



## Epsilon Psi Chapter of UNC Asheville

### Important Dates and Reminders

Active Sisters with birthdays in September—Miranda Bradshaw Laura Varnier

Alumnae—Collegiate Cook-out. September 27. Lake Julian. 2pm-6pm.

5K for Helpmate. October 3rd. 10am-noon. More information to come.

Founders Day. November 15th. More information to come.

Initiation. November 21st. More information to come.

**To include an important date or announcement for your Gamma Phi Beta Sisters, send an email and let us know.**



*PNM enjoyed crafts and goodies at the Gamma Phi-esta recruitment event!*

### Do you live in or around Asheville, NC?

If you live in or around Asheville and are interested in joining an alumnae group, please email :

[AshevilleGPhiB@gmail.com](mailto:AshevilleGPhiB@gmail.com)

The alumnae group will be co-sponsoring the 5k with the Epsilon Psi Chapter and tries to have meetings monthly.

### Recruitment is complete and successful



Recruitment is an exciting time for all Gamma Phi Betas. The Epsilon Psi Chapter has just finished recruitment and has welcomed nine new members into the chapter.

We are excited to share the sisterhood with them and look forward to introducing them to you.

Our new members are:

Taylor Fesmire, Erin Frye, Sydney Hubbard, Devin Corrigan, Jordan Rucker, and London Perry.

Our Alpha Mu pledge class is extremely excited about Gamma Phi Beta and have already bonded together as a class. We look forward to keeping you updated during their new member period.

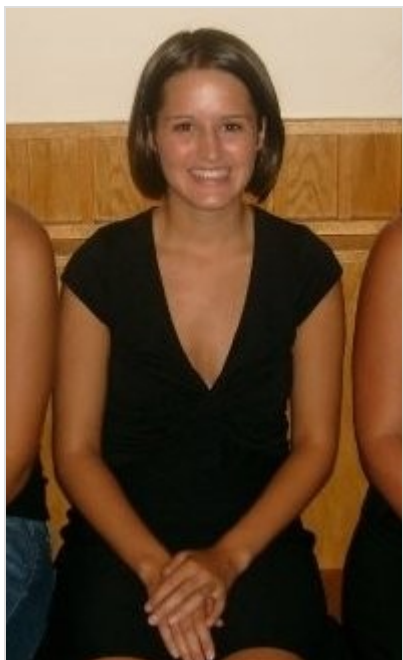
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### Special points of interest:

- 6 new members signed their bids.
- Volunteering at Campfire USA, Atlanta.
- Alumnae - Collegiate Cookout!



## Active Sister: Tiffany Espin

Will graduate UNC Asheville

Initiated: Fall 2007 into the Alpha Theta pledge class of the Epsilon Psi Chapter

### Why did you join Gamma Phi?

“I never thought I would join a sorority until I moved in with Rachael Beach (now my big) she recommended I go to

events for both sororities and invited me to the events, by the time I had been to 3 recruitment events I knew I wanted to be a Gamma Phi.”

### Your Favorite Memory?

“Getting my bid, I was just sitting in my room doing some homework when Nicole Caldwell came to my

room. I was so nervous and didn't know why she would come to my room. Well in came Vicky Hicks and Jennifer Pierce, I was so excited!! They said we would like to formally invite you into Gamma Phi Beta and anything else they said after that I cant remember because I was just too excited you couldn't even read my signature on the bid card!”

## What is the most exciting thing about pledge retreat?

Getting to know the new girls better and creating closer bonds within the chapter!

**-Emily Traywick**

Alpha Lambda Pledge Class

Getting to give and read warm fuzzies, they are always fun to hear!

**-Vicky Hicks**

Alpha Eta Pledge Class

## Alumnae Sister: This Could be You



You could be our next featured sister!

All you have to do is send us your name, school you graduated from, year graduated, Initiation semester/ year, what chapter you were initiated into, why you joined Gamma Phi and your favorite memory. Also include a picture of yourself!

We look forward to getting to know you better and can't wait to hear from you.



## Like to Run or Walk? Come out to the 5K

The 5k is almost upon us, and its for a great cause. The 5k will sponsor Helpmate our local philanthropy here in Asheville as well as Campfire USA, our national philanthropy.

We look forward to this event as last year it was so much fun! It is a chance to bond with your sisters as well as help out a great cause.

Helpmate is a local battered women's shelter in Asheville, NC.

They have been a vital part of our community for the past 30 years, and they help to stop domestic violence within the home through emergency shelter, individual and group counseling, and preventative education for those who are the most at risk for abuse.

The 5k will be on October 3rd, and we can't wait to see you there!



## Pledge Retreat Plans



This weekend was pledge retreat, not only do we get to catch up with our sisters we also get a chance to learn more about our lovely new members.

This year at pledge retreat we were planning to do something a little different... camping, but due to the rain, we camped out in the Health and Fitness Center on Campus instead. We woke up

early Saturday morning to pack up, and then headed to Campfire USA in Georgia to spend a day of service.

Campfire USA is a national philanthropy that Gamma Phi Beta supports, and we were very excited to have the chance to go and visit.

## A Fun Fall Snack: Fall Apple Dip

### Ingredients:

- 1 (8oz) Cream Cheese
- 3/4 Cup Brown Sugar
- 1tsp Vanilla
- 8 oz Praline Nut mix
- Granny Smith apples
- Pineapple Juice

Instructions: Blend cream cheese with brown sugar and vanilla. Add nut mix. Cut Granny smith apples and dip in pineapple juice before setting them out on a platter. (this keeps the apples from browning).

Serve and enjoy!





# GAMMA PHI BETA

Author's Note: I am so excited about a chance to get to know you all better. I will be a sophomore at UNC Asheville this year. I am currently majoring in Accounting and Management. I was initiated in Fall of 2008 in the Alpha Kappa pledge class of the Epsilon Psi Chapter.

In ΠΚΕ,

Michelle DiPietro

I'd love feedback from everyone, you can contact me through email at [GammaPhi.Alumnae@gmail.com](mailto:GammaPhi.Alumnae@gmail.com)

## ΓΦΒ

*Please note that any views or opinions presented in this email are solely those of the author and do not necessarily represent those of the Epsilon Psi Chapter of Gamma Phi Beta.*

## Other Notes of Interest



In the past, I know that some of you have been interested in finding a Gamma Phi Beta sister to babysit your children.

I would like to encourage you once more to get involved in an alumnae chapter near you. The Epsilon Psi Chapter website has a link that will show you the location of all the alumnae chapters and Crescent Circles of Gamma Phi Beta.

Any ideas, comments, or suggestions are welcome; just shoot me an email.

The Epsilon Psi Chapter website is located at <http://orgs.unca.edu/gammaphi/>

I can't wait to get to know you all better and look forward to seeing you all at the cookout.

Hope you're having a great month!

In ΠΚΕ,

Epsilon Psi