

**BETA SIGMA PSI  
EPSILON CHAPTER  
AT IOWA STATE  
UNIVERSITY**

**Did you know...**

- The Greek Community will be welcoming in a new Sorority?
- Epsilon Chapter was awarded the Founders Cup Award for best new member education program?
- Epsilon chapter had one of the top ten highest GPA in the ISU Greek Community during the fall semester?
- A member of Epsilon Chapter climbed Mount Evans?

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**Spring Edition**

**April 2015**



**Message from the President**

It has been a very eventful year at Epsilon Chapter as we continue to promote an environment where members can grow Spiritually, Scholastically, and Socially.

This spring we were able to bring home the Founder's Cup for the Beta Sig chapter with the best new member education program at the annual MEF conference in St. Charles, MO, in addition to earning an award at Vespers for having the best new member education program in Iowa State's Greek Community.

Beta Sigma Psi continues to promote community service and philanthropy, with our 11th annual Beta Sig Brunch taking place last fall, and a new philan-

thropy in the works for this spring with our sister sorority, Phi Beta Chi. In addition, members continue to be heavily involved in Memorial Lutheran Church and have recently served at the local Northcrest Retirement Community, the Ames Homeless Shelter, and several other organizations around the Ames Community.

Epsilon Chapter has also been working diligently at getting more involved in the community, and features members on the Interfraternity Council, the Emerging Greek Leadership Council, Greek Alternative Spring Break, Greek Week Central, Freshman Leaders in Engineering, Business Council, and several other organizations. Overall, there

has been an increased push throughout the chapter to get more involved, both in the greek community and on campus, which has been exciting to see. Thank you to all of the alumni and parents who continue to show their support of Epsilon Chapter. We truly do appreciate it, and we recognize that you all play a crucial role in making Beta Sigma Psi the best it can be for its members, whether they're already graduated, still in college, or yet to join. Thanks again, and feel free to stop by if you're ever in Ames!

Dan Jacobi  
E-873

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**We're on the Web!**  
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**Per Aspera Ad Astra**

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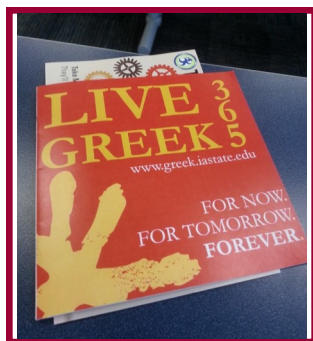
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**Greek Community Information:**

There are currently 16 Sororities and 30 Fraternities at Iowa State University. Over 1800 Iowa State students are currently part of the Greek Community. Greek Life today works to strengthen individual qualities and skills within each respective house by working

to grow certain skills. In the fall semester the Greek Community celebrates Homecoming with a series of athletic competitions as well as one of the most enjoyable and recognizable tradition by any member of Greek life; this is known as Yell Like Hell. Yell Like Hell

consists of a skit filled with many different chants and cheers. In the spring, many events that are very similar take place, however, instead of Homecoming the Greek community celebrates Greek Week.





Past House Mom AJ with Mom B

Spring break came and went very quickly and soon it will be time for final mid-terms. Beta Sig Moms came for their annual visit and auction which was on March 7th and went over extremely well. It's always a special day. Our men were able to place second in Varieties.

## House Mom

Lip Sync recently concluded, men were under way with rehearsals two nights a week. The men are busy with activities and working at many kinds of jobs. Studies/homework are the main focus in their schedules. Everyone is busy, but happy. Parent's

Club spring meeting is April 18th. We welcome Alumni and friends any time you can come our way. Please call (515-291-0445) or email me [barbaragurganus@gmail.com](mailto:barbaragurganus@gmail.com) with any questions or concerns. Blessings Barbara (Mom "B")



Andrew Stanzik and Pastor David having a blast.

One of the things I like to do when I have time is to wander around the house looking at all of the old composite pictures. It's fun to watch how guys change over the course of their time in the house. It's fun to look back and see how the styles have changed over the years, and to look back over the decades. Some of the current students enjoy looking back and finding the pictures from when I first came and had fewer grey hairs and no beard. During the season of Lent at Memorial, we've been looking back at composites. Our midweek series has been looking at the heroes of the faith, the cloud of witnesses listed in Hebrews 11. People like Noah, Abraham, and Moses who waited for God's promises to be fulfilled, and trusted even through long years

## Pastor David

of waiting and great challenges. Looking back on their stories, we can be encouraged as we go through those things as well. Part of why we've done that is 2015 is Memorial's 75th anniversary. The relationship between Memorial and Beta Sigma Psi continues to be strong. Beta Sigs continue to serve as Sunday School teachers, peer ministers, and as ushers and parkers. There are Beta Sigs in almost every musical ensemble, and several are going on the spring break trip to El Paso, Texas with Pastor Mark.

The first of three celebrations this year was held on January 25th, where Iowa District West District President Sieveking preached and shared about the impact Memorial has had on the district. Men of Beta Sigma Psi

provided special music during the service, and John "Cookie" Anderson's food was a main part of the meal afterwards. The other two celebrations will be on April 19 and November 1, which is ISU's Homecoming weekend and will feature the return of Pastor Richard Osslund as preacher. While things change on ISU's campus, in the house, and in the world, we can trust that God doesn't change. The same God who was faithful to the heroes of the Old Testament, the same God who was with those who founded Memorial, the same God who was with all of the guys in the old composites, continues to be with us today. That's a great picture to keep in mind.

—Pastor Dave

### Academic Achievements

Last semester Epsilon chapter had an average GPA of 3.01



## Message from The Kitchen

Spring is always a busy and exciting time for the year for myself. Varieties, Easter, Greek Week, Lip Sync, Golden Rose Formal, SPAD Spring Fling, and much more goes on. And of course, saying goodbye to the seniors is a sad but exciting time too—especially finding out what and where they will be doing and going. Facebook is very good for

me to help in keeping track of people. This Spring and Summer, I also have set some goals for myself. I am doubling my garden space at the community gardens and am aiming at entering more vegetables at State Fair. Last year I also provided a lot of fresh vegetables for the house during summer cooking for recruitment and in the fall semester. Another goal is to organize my recipes and get them written down. I

am really going to try to get a cook book started. I am not sure of the times 8 to 10 breakfast and 11-2 for lunch???? Alumni, parents, and friends, just stop by and we will have food. May we all have sunshine and warm spring rains. Thanks be to the Lord.  
-John "Cookie" Anderson  
E-756



Beta Sigs having fun in the kitchen.

## New Recipes

### Texas Roadhouse Homestyle Honey Butter

Total Time: 17 min

Prep: 15 min

Inactive: 2 min

#### Ingredients:

- 1 pound butter
- 1/4 cups honey
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract
- **Hardware:**
- Dough scraper
- Standing mixer
- Parchment paper or plastic wrap

#### Directions:

Cut the butter into chunks using the dough scraper. Place butter into the mixers work bowl and beat at low speed, using the whisk attachment to loosen the butter. Increase the speed to medium and add the honey, cinnamon, and vanilla extract and beat until well combined, about 5 to 7 minutes. Remove butter from bowl and spoon onto parchment paper or plastic wrap. Roll into a log and refrigerate for 2 hours.

-John "Cookie" Anderson E-756



[www.pickycook.com](http://www.pickycook.com)



Waiting patiently with manners for dinner.



## Scholarship

In the last three semesters the house average GPA has been rising slowly, with the chapter earning a 3.01 last fall. Last fall's 3.01 is above the ISU men's average of 2.91.

The goal of this semester is to maintain or improve upon this performance. After collecting the GPA goals of all members, a goal for this semester's house GPA was set at 3.3. For actives and associates who have not met the 2.5 requirement we have continued with formal Peer Review Board meetings (PRB's) involving the pledge

dads, president, and scholarship chair at the start of the semester and also after midterm results have been released. These are also informal meetings involving only the scholarship chair to make sure that members are addressing issues early.

In the fall semester we also suspended the 7-10 study hours in order to test a proposed change to the study hours making them from six to eight on school nights. This year after a discussion the active body decided to leave

the original seven to ten by-laws in place.

The main objection to the change was that starting study hours at six did not give everyone enough time to settle down after dinner to start homework.

Overall progress is being made in the GPA area and we are striving for more progress this semester.

Jordan White

## Alpha Phi

New to the Iowa State Greek community, Alpha Phi. This past Greek Week Alpha Phi was paired with Farmhouse as well as Theta Delta Chi; they were able to place first overall during Greek Week. Look for Alpha Phi in the future to be a very active and involved house. The sisterhood of Alpha Phi stretches from coast to coast

through 160 collegiate campuses and more than 200,000 members. Alpha Phi focuses on enhancing



ing their members and promotes each member's development and

learning by focusing on sisterhood, service, scholarship, leadership, loyalty and character development. The innovative leadership and organizational practices of Alpha Phi's Founders in 1872 set the spirit for the Alpha Phi of today: a sisterhood that values the past but looks forward to the progress offered by the future.



Beta Sigs and part of the Greek Week pairing.

## Recruitment Updates

It's a new year, and it's a new season of recruitment. Russell Hubby and myself are very excited and look forward to recruiting the next class of new members for Epsilon Chapter of Beta Sigma Psi. With the beginning of the semester we completed the scholarship mailing to all the Lutheran churches and schools in the state. We have been getting a steady amount of guys signing up for the scholarship and it is wonderful to see the quality of guys that the scholarship draws. Our next big event for recruitment will

be Greek Visit Day, which takes place on April 10<sup>th</sup> through the 12<sup>th</sup>. We will have the chance to have potential new members stay at our house for two nights. We have several fun events planned for that weekend including our traditional mini-golf tour that is set up on the second and third floors of the house. On Sunday April 12<sup>th</sup> at noon, we can officially begin handing out bid cards for our 2015 Fall new member class. The house itself is wonderful, people are regularly blown away by the qual-

ity of our house when on a house tour. With the good reputation of our fraternity, we are catching the eyes of high quality young men. We appreciate everything the fraternity has done, because it makes our job easier when we have a great organization to recruit for. We want to thank alumni and the parents association for everything that they have done!

Russell Hubby E-876

Caleb Mueller E-889



Greek Week banner



## Varieties

This year for Varieties this year we were paired with Alpha Gamma Rho, Alpha Delta Pi, as well as Gamma Phi Beta. Beta Sigma Psi had a strong showing with 14 members involved. This year we had an incredibly strong

performance. We were blessed and fortunate enough to come away at the end of the night with 9 total awards. The awards consisted of: Best Set, Best Music, Best Cameo, Best Band, Best Plot, Best Musical

Number, Best Tech, The Vart, and Best Actress! We placed second overall in a very competitive playing field.

-Spencer Betts  
E-893



The Beta Sigs in Varieties. Minus Tyler Splinter.

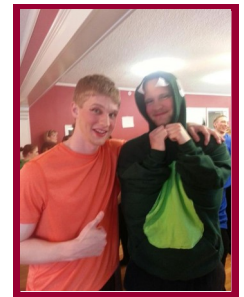
## Greek Week

This year for Greek Week we were paired with Alpha Sigma Kappa and Sigma Kappa Sororities. Being the only Fraternity in the team gave unique challenges to our team, but with the help of our sorority pairings we were able to overcome those obstacles and have a very successful Greek Week. For starters we were able to work with three charitable events, the Iowa State Blood Drive, the Polar Bear Plunge for Special Olympics and The Community Drive for Ames. With the Iowa State Blood Drive we were able to donate our time and blood to help with the second largest university blood drive nationwide. With Polar Bear

Plunge Iowa State raised \$188,000 for the Special Olympics of Iowa, and with the Community Drive we were able to help make stores of essential clothing and health products for local communities in need of donations through the year. In addition to the great opportunities for community service, this Greek Week was also a great opportunity for social interaction with our team and the Greek Community. We placed 3rd in Greek Week tournaments, winning treads and placing in other tournaments like volleyball and dodgeball. We also got to know some SKs and ASKs by putting together a Lip Sync show with

the theme of "West Side Stories," and by competing in the Greek Olympics tournaments like tug of war and egg joust. Though we were not able to place this year in Greek Week as a house, men feel very good about our Greek Week experience. Throughout the preparation and competition of Greek Week we were able to grow closer to members of SK and ASK, and despite being a small pairing with only one fraternity we were able to compete on a very high level.

Landon Schulteis  
E-882  
David Boswell  
E-856



Getting ready for Lip Sync second cuts.



Greek Week: Treds Champions

## Lip Sync

Lip Sync is an activity where the Greek Week pairings perform a scripted, choreographed musical using popular songs from every genre and generation, but the trick is that it must all be recorded beforehand! Pairings are judged based on how complete the silence from onstage is, as well as clean choreography, acting, and the value of the written story. This year for lip sync our theme was West Wide Story, or as we

called it, "Greek Side Story." We had the highest participation we have had in years. We had around 30 guys and 30 girls involved this year. We unfortunately did not move on to second cuts, but the guys had a ton of fun. The songs we used this year were The City is at War, Problem, Jessie's Girl, Total Eclipse of the Heart, War, and Check Yes Juliet. The men involved put together a wonderful showing

and scored higher in the dance category than years past. The most fun though came from working with our pairings ASK and SK. Together we all made memories that will last a life time, and what better memories than those of lip syncing and dancing.

-Grant Luther  
E-857



Beta Sigs having some fun while on the mission trip.

## Yell Like Hell 2014

This year the homecoming theme was Experience the ExCYtement and our skit was based off of the movie Finding Nemo. We had a good number of guys committed to participating and giving it their all to be successful this past homecoming in Yell Like Hell.

We were also blessed with great participation from the other houses in our pairing (Alpha Omicron Pi, Alpha Kappa Lambda, as well as Triangle). We didn't make it as far as we would have liked, but it was enjoyable to watch them improve as we progressed. In all we worked

hard the whole season and gave it our all.

—Alex Emerson, Yell Like Hell Co-Chair, E-881



Men getting their serenade on during Sorority Serenades.

## MEF Conference

The National Membership Education Forum (MEF) this year was held on January 16<sup>th</sup> through the 18<sup>th</sup> in St. Charles, Missouri. This year marked the 90<sup>th</sup> anniversary of Beta Sigma Psi and the largest turnout in MEF history!

We were able to send fifteen members down to represent Epsilon Chapter. As always we had some amazing speakers, lead off by our current national president, Rudy Ristich. Rudy and the other speakers discussed a number of different topics including recruitment, virtual marketing, hazing, the importance of service, and as always a number of discussions relating

back to faith as we continually develop our relationships with Christ as Beta Sig members.

One portion of the forum included a small community service event. All the Beta Sig members from across the nation came together to help package meals for those in need, and by the end of the day we had packaged over 2,000 meals! It was an incredible feeling knowing that in that short amount time we had helped in the process of feeding deprived families for months.

The final event of the weekend was the awards banquet, which turned out to be a

success for Epsilon Chapter as we took home the prestigious Founder's Cup Award for best overall Membership Education!

All in all the weekend was well worth our time. I felt the forum helped to spark a lot of interest and ideas into how we as active members could continue to develop our ourselves into living a values and faith driven life all while keeping our eyes on the future in continuing to build upon the Beta Sig legacy.

Sincerely,  
Lucas Johnson  
E-855



**Above:** Members Jake, Caleb, Joe, and Dan during MEF.



**To the left:** The men of Beta Sigma Psi and alumni who attended MEF with the Founder's Cup Award.



## National Leadership Summit

Over the past year, our National Fraternity has begun promoting different initiatives to further develop our members and create solidarity within Beta Sigma Psi. On the final day, members and facilitators put these challenges to the test and hiked to the summit of Mt. Evans at 14,265 feet in elevation.

Mitch Hazelgrove and myself attended on behalf of Epsilon chapter, and I believe that this was one of the most inspiring moments within my Beta Sig experience. After discussing different aspects of leadership, such as integrity and courage with other Beta Sigs, and sharing personal stories from our own experiences, I found that together we will make a stronger impact, than if we work alone.

The following day on the mountain was very uplifting. For those who are not familiar with hiking, you cannot just go directly into the ascent. First you have to allow your body to acclimate itself to the elevation. That morning we began our ascent at around 7am, and I would say that many of us found the climb to be more of a challenge than we had anticipated – it was not an easy path, but rather one in which you determined which boulder you could climb over the easiest. The first  $\frac{3}{4}$  of a mile was the most intense part of the climb, with an almost 90 degree vertical ascent, and then we hiked across the ridge of the mountain and started our final ascent to the summit. Rudy and John, the National President and Leadership Consultant told me afterwards that they were inspired on the mountain by my dedication, and not giving up. I think that this was a great real life representation of how Beta Sigma Psi changes our members – we need to not look into giving up when the journey becomes difficult, but rather band together and get to the top, and achieve our goals. Nothing is impossible; I found that out on this trip.

After five hours of dedication and commitment, we made it to the top of the mountain and became some of the few who have ever scaled a mountain of that size! Looking down at where we started, John Hatfield came up to me and said, “Slice, that was the most difficult thing you have ever had to do, and I am proud to say that I was with you when you accomplished this.” Those words, and that experience will stay with me for a long time, and I encourage any of you who are interested in being a facilitator for one of these events to reach out to the National Office!

Jake Vanderslice, E-847

## Greek Madness



The Greek Madness Trophy being proudly displayed at Beta Sigma Psi.

New for 2015, the Greek Madness Championship will be serving its inaugural year. The Greek Madness Tournament consists of four different houses all playing for the title. Houses consist of Beta Sigma Psi, Phi Kappa Theta, Alpha Tau Omega, and Delta Upsilon. The tournament was held March 8th and had a very high level of participation from all houses. We all played 2 games, (first to 21 by 1s and 2s and you have to win by two) the winners of the first games played each other for the championship, the losers played in a conciliation round.

### First Round:

Beta Sig - 21    Phi Kappa Theta - 11  
Delta Upsilon - 21    Alpha Tau Omega - 14

### Second Round:

Beta Sig - 23    Delta Upsilon - 21  
Phi Kappa Theta : 21    Alpha Tau Omega: 11



Beta Sig Members who participated in Greek Madness pictured above L to R: First Row: Joe Gremel, Nathan Hollander, Trevor Bounds, Ben Halley, Nick Weich. Second Row: Zach Van Kovering, Russell Hubby, Dan Jacobi, Caleb Mueller, and Spencer Betts

