

OCTOBER 2011



SIGMA PHI EPSILON

CALIFORNIA PHI



NEWSLETTER

FALL SEMESTER BACK IN FULL SWING

By: Jeffrey Perlmutter

The Fall 2011 semester is in full swing, and it has never been a better time to be apart of SigEp! The brothers are all moved in and everyone is ready to repeat the best semester SigEp at Fresno State has ever seen. With a cumulative GPA of 3.09 SigEp topped the charts in nearly every category, showing that we have earned the title of best chapter house on campus.

The brothers of SigEp are preparing for a wonderful semester filled with

grades. A high GPA not only helps to contribute 74 brothers that will help us to dominate every cat-



Brothers celebrate win of 2001 Anchorsplash.

to the house, but it helps to prepare our brothers for jobs, sports and most of all personal advancement. Our GPA reflects greatly the brotherhood that we



Potential new members and Brothers play Broomball.

philanthropies, intramural sports and social functions. Something that goes hand in hand with the balanced man program and that we at Cal Phi encourage strongly is the emphasis on getting spectacular

have created. Also the fact that more than 50 brothers grades contributed to that GPA is outstanding. Now after rush our house is ready to really attain the name of best house on campus. We now have

egory of the Fresno State Greek System.

Many changes are going into effect at the house this semester. SigEp is turning our multi-purpose room into an RLC (residential learning center). This means that our chapter room will have its very own library that will include desks, books and old brother's notes from different classes. This is going to help our house to show that we are dedicated to the diligence of our brothers.

We as a house host study hours in the library and at the house Mon-Fri, giving brothers the chance to study on work they need help with. Different brothers that are willing to help the younger members to keep up with classes host these study hours up to 10 sessions a week.

SigEp is committed to the advancement of our brotherhood, and we as a chapter are willing to put in the work. Get ready for an exciting semester, Sigep! SigEp!

FRESNO STATE FOOTBALL SEASON

By: Jeffrey Perlmutter

The football season is what makes the fall semester an unbelievable experience. The feeling in the air on game day is overwhelming. The streets around the fraternity house are painted with red shirts and flags. Tailgating starts promptly at 3 p.m. and the house is filled with Alumni and friends, making home-game-Saturdays the best day of the week.

SigEp also sells the parking lot to help raise funds for our semester expenses. The house makes over \$1,200 off of parking lot sales alone. SigEp brothers also volunteer their time selling programs and helping to direct traffic in order to give back to the football program that supports the school we take so much pride in.

The season home-game schedule is as follows:
September 17- North Dakota vs FRESNO STATE
October 1- Ole Miss vs FRESNO STATE
October 7- Boise State vs FRESNO STATE
October 15- Utah State vs FRESNO STATE (homecoming)
November 5- Louisiana Tech vs FRESNO STATE
November 26- San Jose State vs FRESNO STATE

UPCOMING EVENTS:

- September 30th - Brotherhood Event
- October 2nd - Queen of Heart Coaches Draft
- October 3rd - Greek Week Begins
- October 11-13th - Queen of Hearts
- October 15th - Alumni Active Tailgate

INTRAMURAL FLAG FOOTBALL

By: Mikey Scherr

Starting this past Tuesday, September 13, SigEp has entered two teams into the Fresno State Intramural flag football league. SigEp purple is in division 1, which is the most competitive, and SigEp red is in division 2, which gives a lot of the new members the chance to test their talents on the field. In the first game of the season, SigEp red started off with

a bang, both offensively and defensively securing a win. They allowed only one touchdown. SigEp purple also shined rolling over the competition and gained their first win as well, shutting out the opposing team. Both teams have great chances of winning their division this year, which proves that SigEp not only has the best grades on campus, but has some of the best athletes as well!



Brothers competing in Intramural Flag Football.

STOBBE FOR SWEETHEART

By: Jeffrey Perlmutter

Sigma Phi Epsilon Sweetheart is an honorable title, that few women have ever claimed. Tory Pollack, Kelly Souza and now Brittany Stobbe. This past month Brittany was brought to the chapter house and surprised with the Sweetheart Ceremony that SigEp's of California Phi have only done a small number of times. Brittany, or as many call her, Stobbe or just plain Sweetheart, has been apart of the SigEp family for nearly 3 years now. She has shown the three cardinal principles, virtue, diligence and brotherly love in her life both around

the house and on campus. She is an employee at Starbucks and regularly brings food by the house for brothers to eat. These food deliveries have been tagged with a catchy name either "Stobbe Snacks" or more recently "Sweetheart Snacks". Stobbe has become a close friend to all of us as brothers, and it is important for the house to have someone that is always looking after us and making sure we are always being gentlemen. Brittany works hard to show her devotion to the house, and the feeling of love and pride is mutual. The Brothers of Sigma Phi Epsilon are proud to call Brittany Stobbe our brother.

PRESIDENT'S PIECE

By: Chris Wyant



College students see summer as three months of rest and relaxation. Correction: most college students see summer in that light. Not SigEp's. Sigma Phi Epsilon held its 52nd Grand Chapter Conclave in Arizona. California Phi held an executive board retreat, set-up a recruitment seminar for the chapter featuring new Regional Director Scott Swedberg, and attended a district meeting with SigEp staff members to plan for the semester. For this summer's Conclave, along with the two representatives pre-paid through national dues (Sophomore Anthony Mindt and myself), the AVC and undergraduate chapter decided to each sponsor a brother to attend (Sophomore Dante Muniz and 5th year Zack Charles), giving Cal Phi 4 representatives in Phoenix, the most we've ever had. Aside from the inspiration we took away from the speakers, the presentation of the prestigious Buchanan Cups left each of us filled with determination to bring Cal Phi its first 'Buc Cup'. With the help of Regional Director Scott Swedberg, Cal Phi is well on its way to com-

pleting all requirements and then some, with plans of applying to become a Residential Learning Community (RLC) within the next year. (Look forward to drastic improvements to the MPR in the coming weeks).

Currently, Cal Phi boasts one of the strongest Fall rush classes in our history. Twenty new members (all athletes), including Smittcamp members, four new members whose GPA's exceeded 4.0 in high school, and 14 additional new members boasting over 3.0's.

The new Sigma's GPA's will certainly help in bettering our most important recruitment tool, our GPA. This past Springs 3.09 is not only highest in Cal Phi history, but is the highest GPA in CSU Fresno IFC's history. In order to remain on top of the other IFC fraternities, our chapter recently voted on and passed legislation increasing our individual member minimum GPA by .05 every semester for the next seven semesters, leading us towards an eventual minimum of a 3.0.

Cal Phi has started this semester off in the right way, and all indications are for us to stay on top for years to come. We welcome alumni with words of wisdom or those simply looking to become more involved to come by the chapter house and meet our brothers, or simply have a look around the house. My contact information is listed at the end of this newsletter, and I look forward to hearing from you. Proud to be a SigEp!

SOUND BODY SECTION

By: Joe Devane



It's that time of the year again and we are all back to school. Some of us are on campus for numerous hours a day which means at some point we are bound to get hungry. Our body's natural metabolism tells your mind you are hungry about 3 hours after a meal. The most convenient source to satisfy our hunger on campus is the food courts which consist of Panda Express, Juice Hut, Taco Bell, Chick Fil-A, and Subway. With all these options in front of us some will just go for whatever tastes the best but as balanced men with a sound body we must pay attention to what we eat and realize what exactly we are putting into our bodies. Our body is literally composed of whatever we put on our plates. Our body uses all the nutrient and vitamins in our food to rebuild tissue and to fuel our body for everyday activity. If all of our meals are unhealthy and mal-nutritional, then our body is not getting any substance from the food we are eating. So with all this being said I have found a few solid choices/pointers for those busy students that are stuck on campus all day. If you take these steps to improve your diet, you will find your energy is higher and your attitude better. Even though it tastes so

good do your best to stay away from Panda Express! There are not many essential nutrients in any of the food you buy there. It is important to fuel your body with a healthy serving of protein, complex carbohydrates (wheat and oats) and a smart source of fat.

If you are at Taco Bell stick with anything on the Fresca menu. Anything else you find on the menu is filled with a lot of unnecessary ingredients and isn't beneficial to a sound body.

Stay away from Juice Hut! The smoothies there are filled with sugars that only hurt your body once you have had too much. They try to portray that their drinks are all fruits but the excessive amount of sugar gives us an unwanted insulin spike and can add some unwanted body fat; which is the enemy of a sound body.

Ok with all the don'ts, here are a few do's. Stick with Chick Fil-A and Subway. Make sure whatever bread sources come with your meal are whole grain and stay away from all the extra sauces that come with both. Your best bet is to go with a chicken breast sandwich with your choice of veggies from Subway or any type of grilled chicken sandwich from Chick Fil-A.

Remember that all of these tips are going to help you with your daily performance. Your energy levels will increase and you will find yourself less aggravated or stressed at the end of the day. And don't forget to grab your banana and granola bar on your way out the door!

BIG BRO/ LITTLE BRO

By: Mikey Scherr

Earlier this semester, some of the newer members received their Big Bros. The purpose of a Big Brother in this fraternity is to guide their Little Bro through their years in the fraternity, as well as in college as a whole. Three families, which are created through family lines in the house, added brothers. The Renegade Family added two new members, as both Cory Dillard and Joey Silverman chose Mikey Scherr to be their Big Bro. The Lost boys gained four new members when Brent Lewis took Danny Greer and Justin

Pawek as his Little Bros. Sam Huebert also chose Ronnie Ortiz, and Daniel Jaramillo chose Drew Weise. Finally, the Skull and Bones Family added three new members when Eric Moreno chose both Lewis Sheffield and Fernando Gonzales as his Little Bros, and Steven Cardella chose Mitch Grubb. The sweatshirt and paddle exchange will happen next month, where the respective little and big brothers exchange gifts. The semester is off to a great start with expanding the families and giving brothers a chance to find who they look up to in the house.

NEW MEMBER PERSPECTIVE

By: D.j. Stone

Twenty one new rush brothers. 74 brothers total. A new year of college and plenty of new guys to meet, well at least that is how it is now sense I joined Sigma Phi Epsilon. During the four days of rushing I don't think there was a day when anyone new didn't feel welcome. From the indoor soccer to uncut slippery ice, rush week was definitely something to remember. As a new Sigma it's been an honor to receive a bid, accept, and become a new member of this prestigious fraternity. Preference Dinner was the night everything changed. All 21 new brothers including myself agree that this house isn't just a house

full of weekend brothers to "chill" with, it means much more to us than that. This is a house filled with 74 brothers of Sigma Phi Epsilon that display and practice diligence, virtue, and brotherly love on a daily basis. All of us new members believe this fraternity will make us better men than we were yesterday, but more importantly help us reach our goals of tomorrow. With that being said we look forward to new challenges, new tradition, and being a worthy brother of the Sigma Phi Epsilon fraternity. From all 21 new Sigma's to our older brothers and alumni we deeply express our gratitude towards you. With diligence, virtue, and brotherly love we are all unquestionably proud to be a Sig Ep.

A RACE TO THE FINISH

By: Robert Clegg

Albert Einstein once said, "The value of a man resides in what he gives and not in what he is capable of receiving." The act of truly unconditional giving has the capacity to benefit both the giver and the receiver. Such an example of mutual generosity is in the partnership that has been established between Cal Phi and Saint Agnes Medical Center. In 2009, the chapter found itself in need of meeting chairs for its growing active membership. Robert Clegg, Chapter Counselor and 12-year Saint Agnes employee, contacted the Purchasing Department at the medical center to see if they would be willing to donate chairs to the Chapter. From that moment, a mutually beneficial business partnership evolved. Since 2009, Saint Agnes has donated chairs, tables,

and other office equipment calculating to a fair market value of nearly \$500.00. "This partnership has helped our budget tremendously," said Mike Rizzotti, AVC President. In FY10, Saint Agnes donated operational medical equipment, furniture, linens, and other supplies valued at over \$82,000 to various schools, rescue missions, and other medical centers locally and nationwide. According to Heather Ritter, Supply Chain Contracts Management Coordinator for Capital Equipment at Saint Agnes, the program is mutually beneficial. The goal for such a community-based giving program is to reuse, recycle and repurpose to not only help those in need, but to decrease our landfill. "SigEp is very appreciative," says Ritter. "We are happy to donate whatever we can to help."

NATHAN D. FULLERTON GOLF TOURNAMENT

By: Mikey Scherr

On Sunday Sept 25, the brothers of Sigma Phi Epsilon hosted the 12th Annual Nathan D. Fullerton Memorial Golf Tournament. The tournament was held at Riverside golf course in northwest Fresno. There were a wide variety of alumni in attendance and the tournament was a success. The founding fathers in attendance were Brian Briggs, Steve Dunbar and Dave Simpson and they all put their best effort out onto the green trying to show the new guys what it really means to be dili-

gent. Four active brothers participated in the event, but as it usually is every year, alumni won the tournament. Dave Darnell, Colin Lewis, Brandon Innocenti and Colin Wilcox won the tournament for the second year in a row. Sweetheart Brittany Stobbe was out at hole #5 trying to coax alumni and actives alike to pay money to see if they could hit the ball closest to the pin. The tournament as a whole ran smoothly with a big shout out to Alumni Volunteer Committee President Michael Rizzotti for his continued service to the California Phi Chapter.

RECRUITMENT ARTICLE

By: Eric Moreno

With the start of the 2011-2012 school year comes many new faces to the Fresno State campus. In fact Fresno State welcomed over 1,200 new freshmen this year, one of the largest freshman classes in Fresno State's history. Fortunately, our brothers of Sigma Phi Epsilon were not only able to meet a lot of new people, but helped 22 new guys make one of their best decisions of their lives in joining our brotherhood and becoming a SigEp. This semester official Rush Week began Aug 29 and concluded with our preference dinner Sept 2. One of the chapter's favorite events, broomball, was held the first night after formal meeting and as expected was an unforgettable experience. Armed with plastic brooms and ice skates, the brothers slipped and skated around with only one objective in mind, to score the orange ball into the goal. Although the majority of people had fun, there was an unfortunate falling injury causing one of our

brothers a trip to the hospital. He was treated and released a few hours later and with his brothers at his side, was able to make a full recovery. Another popular event which was brought back from semesters past was Blackbeards on Wednesday August 31st. For this event, the chapter along with prospective members began by devouring 20 pizzas and were given wristbands for unlimited use of the main park's attractions. Some of which were go carts, bumper boats, laser tag, mini golf, and even an obstacle course! Midway through the event many brothers were given or purchased tokens for the batting cages where they tested their skills against the fastest machine at 70 mph. We had a very good turnout for the majority of events and we got our name out there in a positive light amongst the freshman. We are ecstatic about our 22 new members and the potential they could bring to this amazing fraternity. We hope for more guys to make the same decision later on this semester and become a part of the SigEp domination.

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