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Spring 2025

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FRATERNITY & SORORITY LIFE NEWSLETTER

LONGWOOD UNIVERSITY



Dear Longwood Alumni -

We hope you find this newsletter in your inbox and it makes you a little nostalgic and makes you smile!

Check out a new page on our Longwood Greek Life web pages talking about “Alumni Involvement” - here is the link:

<http://www.longwood.edu/greek/alumni-involvement/>



EDUCATIONAL SPEAKERS

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Spring 2025

Love Like Adam Foundation - The Love Like Adam Foundation came in September and shared Adam Oakes' story as the keynote speaker during Hazing Prevention Week.

Rasheed Ali Cromwell - Together the NPHC & IFC councils and Greek for Change brought Rasheed Ali Cromwell to campus on November 1, 2023. His program titled "Don't be color blind, be color brave!" Educated the entire Longwood community about breaking down pre-concieved notions.

KJ McNamara - On January 28, 2025 KJ McNamara came for CPC Women's Week to share with us "Finding our place, the importance of belonging!"

CPC President, Kristina Tribesch with KJ McNamara



National Panhellenic Council, Interfraternity Council, & Greeks For Change
presents

Monday, November 4, 2024
7:00 PM
Blackwell Ballroom
Longwood University

Guest Speaker:
Rasheed Ali Cromwell, Esq.
of the
Harbor Institute

Be Color Brave, NOT Color Blind!

Being Color Blind sounds politically correct. It is, however, culturally, scientifically, historically, and operationally problematic. We utilize compelling examples and thought-provoking dialogues to debunk this commonly used myth. We also empower participants with insight and strategy to become stronger, coalition-building change agents in their communities.

Upchurch University Center approved for posting.
If you have questions concerning access, or if you wish to request disability related accommodations, please contact Julie Ramsey at jramsey@longwood.edu.

POUND VS. POUND FOOD DRIVE CHALLENGE

In February 2025, the Longwood Greek Life challenged High Point University's Greek Life to a food drive challenge. With the support of the Longwood community, Longwood Greek Life collected close to 400 lbs. of food to defeat HPU!!

Join us...

The Longwood University Office of Fraternity & Sorority Life has challenged the High Point University Fraternity & Sorority Life Office to a

Pound vs Pound Competition

Wednesday, February 12, 2025 - Final Collection Date during the WBB vs. High Point game - 7 PM Joan Perry Brock Center

All food collected in Farmville will go to support Elwood's Cabinet, FACES & Southside Animal Shelter

Help us defeat HPU on & off the court this season!



CPC & IFC RECRUITMENT



CPC Primary Recruitment took place January 10-13, 2025 in the chapter rooms located in Stubbs Residence Hall. The annual tradition of Bid Day or "Walk" occurred on January 8th and the 9 CPC member organizations welcomed a total of 122 new members home this semester.



IFC recruitment started January 26, 2025 and concluded on February 2nd when the 7 IFC member organizations welcomed 36 new members into the fold.



PLAN AHEAD & JOIN US

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Spring 2025

Sunday, MARCH 23 - Greek Leadership Summit

Do you have a special talent or skill that Greek Leaders could learn & use? Consider joining us as a breakout speaker during our Leadership Summit! Email ramseyjw@longwood.edu for more details.

Friday, APRIL 4 - Sunday APRIL 13 - Greek Week

All of our chapters are divided into four teams to compete for points in many different areas! Greek Week winner will be announced at Greek Awards!

Thursday, APRIL 10 - Greek Sync

One of FSL's signature events - this will be an evening to remember! Part of the Greek Week competition, the mixed teams of sorority & fraternity members will compete in a Lip Sync competition with the Decades theme in Jarman Auditorium at 7 PM.

Saturday, APRIL 13 - Spring Weekend & NPHC Yard Show

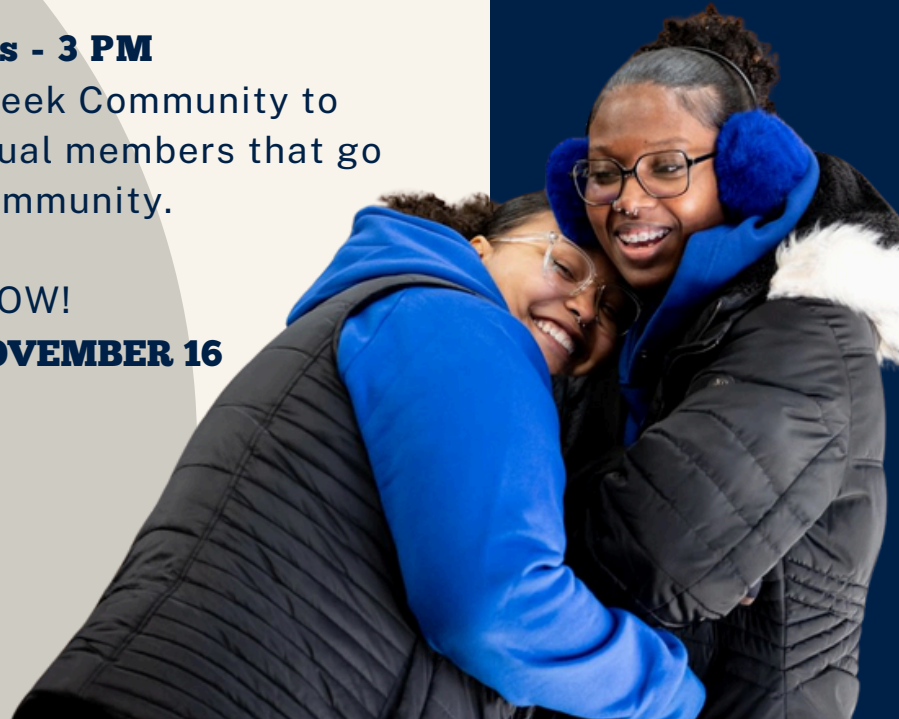
All the fun of Spring Weekend will take place on Saturday! Oozeball, booths, performances & concerts throughout the day on Saturday, but Saturday evening at 7 PM, NPHC is hosting a special Spring Weekend Yard Show in front of Lankford.

Sunday, APRIL 13 - Greek Awards - 3 PM

Jarman Auditorium will host the Greek Community to recognize our chapters and individual members that go above and beyond for our Greek community.

Fall 2025 - Mark your calendars NOW!

Friday, NOVEMBER 14 - Sunday, NOVEMBER 16
Longwood Alumni Weekend



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Spring 2025

LOVE YOUR LONGWOOD DAY

Love Your Longwood Day is quickly approaching on February 25, 2025. Please consider supporting the Office of Fraternity & Sorority Life's campaign so that we can send members of our community to the Undergraduate Interfraternity Institute (UIFI) and continue to bring quality professional speakers to campus like the ones you read about on page 2 of this newsletter. Here is the link to the FSL office's campaign:

<https://love.longwood.edu/organizations/greek>

SIGMA PHI EPSILON ALUMNI HONOR DR. CROWL



A group of SPE alumni are working to endow a scholarship at Longwood honoring their longtime advisor Dr. Crowl! Pictured to the left are two of their recent gatherings in Farmville. Details for their inaugural golf tournament are below:

Save the Date: 1st Annual Golf Outing & BBQ to Benefit the Dr. James W. Crowl Legacy Scholarship Fund!

Mark your calendars for an incredible 2 days of fun, fellowship, and giving back!

Golf Outing

Location: Stonehenge Golf and Country Club
 Address: 1000 Farnham Drive, Richmond, VA 23236

Date: March 31, 2025

Sign-In Begins: 8:30 AM

Tee-Off: 10:30 AM

Cost: \$600 per team or \$150 per individual (we'll pair you up!)

Open to All: This event welcomes brothers, friends, and family! Help us reach our goal of 72 golfers and make it an event to remember.



BBQ Meet & Greet

Date: March 30, 2025

Time: 3pm - 7pm

Location: American Legion Post 354, 4800 Welby Turn, Midlothian VA 23113

Entertainment: Whiskey Banjo Foxtrot (SPE Brother Nick Smith's Band)

Cost: \$30 per person

Interested in participating? Contact the Event Organizers:

David Liverman: dlvrnm@gmail.com | 804-380-1692 or Bob Williams: bobjwil@yahoo.com | 804-426-4759