

START WITH PANHEL

The official BSU Panhellenic Newsletter



Meet Your 2026 Panhellenic Executive Board

Behind every Panhellenic event, meeting, and initiative is a team of student leaders dedicated to supporting our community. Get to know the Executive Board members who are excited to serve you this year!

More great reads inside this issue:

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Cat Powers — President

Alyssa Tetreault — Vice President of Judicial & Finance

Kiana Dang — Vice President of Recruitment

Athena Williams — Vice President of Philanthropy & Service

Nox Sandstrum — Vice President of Public Relations

Sara Blunt — Vice President of Programming & Scholarship

Welcome to a New Academic Year!

Dear Panhellenic Community,

Whether you're returning to campus, starting your first semester at Bridgewater State, or preparing to participate in Formal Recruitment, I am so excited to welcome you to another year of sisterhood, leadership, and opportunity within our Panhellenic community.

Serving as your 2026 Panhellenic President is truly an honor. I have the privilege of working alongside an incredible Executive Board, chapter leaders, advisors, and members who are passionate about strengthening our community. Together, we are committed to creating a Panhellenic experience where every member feels supported, every chapter is celebrated, and every woman has the opportunity to grow.

This year, I hope we continue strengthening the connections between our chapters and building a community that extends beyond our individual organizations. While each chapter has its own traditions and values, we are united by our shared commitment to friendship, leadership, scholarship, service, and lifelong sisterhood.

As we head into recruitment season, I encourage you to embrace every opportunity to meet new people and enjoy the experience. Whether you're welcoming Potential New Members, serving as a Rho Gamma, supporting your chapter, or participating in recruitment yourself, remember that every conversation has the potential to make someone feel like they've found where they belong.

Start With Panhel is one of the many ways we'll stay connected throughout the year. Each edition will share community updates, upcoming events, chapter highlights, and stories celebrating the incredible women who make BSU Panhellenic what it is.

Thank you for being part of our community. I can't wait to see what we accomplish together and continue building a Panhellenic community rooted in kindness, collaboration, and belonging.

Here's to a wonderful semester and an even stronger Panhellenic community.

With Panhellenic love,

Cat Powers

President

Bridgewater State University Panhellenic Association





CELEBRATING PANHELLENIC



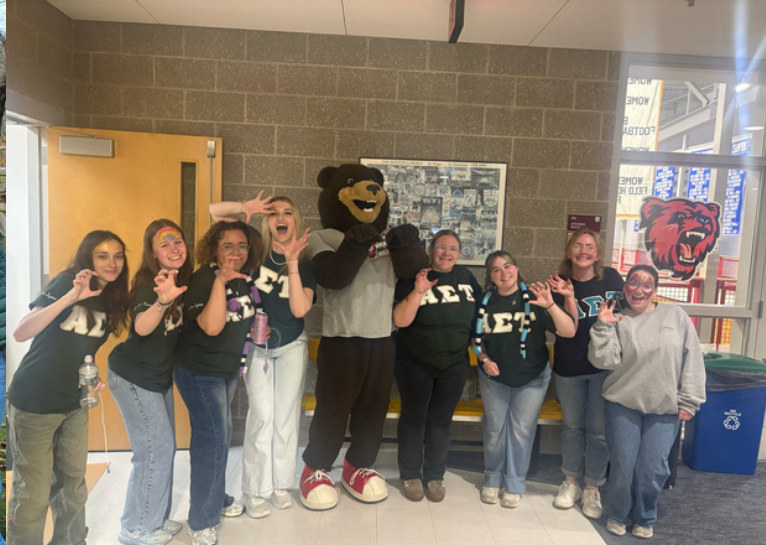
"EVERYBODY STARTS THEIR PANHELLENIC EXPERIENCE DIFFERENTLY, BUT NO ONE SHOULD HAVE TO START IT ALONE." - CAT POWERS

WE ARE PROUD TO SHARE THAT THE BRIDGEWATER STATE UNIVERSITY PANHELLENIC ASSOCIATION WAS NAMED THE OUTSTANDING STUDENT ORGANIZATION FOR COMMUNITY IMPACT AT THE 2026 IMPACT AWARDS!

THIS RECOGNITION CELEBRATES A YEAR OF INTENTIONAL GROWTH, COLLABORATION, AND OUR CONTINUED COMMITMENT TO BUILDING A MORE INCLUSIVE AND ACCESSIBLE PANHELLENIC COMMUNITY. THROUGHOUT THE YEAR, WE FOCUSED ON CREATING APPROACHABLE ENTRY POINTS INTO PANHELLENIC LIFE, BREAKING DOWN BARRIERS, AND HELPING MORE STUDENTS FIND OPPORTUNITIES FOR CONNECTION AND BELONGING.

THIS AWARD BELONGS TO OUR ENTIRE PANHELLENIC COMMUNITY—EVERY CHAPTER, LEADER, AND MEMBER WHO HAS HELPED CREATE A SPACE CENTERED ON GROWTH, ADVOCACY, CONNECTION, AND BELONGING.

WE ARE INCREDIBLY PROUD OF HOW FAR OUR COMMUNITY HAS COME, AND WE CAN'T WAIT TO CONTINUE BUILDING ON THAT MOMENTUM THROUGHOUT THE FALL 2026 SEMESTER.





RECRUITMENT 2026: EVERYTHING YOU NEED TO KNOW



KEY RECRUITMENT EVENTS



SWEETS & SORORITIES

WEDNESDAY, SEPTEMBER 16 | 6:00-9:30 PM

POTENTIAL NEW MEMBERS ARE INVITED TO MEET OUR CHAPTERS IN A RELAXED, WELCOMING ENVIRONMENT, ASK QUESTIONS, AND GET A FIRST LOOK AT WHAT MAKES EACH SISTERHOOD UNIQUE.



RECRUITMENT WALKTHROUGH

SATURDAY, SEPTEMBER 19 | 12:00-3:45 PM

RECRUITMENT CHAIRS, CHAPTER PRESIDENTS, AND RHO GAMMAS WILL WALK THROUGH ROOM ASSIGNMENTS, TRANSITIONS, AND LOGISTICS TO MAKE SURE WE'RE READY FOR RECRUITMENT WEEKEND!



PNM ORIENTATION

MONDAY, SEPTEMBER 21 | 5:00-7:00 PM

RECRUITMENT OFFICIALLY BEGINS! PNMS WILL MEET THEIR RHO GAMMAS, LEARN HOW THE PROCESS WORKS, RECEIVE IMPORTANT INFORMATION, AND HEAR FROM OUR PANHELLENIC CHAPTERS.



PNM YOGA NIGHT

WEDNESDAY SEPTEMBER 23RD | 6:30-8:30 PM

BEFORE RECRUITMENT WEEKEND BEGINS, PNMS CAN UNWIND, CONNECT WITH THEIR RHO GAMMA GROUPS, AND TAKE SOME TIME FOR THEMSELVES BEFORE A BUSY WEEKEND!



FORMAL RECRUITMENT

FRIDAY, SEPTEMBER 25 - SATURDAY, SEPTEMBER 26

IT'S RECRUITMENT WEEKEND! THROUGH SISTERHOOD, PHILANTHROPY, AND PREFERENCE ROUNDS, PNMS WILL GET TO KNOW OUR CHAPTERS, THEIR VALUES, AND THE COMMUNITIES THAT MAKE PANHELLENIC SPECIAL.



BID DAY

SUNDAY, SEPTEMBER 27

THE CELEBRATION WE'VE BEEN WAITING FOR! WE'LL OFFICIALLY WELCOME OUR NEWEST MEMBERS HOME TO THEIR CHAPTERS AND CELEBRATE THE NEWEST ADDITIONS TO OUR PANHELLENIC COMMUNITY.



A REMINDER FOR OUR COMMUNITY

AS RECRUITMENT APPROACHES, REMEMBER THAT EVERY INTERACTION REPRESENTS OUR PANHELLENIC COMMUNITY. BE WELCOMING, SUPPORTIVE, AND ENCOURAGING—NOT ONLY TO PNMS, BUT TO MEMBERS OF EVERY CHAPTER.

RECRUITMENT IS A COLLABORATIVE EFFORT. LET'S WORK TOGETHER TO CREATE AN EXPERIENCE THAT REFLECTS THE STRENGTH, KINDNESS, AND SISTERHOOD OF BSU PANHELLENIC.

🐼 MEET PAM THE PANHEL PANDA 🐼
THE FLUFFIEST MEMBER OF PANHEL



YOU MAY HAVE SEEN HER AROUND CAMPUS, BUT ALLOW US TO PROPERLY INTRODUCE HER!

PAM THE PANHEL PANDA IS OUR FLUFFY SYMBOL OF PANHELLENIC SPIRIT, UNITY, AND PRIDE. RIGHT NOW, SHE'S HANGING OUT WITH THE PANHELLENIC EXECUTIVE BOARD THROUGH RECRUITMENT SEASON—YOU MAY HAVE ALREADY SPOTTED HER HARD AT WORK AT MEET THE GREEKS, AND YOU MIGHT SEE HER POPPING UP AT MORE PANHELLENIC EVENTS THROUGHOUT SEPTEMBER! 🐼



PAM AND PRESIDENT CAT
AT MEET THE GREEKS

🐼 BUT PAM WON'T ALWAYS STAY WITH PANHEL...

THROUGHOUT THE YEAR, PAM WILL SPEND TIME WITH OUR PANHELLENIC CHAPTERS AS A WAY OF RECOGNIZING CHAPTERS THAT DEMONSTRATE STRONG ENGAGEMENT AND EXEMPLIFY THE VALUES OF OUR PANHELLENIC COMMUNITY.

WHEN PAM COMES TO YOUR CHAPTER, MAKE HER PART OF THE FAMILY! BRING HER TO CHAPTER MEETINGS AND EVENTS, TAKE HER ON ADVENTURES, SNAP PLENTY OF PICTURES, AND SHOW HER OFF. HAVING PAM IS SOMETHING TO BE PROUD OF—AND WE WANT TO FOLLOW ALONG! 📸

FOR NOW, SHE HAS SOME RECRUITMENT BUSINESS TO TAKE CARE OF WITH PANHEL...

BUT WHICH CHAPTER WILL PAM VISIT FIRST? STAY TUNED.



GET INVOLVED WITH PANHEL

YOUR VOICE. YOUR COMMUNITY. YOUR PANHEL.

PANHELLENIC IS MORE THAN THE EVENTS WE HOST—IT'S A COMMUNITY SHAPED BY THE MEMBERS WHO ARE PART OF IT. WHETHER YOU WANT TO SHARE WHAT YOUR CHAPTER HAS BEEN UP TO, GET MORE INVOLVED IN PANHELLENIC LEADERSHIP, OR SIMPLY HAVE YOUR VOICE HEARD, WE WANT YOU HERE.

WANT YOUR CHAPTER FEATURED?

WE WANT START WITH PANHEL TO CELEBRATE ALL OF OUR PANHELLENIC COMMUNITY!

HAVE SOMETHING EXCITING HAPPENING IN YOUR CHAPTER? SEND US YOUR PHOTOS, PHILANTHROPY EVENTS, SISTERHOOD MOMENTS, MEMBER ACCOMPLISHMENTS, CHAPTER ACHIEVEMENTS, OR ANYTHING ELSE WORTH CELEBRATING FOR A CHANCE TO BE FEATURED IN NEXT MONTH'S ISSUE!

YOUR CHAPTER COULD BE IN THE NEXT START WITH PANHEL! 📷

COME TO A PANHELLENIC MEETING!

WEDNESDAYS • 5:00 PM • RSU 210

DID YOU KNOW OUR WEEKLY FULL PANHELLENIC COMMUNITY MEETINGS ARE OPEN TO MEMBERS OF OUR PANHELLENIC COMMUNITY?

COME HEAR WHAT PANHEL IS WORKING ON, STAY CONNECTED WITH WHAT'S HAPPENING ACROSS OUR CHAPTERS, AND SHARE YOUR IDEAS, QUESTIONS, AND FEEDBACK WITH US.

YOU DON'T NEED TO HOLD A PANHELLENIC POSITION TO HAVE A VOICE IN OUR COMMUNITY. WE WANT TO HEAR FROM YOU.



INTERESTED IN PANHELLENIC LEADERSHIP?

2027 PANHELLENIC EXECUTIVE BOARD APPLICATIONS ARE COMING SOON!

INTERESTED IN MAKING AN IMPACT BEYOND YOUR CHAPTER? PANHELLENIC EXECUTIVE BOARD IS AN OPPORTUNITY TO REPRESENT OUR COMMUNITY, COLLABORATE ACROSS CHAPTERS, CREATE PROGRAMMING, AND HELP SHAPE THE FUTURE OF PANHELLENIC AT BSU.

KEEP AN EYE OUT FOR APPLICATION INFORMATION COMING SOON! 👁️

STAY CONNECTED

RECRUITMENT UPDATES.
COMMUNITY EVENTS.
CHAPTER CELEBRATIONS.
PAM SIGHTINGS. 🐼
FOLLOW BSU PANHELLENIC
ON INSTAGRAM



BSUPANHEL

SEE YOU NEXT MONTH! <3
START WITH PANHEL