



# Sigma Nu



## *Gamma Kappa Chapter*

UPDATE: Fall 2021 & Spring 2022

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### **Greetings Sigma Nu GK Alumni,**

We hope you all have been healthy and happy during this past fall and spring. I am Auggie Gehret, GK 2440, and I am the newly elected Alumni Relations Chairman. I am more than excited to provide our wonderful alumni with updates and accomplishments from the Gamma Kappa chapter! The actives at Sigma Nu have been thriving since the end of Covid-19 related restrictions as we are finally able to organize events and use our amazing property to the fullest! We loved reconnecting with our Alumni at the 2021 Fall tailgate event as we highly value hearing the stories of our Alumni during their time here. We are looking forward to hearing more stories and watching some CU football at Folsom Field at our upcoming Fall 2022 tailgate event. I hope you enjoy reading about our chapter's past, present, and future accomplishments and goals.

### **Executive Board Briefing**

EC Matt McCullough & LC Cullen Ciolfi

Greetings Brothers, we hope you have had a happy and healthy winter! This fall has been a memorable semester and we have much to look forward to in 2022. The Sigma Nu Gamma Kappa brothers have no shortage of energy and excitement as we leave the lingering effects of COVID-19 in the past.

This semester could not have gone better with a return to in-person classes and normal activities. We are proud to welcome 39 newly initiated brothers to the ranks and we expect great things from them in the future, with many already holding committee member/leader positions within the house. The brotherhood now looks forward to accepting a new candidate class following the conclusion of the currently ongoing IFC Spring Rush.

We have also transitioned to a new executive board, since November, with various new plans and ideas being put to action. Just shortly into the new year, we have turned our efforts to brotherhood development and philanthropy. This past month has resulted in the restructuring of our academic programs and study tables, the creation of a brotherhood mental health committee, and continued community service efforts, especially on the local front following the devastating fires.

Our position within the Boulder community has also grown stronger with former EC, Finn Moylan, newly elected as IFC President and two additional brothers, Jack Defrancesco and Kyle Lynch, serving on the IFC Executive Board. Thanks to the efforts of these dedicated brothers and many more, Sigma Nu Gamma Kappa was awarded 2021 IFC On the Hill “Chapter of the Year”.

We hope to host an alumni event in this coming semester to reconvene as lifelong brothers and further develop the relations and foundational support that we are so grateful for.

Wishing you all the best in this new year from EC Matt McCullough, LC Cullen Ciolfi, and the rest of our Gamma Kappa executive board!



Executive Board Pictured: Left to Right

Mitch Cole (Risk Reduction Sentinel), Carter Lake (Scholarship Chairman), John Larchenko (Novice Marshall), Cullen Ciolfi (Lieutenant Commander), Matt McCullough (Eminent Commander), Jack Eastwood (Treasurer), Jack Garabedian (Recorder), Lachlan Humphrey (Chaplan)

## **Philanthropy & Community Service:**

Justin Bartsch & Aidan Archer

Since taking over at the end of the fall semester Aidan Archer and Justin Bartsch Gamma Kappa's philanthropy chairs have been involved in numerous philanthropic endeavors. At the end of the 2021 year, the chapter worked on fundraising for the Deondra Dickson Fund, focused on Down Syndrome and Alzheimer's research, helping conclude an extremely successful 2021. Starting off the 2022 year, we are starting up our fundraising campaign for Dare to Play through the Global Down Syndrome Foundation after a long-awaited pause due to Covid. Over the past 3 months, our local and the global communities have been faced with very pressing issues including the invasion of Ukraine and the local Marshal fire. We have been doing our best to make sure our house and the greater Boulder community have the links and resources to support them in any way they can. On top of this Gamma Kappa chapter has been deeply involved with CU Boulders sexual assault month with many members completing a 5k and attending seminars and events. Continuing the semester, we are partnering with Kappa Kappa Gamma to utilize our amazing property by hosting a basketball tournament and helping our CU Greek community in all their philanthropic endeavors. We are looking forward to the rest of this semester and to an amazing fall getting to continue our partnership with Global Down Syndrome and CU athletics.



Pictured:

Brothers after running the CU Student Government Sexual Assault Awareness 5k.



## **Formal:**

Auggie Gehret & Jaysen Sanz

Gamma Kappa took a weekend-long trip to Breckenridge last fall for a retreat. The brothers and their guests decided Breckenridge was the best option, due to the scenic views, short drive, and outdoor activities it includes. The brothers spent their time exploring Breckenridge, hanging out at the pool, and enjoying the beautiful fall weather. Marriot in Breckenridge welcomed us with open arms, allowing us to have one of the best weekends of the year. We enjoy our destination formals and plan on continuing this tradition for years to come!



### Pictured:

Group of brothers and their guests enjoying the hot tub and the amazing weather in Breckenridge, Colorado!

## **Internal Socials:**

Cameron Zoller & Sammy Ketcham

As we find ourselves just out of this pandemic it is time for the Internal Social aspect of our brotherhood to come back alive and better than ever. As the last couple years were anything but ideal, we are now back on track. We began the semester with a brotherhood pool tournament

in our main room which was a great success. As the semester went on, we returned to the old classic “Tour De Franzia” where we paired up and raced around and around our snow-covered court in carts until a winning team was crowned. A brotherhood event needs nothing more than just our brothers which is why we host barbecues with just brothers, it’s a great way to connect the brotherhood cost effectively and often.

We didn’t only plan events for us, the brotherhood hosted our parents and families as well. First, Family Weekend in mid-October was a huge success featuring a tailgate before our blowout win against Arizona 34-0. Next, our dads came to visit before Thanksgiving when we hosted them with a night of Poker, a tailgate and another Colorado win against Washington to wrap up the weekend. Finally, our wonderful mothers came to visit us in the first week of march where we hosted them with a luncheon at the house followed by ice skating and the whole day spent together. This was a great year for the brotherhood, we’re very thankful that we were able to plan and successfully run family and brotherhood events.



Pictured:

Brother Auggie Gehret and LC Cullen Ciolfi enjoying mother’s weekend with our wonderful moms!

## **Recruitment:**

Donovan Moylan & Kyle Murphy & Max Vitti

It was another year of successful fall and spring rush classes here at Gamma Kappa and the IFC. With a record-breaking number of potential new members, we returned to a completely conventional rush process in the fall of 2021, which was a breath of fresh air for everyone involved. The three recruitment chairmen - Kyle Murphy, Donovan Moylan, and Max Vitti - worked with our current executive board to put together a plan to execute the most successful rush process possible and ended up hosting multiple open houses on our amazing property. It was great to meet face to face with the future of our house and the turnout was exceptional, as upwards of 900 potential new members showed up to see all that Gamma Kappa had to offer them. We contributed 39 new initiates to what was the largest IFC on the Hill rush ever recorded. Our spring rush brought more of the same success, and after two more very successful rush events, the brothers of Gamma Kappa welcomed 24 candidates who are still in the process of striving to be initiated. This current group has already taken huge steps forward towards understanding what it means to be a Sigma Nu. Many of them have already shown interest in leadership positions as well as doing everything in their power to help the house. Our brotherhood continues to flourish because of past recruitment chairmen's successes, and the three of us are striving every day to continue to build upon that success and continue to thrive.



Pictured: The new Fall 2021 initiates!



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

Finnegan Moylan & Wiley Bennet

Upon being elected in the Fall both LEAD's chairmen, Wiley (sophomore) and Finnegan (Junior), have made significant steps to improve our current LEAD's impact on candidates. We have structured one-hour sessions scheduled weekly for the candidates, the brothers are informed of what the candidates should know if they are inclined to give them a pop quiz during the remainder of the week. These sessions include guest speakers, classic LEAD's sessions, and Wiley and Finn's own customized sessions. We started off the semester strong with two sessions about house history and Gamma Kappa history stretching from Virginia Military Institute back in 1869 to Vance DeBrand all the way up till now. For our third session, we were lucky enough to have alumni advisory board member Randy Rowland come in and speak about what it means to be a Sigma Nu Gamma Kappa, how Gamma Kappa is unique, how the housing board and the alumni advisory board help the house, and his experience as a Gamma Kappa. Since then Wiley and Finn have led sessions about alcohol safety, sexual abuse on college campuses, and some Sigma Nu classics including "The White Star of Sigma Nu". We have big plans for the candidates as their process is slowly coming to an end but have been extremely impressed with their attentiveness and eagerness to learn.

LEAD's has been the backbone of the candidate process for decades but can be used to benefit the entire chapter given the members of the chapter are willing to participate beyond their candidate stage... and beyond the candidate stage it has gone! Both Wiley and Finn have been holding professional development workshops for those of the brothers that want to improve. We have not been following a rigid structure but hopping around the LEAD's handbook and skipping to sessions we feel our members will attend. This semester we have done two professional development workshops. One about resumes, where we were available to proofread, help construct, and give advice on resumes. For the second on interviews, we held mock interviews and gave interview advice to help the brothers with internship and job interviews this summer. Wiley and Finn are planning on hosting one more professional development workshop, but the topic will be up to the brothers and we are looking forward to it!

Overall, it has been a great semester thus far and we will continue the process of converting legion of honor boys to Gamma Kappa men.



Pictured:

Sophomore brothers living in the main excited for their first day of school!

**Public Relations:**

Christopher Lloyd

As the Public Relations/Social Media Chairman, the main focus of my position is to keep our social media account active, specifically Instagram. Having a social presence in this day and age is extremely important and we pride ourselves in currently being the fraternity with the most followers: 1,984 and counting. The main type of content that we share is amazing awards and achievements that some of our brothers have received, brotherhood activities, and my personal favorite: Sigma Nu Spotlights. To explain more, the Sigma Nu Spotlight highlights a brother who has shown the core values of love, truth, and honor. One of the biggest reasons why we try to stay very active on the Gamma Kappa Instagram is because we are able to communicate with chapters from all over the country. For instance, our account is in a group message with over 35 other chapters via direct message. Through this, we are able to see what other chapters around the United States are doing, and how we can learn and improve Gamma Kappa. Lastly, make sure to follow our Instagram to see what Gamma Kappa is up to!



Instagram: @sigmanuboulder



Pictured: Our Junior brothers abroad in Barcelona

### **Social:**

Christopher Lloyd & Matt MacDonald & Max Vitti

It is 2022 and it is a new year. After about a year and a half of COVID-19 restrictions, we are glad to say everything is back to normal. In the Fall Semester past Social Chairmans Matthew Gasparro, Bradley Lienhart, and Casey McGrath organized numerous events for the whole house as well as several sorority mixers, which helped brothers grow closer as well as the relationships of the Greek community here in Boulder. The current and newly elected Social Chairs Christopher Lloyd, Matt MacDonald, and Max Vitti were thankfully able to be taught how to efficiently do their position last semester. Since the lift of restrictions, we have been able to have many social events. For example, last Friday night we held a mixer with the Delta Gamma sorority. This mixer's theme was Around the World, where each room on the second floor was a different country. Overall, it has been a very hectic yet fun and safe year for the brothers of Gamma Kappa and we are so excited to see what the rest of the 2022 year holds!



Pictured: Our social chairs enjoying the packing peanuts pit a SnuGlobe!

## **Mental Health & Wellness Report:**

Teddy Manes

This semester, the house put in extra time and resources to improve our mental health program. During each chapter, we dedicated time to do mental health activities to help the brothers. We also put together a list of helpful resources and hotlines that we sent out to all the brothers if they are in need. Another example of new activities we are implementing are brotherhood events, where we can collectively gather to participate in where we aim at destressing and improving our mental health. These events would include kickball, basketball, wiffle ball, and movie nights to get all the brothers together. We are actively taking steps to go against the stereotype of a fraternity not prioritizing the benefits of mental health discussion and increase the awareness of our mental health within the brotherhood.



Pictured: Sophomores enjoying spring break in Cabo, Mexico!

### **Sigma Nu Recent Nominations & Awards:**

#### Fall 2021 IFC Awards:

Chapter of the Year: **Sigma Nu**

Outstanding Senior Award: **Ryan Paganelli**

Individual Academic Excellence Award: **Carter Lake**

#### The Fall 2021 Gamma Kappa Scholarship Award:

Recipients:

**1<sup>st</sup> Peter Daichman and 2<sup>nd</sup> John Doheny** - Academic Improvement



**1<sup>st</sup> John Larchenko and 2<sup>nd</sup> Philip Schabarum - Academic Merit**

For proven academic excellence during the Fall 2021 semester. I want to congratulate these men for their commitment to their own personal success and the success of the chapter.



Pictured:

Brothers holding our chapter of the year award at the IFC on the Hill awards ceremony



Pictured: The Fall 2021 brothers enjoying spring break!



Pictured: Brothers wearing blue in front of far west in support of spreading awareness for suicide prevention.





Pictured:

EC Matt McCullough and LC Cullen Ciolfi at the Sigma Nu Alpha Chapter

