



## Chapter #294

*Recognizing and Promoting Academic Excellence in All Fields of Higher Education and Engaging the Community of Scholars in Service to Others.*

### Chapter Officers:

**President:**

Dr. Elizabeth Boerger

**Past President:**

Ms. Laurel Patterson

**Vice President/President  
Elect:**

Dr. Jana Asher

**Secretary:**

TBD

**Treasurer:**

Dr. Catherine Massey

**Awards & Grants**
**Coordinator:**

TBD

**Public Relations Officer:**

TBD

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The  
Honor Society of  
Phi Kappa Phi at  
Slippery Rock  
University  
was chartered and  
installed in 2004.

## WELCOME NEW MEMBERS!

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We are happy to welcome 22 new members to the SRU chapter of Phi Kappa Phi. These new members accepted membership in Spring 2020 when we were unable to hold an on-campus initiation ceremony because of the COVID-19 pandemic. Therefore, we are especially pleased to have this opportunity to publicly honor their achievement in being invited for membership and encourage them to take full advantage of the benefits of membership.

Madison P. Belsterling  
Elizabeth Blasdell  
Danielle C. Check  
Bethany Collins  
Stephanie Dressler  
Martha K. Dunkelberger  
Ethan Eberle  
Renee Faletto  
Megan N. Foister  
Carly A. Janeda  
Melanie Kerins

Andrew Kingan  
Kelly E. Kriley  
Erin L. Lankes  
Mathew Paul LaVerde  
Lisa Meyers  
Samantha Nellis  
Rachel Neubauer  
Tabea Kathleen Ohle  
Ryan Rapko  
Anthony M. Seranko  
Kathryn G. Thomas

(See page 3 for information on membership benefits.)

## UPCOMING MEETING

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All chapter members are invited to the Fall 2020 membership meeting to be held at 4:00 pm on Thursday, November 12, 2020, via Zoom: <https://sru.zoom.us/j/99519710619>. At this meeting we will welcome new members, introduce chapter officers, honor outgoing officers, discuss chapter finances, and provide information about fellowships available to members through Phi Kappa Phi.

Long-standing members as well as more recent members, please make every effort to attend and support your chapter members.

# CHAPTER PRESIDENT



Chapter President—

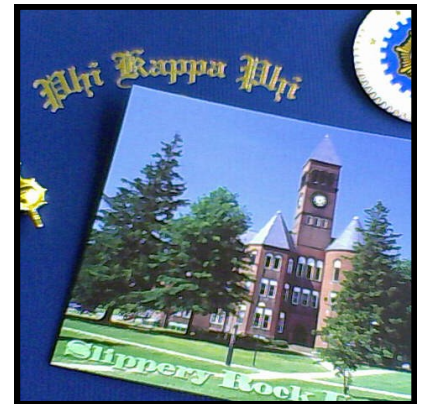
Dr. Elizabeth Boerger

The 2020-2021 academic year is unlike any we have previously experienced. Students, faculty, and staff have had to adjust to the challenges of learning, teaching, and completing necessary work in a digital environment. Despite these challenges, we retain a strong sense of connection to our campus and to each other. As president of the SRU chapter of Phi Kappa Phi, I look forward to celebrating our connections within the chapter, during our virtual fall membership meeting and while planning a virtual initiation ceremony for Spring 2021.

**OUR MISSION: To recognize and promote academic excellence in all fields of higher education and to engage the community of scholars in service to others.**

## LEADERSHIP OPPORTUNITIES

The SRU chapter of Phi Kappa Phi currently does not have a full officer slate for 2020-2021. This means the leadership opportunities are available in the chapter for both faculty/staff and student members! Open officer positions include secretary and awards & grants coordinator. These positions may be filled by any active faculty or staff member. Student vice-president positions are also available to students who are interested in becoming more involved in the organization and gaining leadership experience. To self-nominate for any position, please send an email message with your name and the position you are self-nominating to fill to the chapter president at [elizabeth.boerger@sru.edu](mailto:elizabeth.boerger@sru.edu).



## DID YOU KNOW?

Our Slippy Rock University chapter has been represented in *The Forum* at least nine times since 2004. Winter/Spring 2005 issue - chapter installed, Awardee Issue 2007 - SRU Study Abroad recipient, Fall 2008 - SRU winner of Love of Learning Award, Fall 2009 - Member News, Winter 2011 - Love of Learning Award to person who graduated from SRU, Summer 2016 - Chapter Updates article, Spring 2017 - Member's poem published, Fall 2018 - SRU Faculty submitted a book review, Summer 2019 - SRU alum contributed feature article..

# CALL FOR VOLUNTEERS

Although we are disappointed that SRU will still be holding most classes online and many faculty, students, and staff will be experiencing campus life remotely in Spring 2021, we look forward to holding a virtual initiation ceremony in March 2021.

Volunteers are needed to help with all tasks associated with identifying, inviting, and initiating new members. To volunteer to serve on an initiation committee, please contact the chapter president at [elizabeth.boerger@sru.edu](mailto:elizabeth.boerger@sru.edu).



# COVID STRESSED? GET OUTSIDE

During these times of dealing with the corona virus, many have voiced a concern that they are experiencing a lot of stress. Often it helps to get 'outside' of our personal world. Consider, too, the advantages of literally getting outside.

Research indicates what we have instinctively known for generations—that natural environments have physical and mental beneficial effects on us.

John Burroughs, American naturalist, put it this way, "I go outside to be soothed and healed and have my senses put in order."

It's not just something that makes nature lovers feel good, but is more widely beneficial to human beings in general.

Some benefits found by researchers include:

- ◆ Views of natural landscapes foster healing, decrease pain, and improve attitude.
- ◆ People who are exposed to nature ruminate less, and are more caring and generous.
- ◆ Blue light improves sleep (as in evening skies).
- ◆ Exposure to nature improves worker productivity, student test scores, and even inmate behavior.
- ◆ Natural settings are some of the best places to find negative ions, which promote healing and relieve stress.

So, if you are experiencing some stress due to the worry and changes brought on by this pandemic, try getting outside. Be sure to follow the recommended social distancing and other precautions listed for your area.

- ◆ Sit or play near a relaxing body of water or waterfall.
- ◆ Walk, hike, or bike in a park. Follow a bike path or blazed trails.
- ◆ Drive to a nearby park and just sit in the natural setting.
- ◆ Develop a hobby like bird watching or photography. Find a facet of nature that appeals to you. Whatever you do, take time to absorb and enjoy your surroundings.

Of course, going outside to nature should not replace medical or psychological help. Do not hesitate to seek out professional assistance if your stress seems overwhelming.

# NEWS FROM SOCIETY HEADQUARTERS



PhiKappaPhi.org

- ◆ Phi Kappa Phi is excited to announce the launch of its new mobile app! Access Link, Forum, events, etc. from your phone.
- ◆ Due to the circumstances created by the coronavirus COVID-19, the 2020 biennial convention was not held in-person as scheduled, Aug. 6-8 in Columbus, Ohio. Phi Kappa Phi's priority is the health and safety of its members, chapter officers, staff, volunteers and vendors. While it's disappointing that we did not gather together in Columbus, we can look forward to seeing everyone at the **2022 convention in New Orleans**.

## BENEFITS OF MEMBERSHIP

- ◆ **ACADEMIC RECOGNITION:** Certificate of initiation and Society pin; Exclusive Phi Kappa Phi graduation stoles, cords, and medallions; Logo graphics for CV or résumés
- ◆ **SOCIETY SERVICES:** Subscription to Phi Kappa Phi Forum magazine; Personalized press releases; Online communities for professional and social networking
- ◆ **CAREER RESOURCES:** Career assistance through the Career Center and membership verification letters; GS level upgrade for members seeking federal employment; Podcasts on educational and career-related topics
- ◆ **GRANTS & AWARDS:** \$1 million awarded each year to undergraduates, graduate students, professionals, and institutions in a variety of categories.
- ◆ **LIFETIME CONNECTION:** The opportunity to stay connected to an organization and members who engage scholars in meaningful service.

If you haven't already, now is a good time to join Link. Go to [phikappaphi.org](http://phikappaphi.org), click on Community. Introduce yourself and join some discussions. It's a great way to connect during this COVID-19 self-isolation.

### STAY CONNECTED!

Web page: <http://www.sru.edu/PhiKappaPhi/>  
Email: [phikappaphi@sru.edu](mailto:phikappaphi@sru.edu)  
Facebook: SRUPKP  
Twitter: SRUphikappaphi  
Instagram: SRUPhiKappaPhi

Please keep us in the loop:

- Update your contact info
- Tell us when a member has achieved something
- Stay in touch even if you leave SRU

Donations can be made at: <https://www.srufoundation.org/pkp.html>