



The Pine Press

Self-Love and Sisterhood

Gamma Sigma's inaugural Positivity Week kicked off March 27-31, marking a week of self-love, sisterhood, and feminism.

In a week filled with themed days such as Text-Your-Thanks Tuesday, Worthy Wednesday, and Feel Good Friday, Delta women came together in appreciation of themselves and each other. Natalie Ramirez '19, Gamma Sigma's Body Image Coordinator, organized the week's events in order to stress body positivity, mental health awareness, and positive relationship-building. Sending encouraging and educational e-mails each day of the week, Ramirez said, "I wanted my Delta sisters to learn more about these ideas and spread them throughout the campus."

In another show of sisterly support, the women of Gamma Sigma chose to visibly display solidarity with LGBT individuals by revealing a new Pride flag on the front of 84 Broad. Ramirez was one of the women behind the idea to install the flag. "The flag shows the Colgate community that we are a house of allies," she said, "and that Delta is an



LGBTQ+ inclusive space."

Hayley Lazzari '18 photographed the image above. "As an LGBT sister," she said, "being in Tri Delta has consisted of strangers turned sisters that accept me for everything I am. This flag just reinforces the sense of acceptance and community that I feel, and I could not be more proud of my organization and the people that I'm lucky enough to call my family."

Stay in Touch!

Connect with our social media for more updates on Gamma Sigma sisterhood!

Have a Facebook? Check out our page: "Delta Delta Delta Colgate University."

We're on Instagram and Twitter, too! Follow us at ColgateTriDelta.



A Letter from the Editor

Happy spring, everyone! This month, the women of Gamma Sigma have seen the institution of two brand new events - Positivity Week and Sustainability Bingo - and reaffirmed our commitment to the inclusion of all members.

While Delta has experienced these recent changes, we're also absolutely thrilled to remember our past as we prepare for the return of you, our beloved alumnae, on campus. Keep an eye out for information on reunion and an opportunity to host current Delta women for a day at your work this summer!

As always, if you'd like to reach me, I'm available at "colgatedeltaalumni," or my personal email, bdelaney@colgate.edu.

Delta Love,
Brianna Delaney '19





Sisterhood Spotlight



A Political Science and Spanish double major from Scarsdale, NY, Julia Klein '19 serves as Gamma Sigma's Panhel Delegate. Read on to learn about this super sister!

What do you do on campus in addition to your work with Tri Delta?

Maroon News, Kuumba, Spanish tutor at Hamilton Central School, Media Chair of Challah for Hunger, Tour Guide for the Office of Admission, WRCU 90.1FM

Why did you join Delta and why do you love it?

I joined Tri Delt because I was looking to meet new people and become more involved in a smaller community on campus. I grew up going to sleep away camp, so I thought a sorority would be similar to that experience. I love being a part of the organization because I've made so many new friends and met upperclassmen that I would never have had the opportunity to meet. Seeing so many friendly faces around campus makes me feel so welcomed and loved.

What makes you excited about your work with the Panhellenic Council?

Being on Panhel has really helped me learn about how Greek Life as a whole impacts Colgate's campus. I'm excited to spread these empowering messages - we just got our social media up and running - and I'm excited to be able to use these platforms to get first years excited about recruitment in the fall!

Philanthropy Update

This month, Gamma Sigma showed our support for St. Jude online, joining Delta women across the country in changing social media cover photos to the image below. This effort was in honor of St. Jude Month, and took place in order to raise awareness about St. Jude's mission. Next month, be on the lookout for our newest philanthropy event, TriHOP, an all-night IHOP themed fundraiser scheduled for April 29!



Sustainable Sisters

With several Deltas working as interns with Colgate's Office of Sustainability, it's no surprise that March 30th's Sustainability Jeopardy was a hit. Women of Gamma Sigma gathered at the house to compete in a battle of environmental knowledge, with winners taking home succulents as prizes.

Cassie Miller '19, Delta's Sustainability Chair, was pleased with the evening's results, saying, "This event was important because Colgate is actively working to be more sustainable, with the goal of carbon neutrality by 2019. Activities like this can help sisters be more aware of what our campus is doing to acknowledge our role in climate change."

Alumni News

Want to report a graduation? New job? Marriage or engagement? Send in your news, and we'll share it with your Delta sisters!

Plus, please let me know if you'd be interested in appearing in a "Where Are They Now?" column detailing what you've been up to since graduation. We'll be featuring these profiles in the Pine Press and at chapter to give sisters an idea of what life looks like after Colgate.

Curious to know more about Julia Klein's work with the Colgate Panhellenic Council? Check out the group's new social media. They can be found on Facebook and Tumblr under **Colgate Panhellenic Council**, and on Instagram as **@colgatepanhel**. The updated Panhel website is: <https://colgatepanhellenic.wixsite.com/gatepanhellcouncil>.