MARCH 2020

THE BILLIKEN BADGE

INSPIRATION

*I know the price of success: dedication, hard work, and an unremitting devotion to the things you want to see happen.*

- Frank Lloyd Wright
  Architect, Phi Delta Theta, 1889

YOUR FSL STAFF

We are your dedicated staff members working to support, engage, and connect Fraternity and Sorority Life at SLU.

Brianna Criscione
Program Coordinator
Fraternity/Sorority Life
brianna.criscione@slu.edu

Cam Alden
FSL Graduate Assistant/
DeMattias Hall Coordinator
cam.alden@slu.edu

VACANT - APPLY TODAY
FSL Marketing/Communications Intern
slu.fsl.marcomm@gmail.com

SPRING BREAK

Spring Break is March 9th - 13th. Enjoy your time away from school. Relax and reflect on the start of term and return rejuvenated to finish the term out strong.

March Philanthropy

Sigma Chi’s philanthropy week is March 16 - 20. Sigma Chi will be raising funds and awareness for the Huntsman Cancer Institute. Specifically, funds will contribute to women's cancer research and a building dedicated to women's cancer research. Catch them in the BSC tabling and at other events all week.

Greek Week is utilized as an opportunity to raise funds and awareness for a local Saint Louis non-profit organization. This year Fraternity & Sorority Life is focusing on mental well being both in programming and in philanthropic endeavors. This year's Greek Week partner is the National Alliance on Mental Illness (NAMI), an organization that provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.
LEADERSHIP & SERVICE AWARDS

Come support your fellow Fraternity & Sorority members as they are honored for their contributions within FSL and in other avenues around campus. Awards ceremony will be Monday, April 6th at 7 PM in the Wool Ballrooms.

IMPORTANT DATES

Spring Term Midterms March 2nd - 6th
- Spring Break March 9th - 13th
- Presidents Meeting March 16th at 7 PM
- Order of Omega Meeting March 19th at 6 PM
- Greek Week March 22nd - 27th

COMMUNITY MEAL

Labre and Campus Kitchen is hosting a Community Meal to bring together housed and unhoused members of our St. Louis community on Saturday, March 28th from 11 AM - 2 PM. Go here to learn more about the event or to register to volunteer for the event.

WELLNESS RESOURCES

University Counseling Center
2nd Floor Wuller Hall
(314)-977-2323
- Title IX
DuBourg Rm. 36
anna.kratkey@slu.edu
(314)-977-3886
- Academic Success Center
mark.pousson@slu.edu
(314)-977-8885

FSL HIGHLIGHT

Nick Navarette is a freshman from Chicago and a member of Tau Kappa Epsilon. Nick studies bio-medical engineering and is on the pre-med track. He serves as the Chapter Historian and Recruitment Chairman. Outside of TKE you may catch him playing on the men’s club volleyball team or singing in the a capella group, Xquizit. Nick is a well-rounded and involved member of the FSL community.

Valerie Holt is a member of Kappa Alpha Theta. Valerie will be headed to El Paso, TX and Juarez, Mexico during spring break for an Immersion Trip through SLU’s Campus Ministry. As an International Studies major, she is excited to talk with boarder control, see the fence that separates Mexico and America, and attend a bilingual church service. While her past mission trips has focused more on serving others, the goal of this trip is to listen and stand in solidarity with these people. Valerie is a stand out member of the FSL community!
GREEK WEEK
March 22nd - 27th

Greek Week is an annual event held in the spring term. Greek Week serves as an opportunity for the Fraternity/Sorority Life community to get to know members from other organizations, rally around a common philanthropic cause within the St. Louis community and have some friendly competition. This year's philanthropic partner is the National Alliance for Mental Illness (NAMI).

Battle of the Bands

Alpha Delta Pi/Sigma Tau Gamma : The Beatles
Delta Gamma/Beta Theta Pi: Queen
Gamma Phi Beta/ Alpha Delta Gamma: Fleetwood Mac
Kappa Alpha Theta/Phi Delta Theta: KISS
Kappa Delta/Sigma Chi: AC/DC
Phi Mu/Alpha Iota Omicron: Aerosmith
Zeta Tau Alpha/Tau Kappa Epsilon: The Beach Boys

Interested in making a donation? Visit the Greek Week SLU Marketplace.

How can you get involved? Go to https://www.namistl.org/information/volunteer/ and fill out a volunteer application!
MENTAL WELLNESS WEEK IMPACT

Campus Partner Collaborations
Active Minds, Department of Public Safety, University Counseling Center, Campus Ministry, Campus Rec & Wellness, and Student Involvement Center

6 Opportunities for students to practice being well
All week SLU students had a chance to enjoy a free yoga class, practice meditation, stop by tabling to learn about campus resources, reflect through a self guided labyrinth, pet a therapy dog, relax through coloring and more!

1 Student Facilitated Program
Katie Bindbeutal, a member of Zeta Tau Alpha facilitated a Behind Happy Faces program for the SLU community.

3 Stories Shared
Brave students shared personal mental health stories and how they utilized resources to cope at our "Teg"xTalks.

ASK. LISTEN. REFER
38 MODULES COMPLETE

Continue the Conversation
Is your chapter interested in making mental well-being a priority? Try one or more of the following:
• Establish a wellness committee
• Ensure members know the wellness resources for your organizations and campus
• Download the Sigma Chi Reach Out App (available for non-members)
• Incorporate time for reflection/meditation during chapter meetings