



Panhellenic November Newsletter

Congratulations to the 2019 Panhellenic Executive
Board!

2019 Panhellenic Exec

PRESIDENT:
Fontana
Frazier

VP MANAGEMENT:
Claire
Simpson

VP FINANCE:
Brittney
Larkin

VP RECRUITMENT
OPERATIONS:
Alexis
Hodge



VP RECRUITMENT
PROGRAMING:
Audrey
Spiller

VP MEMBERSHIP
DEVELOPMENT:
Kat
Miro

VP PUBLIC
RELATIONS:
Jayne
Kernodle

VP SERVICE &
PHILANTHROPY:
Suzanna
Camp

Association of Fraternal Leadership & Values
Conference Applications

Apply to attend the 2019 AFLV Conference! AFLV is
a great opportunity to gather with fraternity and
sorority leaders from around the country to discuss

important topics and issues within the FSL community. AFLV is February 7th-10th in Indianapolis, Indiana. Women chosen to attend AFLV will not directly incur any expenses to travel or participate! The women that will benefit the most from this experience are future leaders in your chapter! You can learn more about AFLV [here](#). Questions? Contact Hayden Mahaney (tcupanhellvpm@gmail.com). [Apply Here!](#)



NPC Launches Redesigned "Something of Value" Program



The “Something of Value” program was designed to help college Panhellenics address risky situations in the fraternity/sorority community.

NPC partnered with RISE Partnerships to refresh the “Something of Value” program. The program refresh includes taking a new approach to the curriculum and providing more resources. The new “Something of Value” curriculum features a real-life simulated call to action, lessons in peer influence and social change, and deep, honest dialogue across chapters about healthy behaviors in the community. You can read more about the program [here!](#)

November Participation event

Kirsten Haglund, Miss America 2008 and the founder of the Kirsten Haglund Foundation, an organization for eating disorder awareness, will be the speaker at the next Panhellenic participation event. She will be speaking about the importance of having a healthy body image! This will be the last participation event of the semester! The event will be on Monday, November 12th at 6pm in the BLUU ballroom. We hope to see you there! You can learn more about her foundation [here!](#)




National Pan-Hellenic Council


TCU NPHC SOCIALS



Alpha Phi Alpha
Chapter: Eta Psi - 11/15/1971
Twitter: @TCU_Alphas
IG: tcu_alphas
President: DeMichael Robinson



Alpha Kappa Alpha
Chapter: Kappa Lambda - 3/27/1976
Twitter: TCU_AKAs
IG: tcu_akas
President: Courtney Ford



Kappa Alpha Psi
Chapter: Kappa Epsilon - 5/3/1980
Twitter: TCU_Nupes
IG: upper Echelon_nupes
President: Sam Luke



Omega Psi Phi
Chapter: Sigma Lambda 9/13/1980
Twitter: @TCU_Ques
IG: Icuques
President: Brandon Kitchin
b.james.kitchin@tcu.edu



Delta Sigma Theta
Chapter: Iota Eta - 4/22/1972
Twitter: @IotaEta_1913
IG: Icudeltas
President: Rochelle Smith



Sigma Gamma Rho
Chapter: Tau Rho - 4/29/2018
Twitter: @TCUSGRhos
IG: tcusgrhos
President: Oreoluwa Abimbola

The Divine Nine



NATIONAL PAN-HELLENIC COUNCIL

Est. 1930



@NPHC_TCU tcunphc9

Fast Facts

The National Pan-Hellenic Council was established in 1930 at Howard University, with founding members: Omega Psi Phi and Kappa Alpha Psi Fraternities, and Alpha Kappa Alpha, Delta Sigma Theta and Zeta Phi Beta Sororities. The stated purpose and mission of the organization in 1930 was "Unanimity of thought and action as far as possible in the conduct of Greek letter collegiate fraternities and sororities, and to consider problems of mutual interest to its member organizations."

There are over **6,600** chapters, both in the U.S. and International, between the 9 members of NPHC

TCU currently houses 6 of the 9 members of NPHC

TCU is the first university in the country to have pillars representing NPHC

NPHC first came onto campus in 1971

NPHC is always putting on fantastic events for the TCU and the Fort Worth communities! Here is a list of some of their events this month! If you would like more info feel free to reach out to Tristian Brooks (t.m.brooks@tcu.edu)

- Nov. 11 : Alphas-Miss Black and Gold Pageant
- Nov. 11 : AKA- Painting with a Twist at 4-5pm
- Nov. 12: SGRho Founder's day
- Nov. 15 : Deltas -Skin Care Expo
- Nov. 19 : AKA -Financial Literacy
- Nov. 23 : AKA- Sweet Frog Fundraiser
- Nov. 25- 30 : SGRho- Sigma Week
- Nov 26 : SGRho- Safety Event
- Nov. 30 : SGRho -Poodle Pass Out 10:30am- 1:00pm

Panhellenic Fall PR shirt

Make sure to buy a Panhellenic PR shirt! For every shirt purchased, \$3 will be given to Circle of Sisterhood to help fund the Trek! Make sure to buy one in every color! When filling out the form put your chapter name next to your last name. The form will close November 12th!

The link for the shirt order can be found [here!](#)



Rho Gamma

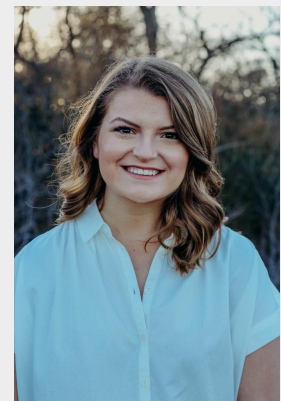
Are you interested in being a mentor for Potential New Members in formal recruitment 2019? Apply to be a Rho Gamma, a recruitment counselor who serves the newest members of the Panhellenic community. This position will build your leadership abilities, allow you to connect with a phenomenal group of women and equip you with skills that expand far beyond just recruitment. Being a Rho Gamma is not a way to "get out of recruitment", it is a leadership position like no other. If you care about the community and are interested in serving as a role model, consider applying for the position. There will be mandatory information sessions on November 6th, November 28th and January 22nd (you only need to attend one). If you are unable to attend, email tcupanhellvprp@gmail.com



A note from the Panhellenic President:

We were deeply saddened to hear about the tragic death of a fellow horned frog and member of the Greek community. On behalf of Panhellenic, we send our deepest condolences to the family and friends of this young man.

In the wake of this sad time for us all, remember to check on your loved ones. Sometimes the best thing you can do is just be there for someone and listen. That's what our sisterhoods are for, and it's all I can hope that our Panhellenic community can do for one another.



If you or a loved one is struggling, know that there are so many resources that TCU provides for you:

TCU Counseling: 817-257-7233

TCU Support: 817-257-4000

Chapter Spotlight : Kappa Alpha Theta

On September 30th, Kappa Alpha Theta held their annual 5K benefiting CASA of Tarrant County! Runners from the Panhellenic and Fort



Worth community came out to tackle a brand new route around the TCU campus. Kappa Alpha Theta raised \$45,000, which is enough to train 45 more CASA advocates. Great job Theta! We are so proud of you!

Let us know what your chapter is up to by emailing tcupanhellenic@gmail.com

Important November Panhellenic dates:

- Nov. 7th : Alpha Delta Pi Whataburger Wednesday
- Nov. 9th : Sigma Kappa Founders day!
- Nov. 11th : New Member Educator Round Table 10-11:30am
- Nov. 11th : Gamma Phi Beta Founder's Day!
- Nov. 12th : Panhellenic Participation Event- Body Image
- Nov. 14th : Kappa Kappa Gamma Queso for Kids 6-8pm
- Nov. 15th : Association of Fraternal Leadership and Values Application Closes
- Nov. 18th : New Member Educator Round Table 10-11:30am
- Nov. 25th : Circle of Sisterhood Director Board Application closes on engage at 11:59pm
- Nov. 26th : Circle of Sisterhood Organization Meeting at 7:30pm in KFC 203
- Nov. 28th : Delta Delta Delta Founder's day!
- Nov. 28th : Panhellenic Chapter President Round Table 8:00 pm
- Nov. 28th : Rho Gamma Information Session
- Nov. 30th : Alpha Delta Pi Cocoa by the Christmas Tree 5:30-7:30pm

