

SIGMA KAPPA

Live with Heart

Gamma Phi • North Carolina State University

Spring/Summer 2017



Hello all and happy (almost) Summer! I hope everyone has had a great Spring season and is ready for the summer months! Gamma Phi has had another great semester and we cannot wait to kick back and relax after finals!

What you will find in this newsletter: a word from our Vice President of Membership on recruitment, intramural sports undefeated teams, tennis tournament success and much more!

Meet (and Congratulate) Kourtney!

Kourtney, now Kourtney Pleasant, is our new Advisory Board Supervisor! Kourtney is of the Delta Theta chapter at Truman State in Kirksville, Missouri. Her hobbies include spending time with her puppy, reading, and hanging out at the beach. Kourtney also plays Flag football for Blondes vs. Brunettes which is an organization that raises money for the Alzheimer's Association. Professionally, she works as an Athletic Trainer at Carolina Family Practice and Sports Medicine. Did I mention she also just got married?? We are so happy for you Kourtney and appreciate everything you do for us!



Intramural Success

This Spring Semester the Gamma Phi Chapter participated in several intramural sports leagues including basketball and flag football. We had an undefeated basketball season and made it to the championship round for the second year in a row. Sisters came out to support and cheer on our team with homemade signs and loud voices! We were also undefeated in flag football and made it to the playoffs! Way to go Gamma Phi for having that strong team spirit!

A word from our VPM:

"I am so excited for Recruitment and even more excited to get Alumni involved. Recruitment is constantly evolving as NCSU's Panhellenic Council moves towards values based recruitment. Here are some updates to keep you all in the loop:

- A Philanthropy themed day has replaced Skit day
- Recruitment will take place over Labor Day weekend with Bid Day being on September 5th
- We will no longer serve beverages or food
- We no longer send postcards pre-Recruitment
- We no longer write letters on Preference night
- During Open House, every sorority will wear the exact same t-shirt in different colors

Although these have been great traditions and created fun memories, it is always beneficial to have change and recruit future Sigma Kappas based on conversation and values. If you would like to be involved with Work Week (August 7-11) or Recruitment (September 1-4), please contact Mary Goughnour or myself! LITD"

- Grace Drescher





Shag Fest

In mid March Gamma Phi held a social function at Talley Student Union in which we had a dance teacher come and teach us dance lessons. Members brought dates and learned various dances such as how to Shag and do the Cha Cha. Overall the event was a success with lots of good food and music and taught us some (much needed) dance rhythm!

6th Annual Tennis Tournament

This year the Gamma Phi chapter held their annual tennis tournament at Pullen Park on March 25. We had over 40 teams in total sign up to play in the tournament. These teams were made up of parents, sisters, friends, and other greek life organizations. In total the Gamma Phi chapter raised roughly \$4,500 to benefit the Sigma Kappa Foundation! Every one came out with a great spirit and we were lucky enough to have beautiful weather. Groucho's sandwiches and chips were served throughout the event so there was plenty of eating and mingling between games! Overall the event was very well executed by our Vice President of Philanthropic Services, Dana Amendola.

Upcoming Events

**Last Day of Class:
April 28, 2017**

**Formal:
April 28, 2017**

**Finals:
May 1-10**

**Spirit Week:
August 7-11**

**First Day of Class:
August 16, 2017**

**Recruitment:
September 1-4**

**Bid Day:
September 5, 2017**

**Feel free to contact me with
any questions or comments!**

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