



SPRING 2013

SEATTLE PACIFIC UNIVERSITY

# Significance

CHANGING THE WORLD THROUGH CHARITABLE GIFT PLANNING

## The Proud Ladies of Sigma Rho

Cousins and co-presidents of Seattle Pacific University's Sigma Rho honorary society, Kathy Blair Mayhle '58 and Linda Brown Middlebrooks '64 love raising funds for student scholarships.

That fact means a great deal to senior Cortney Moore from Port Orchard, Washington. The first person from her family to go to college, she calls the Sigma Rho Scholarship "an enormous blessing."

"Every member of my family, including me, works to help pay for my education," says Cortney, who wants to combine her abilities in public relations and fashion design and apply them in work with a design studio or fashion magazine. "Sigma Rho is one reason why I am able to accomplish my dream."

The 60 members of Sigma Rho have built and continue to grow their endowed scholarship fund, which is managed by the Seattle Pacific Foundation. Founded in 1986, the Sigma Rho Scholarship Endowment, funded by dues, gifts, and special offerings, now stands at \$200,000.



Sigma Rho scholarship donors and recipients in the food lab kitchen at SPU (left to right): Linda Middlebrooks '64, SR co-president; Kathy Mayhle '58, SR co-president; seniors Cortney Moore, Kirsti Graffenberger, and Andrea O'Brien; Nancy Edwards '64, SR treasurer; and Rosalee Hughson '60, SR secretary.

The organization is particularly proud of its 76-year history of support, specifically of students majoring in Family and Consumer Sciences (“Home Economics” when Sigma Rho first formed in 1937) and those interested in education careers.

Both Kathy and Linda are educators. Linda says, “These young students with so much talent and Christian personality first study at SPU, then take it out there where they can be a positive influence on a classroom of 30 kids.” She believes those scholarship recipients will demonstrate by their lives that God is in control and that a person’s reliance should not be on themselves but on him. “If students hear that over and over,” Linda concludes, “we can change the world through our SPU graduates.”

Seniors Kirsti Graffenberger of Albany, Oregon, and Andrea O’Brien of Spokane, Washington, are also 2013 Sigma Rho Scholarship recipients. Both are studying for careers as registered dietitians, and both agree that Sigma Rho’s generosity helped them over the financial hurdle.

Kirsti, a farmer’s daughter and missionary grandchild, has traveled through a number of countries including the Dominican Republic and India. She believes that hunger is a solvable problem. In 2011, she spent six weeks at an infant care center in northern Haiti caring for 50 malnourished children.

“It reassured me that the role of dietitians fighting hunger is a global need,” Kirsti says. “I learned more about what other organizations are doing to help solve the hunger problem. I want to use that knowledge and what I’ve learned in college to educate people groups in how to better feed themselves and live a healthy lifestyle.”

Andrea’s focus will also be treating nutrition-related issues, but especially those within the aging Baby Boomer generation.

Sigma Rho presidents Kathy and Linda say that now the academic discipline of Family and Consumer Sciences has broadened beyond the “cooking and serving” model of old to include interior design, clothing and textiles, food and nutritional sciences, and the teaching of FCS education.

“It needs to stay relevant to the times,” says Linda. “We’re very proud of our scholarship recipients and their career plans.”

There was a day when Sigma Rho, the Greek letters that look like the “S” and “P” in Seattle Pacific, made and sold dish towels, and eventually began charging dues and holding silent auctions, plant sales, and art gallery tours to fund kitchen equipment and small appliances for the budget-strapped Home Economics Department. Over time, the needs may have changed, but the loyalty and enthusiasm of Sigma Rho alumni and friends never waned.

Scholarship recipients are invited to share their goals at Sigma Rho meetings. Because the size of the group has increased, the gatherings have moved from homes to campus facilities such as the Falcon Lounge.

Cortney says that the accepting learning environment of SPU feels like her home away from home. For Andrea, it has been a case of expanding her scientific knowledge, personal growth, and faith in God. Kirsti likes that studying in SPU’s urban location has opened doors for her to serve the people of Seattle. She, as well as Andrea, have been a part of the student-led SPU Community Kitchen program that both teaches good nutrition and provides opportunities where the cooking that results is shared at meals attended by instructors and participants.

For Kathy and Linda, SPU was the place where they were given a Christ-centered, lifelong education and where their familial relationship as cousins finally blossomed. To share the heritage that is Sigma Rho thrills them. They invite others to join. They say the more young people who benefit from “a group of ladies who started a scholarship endowment that just keeps on growing,” the better.

For more information about Sigma Rho, or to join, contact Linda Middlebrook, 206-919-9746 or [jmidbk@aol.com](mailto:jmidbk@aol.com). If you wish to give to the endowment, please use the envelope enclosed with this newsletter.



*“SPU wants us to succeed,” says Mariel. “The opportunities here can’t be quantified.”*



## Strong Endowments Make Great Universities

Each year we rely on your generous support, along with the gifts of many others, to help us carry out our work. And for a private Christian university without federal or state funding, donor gifts are truly critical.

But did you know the most enduring way you can support Seattle Pacific University is by following the example of Sigma Rho (see cover story) and creating your own endowment?

A strong endowment is vital to the University’s effectiveness in competing for the best students and the most accomplished faculty, as well as to its ability to finance state-of-the-art programs, classrooms, and equipment.

### How It Works

When you create your own endowment at Seattle Pacific University, your contribution becomes part of a fund that is invested for the long-term benefit of the University and

our students. An annual distribution from the fund is made each year in support of the purpose you designate, and the endowment fund will continue to generate this support forever. Just imagine making a gift that will leave a legacy of love and support for Seattle Pacific and its students for generations to come!



## She's on a Mission to End Disease

By her own admission, sophomore Mariel Rieland is no money person. She will leave the geopolitical economic focus to others. Her passion is disease, specifically the eradication of AIDS, malaria, and other health scourges that sometimes ravage whole generations. She relishes the idea that good research leads to good policy.

Last summer, she joined a SPRINT team to Malawi to work with orphans and to provide community health awareness and preventive care. At the end of almost four weeks in the African heat, instead of escaping home to Billings, Montana, she made her way to Washington, D.C., for the 2012 International AIDS Conference. She learned volumes from Laura Bush, Bill and Hillary Clinton, “and the guy who co-discovered ebola (Peter Piot).”

“Sometimes I take on too much burden for the troubles of the world,” says Mariel. “I can’t fix everything, that’s God’s territory. But I can do what I can do.”

And so she hopes that her self-designed major, a bachelor’s degree in global health, will place her in direct contact with suffering people. Mariel has a lot of love and energy to give, and SPU courses like Cultural Anthropology and Medical Sociology are her gateway to understanding what programs work, how human behavior affects illness, and the myths, stigmas, and ostracizing that spring up around medical ignorance.

“Microloans for the poor can be great, but if you’re really sick, they may be meaningless,” says Mariel, a member of the SPU Speech and Debate Team who seizes every opportunity to better understand the lives and health challenges of the underserved. She sometimes tears up when discussing global poverty with Associate Professor of Sociology Jennifer McKinney. “Not everyone has an equal chance to succeed in the world,” Mariel says. “I’m here in America for a reason. Jesus came to declare freedom to the captives. I want to put myself in the shoes of others.”

Without her Rosser-Danielson Speech Scholarship, Mariel doubts she could attend Seattle Pacific and be in the position she’s in with her self-designed major. That scholarship and others she receives become even more important to the family should her brother choose to attend SPU.

## They Have a History With SPU: Rod and Ruth Stiling

Rod and Ruth Stiling count among their mentors both their sets of parents, married for close to 100 years combined. Now, after 40 years at their own marriage, the younger couple are permitted a few moments of reflection on what makes for wedded bliss. “Pack a sense of humor. Be gracious. Think the best. Be spontaneous. Have lots of adventures together.”

Many adventures followed Rod and Ruth as newlyweds: U.S. naval deployments to Spain. Attendance at Dallas Theological Seminary — a four-year master’s degree in historical theology for him, a two-year master of arts degree in biblical studies for her. A paid position in which Rod was a youth director for an English-speaking church in the Philippines.

And in the last few years, several trips to Central America to visit their two grandchildren and daughter Rachel Stiling Martens, Class of 2005, and her Colombian husband. “She not only engaged the culture of Latin America,” Rod says proudly of Rachel, “she married into it.”

But as adventures go, perhaps none are bigger for Rod than his 12 years in the classroom at Seattle Pacific where the associate professor of history regularly opens the eyes of students to the importance of a historical education. “It’s part of being a good citizen,” says the 2006 Professor of the Year and 2010 Top Professor (SPU Chapter, Mortar Board National Honor Society). “I get to help them see their own life as it flows out of a historical context, and their connection to the larger story.”

The Stilings strongly believe in supporting SPU, and in doing it by giving at the President’s Circle level. Their donations provide vital scholarship funds for students. They also believe in the SPU Library and the importance of sound research. They give money to keep the library staff strong and the historically rich academic collections vital.

You can give cash, securities, or other assets to create and name an endowment. Or, you can contribute to one of SPU’s existing endowment funds that support scholarships, faculty, or a particular program you identify with. (To view a list of these funds, visit [spu.edu/endowmentsbypurpose](http://spu.edu/endowmentsbypurpose).)

If this University holds a special place in your heart, please consider creating

your own endowment, or making an endowment gift today by using the envelope in this newsletter.

To learn more, please call 206-281-2702 and ask to speak to an endowment representative, or visit our website at [spu.edu/giftplanning](http://spu.edu/giftplanning).





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## You Never Need to Change Your Estate Plan Unless.....

If you have made plans for the long-range management and distribution of your assets through a will, trust or other plans, congratulations! By taking this thoughtful step, you have shown concern for your future economic well-being and that of your loved ones. But are you confident your plans still meet your needs and express your desires? Keeping your estate plan up-to-date can be as important as preparing it in the first place.

Of course, it is possible you may not need to change your plans, unless ...

**Unless your family makeup changes.** Births, deaths, marriages and other changes in one's family are among the most common reasons for making changes in wills, trusts, and other plans.

**Unless your financial circumstances change.** Your estate plans should reflect your current financial situation. Plans that were adequate in the past may no longer be appropriate in light of changes in the value of your assets, any income they produce, or other circumstances.

**Unless someone cannot serve.** If your plans were made some time ago, the person you named to settle your affairs may no longer be able or willing to serve. If an alternate was not named, a court may be called upon to appoint someone you may not have chosen.

**Unless tax laws change.** Sweeping tax law changes are scheduled for 2013. It is important to check with your advisors to review your plans to determine if they provide for the reduction or elimination of taxes that could otherwise be due.

**Unless you want to include a gift to your favorite charities, but have not yet done so.** After providing for family and other loved ones, many people receive great satisfaction in leaving a gift to Seattle Pacific or other charities that have been important to them. This requires specifically naming these charities in the planning documents.

To learn some of the other important reasons your plans may need to be changed or how to create an estate plan, or to discuss how you can remember SPU in your planning, please contact Marlon J. Sandlin CFP®, Director of Development-Gift Planning, at (206) 281-2257 or at [msandlin@spu.edu](mailto:msandlin@spu.edu). Also, please visit our website at [www.spu.edu/giftplanning](http://www.spu.edu/giftplanning).

## Wellspring Society Tops 300 Members!

At a very special luncheon on May 14, 2013, the University will honor and extend its heartfelt gratitude to each member of the Seattle Pacific University Wellspring Society, now more than 300 strong. These committed supporters are helping ensure a strong future for Seattle Pacific by including gifts to the University in their financial and estate plans.

The four most common types of gifts SPU's Wellspring Society members make include:

- Gifts in a will or revocable living trust (easy and changeable)
- Gifts of life insurance or retirement plan assets (easy and changeable)
- Charitable gift annuities (income for life, remainder to SPU)
- Charitable remainder trusts (income for life, remainder to SPU)

Please let us know if you have planned a gift that qualifies for Wellspring Society membership. For more information on joining, please contact the Gift Planning Office at 206-281-2702 or email us at [giftplanning@spu.edu](mailto:giftplanning@spu.edu).

**RCW Title 19 Notice** — The materials contained in this communication are not intended as an offer, a contract, or an agreement to prepare, or to gather information to prepare, an estate distribution document. The associated materials are meant for the sole purpose of soliciting donations. Any information relating to the preparation of estate distribution documents, such as wills or trusts, must be provided by a person who is authorized to practice law.

## Dates to Remember

### Inaugural Celebration

Tuesday, April 2,  
McCaw Hall, Seattle Center

Daniel J. Martin will be inaugurated as Seattle Pacific's tenth president. Morning Commissioning Service on campus followed by Inauguration Ceremony at McCaw Hall.

### A Night at the Theatre

Friday, April 19, 7:30 p.m., E.E.  
Bach Theatre, SPU Campus

Please join Alumni, President's Circle, and Wellspring Society members for a night at the SPU theatre featuring Letters to Sala, a compelling story of a young woman's survival in Nazi labor camps. Additional details to follow. Questions/Tickets? Contact Bobbie Taylor, 206-281-2723 or [btaylor@spu.edu](mailto:btaylor@spu.edu).

### Wellspring Society Luncheon

Tuesday, May 14,  
Noon-1:30 p.m., Queen Anne  
Room, Upper Gwinn Commons

This very special luncheon honors members of the Wellspring Society for their outstanding commitment and support of SPU. RSVP to Rachel Ellis, 206-281-2237 or [ellisr2@spu.edu](mailto:ellisr2@spu.edu).



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