



Think Anchor Deep

There is a wide variety of possibilities, opportunities and chances that can bring the philosophy of Delta Gamma into the daily lives of our members.

This handbook serves as a compilation of visionary thoughts, quotations and poems by noteworthy people and Delta Gamma members, to provide inspiration on a variety of subjects reflecting our mission.

2020 edition

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Through service, leadership, mentoring and friendship opportunities, our members are able to develop individually while advancing the organization as a whole.

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Honesty, truth, responsibility, accountability and our high quality of character help to create the strong, talented women of Delta Gamma.

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Through legacy and loyalty, Delta Gamma continues to grow, achieve, thrive and succeed. We are rich in heritage and tradition, and our Delta Gamma pride empowers us to forever do good.

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***Through service,
leadership, mentoring and
friendship opportunities,
our members are able
to develop individually
while advancing the
organization as a whole.***

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service

“In the first half of the 19th century, Delta Gammas searched for a united philanthropic cause. They wrote letters to their national officers, talked among themselves, and even addressed the Convention body in 1936 to go on record as desiring a national altruistic project: ‘There were three openings for worthy giving: We may give brains, or time or money. Work for the blind is an opportunity for all those who feel that service is some part of the privilege of being a member of Delta Gamma.’”

-Cleveland alumnae chapter report from 1929



Starfish

As an old man walked along the beach at dawn one morning, he noticed a young girl up ahead of him picking up starfish and flinging them into the sea. Finally catching up to the girl, the man asked her why she was doing this.

The girl answered that the stranded starfish would die if left there in the morning sun.

“But the beach goes on for miles, and there are millions of starfish,” quibbled the old man.

“How can your effort make and difference?”

The girl looked down at the starfish in her hand before throwing it into the safety of the ocean waves.

“It makes a difference to this one,” she said.

—Unknown

The Bridge Builder

An old man, going along a highway,
 Came at evening, cold and gray,
 To a chasm, vast and deep and wide,
 Through which was flowing a sullen tide.
 The old man crossed in the twilight dim:
 The sullen stream had no fears for him.
 But he turned when safe on the other side
 And built a bridge to span the tide.
 “Old man,” said a fellow pilgrim near,
 “You are wasting strength with building
 here;
 Your journey will end with each ending day.
 You never again must pass this way;
 You have crossed the chasm, deep and wide,
 Why build you the bridge at evening tide?”
 The builder lifted his old gray head.
 “Good friend, in the path that I have come,”
 He said, “There followeth after me today
 A youth whose feet must pass this way.
 This chasm that has been naught to me.
 To that fair-haired youth may a pitfall be.
 He, too, must cross in the twilight dim;
 Good friend, I am building the bridge for Him.”

—Will Allen Dromgoole

“Remember, if you ever need a helping hand, you will find one at the end of each of your arms. As you grow older, you will discover that you have two hands – one for helping yourself, and one for helping others.”

—Unknown

“The smallest good deed is better than the grandest intention.”

—Unknown

“Volunteers have style. They are fiercely independent. If you have to ask how much they cost, you can’t afford them. They are part of an aristocratic era that is disappearing from the American scene—a luxury in a world that has become very practical. They are civilization, at least the only part worth talking about. They are the only human beings on the face of this Earth who reflect this nation’s compassion, unselfishness, caring, patience, need and love for one another. Their very presence transcends politics, religion and ethnic backgrounds. They are a luxury too often taken for granted. It frightens me, somehow, to imagine what the world would be without them.”

—Erma Bombeck

“Nobody could make a greater mistake than he who did nothing because he could only do a little.”

—Edmund Burke

“The practice of loving kindness must find its root deep within us. The story is told that Gandhi once settled in a village and at once began serving the needs of the villagers who lived there. A friend inquired if Gandhi’s objectives in serving the poor were purely humanitarian. Gandhi replied, ‘Not at all. I am here to serve no one else but myself, do I find my own self-realization through the service of these village folk.’

As Gandhi wisely points out, even as we serve others we are working on ourselves; every act, every word, every gesture of genuine compassion naturally nourishes our own hearts as well. It is not a question of who is healed first. When we attend to ourselves with compassion and mercy, more healing is made available for others. And when we serve others with an open and generous heart, great healing comes to us.”

—Wayne Muller

“The heart is happiest when it beats for others.”

—Unknown

“The park bench was deserted as I sat down to read. Beneath the long, straggly branches of an old willow tree. Disillusioned by life with good reason to frown, for the world was intent on dragging me down. And if that weren’t enough to ruin my day, a young boy out of breath approached me, tired from play. He stood right before me with his head tilted down.

And said with great excitement, ‘Look what I found!’ In his hand was a flower, and what a pitiful sight, with its petals all worn—not enough rain, or too little light. Wanting him to take his dead flower and go off to play, I faked a small smile and then shifted away. But instead of retreating he sat next to my side and placed the flower to his nose and declared with overacted surprise, ‘It sure smells pretty and it’s beautiful, too. That’s why I picked it; here, it’s for you.’ The weed before me was dying or dead. Not vibrant of colors: orange, yellow or red. But I knew I must take it, or he might never leave. So I reached for the flower, and replied, ‘Just what I need.’

But instead of him placing the flower in my hand, He held it mid-air without reason or plan. It was then that I noticed for the very first time what the weed-toting boy could not see: he was blind. I heard my voice quiver; tears shone in the sun. As I thanked him for picking the very best one. ‘You’re welcome,’ he smiled, and then ran off to play.

Unaware of the impact he’d had on my day. I sat there and wondered how he managed to see. A self-pitying woman beneath an old willow tree. How did he know of my self-indulged plight? Perhaps from his heart, he’d been blessed with true sight. Through the eyes of a blind child, at last I could see the problem was not with the world; the problem was me.

And for all of those times I myself had been blind, I vowed to see the beauty in life, and appreciate every second that’s mine. And then I held that wilted flower up to my nose and breathed in the fragrance of a beautiful rose.

And smiled as I watched that young boy, another weed in his hand, about to change the life of an unsuspecting old man.”

—Unknown



“We’re one, but we’re not the same. We get to carry each other.”

—U2

“We began by imagining that we are giving to them; we end by realizing that they have enriched us.”

—Pope John Paul II

“Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.”

—John Wesley

“The more you give, the more good things come to you.”

—Crow proverb

“Great opportunities to help others seldom come, but small ones surround us daily.”

—Sally Koch

“After the verb ‘to love’, ‘to help’ is the most beautiful verb in the world.”

—Bertha Von Suttner

“That service is the noblest which is rendered for its own sake.”

—Unknown

“Whenever you are asked if you can do a job, tell ‘em, ‘Certainly, I can!’ Then get busy and find out how to do it.”

—Theodore Roosevelt

“The only real way to differentiate yourself from competition is through service.”

—Jonathan Tisch

“All the beautiful sentiments in the world weigh less than a single lovely action.”

—James Russell Lowell

“We ourselves feel what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.”

—Mother Teresa

“The miracle is this—the more we share, the more we have.”

—Leonard Nimoy

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”

—Margaret Mead

“We must be full of life if we are going to make life fuller for others.”

—David Sawyer

“We need love and creative imagination to do constructive work.”

—Paula Ollendorf

“We can do no great things, only small things with great love.”

—Mother Teresa

“If you want to innovate, to change an enterprise or a society; it takes people willing to do what is not expected.”

—Jean Ribould

“Work is love made visible.”

—Khalil Gibran

“No man or woman, even of the humblest sort, can really be strong, gentle, pure and good without the world being better for it; without somebody being helped and comforted by the very existence of that goodness.”

—Phillips Brooks

“It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself.”

—Ralph Waldo Emerson

“Volunteering creates a national character in which the community and the nation take on a spirit of compassion, comradeship, and confidence.”

—Brian O’Connell

“I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do the something that I can do.”

—Edmund Everett Hale

“Life is not made up of great sacrifices or duties, but of the little things of which smiles and kindnesses and small obligations, given habitually, are what win and preserve the heart.”

—Sir Humphry Davy

“One of the best ways for us to feel important is to be of service to others.”

—Paul S. McElroy

“Opportunity is missed by most people because it is dressed in overalls, and looks like work.”

—Thomas A. Edison

“For those of you who have built castles in the air, your work need not be lost. Now put the foundations under them.”

—Unknown

“I don’t know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve.”

—Albert Schweitzer

“Only a life lived for others is a life worthwhile.”

—Albert Einstein

“If I have been of service, if I have glimpsed more of the nature and essence of ultimate good, if I am inspired to reach wider horizons of thought and action, if I am at peace with myself, it has been a successful day.”

—Alex Noble

“Perhaps the greatest social service that can be rendered by anybody to this country and to mankind is to bring up a family.”

—George Bernard Shaw

“I believe that one of the most important things to learn in life is that you can make a difference in your community, no matter who you are or where you live. I have seen so many good deeds—people helped, lives improved—all because someone cared.”

—Rosalynn Carter



leadership

“Delta Gamma is helping provide windows of opportunity for all women by contributing time, talent, gifts and service to the interfraternal world. Our three Founders were right with their assessment that the ‘smile of infinite’ must be on Delta Gamma because we continue to be leaders and innovators, and experience immeasurable success.”

-Marge Sweatt Gorsline, Gamma Epsilon-Kent State Fraternity President 1994-98



“Example is not the main thing in influencing others. It is the only thing.”

—Albert Schweitzer

“The person who gets ahead is the one who does more than necessary and keeps on doing it.”

—Unknown

“The first step toward solving a problem is to begin.”

—Unknown

“Tell me and I’ll forget. Show me and I may not remember. Involve me, and I’ll understand.”

—Native American proverb

“Accept challenges, so that you may feel the exhilaration of victory.”

—Gen. George S. Patton

“The secret of success in life is for a man to be ready for his opportunity when it comes.”

—Benjamin Disraeli

“The most important single ingredient in the formula of success is knowing how to get along with people.”

—Theodore Roosevelt

“The most pathetic person in the world is someone who has sight but has no vision.”

—Helen Keller

“Whenever you are confronted with an opponent, conquer him with love.”

—Gandhi

“You may have to fight a battle more than once to win it.”

—Margaret Thatcher

“If you have an important point to make, don’t try to be subtle or clever. Use a pile driver. Hit the point once. Then come back and hit it again. Then hit it a third time—a tremendous whack.”

—Winston Churchill

“Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity.”

—Gen. George S. Patton

“Service is a smile. It is an acknowledging wave, a reaching handshake, a friendly wink and a warm hug. It’s these simple acts that matter most, because the greatest service to a human soul has always been the kindness of recognition.”

—Richelle E. Goodrich

“Leadership and learning are indispensable to each other.”

—John F. Kennedy

“Leadership: The art of getting someone else to do something you want done because he wants to do it.”

—Dwight D. Eisenhower

“The best captains sail the roughest seas.”

—Unknown

“Men and women want to do a good job, and if they are provided the proper environment, they will do so.”

—Bill Hewlett

“The very essence of leadership is that you have to have vision. You can’t blow an uncertain trumpet.”

—Theodore M. Hesburgh

“You cannot create a statue by smashing the marble with a hammer, and you cannot by force of arms release the spirit or the soul of the man.”

—Confucius

“Treat people as if they were what they ought to be, and help them become what they are capable of becoming.”

—Goethe

“Vision is not just the ability to see.”

—Unknown

“Often we don’t see the richest possibilities in a situation until we realize that it is not the only situation possible.”

—Edward R. Dufresne

“There is a business philosophy I subscribe to which says that if you aren’t making mistakes, you aren’t trying hard enough. I believe that to get ahead in business you have to be constantly testing the edge. This means that often you are going to be wrong. The good executives are right most of the time, but they know when they are wrong and are not afraid to admit it.”

—Mark McCormack

“The function of leadership is to produce more leaders, not more followers.”

—Ralph Nader

“In matters of style, swim with the current; In matters of principle, stand like a rock.”

—Thomas Jefferson

“And when we think we lead, we are most led.”

—Lord Byron

“The only real training for leadership is leadership.”

—Antony Jay

“The task of the leader is to get his people from where they are to where they have not been.”

—Henry Kissinger

“People are more easily led than driven.”

—David Harold Fink

“Leadership should be born out of the understanding of the needs of those who would be affected by it.”

—Marian Anderson

“The very essence of leadership is its purpose. And the purpose of leadership is to accomplish a task. That is what leadership does—and what it does is more important than what it is or how it works.”

—Col. Dandridge M. Malone

“Lead and inspire people. Don’t try to manage and manipulate people. Inventories can be managed but people must be lead.”

—Ross Perot



“I used to think that running an organization was equivalent to conducting a symphony orchestra. But I don’t think that’s quite it; it’s more like jazz. There is more improvisation.”

—Warren Bennis

“A new leader has to be able to change an organization that is dreamless, soulless and visionless ... someone’s got to make a wake up call.”

—Warren Bennis

“The first responsibility of a leader is to define reality. The last is to say thank you.”

—Max DePre

“People ask the difference between a leader and a boss ... The leader works in the open, and the boss in covert. The leader leads, and the boss drives.”

—Theodore Roosevelt

“The real leader has no need to lead—he is content to point the way.”

—Henry Miller

“All of the great leaders have had one characteristic in common: it was the willingness to confront unequivocally the major anxiety of their people in their time. This, and not much else, is the essence of leadership.”

—John Kenneth Galbraith

“The best example of leadership is leadership by example.”

—Jerry McClain

“Leadership should be more participative than directive, more enabling than performing.”

—Mary D. Poole

“Management is efficiency in climbing the ladder of success; leadership determines whether the ladder is leaning against the right wall.”

—Stephen R. Covey

“A leader’s role is to raise people’s aspirations for what they can become and to release their energies so they will try to get there.”

—David R. Gergen

“The led must not be compelled; they must be able to choose their own leader.”

—Albert Einstein

“Leadership is practiced not so much in words as in attitude and in actions.”

—Harold S. Geneen

“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.”

—John Quincy Adams

“The manager asks how and when; the leader asks what and why.”

—Warren Bennis

“A leader takes people where they want to go. A great leader takes people where they don’t necessarily want to go, but ought to be.”

—Rosalynn Carter

“Leaders are more powerful role models when they learn than when they teach.”

—Rosabeth Moss Kantor

“Good leaders must first become good servants.”

—Robert Greenleaf

“I suppose leadership at one time meant muscles; but today it means getting along with people.”

—Gandhi

“The key to successful leadership today is influence, not authority.”

—Kenneth Blanchard

“Most important, leaders can conceive and articulate goals that lift people out of their petty preoccupations and unite them in pursuit of objectives worthy of their best efforts.”

—John Gardner

“Leadership can be thought of as a capacity to define oneself to others in a way that clarifies and expands a vision of the future.”

—Edwin H. Friedman

“A sense of humor is part of the art of leadership, of getting along with people, of getting things done.”

—Dwight D. Eisenhower

“Innovation distinguishes between a leader and a follower.”

—Steve Jobs

“It is better to lead from behind and to put others in front, especially when you celebrate victory when nice things occur. You take the front line when there is danger. Then people will appreciate your leadership.”

—Nelson Mandela

Nobunaga’s Destiny

A great Japanese warrior named Nobunaga decided to attack the enemy although he had only one-tenth the number of men the opposition commanded. He knew that he would win, but his soldiers were in doubt.

On the way he stopped at a Shinto shrine and told his men: “After I visit the shrine I will toss a coin. If heads comes, we will win; if tails, we will lose. Destiny holds us in her hand.”

Nobunaga entered the shrine and offered a silent prayer. He came forth and tossed a coin. Heads appeared. His soldiers were so eager to fight that they won their battle easily.

“No one can change the hand of destiny,” his attendant told him after the battle.

“Indeed not,” said Nobunaga, showing a coin which had been doubled, with heads facing either way.

—Unknown



mentoring & teamwork

“Delta Gamma’s purpose is accomplished through planned collegiate and alumnae programs which provide intellectual motivation, the opportunity for graciousness in daily living, and community awareness which will enrich the lives of members and instill in them a respect for the enduring values to be gained from the Fraternity.”

-excerpt from the the Delta Gamma Philosophy



MENTORING & TEAMWORK

“Coming together is a beginning, staying together is progress, and working together is success.”

—Henry Ford

“Individuals play the game, but teams beat the odds.”

—SEAL team saying

“The best kind of happiness is a habit you’re passionate about.”

—Shannon L. Alder

“Individual commitment to a group effort—that is what makes a family work.”

—Unknown

“Teamwork is the ability to work together toward a common vision.”

—Unknown

“Michael, if you can't pass, you can't play.”

—UNC coach Dean Smith to Michael Jordan

“We must all hang together, or assuredly, we shall all hang separately.”

—Benjamin Franklin

“If I could solve all the problems myself, I would.”

—Thomas A. Edison, when asked why he had a team of 21 assistants

“When a team outgrows individual performance and learns team confidence, excellence becomes a reality.”

—Joe Paterno

“No one can whistle a symphony. It takes an orchestra to play it.”

—H.E. Luccock

“In order to have a winner, the team must have a feeling of unity; every player must put the team first—ahead of personal glory.”

—Paul “Bear” Bryant

“When spiders’ webs unite, they can tie up a lion.”

—Ethiopian proverb

“Individual commitment to a group effort—that is what makes a team work, a company work, a society work, a civilization work.”

—Vince Lombardi

“The way a team plays as a whole determines its successes. You may have the greatest bunch of individual stars in the world, but if they don’t play together, the club won’t be worth a dime.”

—Babe Ruth

“When he took time to help the man up the mountain, lo, he scaled it himself.”

—Unknown

“I not only use all the brains I have, but all I can borrow.”

—Woodrow Wilson

“A single arrow is easily broken, but not ten in a bundle.”

—Japanese proverb

“A paddle here, a paddle there—the canoe stays still.”

—African proverb

“The ratio of we’s to I’s is the best indicator of the development of a team.”

—Lewis B. Ergen

“Talent wins games, but teamwork and intelligence wins championships.”

—Michael Jordan

“Teams do not seek consensus; they seek the best answer.”

—Jon R. Katzenbach & Douglas K. Smith

“While we’re on the same ship, we have to be on same team.”

—Andromeda

“No member of a crew is praised for the rugged individuality of his rowing.”

—Ralph Waldo Emerson

“Teamwork is no accident. It’s not a matter of luck or chance. Bosses create teamwork—or kill it—by the way they treat people.”

—Unknown

A Lesson from Geese ...

As each bird flaps its wings by flying in a “V” formation, the whole flock adds 71 percent more flying range than if each bird flew alone.

Lesson: People who share a common direction and sense of community can get where they are traveling on the thrust on one another.

Whenever a goose falls out of formation, it quickly gets back into formation to take advantage of the “lifting power” of the lead bird.

Lesson: If we have as much sense as a goose, we will step in formation with those who are headed where we want to go.

When the lead goose gets tired, it rotates back into formation and another goose flies at the point position.

Lesson: It pays to take turns doing the hard tasks and sharing leadership, interdependent on each board member and employee.

The geese from behind honk to encourage those up front to keep up their speed. All work to get along, not to stray out to glorify one’s own self.

Lesson: We need to make sure our honking from behind is encouraging, not something less helpful and/or creating problems.

When a goose gets sick, wounded or shot down, two geese fall out of formation and follow to help and protect. They stay until the fallen goose is able to fly or dies.

Lesson: If we have as much sense as the geese, we’ll stand by each other the same way!

—Unknown

“The highest result of education is tolerance.”

—Helen Keller

“Teamwork: Simply stated, it is less me and more we.”

—Unknown

“The strength of the team is each individual member. The strength of each member is the team”

—Phil Jackson



MENTORING & TEAMWORK

“Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results.”

—Andrew Carnegie

“One person practicing sportsmanship is far better than a hundred teaching it.”

—Knut Rockne

“The path to greatness is along with others.”

—Baltasar Gracion

“Even if later we are occupied with important things, even if we fall into misfortune, still let us remember how good it was here once, where we were all together, united by a good and kind feeling which made us, perhaps, a little better than we were.”

—Dostoyevsky

“Genius is one percent inspiration and ninety-nine percent perspiration.”

—Thomas A. Edison

“If I have seen further than others, it is by standing upon the shoulders of giants.”

—Isaac Newton

“The nice thing about teamwork is that you always have others on your side.”

—Margaret Carty

“If everyone is moving forward together, then success takes care of itself.”

—Henry Ford

“I offer you peace. I offer you love. I offer you friendship. I see your beauty. I hear your need. I feel your feelings. My wisdom flows from the Highest Source. I salute that Source in you. Let us work together for unity and love.”

—Gandhi

“It is not a question of how well each process works, the question is how well they all work together.”

—Lloyd Dobens

“Build for your team a feeling of oneness, of dependence on one another and of strength to be derived by unity.”

—Vince Lombardi

“There is no such thing as a self-made man. You will reach your goals only with the help of others.”

—George Shinn

“If you can laugh together, you can work together.”

—Robert Orben

“Respect your fellow human being, treat them fairly, disagree with them honestly, enjoy their friendship, explore your thoughts about one another candidly, work together for a common goal and help one another achieve it.”

—Bill Bradley

“I am a member of a team, and I rely on the team, I defer to it and sacrifice for it, because the team, not the individual, is the ultimate champion.”

—Mia Hamm

“Great teamwork is the only way we create the breakthroughs that define our careers.”

—Pat Riley

“The perils of overwork are slight compared with the dangers of inactivity”

—Thomas A. Edison

“When a gifted team dedicates itself to unselfish trust and combines instinct with boldness and effort, it is ready to climb.”

—Patanjali

“Your most precious possession is not your financial assets. Your most precious possession is the people you have working there, and what they carry around in their heads, and their ability to work together.”

—Robert Reich

“No experiment is ever a complete failure. It can always be used as a bad example.”

—Paul Dickson

“People who work together will win, whether it be against complex football defences, or the problems of modern society.”

—Vince Lombardi

“By working faithfully eight hours a day, you may eventually get to be a boss and work twelve hours a day.”

—Robert Frost

Big Difference

The Boss drives their team,
The Leader inspires them ...
The Boss depends on authority,
The Leader depends on goodwill ...
The Boss evokes fear,
The Leader radiates love ...
The Boss says “I,”
The Leader says “We” ...
The Boss shows who is wrong,
The Leader shows what is wrong ...
The Boss knows how it is done,
The Leader knows how to do it ...
The Boss demands respect,
The Leader commands respect.
—Unknown

That's Not My Job

This's a story about four people: Everybody, Somebody, Anybody and Nobody.

There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it but Nobody realised that Everybody wouldn't do it.

It ended up that Everybody blamed Somebody when Nobody did what Anybody have done.

—Unknown



friendship

“By the wearer of our anchor many new, pleasant and lasting friendships are often formed, with the golden badge of our sisterhood as the connecting link.”

-Grace M. Clow, Iota-Illinois



“Friendship is the source of the greatest pleasures, and without friends even the most agreeable pursuits become tedious.”

—St. Thomas Aquinas

“To each one of us friendship has a different meaning. For all of us it is a gift. Friendship needs to be cherished and nurtured. It needs to be cultivated on a daily basis. Then shall it germinate and yield its fruit.”

—Unknown

“Friends are born, not made.”

—Henry Adams

“There’s a miracle called friendship that dwells within the heart. You don’t know how it happens or when it gets its start. But the happiness it brings you always gives a special life. And you realize that friendship is God’s most precious gift.”

—Unknown

“A friend is neither an anchor to hold us back, nor a sail to take us there. But always a guiding light, whose love shows us the way.”

—Unknown

“A true friend is someone who reaches for your hand and touches your heart.”

—Unknown

“Friends are like stars: you may not always see them, but you know they are there and they shine in their own special way.”

—Unknown

Friendship Bracelet

May there always be work for your hands to do
May your purse always hold a coin or two
May the sun always shine on your windowpane
May a rainbow be certain to follow each rain
May the hand of a friend always be near you
May God fill your heart with gladness to cheer you.

—Irish Blessing

A Friend

- (A)cccepts you as you are
 - (B)elieves in “you”
 - (C)alls you just to say “Hi”
 - (D)oesn’t give up on you
 - (E)nvvisions the whole of you (even the unfinished parts)
 - (F)orgives your mistakes
 - (G)ives unconditionally
 - (H)elps you
 - (I)nvites you over
 - (J)ust to be with you
 - (K)eeps you close at heart
 - (L)oves you for who you are
 - (M)akes a difference in your life
 - (N)ever judges
 - (O)ffers support
 - (P)icks you up
 - (Q)uiets your fears
 - (R)aises your spirits
 - (S)ays nice things about you
 - (T)ells you the truth when you need to hear it
 - (U)nderstands you
 - (V)alues you
 - (W)alks beside you
 - (X)plains things you don’t understand
 - (Y)ells when you won’t listen
 - (Z)aps you back to reality
- Unknown

Friendship starts from little things—a smile, a word, a deed

The quiet understanding of another person’s need.

It grows with every thoughtful act, each laugh or secret shared,

And all the little kindnesses that whisper “someone cared.”

Until it blooms forever in hearts like yours and mine—a flower to be treasured for its lovely, rare design.

Once in awhile a friend is found who proves right from the start,

To be the special kind of friend who really warms the heart.

Once in awhile, a friendship’s made that’s really lasting, too—

And that’s the kind of friendship I have known since I met you.

—Unknown

Out of Solitude

When we honestly ask ourselves which person in our lives meant the most to us, we often find that it is those who, instead of giving advice, solutions or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand.

The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares.

—Henri J.M. Nouwen

“The only way to have a friend is to be one.”

—Ralph Waldo Emerson

“Do what you will, always walk where you like, your steps do as you please, I’ll back you up.”

—Dave Matthews Band

“No matter where you are, it’s your friends who make your world.”

—Unknown

“A friend is one who knows who you are, understands where you have been, accepts what you have become, and still gently allows you to grow.”

—Unknown

“She takes my hand and leads me along paths I would not have dared explore alone.”

—Maya V. Patel

“Friendship is the hardest thing in the world to explain. It’s not something you learn in school. But if you haven’t learned the meaning of friendship, you really haven’t learned anything.”

—Muhammad Ali

Friends make life a little sweeter.

Friendships come and friendships go,

Another friend, another foe

Another day, another night

Darkness becomes light
 Apart we stood,
 Together we now stand
 Each reaching out a helping hand
 With each hand a loving heart
 Making each of us feel a part
 A part of something so special and dear
 Friendships that will last throughout the
 years.
 —Unknown

A friend is someone we turn to
 When our spirits need a lift,
 A friend is someone we treasure
 For our friendship is a gift,
 A friend is someone who fills our lives
 With beauty, joy and grace.
 And makes the world we live in
 A better and happier place.
 —Jean Kyler McManus

“A friend is one who believes in you when
 you have ceased to believe in yourself.”
 —Unknown

“The most called upon prerequisite of a
 friend is an accessible ear.”
 —Unknown

“I get by with a little help from my friends.”
 —John Lennon

“Keep your friendships in repair.”
 —Ralph Waldo Emerson

“Friendship is the only cement that will ever
 hold the world together.”
 —Woodrow Wilson

“When I find myself fading, I close my eyes
 and realize my friends are my energy.”
 —Unknown

“Real friendship is shown in times of
 trouble; prosperity is full of friends.”
 —Euripides

“A true friend is the greatest of all blessings,
 and that which we take the least care of all
 to acquire.”
 —François de la Rochefoucauld

“However rare true love may be, it is less so
 than true friendship.”
 —François de la Rochefoucauld

“A true friend is one who overlooks your
 failures and tolerates your successes.”
 —Doug Larson

“Treat your friends as you do your pictures,
 and place them in their best light.”
 —Jennie Jerome Churchill

“*Stay* is a charming word in a friend’s
 vocabulary.”
 —Louisa May Alcott

“It is one of the blessings of old friends that
 you can afford to be stupid with them.”
 —Ralph Waldo Emerson

“Friendship was given by nature to be an
 assistant to virtue, not a companion to vice.”
 —Cicero

“Two of life’s greatest blessings are a loving
 family and a trusted friend.”
 —Unknown

“Friends are the flowers in the garden of
 life.”
 —Unknown

“A friend is one who knows us, but loves us
 anyway.”
 —Father Jerome Cummings

“A real friend is one who walks in when the
 rest of the world walks out.”
 —Walter Winchell

“Friendship is one mind in two bodies.”
 —Mencius

“The glory of friendship is not the
 outstretched hand, nor the kindly smile,
 nor the joy of companionship; it is the
 spiritual inspiration that comes to one when
 he discovers that someone else believes in
 him and is willing to trust him with his
 friendship.”
 —Ralph Waldo Emerson

“Friendship with oneself is all-important
 because without it one cannot be friends
 with anyone else in the world.”
 —Eleanor Roosevelt

“The secret to friendship is being a good
 listener.”
 —Unknown

“Friendship is a horizon—which expands
 whenever we approach it.”
 —E. R. Hazlip

“Friendship is the inexpressible comfort of
 feeling safe with a person, having neither to
 weigh thoughts nor measure words.”
 —George Eliot

“Good friends must not always be together;
 It is the feeling of oneness when distant that
 proves a lasting friendship.”
 —Susan Polis Schultz

“You can make more friends in two months
 by becoming interested in other people than
 you can in two years by trying to get other
 people interested in you.”
 —Dale Carnegie

“Walking with a friend in the dark is better
 than walking alone in the light.”
 —Helen Keller

“My best friend is the one who brings out
 the best in me.”
 —Henry Ford

“Friendship is won not by the giving of
 things, but by the giving of the heart.”
 —Roy Lessin

“Friends are angels who lift us to our feet
 when our wings have trouble.”
 —Unknown



“It is a good thing to be rich, it is a good thing to be strong, but is a better thing to be beloved of many friends.”

—Euripides

“A friend is, as it were, a second self.”

—Cicero

“The ornament of a house is the friends who frequent it.”

—Ralph Waldo Emerson

“The only rose without thorns is friendship.”

—Unknown

“Innocence cannot last forever. But true friends and true friendship often does and will. Without the anchor of true friends and friendship, we’re like boats without anchors—we drift aimlessly, with nowhere to rest and be still, even for a short time.”

—Unknown

“Without friends, no one would want to live, even if he had all other goods.”

—Aristotle

“Never shall I forget the time I spent with you. Please continue to be my friend, as you will always find me yours.”

—Ludwig Van Beethoven

“If we would build on a sure foundation in friendship, we must love friends for their sake rather than for our own.”

—Charlotte Bronte

“Friends are those rare people who ask how we are and then wait to hear the answer.”

—Ed Cunningham

“A single rose can be my garden ... a single friend, my world.”

—Leo Buscaglia

“Plant a seed of friendship; reap a bouquet of happiness.”

—Lois L. Kaufman

“Hold a true friend with both your hands.”

—Nigerian proverb

“Friendship consists in forgetting what one gives, and remembering what one receives.”

—Dumas the Younger

“Who finds a faithful friend, finds a treasure.”

—Jewish saying

“The language of friendship is not words but meanings.”

—Henry David Thoreau

“Don’t wait for people to be friendly, show them how.”

—Unknown

“Friends are the roses of life ... pick them carefully and avoid the thorns.”

—Unknown

“Best friends are like diamonds, precious and rare. False friends are like leaves, found everywhere.”

—Unknown

“The greatest gift is a portion of thyself.”

—Ralph Waldo Emerson

“Friendship is one of the most tangible things in a world which offers fewer and fewer supports.”

—Kenneth Branagh

“When you choose your friends, don’t be short-changed by choosing personality over character.”

—W. Somerset Maugham

“Friends are treasures.”

—Horace Burns

“The road to a friend’s house is never long.”

—Danish proverb

She is My Friend

She listens when I talk, but more than that, she always hears me. She hears the subtle shading in my voice that tells her what my words do not. She catches feelings, carefully concealed behind the words, and understands.

She is my friend, and so she does not damage my hurt pride by pointing out my frailties. She simply says a thoughtful

word or two, and suddenly I am able to accept, to speak aloud my worries and embarrassments. I talk to her, and as I do, my confidence returns.

Her friendship once again has shored me up, and I can face my fears and laugh them down. How many times has she listened when I talk, and how I count on her to really hear me.

—Raphael Marie Turnbull

“Your friends will know you better in the first minute you meet than your acquaintances will know you in a thousand years.”

—Richard Bach

“A friend is someone with whom you dare to be yourself.”

—Frank Crane

“When a friend is in trouble, don’t annoy him by asking if there is anything you can do. Think up something appropriate and do it.”

—Edgar Watson Howe

“Don’t walk in front of me, I may not follow; Don’t walk behind me, I may not lead; Walk beside me, and just be my friend.”

—Albert Camus

“True friendship comes when silence between two people is comfortable.”

—Dave Tyson Gentry

If I could catch a rainbow
I would do it just for you
And share with you its beauty
On the days you’re feeling blue
If I could build a mountain
You could call your very own
A place to find serenity
A place to be alone
If I could take your troubles
I would toss them in the sea
But all these things
I’m finding are impossible for me
I cannot build a mountain
Or catch a rainbow fair
But let me be what I know best
A friend that’s always there

—Unknown

Because you are my friend, we have shared the secrets in our lives and grown strong. Because you are my friend, we have sealed a bond that time cannot remove.

And smiled a secret smile that the world shall never understand.

Because having such a friend is more precious than gold ...

I have riches in untold measure.

And a heart outside my own to call home.

—Sunny Mann

“Good friends are hard to find, harder to leave and impossible to forget.”

—Unknown

“Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down.”

—Oprah Winfrey

“Friendship is the golden thread that ties the heart of all the world.”

—John Evelyn

“Friendship? Yes, please.”

—Charles Dickens

“I’d like to be the sort of friend that you have been to me. I’d like to be the help that you’ve been always glad to be. I’d like to mean as much to you each minute of the day as you have meant to, old friend of mine, to me along the way.”

—Edgar A. Guest

“It is that my friends have made the story of my life. In a thousand ways they have turned my limitations into privileges, and enabled me to walk serene and happy in the shadow cast by my deprivation.”

—Helen Keller

I Have a List

I have a list of folks I know ... all written in a book, and every now and then ... I go and take a look. That is when I realize these names ... they are a part, not of the book they’re written in ... but taken from the heart. For each name stands for someone ... who has crossed my path sometime, and in that meeting they have become ... the reason

and the rhyme. Although it sounds fantastic ... for me to make this claim, I really am composed ... of each remembered name. Although you’re not aware ... of any special link, just knowing you, has shaped my life ... more than you could think. So please don’t think my greeting ... as just a mere routine, your name was not ... forgotten in between. For when I send a greeting ... that is addressed to you, it is because you’re on the list ... of folks I’m indebted to. So whether I have known you ... for many days or few, in some ways you have a part ... in shaping things I do. I am but a total ... of many folks I’ve met, you are a friend I would prefer ... never to forget.

—Unknown

The Roommate

Somewhere between the sibling rivalries of childhood and the married bliss of adult life comes a versatile creature known as a roommate. She can be found sharing your closet, borrowing your clothes, answering phone calls, meeting your dates, and eating your food. She is comfort in curlers, sympathy in slippers, wit in warm-ups, and the only human being who sees the real you all the time. Incoming freshmen worry about her, mothers scrutinize her, persistent admirers befriend her, and you use her for a housekeeper, confessor, nurse, dry cleaner, seamstress, hairdresser, and fashion consultant.

She is the one who sees you through last minute term papers, blind dates, and times of financial stress, diets, room inspections, crashed computers, and trips to the infirmary.

You may scream at her, criticize her, forget her birthday, or ruin her best sweater, but you cannot shake her faith in humanity. And sometimes toward the end of the year of frustrations, flunked courses, and lonely weekends, she can make it all seem worthwhile with a few words: “I’ll miss you.”

—Unknown

A friend’s an attitude within you,
A talk you can always continue,
A feeling you have known for a while,
A thought that sparks an inner smile.

A friend’s a person you hold dear,
Who ventures far, yet stays quite near,
Whose presence sets the spirit free,
Who brings out candor, honesty.
A friend shares all your joys and tears,
Feels triumph with you, knows your fears,
Accepts your strengths and weaknesses, too,
Won’t let small things dull friendship’s hue.
A friend will walk life’s miles with you,
And nourish values sound and true.
Though paths may sometimes drift apart,
True friendships never leave the heart.

—Unknown

“A true friend knows your weaknesses, but shows you your strengths; feels your fears but fortifies your faith; sees your anxieties but frees your spirit; recognizes your disabilities but emphasizes your possibilities.”

—William Arthur Ward

“Friend: one who knows all about you and likes you just the same.”

—Elbert Hubbard

“We all take different paths in life, but no matter where we go, we take a little of each other everywhere.”

—Tim McGraw

“My father always used to say that when you die, if you’ve got five real friends, then you’ve had a great life.”

—Lee Iacocca

“If all my friends were to jump off a bridge, I wouldn’t jump off with them, I’d be at the bottom to catch them.”

—Unknown

“Everyone hears what you say. Friends listen to what you say. Best friends listen to what you don’t say.”

—Unknown

“A friend is someone who knows the song in your heart and can sing it back to you when you have forgotten the words.”

—Donna Roberts



“There is no friend like an old friend
Who has shared our morning days.
No greeting like his welcome
No homage like his praise.”
—Oliver Wendell Holmes Jr.

“I’ll lean on you and you lean on me and
we’ll be okay.”
—Dave Matthews Band

“No love, no friendship can ever cross our
path without affecting us in some way
forever.”
—Mauriac

Girlfriends

Girlfriends bring casseroles and scrub your
bathroom when you are sick.
Girlfriends keep your children and keep
your secrets.
Girlfriends give advice when you ask for it,
sometimes you take it, sometimes you don’t.
Girlfriends don’t always tell you that you’re
right, but they’re usually honest.
Girlfriends still love you, even when they
don’t agree with your choices.
Girlfriends might send you a birthday card,
but they might not. It does not matter in
the least.
Girlfriends laugh with you, and you don’t
need canned jokes to start the laughter.
Girlfriends pull you out of jams.
Girlfriends don’t keep a calendar that lets
them know who hosted the other last.
Girlfriends are there for you, in an instant
and truly, when the hard times come.
Girlfriends listen when you lose a job or a
husband.
Girlfriends listen when your children break
your heart.
Girlfriends listen when your parents’ minds
and bodies fail.
My girlfriends bless my life. Once we were
young, with no idea of the incredible joys or
the incredible sorrows that lay ahead. Nor
did we know how much we would need
each other.
—Unknown

“A little word in kindness spoken,
A motion or a tear,
Has often healed the heart that’s broken,
And made a friend sincere.”
—Colesworthy

“Grief can take care of itself ... but to
get the full value of a joy, you must have
someone to divide it with.”
—Mark Twain

“Sometimes, not often enough
We reflect upon the good things—
And those thoughts always
Center around those we love—
And I think about those people
Who mean so much to me—
And for so many years have
Made me so very happy ...
And I count the times I have
Forgotten to say ‘thank you.’
And just how much I love them.”
—Felice Mancini

“Friends are a gift from God, who sends
us someone truly caring and sensitive.
Understanding and persistent, in helping
us reach a goal, and rejoicing when it is
finally achieved. Friends make us laugh
at ourselves, help unlock closed doors,
and explore into the future with us and
always lend a shoulder when times are bad.
Rejoicing together, many memories filled
with tears of happiness are what friends are
all about.”
—Holly Schweiker

“Never abandon an old friend. You will
never find one who can take her place.
Friendship is like wine; it gets better as it
grows older.”
—Unknown

“It’s as old as man himself, yet as new as this
moment or the next. It’s ever changing and
somehow ever constant. It’s stronger than
any wall ever built. It overcomes politics
and national barriers. It can’t be blinded
by strange customs or blocked by foreign
languages. It has been written about and

analyzed by wise men, yet never has it
been defined, and never will be. You can’t
see it or touch it, yet it is everywhere. It
survives weakness and neglect, thrives on
thoughtfulness. Its possibilities are infinite,
its strength limitless. It’s what makes man
human, what makes life worth living.
It’s friendship.”
—Unknown

“By friendship you mean the greatest love,
the most open communication, the noblest
sufferings, the severest truth, the heartiest
counsel, and the greatest union of minds of
which brave men and women are capable.”
—Jeremy Taylor

Take time for friendship when you can
The hours fly swiftly by, and the need
That presses on your fellow man
May fade away at equal speed
And you may sigh before the end
That you have failed to play the friend.
Not all life’s pride is born of fame;
Not all the joy from work is won.
Too late we hang our heads in shame,
Remembering good we could have done;
Too late we wish that we had stayed
To comfort those who called for aid.
Take time to do the little things
Which leave the satisfactory thought,
When other joys have taken wings,
That we have labored as we ought;
That in a world where all contend,
We often stopped to be a friend.
—Edgar A. Guest

“The better part of one’s life consists of his
friendships.”
—Abraham Lincoln

“We will be friends until forever, just you
wait and see.”
—Winnie the Pooh

“There are good ships, and there are wood
ships, the ships that sail the sea. But the best
ships are friendships, and may they always
be.”
—Irish saying

“Best friends listen to what you don’t say.”
—Samantha Norman

“People never know how special someone is until they leave, but maybe sometimes it’s important to leave, so they are given that chance to see how special that someone really is.”
—Ali Nitka

“True friendship is like sound health; the value of it is seldom known until it be lost.”
—Charles Caleb Colton

“My friends are my estate.”
—Emily Dickinson

“A friend is someone who is there for you when he’d rather be anywhere else.”
—Len Wein

“A hug is worth a thousand words. A friend is worth more.”
—Jasmine Fitzwilliam

“Everyone is a friend, until they prove otherwise.”
—Unknown

“Every person is a new door to a different world.”
—from movie *Six Degrees of Separation*

“It takes a long time to grow an old friend.”
—John Leonard
“A true friend never gets in your way unless you happen to be going down.”
—Arnold H. Glasow

“We can’t call people without wings angels, so we call them friends instead.”
—Unknown

The Bear and Two Travelers

Two people were traveling together, when a bear suddenly met them on their path. One of them climbed up quickly into a tree and concealed himself in the branches. The other, seeing that they must be attacked, fell flat on the ground, and when the bear came up and felt them with his snout, and smelt them all over, they held their breath, and feigned the appearance of death as much as they could. The bear soon left, for it is said bears will not touch a dead body. When the bear was quite gone, the other traveler descended from the tree, and jocularly inquired of the other what it was the bear had whispered in their ear. “The bear gave me this advice,” the companion replied. “Never travel with a friend who deserts you at the approach of danger.”
—Unknown

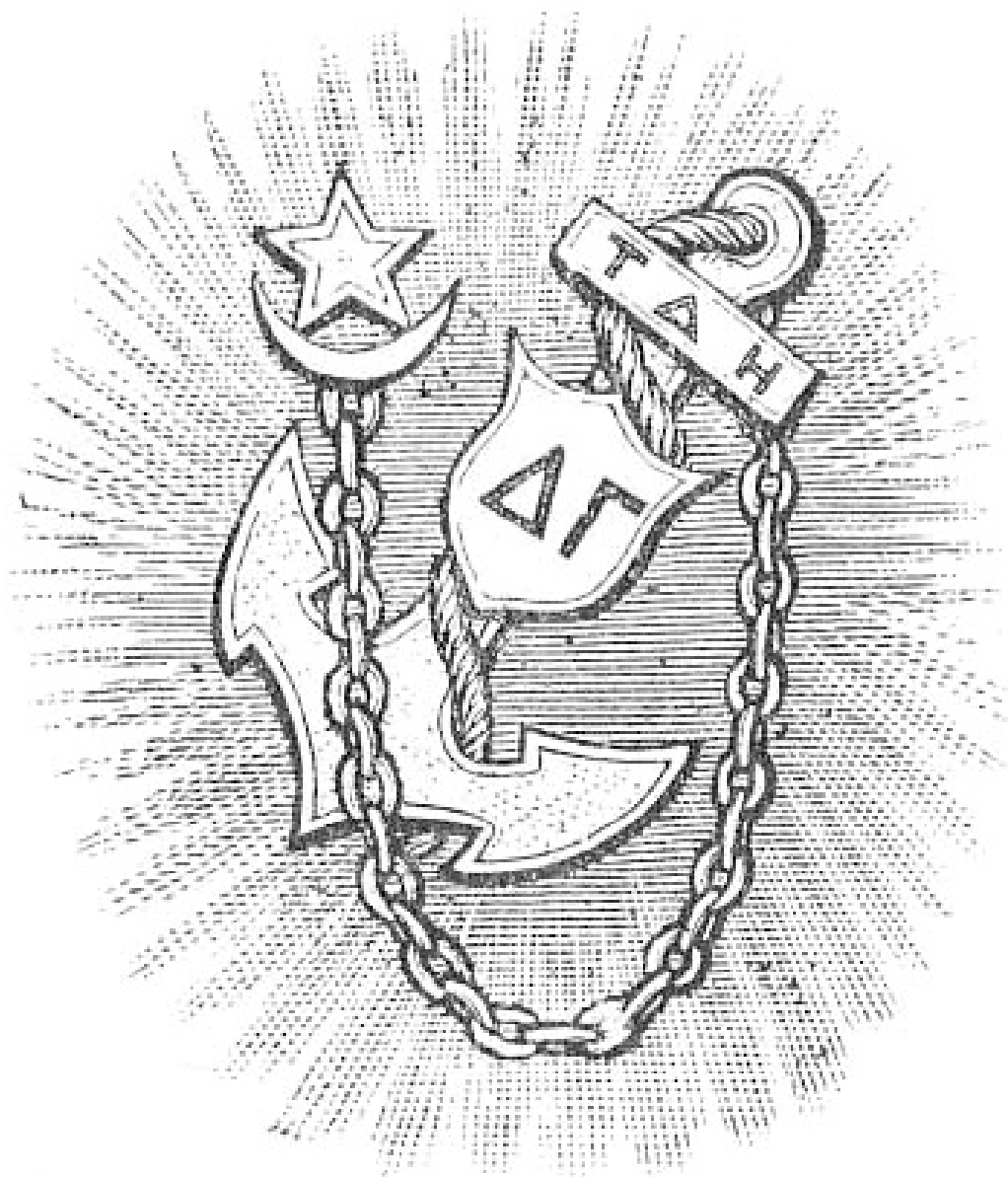
They Don’t Know What to Say

Now I know I never knew,
when you lost your child,
What you were going through.
I wasn’t there,
I stayed away,
I just deserted you.
I didn’t know the words to say,
I didn’t know the things to do.
I think your pain so frightened me,
I didn’t know how to comfort you.
And then one day my child died.
You were the first one there.

You quietly stayed by my side, listened,
And held me as I cried.
You didn’t leave, you didn’t go.
The lesson learned is ...
Now I know.
—Alice Kerr

Build a Box of Friendship

Into a box of friendship
To insure that it is strong
First a layer of respect
On the bottom does belong
Then to the sides attach
In the corners where they meet
Several anchors full of trust
Devoid of all deceit
The height of friendship can be measured
By the sides of four
So make them all a larger cut
And the box will hold much more
Now fill it up with courtesy
Honor and esteem
Understanding, sympathy
And passion for a dream
Add to that your honesty
Emotions joy and love
And since they’re so important
Place them up above
But leave the box wide open
So all can see inside
To learn what makes a friendship work
From the box you built with pride
—Chuck Pool



hopes & dreams

“The union of souls is an anchor in storms.”
-from the first ANCHORA, spring 1884



“For those who believe and have hope, no explanation is necessary. For those who don't believe and have no hope, no explanation will suffice.”

—Unknown

“The capacity for hope is the most significant fact of life. It provides human beings with a sense of destination and the energy to get started.”

—Norman Cousins

“Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come.”

—Anne Lamont

“Hope springs eternal in the human breast: Man never is, but always To be Blest.”

—Alexander Pope

“I am not an optimist, because I am not sure that everything ends well. Nor am I a pessimist, because I am not sure that everything ends badly. I just carry hope in my heart. Hope is the feeling that life and work have meaning. You either have it or you don't, regardless of the state of the world that surrounds you. Life without hope is an empty, boring useless life. I cannot imagine that I could strive for something if I did not carry hope in me.”

—Vaclav Havel

“Hope has two beautiful daughters: anger, (at the way things are) and courage, (to see that they do not remain the same.)”

—St. Augustine

“The most important word in the human language is hope.”

—Eleanor Roosevelt

“He who has health has hope; and he who has hope, has everything.”

—Arabian proverb

“Never deprive someone of hope; it might be all they have.”

—H. Jackson Brown Jr.

“If I were asked to give what I consider the single most useful bit of advice for all humanity, it would be this: Expect trouble as an inevitable part of life and when it comes, hold your head high, look it squarely in the eye and say, ‘I will be bigger than you. You cannot defeat me.’”

—Ann Landers

“Don't try so hard, the best things come when you least expect them to.”

—Unknown

“Hope is a waking dream.”

—Aristotle

“No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land, or opened a new heaven to the human spirit.”

—Helen Keller

“Every time you meet a situation, though you think at the time it is an impossibility and you go through the tortures of the damned, once you have met it and lived through it, you find that forever after you are freer than you were before.”

—Eleanor Roosevelt

“A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.”

—Sir Winston Churchill

“Hope is the anchor of the soul, the stimulus to action, and the incentive to achievement.”

—Unknown

“Without hope we are only half alive. With hope we dream and think and work.”

—Charles Sawyer

“Optimism is the faith that leads to achievement. Nothing can be done without hope or confidence.”

—Helen Keller

“There is no medicine like hope, no incentive so great, no tonic so powerful as expectation of something tomorrow.”

—Orison S. Marden

“Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.”

—Carl Bard

“If things do not turn out as we wish, we should wish for them as they turn out.”

—Aristotle

“Although the world is full of suffering, it is also full of the overcoming of it.”

—Helen Keller

“We have this hope as an anchor for the soul, sure and firm.”

—Hebrews 6:19

“Now is no time to think of what you do not have. Think of what you can do with what there is.”

—Ernest Hemingway

“And, if it were not for hope, where would the future be?”

—Don Juan XV

Look to this day!
For it is life,
The very life of life.
In its brief course
Lie all the verities and realities
Of your existence.
For yesterday
Is already a dream
And tomorrow
Is only a vision ...
But today, well lived,
Makes every yesterday
A dream of happiness,
And every tomorrow
A vision of hope.

—Sanskrit poem

“Throughout the centuries there were men who took first steps down new roads armed with nothing but their own vision.”

—Ayn Rand

“Where there is no vision, people perish.”

—Proverbs 29:18



HOPES & DREAMS

“Where there is no hope in the future, there is no power in the present.”

—John Maxwell

“Everything that is done in the world is done by hope.”

—Rev. Martin Luther King Jr.

“Hope can always cope.”

—P.K. Thomajan

“A leader is a dealer in hope.”

—Napoleon Bonaparte

“Hope, the best comfort of our imperfect condition.”

—Edward Gibbon

“Hope sees the invisible, feels the intangible, and achieves the impossible.”

—Unknown

“Live your life each day as you would climb a mountain. An occasional glance toward the summit keeps the goal in mind, but many beautiful scenes are to be observed from each new vantage point. Climb slowly, steadily, enjoying each passing moment; and the view from the summit will serve as a fitting climax for the journey.”

—Unknown

“We gather because we have chosen hope over fear, unity of purpose over conflict ...”

—Barack Obama

“When the world says, ‘give up,’ hope whispers, ‘try it one more time.’”

—Unknown

“Once you choose hope, anything is possible.”

—Unknown

“Hope is like a road in the country; there was never a road, but when many people walk on it, the road comes into existence.”

—Lin Yutang

“Hope is a state of mind, not of the world. Hope, in this deep and powerful sense, is not the same as joy that things are going well, or willingness to invest in enterprises that are obviously heading for success, but rather an ability to work for something because it is good.”

—Vaclav Havel

“Hope is the voice of your heart ... follow your heart.”

—Starbucks cup

“There is no medicine like hope, no incentive so great, no tonic so powerful as the expectation of something tomorrow.”

—Unknown

“For hope is but the dream of those that wake.”

—Matthew Prior

“Beginnings are scary. Endings are usually sad, but it’s what’s in the middle that counts. So, when you find yourself at the beginning, just give hope a chance to float up. And it will.”

—*Hope Floats*

“While there’s life, there’s hope.”

—Cicero

“Hope is the thing with feathers that perches in the soul.”

—Emily Dickinson

“For hope is but the dream of those that wake.”

—Matthew Prior

“If you lose hope, somehow you lose the vitality that keeps like moving, you lose that courage to be, that quality that helps you go in spite of it all. And so today I still have a dream.”

—Rev. Martin Luther King Jr.

“Hope arouses, as nothing else can arouse, a passion for the possible.”

—William Sloane Coffin

“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.”

—Harriet Tubman

“I hope your dreams take you ... to the corners of your smiles, to the highest of your hopes, to the windows of your opportunities, and to the most special places your heart has ever known.”

—Unknown

“The future belongs to those who believe in the beauty of their dreams.”

—Eleanor Roosevelt

“Each time someone stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope.”

—Robert F. Kennedy

“All your dreams can come true if you have the courage to pursue them.”

—Walt Disney

“Learn from yesterday, live for today, hope for tomorrow.”

—Albert Einstein

“Hope is the most exciting thing in life and if you honestly believe that love is out there, it will come. And even if it doesn’t come straight away there is still that chance all through your life that it will.”

—Josh Hartnett

“Never let go of hope. One day you will see that it all has finally come together. What you have always wished for has finally come to be. You will look back and laugh at what has passed and you will ask yourself, ‘How did I get through all of that?’”

—Unknown



***Honesty, truth,
responsibility,
accountability and our
high quality of character
help create the strong,
talented women of Delta***

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honesty & integrity

“There should be, between fraternity girls, a bond so close and strong as to warrant the greatest test of friendship-the correcting of each other’s faults.”

-Maude Ewing Ross, Delta (III)-Southern California



“No legacy is so rich as honesty.”

—William Shakespeare

“People may doubt what you say, but they will never doubt what you do.”

—Kathleen Russell & Larry Wall

I do solemnly pledge to consecrate my life to the service of humanity.

I will give respect and gratitude to my deserving teachers.

I will practice medicine with conscience and dignity.

The health and life of my patients will be my first consideration.

I will hold in confidence all my patient confides in me.

I will maintain the honor and the noble tradition of the medical profession.

My colleagues will be as my family.

I will not permit considerations of race, religion, nationality, party politics, or social standing to intervene between my duty and my patient.

I will maintain the utmost respect for human life.

Even under threat I will not use my knowledge contrary to the laws of humanity. These promises I make freely and upon my honor.

—The Oath of Hippocrates

“A woman is like a tea bag. You never know how strong she is until she gets into hot water.”

—Eleanor Roosevelt

“Associate yourself with men of good quality if you esteem your own reputation; for ‘tis better to be alone than in bad company.”

—George Washington

“Stand up for what is right, even if you are standing alone.”

—Unknown

“Our greatest glory is not in never falling, but in rising every time we fall.”

—Confucius

“If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away.”

—Henry David Thoreau

“Be who you are and say what you feel because those who mind don’t matter and those who matter don’t mind.”

—Dr. Seuss

“In the end, we will remember not the words of our enemies, but the silence of our friends.”

—Rev. Martin Luther King Jr.

“We are what we repeatedly do. Excellence, then, is not an act but a habit.”

—Aristotle

“Values are like fingerprints. Nobody’s are the same, but you leave ‘em all over everything you do.”

—Elvis Presley

“Courage is rightly esteemed the first of human qualities because it is the quality which guarantees all others.”

—Winston Churchill

“Give to us clear vision that we may know where to stand and what to stand for - because unless we stand for something, we shall fall for anything.”

—Peter Marshall

“Where is there dignity unless there is honesty?”

—Cicero

“Envy someone and it pulls you down. Admire them and it builds you up. Which makes more sense?”

—Elvis Presley

“There is no pillow as soft as a clear conscience.”

—French proverb

A strong woman works out every day to keep her body in shape ...

But a woman of strength kneels in prayer to keep her soul in shape.

A strong woman isn’t afraid of anything ... But a woman of strength shows courage in the midst of fear.

A strong woman won’t let anyone get the best of her ...

But a woman of strength gives the best of her to everyone.

A strong woman walks sure footedly ...

But a woman of strength knows God will catch her when she falls.

A strong woman wears the look of confidence on her face ...

But a woman of strength wears grace.

A strong woman has faith that she is strong enough for the journey ...

But a woman of strength has faith that it is in the journey that she will become strong.

—Unknown

“It is better to weep with wise men than to laugh with fools.”

—Unknown

“Honesty is the first chapter in the book of wisdom.”

—Thomas Jefferson

“Integrity is telling myself the truth. And honesty is telling the truth to other people.”

—Unknown

“The (women) who build the future are those who know that greater things are yet to come, and that they themselves will help bring them about. Their minds are illuminated by the blazing sun of hope.”

—Melvin Evans

“I’ll match my flops with anybody’s but I wouldn’t have missed them. Flops are a part of life’s menu and I’ve never been one to miss out on any of the courses.”

—Rosalind Russell



truth

“Strong girls mean strong chapters, strong chapters mean a strong fraternity.”
-Grace Ruth Yawger Gibbs, Chi-Cornell
Fraternity Vice President 1902-07



“This above all: to thine own self be true.”
—William Shakespeare

Risks

To laugh is to risk appearing the fool.
To weep is to risk appearing sentimental.
To reach out for another is to risk involvement.
To expose feelings is to risk exposing your true self.

To place your ideas, your dreams, before a crowd is to risk their loss.

To love is to risk not being loved in return.

To live is to risk dying.

To hope is to risk despair.

To try is to risk failure.

But risks must be taken, because the greatest hazard in life is to risk nothing.

Those who risk nothing do nothing, have nothing, and are nothing.

They may avoid suffering and sorrow, but they cannot learn, feel, change, grow, love, live.

Chained by their certitude, they are slaves; they have forfeited their freedom.

Only a person who risks is free.

—Unknown

“It takes a lot of courage to show your dreams to someone else.”

—Erma Bombeck

“A good plan today is better than a perfect plan tomorrow.”

—Gen. George S. Patton

“Anger or hatred is like a fisherman’s hook. It is very important for us to ensure that we are not caught by it.”

—Dalai Lama

“Truth is like the sun. You can shut it out for a time, but it ain’t goin’ away.”

—Elvis Presley

“Sit in reverie and watch the changing color of the waves that break upon the idle seashore of the mind.”

—Henry Wadsworth Longfellow

“A lie has speed, but truth has endurance.”

—Edgar J. Mohn

“I find the great thing in this world is, not so much where we stand, as in what direction we are moving.”

—Goethe

Vision looks inward and becomes duty.
Vision looks outward and becomes aspiration. Vision looks upward and becomes faith.

—S. Wise

“It does not take much strength to do things, but it requires great strength to decide on what to do.”

—Elbert Hubbard

“If you tell the truth you don’t have to remember anything.”

—Mark Twain

“A thing is not necessarily true because a man dies for it.”

—Oscar Wilde

“When you have eliminated all which is impossible, then whatever remains, however improbable, must be the truth.”

—Sir Arthur Conan Doyle, Sherlock Holmes #9

“Man is least himself when he talks in his own person. Give him a mask, and he will tell you the truth.”

—Oscar Wilde

“Unless your heart, your soul, and your whole being are behind every decision you make, the words from your mouth will be empty, and each action will be meaningless. Truth and confidence are the roots of happiness.”

—Unknown

To Tell the Truth

“Who did this?” asked my teacher. Thirty children tried to think about not only what they had done, but also what our teacher may have found out. “Who did this?” asked my teacher once more. She wasn’t really asking, she was demanding an answer. She

seldom became angry, but she was this time. She held up a piece of broken glass and asked, “Who broke this window?”

“Oh, oh,” I thought. I was the one who broke the window. I had not done it intentionally. It was caused by an errant throw of a baseball. I was working on my knuckleball. It needed more work. Why did it have to be me? It wasn’t really my fault. If I admitted guilt, I would be in a lot of trouble. How would I be able to pay for a big window like that? I didn’t even get an allowance. “My father is going to have a fit,” I thought. I didn’t want to raise my hand, but some force much stronger than I was pulled it skyward. I told the truth. “I did it.” I said no more. It was hard enough saying what I had.

My teacher went to one of our library shelves and took down a book. She then began walking towards my desk. I had never known my teacher to strike a student, but I feared she was going to start with me and she was going to use a book for the swatting.

“I know how you like birds,” she said as she stood looking down at my guilt-ridden face. “Here is that field guide about birds that you are constantly checking out. It is yours. It’s time we got a new one for the school anyway. The book is yours and you will not be punished as long as you remember that I am not rewarding you for your misdeed, I am rewarding you for your truthfulness.”

I couldn’t believe it! I wasn’t being punished and I was getting my very own bird field guide. The very one that I had been saving up money to buy. The money I feared would be going to the school to buy a new window. I wore out that book trying to match the live, flying birds to their depictions in that field guide. The book is gone, so is my wonderful teacher. All that remains of that day is my memory and the lesson my teacher taught me. That lesson stays with me every day and it will echo forever.

—Al Batt



responsibility

“We would impress upon you that wearing the anchor brings great obligations as well as great privileges, that as a Delta Gamma you must be broad-minded, unselfish, intelligent, pure, true, gentle, and above all, womanly.”

-Ada May Brown, Omega-Wisconsin

“I count him braver who overcomes his desires than him who conquers his enemies; for the hardest victory is over self.”

—Aristotle

“In any moment of decision, the best thing you can do is the right thing. The worst thing you can do is nothing.”

—Theodore Roosevelt

“We can’t take any credit for our talents. It’s how we use them that counts.”

—Madeleine L’Engle

“If you are doing your best, you will not have time to worry about failure.”

—Robert Hillyer

“Few things help an individual more than to place responsibility upon him, and to let him know that you trust him.”

—Booker T. Washington

“Our attitudes control our lives. Attitudes are a secret power working twenty-four hours a day, for good or bad. It is of paramount importance that we know how to harness and control this great force.”

—Tom Blandi

“Always do right—this will gratify some and astonish the rest.”

—Mark Twain

“American liberty is premised on the accountability of free men and women for what they have done, not for what they may do.”

—Jon Newman

“Perhaps nothing in our society is more needed for those in positions of authority than accountability. Too often those with authority are able (and willing) to surround themselves with people who support their decisions without question.”

—Unknown

“Move decisions out to the Cabinet and agencies. Strengthen them by moving responsibility, authority, and accountability their direction.”

—Donald Rumsfeld

“The ancient Romans had a tradition: whenever one of their engineers constructed an arch, as the capstone was hoisted into place, the engineer assumed accountability for his work in the most profound way possible: he stood under the arch.”

—Michael Armstrong

“ACCOUNTABILITY, The mother of caution.”

—Unknown

“Accountability in friendship is the equivalent of love without strategy.”

—Anita Brookner

“Compromise is usually bad. It should be a last resort. If two departments or divisions have a problem they can’t solve and it comes up to you, listen to both sides and then pick one or the other. This places solid accountability on the winner to make it work. Condition your people to avoid compromise.”

—Robert Townsend

“Accountability breeds response-ability.”

—Stephen R. Covey

“Acknowledgment of torture is not accountability for it.”

—Yousef Munayyer

“Another cause for the increase in alienation and cynicism is a feeling that too many policy decisions that affect individuals have been taken out of any system that has accountability or that they can influence.”

—Robert Teeter

“For years now I have been talking about personal responsibility and accountability, both in our private lives and in the halls of government. Those are important principles here in Idaho, and they will form the basis of this administration.”

—Butch Otter

“Great companies have high cultures of accountability, it comes with this culture of criticism I was talking about before, and I think our culture is strong on that.”

—Steve Ballmer

The Carpenter’s House

An elderly carpenter was ready to retire. The carpenter told the building contractor it was time to leave the house building business and live a more leisurely life enjoying extended family. They would miss the paycheck, but the carpenter needed to retire. They could get by.

The contractor was sorry to see a good worker go and asked if the carpenter could build just one more house as a personal favor. The carpenter said yes, but in time it was easy to see that there was no heart in the work. The carpenter resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end a long career.

When the carpenter finished and the builder came to inspect the house, the contractor handed the front-door key to the carpenter. “This is your house,” the contractor said, “my gift to you.”

What a shock! What a shame! If the carpenter had only known this building would be their own house, it would have been done so differently. Now the family had to live in the home that was built none too well.

So it is with us. We build our lives in a distracted way, reacting rather than acting, willing to put up less than the best. At important points we do not give the job our best effort. Then with a shock we look at the situation we have created and find that we are now living in the house we have built. If we had realized, we would have done it differently.

Think of yourself as the carpenter. Think about your house. Each day you hammer a nail, place a board, or erect a wall. Build wisely. It is the only life you will ever build. Even if you live it for only one day more, that day deserves to be lived graciously and with dignity. The plaque on the wall says, “Life is a do-it-yourself project.”

Who could say it more clearly? Your life today is the result of your attitudes and choices in the past. Your life tomorrow will be the result of your attitudes and the choices you make today.

—Unknown



perseverance & hard work

“Looking over the country-wide Delta Gamma world, I feel that we have great cause for satisfaction. The active girls are wide awake to the problems they have to handle. No longer do they consider it narrow to have definite ideas on the things so vital to their development. They are not afraid. They will tackle any problem and see it through-and usually without compromise. This is the spirit that give us who are older in Delta Gamma great encouragement.”

-Nancy Brown Woollett, Phi-Colorado
Fraternity President 1922-28



The Daffodil Principle

Recently, my daughter had telephoned several times to say, “Mother, you must come see the daffodils while they are in bloom.” I wanted to go, but it was a two-hour drive from Laguna to Lake Arrowhead. “I will come next Tuesday,” I promised, a little reluctantly, on her third call.

Next Tuesday dawned cold and rainy. Still, I had promised, so I drove to my daughter’s. Due to the fog and rain, I tried to dissuade my daughter from the drive to see the flowers, but she insisted that I would never forgive myself if I missed this experience.

After twenty minutes, we turned onto a small gravel road, and a small church came into view. On the far side of the church, along a path, was a hand-lettered sign, which read “Daffodil Garden.” I walked down the path, turned a corner, and gasped. Before me lay the most glorious sight. It looked as though someone had taken a great vat of gold and poured it down over the mountain peak and slopes. The flowers were planted in majestic, swirling patterns. Great ribbons and swaths of deep orange, salmon pink, white, saffron, lemon and butter yellows. Each different colored variety was planted as a group so it flowed like a river with its own unique hue. Five acres of flowers.

“But who has done this?” I asked. In the midst of all this glory was a house, and on that house was a plaque with a headline, “Answers to the Questions I Know You Are Asking.” The first answer was a simple, “50,000 bulbs.” The second answer was “One at a time, by one woman. Two hands, two feet, and very little brain.” The final answer was, “Began in 1958.” There it was, the Daffodil Principle.

I thought of this woman who, more than thirty-five years before, had begun, one bulb at a time, to bring her vision of beauty and joy to an obscure mountaintop. Still, just planting one bulb at a time, year after year, had changed the world in which she lived—she created something of ineffable magnificence, beauty and inspiration.

When we multiply tiny pieces of time with small increments of daily effort, we too will find we can accomplish magnificent

endeavors—we can change the world.

My daughter summed up the message succinctly: “Start now,” she said.

—Unknown

“Good, better, best. Never let it rest. ‘Til your good is better and your better is best.”

—St. Jerome

“A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.”

—Christopher Reeve

“Anyone can give up, it’s the easiest thing in the world to do. But to hold it together when everyone else would understand if you fell apart, that’s true strength.”

—Unknown

“Go within every day and find the inner strength so that the world will not blow your candle out.”

—Katherine Dunham

“Being president is like riding a tiger. A man has to keep on riding or he is swallowed.”

—Harry Truman

“Know what you want to do, hold the thought firmly, and do every day what should be done, and every sunset will see you that much nearer to the goal.”

—Elbert Hubbard

“Opportunities are usually disguised as hard work, so most people don’t recognize them.”

—Ann Landers

“The difference between perseverance and obstinacy is that one comes from a strong will, and the other from a strong won’t.”

—Henry Ward Beecher

“You can’t go through life quitting everything. If you’re going to achieve anything, you’ve got to stick with something.”

—From the television show *Family Matters*

“Don’t be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones will tend to take care of themselves.”

—Dale Carnegie

“Nobody trips over mountains. It is the small pebble that causes you to stumble. Pass all the pebbles in your path and you will find you have crossed the mountain.”

—Unknown

“When you come to the end of your rope, tie a knot and hang on.”

—Franklin D. Roosevelt

“Consider the postage stamp: its usefulness consists in the ability to stick to one thing till it gets there.”

—Josh Billings

“The greatest oak was once a little nut who held its ground.”

—Unknown

“Fall seven times, stand up eight.”

—Japanese Proverb

“Perseverance is the hard work you do after you get tired of doing the hard work you already did.”

—Newt Gingrich

“If one dream should fall and break into a thousand pieces, never be afraid to pick one of those pieces up and begin again.”

—Flavia Weedn

“He conquers who endures.”

—Persius

“Stubbornly persist, and you will find that the limits of your stubbornness go well beyond the stubbornness of your limits.”

—Robert Brault



from our Founders

“Mary, to think our little club has become such a large and wonderful fraternity; it’s truly a miracle.”

“Yes, Eva, our dreams have come true; our prayers answered.”
-overheard conversation at Delta Gamma’s Golden Jubilee in 1924
between Mary Comfort Leonard and Eva Webb Dodd



Article II of the *Delta Gamma Constitution*

The objects of this Fraternity shall be to foster high ideals of friendship among college women, to promote their educational and cultural interests, to create in them a true sense of social responsibility and to develop in them the best qualities of character.

The First Initiation Address

Dear sisters, you are now members of the Delta Gamma Club. Ours is an associate sisterhood based upon sincere desire for mutual improvement; its cementing element is love, its stimulating principle, truth; its watchword, duty, and we welcome you cordially to the advantages of our club.

May the cherished name of Delta Gamma, which you have just so solemnly assumed, ever serve to remind you that much is expected of you. Let this symbol of the badge of our organization be a faithful monitor. In the hours of study, in the joyous moments when life's bright vision flit before you, and hope smiles tenderly above; in the Dark hour when time's unceasing oracles speak naught but lamentations and woe to the bruised spirit, may this bright monitor recall to your memory the noble truths which are inculcated here and which are beautifully illustrated by this design.

You may imagine our duties too laborious, our discipline too exacting, but while we extend to you the encouragement and sympathy of sisters, we would warn you with equal fidelity that nothing good or great has ever been achieved with without toil and attention, and it is because we would have you prepare for an honorable womanhood that here in the morning of life, we would stimulate you to constant and earnest effort.

Be faithful to yourself, act well on your part, and then when life's young dream is past, the battles of life fought and won, and the mellow light of evening gathers around your pathway, the scenes enacted here will rise upon your memory like the constellations on the evening sky to cheer and comfort you.

—Anna Boyd Ellington

The Delta Gamma Philosophy

Delta Gamma offers to women of all ages a rich heritage; continuity based on sound and tested principals of personal integrity, personal responsibility and intellectual honesty.

Delta Gamma's primary purpose is to create an environment for its members in which lasting friendships are established and in which members find the processes, the experiences and the disciplines that will stimulate clear thought. Its aim is to foster an atmosphere in which women will develop a deeper love and consideration for mankind, a more profound understanding of the purpose of life and a basic wisdom upon which to build their lives.

Delta Gamma's purpose is accomplished through planned collegiate and alumnae programs that provide intellectual motivation, the opportunity for graciousness in daily living, and community awareness which will enrich the lives of members and instill in them a respect for the enduring values to be gained from the Fraternity.

"We went to a local jeweler and had our pin made—the dear little letter H which stood for Hope, for we hoped great results and have not been disappointed ... "

—Mary Comfort Leonard

"We received no help from anyone, only borrowing a Greek grammar book to find the Greek initial letters for our name."

—Mary Comfort Leonard

"We held our first meeting and invited several choice girls ... "

—Mary Comfort Leonard

"And last are the hearts of friends she left behind her, men and women ... friends who still talk of her wonderful ability, the business sense, the charm and the womanliness of Anna Boyd, friends who would do anything in the world for us because we are 'Miss Anna's girls.'"

—Lena Ellington, daughter of Anna Boyd Ellington

When the idea first came to three homesick girls, during the Christmas holidays of 1873, to found a fraternity or club as we then called it, little did we realize that we were laying the cornerstone of such a grand fraternity as Delta Gamma. The school that we attended was not much more advanced than a high school of today. During the week, we decided on our motto and selected the Greek letters to represent it. We did not know that there were any other fraternities for girls in the United States, known by Greek letters, when we gave the club its name. We spent the holidays deciding on our pin and initiation and writing our constitution. In January, 1874, we held our first initiation. We initiated four girls. The initiation was held in one of the rooms of the house where we were boarding. We were careful to select only girls we thought would be in sympathy with us and make our Fraternity worthy of its name. We claim only the honor of giving this fraternity the name of Delta Gamma, but we must have been imbued with some of the same spirit that you now have or it would not have lived all these years.

—Eva Webb Dodd, after her visit to the Convention of 1909 at Ann Arbor

"I rejoice with you of today in Delta Gamma's strength and glory, and I hope neither can ever be weakened nor dimmed."

—George Banta, 1907 in a letter to Theta-Indiana

"Delta Gamma Fraternity aims to promote good scholarship, cultivate noble characters and true womanliness, and to unite college girls by a stronger bond of sympathy and friendship. If the name of Delta Gamma should cease to be spoken, the principles she cherishes will live forever."

—Carrie Hawk, Eta- Akron, in her report on the first Fraternity Convention in 1881

"I loved my work and threw my whole soul into it. I tried to build not only character for life, but for eternity."

—Mary Comfort Leonard



sisterhood

"You are my friend, my confidante. A keeper of secrets, a keeper of the flame. You are my sister. You are my example, my leader. You don't make me follow, you let me walk beside you. You are my sister. You have my respect, my love, my undying friendship, and faith ... because you are my sister and will be always. You are my comfort, my strength. When I am with you, I am at home. You are my sister."

-Michele Tourtellotte Woodward, Delta Rho-Virginia Tech

“Sometimes sisters come into our lives, leave footprints on our life and we are never, ever the same.”

—Unknown

“Chance made us sisters, hearts made us friends.”

—Unknown

“Having a sister is like having a best friend you can’t get rid of. You know whatever you do, they’ll still be there.”

—Amy Li

“When my little sister is gone, the color goes out of my life.”

—Unknown

“Sometimes when we can’t even express our pain, the sisterhood of Delta Gamma goes well beyond what can be uttered.”

—Unknown

“My sister is the first person I call with good news, so we can celebrate together. No matter what I’m feeling, her response is the one I want to hear before anyone else’s. She is my sounding board, my confidante, my keeper of secrets, and my best friend.”

—Kathleen O’Keefe

“Women always need other women to come alongside and speak their language of heart and of feelings.”

—Unknown

“The ties that bind me to my sisters are not wrapped around my wrists, but rather are fastened to my heart.”

—Unknown

“You should never look down on a sister except to pick her up.”

—Unknown

“A sister can be seen as someone who is both ourselves and very much not ourselves—a special kind of double.”

—Toni Morrison

“More than Santa Claus, your sister knows when you’ve been bad and good.”

—Linda Sunshine

“A sister smiles when one tells one’s stories — for she knows where the decoration has been added.”

—Chris Montaigne

“How do people make it through life without a sister?”

—Sara Corpening

“There can be no situation in life in which the conversation of my dear sister will not administer some comfort to me.”

—Lady Mary Morley Montagu

“When sisters stand shoulder to shoulder, who stands a chance against us?”

—Pam Brown

“Sweet is the voice of a sister in the season of sorrow.”

—Benjamin Disraeli

“A sister is a gift to the heart, a friend to the spirit, a golden thread to the meaning of life.”

—Isadora James

“Sisterhood is powerful.”

—Robin Morgan

“It takes a lot of understanding, time and trust to gain a close friendship. As I approach a time in my life of complete uncertainty, my sisters are my most precious assets.”

—Unknown

“Sisterhood is: Experiencing a wealth of friendship and knowing it will last forever.”

—Unknown

“For a better, happier, more stable and civilized future, each of us must develop a sincere, warm-hearted feeling of brotherhood and sisterhood.”

—Dalai Lama

“There is a space within sisterhood for likeness and difference, for the subtle differences that challenge and delight; there is a space for disappointment and surprise.”

—Christine Downing

For there is no friend like a sister, in the calm or stormy weather,
To cheer one on the tedious way, to fetch on
if one goes astray,

To lift one if one totters down,
to strengthen whilst one stands.

—Christina Rossetti

“A loyal sister is worth a thousand friends.”

—Marian Eigermann

“Thou art my sister because we were born of the same great spirit; conceived from the same mound of earth; slept quietly together in the cradle of unknowing until He in His gentleness set us in the midst of humanity ... you are my sister and I love you. You and I are destined to be companions of the highway of life; together or apart, you are my sister, I love you ... If the color of my skin is different from yours, it matters not, only let the beauty of our souls be kindred ... I will honor your wisdom and understanding, as you will mine; tighter we shall seek the seeds of truth in the distant rooms of the great spirit; the reflections of inner knowledge shall wear as beauty upon our faces ... you are my sister; I love you.”

—Jean Humphrey Chaillie,
Beta Kappa-Kansas

“Sisterhood is many things. It’s a warm smile on a cold and rainy day, a friendly hug, a cheerful hello. It’s all that a good and lasting friendship is, only better. It’s treasured. It’s sacred. It’s knowing that there will always be someone there for you. It’s dreams shared, and goals achieved. It’s counting on others and being counted on. It is real.”

—Unknown

“In the cookies of life, sisters are the chocolate chips.”

—Unknown

“A sister is a forever friend.”

—Unknown

“You know full well as I do the value of sisters’ affections: There is nothing like it in this world.”



—Charlotte Brontë
I'd rather see a sisterhood, than hear about
it any day.
I'd rather that you'd walk with me, than
have you merely show the way.
The eyes, a better teacher and more willing
than the ear,
And counsel is confusing, but example
always clear.
The best of all the DGs, and the ones who
live the creed,
To see good put in action is what all our
members need.
I soon can learn to do it, if you let me see it
done.
I can see your deeds in action, but your
tongue too fast may run.
The advice to me you're giving, may be very
fine and true,
But I'd rather take my lesson from observing
what you do.
—Unknown

“One of the best things about being an
adult is the realization that you can share
with your sister and still have plenty for
yourself.”
—Betsy Cohen

“Sisters examine each other so they can have
a map for how they should behave.”
—Michael D. Kahn

“Is solace anywhere more comforting than
in the arms of a sister?”
—Alice Walker

“A ministering angel my sister shall be.”
—William Shakespeare

“Sisterhood should be remembered ... in
what we say, and especially in what we do
not repeat.”
—Unknown

“From the outside looking in, you can never
understand it. From the inside looking out,
you can never explain it.”
—Unknown

“Sisterhood is the essence of all the wisdom
of the ages, distilled into a single word. You
cannot see sisterhood, neither can you hear
it nor taste it. But you can feel it a hundred
times a day. It is a pat on the back, a smile
of encouragement. It's someone to share
with, to celebrate your achievements.”
—Unknown

“An older sister is a friend and defender –
a listener, conspirator, a counselor and a
sharer of delights. And sorrows too.”
—Pam Brown

“If you don't understand how a woman
could both love her sister dearly and want to
wring her neck at the same time, then you
were probably an only child.”
—Linda Sunshine

“Help one another, is part of the religion of
sisterhood.”
—Louisa May Alcott

“A true sister is a friend who listens with her
heart.”
—Unknown

“It has been one of the great blessings to
have friends with whom you could pick up
the phone, even not having spoken with
them for years, and just take up with where
you left off.”
—Mary Landrieu, Gamma Zeta-Louisiana
State

“Bless you, my darling, and remember you
are always in the heart—oh tucked so close
there is no chance of escape—of your sister.”
—Katherine Mansfield

“Husbands come and go; children come
and eventually they go. Friends grow up and
move away. But the one thing that's never
lost is your sister.”
—Gail Sheeny

“I don't believe an accident of birth makes
people sisters or brothers. It makes them
siblings, gives them mutuality of parentage.
Sisterhood and brotherhood is a condition
people have to work at.”
—Maya Angelou

“If we believed in the media we would think
the only significant relationship in our lives
is a romantic one. Yet sisterhood is probably
the one that will last longer than any other
... a sister will always be around.”
—Jane Dowdeswell

“If your sister is in a tearing hurry to go out
and cannot catch your eye, she's wearing
your best sweater.”
—Pam Brown

“In thee my soul shall own combined the
sister and the friend.”
—Catherine Killigrew

“It's hard to be responsible, adult and
sensible all the time. How good it is to have
a sister whose heart is as young as your
own.”
—Pam Brown

“Of two sisters one is always the watcher,
one the dancer.”
—Louise Glück

Loving Your Sisters

Loving your sisters means caring about
their situation and their experiences. It
means observing a quivering lip or a watery
eye, and putting your arm around her. It
means noticing someone's absence and
taking the extra step to find her. It means
genuinely inquiring about her life. When
you say, “How are you doing today?” to a
sister, you are saying, “I love you.” Loving
your sisters means pushing them. It means
challenging them to bring their best. It
means getting them off the couch and to
the meeting, or event, or service project.
It means acknowledging achievements
and rewarding extra effort. When you say,
“I expect more of you” to a sister, you are
saying, “I love you.”
—Delta Gamma Human Dignity,
adapted from John Shertzer

A Poem for my Sister

Even though we are miles apart,
 It's like your still here next to me.
 Because I keep you in my heart.
 When you feel down look for me in your
 dream.
 We have been there for each other our
 whole lives.
 No one can ever take your place.
 Your shoulder is what i have used for my
 cries.
 You have made me laugh when I had a
 frown on my face.
 We are sisters and friends.
 I love you my sister till the end.
 I could not imagine my life without you.
 You are my rock.
 I can't wait to see you when you come home
 all new
 I hope you never have to leave us again.
 Just always remember I love you my sister.
 And I will be here 'til the end.
 So look for me in your dreams.
 When you need a friend
 Or you just want to scream.
 —Angela Gatch

“Sisters function as safety nets in a chaotic
 world simply by being there for each other.”
 —Carol Saline

“The best thing about having a sister was
 that I always had a friend.”
 —Cali Rae Turner

“Delta Gamma is so special to me because it
 transcends college and is a foundation that
 can always be relied upon. After college, our
 lives change so drastically, but the friends
 and relationships we built throughout those
 four years are a rock we can lean on.”
 —Pandora Vanderpump-Todd, Eta Alpha-
 Pepperdine

“To have a loving relationship with a sister is
 not simply to have a buddy or a confidant,
 it is to have a soulmate for life.”
 —Victoria Secunda

“What's the good of news if you haven't a
 sister to share it?”
 —Jenny DeVries

“A sister is a little bit of childhood that can
 never be lost.”
 —Marion C. Garretty

“A sister shares childhood memories and
 grown-up dreams.”
 —Unknown

“She existed in her friends; there she was.
 All the parts of herself she'd forgotten. She
 knew herself best when she was with them.”
 —Ann Brashares

“Brothers and sisters are as close as hands
 and feet.”
 —Vietnamese proverb

“I smile because you are my sister, I laugh
 because there is nothing you can do about
 it!”
 —Unknown

“I would like more sisters, that the taking
 out of one, might not leave such stillness.”
 —Emily Dickinson

“The word friends doesn't seem to stretch
 big enough to describe how we feel about
 each other. We forget where one of us starts
 and the other one stops.”
 —Ann Brashares

“My first job is big sister, and I take that
 very seriously.”
 —Venus Williams

Always in my Heart

It gives me pains to see you leave,
 But I never forget what I've learned through
 the years.
 We've gone through a lot together
 Much less laughs and tears.
 I'll always be there for you,
 Even after we're married.
 I'll always stay true to you,
 After all the love we've carried.

You are my sister,
 And my very best friend.
 You will always be,
 And my love will never end.

You are a part of me,
 And never will you ever leave my heart.
 All the times we've shared together,
 Our hearts will never part.

Don't let anyone take my place,
 They'll never change our lives together.
 Or even if you think they will,
 Remember we will be sisters forever.

The laughs, we have,
 We share the tears.
 We kept our promises,
 That have built up throughout the years.

I'll love you all through life,
 I'll never let us part.
 Because you'll always have special place,
 That special place is in my heart.
 —Kristen M. Saccardi

“What are sisters for if not to point out the
 things that the rest of the world is too polite
 to mention.”
 —Claire Cook

“You can kid the world. But not your sister.”
 —Charlotte Gray

“They are the family we choose to surround
 us, the sisters bound by love instead of
 blood. They know when we are lonely, and
 appear without being called. When we feel
 lost, they provide a living map to what
 comes next; when we doubt everything
 about ourselves, they remind us who we
 are.”
 —Barbara Alpert

“We are sisters and friends - not only when
 we're on top of the world, but also when we
 need it the most.”
 —Wilma Johnson Wilbanks, Alpha Psi-
 Mississippi



motivation & inspiration

Dare to be yourself ...

Dare to be honest ...

With yourself and your sisters.

Dare to be open ...

Share your feelings and emotions.

Dare to be trustworthy ...

Listen to others yet respect their privacy.

Dare to be sincere ...

With your thoughts and your words.

Dare to be vivacious ...

Experience all you can, do all you can, love all you can.

Dare to find the best ...

Work for the best, be the best, remain the best.

Dare to be yourself.

-Lana L. Frawley, Delta Rho-Virginia Tech



The Oyster

There once was an oyster
Whose story I tell
Who found that some sand
Had got into her shell.
It was only a grain,
But it gave her great pain.
For oysters have feelings
Although they're so plain.
Now, did she berate
The harsh workings of fate
That had brought her
to such a deplorable state?
Did she curse at the government.
Cry for election,
And claim that the sea should
Have given her protection?
No, she said to herself
As she laid on a shell,
Since I cannot remove it,
I shall try to improve it.
Now the years have rolled on,
As the years always do
And she came to her ultimate
Destiny—stew.
And the small grain of sand
That had bothered her so
Was a beautiful pearl
All richly aglow.
Now the tale has a moral
For isn't it grand
What an oyster can do
With a morsel of sand?
What couldn't we do
If we'd only begin
With some things
That get under our skin.
—Unknown

“Start by doing what’s necessary, then do
what’s possible, and suddenly you are doing
the impossible.”
—Saint Francis of Assisi

“Peace begins with a smile.”
—Mother Teresa

“Don’t let weeds grow around your dreams.”
—H. Jackson Brown Jr.

If you think you are beaten, you are;
If you think you dare not, you won't.
If you like to win but don't think you can,
It's almost a cinch you won't.
If you think you'll lose, you're lost;
For out in the world you'll find
Success begins with a fellow's will
It's all in a state of mind.
For many a game is lost
Ere even a play is run,
And many a coward fails
Ere even his work begun.
If you think you are out-classed, you are
You've got to think high to rise.
You've got to be sure of yourself before
You can ever win a prize
Think big and your deeds will grow,
Think small and you'll fall behind
Think that you can and you will,
It's all in the state of mind
Life's battles don't always go
To the stronger or the faster man,
But sooner or later, the man who wins
Is the man who thinks he can.
—Unknown

“Go confidently in the direction of your
dreams! Live the life you've imagined, as you
simplify your life, the laws of the universe
will be simpler.”
—Henry David Thoreau

“Years from now you will be more
disappointed by the things you didn't do
than by the ones you did do. So throw
off the bowlines. Sail away from the safe
harbor. Catch the trade winds in your sails.
Explore. Dream. Discover.”
—Mark Twain

“When one door of happiness closes,
another one opens; but often we look so
long at the closed door that we do not see
the one which has been opened for us.”
—Helen Keller

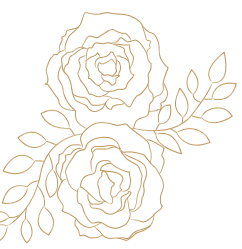
“Do not follow where the path may lead.
Go instead where there is no path and leave
a trail.”
—George Bernard Shaw

To understand the value of a year, ask a
student who has lost a year of school.
To understand the value of a month, ask a
mother who has prematurely given birth
to a baby.
To understand the value of a week, ask the
editor of a weekly magazine.
To understand the value of an hour, ask two
people in love who look forward to meeting.
To understand the value of a minute,
ask someone who has just lost the train.
To understand the value of a second, ask
someone who has just avoided an
accident.
To understand the value of a millionth of
second, ask an athlete who has won silver
medal at the Olympic games.
Give the right value to every moment that
you live and give it more value if you will
be able to share it with a special person,
so special to dedicate him/her your time
and remember: the time waits for no one.”
—Unknown

The Road Not Taken

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;
Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,
And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.
I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.
—Robert Frost

“If you're already walking on thin ice, why
not dance?”
—Gil Atkinson



“Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure, than to take rank with those poor spirits, who neither enjoy much nor suffer much, because they live in a gray twilight that knows not victory, nor defeat.”
—Theodore Roosevelt

“Somehow I can’t believe there are any heights that can’t be scaled by a man who knows the secret of making dreams come true. This special secret, it seems to me, can be summarized in four Cs. They are Curiosity, Confidence, Courage, and Constancy, and the greatest of these is Confidence. When you believe a thing, believe it all the way, implicitly and unquestionably.”
—Walt Disney

“Let every day be a dream we can touch. Let every day be a love we can feel. Let every day be a reason to live.”
—Claudia Adrienne Grandi

“One day at a time—this is enough. Do not look back and grieve over the past, for it is gone. And do not be troubled about the future, for it has not yet come. Live for the present and make it so beautiful that it will be worth remembering.”
—Ida Scott Taylor

“You are the only person alive who has sole custody of your life. Your particular life. Your entire life. Not just your life at a desk, or your life on the bus, or in the car or at the computer. Not just the life of your mind, but the life of your heart. Not just your bank account, but your soul.”
—Anna Quindlen

“Embrace change. It’s going to happen whether you want it to happen or not.”
—Bill MacMaster

“The reward of a thing well done is to have done it.”
—Ralph Waldo Emerson

“Everyone must row with the oars he has.”
—English proverb

“Failure is, in a sense, the highway to success, inasmuch as every discovery of what is false leads us to seek earnestly after what is true, and every fresh experience points out some form of error, which we shall afterwards carefully avoid.”
—John Keats

“The paradox of our time in history is that we have taller buildings but shorter tempers, wider freeways, but narrower viewpoints. We spend more but have less, we buy more, but enjoy less. We have bigger houses, but smaller families, more conveniences, but less time. We have more degrees, but less sense, more knowledge, but less judgment, more experts, yet more problems, more medicine, but less wellness. We talk too much, love too seldom and hate too often. We’ve learned how to make a living, but not a life. We’ve added years to life, but not life to years. These are the times of fast foods and slow digestion, big men and small character, steep profits and shallow relationships. These are the days of two incomes but more divorce, fancier houses, but broken homes. Remember to spend time with your loved ones, because they are not going to be around forever. Remember, say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side. Remember, give a warm hug to the one next to you, because that is the only treasure you can give with your heart and it doesn’t cost a cent. Remember to hold hands and cherish the moment for someday that person will not be there again. Give time to love, give time to speak, and give time to share the precious thoughts in your mind.”
—George Carlin

“Daring ideas are like chessmen moved forward; they may be beaten, but they may start a winning game.”
—Goethe

“Progress always involves risk; you can’t steal second base and keep your foot on first.”
—Frederick Wilcox

If I Had My Life to Live Over

I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren’t there for the day.

I would have burned the pink candle sculpted like a rose before it melted in storage. I would have talked less and listened more. I would have invited friends over to dinner even if the carpet was stained or the sofa faded.

I would have eaten the popcorn in the “good” living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.

I would have taken the time to listen to my grandfather ramble about his youth.

I would have shared more of the responsibility carried by my husband.

I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed.

I would have sat on the lawn with my grass stains.

I would have cried and laughed less while watching television and more while watching life.

I would never have bought anything just because it was practical, wouldn’t show soil, or was guaranteed to last a lifetime.

Instead of wishing away my nine months of pregnancy, I’d have cherished every moment and realized that the wonderment growing inside of me was the only chance in life to assist God in a miracle.

When my kids kissed me impetuously, I would never have said, “Later. Now go get washed up for dinner.” There would have been more “I love yous.” More “I’m sorrys.”

But mostly, given another shot at life, I would seize every minute ... look at it and really see it ... live it and never give it back. Stop sweating the small stuff.

Don’t worry about who doesn’t like you, who has more, or who’s doing what.

Instead, let’s cherish the relationships we have with those who do love us.

Let’s think about what God has blessed us with. And what we are doing each day to promote ourselves mentally, physically, emotionally, as we’ll have one shot at this and then it’s gone.

—Erma Bombeck



Just for Today...

I will be as friendly as can be to the people I work with. I am going to treat them as if they were responsible for keeping me in my job and be grateful they are there.

I won't assume my job is to be chief critic.

I will try to see the good in every situation and will look for something to praise in every person who works with me. If I correct someone, I will do it with as much good humor and self-restraint as if I were the one being corrected.

I am not going to insist that everything I do be perfect.

I am not going to try to break any speed records. I will do what's in front of me with competency, not painful compulsion.

I will assume that I have adequate competence for my tasks. I will not endlessly question whether I really deserve my title and my pay.

I will be grateful I live in a society and time in which I don't have to do back breaking work in horrible circumstances. And I will be thankful I work in a free country where no one is forcing me to work.

I will feel happy I am at work, alive and well and not in a combat trench or in a hospital awaiting surgery.

I will not have any expectations about how I should be treated.

I will not compare my pay or status with anyone else. I will just be glad that I am who I am.

I will not worry about what's in it for me. I will think only about what I can do to help out in every situation.

Just for today, when I leave work, I will not dwell on how much I did or not get done. Instead, I will look forward to the evening and be thankful for whatever I accomplished.

—Unknown

“If we all did the things we are capable of doing, we would literally astound ourselves.”

—Thomas A. Edison

“Keep your eyes on the stars and your feet on the ground.”

—Theodore Roosevelt

“When written in Chinese the word crisis is composed of two characters. One represents danger and the other represents opportunity.”

—John F. Kennedy

“Shoot for the moon; even if you miss it, you will land among the stars.”

—Les Brown

“As long as you're going to think anyway, think big.”

—Donald Trump

“Champions keep playing until they get it right.”

—Billie Jean King

“It's better to lead with your dreams than to be pushed by your problems.”

—John T. Dornbach

“The real secret of success is enthusiasm. Yet more than enthusiasm, I would say excitement. I like to see men get excited. When they get excited they make a success of their lives.”

—Walter Chrysler

“Impossible is a word only to be found in the dictionary of fools.”

—Napoleon Bonaparte

Its fun to be a dreamer because dreams are a start,
But you've got to stop dreaming and get up and take part.
Make your life a challenge; come away from all the rest.
Get up and make it happen and don't settle for less.
You must always use those dreams as you would a dear friend.
Hold close to what they mean and never let them end.
Dreams are a way of life with this we must agree,
But it's the few that make them happen that are really the strong and free.

—Lynn Vessels

“In the long run you hit only what you aim at. Therefore, though you should fail immediately, you had better aim at something high.”

—Henry David Thoreau

A Winner's Blueprint for Achievement

BELIEVE while others are doubting.
PLAN while others are playing.
STUDY while others are sleeping.
DECIDE while others are delaying.
PREPARE while others are daydreaming.
BEGIN while others are procrastinating.
WORK while others are wishing.
SAVE while others are wasting.
LISTEN while others are talking.
SMILE while others are frowning.
COMMEND while others are criticizing.
PERSIST while others are quitting.

—William Arthur Ward

The Purple Hat

Age 3: She looks at herself and sees a Queen.
Age 8: She looks at herself and sees Cinderella.
Age 15: She looks at herself and sees an Ugly Sister (Mom, I can't go to school looking like this!)

Age 20: She looks at herself and sees “too fat/thin, too short/tall, too straight/curly”- but decides she's going out anyways.

Age 30: She looks at herself and sees “too fat/thin, too short/tall, too straight/curly”- but decides she doesn't have time to fix it, so she's going out anyway.

Age 40: She looks at herself and sees “clean” and goes out anyway.

Age 50: She looks at herself and sees “I am” and goes wherever she wants to go.

Age 60: She looks at herself and reminds herself of all the people who can't even see themselves in the mirror anymore. Goes out and conquers the world.

Age 70: She looks at herself and sees wisdom, laughter and ability, goes out and enjoys life.

Age 80: Doesn't bother to look. Just puts on a purple hat and goes out to have fun with the world.

Maybe we should all grab that purple hat earlier.

—Unknown



“Keep away from people who try to belittle your ambitions. Small people always do that, but the great make you feel that you, too, can become great.”

—Mark Twain

“The real voyage of discovery consists not in making new landscapes, but in having new eyes.”

—Marcel Proust

“Know your limits ... but never stop trying to exceed them.”

—Unknown

“When you come to the edge of all the light you know, and are about to step off into the darkness of the unknown, faith is knowing one of two things will happen: There will be something solid to stand on or you will be taught how to fly.”

—Barbara J. Winter

“Be of good cheer. Do not think of today's failures, but of the success that may come tomorrow. You have set yourself a difficult task, but you will succeed if you persevere; and you will find a joy in overcoming obstacles.”

—Helen Keller

“Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.”

—Arnold Schwarzenegger

“Some folks go through life pleased that the glass is half full. Others spend lifetime lamenting that it's half-empty. The truth is: There is a glass with a certain volume of liquid in it. From there, it's up to you!”

—Dr. James S. Vuocolo

“Obstacles are things a person sees when he takes his eyes off his goal. The greatest power is often simple patience.”

—E. Joseph Crossman

“Perseverance is not a long race; it is many short races one after another.”

—Walter Elliot

“Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated failures. Persistence and determination alone are omnipotent.”

—Calvin Coolidge

“Kind words can be short and easy to speak, but their echoes are truly endless.”

—Mother Teresa

“There are two ways of exerting one's strength. One is pushing down, the other is pushing up.”

—Booker T. Washington

“Not everything that can be counted counts, and not everything that counts can be counted.”

—Albert Einstein

“To the world you may be one person, but to one person you may be the world.”

—Unknown

“We cannot direct the wind, but we can adjust the sails.”

—Bertha Calloway

“Everyone who is successful must have dreamed of something.”

—Maricopa

“What is success? To laugh often and much; To win the respect of intelligent people and the affection of children; To earn the appreciation of honest critics and endure the betrayal of false friends; To appreciate beauty; To find the best in others; To leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; To know even one life has breathed easier because you have lived; This is to have succeeded.”

—Ralph Waldo Emerson

“When I look at a patch of dandelions, I see a bunch of weeds that are going to take over my yard. My kids see flowers for Mom and blowing white fluff you can wish on. When

I look at an old drunk and he smiles at me, I see a smelly, dirty person who probably wants money. My kids see someone smiling at them and they smile back. When I hear music I love, I know I can't carry a tune a don't have much rhythm so I sit self-consciously and listen. My kids feel the beat and move to it. They sing out the words. If they don't know them, they make up their own. When I feel wind on my face, I brace myself against it. I feel it messing up my hair and pulling me back when I walk. My kids close their eyes, spread their arms and fly with it, until they fall to the ground laughing. When I pray, I say thee and thou and grant me this, give me that. My kids say, 'Hi God! Thanks for my toys and my friends. Please keep away the bad dreams tonight. Sorry, I don't want to go to Heaven yet. I would miss my parents.' When I see a mud puddle, I step around it. I see muddy shoes and dirty carpets. My kids sit in it. They see dams to build, rivers to cross, and worms to play with. I wonder if we are given kids to teach or to learn from? No wonder God loves the little children! 'Enjoy the little things in life, for one day you may look back and realize that they were the big things.' Just a reminder about the important things in life—I wish you mud puddles and dandelions!”

—Unknown

“Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.”

—Lou Holtz

“I am not afraid of storms for I am learning how to sail my ship.”

—Louisa May Alcott

“When they were saying among themselves it cannot be done, it was done.”

—Helen Keller

Take time to think,
It is the source of power.
Take time to read,
It is the foundation of wisdom.



Take time to play,
It is the secret of staying young.
Take time to be quiet,
It is the opportunity to seek the truth.
Take time to be aware,
It is the chance to help others.
Take time to love and be loved,
It is the greatest gift of creation.
Take time to laugh,
It is the music of the soul.
Take time to be friendly,
It is the road to happiness.
Take time to dream,
It is what the future is made of.
—Unknown

Attitude

“The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, or say or do. It is more important than appearance, giftedness, or skill. It will break a company, a church, a home, a school. The remarkable thing is we have choice every day regarding the attitude we will embrace for that day. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10 percent what happens to me and 90 percent how I react to it. And so it is with you. We are in charge of our attitudes.”
—Charles Swindoll

“You really can change the world if you care enough.”
—Marion Wright Edelman

“Strength does not come from physical capacity. It comes from an indomitable will.”
—Gandhi

“I’d rather see a sermon than hear one any day; I’d rather have one walk beside me than merely point the way.”
—David O. McKay

Garden of Daily Living

Plant three rows of peas:
Peace of mind,
Peace of heart,

Peace of soul.
Plant four rows of squash:
Squash gossip,
Squash indifference,
Squash grumbling,
Squash selfishness.
Plant four rows of lettuce:
Lettuce be faithful,
Lettuce be kind,
Lettuce be patient,
Lettuce really love one another.
No garden is without turnips:
Turnip for meetings,
Turnip for service,
Turnip to help one another.
To conclude our garden we must have thyme:
Thyme for each other,
Thyme for family,
Thyme for friends.
Water freely with patience and cultivate with love. Your garden is fruitful because you reap what you sow.
—Unknown

“For attractive lips, speak words of kindness.
For lovely eyes, seek out the good in people.
For a slim figure, share your food with the hungry.
For beautiful hair, let a child run his/her fingers through it once a day.
For poise, walk with the knowledge that you never walk alone.
People, even more than things, have to be restored, renewed, revived, reclaimed and redeemed; never throw out anyone.
Remember, if you ever need a helping hand, you will find one at the end of each of your arms.
As you grow older, you will discover that you have two hands, one for helping yourself and the other for helping others.”
—Audrey Hepburn

“A dream is in the mind of the believer, and in the hands of the doer. You are not given a dream, without being given the power to make it come true.”
—Unknown

“When you feel lost, find the lighthouse in your soul.”
—Unknown

“If you think you can, you can. And if you think you can’t, you’re right.”
—Henry Ford

“The quality of an individual is reflected in the standards they set for themselves.”
—Ray Kroc

“Small opportunities are often the beginning of great enterprises.”
—Demosthenes

You Never Know

You never know when someone
May catch a dream from you.
You never know when a little word
Or something you may do
May open up the windows
Of a mind that seeks the light—
The way you live may not matter at all
But you never know—it might.
And just in case it could be
That another’s life, through you,
Might possibly change for the better
With a broader and brighter view,
It seems it might be worth a try
At pointing the way to the right—
Of course, it might not matter at all,
But then again—it might.
—Helen L. Marshall

“I am only one, but I am one.
I cannot do everything,
But I can do something.
What I can do, I ought to do.
And what I ought to do,
By the grace of God, I will do.”
—Tom Dooley

“The first step toward getting somewhere, is to decide that you are not going to stay where you are.”
—J. Pierpont Morgan



character

“As our lives and characters take shape progress through the years to come, secure in our intellectual background and equipped the Delta Gamma way, and we often stop to mediate and dream down memory’s lane, we will always be proud to say to ourselves and others, ‘I am a Delta Gamma.’”

-Melinda Rittenhouse Roderick, Beta Epsilon-American



“When we seek to discover the best in others, we somehow bring out the best in ourselves.”

—William Arthur Ward

“Be more concerned with your character than with your reputation. Your character is what you really are while your reputation is merely what others think you are.”

—Dale Carnegie

“Tell me what company you keep, and I’ll tell you what you are.”

—Miguel de Cervantes

“Good people do not need laws to tell them to act responsibly, while bad people will find a way around the laws.”

—Plato

“A people that values its privileges above its principles soon loses both.”

—Dwight D. Eisenhower

“Judge people from where they stand ... not from where you stand.”

—H. Jackson Brown Jr.

“The only person you need to impress is yourself.”

—Unknown

“Great minds discuss ideas, average minds discuss events, small minds discuss people.”

—Unknown

“To be blind is bad, but it is worse is to have eyes and not see.”

—Helen Keller

“A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort.”

—Herm Albright

“To wish you were someone else is to waste the person you are.”

—Unknown

“Confront the dark parts of yourself, and work to banish them with illumination and forgiveness. Your willingness to wrestle with your demons will cause your angels to sing. Use the pain as fuel, as a reminder of your strength.”

—August Wilson

“In the darkest hour the soul is replenished and given strength to continue and endure.”

—Unknown

“People are often unreasonable, irrational and self-centered. Forgive them anyway. If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway. If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed anyway. If you are honest and sincere, people may deceive you. Be honest and sincere anyway. What you spend years creating others could destroy overnight. Create anyway. If you find serenity and happiness, some may be jealous. Be happy anyway. The good you do today will often be forgotten. Do good anyway. Give the best you have and it may never be enough. Give the best anyway. In the final analysis, it is between you and God. It was never between you and them anyway.”

—Mother Teresa

“Our strength grows out of our weaknesses.”

—Ralph Waldo Emerson

“It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome.”

—William James

“Of all the properties which belong to honorable men, not one is so highly prized as that of character.”

—Henry Clay

“Judge of your natural character by what you do in your dreams.”

—Ralph Waldo Emerson

“It’s really a wonder that I haven’t dropped all my ideals, because they seem so absurd and impossible to carry out. Yet I keep them, because in spite of everything I still believe that people are really good at heart.”

—Anne Frank

“Excellence is not a singular act, but a habit. You are what you repeatedly do.”

—Shaquille O’Neal

“We have no right to ask when a sorrow comes, ‘Why did this happen to me?’ Unless we ask the same question for every joy that comes our way.”

—Unknown

“Watch your thoughts, for they become words. Watch your words, for they become actions. Watch your actions, for they become habits. Watch your habits, for they become character. Watch your character, for it becomes your destiny.”

—Unknown

“I love a hand that meets my own with a grasp that causes some sensation.”

—Samuel Osgood

“He lives the poetry that he cannot write. The others write the poetry that they dare not realise.”

—Oscar Wilde

“You can easily judge the character of a man by how he treats those who can do nothing for him.”

—James D. Miles

“Religion is an insult to human dignity. With or without it, you’d have good people doing good things and evil people doing bad things, but for good people to do bad things, it takes religion.”

—Steven Weinberg



“People do not seem to realize that their opinion of the world is also a confession of character.”

—Ralph Waldo Emerson

“Everyone tries to define this thing called Character. It’s not hard. Character is doing what’s right when nobody’s looking.”

—H. Jackson Brown Jr.

“Most people say that it is the intellect which makes a great scientist. They are wrong: it is character.”

—Albert Einstein

“I have no regrets in my life. I think that everything happens to you for a reason. The hard times that you go through build character, making you a much stronger person.”

—Rita Mero

“Weakness of attitude becomes weakness of character.”

—Albert Einstein

“Any fool can criticize, condemn, and complain but it takes character and self control to be understanding and forgiving.”

—Dale Carnegie

“Character develops itself in the stream of life.”

—Goethe

“Character is what you know you are, not what others think you have.”

—Unknown

“There is nothing in which people more betray their character than in what they laugh at.”

—Goethe

“The true test of character is not how much we know how to do, but how we behave when we don’t know what to do.”

—John W. Holt Jr.

There are too many people who think that the only thing that’s right is to get by, and the only thing that’s wrong is to get caught.”

—J.C. Watts

“You change your life by changing your heart.”

—Unknown

“Character is not made in a crisis it is only exhibited.”

—Robert Freeman

“Character is so largely affected by association, that we cannot afford to be indifferent as to who or what our friends are.”

—Unknown

“A man’s reputation is what other people think of him; his character is what he really is.”

—Unknown

“Nearly all men can stand adversity, but if you want to test a man’s character, give him power.”

—Abraham Lincoln

“Character is higher than intellect. A great soul will be strong to live as well as think.”

—Ralph Waldo Emerson

“I admire men of character, and I judge character not by how men deal with their superiors, but mostly how they deal with their subordinates, and that, to me, is where you find out what the character of a man is.”

—Gen. H. Norman Schwartzkopf

“Character is like a tree and reputation like a shadow. The shadow is what we think of it; the tree is the real thing.”

—Abraham Lincoln

“You cannot build character and courage by taking away man’s initiative and independence.”

—Abraham Lincoln

“Character is determined more by the lack of certain experiences than by those one has had.”

—Friedrich Nietzsche

“Character is the result of two things: mental attitude and the way we spend our time.”

—Elbert Hubbard

“The best index to a person’s character is how he treats people who can’t do him any good, and how he treats people who can’t fight back.”

—Abigail van Buren

“In the end you should always do the right thing even if it’s hard.”

—Nicholas Sparks

“When we help others to perform at the highest level of their potential, we receive something of value; our character is strengthened.”

—Ellen J. Barrier

“You need tell me nothing; I already know your heart. Through your simplest choices you’ve given yourself away.”

—Richelle E. Goodrich

“Someone said adversity builds character, but someone else said adversity reveals character. I’m pleasantly surprised with my resilience. I persevere, and not just blindly. I take the best, get rid of the rest, and move on, realizing that you can make a choice to take the good.”

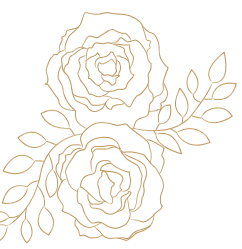
—Brooke Shields



life lessons

“First you must seriously prepare yourself; the demand for specially trained women is increasing constantly and you have had privileges that now make it possible for you to be of real value to your country and humanity.”

-Jessie McGilvray Treat, Upsilon-Stanford
Fraternity President 1915-19



Ten Things to Remember

- The value of time
 - The success of perseverance
 - The pleasure of working
 - The dignity of simplicity
 - The worth of character
 - The power of kindness
 - The obligation of duty
 - The influence of example
 - The wisdom of economy
 - The virtue of patience
- Unknown

Twelve Guideposts for Living

- I will do more than belong—I will participate
 - I will do more than care—I will help
 - I will do more than believe—I will practice
 - I will do more than be fair—I will be kind
 - I will do more than forgive—I will forget
 - I will do more than dream—I will work
 - I will do more than teach—I will inspire
 - I will do more than earn—I will enrich
 - I will do more than give—I will serve
 - I will do more than live—I will grow
 - I will do more than be friendly—I will be a friend
 - I will do more than be a citizen—I will be a patriot
- Unknown

People who always run with the crowd
 Get lost in the crowd,
 So stand up for what you believe,
 Even if you're the only one who believes it.
 At meetings, be the first to speak out,
 Rather than the last to agree.
 Have the guts to admit when you're wrong,
 And the grace not to swagger when you're right.
 Yes, there might be comfort in numbers,
 But people often rise to great heights, the
 same way kites do,
 Against the wind, not with it.

—Unknown

“Kind words can be short and easy to speak,
 but their echoes are truly endless.”
 —Mother Teresa

Life

Life isn't about keeping score. It's not about how many people call you and it's not about who you've dated, are dating, or haven't dated at all. It isn't about who you've kissed, what sport you play, or which guy or girl likes you. It's not about your shoes or your hair or the color of your skin or where you love or where you go to school. In fact, it's not about grades, money, clothes, or colleges that accept you or not. Life isn't about if you have lots of friends or if you're alone, and it's not about how accepted or unaccepted you are. Life just isn't about that. But life is about who you love and who you hurt. It's about how you feel about yourself. It's about trust, happiness, and compassion. It's about sticking up for your friends or replacing inner hate with love. Life is about avoiding jealousy, overcoming ignorance, and building confidence. It's about what you say and what you mean. It's about seeing people for who they are and not what they have. Most of all, it is about choosing to use your life to touch someone else's in a way that could never have been achieved otherwise. These choices are what life's about.

—Nike commercial

“We gain strength, and courage, and confidence by each experience in which we really stop to look fear in the face ... we must do that which we think we cannot.”
 —Eleanor Roosevelt

“The beautiful thing about learning is that no one can take it away from you.”
 —B.B. King

“Luck is when opportunity knocks, and you answer.”
 —Unknown

“A small house will hold a hundred friends.”
 —African proverb

I've Learned

- ...That just one person saying to me, "You've made my day!" makes my day.
- ...That being kind is more important than

being right.

- ...That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.
 - ...That sometimes all a person needs is a hand to hold and a heart to understand.
 - ...That we should be glad God doesn't give us everything we ask for.
 - ...That money doesn't buy class.
 - ...That it's those small daily happenings that make life so spectacular.
 - ...That under everyone's hard shell is someone who wants to be appreciated and loved.
 - ...That to ignore the facts does not change the facts.
 - ...That when you plan to get even with someone, you are only letting that person continue to hurt you.
 - ...That love, not time, heals all wounds.
 - ...That everyone you meet deserves to be greeted with a smile.
 - ...That life is tough, but I am tougher.
 - ...That opportunities are never lost; someone will take the ones you miss.
 - ...That when you harbor bitterness, happiness will dock elsewhere.
 - ...That the less time I have to work with, the more things I get done.
 - ...That I can't choose how I feel, but I can choose what I do about it.
- Unknown

“The important thing about a problem is not its solution, but the strength we gain in finding the solution.”
 —Unknown

“A ship is safe in harbor, but that's not what ships are for.”
 —William G.T. Shedd

“The essence of intelligence is skill in extracting meaning from everyday experience.”
 —Unknown



“Along with trustworthiness, consistency is the thing to look for when you surround yourself with people who can help you on your quest.”

—Michael Johnson

“I always like to look on the optimistic side of life, but I am realistic enough to know that life is a complex matter.”

—Walt Disney

“Everyone has his burden. What counts is how you carry it.”

—Merle Miller

“Do right. Do your best. Treat others as you want to be treated.”

—Lou Holtz

“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.”

—Helen Keller

“Every wall is a door.”

—Ralph Waldo Emerson

“It’s fine to celebrate success but it is more important to heed the lessons of failure.”

—Bill Gates

“One of the lessons of history is that nothing is often a good thing to do and always a clever thing to say.”

—Will Durant

“You are never too old to set another goal or to dream a new dream.”

—C.S. Lewis

“We should not look back unless it is to derive useful lessons from past errors, and for the purpose of profiting by dearly bought experience.”

—George Washington

“One of the lessons that I grew up with was to always stay true to yourself and never let what somebody else says distract you from your goals. And so when I hear about negative and false attacks, I really don’t invest any energy in them, because I know who I am.”

—Michelle Obama

“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”

—Albert Einstein

“The so-called lessons of history are for the most part the rationalizations of the victors. History is written by the survivors.”

—Max Lerner

“Life is a succession of lessons which must be lived to be understood.”

—Helen Keller

“The best way to cheer yourself up is to try to cheer somebody else up.”

—Mark Twain

“Life is a long lesson in humility.”

—James M. Barrie

“The greatest glory in living lies not in never falling, but in rising every time we fall.”

—Nelson Mandela

“Success consists of going from failure to failure without loss of enthusiasm.”

—Winston Churchill

“The starting point of all achievement is desire.”

—Napoleon Hill

“How wonderful it is that nobody need wait a single moment before starting to improve the world.”

—Anne Frank

“Discontent is the first necessity of progress.”

—Thomas A. Edison

“Life is either a daring adventure or nothing.”

—Helen Keller

“We must be willing to get rid of the life we’ve planned, so as to have the life that is waiting for us. The old skin has to be shed before the new one can come.”

—Joseph Campbell

“Things turn out best for those who make the best of the way things turn out.”

—Jack Buck

“One day your life will flash before your eyes. Make sure its worth watching.”

—Unknown

“Tragedy, sadness, loneliness and despair taught me that life is really a beautiful thing; if it wasn’t I wouldn’t be able to recognize that anything was wrong.”

—Greg Evans

“May we never let the things we can’t have, or don’t have, or shouldn’t have, spoil our enjoyment of the things we do have and can have. As we value our happiness, let us not forget it, for one of the greatest lessons in life is learning to be happy without the things we cannot or should not have.”

—Richard L. Evans

Learn of Me

A merchant, an old man, and his little daughter met by the side of a fountain of clear, sparkling waters. On the fountain was an inscription that read, “Learn of me!”

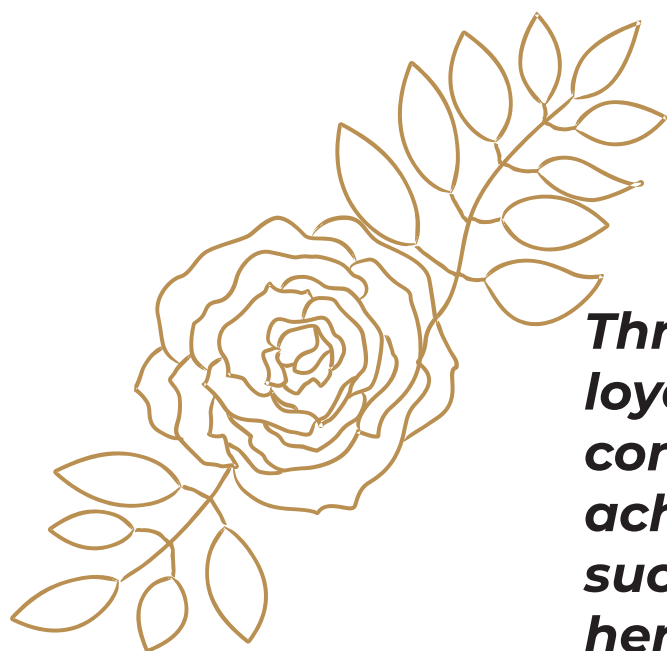
The merchant said he learned a great lesson from the fountain. It started as a trickle of water, but as it wended its way to the sea, it was joined by streams and brooks and creeks and, in due course, became a roaring river. We should do our work likewise, start with little beginnings and soon develop big businesses.

The old man said that the lesson he learned from the fountain was to serve silently, friends and strangers alike.

The little girl said that the lesson she learned was that the water is useless unless it is pure. Therefore, we should live a clean and chaste life.

The teacher is one. Everyone learns according to his or her aptitude and capacity. In this school of life the day on which we have not learned something new is a lost day indeed.

—Excerpt from “The Good You Do Returns”



Through legacy and loyalty, Delta Gamma continues to grow, achieve, thrive and succeed. We are rich in heritage and tradition, and our Delta Gamma pride empowers us to forever do good.

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patriotism

“Get involved. No matter whether we decide to run for public office or just participate as informed voters in the elections process, we are compelled as leaders to contribute to good government through public service. That means ensuring our leaders make informed decisions that reflect the guiding principles of our nation—freedom, accountability and compassion.”

-Former Congresswoman Jo Ann Emerson, R-Mo.
Alpha Rho-Ohio Wesleyan



**Patriotism and Reflections on
September 11, 2001**

What a strange and unsettling day ...
 The sky was beautiful, clear blue, nary a
 cloud ...
 Comfortable temperatures, a great day to be
 outdoors.
 But here in bucolic Chatham, better known
 for being a community of commuters, a
 one hour train ride into Manhattan.
 with lovely large homes and a small
 quaint Main Street ...
 From the highest point in town, fittingly
 near the town's Fairmount Cemetery,
 We could see the smoke rising into that
 beautiful sky from the 9/11 devastation.
 All day people were checking on friends and
 family who worked in NYC.
 Phone lines were jammed, cell phones
 inoperable.
 Schools would only release younger children
 to a parent ... in case "someone was
 missing at home."
 All nine churches had signs out front
 "Sanctuary open for prayer ... "Church
 Service tonight at 8."
 The sky was eerily quiet ... when there was
 an engine noise, it was a helicopter or a
 military plane.
 And tonight, after church, our son and
 daughter-in-law called, "just to check."
 A strange day ... and I expect I will
 remember today forever.
 —Nancy Phelps Holt, Beta Iota-Purdue

"They that can give up essential liberty to
 purchase a little temporary safety deserve
 neither liberty nor safety."
 —Benjamin Franklin

"These are the times that try men's souls.
 The summer soldier and the sunshine
 patriot will, in this crisis, shrink from the
 service of their country; but he that stands
 it now, deserves the love and thanks of man
 and woman."
 —Thomas Paine

"All attempts to destroy democracy by
 terrorism will fail. It must be business as
 usual."
 —Margaret Thatcher

As we lit candles of waiting and hope
 We became one generation.
 As the firefighters and police officers fought
 their way into the inferno,
 We became one gender.
 As we whispered or shouted words of
 encouragement,
 We spoke one language.
 As we gave our blood in lines a mile long,
 We became one body.
 As we mourned together the great loss,
 We became one family.
 As we retell with pride of the sacrifices of
 heroes,
 We become one people.
 One color
 One class
 One gender
 One faith
 One body
 One family
 One people
 We are The Power of One.
 We are America.
 —Unknown

"Liberty lies in the hearts of men and
 women; when it dies there, no constitution,
 no law, no court can save it."
 —Judge Learned Hand

"Liberty means responsibility. That is why
 most men dread it."
 —George Bernard Shaw

"America will never be destroyed from the
 outside. If we falter and lose our freedoms,
 it will be because we destroyed ourselves."
 —Abraham Lincoln

"Freedom of speech and freedom of action
 are meaningless without freedom to think.
 And there is no freedom of thought without
 doubt."
 —Bergen Evans

"In war, there is no prize for the runner-up."
 —Gen. Omar Bradley

"The whole art of government consists in
 the art of being honest."
 —Thomas Jefferson

"In the future days, which we seek to
 make secure, we look forward to a world
 founded upon four essential human
 freedoms. The first is freedom of speech
 and expression—everywhere in the world.
 The second is freedom of every person to
 worship God in his own way—everywhere
 in the world. The third is freedom from
 want—which, translated into world terms,
 means economic understandings, which will
 secure to every nation a healthy peacetime
 life for its inhabitants—everywhere in the
 world. The fourth is freedom from fear—
 which, translated into world terms, means a
 worldwide reduction of armaments to such
 a point and in such a thorough fashion that
 no nation will be in a position to commit
 an act of physical aggression against any
 neighbor—anywhere in the world."
 —Franklin D. Roosevelt

"When I despair, I remember that all
 through history the way of truth and love
 has always won. There have been tyrants
 and murderers and, for a time, they seem
 invincible. But in the end, they always fall.
 Think of it, always."
 —Mahatma Gandhi

"Freedom is not worth having if it does
 not connote freedom to err. It passes my
 comprehension how human beings, be they
 ever so experienced and able, can delight
 in depriving other human beings of that
 precious right."
 —Gandhi

"The cost of liberty is less than the cost of
 repression."
 —W.E.B. Dubois

"I have often asked myself why human
 beings have any rights at all. I always
 come to the conclusion that human rights,
 human freedoms, and human dignity have
 their deepest roots somewhere outside
 the perceptible world. These values are as
 powerful as they are because, under certain
 circumstances, people accept them without
 compulsion and are willing to die for them."
 —Vaclav Havel



“Liberty has never come from the government. Liberty has always come from the subjects of government. The history of liberty is the history of resistance. The history of liberty is a history of the limitation of governmental power, not the increase of it.”

—Woodrow Wilson

“The purpose of all war is ultimately peace.”

—St. Augustine

“The real and lasting victories are those of peace, and not of war.”

—Ralph Waldo Emerson

“It is no longer good enough to cry peace; we must act peace, live peace, and live in peace.”

—Shenandoah proverb

“Let every nation know, whether it wishes us well or ill, that we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe to assure the survival and the success of liberty.”

—John F. Kennedy

“There can never be peace between nations until it is first known that true peace is within the souls of men.”

—Oglala Sioux proverb

“The belief in the possibility of a short decisive war appears to be one of the most ancient and dangerous of human illusions.”

—Robert Lynd

“Ask not what your country can do for you, ask what you can do for your country.”

—John F. Kennedy

“I think patriotism is like charity—it begins at home.”

—Henry James

“A man’s feet must be planted in his country, but his eyes should survey the world.”

—George Santayana

“A thoughtful mind, when it sees a nation’s flag, sees not only the flag, but the nation itself; and whatever may be its symbols, it’s insignia, he reads chiefly in the flag the government, the principles, the truths, the history which belongs to the nation that sets it forth.”

—Henry Ward Beecher

“All the great things are simple, and many can be expressed in a single word: freedom; justice; honor; duty; mercy; hope.”

—Winston Churchill

“Patriotism is supporting your country all the time, and your government when it deserves it.”

—Mark Twain

“Patriotism is your conviction that this country is superior to all others because you were born in it.”

—George Bernard Shaw

“Patriotism is the virtue of the vicious.”

—Oscar Wilde

“You’re not supposed to be so blind with patriotism that you can’t face reality. Wrong is wrong, no matter who says it.”

—Malcolm X

“If you can’t get them to salute when they should salute and wear the clothes you tell them to wear, how are you going to get them to die for their country?”

—Gen. George S. Patton

“You’ll never have a quiet world till you knock the patriotism out of the human race.”

—George Bernard Shaw

“Patriots always talk of dying for their country, and never of killing for their country.”

—Bertrand Russell

“The highest patriotism is not a blind acceptance of official policy, but a love of one’s country deep enough to call her to a higher plain.”

—George McGovern

“The love of one’s country is a splendid thing. But why should love stop at the border?”

—Pablo Casals

“Heroism on command, senseless violence, and all the loathsome nonsense that goes by the name of patriotism—how passionately I hate them!”

—Albert Einstein

“Patriotism is easy to understand in America; it means looking out for yourself by looking out for your country.”

—Calvin Coolidge

“Our country is not the only thing to which we owe our allegiance. It is also owed to justice and to humanity. Patriotism consists not in waving the flag, but in striving that our country shall be righteous as well as strong.”

—James Bryce

“Patriotism is not short, frenzied outbursts of emotion, but the tranquil and steady dedication of a lifetime.”

—Adlai E. Stevenson

“If patriotism is ‘the last refuge of a scoundrel,’ it is not merely because evil deeds may be performed in the name of patriotism, but because patriotic fervor can obliterate moral distinctions altogether.”

—Ralph B. Perry

“A nation reveals itself not only by the men it produces but also by the men it honors, the men it remembers.”

—John F. Kennedy

“Patriotism means unqualified and unwavering love for the nation, which implies not uncritical eagerness to serve, nor support for unjust claims, but frank assessment of its vices and sins, and penitence for them.”

—Alexander Solzhenitsyn

“I only regret that I have but one life to give for my country.”

—Nathan Hale



legacy

"A cause, just because-but most of all an adventure, a time of reaffirmation, a time to salute our Founders and all who have followed."

-description of Delta Gamma's centennial celebration in the fall 1973 ANCHORA



"We will be known forever by the tracks we leave."

—Dakota proverb

"Every road has two directions."

—Russian proverb

"Your future depends on many things, but mostly on you."

—Frank Tyger

"If you want to know your past, look into your present conditions. If you want to know your future, look into your present actions."

—Buddhist saying

"We must decide what we want to be in life and what type of person we wish to become and what kind of life we wish to lead—a decision that is the most difficult of all to make."

—Cicero

"Living is mostly a personal matter. It's up to you how you shape your life, what goes into it, what you can get out of it, what you give."

—Unknown

"There is no limit to our capacity to grow. And a life, lived to the utmost, is our finest creation—our most personal work of art."

—Unknown

"No one can go back and make a brand new start. Anyone can start from now and make a brand new ending. God didn't promise days without pain, laughter without sorrow, sun without rain, but He did promise strength for the day, comfort for the tears, and light for the way."

—Unknown

"Never let the future disturb you. You will meet it, if you have to, with the same weapons of reason, which today arm you against the present."

—Marcus Aurelius

Have you ever watched kids
On a merry-go-round
Or listened to the rain
Slapping on the ground?
Ever followed a butterfly's erratic flight?
Or gazed at the sun into the fading night?
You better slow down.

Don't dance so fast.
Time is short.
The music won't last.
Do you run through each day
On the fly?

When you ask, "How are you?"
Do you hear the reply?
When the day is done,
Do you lie in you bed
With the next hundred chores
Running through your head?
You'd better slow down.

Don't dance so fast
Time is short.
The music won't last.
Ever told you child,
We'll do it tomorrow?

And in your haste,
Not see his sorrow?
Ever lost touch,
Let a good friendship die?
Cause you never had time
To call and say, "hi?"

You'd better slow down.
Don't dance so fast.
Time is short.
The music won't last
When you run so fast to get somewhere,
You miss half the fun of getting there.
When you worry and hurry through your day,
It is like an unopened gift ...

Thrown away.
Life is not a race.
Do take it slower.
Hear the music
Before the song is over.

—Unknown

"Just living isn't enough," said the butterfly,
"one must also have freedom, sunshine, and
a little flower."

—Hans Christian Andersen

"All who wander are not lost."

—J.R.R. Tolkien

"The past is history, the future is a mystery,
this moment is a gift, that is why this
moment is called the present. Enjoy it."

—Allan Johnson

"It takes one a long time to become young."

—Pablo Picasso

"Begin somewhere; you cannot build a
reputation on what you intend to do."

—Liz Smith

"Life is very interesting ... in the end, some
of your greatest pains, become your greatest
strengths."

—Drew Barrymore

"It's not what happens to you that
determines how far you will go in life; it is
how you handle what happens to you."

—Zig Ziglar

"The state of your life is nothing more than
a reflection of your state of mind."

—Dr. Wayne W. Dyer

"From what we get, we can make a living;
what we give, however, makes a life."

—Arthur Ashe

"A man cannot leave a better legacy to the
world than a well-educated family."

—Thomas Scott

"I maybe here for a shortwhile, gone
tomorrow into oblivion or until the days
come to take me away. But, in whatever
part you play, be remembered as part of a
legacy ... of sharing dreams and changing
humanity for the better. It's that legacy that
never dies."

—Unknown

"Sadness is always the legacy of the past;
regrets are pains of the memory."

—Unknown

“Our days are numbered. One of the primary goals in our lives should be to prepare for our last day. The legacy we leave is not just in our possessions, but in the quality of our lives. What preparations should we be making now? The greatest waste in all of our earth, which cannot be recycled or reclaimed, is our waste of the time that God has given us each day.”

—Billy Graham

“We can’t all leave a prestigious background or lots of money to visit our children, but we can leave them a legacy of love.”

—Naomi Rhode

“You have to know one big thing and stick with it. The leaders who had one very big idea and one very big commitment. This permitted them to create something. Those are the ones who leave a legacy.”

—Irving Kristol

“There are certain things that are fundamental to human fulfillment. The essence of these needs is captured in the phrase ‘to live, to love, to learn, to leave a legacy.’ The need to live is our physical need for such things as food, clothing, shelter, economical well-being, health. The need to love is our social need to relate to other people, to belong, to love and to be loved. The need to learn is our mental need to develop and to grow. And the need to leave a legacy is our spiritual need to have a sense of meaning, purpose, personal congruence, and contribution.”

—Stephen R. Covey

“It is up to us to live up to the legacy that was left for us, and to leave a legacy that is worthy of our children and of future generations.”

—Christine Gregoire

“The legacy of heroes is the memory of a great name and the inheritance of a great example.”

—Benjamin Disraeli

The Dash ...

I read of a man who stood to speak
At the funeral of a friend
He referred to the dates on her tombstone
From the beginning to the end
He noted that first came the date of her birth
And spoke the following date with tears,
But he said what mattered most of all
Was the dash between those years
For that dash represents all the time
That she spent alive on earth.
And now only those who loved her
Know what that little line is worth.
For it matters not how much we own;
The cars, the house, the cash,
What matters is how we live and love
And how we spend our dash.
So think about this long and hard.
Are there things you’d like to change?
For you never know how much time is left,
That can still be rearranged.
If we could just slow down enough
To consider what’s true and real
And always try to understand
The way other people feel.
And be less quick to anger,
And show appreciation more
And love the people in our lives
Like we’ve never loved before.
If we treat each other with respect,
And more often wear a smile
Remembering that this special dash
Might only last a little while.
So, when your eulogy is being read
With your life’s actions to rehash
Would you be proud of the things they say
About how you spent your dash?

—Linda Ellis

“There’s no such thing as legacies. At least, there is a legacy, but I’ll never see it.”

—George W. Bush

“No legacy is so rich as honesty.”

—William Shakespeare

“If you succumb to the temptation of using violence in the struggle, unborn generations will be the recipients of a long and desolate night of bitterness, and your chief legacy to the future will be an endless reign of meaningless chaos.”

—Rev. Martin Luther King Jr.

“Hopefully, we can build a rivalry and we’ll be able to do this a lot. Make a legacy, then retire champions.”

—Serena Williams

“There is a strange charm in the hope of a good legacy that wonderfully reduces the sorrow people otherwise may feel for the death of their relatives and friends.”

—Miguel de Cervantes Saavedra

“I will act as if I do make a difference.”

—William James

“I think change needs to be egoless. It’s not about my leaving fingerprints or a legacy. It’s more important to be a part of a process by rolling up your sleeves, being on the ground, initiating projects, starting campaigns - you know, building stuff.”

—Queen Rania of Jordan

“The only gift we will truly have forever is the legacy we leave behind and the future we help build.”

—Kate Stanton, Alpha Iota-Oklahoma



achievement & success

"When I pledged Delta Gamma, I always felt like I was surrounded by a group of women that lived purposefully. As I've met Delta Gammas throughout my career, I've been so impressed with their seriousness of purpose and their commitment to serve others; I'm very proud of that because I think those are wonderful characteristics to foster. It is clear to me that we are recruiting and building the future women leaders of the next generations-something that the world needs more of."

-Former Senator Mary Landrieu, D-La.
Gamma Zeta-Louisiana State



“Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.”

—Booker T. Washington

“People may fail many times, but they become failures only when they begin to blame someone else.”

—Unknown

“I don’t measure a man’s success by how high he climbs but how high he bounces when he hits bottom.”

—Gen. George S. Patton

“Don’t say you don’t have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Louis Pasteur, Michelangelo, Mother Teresa, daVinci, Thomas Jefferson and Albert Einstein.”

—H. Jackson Brown Jr.

“Success is to forget the disagreeable, the unnecessary, and to remember only to positive hours of your life.”

—Otto Preminger

“If opportunity doesn’t knock, build a door.”

—Unknown

“The more you prepare, the luckier you appear.”

—Terry Josephson

“People who say it cannot be done should not interrupt those who are doing it.”

—Unknown

“An optimist is a person who sees a green light everywhere, while the pessimist sees only the red stoplight. The truly wise person is colorblind.”

—Albert Schweitzer

“The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty.”

—Winston Churchill

“The size of your success is measured by the strength of your desire; the size of your dream; and how you handle disappointment along the way.”

—Robert Kiyosaki

“It is amazing how much you can accomplish when it doesn’t matter who gets the credit.”

—Unknown

“The whole is greater than the sum of the parts.”

—Unknown

“Become a possibilitarian. No matter how dark things seem to be or actually are, raise your sights and see possibilities—always see them, for they are always there.”

—Norman Vincent Peale

“Choose a job you love, and you will never have to work a day in your life.”

—Confucius

“Success is not measured by what you accomplish but by the opposition you have encountered, and the courage with which you have maintained the struggle against overwhelming odds.”

—Orison S. Marden

“The achievements of an organization are the results of the combined effort of each individual.”

—Vince Lombardi

“The road to success is lined with many tempting parking spaces.”

—Traditional proverb

“To succeed, you need to take that gut feeling in what you believe and act on it with all of your heart.”

—Christy Borgeld

“To understand the heart and mind of a person, look not at what he has already achieved, but at what he aspires to.”

—Kahlil Gibran

“One’s best success comes after their greatest disappointments.”

—Henry Ward Beecher

“Only through focus can you do world-class things, no matter how capable you are.”

—Bill Gates

“You can do anything you set your mind to when you have vision, determination, and an endless supply of expendable labor.”

—Larry Kersten

“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.”

—Helen Keller

“That some achieve great success, is proof to all that others can achieve it as well.”

—Abraham Lincoln

“Not the maker of plans and promises, but rather the one who offers faithful service in small matters. This is the person who is most likely to achieve what is good and lasting.”

—Goethe

“Happiness is that state of consciousness which proceeds from the achievement of one’s values.”

—Ayn Rand

“The greater danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low, and achieving our mark.”

—Michelangelo

“Big thinking precedes great achievement.”

—Wilfred Peterson

“What looks like a loss may be the very event which is subsequently responsible for helping to produce the major achievement of your life.”

—Srully Blotnick



love & happiness

"Our ideal is to be happy in our fraternity; to have the entire atmosphere of our chapter, happiness. How can we attain this? By earning our place in our chapter-by deserving to be a Delta Gamma and enjoying the rare privileges that come to us fraternity girls. Experience has proven that the strongest, most loyal fraternity members are those who actually serve their fraternity with an unselfish spirit."

-Blanche Garten, Kappa-Nebraska

Hug O' War

I will not play at tug o' war.
I'd rather play at hug o' war.
Where everyone hugs
Instead of tugs,
Where everyone giggles
And rolls on the rug,
Where everyone kisses,
And everyone grins,
And everyone cuddles,
And everyone wins.

—Shel Silverstein

“Act happy, feel happy, be happy, without a reason in the world. Then you can love, and do what you will.”

—Dan Millman

“If you love somebody, let them go, for if they return, they were always yours. And if they don't, they never were.”

—Kahlil Gibran

“Joy comes not from how we live, but how we love.”

—Unknown

“We spend too much time looking for the right person to love, or finding fault with those we already love, when instead we should be perfecting the love we give.”

—Unknown

“Whoever travels for love finds a thousand miles not longer than one.”

—Unknown

“Our lives are like quilts—bits and pieces, joy and sorrow, stitched with love.”

—Unknown

“A smile is a curve that sets everything straight.”

—Phyllis Diller

“Let us always meet each other with a smile, for the smile is the beginning of love.”

—Mother Teresa

“The rose speaks of love silently, in a language known only to the heart.”

—Unknown

Keep Close

Some things you keep. Like good teeth. Warm coats. Old friends. They're good for you, reliable and practical and so sublime that to throw them away would make the garbage man a thief. So you hang on, because something old is sometimes better than something new, and what you know is often better than a stranger.

These are my thoughts. They make me sound old, tame and dull at a time when everybody else is risky and racy and flashing all that's new and improved in their lives. New careers, new thighs, new lips, new cars.

I grew up in the fifties with practical parents. A mother, God bless her, who washed aluminum foil after she cooked in it, then reused it and still does. A father who was happier getting old shoes fixed than buying new ones. They weren't poor, my parents; they were just satisfied. Their marriage was good, their dreams focused.

Their best friends lived barely a wave away. I can see them now, Dad in trousers and tee shirt and mom in a housedress, lawnmower in one's hand and a dishtowel in the other's. It was a time for fixing things—a curtain rod, the kitchen radio, screen door, the oven door, the hem in a dress. It was a way of life and sometimes it made me crazy.

All that re-fixing, reheating, renewing. I wanted just once to be wasteful. Waste meant affluence. Throwing things away meant there'd always be more. But, then my father died. On that clear autumn night, in the chill of the hospital room, I was struck with the pain of learning that sometimes there isn't any “more.” Sometimes what you care about most gets all used up and goes away, never to return. So while you have it, it's best to love it and care for it and fix it when it's broken and heal it when it's sick.

That's true for marriages, old cars, children with bad report cards, dogs with bad hips and aging parents. You keep them because they're worth it, because you're worth it. Some things you keep. Like a best friend that moved away or a classmate you grew up with, there are just some things that make life important ... people you know are special and you keep them close.

—Unknown

Love has its own time, its own season, and its own reasons for coming and going. You cannot bribe it or coerce it or reason it into staying. If it chooses to leave from your heart or from the heart of your lover, there is nothing you can do. You can do nothing and should do nothing. Be glad that it came to live for a moment in your life. If you keep your heart open, it will surely come again.

—Kent Nerburn

“At the touch of love, everybody becomes a poet.”

—Plato

“Love is the triumph of imagination over intelligence.”

—H.L. Mencken

“A life filled with love must have some thorns, but a life empty of love will have no roses.”

—Unknown

“If you judge people, you have no time to love them.”

—Unknown

“You never lose by loving. You always lose by holding back.”

—Unknown

“The question is not what a man can scorn, or disparage, or find fault with, but what he can love, and value, and appreciate.”

—John Ruskin

“Truly loving another means letting go of all expectations. It means full acceptance, even celebration of another's personhood.”

—Unknown

“Beauty is not beauty without love.”

—Thomas Campton

“Where there is love there is life.”

—Gandhi

“Love transcends death. The people we love touch our lives even after they're gone.”

—Unknown



“What does love look like? Love has hands to help others, feet to hasten to the poor and needy, eyes to misery and want, ears to hear the sighs and sorrows of others. That is what love looks like.”

—St. Augustine

“Love is like a rose. When pressed between two lifetimes, it will last forever.”

—Unknown

“Whatever I say
Means more when you listen
Whatever I think
Means more when you understand
Whatever I do
Means more when you are there
Whatever happens to me
Means more if I can share it with you
Thank you for adding so much to my life.”

—Susan Polis Schutz

“Sometimes our light goes out but is blown into flames by another human being. Each of us owes deepest thanks to those who have rekindled this light.”

—Unknown

“Feelings commit us to one another, and thus involve the risk of disappointment. In the end, the only way you can mean anything to another human being is to share his feelings.”

—Unknown

“Never frown when you are sad, because you never know who is falling in love with your smile.”

—Unknown

“You have many new wishes,
For what is worth the most to you
Are lots of hugs and kisses!”

—Brian Minch

Five simple rules to be happy

Free your heart from hatred.
Free your mind from worries.
Live simply.
Give more.
Expect less.

—Unknown

“Happiness comes from the capacity to feel deeply, enjoy simply, to think freely, to risk life, to be needed.”

—Storm Jameson

“I do it for the joy, because I’m a joyful girl. We owe the world nothing, and we owe each other the world.”

—Ani DiFranco

“When we are grown we’ll smile and say we had no cares in childhood’s day, but we’ll be wrong. ‘Twill not be true. I’ve this much care . . . I care for you.”

—Mary Englebreit

“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”

—Dalai Lama

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

—Leo Buscaglia

“Happiness is like a butterfly; the more you chase it, the more it will elude you, but if you turn your attention to other things, it will come and sit softly on your shoulder.”

—Henry David Thoreau

“I am still determined to be cheerful and happy, in whatever situation I may be; for I have also learned from experience that the greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances.”

—Martha Washington

“There are three things that last: faith, hope and love, and the greatest of these is love.”

—Unknown

“The grand essentials of happiness are: something to do, something to love and something to hope for.”

—Allan K. Chalmers

“For a long time it seemed to me that life was about to begin—real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, a debt to be paid. At last it dawned on me that these obstacles were my life. This perspective has helped me to see there is no way to happiness. Happiness is the way. So treasure every moment you have and remember that time waits for no one. Happiness is a journey, not a destination.”

—Souza

“Happiness is a thing to be practiced, like the violin.”

—John Lubbock

“They say a person needs just three things to be truly happy in this world. Someone to love, something to do, and something to hope for.”

—Tom Bodett

“Love comes to those who still hope even though they’ve been disappointed, to those who still believe even though they’ve been betrayed, to those who still love even though they’ve been hurt before.”

—Unknown

“The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature. As long as this exists, and it certainly always will, I know that then there will always be comfort for every sorrow, whatever the circumstances may be. And I firmly believe that nature brings solace in all troubles.”

—Anne Frank



“Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude.”

—Denis Waitley

“There is only one passion, the passion for happiness.”

—Denis Diderot

“The pleasure of love is in loving; and we are happier by the passion we feel than by that we inspire.”

—François de la Rochefoucauld

“Gaiety alone, as it were, is the hard cash of happiness; everything else is just a promissory note.”

—Arthur Schopenhauer

“I love the simplicity and wisdom of this happiness quote: There is only one happiness in life, to love and be loved.”

—George Sand

“When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace.”

—Dalai Lama

“The greatest happiness of life is the conviction that we are loved—loved for ourselves, or rather, loved in spite of ourselves.”

—Victor Hugo

“Of all forms of caution, caution in love is perhaps the most fatal to true happiness.”

—Bertrand Russell

“If this world affords true happiness, it is to be found in a home where love and confidence increase with the years, where the necessities of life come without severe strain, where luxuries enter only after their cost has been carefully considered.”

—A. Edward Newton

“Love and joy are twins, or born of each other.”

—William Hazlitt

“If you were all alone in the universe with no one to talk to, no one with which to share the beauty of the stars, to laugh with, to touch, what would be your purpose in life? It is other life, it is love, which gives your life meaning. This is harmony. We must discover the joy of each other, the joy of challenge, the joy of growth.”

—Mitsugi Saotome

“Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.”

—Thich Nhat Hanh

“True happiness and a fullness of joy can be found only in the tender and intimate relationships of the family. However earnestly we may seek success and happiness outside the home through work, leisure activities, or large bank accounts, we will never be fully satisfied emotionally until we develop deep and loving relationships.”

—James J. Jones

“Love is the master key that opens the gates of happiness.”

—Oliver Wendell Holmes

“Love, you know, seeks to make happy rather than to be happy.”

—Ralph Connor

“True happiness is found in unselfish love, A love which increases in proportion as it is shared.”

—Thomas Merton

“Each moment of a happy lover’s hour is worth an age of dull and common life.”

—Aphra Behn

“Love puts the fun in together,
The sad in apart,
The hope in tomorrow,
The joy in the heart.”

—Unknown

“To get the full value of joy, you must have someone to divide it with.”

—Mark Twain

“Here is another great happiness quote about relationships: It is the things in common that make relationships enjoyable, but it is the little differences that make them interesting.”

—Todd Ruthman

“To love is to take delight in happiness of another. Or, what amounts to the same thing, it is to account another’s happiness as one’s own.”

—Gottfried Leibniz

“You will never know true happiness until you have truly loved, and you will never understand what pain really is until you have lost it.”

—Unknown

“Love is that condition in which the happiness of another person is essential to your own.”

—Robert A. Heinlein

“A happy marriage has in it all the pleasures of friendships, all the enjoyment of sense and reason—and indeed all the sweets of life.”

—Joseph Addison

“What I needed most was to love and to be loved, eager to be caught. Happily I wrapped those painful bonds around me; and sure enough, I would be lashed with the red-hot pokers or jealousy, by suspicions and fear, by burst of anger and quarrels.”

—St. Augustine

“When you are in love you can’t fall asleep because reality is better than your dreams.”

—Dr. Seuss

“Women wish to be loved not because they are pretty, or good, or well bred, or graceful, or intelligent, but because they are themselves.”

—Henri Frederic Amiel

“The best thing about me is you.”

—Shannon Crown



do good

"Then let us, like the little stream,
Move onward, with a purpose high,
Look upward, with an earnest faith,
Nor stop to dream, or doubt or sigh.
Thus shall we find our strength increase,
Our power for good shall be confessed,
And, like the stream, for our good works,
By all mankind shall we be blessed."

-Mabel Potter Tallman, Eta-Akron

“Never underestimate the power of a kind word or deed.”

—H. Jackson Brown Jr.

“Real generosity is doing something nice for someone who will never find out.”

—Frank A. Clark

“Coming together, sharing together, working together, succeeding together.”

—Unknown

“The supreme prayer of my heart is not to be learned, rich, famous, powerful, or good, but simply to be radiant. I desire to radiate health, cheerfulness, calm courage, and good will. I wish to live without hate, whim, jealousy, envy, fear. I wish to be simple, honest, frank, natural, clean in mind and clean in body, unaffected, as ready to say I do not know, if it be so, and to meet all men on an absolute equality, to face any obstacle and meet every difficulty unabashed and unafraid. I wish others to live their lives, too - up to their highest, fullest, and best. To that end I pray that I may never meddle, interfere, dictate, give advice that is not wanted, or assist when my services are not needed. If I can help people, I'll do it by giving them a chance to help themselves; and if I can uplift or inspire, let it be by example, inference, and suggestion, rather than by injunction and dictation. That is to say, I desire to be radiant—to radiate life.”

—Elbert Hubbard

“To devote your life to the good of all and to the happiness of all is religion. Whatever you do for your own sake is not religion.”

—Swami Vivekananda

“The leaders who do good deeds reside in the hearts of the people.”

—Rig Veda

“The good deed you do today for a brother or sister in need will come back to you some day for humanity's a circle in deed.”

—Robert Alan

“Most people see what is, and never what can be.”

—Albert Einstein

“No need to feel guilty if you can't be a good man all the time. But anytime your heart is feeling so eager to do even a small good deed, then it might be a good chance for you ... to be a better man.”

—Toba Beta

“Thinking good thoughts is not enough, doing good deeds is not enough, seeing others follow your good examples is enough.”

—Doug Horton

“Better do a good deed near at home than go far away to burn incense.”

—Amelia Earhart

“Existence was given us for action. Our worth is determined by the good deed we do, rather than by the fine emotions we feel.”

—George MacDonald

“When one begins to purposefully perform acts of kindness, the spirit changes and soon doing good deeds becomes a focal point for our life; doing good begins to be the same as feeling good. The periods of emptiness when we search for the ‘meaning of it all’ begin to fill with acts of kindness.”

—Gary Blair

“Talking isn't doing. It is a kind of good deed to say well; and yet words are not deeds.”

—William Shakespeare

“I have to do a good deed for the community. I have to do five things, so I thought this was a good idea. It's important because one day you're going to need that blessing and one day they'll repay you and you'll feel really good about yourself.”

—Pam Finkelstein

“That is why not only we should ourselves engage in good deeds but also encourage others to do the same.”

—Sam Veda

“I never saw a mob rush across town to do a good deed.”

—Wilson Mizner

“If you wish to do a good deed, consult no one.”

—Turkish proverb

“Every day, nay every moment, try to do some good deed.”

—Abu Bakr

“Bad deeds, and deeds hurtful to ourselves, are easy to do; what is beneficial and good, that is very difficult to do.”

—Friedrich Muller

“People should not worry as much about what they do but rather about what they are. If they and their ways are good, then their deeds are radiant. If you are righteous, then what you do will also be righteous. We should not think that holiness is based on what we do but rather on what we are, for it is not our works which sanctify us but we who sanctify our works.”

—Meister Eckhart

“Doing good to others is not a duty, it is a joy, for it increases our own health and happiness.”

—Zoroaster

“In this world everything changes except good deeds and bad deeds; these follow you as the shadow follows the body.”

—Ruth Benedict

“Fashion your life as a garland of beautiful deeds.”

—Buddha

“Real worth requires no interpreter: its everyday deeds form its emblem.”

—Sebastien-Roch Nicolas De Chamfort

“In dreams the truth is learned that all good works are done in the absence of a caress.”

—Leonard Cohen

“In order to do good you must do something.”

—Unknown



loyalty & devotion

"Now, remember that wearing the anchor is a paying proposition ... as I walked on Fannin Street, mid-town, a strange voice called, 'Do tell me you are a Delta Gamma!' The voice was that of Elsie Saville Anderson, Alpha Kappa-Washburn. The next pay-off came in a Kress building elevator-a gentleman recognized my pin and put me in touch with his wife, Louise Griggs Lowry, Theta-Indiana. Once, sometimes twice, a month the three of us met, and, for lack of a fourth for bridge, called in a lone Alpha Phi. In 1929, one of the three of us conceived the idea of inserting a Delta Gamma notice in the newspaper. There came a response, only one-but it made our history. The elderly voice explained that she was not able to attend but wanted to be there in spirit. She was told, after all, we were only three and had placed the notice in the paper to find others, that the notice had served its purpose well and that the meeting would come to her. The Delta Gamma (on the phone) was Eva Webb Dodd, visiting her niece in the city!"

-Ida Pearle Kinkead, Alpha Upsilon-Southern Methodist

Enough

Recently I overheard a father and daughter in their last moments together. Her departure had been announced and, standing near the security gate, they hugged and he said, "I love you and I wish you enough."

She in turn said, "Daddy our life together has been more than enough. Your love is all I ever needed. I wish you enough, too, Daddy."

They kissed and she left. He walked over toward the window where I was seated. Standing there I could see he wanted and needed to cry. I tried not to intrude on his privacy, but he welcomed me in by asking, "Did you ever say goodbye to someone knowing it would be forever?"

"Yes, I have," I replied. Saying that brought back memories I had of expressing my love and appreciation for all that my Dad had done for me. Recognizing that his days were limited, I took the time to tell him face to face how much he meant to me. So I know what this man was experiencing.

"Forgive me for asking, but why is this a forever goodbye?" I asked.

"I am old and she lives much too far away. I have challenges ahead and, the reality is, the next trip back will be for my funeral," he said.

"When you were saying goodbye, I heard you say, 'I wish you enough.' May I ask what the means?"

He began to smile. "That's a wish that has been handed down from other generations. My parents used to say it to everyone." He paused for a moment and looking up as if trying to remember it in detail, he smiled even more. "When we said, 'I wish you enough', we were wanting the other person to have a life filled with just enough good things to sustain them." He continued. And then turning toward me, he shared the following as if he were reciting it from memory:

"I wish you enough sun to keep your attitude bright.

"I wish you enough rain to appreciate the sun more.

"I wish you enough happiness to keep your spirit alive.

"I wish you enough pain so that the smallest joys in life appear much bigger.

"I wish you enough gain to satisfy your wanting.

"I wish you enough loss to appreciate all that you possess.

"I wish you enough 'hellos' to get you through the final 'goodbye.'"

He then finally did sob and walked away.

Dear friend, I wish you enough.

—Unknown

"To know what is right and not to do it is the worst cowardice."

—Confucius

"Loyalty is still the same,
Whether it win or lose the game;
True as a dial to the sun,
Although it be not shined upon."

—Samuel Butler

"When we are debating an issue, loyalty means giving me your honest opinion, whether you think I'll like it or not. Disagreement, at this stage, stimulates me. But once a decision has been made, the debate ends. From that point on, loyalty means executing the decision as if it were your own."

—Colin Powell

"Loyalty means nothing unless it has at its heart the absolute principle of self-sacrifice."

—Woodrow Wilson

"An ounce of loyalty is worth a pound of cleverness."

—Elbert Hubbard

"Loyalty cannot be blueprinted. It cannot be produced on an assembly line. In fact, it cannot be manufactured at all, for its origin is the human heart – the center of self-respect and human dignity. It is a force which leaps into being only when conditions are exactly right for it – and it is a force very sensitive to betrayal."

—Maurice R. Franks

"You can't buy loyalty, you can only invest in it."

—Ronny M. Cole

"I'll take fifty percent efficiency to get one hundred percent loyalty."

—Samuel Goldwyn

"Loyalty is something you give regardless of what you get back, and in giving loyalty, you're getting more loyalty; and out of loyalty flow other great qualities."

—Charles "Tremendous" Jones

"Loyalty binds me."

—Motto

"It is better to be faithful than famous."

—Theodore Roosevelt

"I cannot lead you into battle. I do not give you laws or administer justice but I can do something else—I can give my heart and my devotion to these old islands and to all the peoples of our brotherhood of nations."

—Queen Elizabeth II

"Whatever I am offered in devotion with a pure heart—a leaf, a flower, fruit, or water—I accept with joy."

—Bhagavad Gita

"I really owe everything to my parents and their devotion and drive to see to it that their children had the education which led to the opportunities that they never were able to have."

—George J. Mitchell

"In the uttermost meaning of the words, thought is devout, and devotion is thought. Deep calls unto deep."

—Ralph Waldo Emerson

"Loyalty means not that I agree with everything you say, or that I believe you are always right. Loyalty means that I share a common ideal with you and that, regardless of minor differences, we strive for it, shoulder to shoulder, confident in one another's good faith, trust, constancy and affection."

—Dr. Karl A. Menninger



heritage & tradition

"Delta Gamma Fraternity has been a leader in every decade since the beginning of our existence; we developed programs before our members knew they needed them; we have university and college presidents among our members; we have women in Congress, we have successful professionals in every field; and we have women who are just as successful in their chosen roles of homemaker and mother. It is this kind of diversity that Delta Gamma has encouraged. It is the kind of diversity that has made Delta Gamma strong. It is a diversity that happens because of the support we give to our members to help them make the right choices for themselves and their future."

-Maureen Sweeney Syring, Nu-Idaho
Fraternity President 1986-90



Trails

Every person has the power to make other people happy. Some do it simply by entering a room; others by leaving the room. I have a friend who leaves a trail of great enthusiasm. Hours after a phone call from her I still feel great. Another friend leaves a trail of optimism. After only a brief conversation with her I feel better. One friend enriches my day by leaving a trail of kindness. Cheerful smiles are her trademark. Some individuals leave trails of gloom. Others leave trails of joy. Some leave trails of hate and bitterness. Others leave trails of love and harmony. Some leave trails of cynicism and pessimism. Others leave trails of faith and optimism. Some leave trails of criticism and resignation. Others leave trails of gratitude and hope. What kind of trails do you leave?

—Unknown

“We relish news of our heroes, forgetting that we are extraordinary to somebody too.”

—Helen Hayes

Daily Survival Kit

Toothpick – to remind you to pick out the good qualities in others.

Rubber band – to remind you to be flexible, things might not always go the way you want, but it will work out.

Band Aid – to remind you to heal hurt feelings, your or someone else’s.

Pencil – to remind you to list your blessings everyday.

Eraser – to remind you that everyone makes mistakes, and it’s okay.

Chewing gum – to remind you to stick with it, and you can accomplish anything.

Mint – to remind you that you are worth a mint.

Candy Kiss – to remind you that everyone needs a kiss or a hug every day.

Tea bag – to remind you to relax daily and go over that list of blessings.

—Unknown

“Be not afraid of greatness; some are born great, some achieve greatness, and others have greatness thrust upon them.”

—William Shakespeare

“The assumption must be that those who can see value only in tradition, or versions of it, deny man’s ability to adapt to changing circumstances.”

—Stephen Bayley

“As soon as tradition has come to be recognized as tradition, it is dead.”

—Allan Bloom

“A precedent embalms a principle.”

—Benjamin Disraeli

“Tradition means giving votes to the most obscure of all classes—our ancestors. It is the democracy of the dead. Tradition refuses to submit to the small and arrogant oligarchy of those who merely happen to be walking around.”

—Gilbert K. Chesterton

“The dead govern the living.”

—Auguste Comte

“A tradition without intelligence is not worth having.”

—T. S. Eliot

“It cannot be inherited, and if you want it you must obtain it by great labor.”

—T. S. Eliot

“Traditions are the guideposts driven deep in our subconscious minds. The most powerful ones are those we can’t even describe and aren’t even aware of.”

—Ellen Goodman

“People should think things out fresh and not just accept conventional terms and the conventional way of doing things.”

—R. Buckminster Fuller

“To keep up even a worthwhile tradition means vitiating the idea behind it which must necessarily be in a constant state of evolution: it is mad to try to express new feelings in a ‘mummified’ form.”

—Alfred Jarry

“Tradition is a guide and not a jailer.”

—W. Somerset Maugham

“As precious as life itself is our heritage of individual freedom, for man’s free agency is a God-given gift.”

—David O. McKay

“As you age naturally, your family shows more and more on your face. If you deny that, you deny your heritage.”

—Frances Conroy

“By going to the movies, and because of other things, too, going to college, making a wide variety of friends, moving around traveling, I became a lot more open-minded than the heritage I was born into might have suggested.”

—Roger Ebert

“A world community can exist only with world communication, which means something more than extensive short-wave facilities scattered; about the globe. It means common understanding, a common tradition, common ideas, and common ideals.”

—Robert M. Hutchins

“Among those who are satisfactory in this respect it is desirable to have represented as great a diversity of intellectual tradition, social milieu and personal character as possible.”

—Talcott Parsons

“Our heritage and ideals, our code and standards - the things we live by and teach our children - are preserved or diminished by how freely we exchange ideas and feelings.”

—Walt Disney



rituals

"There are assuredly some things between members of a a fraternity, about which no one else should be told, things which form a sort of inner sanctuary as it were, set apart for the inspiration of loyal worshippers. But might we not in answer to honest questions, tell a great deal more than we do tell and thereby strengthen our hold on public esteem without marring the sacredness of those things which we hold most dear.

-Joe Anna Ross Pancoast, Psi (II)-Goucher

The Secret Thoughts of a Ritual

There are many of us around. Some of us are very informal and loosely structured; others are very formal and precisely worded. Whether you are aware of it or not, your whole life is based on certain ritualistic patterns. The way you get up in the morning, the way you study the way you organize your social life, the way you speak and write, these are all based on certain habits or routines that you develop and a performed, by and large, in an informal ritualistic way.

Today I would like to share with you some thoughts on another kind of ritual. One that is considered very private and is often esoteric. I am the sorority ritual. One that you will find locked in a file in the corner of some dark office. Because I don't get used or opened very often, I have a lot of time to think and I'd like to share with you some of my thoughts. Sometimes, I go through a real identity crisis. Who am I? What am I? Why am I? In order to know what a thing is, you must first know what it is for. You tell what something is by the way it is used.

Although there are some exceptions in the way I am used, let me tell you how the majority of sororities use me. The vast amount of my time is spent in a dark cabinet, locked up and gathering dust. About once a semester there comes a mad rush for my existence, people literally scrambling, and all of a sudden I become very important. It's really funny because many times they can't find me. They forget where I was placed and a mild panic sets in until finally they dig me out from under the stacks of constitutions, bylaws and chapter minutes. Once I am found, I am under 24-hour surveillance. It's almost as if I'm being digested, but that's not really it; what's happening is that I'm being memorized. I'm literally studied word, phrase, for phrase, and sometimes people even argue over me. Two to three people all wanting me at the same time. They begin with, "Well let me just copy my part," then the argument gets hotter because somebody says, "No, it's not legal to copy anything out of the ritual." Some people, however, go ahead and fudge a bit and copy their part and then pass me on.

After being up almost all day and all night for a week, I am taken to a dimly lighted room where a number of people are gathered. There I am presented with much feeling and serious drama. It is obviously a moment of great climax for some of the people for they are seeing and hearing me for the very first time. Shortly after the ceremony, I am brought back to the dark room and placed in the locked file drawer and I am not seen or heard of until the end of the next semester. In this case, as a ritual, what am I? Well, as I see it, I am a perfunctory service that must be performed in order to get new members into an organization. Once the Initiation is over, I'm pretty much pigeon holed until the next class is to be initiated.

However, in some sorority houses I exist in quite a different fashion. Shortly after the Initiation the sisters come in one by one, get me out of the drawer and look me over very carefully. Some just like to read me, others try to memorize me. Whatever the case, I like it when they use me. Sometimes they even argue over me, and this gets exciting because you see that's what I'm about. I'm meant to be read carefully, discussed and even argued about. Yes, in fact, I can even be changed. I'm really a very human document, one that was written down some time ago after a great deal of thought by one or two women and I have been reworded, rephrased and re-evaluated many, many times.

In order to know what I'm really about, I need to be perpetually used and studied. (Too often the members mention me only at Initiation time and I'm really meant for much more than that.) In fact, one of my most important missions is to help the active chapter at its weekly meetings. If I am understood and used properly at these weekly meetings, I can really help the chapter get things together. There are always a few women who don't like to use me and put up a big argument about having an informal chapter meeting. What a joke that usually turns out to be. Most informal chapter meetings last a heck of a lot longer than formal chapter meetings where I'm used. As I've listened to people and watched how they use me, a couple of

important thoughts have crossed my mind. First, the sororities have done an excellent job in keeping me an esoteric document, that is, basically a secret document and therein is much of the problem. Not only am I a secret document to the outside, I am a secret to most of the members as well. They really don't know or understand me because they've never really studied me. Some people, I suspect would like to keep me very, very secret because if non-members found out what I stood for, they might expect the members to live by it and that would be very difficult. Therefore, they keep me secret and they won't have to change their lifestyles.

Although I can be used in different ways and for different things, when you boil me down to my fundamental essence, I'm essentially one thing, a system of values. I don't change very much because I am the product of history and the spirit of man and how he relates to his fellow man and to his God. This relationship between man and man, and man and God, has never been static one. It is confusing and illuminating, painful and exciting. A separation and a reunion and although I appear to be a contradiction, I am really no more of a contradiction than man himself. Too frequently we forget that man is both animal and spiritual in nature, and to reconcile the two can often be painful, confusing and frightening. And that is why it is so critical that man understands who I am and what I am for.

Because I am a system of values, I am therefore an instrument of self-evaluation. My values are clear and absolute and yet difficult to emulate. To state a few, I am honor, courage, integrity, fidelity, courtesy and I demand self control as well as ambition and humility. What your Founders did is take the idea of friendship and move it a significant step forward to the concept of commitment.

Those of you who are leaders in the sorority movement, the officers of the national, international or general sororities, you who are professional sorority women, must continue to ask yourselves how you can improve in articulating to your members the message of your sorority.



Why is it that some of the members get it and others do not? To some the message goes deep and becomes a part of their very being, while for others it never scratches the surface. Ask yourself the question when you attend your regional meetings, your workshops, retreats, leadership schools, how much time do you spend discussing and sharing with each other what personal effect I have had on your lives? Do you, as so many active chapters do, use me to start the meetings and close the meetings or do you become so involved in your day to day business that you forget that I am there to be reflected upon? For those of you who do understand and use me, are you afraid or ashamed to share those experiences and thoughts with your fellow sisters? Those of you who are sorority leaders, and are not using me in this way are very derelict in your responsibilities, your duties, and the very oath that you took when you became a member and an officer in your sorority. For, you see, as written in your esoteric manuals, I am really of very little value unless you and the other sisters through your mutual sharing begin to experience the essence and depth of my message. Then you and I are activated by the real charge into your spiritual and moral fiber that is possible for all women but achieved by too few. The effectiveness of my message is in direct proportion to your knowledge and belief in my values.

If there is something about me that you do not like, then change me, but for God's sake do not ignore me. It is the indifference and the ignorance of my essential message that continues to stifle the growth of the sorority system. Never has the time been so ripe as this period in our history when the young people of today on our college campuses are crying out for the kind of message, guidance, values and leadership that has been so long hidden in my pages.

If you would just realize that by better knowing and understanding me many of your day-to-day problems, housing, drugs, collections, and apathy would simply fade away and not exist.

If a sister slips and becomes derelict she should be asked to review her oath and charge, and if she chooses not to obey and follow that oath then she should be asked to leave the sisterhood. If you would weed out those who do not wish to follow or believe in the obligation they swore to uphold, we would all be much better off. Too frequently I see you caught up with the numbers in your sisterhood rather than the quality of your sisterhood.

Basically I am a road map to help a person along her journey of life and assist her in her communion with her fellow travelers. Who am I? Your ritual. What am I? A system of values. What am I for? My purpose is not to make you a better sorority woman, but rather a better human being.

—Edward M. King

You are for me and I am for you
I knew you were in my heart all along
I just needed a smile and assuring song
And I couldn't have felt more welcome
anywhere.
You gave me your hand
That said, "Come, let's share."
Together we laughed, then by candle cried.
Your tears crept out while mine hid inside.
Yes, that's when I decided you were for me.
And prayed your love would let it be.
The closeness that exists can't be denied.
It's something to be proud of, not meant to
hide

That special feeling led me back to you.
Thank you, Delta Gamma, for I love you,
too.

The gift of your friendship has deeply
touched my heart,
And it's a wonderful feeling to be a part.
I want you to know that I'll always be true,
Sincerely, from the heart that led me to you.

—Sandra Vernon Gillman,
Beta Xi-Michigan State

Fireside

I wish for you ...
Comfort on difficult days,
Smiles when sadness intrudes,
Rainbows to follow the clouds,
Laughter to kiss your lips,
Sunsets to warm your hearts,
Gentle hugs when spirits sag,
Friendships to brighten your being,
Beauty for your eyes to see,
Confidence for when you doubt,
Faith so that you can believe,
Courage to know yourself,
Patience to accept the truth.

—Unknown

Safe Harbor

We bow before the wind's great gusting
force,
Unknowing of what tempest lies before.
Safe harbor is the search that begs our quest,
An anchorage, beside a caring shore.
What course to take, how safety then, to
seek?
Where to drop anchor, call some harbor
home?
The compass of our sisterhood will guide;
With Delta Gamma friends, it can be done.
Take comfort; we have searched and found
our port,
Dependable, and constant as the sun,
Our DG anchor's cast in unity;
Now safely moored our search for strength
is won!

—Joan Seifert, Beta Eta-Texas

Friendship is more than a gift, it is a sweet responsibility. Sisterhood involves thought—thought on your part for the consideration of others. It takes a little bit of constant effort to establish and maintain those ties of friendship which we seek in Delta Gamma. We should show awareness and concern for how we affect other people with respect for the individuality of others. Sorority life can be a real living experience if you want to learn. Since we do live together, we can learn to work together, to become a little kinder and a little more giving than when we first came here.

—Code of Conduct, Gamma Rho-Wittenberg

Invocation

As we gather together this morning,
 May we learn to recognize and affirm
 The pieces of possibility—
 The bits of good—we bring.
 May we encourage rather than control,
 Love rather than possess,
 Enable rather than envy.
 Allowing our individual gifts to weave a
 patchwork of peace:
 The soft deep blue of sensitivity and
 understanding,
 The red energy of creativity,
 The white heat of convictions,
 The risky, fragile green of new growth,
 The golden flashes of gratitude,
 The warm rose of love.
 Each of us is indispensable
 If we are to make a difference.
 Together, in our gathered diversity, we form
 the whole.
 This is our prayer: that we may create here a
 circle of love, ever expanding, ever
 growing. Amen.
 —Unknown

Preference Night

It is my understanding that we are all
 women here tonight. So, if you are not,
 please raise your hand and we will promptly
 escort you out. Good. I am going to talk for
 a moment about what I think I means to be
 a woman. I turn to the words of an attorney
 and activist named Eleanor Holmes Norton.
 She said, “The question has been asked,
 ‘What is a woman?’ A woman is a person
 who makes choices. A woman is a dreamer.
 A woman is a planner. A woman is a maker,
 and a molder. A woman is a person who
 makes choices.”

Tonight is about choices. You are all
 women about to make a very important
 decision. How will you make yours?

It has been two years since I stood where
 you stand, wearing my lei and holding a
 cream rose. I cannot pretend that I knew
 then what I was signing up for when, later
 that night, I put Delta Gamma first on my
 preference card. But in looking back over
 the past two years, I recognize the gifts
 that that one decision has brought to my
 life. They are right here in this backyard,
 standing directly behind you.

I came to college to grow up, to become
 a woman. I joined Delta Gamma, and
 surrounded my self with the best women
 this campus has to offer. The women you
 have met this past week, that sang and
 danced for you, walked you through our
 home and spoke with you here tonight,
 are among the most loyal, ambitious,
 respectable, driven and intelligent people
 I have had the honor to know. And I am
 honored beyond all measure to call them my
 sisters. Around you tonight are dreamers,
 planners, makers and molders. They have
 shown me what it means to be a friend, a
 sister and a woman.

Of course, I should also mention that
 these same dreamers and planners are the
 friends I laugh with when juice comes out
 my nose or I fall down on campus—which
 really happens far too frequently. They are
 the ones I call even before my parents, the
 ones who hear first hand about every good
 thing, and every bad thing that happens
 throughout the course of my day. They are
 the friends I look out for, and they look
 out for me. These women are friends with
 whom hours fly by like minutes and friends
 with whom I have shared moments that we
 wish could last forever.

Bid Day last year found me standing in
 front of this beautiful house, and two years
 later, I can only tell you that the true beauty
 of this house is to be found in the women
 inside it. We have asked you here tonight
 because we believe you possess the same
 qualities we strive for—you are determined,
 dedicated and loyal young women. We
 believe you are the dreamers, the planners,
 the makers and the molders that will take
 care of this house we have all come to love
 and care so deeply about. But a woman is a
 person who makes choices. And the choice
 tonight is one you must make yourself.

Whatever you decide, I sincerely hope
 that you find what I have found here—with
 the women of Delta Gamma. Thank you for
 sharing your preference night with us.

—Kendall Sand, Alpha Delta-Oregon

What is a Delta Gamma?

Today you ask: “What is a Delta Gamma?”
 and I answer, She is the essence of
 femininity. She is the girl who has not quite
 outgrown her love of racing through the
 green fields in her bare feet. She piles her
 hair on her head and looks like a young
 queen.

She wears cutoffs and a sweatshirt and
 looks like a young colt. She wears expensive
 perfume, but she loves peanut butter
 sandwiches. She cries at romantic movies,
 but she is dry-eyed when a friend needs
 help.

She adores soft music and slow dancing,
 but she rocks out alone to the car radio.
 She smiles with a tear in her eye when
 someone tells her she is loved, and she sobs
 when they are gone. She is a young woman,
 sure of herself, and a girl afraid and unsure.

What is a Delta Gamma? She’s a complete
 and knowledgeable being. She knows
 herself and lets others know her as a friend,
 sister and helpmate. But she keeps a part
 of herself secret, within her, and this makes
 her a true individual. She laughs, cries, and
 loves her sisters, for they are the ones she has
 taken into her heart. She cherishes her love
 of Delta Gamma and keeps its secrets locked
 within her, only to bring them out when a
 sister is in need.

Today you ask: “What is a Delta
 Gamma?” and I answer, She is love; she is
 friendship; she is laughter and tears; she is
 happiness; but most of all, she is a sister,
 yours and mine.

Tomorrow, someone will ask you, “What
 is a Delta Gamma?” What will your answer
 be? Perhaps you will answer that she is
 an inexplicable treasure as you remember
 with tears in your eyes your last few days
 as a senior. Or perhaps you will answer
 with laughter in your voice that she is a
 delight, fun-loving gift, as you remember
 the happiness you have shared, the joy in
 the chapter house. You may answer that she
 is an intelligent, gracious woman as you
 remember the hours of study and learning
 in your college days.



For the Love of Rituals

In 2008, Omicron chapter at Adelphi celebrated its centennial. Alumnae from eight decades and Fraternity officers descended upon the campus.

The night before the celebration, the Fraternity President and Vice President: Communications were to have dinner with the Regional Director and her Anchor Man husband who both worked tirelessly to arrange a seamless weekend. They decided to include Dorothea, a 1942 initiate, in their dinner plans. Earlier that week, Dorothea's husband, Joe, had phoned to see if he might accompany her. "You see," Joe explained, "Dorothea suffers from extreme memory loss, but she remembers her college days well."

So Joe drove Dorothea up from Pennsylvania and escorted her to the intimate dinner. Dorothea entertained everyone with her stories of her Delta Gamma collegiate days, the places she and Joe went and where they met. This petite, delicate octogenarian remembered where their first kiss was and where her Delta Gamma Initiation had been held. Joe had been right; her Delta Gamma collegiate days were still crisp.

With everyone staying at the same hotel, it made it easy the next morning to pick Dorothea up to take her to the celebration, which included an Initiation ceremony. As Joe walked her out to the waiting car, she looked at her Anchor Man and said, "Who are these people and where are they taking me?" She had no recall of the night before.

It was raining that morning as the group drove around the Adelphi campus. Dorothea repeatedly asked the President who she was, and she was continually reassured that she was the Delta Gamma Fraternity President. Suddenly, however, Dorothea said, "Stop the car!" The car came to a stop. "That is where Joe and I had our first kiss!" as she pointed out the window. As they started to move again, she pointed again, insisting on being driven down a specific road.

It was, much to everyone's chagrin—especially the Vice President driving—a one way street. And they weren't going the right way. Dorothea was quite persistent from the back seat. And her concept of a whisper was more of a loud voice. "That is where we took our Delta Gamma cotillion picture." Everyone watched her expressive hands as she described the dresses in great detail.

The group was enamored with her and her vivid and animated recollection of her campus memories. But, it was getting close to Initiation time and they needed to go.

They placed Dorothea in the back of the room between the Fraternity President and Vice President, amongst the 50 or so other alumnae present. There were enough robes for nearly all of the 100 participants. Everyone entered in full Initiation regalia. In her "whisper," Dorothea said, "Why are these ladies dressed like ghosts?"

As the President went up to the front to help in the ceremony, members and alumnae were humming together, creating a peaceful and calm atmosphere. Dorothea piped up again ... in her "whisper," ... "What's that humming? Stop that humming noise."

As Initiation finished, the President returned to stand next to Dorothea. As is customary, the group joined hands and said the Oath of Friendship through one time slowly, and then repeated it a second time at a normal pace.

A distinct voice could be heard. Dorothea's voice reverberated through the crowd in the back. Tears were streaming down her face. The words formed perfectly on her lips as she repeated the Oath as if it were yesterday, her Delta Gamma college days as crisp as ever. The Oath finished. She even remembered to squeeze hands. There was not a dry eye around her.

She then said, "I always liked that little poem."

—Omicron-Adelphi centennial celebration story written by Staige Davis Hodges, Beta Theta-Duke

What is a Delta Gamma?

A Delta Gamma is yesterday, today and tomorrow. She is a recipient of Delta Gamma's love; she, in turn gives of herself to her beloved Fraternity. Soon she may be a wife or mother, but in one corner of her heart, there shines a light so bright—the light and love of Delta Gamma.

"What is a Delta Gamma?" you ask. And I answer: She's the girl who wears the golden anchor.

—Unknown

"You are not joining an organization which is transient or whose bonds are easily broken. You will be expected to uphold the Fraternity's ideals and renew them with each passing year. You are joining not merely a group of your friends here on this campus, but a long line of outstanding women who carry in their hearts the feeling loyalty to Delta Gamma which they gained from their college experience. Make your ideals a living plan, not only in Delta Gamma, but in society. Delta Gamma is a family so large that we may never know everyone in it, but there is a bond of loyalty which ties us together and uplifts us to noble aims. Look to other Delta Gammas for your strength and for help in times of trouble. You will find that your initiation is simple and straightforward. We are proud of the simplicity, for in simplicity is the beauty of life—of nature of truth. We bind ourselves to courage strength, peace, loyalty, devotion, hope, purity, and love. We hold our symbols of Delta Gammas high because the mean all these things to us."

—Shirley Wilson, Alpha Eta-Whitman



on membership for a lifetime

“Keep your heart young, your enthusiasm fresh, you young alumna girl. Do you want to admit that your freshman days are so far in the past that you cannot put yourself into sympathy with the girl who is just beginning her fraternity life? To her its ideals are very real and worthwhile, as they will seem to you if you will leaven your indifference with a bit of enthusiasm. And having once become enthusiastic, you will keep step with the procession instead of lagging behind. The active girl is valuable to the fraternity but the earnest, willing alumna is indispensable.

-Helen K. Vanpell, Beta Sigma-Maryland



What is a Sorority?

If it's really anything at all, a sorority is not entirely a flower, national conventions, monogrammed rings, worn out songs, or a golden pin. And it is not entirely an institution, a creed, or a way of life.

If you are going to insist that it is something, a sorority is ...

Moving in for the first time and slowly learning that beautiful people have fat legs, use mouthwash, and wear last year's coats.

It's finding something to like in someone you don't know very well, because you share the same hopes for the future.

It's long, tired eternities of black coffee and exam snacks when you can't remember the Renaissance artists or the stages of photosynthesis and respiration.

It's borrowing a skirt from Amy, a blouse from Amber, shoes from Tiffany, a scarf from Leslie, a coat from Nichole, and passing them all off as your own for that all important interview.

It's sitting on the back steps and listening with all your helplessness because she is lost and she's lonely, and it seems the whole world just fell into ugly little pieces.

And it's coming in late one night and closing the door to tell someone who's seen you through the hardest years of your life that you're happy and you're getting married.

It's nurturing the optimism and idealism of our youth.

It's forgiving and forgetting because she is more important than the nature of your conflict.

And a sorority is, I suppose, a kind of evaluation.

You grow up inside these elegant halls and perhaps you do learn more of this grizzly, ungrateful circus we call life, than if you had lived it somewhere else.

You learn that a politician is sometimes just talk and show and that loud voices sometimes hide a great person.

You learn that some lecture halls are just watery echoes and that there are silent rooms for your deeper rivers.

You learn that no matter where you come from or who took you there, you still have to find that one small acre that belongs to you by yourself.

You learn to be patient because change is slow and change isn't always right.

You learn that there is still a lot left to believe in and a whole lot more to hope for.

And, if you are very smart, or very lucky, you learn that no matter how big and messy the whole world becomes, what is precious and what is permanent are always the same.

And in the very end, a sorority can only be a better way to stumble down the back stairs and walk out the front door proudly. When it hurts to look back, and you're scared to look ahead, you can look beside you and your best friend, a sister, will be there.

—Unknown

I've heard it said a sorority
Is a waste of time; but I know better ...

For I have seen the love and walked
In the splendor of sisterhood ...

I've heard it said that a sorority
Is sad; I can't agree ...

I've heard it said that a sorority
Is a dull, selfish place; It can't be true ...

I've seen the affection, watched it
Fill my heart, the very air ...

And I have learned the Creed
Polished and spotless from end to end

And I've watched the sorority's
Devotion drape each and every active
And pledge to look like nature's
Freshly-granted love nourished for growth ...

I've heard it said that a sorority is
Harmful, but they are wrong ...

For I know my sisters ... watched them
Strive to save a cause, spend of themselves ...

And I've watched them hope, dream,
And aspire, side by side ...

I've heard them say these things,
But I would disagree ...

Because for every shadow I have
Seen a hundred rays of light ...

For every plaintive note I've
Heard the symphony of joy ...

For every penny-weight of bad,

I've found a ton of good ...

Good in nature, in people, in my sorority ...

I'm thankful I belong.

—Unknown

Dear Sister-to-be,

The secrets of giving pleasure, work, joy, sorrow, beauty and self-knowledge are yours to know if you will only reach out for them. There is one gift missing from this list. When you are joined in the bonds of sisterhood, it is offered to you—more than that, it engulfs you. You will partake of it, but you must replace what you take. Each of us shares this gift, and it binds us together. The gift is called Friendship.

Your friend is your needs answered, she is your field which you sow with love and reap with thanksgiving.

For you come to her with your hunger, and you seek her for peace.

When your friend speaks her mind, you fear not the 'nay' in your own mind, nor do you withhold the 'aye.' And when she is silent, your heart ceases not to listen to her heart.

For without words, in friendship, all thoughts all desires, all expectations are born and shared, with joy that is unclaimed.

When you part from your friend, you grieve not; for that which you love most in her may be clearer in her absence, as the mountain to the climber from the plain. And let there be not purpose in friendship save the deepening of the spirit.

For love that seeks aught but the disclosure of its own mystery is not love but a net cast forth, and only the unprofitable is caught.

And let your best be for your friend. If she must know the ebb of your tide, let her know its flood also.

For what is your friend that you should seek her with hours to kill? Seek her always with hours to live. For it is hers to fill your need, but not your emptiness. And in the sweetness of friendship let there be laughter and sharing of pleasures. For in the dew of little things, the heart finds its morning and is refreshed.

—From a letter to the new members of
Gamma Sigma-Houston, adapted from
"The Prophet" by Khalil Gibran



DG reflections

As turns the needle to the stars, the daisy to the sun,
So when DG invited me, what could I do but come?
To stand here now and question, the wherefore and the why,
Is almost sacriligious. You'd think so if you'd try!
I joined not Delta Gamma, for secrets of her bond;
'Twas some far subtler magic, that made my heart respond.
I joined not Delta Gamma, for honor, glory, fame,
Its swelldom and successes, nor yet its well-known name.
A love of friends and friendship, a faith that someone cares,
A hope to live in union, our anchor surely swears.
You tell me why the sun shines, why rivers seek the sea,
There's a reason true to nature, why I'm a Delta G.
-Omega-Wisconsin



“You are my anchor in this world and in these rough and crazy seas. When hearts and hopes go down like ships, you help me hold on to my dreams. When other parts of me have gone, you keep me going. You keep me sane. You are the treasure I love most, like an umbrella in the rain. You are my anchor in this world, from here to as far as I can see ... You are my anchor in this world, and that means everything to me.”

—Unknown

Delta Gamma Lady

I am a Lady of Delta Gamma.
A Delta Gamma Lady and that’s no lie.
When I am walking my head’s held high;
I’m not stuck up, I’ll tell you why...
I am a Lady of Delta Gamma.
A Delta Gamma Lady and that’s no lie.
With the colors Bronze, Pink, and Blue
And the Anchor of Hope by my side;
You see, there is a reason for my pride.
I am a Lady of Delta Gamma.
A Delta Gamma Lady and that’s no lie.
Founded; Oxford, Mississippi; Lewis
School; 1873.
Leonard, Dodd, Ellington—those were the
three.
I am a Lady of Delta Gamma.
A Delta Gamma Lady and that’s no lie.
“Do Good” is what they tell me,
Love and friendship is what they bring me.
Hannah, George, Cream-colored rose
Service for sight with all my might!
I am a lady can’t you see?
A Delta Gamma Lady that’s me.
So when you see me don’t just pass by—
It is okay to stop and say hi!
I am a Lady of Delta Gamma.
A Delta Gamma Lady—No Lie.
Always supportive, always there,
Someone to depend on, someone who cares,
The Anchor is a symbol of things solid and
strong.
May our friendship be just so ...
and last our whole life long.

—Jamese Carothers,
Epsilon Epsilon-Tennessee Tech

Becoming a Part

Off to college, my bags are packed.
Eighteen years old and I’m scared to death.
My friends are gone, to colleges far away.
I haven’t had a real friend since May.
I need people; I need friends by my side.
I need true friends in which to confide.
I don’t know a soul. I’m in a strange place.
That girl over there has a welcoming face.
You’re a Delta Gamma? I didn’t know.
I bet this is all a show.
You want me to join? Yeah right!
Well, actually, I’m not doing anything
Saturday night.
I guess I could give it a shot.
Everyone seems nice.
This kind of friendship must come with a price.
I don’t have to change?
You’ll like me for me?
I feel like I fit in! Can this be?
I’m a Delta Gamma! I have true friends.
The best thing is, it never ends.
In Delta Gamma, I’ll forever be a part.
This is for life, anchored in my heart.
—Sarah Corea,
Zeta Sigma-Northern Kentucky

The Greek That’s Written There

It makes little difference the size of your
badge, whether it’s large or small.
And if it is plain or brilliant with jewels is
of no concern at all,
But the vows that you took along with
your badge,
Have you worn them constantly, quietly,
Deep in the heart of you where no one
Looks in to see?
Have you touched the stars you reached
For once in your own small piece of sky?
Have you striven for the honorable,
the beautiful, the high?
What difference, then the shape of the
badge, be it diamond or heart or square
The important thing is how much do you
love the badge that you chose to wear?
—Unknown

The Anchor

The anchor is for hope,
A will can find a way,
Though darkness may surround you,
Hang on another day.
The anchor is for friendship
The bond between we two,
Through joys and pains and sorrows,
I’ll be walking right with you.
The anchor is for courage
The heart to fight the fight,
I will be there to support you,
No matter wrong or right.
The anchor is for love,
The blessed tie that binds,
It is found in many places
In many shapes and kinds.
The anchor is for faith,
A trust in God above,
Even if your life’s in darkness,
You will always have His love.
The anchor is for sisters,
For that is what we are,
Though not be blood related,
It’s a bond that none can mar.
So remember when you’re troubled,
Whether far or whether near,
If the weight is getting heavy,
You can drop your anchor here.
—Kristin Briney, Gamma Iota-DePauw

A Time for Us

A time for us
Someday there’ll be
When we’ll be sisters of DG
A time to share
The love we’ve found
In to (chapter name)
To build the new
In memory of the
Happy years gone by
Twenty five years
Have come and gone
Since we held hands
And sang this song
And now we see
How much our lives
Were truly touched
By being a part of (chapter) and Delta Gamma.
—Lisa Palas, Delta Omicron-Morehead State



Colors

I “think” Delta Gamma nearly every day,
 And God helps me do this with His colorful
 display,
 For over 50 years these colors mean,
 Friendship, love, anchors and beauty seen,
 The sunsets are awesome-bronze, pink and
 blue,
 As sunrise the rays of bronze come through,
 Golden anchors dance across the lakes,
 As the sun sinks with pinks streaks it makes,
 Because Delta Gamma means so much to
 me,
 These colors continue reminding me of DG.
 So often I comment to my husband, to see
 That these colors were picked by our
 original 3,
 From the beginning of dawn to the setting
 sun,
 Hope, inspiration, love from the colors
 come.
 Birds at the feeder also say,
 Sisterhood is found over the world each day,
 So, inspiration, devotion, integrity, you see
 Remind me of Delta Gamma, our blessed
 Fraternity.
 —Jeannine Frazier Neiman,
 Alpha Upsilon-Southern Methodist

Sending You a Sister

I’m sending you a Smile
 A wish for a happy day
 A little box of joy
 That opens up and says hooray!
 I’m sending you a Sailboat
 One with a big, pink and blue wing,
 So soar to your potential
 Go ahead, dance and sing!
 I’m sending you a Beacon
 A light in the dark of night
 That seeks you out and guides you home
 Whenever you’re out of sight.
 I’m sending you an Anchor
 One of strength and stability
 That pulls you through any troubles
 With the steadiness of The Delta Gee
 I’m sending you these few small gifts
 From deep within my heart
 But most of all today I send
 A Love that will never part!
 —Jessica Dunham, Phi Alpha-Franklin

It’s so very nice to walk into Delta Gamma
 meetings,
 Everyone smiles and there are so many
 greetings,
 We chat and visit for a very long while,
 Before the meeting is called with by the
 president with a smile.
 There always seems to be some new DG,
 From her we hear chapter, interests and her
 family,
 The minutes are read to catch us up on the
 past,
 If we missed the previous meeting or several
 of the last.
 The things talked about are of such interest
 to all,
 Because Delta Gammas like to stay “on
 call,”
 Sometimes a speaker, sometimes not,
 Plans for upcoming events we talk about a
 lot.
 Foundation and needs are always of
 mention,
 For “Do Good” is our motto and our
 intention,
 A bit of history is added nearly every time,
 So we won’t forget those basics from our
 mind.
 If an active chapter is in our city, town or
 near,
 What the collegians are doing we love to
 hear.
 Sponsorship Forms are so very important,
 Where, when and how are talked about
 often.
 A lunch is usually served because all DGs
 like to eat,
 They are real good cooks and the recipes are
 neat,
 More talking and visiting seems to fill this
 rhyme,
 Plans are made to get together in between
 meeting times.
 Love, with a circle and hands crossed in
 friendship,
 So everyone has the feeling of real kinship.
 And as we go our many different ways,
 We look back on our wonderful college
 days.
 —Jeannine Frazier Neiman,
 Alpha Upsilon-Southern Methodist

“Delta Gamma is the anchor that keeps us
 grounded and solid. Our relationship is like
 a three-stranded braid—put together we are
 stronger than any force that can divide us,
 and she is the center.”
 —Unknown

Never forget—Each member of Delta
 Gamma has a responsibility, a job without a
 title. It is to listen carefully to each remark
 and then to give a well thought out opinion
 or suggestion at each meeting.

Secondly, it is up to each person to
 cultivate new friends; learn to discover
 the outstanding points of each persona
 and to appreciate them. Remember that
 each person is human and has problems,
 frustrations and joys.

Finally, one must be loyal to the chapter.
 Hang on and see it through during those
 times when you feel you no longer want to
 be a part. Evaluate. Are you the reason it is
 unpleasant? What is your outlook? Are you
 optimistic, giving, receptive to others?

There is great merit to those who can
 commit themselves and stick to their word
 through the good and the bad.
 —Alpha Zeta-Lawrence

You are now the mates
 On a full and bountiful ship.
 Take hold of the mainsails, sisters,
 And guide this ship
 With winds strong with your talents.
 Be careful, though, for the seas
 Are often troubled
 And many waves may rock your peace.
 But don’t fail
 As there is always a harbor
 In which to drop your anchor.
 You have been chosen to guide the future.
 And we have faith that you will sail farther
 With our ship than we did.
 Remember your goals, my sisters,
 And set your sails towards the sun.
 Good luck on your voyage.
 —Diane Sautters, Beta Sigma-Maryland



The Delta of Delta Gamma

I live at the mouth of a river
 On a Delta that's fertile and wide.
 There's a new layer of soil with each season,
 And a love that grows deeper with pride.
 All at once, I have dozens of sisters,
 Though they've known me a very short
 while;
 Even greater than food, drink and laughter
 Is the thoughtfulness served with each smile!
 There is great fun in being together,
 But beyond all the singing and cheers,
 Are the night talks of striving and caring
 Where soul searchers often find tears.
 No difference in age group or background
 Can fence in our freedoms to care;
 I've always found warmth in my friendships,
 But to know human spirit is rare.

The fresh layer of soil with each season
 Makes the Delta a rich place to live.
 Day by day you give gifts for no reason
 And find ten times the love that you give.

I live at the mouth of a river
 Where the stream reaches out to the sea;
 I want love to grow while I live here,
 For my life has roots in Delta G.

—Robin H. Seyfried, Beta-Washington

“Had I not met you, I wonder ...
 Would anyone have come to take your
 place?
 Could that be possible?
 Had I not watched you, your mistakes, your
 smile,
 Had I not learned what you mean when you
 say nothing, but only give a sign through
 your eyes,
 Would I have become what I am?
 Would I have felt ... and then learned from
 these feelings?
 Had you not led me and had I not let you ...
 what would we be?
 Had I not met you ... I wonder.”
 —Beverly Peters, Gamma Xi-Texas Tech

“Always Anchored, Always Delta Gamma!”
 —alumnae membership campaign slogan

“Strength, Courage, Wisdom ...
 all in the name of Delta Gamma.”
 —Debbie Seebold Evans,
 Mu-Missouri

To My Sisters

The years ...
 The swiftly, swiftly passing years;
 The years which have heightened,
 deepened, broadened, interwoven
 This love and friendship of ours
 The memories ...
 The glad ones ... the sad ones,
 The joyous ones ... the hurting ones.
 The silly ones ... the hurting ones.
 The gay ones ... and ... and the tender
 ones.
 Entwined, molded and blended
 Into a bond so strong
 Neither life nor death can it attempt to sever.
 A bond we will cherish, ever and ever.
 —Grace Lager Anderson

“Like violets, Delta Gammas must be
 individually selected. You cannot grab a
 handful without damaging some of them.
 They cannot be roughly picked or picked in
 a hurry.

Like violets, Delta Gammas are not the
 kind of flower that shows off its fullest
 beauty standing alone, but is naturally
 gregarious and looks best in natural clusters.

However, like violets, the Delta Gamma
 can stand alone and still reflect beauty.”
 —Rachelle Guillory

“Complaint is made that the fraternity
 is exclusive. The fraternity is born and
 nourished out of the natural impulse of
 the human heart for exclusive preference,
 founded solely on the purpose and spirit of
 friendship. If you have a good thing, it is
 your duty to give to those people who have
 not got it.”
 —George Banta

“In so laboring for the good of the
 sisterhood we are fulfilling the aim of the
 organization and are making of ourselves
 truly educated women who will perhaps go
 forth into the world to win worthy rewards
 and add new jewels to the crown of Delta
 Gamma.”
 —Alpha-Mt. Union

“Speak Up For Sororities”
 —Martha Cheely Brown,
 Gamma Nu-North Texas

“You are initiated into Delta Gamma only
 once but that short ceremony can change
 your life if you will let it. You become part
 of something that is so much stronger than
 you can be alone. You have sisters in your
 chapter who will be there for you for the rest
 of your life, and other sisters will touch your
 life throughout your journey in this world.
 Everything you do reflects upon them just
 as their actions affect your public image.
 Being a Delta Gamma means that you will
 have special friends wherever you go.
 Delta Gammas hold high standards; they do
 what is right, especially when others around
 them are taking the popular and easy road.
 They do this because they are living the
 Oath of Friendship.

If you come away from your Initiation
 Ceremony knowing nothing else, you
 must know and understand the Oath of
 Friendship. It is so simple to say and so
 difficult to live by. If each Delta Gamma
 will truly live by it, our Fraternity and those
 touched by its members will be changed.

Very soon after your initiation and before
 you help to initiate other new members,
 study it and know what each phrase means
 for you. Then do your very best to teach it
 to your new members and to live it each day
 of your life.”

—Marilyn Monroe Fordham, Nu-Idaho

“We as undergraduate members of women's
 fraternities, stand for good scholarship, for
 guarding of good health, for maintenance
 of fine standards, and for serving, to the
 best of our ability, our college community.
 Cooperation for furthering fraternity life,
 in harmony with its best possibilities, is the
 ideal that shall guide our fraternity activities.

We as fraternity women, stand for
 service through the development of
 character inspired by close contact and
 deep friendship of individual fraternity and
 Panhellenic life. The opportunity for wide
 and wise human service, through mutual
 respect and helpfulness, is the tenet by
 which we strive to live.”

—The Panhellenic Creed