

## Exciting Fall Changes in Store

Happy fall, Alpha Betas! I hope by now you have pumpkin spice (if you're into it), decorations and costume prep underway, leaves in bags in your front yard, and plans for a winter escape trip. My oldest, Maddy, graduated from Cornell this spring and entered graduate school this fall, so the rhythm of school is still with us (her younger brother is a college junior out west)—but my days of helping my kiddos figure out costumes at the last minute seem long gone. However *you* celebrate fall, I hope you're leaning into it!

If you've worked with teams at some point in your life, you probably know the age old "forming, storming, norming, and performing" lingo, and you've probably imagined yourself somewhere in that arc at some point. I'm so excited that our House Corporation team, Alpha Beta advisors, and collegiate officers are in that "performing" portion of the arc!

What an amazing few months we've had—a new Crescent in the house; a brilliant set of Alpha Betas serving as chapter advisors, including [Jennifer Kean '93](#), [Alyse Mizia '09](#), [Michelle Dinsmoor '98](#), [Allee Peck Hoover '90](#), and [Cristina Moeder Shaul '91](#); fabulous new members on House Corp. and all of our Committees; new House Director Lauren M. Spiegel, a second-year master's student studying nutritional sciences who is a third-generation Cornellian and a fabulous advocate for our collegians; and a committed, passionate, and insightful set of chapter officers leading Alpha Beta.

What an absolute pleasure it has been to support these Deltas, these movers and shakers and doers and change agents! Here's to the generosity of spirit we have for each other and our Alpha Beta community. Enjoy this issue of *Alpha Beta Data*!

Delta Love,  
[Heather Britt '93](#)  
House Corporation President



*New door in the back double.*



*New single on the left side.*



*New hall view.*

## CRESCENT RENOVATION AND MORE HOME UPDATES

Fall is always an exciting time at our Chapter House, and the energy surrounding move-in this year was very positive. We are so thankful for our alumnae volunteers, new house director, and officers who devoted significant prep effort. Clutter, old files, and worn furnishings were hauled away, while 17 new mattresses were delivered and new furniture was assembled and installed.

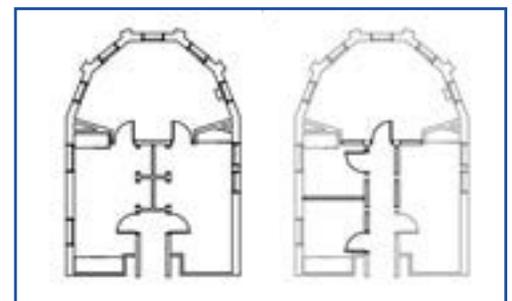
Much of what the House Corporation does is "behind the scenes" as we strive to maintain a residence that is comfortable, safe, and adds to the pride that comes with affiliation. This spring and summer, we've addressed maintenance that sustains the building as well as impactful interior improvements. Projects included upgrades to the existing heating system, routine painting, the installation of enhanced gutters to deter water leaks to the basement, and the repair and rebuilding of 20 windowsills and frames which, due to the historical landmark designation of our house, are unable to be replaced with modern materials.

**Our biggest news is the reconfiguration of our famous "Crescent."** The well-known and unique layout of these three doubles required that a sister walk through one of two side doubles to access the third at the rear. The rear double also had the misfortune of lacking a closet, but nearly all who have lived in the Crescent say their desire to live in the house outweighed these inconveniences.

Summer 2025 renovations created a dedicated door for each room! Rocco Construction removed the Crescent's interior walls and the side-room closets to create hallway access to all rooms. The three doubles transformed into two (right and "back") doubles and two (left) singles. Fireproof doors and updated heating, lighting, and sprinklers were all part of the reconfiguration. New beds, desks, and wardrobes also provided a needed refresh and worked to create more floor space.

We are planning a remodel and upgrade of the second- and third-floor bathrooms in summer 2026. Meetings are already in progress, and we hope to share these in our next update! **Please consider donating at [GiveCornellTriDelta.CauseVox.com](https://www.givecornell.org/campaigns/tridelta-cause-voxx) to help us pay for these awesome upgrades!**

Delta Love,  
[Robin Secord '85](#)  
[Heidi Heasley Ford '87](#)  
House Corporation Property Committee



*Before and after!*

# DELTA LINKS ACTIVITIES

Delta Links is a networking program to link Alpha Beta alumnae together. We have lots of opportunities to connect in the coming months!

## Monthly Virtual Happy Hours

Next Meeting: November 16 (Sunday)  
at 7 p.m. ET

Topic: Caring for aging loved ones

Zoom Link:

[us06web.zoom.us/j/82467607923?pwd=cb4qSop5UXYjRzEWaA0KcuuzSBHAv0.1](https://us06web.zoom.us/j/82467607923?pwd=cb4qSop5UXYjRzEWaA0KcuuzSBHAv0.1)

7607923?pwd=cb4qSop5

UXYjRzEWaA0KcuuzSBHAv0.1



## In-Person Event at 118 Trihammer

October 25 (Saturday) at Noon

### Tara Benedict

Desmarais '01 and

Emily Roehr '16 will

facilitate a session for the collegians on staying connected with Cornell and Tri Delta after college—plus networking tips for future internships, jobs, grad school, etc. Alumnae are welcome to join! For more information, please email Tara at [tbenedict242001@yahoo.com](mailto:tbenedict242001@yahoo.com).



## Virtual Panel on Philanthropy

November 9 (Sunday); Time 5 p.m. ET

Join a virtual discussion with a panel of alumnae about their amazing philanthropic activities and hear about the chapter's award-winning work on behalf of St. Jude's Children's Hospital. Register here:

[us06web.zoom.us/meeting/register/OPONkeK2TPuudQBSJ3qJog](https://us06web.zoom.us/meeting/register/OPONkeK2TPuudQBSJ3qJog)

OPONkeK2TPuudQBSJ3qJog

Contact Tara for more information:

[tbenedict242001@yahoo.com](mailto:tbenedict242001@yahoo.com).

## Ongoing Career Mentoring for Active Sisters

Throughout the year, the Delta Links Committee and the Lifetime Experience Advisor work together to make career connections for collegians in their anticipated fields. If you are interested in meeting 1:1 with an undergraduate to discuss your own career and offer some advice, please email [cornelldeltalinks@gmail.com](mailto:cornelldeltalinks@gmail.com).

# 2025 Highlights

## Study Spaces and Professional Headshots

Every week, our director of academic excellence books campus library study rooms for sisters to work in a shared space. Many members enjoy this, whether they share classes or not. Last semester, we provided free professional headshots via one of our members for professional networking.

## Self-Care with Friends!

We consistently encourage our women to practice wellness and stress-reduction strategies. Sisters are encouraged to share with the chapter by sending selfies of these activities. Our members meet up often for Wellness Dates, including going for a run, walking around campus, grabbing a coffee, watching the sunset on the slope, or doing yoga on the Arts Quad. It is always encouraging to see how our members de-stress and connect in a meaningful way.

## Service

Alpha Beta was recognized as the highest fundraising Tri Delta chapter in our population group (rising from fifth last year), raising \$49,578 throughout the 2024-25 school year. Additionally, at CLC, our chapter earned the National Philanthropy Award! We also achieved the Gold Standard for GIVE involvement across campus. Beyond chapter achievements, **Magdalena**

**Martinez '27** represented us on a leadership panel at Tri Delta Celebration, highlighting the strength and impact of our members.

## Sisterhood

We took part in Cornell's Lifted program in the spring, sending out messages to new members on the last day of the semester. Over the summer, we went on Delta Dates to stay in touch with our sisters and posted Day in the Life videos.

This fall, we are proud to be the largest chapter on campus. Although this means we cannot recruit a fall member class, we have begun to prepare for our 2026 pledge class! Our sisterhood team has organized great events, including a house "rearming" party to start the semester, the Pledge Class '25 x Senior Barbecue, and smaller events like TV watch parties.

Director of Lifetime Membership **Quinn Stroud '27** has done a fantastic job with events for our 2025 seniors and alumnae connections, such as Delta Links and career matching. We look forward to more events and connections in the academic year to come!

Delta Love,  
Ella Hartig '26  
Chapter President

## EXCELLENCE IN PHILANTHROPY

We are proud to report that Alpha Beta won Tri Delta's Excellence in Philanthropy award this year for its unparalleled focus on many successful philanthropic events, including the annual \$5K in a Day fundraiser. With the goal of raising \$5,000 in 24 hours, our chapter raised a record-breaking **\$40,940** in 2024!



Outgoing Director of Philanthropy **Magdalena Martinez '27** (left) and her successor, **Sophia Elyakoubi '28**, accepted the award this summer at St. Jude's Tri Delta Celebration in Memphis, Tennessee.



# SISTERHOOD FOR A LIFETIME

## Summer Mountain Reunion

*"It reminded us how easy it is to pick up right where we left off."*

Fifteen Alpha Beta alumnae from the class of '87 gathered near Mt. Hood, OR, to celebrate turning 60!

*"What began decades ago has grown into a lifelong bond that has carried us through careers, families, and countless chapters of life."*

The weekend was filled with mountain hiking, kayaking, and paddleboarding on Trillium

Lake, a visit to a lavender farm (where they learned not to pose 15 Deltas on a flimsy picnic table), delicious meals, and late-night conversations."

*"Reaching 60 felt less like closing a door and more like opening a new one."*

The women left Mt. Hood grateful for the gift of sisterhood, inspired by their shared journey and already excitedly looking forward to the next gathering—picnic table not included!



Back row, from left: Sue Kizer '87, Lisa Rathmann Stewart '87, Laura Field '87, Anita Bonacci Nygaard '87, Melissa Hodes Friedenberg '87, Cindy Roberts Dubots '87, Liza Pflug Burney '87, Karen McBride Cleary '87, and Diane DeMallie Weidman '87.  
Front: Karen Loverde Albregts '87, Frances Meredith '87, Christine Neimeth Heijenga '87, Annette Lee '87, Mary Brown Adelman '87, and Lisa Hollis Capone '87.

## THESE AREN'T THE ONLY SISTERS WHO'VE BEEN GETTING TOGETHER RECENTLY!



A class of '95 reunion!  
From left:  
Patrice Winter Rousell '95,  
Alison Torrillo French '95,  
Anne Catlin Johnson '95,  
Alie Shaper '95, and  
Karin Altschuler '95.

Friends from the '80s met up at Jill's house in Arlington, VA, in May. Back, from left: Margaret Thomas Stromecki '86, Sheryl Lindros Dolan '88, Nanci Hawkins Paroubek '88, Chris Haldopoulos Staffin MBA '92, Jill Fields '88, and Laura Field '87. Front: Marg Jones Carpenter '86 and Lisa Rathmann Stewart '87.



A class of '85 reunion!  
Back, from left: Laura Seidel '85, Robin Secord '85, Robyn Miller '85, Lynn Gardy David '85, Heidi Tobler Sakanaka '85, and Gail Fink '85.  
Front: Ann Noble Shepard '85, Joan Hardee Spink '85, Joni Palmer '85, and Teri McCormick '85.

Tara Benedict '93 organized a Boston-area meetup in April in Framingham, MA.



From left: Nancy Hollinshead '80, Susan Gilbert '78, Gail Adler '74, Jillian Schmottalach, Boston University Tri Delt '24, and Tina Schmottalach '93.



From left: Laura Corson '93, Jan Hendeshot '77, Kathy Yourich Egan '77, Terry Petracca '76, Sari Lafferty '77, and Alison Dick '77.

# THIS NEWSLETTER HAS SOMETHING EXTRA!



If you're only receiving this newsletter digitally, please send your up-to-date contact info (and any life news you'd like to share) to [updatemyrecord@penningtonco.com](mailto:updatemyrecord@penningtonco.com) with "DDD Cornell Update" in the subject and we'll get you back on the physical mailing list!

# TRIDELTA

Cornell Alpha Beta Alumnae

## Alpha Beta Data

Cornell Alpha Beta Alumnae  
Delta Delta Delta  
Cornell University  
P.O. Box 442100  
Lawrence, KS 66044-2100



Address Service Requested

## SAVE THE DATES

## FOLLOW US ON SOCIAL MEDIA!

Cornell Tri Delta Alumnae  
[facebook.com/groups/73207955060](https://facebook.com/groups/73207955060)  
 @cornelltridelta  
[instagram.com/cornelltridelta](https://instagram.com/cornelltridelta)

### Alpha Beta Chapter Virtual House Corporation Annual Meeting

November 2 at 11 a.m. ET

All alumnae are welcome to join online via Zoom!

[us02web.zoom.us/j/82046559879?pwd=aCuFxp1UjqPuos6Xfvv5E0SKNCFb9c.1](https://us02web.zoom.us/j/82046559879?pwd=aCuFxp1UjqPuos6Xfvv5E0SKNCFb9c.1)

Meeting ID: 820 4655 9879

Passcode: 808120

### Circle Degree and Pansy Brunch

May 3, 2026

We welcome alumnae (especially recent graduates!) to join us as we celebrate the young women who are about to graduate from Cornell.



### Volunteer Leadership Conference

In July, Alpha Beta alumnae volunteers (left to right, above) **Aruna Inalsingh '86, Jennifer Kean '93, and Rise LeBlanc Wilson '85**, attended the Tri Delta VLC in Dallas, Texas.

In addition to meeting volunteers from around the country, they attended workshops and training for their roles. General sessions included the science around increasing the feeling of belonging; the science around what Gen Z needs for support and why; and market research on which segments of college aged women are most likely to join sororities and how to attract them. Tri Delta is also launching the **Steadfast Campaign**, their first-ever national fundraising campaign with a goal of raising \$50 million to support our collective sisterhood.

## A Special Thank You to Loyal Sisters

Our sisterhood truly appreciates the following sisters for contributing to Alpha Beta in 2025 (so far!). Your gifts make a difference in the lives of Alpha Beta's undergraduates and provide opportunities for sisters following in your footsteps.

Thank you, **Robin Crystal Resch Charlton '71, Deborah Clawson '82, Wendy Burdick Stummer '83 and Marcela Hahn '87.**



To make your gift today, please visit [GiveCornellTriDelta.causevox.com](https://GiveCornellTriDelta.causevox.com), scan the QR code, or mail a check to:

Delta Delta Delta Cornell University  
Alpha Beta House Corporation  
410 Upland Road, Ithaca, NY 14850

