



Welcome to the First Edition

Letter from the AVC Board President



Scott Byer '08
AVC President

Welcome to the first edition of the Alumni Newsletter for the Virginia Omicron Chapter of Sigma Phi Epsilon (SigEp VAO). We are very excited to bring this semi-annual newsletter to you and

hope that you enjoy the news about SigEp VAO and your brothers.

Some facts about the Sigma Phi Epsilon Virginia Omicron Chapter, founded as a social fraternity on the Lynchburg College campus: more than 230 initiated members, which is approximately twice the amount of the number two fraternity at Lynchburg College; over 17 years as an active chapter; four different chapter houses (three of which have been on Vernon Street); and many memories that have been shared by brothers both as undergraduates and alumni.

I am happy to report that the SigEp VAO Alumni & Volunteer Corporation (AVC) has been reinstated. The AVC is in good standing with SigEp National Headquarters, the Virginia State Corporation Commission, and the Internal Revenue Service.

We filled five key positions on the AVC Board after identifying passionate and qualified volunteers (see right). This will be the interim board for now, and will possibly change in the fall ([click to see Homecoming 2010](#) on page 6)

The AVC Board welcomes additional support — men and women who are local community leaders, parents of brothers, Lynchburg College faculty or staff, and of course any SigEps who want to volunteer their time and/or talents.

Please contact the AVC Board by emailing SigEpVAOAlumni@gmail.com for more information on volunteer opportunities.

What can you do right now to help?

Join us on the Virginia Omicron chapter Facebook group and the professional networking site Linked In ([click](#) to see our Staff Box on page 5).

The best ways you can participate is to join us for Homecoming 2010 October 8–10 ([click](#) to see *Homecoming 2010* on page 6), and by making monetary donations to the chapter ([click](#) to see *Giving Back* on page 5).

Do you remember the following moments as an undergraduate?

- Receiving your bid card to join the chapter
- Uniting with your big brother
- Receiving your very first set of stitched letters
- Standing at your brother's side during a difficult time
- Sitting in both your first and your last chapter meetings

These are all moments that are very personal to SigEps. These moments make up very special parts of our lives.

So I have a challenge for all alumni. Go to your storage unit and take out those stitched letters that you have not worn in years. Dig deeper and find your membership card. Look through old

photos or videos that have captured SigEp memories. And most of all, please join us at Homecoming this fall. Let's join together to show the Lynchburg College community that the closest of friends, top leaders, and finest balanced men that have walked through the halls of LC are SigEps.

We preach a lifetime of fraternal brotherhood throughout college. Invigorate that passion again and join us on that never-ending journey of virtue, diligence, and

Click [here](#) to see President on page 5

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Look for our next newsletter in the winter!

Meet Your AVC Board

President of the Board

Scott Byer '08

Vice President

Simon Rossetter '06

Treasurer

Greg Hammett, CPA '07

Chapter Counselor

Tim Olsen '07

Balanced Man Steward

Tim Wolff '09

**"...The closest of friends,
top leaders, and finest
balanced men that have
walked through the halls
of LC are SigEps."**

Stay in Touch

Ever wonder what your brothers are doing? Want to know more about upcoming events? Want to get involved?

Click the link below to check out the alumni website:

www.SigEpVAOAlumni.org

And don't forget to check back for continual updates about SigEp VAO!

Virtue, Diligence, and Brotherly Love

National News — SigEp Continues to Build Balanced Men

The fraternity's mission has been refined to three simple words: building balanced men. With these three words, we capture the essence of SigEp's value to its members. It charts a course for men to live their best lives by embracing our cardinal principles of virtue, diligence and brotherly love, and by committing to the practice of sound mind and sound body.

For the sixth consecutive year, the Sigma Phi Epsilon Educational Foundation has awarded a \$5,000 scholarship to the Scripps National Spelling Bee Winner. This year's winner was Anamika Veeramani, from North Royalton,

Ohio. The scholarship was presented at an awards banquet June 5, 2010 at the Grand Hyatt in Washington, DC. The Bee is an opportunity for SigEps to support academic pursuits. All 274 participants exemplify an ancient Greek philosophy of balance through the pursuit of a sound mind and sound body.

Ryan Mathews, Fresno State '11, fulfilled a lifelong dream when he was selected by the San Diego Chargers in the first round of the NFL draft. Mathews joined SigEp in 2009.

For more from the Chargers team website, click [here](#). To see more about Josh's stellar performance this past season, click [here](#) to check out the Chargers' *Spring 2010 Journal* and flip to page 10.

Josh Hodnichak has recently been appointed as the new Regional Director for the VAO chapter. Josh is an '10 graduate of Case Western Reserve where he obtained his degree in Biomedical Engineering with an Economics minor. We look forward to working with Josh to continue the development of our chapter.

New Brothers

Daniel Bost '13

Lynchburg, Virginia
Undecided

Nick Byron '13

Laurel, Maryland
International Relations

Tim Crites '13

Transferring to VA Tech

Matt Ellis '13

Bethesda, Maryland
Communications

David Eyster '13

Durham, North Carolina
Psychology

Vanya Grove '12

Charlottesville, Virginia
Communications

Nick Loescher '12

Arlington, Virginia
Biology

Christopher Peter '13

Dripping Springs, Texas
Environmental Sciences

Billy Reed '13

Lynchburg, Virginia
Physics

Jon White '13

Baltimore, Maryland
Communications

Undergraduate Chapter Update

Congratulations to the Alpha Lambda New Member Class



David Warner '11
Chapter President

During the fall semester of 2009, the Virginia Omicron Chapter of Sigma Phi Epsilon greeted two new brothers. We held four fantastic recruitment events including flag football on the Dell, indoor floor hockey,

wings and Call of Duty, and our cornerstone — a Polynesian cookout at the chapter house.

We saw a magnificent turnout for the recruitment events, including a great deal of freshmen that we were glad to see again during the spring semester.

During the fall semester, we enjoyed one formal at the house that was preceded by a Christmas cookout with the faculty and staff of Lynchburg College. This was a fantastic event with a wonderful faculty turnout, including our Greek advisors as well as other esteemed educators. While the social calendar was not as full in the fall, it blossomed in the spring of 2010.

Recruitment week for the spring semester was very strong once again. We held four equally as effective recruitment events by simply trading flag football for a poker room in order to incite conversation and meaningful understanding across the tables.

After all was said and done, we accepted the largest class of new members for the fraternities on campus with 10 new members. They are a great group of gentlemen and very dedicated to the values of our great fraternity.

We showed our support for the ladies of Alpha Sigma Alpha by attending their Ms. LC

beauty pageant, as well as running the sound system and music for the event.

We also held an exciting mixer with the Alpha Sigma Alpha ladies at the Pavilion, where we had a cookout and such summer time games as beach volleyball and table tennis.

We had an excellent showing at Relay For Life, where we raised funds for cancer research by selling pasta and "chariot" (wagon) rides. The Dean of Students, John Eccles, was a frequent passenger of those rides around the track. We also had Brother Jeremy Anderson '12 crowned as King of Relay, and he was also the overall winner of the competitions during the twelve-hour rally.

At Greek Awards, Brother Allen Francis '12 was named Greek Life Unsung Hero, Brother Billy Reed '13 was named Outstanding New Member, and I was honored as having one of the Top 10 GPAs within the Greek Community. We also had two new members, Timothy Crites '13 and Nicholas Loescher

Click [here](#) to see *Chapter* on page 5

Pillars of Leadership Behind Sigma Phi Epsilon



Success is pretty much a black and white word — you either succeed or fail at a given task, duty, or job. However, the level of success varies and it is often difficult to measure, especially when it comes to the concept of development. I believe successful development is derived from the impact upon another person, place, or thing, and not necessarily on the individual being developed.

Here's my point — successful development cannot be solely determined on a leader's ability to make decisions. Although the leader's guidance and direction steers the decision-making process, it is the ability of the executioner or subordinate to see through an idea and make its vision a reality.

I'm sure you are thinking if leaders didn't assign orders in the first place, nothing would happen. On the contrary, I would like to argue that the opposite is true.

An original idea is usually based on previous models and/or experience, not always

from higher level guidance. So a leader with little to no experience in an elevated position cannot appeal to higher authority for answers.

That leader will probably base their decisions on previous knowledge or experience, but those things will only take an idea or a person so far. The other decisions must be based on instinctual values, and those values cannot be taught, developed, or trained — they must come from within.

So as brothers, we are charged with several responsibilities, whether we acknowledge it or not.

First, is to use the tools we have learned from the SigEp Brotherhood to make this world a better place; Second, to uphold the esteemed principles of our fraternity to their highest level; and lastly, to develop future leaders for the world's community. The combination of these three pillars is the cornerstone of the

Jenkins lesson. Carter Ashton Jenkins did not initially spell out any sort of plan or direction to the future founders or for William Wallace (a.k.a Uncle Billy), who promoted the franchise of our fraternity throughout the country.

But luckily, this unique fraternity has not only succeeded over the years but greatly flourished, and I believe that is largely due to the highly motivated and committed brotherhood and its individual dedicated members as well.

With that said, I know none of us sit in the Grand Chapter President's chair or on the Education Board. But we all have walked through a red door, and we all have walked the path of the Dell that led us across the stage in front of Hopwood Hall. We all have gained instinctual values

"We all have gained instinctual values from being a SigEp."

from being a SigEp.

So our indelible mark has been made
Click [here](#) to see *Leadership* on page 6

Duff Encourages Grads to Move Forward Boldly

As a state senator, I'm often called upon to make changes that affect the lives of

hundreds of thousands of people in my home state of Connecticut.

The goal for

any elected official is to make positive changes and most of the time we do get it right.

Recently, I returned to Lynchburg College, as I was invited to deliver the commencement speech to the graduating class of 2010.

In my short stay, I witnessed many positive changes. At the same time, I was relieved to see some things still remain the same — progress and time-honored tradition, existing side by side, in perfect harmony.

In my commencement speech, I urged the young men and women in the audience to adhere to the biblical precept of love your neighbor, to lead by serving others, and to do everything with class. Perhaps I was speaking to the choir.

Southern hospitality and that sometimes difficult-to-define southern charm are still in great abundance. People in and around Lynchburg are friendly, even gracious, and respectful of both neighbor and

visitor. Although I've been away for 17 years, it wasn't a difficult task to pick up right where I had left off. It was good to be back home.

I also urged the Class of 2010 to move forward with boldness. Some say that is a difficult if not impossible task, given the current political and economic climate. Even the most confident and secure among us are being overly cautious right now. And to say there's much at stake would be an understatement.

Still, would we have green buildings today — ones that use far less energy and are far more people-friendly — if we hadn't moved forward with boldness 10 or 20 years ago?

Progress doesn't happen until you take that first step. 17 years ago, I was a young idealist — passionate about making this world a better place for you, me and our children. I'm happy to report that if anything has changed in this regard at Lynchburg, it's only for the better.



LC President Kenneth Garren (left) presents an honorary degree to Senator (and Brother) Bob Duff '93 at the 2010 Commencement Ceremony.

Today's Lynchburg College student is even more aware of the task at hand and more passionate about making things right. I urged these students to refuse mediocrity, embrace critical thinking, and above all else, take the chance.

Were it not for a few risk takers who passionately believed that all men are created equal, we wouldn't have a United States

Click [here](#) to see *Duff* on page 6



Brother Updates

Brother JP Jenkins '03 and wife Erin Dunkum '05 pose for a picture with other brothers in attendance at their wedding on 05/29/10.

Read the latest news about your brothers. Have your own update? Email us SigEpVAOAlumni@gmail.com.

Brother JJ Bolton '94, a founding father of our chapter, is being inducted into the Lynchburg College Sports Hall of Fame. JJ, who played baseball for the Hornets from 1990–1994, will receive his award during the Alumni Awards Gala at Homecoming weekend this fall. He played many positions and won several awards, including MVP in 2993. JJ currently resides in Leesburg, VA with his wife and two children.

Brother JP Jenkins '03 and Erin Dunkum '05 were married on May 29, 2010. They currently reside in Alexandria, VA.

Brother Rob Coates '06 and Susan Krietsch were married on June 26, 2010. They currently reside in Roanoke, VA.

Brother Evan Ibbitson '07 and Kate Stover '08 are engaged to be married. They currently reside in Cockeysville, MD.

Brother Ben Woodson '01 and Christina Elliott are engaged to be married. They currently reside in Arlington, VA.

Brother Sam Kelbaugh '08 and Sarah Hagadorn '08 are engaged to be married. They currently reside in Virginia Beach, VA.

Brother Jacob Mullins '04 and his wife Melissa Mullins '02 recently gave birth to their second child Lily on 5/26/10. They currently reside in West Chester, PA with first daughter Emma.

Brother Jamar Hawkins '04 has been honored as being a member of the Lynchburg College Alumni Association Board of Directors. Jamar currently resides in Woodbridge, VA.

Brother Greg Hammett '07 has earned his CPA license.

Brother Mike Trent '07 graduated in May from Suffolk University in Boston with a Law Degree.

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, below are the names of brothers who we have unfortunately 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.

"Oh Brother, where art thou?"

James Boldt '01
Brian Campbell '97
Travis Campbell '01
Doug Cash '96
Scott Coleman '99
Jarod Dennis '99
Jeffrey Erkert '01
Jeffrey Fox '98
James Griffin '99
John Hart '02
Matthew Hewitt '94
John Katz '93

Marc Maciaszek '97
David MacInnis '97
John Maggio '03
George Mangelsdorf '95
Oneal Matthews '97
Blanton Parrish '98
Eric Shea '99
Robert Souza '99
Jeffrey Stuart '97
Christopher Tyree '99
Theodore Walter '96
Christian Windsor '96

Top Ten Reasons: You Might Be a SigEp VAO...



10. If you still call the Corner Café Tookie's.
9. If you point out where your name is on the signature board every time you visit LC.
8. If you have ever reluctantly spent your Saturday doing a service project, but ended up having a blast.
7. If the words "Alumni Weekend" instantly remind you to bring golf clubs.
6. If Biscuitville is considered a Saturday tradition.
5. If you can remember the first time you met Cooper and the traveling finger dots.
4. If the numbers 197 automatically remind you of some memory (including trying to get the letters back).
3. If you think the sign shed is a city treasure.
2. If a brother-in-need situation turned into a road trip that is still mentioned at gatherings today.
1. If you are pretty sure the only reason brothers get married is to have an excuse to get all the usual suspects back in the same place again.

Written by Andy Ryan '07

Giving Back to the Chapter



Greg Hammett '07
Treasurer

Brothers are encouraged to give back to their undergraduate chapter through their time, talents, efforts, and financial contributions. We understand that many of you have

jobs and families that don't allow you to give as much time and effort as you may like, but many of you would still like to contribute in some way.

Brothers who can't contribute their time and talents can contribute to the chapter through financial contributions in support of the chapter's mission.

If you are interested in donating to the chapter, you can contribute in two ways: Brothers can visit the AVC website (<http://sigepvaalumni.org/Campaign.html>) and give back to the chapter through our Paypal account; or, brothers can donate by mailing checks to our Treasurer, Brother Greg Hammett '07. Please email us to obtain his mailing address.

Unfortunately, the money that you donate to the AVC is not tax-deductible as we are a 501(c)(7) Social and Recreational Clubs — however, your donations will be used to help undergraduate brothers share similar experiences that you did with SigEp VAO. In addition, the AVC plans to use contributed funds to plan events for alumni and support other missions of the AVC.

Currently, our primary fundraising goal is for the Balanced Man Scholarship. We hope to raise \$500 in order to award the scholar-

ship to a freshman from the Lynchburg College Class of 2014 during Homecoming 2010 (click [here](#) to see *Homecoming 2010* on page 6). Brother Jamar Hawkins '04 has offered to match the money raised for the Balanced Man Scholarship.

While donations toward the Balance Man Scholarship are not currently tax deductible, the AVC is in the process of doing the appropriate filings to be able to offer tax deductible donations. Please check the AVC website for any updates on this process and thank you for your patience as the AVC grows.

The AVC Board will also use donations to organize such alumni events as Homecoming and Spring Alumni Weekend, to purchase much needed supplies for the chapter, and to help support the chapter (both undergraduate and alumni) throughout their endeavors.

We have developed the donation levels listed to the right in order to recognize alumni and other donors who have helped support our chapter. We want to honor every donation. These donation levels will begin now, and will be updated and included in future newsletters.

Should you have further questions about donations, or wonder why they are not tax-deductible, please email us at SigEpVAOAlumni@gmail.com.

Donation Levels

We appreciate monetary donations of any amount given to the Chapter.

We would like to honor patrons, no matter the amount. Please consider donating and help us continue to support the SigEpVAO brotherhood.

Skull and Crossbones Club
\$500 – \$999

Order of the Ducal Crown
\$1,000 – \$2,499

1993 Council
\$2,500 – \$4,999

Sigma Patrons
Up to \$99

Phi Benefactors
\$100 – \$199

Red Door Trust
\$5,000 – \$9,999

Epsilon Guardians
\$200 – \$499

The Golden Heart Society
\$10,000+

Donating Money

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

www.SigEpVAOAlumni.org/Campaign.html

President

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brotherly love. Enjoy remembering, reminiscing, and reveling in those memories until we see you at Homecoming 2010 in the fall.

A special thank you is in order for Ed Bishop, Sigma Phi Epsilon District Governor for District 5. His unwavering support and guidance has been vital during the reinstatement of the VAO AVC.

Our hope for this newsletter is to remind you that whether you are a new or old brother, SigEp has always been and will always be a part of you. Thank you for reading and thank you for supporting SigEp VAO.

Chapter

from page 2

'12, who were recognized for having outstanding GPAs (both above a 3.8). The reason they did not receive awards was due to the amount of time they have been in the organization.

Unfortunately during the fall, our Chapter GPA was well below our standards at a 2.68. As a chapter, we made it one of our highest priorities to improve our GPA and are pleased to announce that this past semester our GPA was a 2.75. We will continue to improve our GPA over the upcoming fall semester and beyond.

We also pulled together the finances of our chapter, ensuring we have enough money to hold numerous fantastic events in the fall. We are excited to be working with the newly reinstated AVC of the VAO Chapter, headed by Scott Byer as AVC President and Tim Olsen as our Chapter Counselor.

We are looking forward to a relaxing break from the schoolwork and have already planned for a fun-filled year when we return in August.

SigEp



Your VAO AVC Newsletter
Leadership Team

Email Us:
SigEpVAOAlumni@gmail.com

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Vice President
Simon Rossetter '06

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Andrew Frazzano '05
Andy Ryan '07

Find us online:
VAO Chapter website
VAO Alumni website



How do you like the newsletter?

Questions? Suggestions? Comments?
Article ideas? Other ideas? Feel free to email us your feedback at

SigEpVAOAlumni@gmail.com

HOMECOMING 2010



We want to welcome all brothers of SigEp VAO to come back to LC for Fall Homecoming 2010 on **October 8–10**. We would especially like to invite those brothers who graduated in '95, '00, and '05 to come back and celebrate their 15, 10, and 5 year reunions. Please see the schedule below, along with more information to the right.

Friday, October 8

4 pm to Late: Chapter Open House – Chapter House
Stop by the Chapter House at 225 Vernon Street to socialize with old and new brothers

Saturday, October 9

SigEp VAO's Annual Golf Tournament

9 am: Meet at the Chapter House

10 am: Shotgun Start

*\$40 per brother, which includes a cart, green fees, and free range balls. Please pay for golf in advance through the AVC website link below:
www.SigEpVAOAlumni.org/events.html*

10 am: Disc Golf – Peaks View Park

Meet at the Chapter House and please bring your own discs

10 am: Spa and Relaxation Time – Acorn Hill Salon and Spa

The AVC has scheduled time for girlfriends and wives to get away and relax for a few hours. This spa is offering two spa packages—\$25 for a 15 min massage and manicure, or \$50 for a 30 min massage and manicure. Both packages include a light continental breakfast. Space is limited so please RSVP to SigEpVAOAlumni@gmail.com.

1 pm–5:30 pm: Hornet Zone Refreshment Garden

Hopwood Parking Lot

Enjoy some food and refreshments and support Hornet athletics

5:30 pm: Balanced Man Reception – Chapter House

Eat some food, hang out with brothers, and witness the awarding of the 2010 Balanced Man Scholarship

Sunday, October 10

10 am: Alumni Reception & AVC Meeting – Location TBD

All alumni are welcome. The chapter and AVC will be providing a brief update of their activities, and we will be voting for a new AVC Board (see side box).

12 pm: Epsilon Ritual – Location TBD

2 pm: VAO Chapter Meeting – Location TBD

We look forward to seeing you in October!

More information on Homecoming 2010 can be found on Lynchburg College's online Homecoming page by clicking on the link below:

<http://www.LynchburgAlumni.org/s/915/index.aspx?sid=915&gid=1&pgid=698>

Hotel Information

The AVC has reserved blocks of rooms at two local hotels for SigEp VAO Alumni during Homecoming—the Kirkley Hotel and the Craddock Terry Hotel. Both reservations are listed under the “Lynchburg College Sigma Phi Epsilon Alumni” rate for October 8 and 9, and both also include continental breakfast. Reservations must be made by September 4.

Kirkley Hotel: 20 rooms have been reserved at the rate of \$79 per night. More information on the Kirkley can be obtained by calling 866-510-6333 or by clicking this link to their website: www.KirkleyHotel.com.

Craddock Terry Hotel: 10 rooms have been reserved at the rate of \$159 per night. More information can be obtained by calling 434-455-1501, or by clicking this link to their website: www.CraddockTerryHotel.com.

Want to Volunteer?

In the fall, we will be voting for elected and appointed positions with the AVC Board. Be on the lookout in your email inbox for a list of updated positions and descriptions, and please check the alumni website (www.SigEpVAOAlumni.org) periodically for additional updates. All brothers are welcome to apply because together we can secure the success of the AVC!

Duff

from page 3

of America. We'd still be serfs on land owned by the King of England. Freedom would be only spoken of in relative terms. Risk takers have given us every modern convenience from high speed Internet to sliced bread. We are safer, healthier, and more productive because

someone took the chance, yesterday and generations ago.

Now it's time for a new crop of young people to make their mark — to be heard and to make a difference in this world. That would be the Lynchburg College Class of 2010. I wish you all the best!

Leadership

from page 3

upon us — we are graduates of Lynchburg College and brothers of Sigma Phi Epsilon. We are charged with making this world a better place, to live up to the values we cherish, and to make leaders out of men.

With this, our goal is to make an impact in our communities and determine if our method of developing future leaders is sound.

But of course this journey and this development are personal. You must look inside yourself both professionally and personally, and ask yourself whether or not you care. If you don't care, then the best you

will ever do is only hope for yourself and your family.

If you do care, then your impact will secure that hope, as well as a future, for your family, friends, and loved ones. How far you want to go is another question, but it surely depends on your time, your abilities, and your heart.

It is my belief that if future generations are continuing to ask how they can make the world a better place, we have succeeded in developing stellar future leaders. If we continue to succeed, tomorrow's leaders will not be solving the problems of today.