



Sigma Nu

Gamma Kappa Chapter

UPDATE: Spring 2020



Greetings Sigma Nu GK Alumni,

I hope you and your families are all staying healthy and occupied during this unique time of quarantine and virtual communication. COVID-19 has caused all of us to adapt in ways none of us expected, but here we are. This is the second Sigma Nu Newsletter we have published to update the alumni of the ongoing shenanigans and activities at the GK Chapter here in Boulder, CO. My name is Breck Hesselman GK 2346, and I am the current Alumni Relations Chairman. Unfortunately, we had to cancel our Spring Active Alumni hike due to the pandemic. I hope you enjoy reading up on some of the chapters past, present, and future accomplishments and goals.

Executive Board Briefing

Greetings from E.C. Stokley Brace, L.C. Max Wilson, and the rest of the Gamma Kappa executive board! Our first semester together is off to a productive start. At 148 brothers strong, and more on the way in our upcoming pledge class we have a lot on our plate. We are eager and happy to pour our effort into a brotherhood that has already given us so much in return.

I was elected into the role of Lieutenant Commander in November of 2019. At the time there was an escalating rate of destruction that became more evident to our alumni board. My new objective with Brendan Lefcowicz, our former Eminent Commander, was finding methods to combat this destruction.

The first step was to build a more efficient Judicial Board committee made up of all underclassmen grades. This allowed for anyone being prosecuted by the committee to receive a range of opinions from different age groups. Additionally I did away with the two strike policy for any destructive incidents. The way I see it, if all 148 brothers get a warning for their first offense, that allows for 148 offenses before anyone gets punished.

Secondly we established a clean up crew system that became our go to punishment for Judicial boards. Essentially anytime we held a social event or the house became cluttered with garbage, the clean up crew was responsible for it. This has drastically reduced the mess around property while discouraging further destruction. We have seen direct improvement in brotherhood behavior since these new rules have been put into play.

In the beginning of March, our EC had to step down for personal reasons, so I was called to step up into his position. A new LC was elected named Max Wilson. Going forward my main focus will be training him to uphold the strict standards I put in play over this semester, and I believe he'll be perfect for the job.

The next goals I have set ahead for me include building a working relationship with all IFC fraternity presidents and improving our brothers and cousins relationships among them.

Additionally with the help of our Alumni Relationship Chairman (and Ralphie Handler), Breck Hesselman, we plan to establish biannual alumni weekends to continue to improve our relationships.

As all of you are transitioning to remote work and communication, so are we. As students we've been transitioning to virtual learning via Zoom classes and online coursework. The Gamma Kappa Headquarters was nearly emptied out following the President's order to quarantine and avoid group gatherings. As of now, it's myself and a few other brothers that are still living on the compound. Thankfully, no Gamma Kappas have tested positive for COVID-19, and by continuing to practice safe social distancing and quarantining, we hope to keep it that way.

We are greatly appreciative of the many people continuing to ensure the health of the remaining members on property. Our property manager took the time to equip hand sanitizer dispensers at the front door of all 5 buildings on the compound. Additionally, The Sink has continued providing us with meals, but switched to delivering take out boxes to practice social distancing. The Sink manager, Chris, frequently checks in to make sure we have toilet paper and other essentials. It goes without saying, we are in great hands in Boulder and very thankful for it.

Gamma Kappa continues to hold weekly chapter meetings on Mondays through Zoom. This has ensured that ritual and house business remains a part of our weekly routine. The exec board has also maintained a weekly meeting schedule so that our dialogue over chapter goals can progress. None of us predicted that quarantining was how the beginning of this year was going to be spent. But similar to what I told my chapter, this is a time to pick up a hobby, connect with your family, and call those close friends you've lost communication with over the years. I look forward to seeing all of you at our next Alumni weekend, and until then stay healthy and keep in touch.



Pictured:
Former E.C. Brendan Lefcowicz at annual Sigma Nu College of Chapters located at our Headquarters in Lexington Virginia (left) & Current E.C. Stokley Brace & L.C. Max Wilson (right)



Philanthropy & Community Service: Ethan MacKenzie & Max House

I am the Philanthropy and Community Service Chair alongside my partner Max House. I just wanted to inform you all of what we are doing to fulfill this position. As you all know it has

been a very unique time in these last months, but we are still trying to make an impact. We had originally planned for a basketball tournament during the month of April that would be used as a fundraiser for the Global Down Syndrome Foundation. However, due to the current events, we unfortunately had to postpone this event. Moreover, we are not going to give up on our amazing partner and have planned to still have the awesome Dare to Play and Dare to Cheer event that will take place during the CU football season. We are also going to volunteer to help with the Global Down Syndrome Fashion Show that will take place in the next school year. We love the Global Down Syndrome Foundation and we will continue to help their organization and give back to our communities.

As for the community service work in Boulder, there was a hill clean up where brothers went out, collected trash, and cleaned up the hill in February. I have now challenged the brothers to do a quarantine neighborhood cleanup. This challenge involves the brothers going outside for an hour in their local area and picking up trash and sending me pictures of their work. They will also receive community service hours as an incentive, and the brother with the most trash will get a prize. Lastly, I just want to wish you all the best of luck during these times and to let you know that you are not alone!



Pictured (left to right):

Brothers Sean Defaria, Jack Chamberlin & Braden Sampson participated in Global's Dare to Play activities during the football game against Air Force at Folsom Field.

Formal:

Seth Goldberg & James Dunbar

This Spring semester, we were trying to plan our formal in Aspen, Colorado. Due to Covid-19, we had to cancel our plans this semester. This gives us more time to plan an even better formal during the Fall semester. We expect a great turnout for the upcoming Fall Formal!

Internal Social:

Sam Zientek & Logan Eggleston

This year we celebrated a fruitful year of shared brotherhoods and a wonderful Father's weekend. Brotherhood events such as talent contests, shopping cart races, and GAC's were on full display throughout the year, further promoting team building and lasting relationships. Brotherhoods are found among the active brothers. Primarily because each brother greatly enjoys the company of one another, but also as a way to show the community and candidates that Sigma Nu at the heart of it is about everlasting relationships as well as an all-encompassing love for every member of the house. Among the most popular events was certainly Fathers' weekend. The weekend was kicked off with a bang as active members and dads flocked to the basement for

casual poker where cocktails were served, friendly competition engaged, and most importantly, a melting pot where everyone delighted in getting to know each other's family. The weekend continued on Saturday as the boys and their Fathers fired up to play Stanford by attending our tailgate fair and chowing down on a lunch consisting of pulled pork and other tailgate delicacies. Disappointingly, Mother's weekend never came to fruition due to the Global pandemic currently at hand. However, overall, good fun was had, laughs shared, and memories were made, making this year at Gamma Kappa one to remember.



Pictured: Senior brothers enjoying a quarantine graduation celebration

Recruitment:

Patrick Lloyd & Ryan Paganelli & Shane Ridler

I, Patrick Lloyd, along with Ryan Paganelli and Shane Ridler were elected as the new recruitment chairs after the Fall 2019 semester recruitment process. We lead the Spring 2020 recruitment process early on in this semester. We had a very successful turnout for a rather smaller spring recruitment process. We had around 150 potential new members show up to our chapters rush events. These events include two open houses, and an invitation only preference night. What goes on at the two days of open house is the potential new members, or PNMs, come by for some food and to just get to walk around the house, meet, and get to know some brothers. After the two days of open house we sent invitations to a formal preference night and dinner at the house. During this preference night we provided a nice steak dinner and it was another chance for the PNMs to get to know the brothers of the house in a more intimate setting. For the 2020 Spring class we had around eighteen bids accepted. We are planning on following this

same pattern for the Fall 2020 recruitment process but are expecting a lot more PNMs. We are very excited for the upcoming recruitment process and cannot wait!



Pictured (left to right): Brothers Ethan Mackenzie, Spencer Henderson, and Jack Driscoll getting ready for a snowy Spring Rush Preference Night

Leadership, Excellence, Achievement, Development (LEAD's):

Franklin Lassandro

This year the Leads Program has taken more steps to become a resource to the Brothers of Gamma Kappa Chapter. With the help of alumni and the seniors within the chapter, LEADs is becoming successful in educating what being a Sigma Nu truly means to every new pledge class. This year, we have had weekly sessions with the candidates educating them about a variety of topics such as drug and alcohol abuse, leasing, what it means to be a part of Greek life, and what it means to be a Sigma Nu. Through presentation, discussion, and even an online alcohol education program, we are able to enhance the candidates' knowledge of life and responsibility. The LEADs program is how we get candidates ready to be a brother and assimilate them into the greater Sigma Nu family. In addition to teaching pledges about the house and what it means to be a brother of our fraternity, LEADs has progressed further in helping active members become leaders. In the future, LEADs hopes to achieve in offering brothers assistance with preparation in finding jobs after our college experience. As for our current candidates, to keep the process going, we have asked that the candidates hold meetings twice a week over Zoom so that they stay connected as a pledge class. We will complete the candidate process during the first three weeks of the 2020 fall semester, if returning to classroom learning is permitted.



Public Relations:

Spencer Henderson

As Public Relations Chairman, my job is to keep our social media account running. We regularly utilize social media, particularly Instagram, to share chapter operation updates and feature brothers that have done exemplary work in school and in the Greek community. With slightly over 1,240 followers, we are always testing new types of content to increase the number of reactions, all in the hope of gaining more followers. Currently on our Instagram page we have a Sigma spotlight every week introducing the world to why we chose this brotherhood. Also, “Flashback Friday”, which is where we talk about the history of our fraternity and our important dates that are involved with it. Some other ideas I am trying to introduce to our social media page include a once-a-month post where a specific brother talks about why he chose to join Sigma Nu, as well as weekly “Selfie Sunday” posts. The most beneficial function of Gamma Kappa’s social media accounts is communicating with other chapters across the country, building strong relationships that will extend beyond our four years at CU. We love to see what other Sigma Nu chapters around the country are doing, and how we can improve and excel with honor.

Instagram: @sigmanuboulder

Social:

Sean Defaria & Braden Sampson & Nekoda Schneider

Sigma Nu had a great run this past semester. As Social chairs, we planned weekly parties and had multiple mixers with sororities like Pi Beta Phi, Delta Gamma, and Alpha Phi. We intended to have a mixer at the end of the semester with Chi Omega but had to place a hold on that due to COVID-19. For the parties this year, our two favorites would have to be Snu Year and Snu Globe. Both of these events were hits and lived up to their expectations.

Snu Year took about 3 days to set up. Picture this: a red carpet rolled up to the entrance of Sigma Nu. Exclusive wristbands handed out prior to the event. Every brother is dressed in a black suit & tie, while the ladies get to wear beautiful, vintage dresses if they choose. Gold and silver balloons... everywhere. "Sigma Nu" spray painted in gold on black wallpaper... everywhere. Let's just say Mr. Gatsby would have been proud.

Snu Globe took at least 1 week to set up. Picture this: A light board for graphic entertainment, a house full of white paper, a room filled with packing peanuts (if anyone wants to go for a swim in the snow), exclusive wristbands that say "SNUGLOBE" given out prior to the event, and ice luges that are engraved with our letters. Both of these parties were advertised a week in advance with our favorite sororities. Wristbands had such a high demand for both parties that we heard stories about girls asking for more than they need and selling them to other girls! Granted, Sigma Nu isn't known for having average parties.



Pictured: Brothers excited and ready for Snu Globe

Mental Health And Wellness Report:

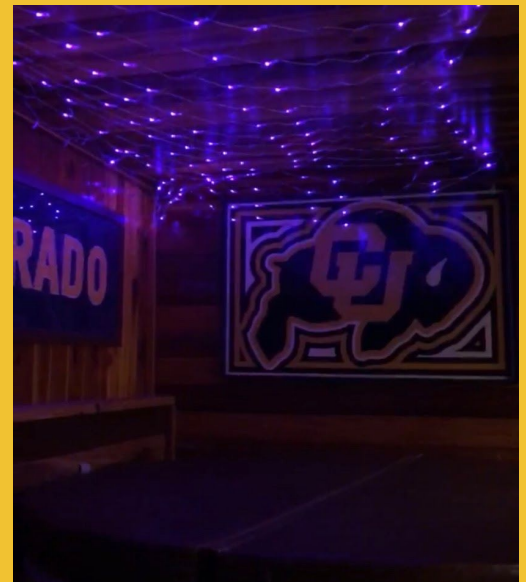
Charlie Coe

As Mental Health and Wellness Chairman, I have been working on setting up a group session for brothers to come together and comfortably share anything that they have been going through or struggling with, both anonymously and openly. We talked about including Candidates in this session as well, giving them an idea of what our brotherhood means, outside of what they see. I have also planned on putting a fundraiser on with Philanthropy for mental health awareness in the coming months. With the disruption of the COVID-19 outbreak, dates will be set in the coming semester.

Hot Tub:

Ryan Paganelli

This year has been an amazing time for the brothers and the hot tub room. Since the fall semester began I implemented a plan of a weekly deep cleaning of the hot tub on Sundays, plus additional cleaning during the week when necessary. I also felt that the hot tub room lacked something that would make it a more welcoming place to be. This inspired me to buy a 10x6 ft purple LED webbed light net. This resulted in an immense spike in use of the hot tub. After a long day of classes, hitting the slopes, or in some cases as a way to start their day, brothers were in the hot tub constantly. I plan on purchasing floor mats for this upcoming semester to further improve the hot tub room and contribute to cleanliness and aesthetic.



Sigma Nu Recent Nominations & Awards:

Fall 2019 IFC Awards:

Awards our chapter for Philanthropy of the Year
Adam Wenzlaff as President of the Year

The Spring 2020 Gamma Kappa Scholarship Award: (\$1,000)

Recipients: Cameron Carlson- Sophomore & Adam Wenzlaff- Junior

For proven academic excellence during the Fall 2019 semester. For those who have a great memory, you may recognize that Cameron and Adam were the award winners last semester as well. I want to congratulate these men for their continued commitment to their own personal success and the success of the chapter.

2020 individual recognition nominations from Sigma Nu National:

Man of the Year – Adam Wenzlaff
Scholar of the Year – Nick Girardi
Athlete of the Year – Alex Fontenot

Pictured: Brother and CU Buffs running back,
Alex Fontenot diving for the endzone



Fraternity Senior Honors Academy: (Class of 2020)

For over a decade the *Fraternity Senior Honors Academy* has recognized the outstanding graduates from every chapter as selected by their fraternities or the IFC. Please join the IFC on The Hill, its 22 member chapters, the 2100 undergraduate brothers, and our many alumni in congratulating these honored Senior Brothers on their outstanding fraternity leadership.

Sigma Nu - Spencer Micali

Sigma Nu - Doug Shapiro

Sigma Nu - James McConnell

Pictured (left to right):

The Executive Council enjoying a dinner at the Boulder Chop House and tavern:
Novice Marshall- Jack Baker, President- Brendan Lefcowicz, Scholarship- Cam Carlson,
Vice-President- Stokley Brace, Treasurer- Chris Seabury, Risk Reduction- Nate Bosnian,
Recorder- Remy Paquet, Chaplain/House Manager- Jack Driscoll

