

VOLUNTEERS

House Corporation Officers

President - Sara Smith
Vice President - June Wilson
Secretary - Michelle Rowley
Treasurer - Jessica Jackson

Chapter Officers

Chapter President -
Megan Eberhart

VP Chapter Relations & Standards - Kaitlyn Urban

VP Finance - Tori Wesp

VP Risk Management -
Natalie Klein

VP Recruitment - Sarah Grafke

VP New Member Education -
Lakin Shelton

VP Ritual & Fraternity Appreciation - Grace Placic

VP Public Relations and Marketing - Mia Thomas

VP Membership Programming -
Ariana Brancato

VP Intellectual Development -
Faith McDonald

VP Philanthropy - Kendall Gaignat

Panhellenic Delegate -
Regan Hueske

VP Facility Operations -
Amanda Currie

VP Recruitment Information -
Morgan Garrett

ANNUAL FUND

Thank you to everyone who has contributed to our annual fund so far! If you have not yet contributed for 2020, our giving year ends on December 31. For our current Honor Roll and more information on how to give, please see the enclosed letter.

Giving Year Began:
January 1, 2020

Giving Year Ends:
December 31, 2020

Goal: \$5,000

Raised so Far: \$350

Alpha Chi Omega News

Gamma Zeta Chapter | Kansas State

REAL. STRONG. WOMEN.

MANHATTAN, KANSAS

alphachiomegaksu.com

Summer 2020

HOW TO HELP IN A PANDEMIC

Suggestions from your Sisterhood

“This pandemic already has shown me the good in our Sisters and how with the help of Alpha Chi Omega they are making the world better. Many of my sisters who work in my community are K-12 teachers. With this pandemic causing them to go to distance learning, they have been forming a support group of Sisters and community members willing to assist students in online mentoring any students who would need assistance. This support net offers the teachers an additional resource to rely on in addition to allowing those who are having to work from home or quarantine an opportunity to have a change of pace while helping the community. I also have seen multiple Sisters share the link online for the membership assistance grant to help get the word out for any Sisters needing assistance while the world deals with this pandemic.”

—Sarah Gravino,
née Kratzer '11

“Send a message of empathy and hope for what we’re all experiencing along with common sense guidelines from CDC as another reminder. Also, urge people to check on their sisters wherever they live to see if they are doing okay, especially those in the at-risk population. This would be a true demonstration of sisterhood.”

—Julie Burch Board '73



“I’m sure that young members who are involved in the community, whether at school or at home, may have older people in their neighborhood. Surely before a pandemic happens, they have had short visits with them. The young member could reach out to the nearby elderly with an offer to drop off needed groceries or other needs they consume.”

—Marilyn Lucas '57

“Don’t take what is happening lightly. It is serious and going to impact a lot of people and businesses in a lot of different ways. No matter what, people are our first priority. In this uncertain time, I am certain that I have friends and Sisters who care about me, who I can reach out to if the need arises, who I would help in any way that I can, who I know are going to do what they can to mitigate the effects of this. To have a network of people to reach out to is powerful... Sisterhood creates a connection and community that allows us to reach out uninhibited and think of those outside of our immediate bubble.”

—Emily Stallbaumer '18

LOOKING FORWARD TO BETTER DAYS

Will you Snap Back from Social Distancing?

There was a day when we would relish the hour of freedom gifted by a canceled business lunch, soccer practice or board meeting. There was a day we couldn't stand the idea of another birthday party. There was a day when lackadaisically responding (or not) to texts or calls from friends wasn't a big deal, because you'd see them tomorrow.

Those days are gone.

Ever since the word "quarantine" started dominating headlines, we've been faced with new realities. And those realities have crushed us down to the basic needs of human existence, the need to have meaningful relationships – face-to-face. Not Zoom face, actual face.

Maybe you're the introvert of introverts who still gets tickled by a canceled Zoom meeting. Maybe you got hives at the first mention of a stay-at-home order. Maybe you started out happy to do your part only to realize you aren't the patriot you were eight weeks ago.

Wherever you're at, there's a common ground we can all agree on; a drink with a Sister at JP's Sports Grill sounds pretty epic right about now.

And here is the good news. No one is saying this will never end –



just that it hasn't yet. So, what events do you wish you'd attended at KSU that you skipped out on? Will you go when the opportunity comes again? What memories echoed so loudly in your silence that they demanded to be relived? Will you make space to recreate them?

For many of us, the Sisterhood forged at Gamma Zeta trumps friendships made years before and decades after. So, the big question is, will your choices be different after quarantine?

By now, we all realize that while technology is a life-saving necessity, it is not a replacement for in-person interaction. It will tide us over, but it will not go the distance. So, call your Sisters. Text your Sisters. Reunite over Zoom with your Sisters. Connect. Reconnect. Do whatever you can to remind yourself of that lifetime bond. But do it with the intent of going the distance when this is over, because the best years with your Sisters don't have to be behind you.

Who are you inviting for that drink? Will you get tickets with your Sisters for the Iowa State game? Start answering those questions now and get moving on the one thing we all know painfully well cannot be replaced: face-to-face time making memories.

THE MOST VALUABLE PART OF THE AXO EXPERIENCE

Here's what our Alumnae had to say

We are so grateful to the Sisters who have responded to our questionnaires about your life updates, advice for the pandemic and the impact AXO has had on your life since graduation. If you haven't already done so, we would love to hear from you!

Send us pictures and updates about what's going on with you and yours at alumninews@affinityconnection.com.

Here are what some of your Sisters had to say was the most valuable part of their AXO experience.

"The sisterhood, the networking and the bonds you make. I gained so much from my time in the AXO house, but it's the lifetime friendships that have withstood the test of time. It's been almost 40 years since I left the house and I still get together with my pledge daughter and my fellow sisters 2-3 times a year. I met my former roommate in Florida over Christmas. I see a few of my sisters here in town and my pledge daughter flew in to watch me compete in a pageant last July. Those women have stood by me through thick and thin and will be a part of my life until the day I die." –**Sierra Scott '86**

"The most valuable part of my AXO

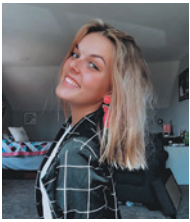
experience was the exposure to different people - majors, countries, beliefs, etc. I got to learn so much and make so many great friends. I joined Alpha Chi because I am in a male-dominated field and there are just some things that you cannot get guy friends to understand. It was very important to me to have female relationships that supported and empowered and provided an avenue to connect about topics outside of engineering." –**Emily Stallbaumer '18**

"As an alumna, I see the most valuable part of my Alpha Chi Omega experience to be the friends and family I have made. When we talk to potential members and tell them that you

will find your bridesmaids here, we are not lying. I have been a part of multiple weddings with Sisters as bridesmaids, and for my very own wedding, I didn't have a second thought about asking my Sisters to stand next to me as I married my husband. I spend almost every weekend with a fellow Sister and am in constant contact with my big. Without Alpha Chi Omega I wouldn't have had a chance to meet many of my Sisters as our majors didn't overlap and what gave us the biggest commonality in the beginning was being in the same pledge class." –**Sarah Gravino, née Kratzer '11**

DENIM DAY 2020: MY JEANS PROTEST VIOLENCE

So what is Denim Day?



We hope you enjoy this blog post from undergraduate Sister **Payton Fenwick**. You can view the post online at alphachiksu.com.

Denim Day began earnestly in 1999, after a young Italian woman had the injustice of experiencing her rapist's conviction being overturned. Any guilty defendant's conviction being overturned is a devastating event, but to add salt to the wound, the Supreme Court's opinion illustrated a victim-blaming narrative. They said that the woman's jeans were so tight that the perpetrator needed her help removing the jeans from her body, implying that she consented to her own sexual assault.

The following day, the women of the Italian parliament came to work wearing jeans to show their support for the victim. The Denim Day campaign began locally, and eventually spread internationally, to bring awareness to victim-blaming and negative myths that surround the facts of sexual violence. An estimate states that 35% of women worldwide have experienced physical or sexual violence from a non-partner. Even more startling, the estimated percentage of women who have experienced physical or sexual violence from an intimate partner is a staggering 70%. These are numbers that Alpha Chi Omega members aim to decrease and educate others on.

Consent is an explicit statement to be made between both partners. Clothing, behavior or consciousness are not substitutes for

informed, freely given consent. The Italian Supreme Court's decision in 1999 wasn't the first, or the last, occurrence of victim-blaming. Participation in Denim Day and actively educating yourself and those around you about the meaning of consent is one of the greatest ways to spread awareness about intimate partner violence. Facts and figures don't lie, and statistics surrounding domestic violence don't seem to be decreasing. We joined millions of people on April 29, 2020 by wearing our jeans in support of survivors of sexual violence. Alpha Chi Omega commits itself to spreading awareness and supporting the victims of sexual assault and domestic violence. By participating in Denim Day, the women of Alpha Chi are able to stand up against the victim-blaming narrative and stand by women who aren't able to stand for themselves.

For more info denimdayinfo.org.

ALUMNAE UPDATES

What are your Gamma Zeta Sisters up to?

The following sisters gave us some life updates and we hope you'll do the same! Send your updates to alumninews@affinityconnection.com so we can let your Sisters know. Here is what some of your alumnae Sisters are up to. To view full updates of the Sisters below, as well as additional responses, visit alphachiomegaksu.com.

"I am currently in the second year of my Ph.D. program in Mechanical Engineering. My field of research is Thermal and Fluid Sciences and I am currently studying freezing formation in heat pipes for space applications... I am also currently planning a wedding for this fall!" –**Emily Stallbaumer '18**

"At age 26, I was editor of three real news weekly newspapers in Denver; created the news departments of two new weekly newspapers in southern Pennsylvania; established a public relations department for Memorial Osteopathic Hospital in York, Pennsylvania; established a new chapter of Women in Communications (journalists, writers, public relations people) in central Pennsylvania; in hospital and corporate posts, went through two hospital and system mergers... and was public relations director for the Department of Administration for the State of Minnesota." –**Clare ("Cam") Cameron Cox '64**



"Within the last six months I have gotten married surrounded by many of my fellow sisters and couldn't have asked for a better set of women to share the special day with." –**Sarah Gravino, née Kratzer '11**



Top Row - *Samantha [Belsan] Hertel PC 09, Jamie Raaf PC 07, Diane [Creviston] Bretz PC 08,*
Middle Row - *Sarah [Kratzer] Gravino PC 11, Hailey [Clemons] Mueller PC 10, Melissa Sauls PC 11,*
Bottom Row - *Melissa [McGuire] Kravitz PC 12, Kenzie Richards PC 12)*

Don't forget! Send us your updates today. We want to hear from you!

GAMMA ZETA WISHLIST

You can support these House repairs and updates through the Annual Fund!



Alumnae, there are several updates we would like to make to our Chapter Home. These updates include:

- Installing new flooring throughout the house,
- Landscaping work out front,
- Replacing the air conditioning in the kitchen,
- And, most importantly, the addition of a new Chapter Room.

The addition of a new Chapter Room to the house is highly requested among our

active Sisters and alums. It would mean not having to move seating in and out of the room each week, allowing the Rec Room to stay the Rec Room. It would also mean additional space in the house, keeping Gamma Zeta competitive with other chapter facilities on our campus who do have a designated chapter room.

Gamma Zeta is a legacy worth preserving and passing on to future generations of AXO K-State Sisters. If you agree, see the back of the enclosed letter to learn how you can make your gift to the Annual Fund today.

TO OUR 2020 SENIORS

A word from Chapter President Megan Eberhart for 2020 seniors

As you came into your last few days as an undergrad, they probably look quite different than you expected. Although your senior year was cut short, the impact that you have left on this chapter will carry on for many years to come.

When you joined Alpha Chi Omega, you might not have known where it would take you or who would soon become some of your best friends. So many amazing things have happened since then, and just this year alone, we have cheered on the Chiefs to a Superbowl win, watched the Wildcats beat OU at the homecoming game, discovered TikTok, and of course, experienced a worldwide pandemic. Not to mention all the fun times we have had building Sisterhood, such as the numerous date parties, formals, philanthropy events, Sisterhood retreats and homecoming parades.

Each and every one of you have been amazing leaders for this Chapter through recruitment, executive and non-executive positions, being a big and by just being our Sisters. Gamma Zeta has changed for the better



due to all of the hard work and dedication you have put in these past four years. We know you'll take the leadership qualities you have experienced into your professional life.

In your four short years here, the world has changed, you've grown and now you're ready to start a new adventure. As you transition into an Alpha Chi Omega alum, I hope you will look back on your time in Gamma Zeta and smile. I hope it brings back fun memories from living in, late-night movie marathons, the senior dance on bid night, and of course, Blizzard cookies! I hope the bond that you have felt with Alpha Chi these past years will stick with you forever through your first job, marriage, buying your first house and all of the other milestones in your life. As being an Alpha Chi Omega isn't for four years, it's for life. So here's to you, our real strong women.

Thanks for all you have done and from all of the women at Gamma Zeta, we wish you lots of love and hope to see you soon, don't be a stranger.

SISTERS LOOKING TO RECONNECT

Answer the call!

"I am sincere that I would like to find my close friend, **Joanne Guilfoyle Cassetta**. Last heard from in June or July 2019 before her trip to Colorado with an old friend from childhood in Abilene, KS. She was living here in Merriam, KS at the present time. We attended KS State University together and were in the same pledge class, members of Gamma Zeta." –**Marilyn Lucas**

"The sisters I would like to reconnect with are those further up my big/little line. While they have been in contact with me over the years, life happens and it is hard to

keep in touch with sisters who are 4, 5, 6 pledge classes ahead of me and we don't have many mutual connections. I also had lost touch with my twin after graduation due to each of us going our own ways. In the last year though, we have reconnected and have monthly face-times to update each other on our lives. Sisters I have kept in touch with the most are my closest pledge class sisters and my big. During this current pandemic we are providing daily updates and check-ins that we each are keeping healthy and participating in good prevention practices. Our house mom

is all of my collegian Chapter's favorite Sister. Our house mom while in college was always the mom away from mom we needed and cares for each and every one of us as if we were her own flesh and blood family. When I got engaged, our house mom was one the first people my now husband and I called to share the good news." –**Sarah Gravino, née Kratzer '11**

–reconnect with more sisters looking to reconnect by visiting our website:
alphachiomegaksu.com.