporting her in her achievements:

"On the day of the meet, according to Sybil's own story, she had a wretched cold and was feeling decidedly blue and homesick. The mail arrived that very day, bringing her many letters and a writing case from the girls at Convention. Immediately the blues took leave, and she knew that everyone in Gamma Phi was behind her. She went in with a vengeance and won – so we feel as if we had a little part in her victory."

Bauer was engaged to Edward Sullivan, who would eventually rise to fame, becoming known as Ed Sullivan, host of *The Ed Sullivan Show*. The couple was to be married in June 1927.

In 1926, Bauer was diagnosed with intestinal cancer and passed away the following year at the age of 23. She is remembered as a fighter and a champion. Her short life left a lasting impression on women paving the way in athletics.

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Parents

While our members are in college, their copy of *The Crescent* is sent to your home address — we hope you enjoy reading our magazine, too! If your daughter is no longer in college, or is no longer living with you, feel free to send us her new address by emailing thecrescent@gammaphibeta.org.

Join Our Green Team!

Receive each issue of *The Crescent* before everyone else by going digital! We'll send the current issue directly to your inbox so you can enjoy it anywhere you go. Email thecrescent@gammaphibeta.org today to let us know you're joining The Green Team!

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POSTMASTER: Send address changes to The Crescent, Gamma Phi Beta Sorority, 9155 E. Nichols Ave. Suite 330 Centennial, CO 80112.

Looking to connect with a sister?

Visit GammaPhiBeta.org/Find-A-Member for a full directory of Gamma Phi Beta members!

Share Your Story With Us!

We want to celebrate YOU! Whether you've reached a new career milestone, achieved a personal goal, cherished a special memory, or have a meaningful reason you joined Gamma Phi Beta, your story matters. Collegiate and alumnae members are invited to share how they are living our values and making an impact in their own unique way.

Send your story to us at thecrescent@gammaphibeta.org for a chance to be featured!





"MY SORORITY EXPERIENCE
HAS SHAPED WHO I AM TODAY,
BECAUSE I HAVE BEEN ABLE
TO BE A MORE CONFIDENT
LEADER AND COMFORTABLE
WITH WHO I AM."

HAILEY REICHEL
(VALPARAISO)