

# FOUNDERS DAY

Happy Founders Day, sisters! On March 25, 1917, seven women came together at Cornell University to found Sigma Delta Tau. Each year, chapters and sisters all over the world celebrate our founding, and we invite you to join in on the fun!

Here are seven ways to celebrate SDT's 105th Founders Day:

## 1. Host an event with your beSDTies

Whether it's a game night, dinner, exercise class or virtual gathering, spending time with sisters is the perfect way to celebrate the founding of our organization. Looking for an event to attend with sisters? Our next book club is March 23 at 8 p.m. ET/7 p.m. CT. This month's book is "Big Friendship: How We Keep Each Other Close." [CLICK HERE](#) to register!

## 2. Reconnect with sisters

When was the last time you had meaningful time with your big or little sister? How about a member you always admired? Or a sister you met during recruitment who made you excited about SDT? Founders Day is the perfect occasion to reconnect over coffee or via phone. Want to find sisters you've lost touch with? Join the [SDT NETWORK](#) today!

## 3. Get social

Post your favorite SDT sisterhood memories on social media using the hashtag **#SDT105**. Don't forget to tag us! @SigmaDeltaTauHQ

## 4. Brush up on your SDT history

In the week leading up to Founders Day, we'll be sharing a Wordle a day to our Instagram story. Can you guess them all? Also check out this fun [CROSSWORD PUZZLE](#) made in honor of SDT's Founders Day!

## 5. Show off your SDT pride

Founders Day is a great day to put on your old blue and café au lait, your pin or your letters. If you're spending your day on Zoom calls, use any of these [SDT BACKGROUNDS](#) for your calls!

## 6. Give back to your community

Service is an important component of membership in SDT, and you can honor that by supporting great causes in your community!

## 7. Participate in Founders Day of Giving

Celebrate our legacy and make a difference with a [DONATION](#) to the Sigma Delta Tau Foundation. 105 years of sisterhood and a lifetime of support!

