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*Look for our next newsletter in the summer!  
Or email us with your suggestions!*

### 2010–2011 AVC Board

**President of the Board:** Scott Byer '08  
**Vice President:** Simon Rossetter '06  
**Treasurer:** Greg Hammett, CPA '07  
**Secretary:** Chris Hinchcliff '10  
**Chapter Counselor:** Mike Trent, Esq. '07  
**Balanced Man Steward:** Tim Wolff '09  
**Recruitment Mentor:** Brook Hamilton '07

### Message from AVC Board President

## Nothing Stronger Than a Volunteer



**Scott Byer '08**  
AVC President

We have come a long way as a chapter within the past semester. The Virginia Omicron Chapter of Sigma Phi Epsilon has achieved numerous accomplishments in the past six months. I

want to paint a picture of how the Alumni & Volunteer Corporation (AVC) has assisted in the journey to success.

The first Balanced Man Scholarship (BMS) in recent years was awarded this fall to a freshman who exemplifies Sigma Phi Epsilon values. Thanks to the volunteers who assisted undergraduates through constant mentoring, programming assistance and fundraising efforts to support this honor (to read this and other chapter updates, click here to see the article by BMS Steward Tim Wolff on page 4).

At the beginning of the semester, the AVC coordinated and facilitated a goal-setting retreat for the undergraduate Executive Board to identify goals to be reached by the end of the semester. Assisting with this project was the Regional Director Josh Hodnichack.

The retreat wrapped up with team building and goal-setting activities for the entire chapter. In the future, these retreats will continue to be supported by the AVC and other volunteers, and will

take place at the beginning of each semester.

Beginning this fall, the AVC took a look in the mirror and reassessed the responsibilities and expectations of the entity. Mentoring programs established paired a volunteer and an undergraduate Executive Board member together to challenge and coach the leaders of the chapter. All alumni programs will now be planned and executed by the AVC. A successful audit of the chapter's finances was taken by AVC Treasurer Greg Hammett to assure financial responsibility. We have taken these and other measures to live up to what is expected of us.

We currently have a handful of amazing volunteers. Devoting their time and talents to support the chapter is an understatement as to what this group has provided to us and

this chapter. Thank you! If you feel the same, take a minute to thank those folks. If not, tell us how we can improve.

But as always, the best thing you can do for the organization is to get involved. Feel free to contact the AVC at [SigEpVAOAlumni@gmail.com](mailto:SigEpVAOAlumni@gmail.com) to find out what you can do to contribute.

These updates represent a snapshot of what has been accomplished, but there is so much more

*Click to see "Nothing Stronger" on page 5*

*"Take a moment to reflect... and contemplate what it will take to push us over the edge."*

### National News

## Sigma Phi Epsilon Continues to Build Balanced Men

### Wheelhouse Changing GPA Focus

The Wheelhouse, which previously focused on chapters with a 3.15 GPA or higher, will now focus on chapters who exceed the all-campus-average. Since its inception, the Wheelhouse (formerly known as the Phi Beta Kappa Wheelhouse) has helped increase the overall SigEp GPA. The fraternity hopes that this will promote a new focus on chapters striving not only to obtain a chapter GPA of about 3.15, but to maintain excellence towards their school's all-campus-average.

The Sigma Phi Epsilon Educational Foundation has selected the 2010 National Competition Schol-

ars. The Foundation awards a \$1,000 individual scholarship to 20 undergraduates whose involvement and accomplishments in academics, leadership and community service have distinguished them among their peers.

### New Charters for SigEp

Four SigEp Sigma Epsilon Chapters received their charters this semester. The chapters at Montana State, Utah State, Cornell and St. Mary's have taken advantage of the fraternity's focus on a faster paced chartering process to become fully chartered members of Sigma Phi Epsilon. Adding

these chapters increases SigEp's notoriety at the nation's top universities and colleges.

### Apex Award for SigEp Journal

*The SigEp Journal* has won its third APEX award from Communications Concepts, an organization that specializes in writing, designing and producing publications for organizations across the country. Robert Menefee (South Florida '05) wrote "Life inside a Japanese Village" for the Spring 2009 issue (click here to see the article on page 44). The story garnered an Award of Excellence in the "Interviews and Personal Profiles" category.

## Focusing on Goals and Service Projects



**David Warner '11**  
Outgoing Chapter President

Our chapter continues to thrive in terms of recruitment, service, brotherhood and Greek unity.

This semester, the chapter started off on the right foot – study hours were organized and rules

were set in place to make the semester easier to handle. The Executive Board worked well with Nationals as well as the Alumni Volunteer Corporation.

At the beginning of the semester, we were visited by our Regional Director, Josh Hodnichak, who assisted the chapter in setting goals and constructing organization.

This extremely helpful retreat was supported by the whole chapter. Josh recently returned to campus to follow up on our progress, which helped

the chapter, as well as the current and future Exec Boards, understand the direction of the chapter and to determine what worked and what didn't.

Our chapter continues to have excellent growth. The Balanced Man Scholarship, a newly instilled scholarship program by the Alumni Volunteer Cooperation, was awarded to Tyler Brown '14, a freshman from Appomattox, Virginia, on October 9. He was presented with a \$500 Scholarship after an intense application process and multiple levels of cuts.

We were also pleased to award a new "Queen of Hearts" title. Shannon Stubbs '11 has been an important player in our chapter during her time at Lynchburg College and we are pleased to have her joining our organization. We also have had a successful semester in terms of our interaction with the Greek community. We have had numerous

*Click to see "Goals" on page 5*

### New Brothers

**Shaun Johnson '13**  
Bluemont, Virginia  
Athletic Training

**Scott Howard '13**  
Westfield, New Jersey  
Athletic Training

### Undergraduate Exec Board

**President:** Matthew Dotten

**VP of Programming:** Harrison Kyte

**VP of Finance:** Jeremy Anderson

**VP of Development:** Allen Francis

**VP of Recruitment:** Buster Peter

**VP of Communications:** Chris Emerson

**Chaplain:** Andrew DeSantis

## Message from Incoming Chapter President

## Tomorrow's VAO Chapter Starts Today



**Matt Dotten '12**  
Incoming Chapter President

As president of the VA Omicron chapter of Sigma Phi Epsilon for the 2010 calendar year, I have several initiatives I would like to see completed.

These are goals I have for this upcoming semester and with our

current Executive Board, many of which have been associated with Executive Board before. I am confident that these goals are very attainable and I wish for your help in achieving and maintaining them.

The most immediate action that needs to be taken is regarding chair positions. I believe that splitting work between brothers is essential to keeping people involved, avoids giving the Executive Board too much work, keeps seniors involved, helps brothers do their Phi Challenge and more.

All but two of our chair positions were held by Executive Board members last semester. This is something that I will not allow this upcoming semester. By spreading the work, we all better appreciate what this fraternity has to offer.

Next, we would like to go the entire year without any incidents. These incidents have been

*Click to see "Tomorrow's VAO" on page 6*

### Recent Numbers

#### Manpower

Current: 30    Fraternity Average: 25

#### Community Service Hours

Current: 708    Hours per Brother: 23

#### GPA Numbers

Fall Chapter GPA: 2.85

Fraternity Average: 2.93

New Member GPA: 2.42

Fraternity Average: 2.58

## Guest Article

## Fantasy Fatball: Losing Weight and Gaining Money



**Sam Lackey '08**  
Guest Writer

I love to eat. Plain and simple. I love to eat so much that I managed to balloon up to 280 pounds by the time that I decided to lose weight. As of this morning, I weigh 186 six pounds.

I went from not being able to run a half mile to competing in two triathlons and a half-marathon. I just started training for my first marathon in March. If you had asked me when I was overweight if I ever thought I would be able to accomplish this, not only would I have told that you that

I didn't think it was possible but I would have said that I had no urge to try.

I would love to say that my motivation for losing weight came from just wanting to be healthy, but unfortunately that is not the case. A co-worker of mine and his brother decided to have a competition to see who could lose the largest percentage of weight in a given period of time. They decided to expand

the competition to other overweight individuals and thus, "Fantasy Fatball" was created.

Each member of Fantasy Fatball put one hundred dollars in the pot and we decided that it was winner take all. We created a website and weighed every Monday. We used the website to track progress and standings in addition to having a forum to harass each other when weight was gained. Our story was even featured in a 2009 article by *The Roanoke Times* (<http://www.roanoke.com/extra/wb/wb/197199>).

At the end of the competition, I had lost 72 pounds and gained a thousand dollars. Some of the guys that participated in Fantasy Fatball fell right back into the same bad habits from before the competition and have gained all of their weight back. On the contrary, I continued to exercise and monitor what I eat. Since starting my weight loss journey, I have lost 95 pounds and have managed to keep it off. I think I was successful in my weight loss and managing

*Click to see "Fantasy Fatball" on page 3*

# Beyond the Physical

*How one brother's personal involvement with an unusual summer camp for burn survivors changed his perspective on himself.*



**Greg Hammett '07**  
AVC Treasurer

Imagine a swimming pool at a summer camp set deep within the Shenandoah Valley. Children are jumping, laughing, and splashing with each other and their counselors. This may sound like a regular summer camp, but it's more than that – every child here is a burn survivor healing from the related physical and emotional scars. This camp is a place for the children to bond with other burn survivors, and may be the only time they can run around in a swimsuit without being judged by

other people for their burns.

Mid-Atlantic Burn Camp (MABC), which takes place at a campsite near Harrisonburg, VA, is a camp that helps burn survivors, ages 8 to 17, build confidence, develop social skills, enhance judgment and decision-making, foster teamwork skills, acquire an appreciation for the environment, and promote healthy recovery from burn injuries. The camp was started in the summer of 1989 by Linda French and Tonas Kalil, two physical therapists from the Baltimore Regional Burn Center. The first camp consisted only of 19 campers and eight counselors. Today, the camp consists of roughly 40 counselors and 50 children, most of whom come back year after year.

As a burn survivor, this camp had a significant impact on my self-confidence and my overall success in life. One winter night in 1993 changed my life forever. During dinner, a bowl of boiling hot soup fell on my lap and left me with second and third degree burns. As an 8 year old, I felt like I was the only burn survivor in the world. Two years later I attended MABC for the first time. While my physical wounds were healed, I was just starting to heal emotionally and was learning to come to grips with what happened. If not for camp, I would not be the man I am today.

MABC gave me the chance to see that there were other burn survivors. The activities in which I participated, like horseback riding, rock climbing, swimming, and high ropes, helped me build confidence with their challenge by choice program. This program urges kids to push themselves to choose what challenges them and to what level is best for them. For example, a challenge for someone that is afraid of heights may be to take five steps up a ladder on a high ropes course, but it may be a challenge for someone else to do pushups 40 feet in the air on wires.

With the camp's focus on being a "burn survivor" rather than "burn victim," the most crucial part of my emotional healing process was being able to talk and share stories with other burn survivors. All the wonderful people that volunteered their time for camp and all the lessons they taught me kept me coming back year after year. Furthermore, if it wasn't for their encouragement and guidance, I may have never went to college.

Since aging out of the program in 2002, I have returned as a counselor for the past seven years. As both camper and counselor at MABC, I have

gained new perspectives, had many adventures, made many friends, and even met my fiancée. But it's helping young burn survivors grow and heal that keeps me coming back. Whether it's a kid who is scared of heights, a kid who doesn't like to cook because of fire, or a kid riding a horse for the first time, these kids always continue to grow and surprise themselves.

There is nothing more rewarding than encouraging a kid to do something they didn't think they could do, like rock climb up a 50 ft. cliff, cook a new dish, build a rocket, make friends, or advancing from being nervous around horses,



*Greg and his group pose for a picture after visiting arts and crafts (and finding face paint) during a week at Mid-Atlantic Burn Camp.*

to grooming them, to finally riding them by the end of the week. Seeing the sense of pride they have after successfully surmounting the challenges before them gives me strength in my daily life.

MABC is always in need of is counselors, especially men, who are willing to give a week of their time during the year for these kids. Three of our brothers, including myself, have given their time and talents for this wonderful cause. Fellow LC Brother Dave Hamilton '05 and Brother Mike Cardozo '10 (University of Miami) have also volunteered their time.

"Burn camp is the most important week of my year," said Brother Cardozo. "I look forward to camp all year long. The counselors and campers alike have become great friends. Burn camp is an amazing and extremely unique place that truly changes kids' lives. Each year at burn camp I experience the love and strength that each burn survivor demonstrates, and it carries me through my own year with a new perspective on life."

For more information about MABC, you can visit their website at <http://www.MidAtlanticBurnCamp.org>. To volunteer for this rewarding cause you can email Brother Hammett at [ghamm91@gmail.com](mailto:ghamm91@gmail.com), or you can email the camp directors directly at [BurnCamp@verizon.net](mailto:BurnCamp@verizon.net). I personally challenge every brother to volunteer their time and talents to MABC or another organization that helps so many deserving people.

## Fantasy Fatball

*from page 2*

to keep the weight off because I found what works for me. There are hundreds of diets out there and it is my belief that the majority of them work as long as you stick to it. I am by no means a health expert, but I do think there are certain things that can increase your chances of success.

**Stick to a schedule.** Get used to eating and exercising at the same time every day. Plan out your day and it helps to keep you accountable for following your diet.

**Don't be afraid to treat yourself.** In addition to changing your diet, treating yourself once in awhile will keep your metabolism up.

**Don't expect overnight success.** Losing weight is a slow process. You will find that losing weight gradually will also increase your chances of keeping the weight off.

**Exercise.** If you want to lose weight and keep it off, you are going to have to exercise. Just like the diet itself, you need to find what works for you. Find something that you enjoy and it will be much easier to motivate yourself.

**Weigh yourself.** Although looking at those numbers in the beginning can be a little disheartening, nothing boosts your confidence and motivation like seeing results. Pick two days a week and weigh yourself on those days. Keep track of your progress.

*"If not for camp, I would not be the man I am today."*





*New and old brothers gathered together at the Chapter House during SigEp VAO's Fall Homecoming 2010.*

## Brother Updates

Read the latest news about your brothers. Have your own update? Email us [SigEpVAOAlumni@gmail.com](mailto:SigEpVAOAlumni@gmail.com).

**Brother Bob Duff '93**, a founding father of our chapter, was re-elected as State Senator for the 25th Senatorial District of Connecticut. Bob currently resides in Norwalk, CT with his wife Tracey and their two sons.

**Brother Pete DeVall '09** and Crystal Moscak '08 are engaged to be married. They currently reside in Newport News, VA.

**Brother Chris Green '02** and his wife Cathleen were married on November 13, 2010. Chris and Cathleen currently reside in Liberty, NY.

**Brother Brook Hamilton '07** and Megan Gustafson are engaged to be married. They currently reside in Chesapeake, VA.

**Brother Greg Hammett '07** and Meg Wooldridge are engaged to be married. They currently reside in Arlington, VA.

**Brother Jeff Hennessy '02** and his wife Carolyn recently gave birth to their second child Bryant on November 15, 2010. They currently reside in Richmond, VA with their first son Chase.

**Brother Sam Kelbaugh '08** and Sarah Hagadorn '08 were married on January 1, 2011. Sam and Sarah currently reside in Virginia Beach, VA.

**Brother John Pedro '08** and Tiffany Smith are engaged to be married. They currently reside in Fairport, NY.

**Brother Ben Smith '07** and Star Walls are engaged to be married. They currently reside in Harrisburg, PA.

**Brother Tim Willis '09** and Megan Lynn are engaged to be married. They currently reside in Stuarts Draft, VA.

### Want to get involved with the AVC?

Do you have questions? Suggestions? Comments? Article ideas? Want to volunteer? Feel free to email us at [SigEpVAOAlumni@gmail.com](mailto:SigEpVAOAlumni@gmail.com) or visit the volunteer page at [www.SigEpVAOAlumni.org/volunteer](http://www.SigEpVAOAlumni.org/volunteer)

# ΣΦΕ

## Finding Lost Brothers

One of the AVC Board's missions is to reconnect with all brothers. While we were successful in locating the vast majority of our brothers, there are several brothers who we have lost track of over the years. We would like to include them in our future communications. If anyone has their contact information, please send it to [SigEpVAOAlumni@gmail.com](mailto:SigEpVAOAlumni@gmail.com).

Sean Baker, '00	John Katz, '93
James Boldt, '01	Marc Maciaszek, '97
Brian Campbell, '97	David MacInnis, '97
Travis Campbell, '01	John Maggio, '03
Doug Cash, '96	George Mangelsdorf, '95
Scott Coleman, '99	Blanton Parrish, '98
Jarod Dennis, '99	Eric Shea, '99
Jeffrey Erkert, '01	Jeffrey Stuart, '97
James Griffin, '99	Christopher Tyree, '99
John Hart, '02	Theodore Walter, '96
Matthew Hewitt, '94	Christian Windsor, '96

### Balanced Man Scholarship

## Foundation for the Future



The awarding of the Balanced Man Scholarship during Homecoming Weekend 2010 was an exciting time for VAO.

Not only did we revive an important aspect of our fraternity's vision in building balanced leaders, we identified several accomplished young men and introduced them to the life-long brotherhood that is Sigma Phi Epsilon. We successfully illuminated the face of Virginia Omicron that has unintention-

ally faded over the past few years, and our hope is to use this momentum to improve the chapter as well as its potential to be a life-changing organization for all involved.

We have already begun reviewing and refining the BMS selection process in preparation for this upcoming year. Promoting the scholarship will begin in early spring, around the time high school seniors make their final decisions regarding colleges for the fall.

We are working with LC's Enrollment Office to add the BMS to a printed list of available LC scholarships and, if possible, we will send a letter and BMS application to all incoming freshmen males the summer before they arrive.

Applicant interviews will be conducted during the first few weeks of classes and, similar to this past year, the BMS Scholarship winner will be awarded during the Fall Homecoming Weekend.

*Click to see "Foundation" on page 6*



*AVC BMS Steward Tim Wolff (left) and AVC President Scott Byer (middle) present this year's BMS Award to Tyler Brown '14.*

# Giving Back to the Chapter

The AVC offers alumni various ways to continue supporting the VAO Chapter



**Greg Hammett '07**  
AVC Treasurer

Brothers are encouraged to give back to their undergraduate chapter through their time, talents, efforts, and financial contributions.

Those who cannot contribute their time and talents due to other obligations can give

back to the chapter through financial contributions in support of the chapter's mission.

Generous donations from our brothers allowed the AVC to reinstate the Balanced Man Scholarship ([www.SigEpVAOAlumni.org/Campaign.html](http://www.SigEpVAOAlumni.org/Campaign.html)). Donations also allowed the AVC to hold a reception

in honor of the Balanced Man Scholarship recipient. In the sidebar, please see the brothers who have donated to the AVC in the Donations Levels section of the newsletter.

In an endeavor to support alumni donations, we are proud to offer the 1901 Campaign. The 1901 Campaign is designed to automatically withdraw the small donation of \$19.01 per month from the donor's bank account. To sign up for this new program, simply visit the AVC website ([www.SigEpVAOAlumni.org/Campaign.html](http://www.SigEpVAOAlumni.org/Campaign.html)) and follow the instructions on the website.

Alumni can still make single donations to the AVC using the same webpage or mailing the donation to our Treasurer, Brother Greg Hammett '07. Please email us to obtain his mailing address. As a reminder, donations to the AVC are not tax-deductible as we are a 501(c)(7) Social and Recreational Clubs organization.

The AVC is working with the SigEp Foundation to offer tax deductible donations for the Balanced Man Scholarship. This should be available in the near future and as always, brothers are encouraged to check the AVC website ([www.SigEpVAOAlumni.org](http://www.SigEpVAOAlumni.org)) periodically for updates. Our primary fundraising goal for 2011 is to raise \$500 to award the Balanced Man Scholarship to a freshman from the Lynchburg College Class of 2015 during Homecoming 2011.

Your continued support for the AVC is necessary to continue funding the Balance Man Scholarship, organize alumni events such as Homecoming

## Nothing Stronger

from page 1

that needs to be done. I heard the other day that some brothers have wondered if we could make the *SigEp Journal* front page. Virginia Omicron on the front of the *SigEp Journal*, setting the bar for other chapters. How great would that be? How about this: what if we think big and make the goal to get on the front page of the *Wall Street Journal*?

Read through this newsletter, take a moment to reflect on Virginia Omicron's journey and contemplate what it will take to push us over the edge. Once again, thank you for supporting the Virginia Omicron Chapter of Sigma Phi Epsilon. We hope you had a wonderful holiday season and wish you a prosperous new year.

# SigEp



### Email

SigEpVAOAlumni@gmail.com

### President

Scott Byer '08

### Vice President

Simon Rossetter '06

### Treasurer

Greg Hammett, CPA '07

### Secretary

Chris Hinchcliff '10

The VAO AVC  
Newsletter  
Leadership Team

### Designer

Meg Wooldridge

### Contributing Writers

Mike Dotten '12  
Sam Lackey '05  
David Warner '11  
Tim Wolff '09

### Find us online

VAO Chapter website  
VAO Alumni website



## Goals

from page 2

mixers with other Greek organizations, including Tri Sigma, Phi Delta Theta and more.

Our chapter's highest achievement has been the initiation of the Greek-wide American Legion Service Project. With help from the American Legion, Harrison Kyte '12 and Billy Reed '13 organized and lead SigEp VAO and other Greek organizations on campus to send \$1,500 worth of goods to soldiers on their first deployment to Afghanistan.

This particular company consists of soldiers between the ages of 18 and 25 who are on their first deployment and do not receive regular supplies. This service project spanned several months and was filmed multiple times on Channel 13 News, as well the campus website. For a communications class project, Allen Francis '12 filmed and edited a documentary on the event, which spread to YouTube and the Lynchburg College community. It has been spread across the nation thanks to Tabatha Sarco, the Greek Advisor, who showed it to multiple National Greek Organizations while at a conference

in Phoenix, Arizona.

Last but certainly not least, we have greatly improved our interactions with the Alumni Volunteer Corporation, from a fantastic Alumni Weekend this past October to a stool burning event at the chapter house at the end of the semester. These events are planned to be held every semester in order to create a more comfortable, fun and personalized chapter house.

This semester has shown an outstanding increase in participation, organization and brotherhood, and we look forward to the upcoming year. The new Executive Board is made up of extremely organized and forward-thinking individuals who will continue to lead the chapter in a positive direction.

Currently, we are the largest fraternity on campus and will continue to be thanks to the leadership of the new Executive Board, as well as the continued efforts and support of the Alumni Volunteer Corporation.

## Donation Levels

### Sigma Patron (Up to \$99)

Greg Hammett  
Jason Rankin  
David Warner

### Phi Benefactors (\$100 to \$199)

Jamar Hawkins  
Jeffrey Preston  
Simon Rossetter

### Epsilon Guardians (\$100 to \$199)

### Skull and Crossbone Club (\$500 to \$999)

### Order of the Ducal Crown (\$1,000 to \$2,499)

### 1993 Council (\$2,500 to \$4,999)

### Red Door Trust (\$5,000 to \$9,999)

### The Golden Heart Society (\$10,000+)

## Donating Money

For more information on donating money to chapter, scholarship funds and more, please visit our website:

[www.SigEpVAOAlumni.org/Campaign.html](http://www.SigEpVAOAlumni.org/Campaign.html)

Alumni Weekend, purchase supplies for the chapter, and support Virginia Omicron undergraduate and alumni chapter endeavors.

Should you have further questions about donations or other AVC financial information, please email us at [SigEpVAOAlumni@gmail.com](mailto:SigEpVAOAlumni@gmail.com).



quite common the past couple of years, typically happening once a semester. While this is certainly easier said than done, we plan to initiate several things to avoid the chances of more incidents.

First, we are re-establishing the Risk Management Chair position. This individual will be someone who is respected in the fraternity, preferably living in the house and is 21 years of age. In addition to their duties outlined in the bylaws, this individual will be required to appoint a Risk Management speaker for this upcoming semester (preferably to speak in the house so we have something to add to any future letters we have to write about the house).

Second, we are adding lessons to our development process for newer members about our policies, nationals' policies and school policies regarding alcohol, illicit drugs, etc. If you have any more suggestions for how we can further reduce our likelihood of incidents, I

am always open to new ideas.

Another goal of mine is to fix the study hours system. This past semester did not work out as planned. Rather than complaining about it, we have simply learned the incorrect way to organize study hours. Our new Executive Board is in the process of figuring out how we should structure the study hours system so this doesn't happen again.

The last thing that we plan to work on is more involved with faculty support. Our YouthAids Event fell apart this year as we had issues with the house and the weather got colder, but we couldn't move it inside without violating the fire code.

Our proposed plan is to either move this event back to late spring or have a much smaller faculty event (something like a faculty lottery for example).

From myself and members of the Undergraduate Executive Board, we are very excited to work with current brothers, as well as the AVC board, to continue our success into the future.

Our goal for the 2011 BMS is to hopefully triple this past year's number of applications and raise enough funds to give the winner a \$1,000 scholarship.

Long term, we hope to shape the BMS into an opportunity that is unmatched by any other LC student organization and match its permanence with SigEp's reputation within the Lynchburg College Community.

As the AVC, we believe that the BMS is one of many available tools that will help push Virginia Omicron into the spotlight as one of the top SigEp chapters across the nation. Through

continued alumni network-ing, unification and support, in conjunction with the hard work of the undergraduates, there is no obstacle keeping Virginia Omicron from fulfilling its potential as Buchanan Cup chapter.

As the AVC continues to expand, we ask for your help and contributions in achieving our goals while pursuing our common vision, for the BMS Scholarship as well as our chapter.

Once again, thanks for your commitment to Sigma Phi Epsilon.

## Spring Alumni Weekend Update

The AVC would like to inform everyone that due to the chapter's current probation status, we will not be holding Spring Alumni Weekend this year. We have taken into consideration a lot of different factors and feel that it is in the best interest of the chapter to not hold an Alumni Weekend. As always, we encourage our alumni to go back to LC and visit the chapter as often as they please. Please feel free to contact me through the AVC email address with any questions or comments.

Fraternally,  
**Simon Rossetter**, AVC Vice President



**"I'm glad we had the times together just to laugh and sing a song, seems like we just got started and then before you know it, the times we had together were gone." -Theodore Geisel (Dr. Seuss), a SigEp brother**