



Gamma Phi Beta

TRUE AND CONSTANT

There are moments in life when something just feels right. When the nerves settle, the uncertainty fades and you realize you've found a place that feels like home.

Maybe for you, it happened during recruitment, when you smiled so hard your cheeks hurt or teared up during a preference ceremony. Maybe you were a young girl, watching your mother reunite with her sisters or racing a Girls on the Run 5k with your Gamma Phi Beta coach. Or maybe it came after you joined, when you were still finding your place, and a moment with a sister reminded you why you said yes in the first place.

That was your moment. The moment you knew.

In 1874, four women were searching for that same sense of connection. Helen M. Dodge, Frances E. Haven, E. Adeline Curtis and Mary A. Bingham came together at a time when women weren't always welcomed or supported in higher education. They found friendship and strength in one another and created something that would reach far beyond their own lives.

And while the moments that brought us here may be different, what unites us reaches back 152 years to four women who believed life was better together. That same spirit continues with each woman who finds friendship and a place to call her own in Gamma Phi Beta.

On this Founders Day, we invite you to remember your moment. Share it with a sister. Ask her about hers. And celebrate the friendships and memories that have come from that one decision to become part of Gamma Phi Beta.

Because the remarkable part about 152 years of sisterhood isn't just how many women have found their place here. It's how many still will.

"For me, I knew after preference when I realized I truly belonged with the women I had met at Gamma Phi Beta. I knew again when sisters encouraged me to step outside my comfort zone and run for Standards Chair. And I knew once more when I began advising collegians and realized that sisterhood could continue to deepen and evolve long after college.

And I know again and again — in the ordinary moments, the challenging moments, and the celebrations—that saying yes to this sisterhood was one of those decisions that continues to give back." —International President Stephanie Gauchat Carriere (Arizona)

"I was the new member who wasn't sure if Gamma Phi was the right thing for her, and the chapter wasn't sure if I would initiate. As the semester progressed, I began to recognize how this group of women were creating a home for me. Initiation sealed it and I saw what sisterhood in Gamma Phi Beta meant." —Foundation Chair Barbie Chadwick (Vanderbilt)

"I knew Gamma Phi Beta was right for me when I walked through the doors on Bid Day and felt the genuine warmth, authenticity and shared values of the sisterhood. That feeling continued when I learned about the leadership opportunities Gamma Phi Beta provides to collegiate members, recognizing how important those skills are in navigating life, whether at school, at home or in the workplace." —Facilities Management Chair Nerissa Neal Rouzer (Virginia)

Happy Founders Day!



Stephanie Carriere

Stephanie Gauchat Carriere (Arizona)
International President



Barbie Chadwick

Barbie Chadwick (Vanderbilt)
Foundation Chair



Nerissa Rouzer

Nerissa Neal Rouzer (Virginia)
Facilities Management Company Chair