

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

Did you know...

- Beta Sigma Psi is saying "Good Bye" to a fantastic mother and "Hello" to a new one?
- Epsilon Chapter was awarded the Welge award for best chapter recruitment and Edwards award for best house management?
- Epsilon chapter had fifth highest GPA in the ISU Greek Community during the fall semester?

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Spring Edition

April 2013



Message from the President

We have had another busy semester at the Epsilon Chapter of Beta Sigma Psi. We are continuing to promote ourselves as a great place for newcomers to find a home as we welcomed 21 new members through the past year. Thank you, parents, for your continuous support for our chapter!

Epsilon had another successful academic semester. We continue to be one of the top houses with a 3.08 house average. This ranked us fifth amongst all IFC chapters and this is the fifth time out of the last six semesters we have been fifth or better.

This year we are honored to have one of our seniors receive the Wallace E. Barron All-University Senior Award. Austin Laugen will be one of five students to receive this award this year for displaying outstanding achievement in academics along with university and community

activities. This is one of the highest awards that can be bestowed upon an Iowa State student.

At our national convention, Epsilon Chapter proved yet again we are one of the best chapters. Our chapter received the Edwards and Welge award for top chapter management and recruitment. We want to congratulate our devoted alumni Rod Thompson for receiving the highest honor a Beta Sig can receive, the Lieneman Award. Jarod Carl and Jon Jaschen were also recognized as distinguished alumni for receiving the Karmelner and Alumni Volunteer Service Award respectively.

One victory that took us all by surprise is Epsilon's intramural championship in outdoor flag football. Epsilon won over the entire residence hall bracket and we enjoyed watching our team take home the coveted intramural title.

This past semester has proven to be another unforgettable one. Ranging from top national awards to intramural champions, Epsilon continues to strive for excellence. We can only hope for our success to continue as we head into Greek Week this Spring semester. Make sure to stop by the house and say hi during VEISHEA!

Jarred Schubert



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We're on the Web!
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Per Aspera Ad Astra

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ATTENTION Save the Date

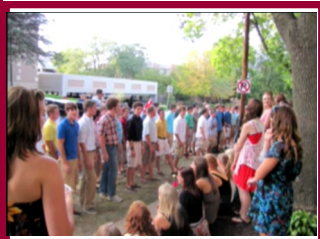
The gentlemen of Beta Sigma Psi would like to invite Family, Friends and Alumni to a farewell open house in honor of A J Walter. The event will be held May 5th from 1 to 4 pm at the chapter house. A J is retiring after 6 ½ years as House Mother for the fraternity.

Please bring cards and memory notes to be written or pages to be added (prewritten notes can be attached into the book) to share with A J. If you are not able to attend please send cards and notes to A J Walter, Beta Sigma Psi Fraternity, 2132 Sunset Drive,

Ames, Iowa, 50014.

-Men of Beta Sigma Psi





Men getting their sing on with serenades.



Andrew Stanzik and Pastor David having a blast.

Academic Achievements

Last semester Epsilon chapter had an average GPA of 3.08



It's been an amazing six years as the house mom at Beta Sigma Psi. I've met approximately 120 young men who became Beta Sigma Psi members. Numerous trophies have come to the Chapter. Young men have shared their adventures traveling far and wide. Outstanding awards have been given to members of the Chapter. Celebrating the Chapter's 60th year allowed me to connect with alumni from the past and hear their stories. Probably the biggest excitement was the move from

House Mom

Lynn to Sunset and seeing the pride of ownership take place. I am leaving with many memories. Most of the memories bring a smile, grin, and even out-right-laughter. After six years there are engagements, weddings, and babies. Facebook brings wonderful news and pictures of the past and present. I look forward to continued news from all the Beta Sigs.

I wish to thank the Alumni Board and Parents' Club for the support you have given me throughout the years. I will miss all of you. I hope to re-

turn for a visit or two. For now, a new adventure begins for me as I move to Eastern Iowa in late May to live in Maquoketa at Clover Ridge Place. I welcome visitors if you are traveling between Dubuque and Davenport. I'm just one block off Highway 61.

May God bless the members, parents, and friends I've met over the years. You have enriched my life tenfold and then some. Thank you again for the "best gig of my life!"

Mom AJ

Pastor David

One of the blessings of campus ministry is watching students grow and mature, from naïve, awkward freshmen to mature, confident seniors. One of the challenges is then watching them leave. Just when they've gotten it all figured out, they leave! Left in their place are the unsure, uncertain, underclassman who wonder if they can do it. This year, that cycle takes on a special poignancy. Mom AJ arrived in Ames and started her position as the housemother of Beta Sigma Psi shortly before I arrived in Ames and began my ministry at Memorial. We've grown close in our work together. Sometimes, I've thought that working with the Beta Sigs was just as much about being her pastor as it was about being the pastor for the guys. Sometimes, I think she was as much a substitute mom for me as she is for

the guys. As we prepare for Easter, we see Jesus preparing his disciples for his departure. They don't understand what he is doing, or where he is going. He goes to the cross, though, and rises so that they'll never be separated from him again. He then sends them out into the world, not letting them remain where they've grown so comfortable. Jesus will never abandon his disciples; never leave them alone, even as they go out into the world. Not only are we never alone because of the connection we have through Jesus with the Father, but we are never alone because of the connection we have through Jesus to each other. Jesus calls the church his body, and through them, through us, we are able to give those physical signs of comfort with the hands and hugs. We are able to pray for one another,

and comfort one another. As alumni of Beta Sigma Psi, you have gone out into the world, leaving the house on Sunset, or on Lynn, or on Hayward, behind. Others have taken your place. You may look at them and wonder how they're old enough to be in college. You may wonder how it is that Mom AJ has been a part of the house for so long, and how it will go on. The same Jesus who meets his disciples is with us. He will be with the seniors wherever they go. He will be with Mom AJ as she moves. He is with all of you, wherever your post college lives have taken you. In a word of change, Jesus' love doesn't change.

-Pastor David Beagley

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, VEISHIA, 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. This Spring I will also have to say farewell to A.J. as she will be retiring. 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. On Saturday of VEISHIA we will be having breakfast and lunch for everyone who is here that day. 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. Also, please come to wish A.J. a goodbye and happiness on her retirement on May 5 from 1 to 4 at the house. 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

Bubble Pizza

2 tubes of biscuit dough (I just use my homemade bread dough)

1 – 16oz jar of pizza sauce

Meat and vegetables of your choice – whatever you like on your pizza (precooked hamburger or Italian sausage, pepperoni, pre-cooked onion, mushrooms, green peppers)

2 C. grated cheese of your choice.

9 by 13 pans, bake for 20 min at 400

Cover bottom of pan with a small amount of sauce. Quarter the biscuit and put on top of sauce. Add whatever toppings you would like. Pour the rest of the sauce over everything. When done top with cheese and bake 10 more minutes.

This feeds 8 to 10 people. The men really like this and it is also good to heat up for another meal or snack. I make about 10 pans and none is left the next day

Honey Orange Chicken or Pork

¼ C margarine-melted

½ C honey

¼ C prepared mustard

3 Tbsp lemon juice

1 ½ tsp paprika

Mix together the above 4 ingredients and pour over your meat into a baking pan.

6 to 8 pork loin slices or 6 to 8 pieces of chicken-lightly salt and pepper them if you like.

Marinate for 3-4 hours.

Cover and bake at 350 for 30 min. Then uncover and bake another 30 min basting the meat with the pan juices/marinate.

Serve with rice or noodles.

Serves 4-8 people

-John "Cookie" Anderson
E-756



Waiting patiently with manners for dinner.



Recruitment Updates

The recruitment season is off to a great start! Keeping up with the "year round recruitment" spirit we started the semester off on a positive note with a new member who moved into the house right away and as of February 10th we signed two additional out of house members! These three associates have jumped right into the positive atmosphere and love to call themselves Beta Sigs! We are really excited to see these three men grow into fine Beta Sigs, and they will be a huge help with this summer's recruitment season! In addition to a blossoming "year round recruitment" strategy, the Darryl Jahn Scholarship has also seen a lot of success with over 30 applications submitted online and another 10 hard copies through the mail! This has been a big help to us in preparing for Greek Get-Away. To this date we have over 19 "Potential New Members" signed up for the weekend long event!

During the weekend of Greek Get-Away, we will participate in the Greek Olympics and Polar Bear Plunge and many other activities. This is also the first year in which we will be hosting one of the Block Parties the Friday night of Greek Get-Away! For a theme we decided "Cyclone Pep Rally" to positively show the athletic and rallying spirit of Iowa State! There will be many yard games, lots of nachos, a sports highlight reel, and of course, a lot of "Sweet Caroline!" This will be a great event to get our PNM's excited to join Beta Sigma Psi and a great way to showcase Iowa State! In addition to the scholarship and Greek Get-Away, Recruitment at Epsilon Chapter is continuing its strides in the world of social media. This semester a new position was created in the house- Marketing Chair- to help recruitment document all house activities and get them out to such places as Facebook and Twitter! This in-

cludes pictures from activities ranging from banner to Greek Week and so on! We also have house videos in the works, so stay tuned! Twitter: @BetaSigmaPsiISU Facebook: Beta Sigma Psi- Epsilon Chapter.

Jake Vanderslive &
Jacobus Berghoefer



Beta Sigs and part
of the Greek Week
pairing.

Greek Week 2013

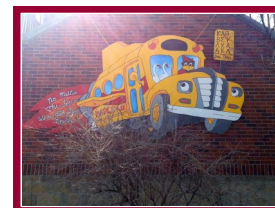
The men of Epsilon Chapter are once again excited and geared up to compete in this years Greek Week events. This year we are paired with Kappa Alpha Theta with the additions of Alpha Kappa Lambda and Lambda Chi Alpha fraternities. Under the theme "No Matter the Letters, We're All Greek Together," Greek

Week 2013 ties in the entire spirit of the Greek Community.

Looking to match and surpass record-breaking fundraising amounts for Polar Bear Plunge, continue to be competitive in Greek Olympics and defend the Golden Plunger title. The entire pairing is excited to kick off Greek

Week. Starting with preliminary events March 26-29 and the official Greek Week Kick-off on April 1st. All Beta Sigs are plugged in and ready to participate.

-Stuart McCulloh &
Wesley Schweer



Greek Week banner

Scholarship

Beta Sigma Psi received an average GPA of 3.08 for the Fall Semester of 2012. This earned us a very high fifth ranking among all 29 fraternities. Not only was that a great achievement for us, we also beat the IFC member average of 2.99 and topped the university men's average of 2.89. The university overall average was a strong

2.97.

This semester the house has decided to raise the bar. Our goal for the semester is a high 3.2 GPA average while maintaining a high level of on-campus academic involvement. I firmly believe this is very achievable and through the hard work we have put forth this semester, we will reach this goal.

Our house has been working very hard over the past year and has received many awards. At the MEF conference, we received the Edwards award for best chapter management.

-Ryan Smelser



Varieties

This year the Beta Sigs were paired up with Alpha Delta Pi and Kappa Delta sororities, along with Alpha Gamma Rho and Phi Delta Theta fraternities, for the annual Varieties competition! Our very own Michael Heger and Alex Cutler co-chaired and represented the Beta Sigs phenomenally, and it was a great social outlet for the musically-inclined and theater-goers in our active and new member body. We learned

about talents and interests we shared and grew closer as brothers as well as with our paired chapters. Our performance, entitled "Color Your World," about a man whose eyes are opened to the joys of life through new experiences. We earned second place during the final night of performances due to a one point difference and only missed the "Crowd Favorite" title by three points.

If you would like to view the video, it is posted on YouTube at this link: <http://www.youtube.com/watch?v=AYzBeJktBfs>. We are very proud of everyone who participated, and can't wait to attempt first place again next year!

-Zack Tener



The Beta Sigs in Varieties. Minus Tyler Splinter.

Lip Sync

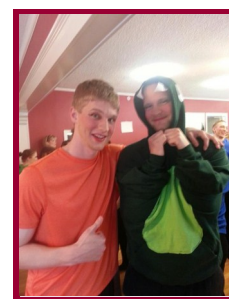
As Greek Week approached, a majority of the members of Beta Sigma Psi were busy dancing their hearts out rehearsing for the annual Lip Sync competition! Lip Sync is an activity where the Greek Week pairings perform a scripted, choreographed musical using popular songs from every genre and generation, 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.

The first performance or "First Cuts" were held the Tuesday of Greek Week, April 2nd, and the top pairings move on to perform at "Final Cuts" that Friday, April 5th in front of at least 550 high school seniors visiting for Greek Get-Away. Both performances

are in CY Stephens auditorium. First place is within our reach this year, and we are so excited to give it our absolute best shot!

-Zack Tener



Getting ready for Lip Sync second cuts.

Spring Mission Trip

On March 16, Pastor David Beagley and a group of thirteen college students, including seven Beta Sigs and a Theta, traveled to Louisiana to share their talents by working to restore the environment of coastal Louisiana for better natural protection from future hurricanes.

On their way to Louisiana, the group stopped in Memphis, TN to exchange greetings with the

Northern Illinois University group (who usually partners up with the Memorial Lutheran group for the mission work in Louisiana) as the NIU group headed back from their mission trip.

The group worked with Bayou Grace and Barataria-Terrebonne National Estuary Program (BTNEP) and planted trees and cut down an invasive species of

trees.

When the group was not working, they kayaked, went to a beach, played board games, visited New Orleans, and went Cajun dancing. The always enjoyable mission trip ended on March 23 with the long trip back to Ames.

-Paul Feldt



Beta Sigs having some fun while on the mission trip.

VEISHEA 2013 and More—Schedule & Map



A couple of the seniors repainting the crest.

Schedule

Saturday, April 20th	8:30AM	<ul style="list-style-type: none"> Alumni Board Meeting
	7AM-10:00AM	<ul style="list-style-type: none"> Brunch by Cookie at the Chapter House
	12PM-5:00PM	<ul style="list-style-type: none"> VEISHEA Events
Sunday, April 21st	11:00AM-1:00PM	<ul style="list-style-type: none"> Lunch by Cookie at the Chapter House
	8:30AM-9:30AM	<ul style="list-style-type: none"> Church Service, Memorial Lutheran Church
	9:30AM-11:00AM	<ul style="list-style-type: none"> Brunch by Cookie at the Chapter House
Friday, April 26th	8PM-12PM	<ul style="list-style-type: none"> Gold Rose Formal
Sunday, May 5th	1PM-4PM	<ul style="list-style-type: none"> Mom AJ's farewell, Beta Sigma Psi
Monday May 6th -Friday May 10th	8Am-5PM	<ul style="list-style-type: none"> Finals
Saturday, May 11th	1:30PM	<ul style="list-style-type: none"> Graduation, Hilton Coliseum



Representing Beta Sigma Psi at the Spring Blood Drive



Our new house is located at **2132 Sunset Drive**, shown on the map above. We will have parking at the house.

New House Mom

The search committee headed by Alumni Board Director Jarod Carl is pleased to introduce Barbara Gurganus as the new house director/mom for the Beta Sigma Psi – Epsilon chapter beginning June 1. She was selected after meeting with various members of the chapter and a selected panel consisting of some board members and others as well as John Anderson and A.J. Walter.

Barbara is a resident of Ames and has lived here for 35 years. She worked for Iowa State in several capacities and has also done a great deal of volunteer work. Her work in the house will begin with recruitment and meeting potential new members and their parents.

Recently she was guest of honor at dinner with the men of Epsilon chapter. Jarod Carl stated a few comments and Jarred

Schubert, president of the chapter, presented her with flowers. She plans to attend several of the spring functions to meet more of the members and learn about the chapter. The fall newsletter will feature an article by the new house director/mom.



Mom AJ and the soon to be house mom Barb Gurganus.

MEF Conference

The first weekend after winter break, the men of Beta Sigma Psi took a trip to St. Louis, Missouri for the MEF Conference. While in St. Louis, we experienced St. Louis by walking to the Arch, checking out the museum under the Arch, and meeting many Beta Sigs from around the Midwest.

The day started with a wonderful breakfast and the alumni meeting. Afterwards Brian Clark, an Epsilon Alum, led a seminar on how we can all improve and become successful. Many ideas were tossed around and we made suggestions how to grow to each other. Lunch followed and we attended more

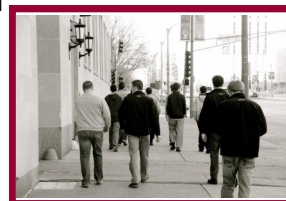
seminars over a wide variety of topics.

After the sessions, we had time to do whatever until dinner. Following dinner awards were announced. Epsilon Chapter received the Edwards and the Welge award for best house management and best recruitment respectively. Some of our alumni received awards as well. Rod Thompson received the Lieneman Award for outstanding service to the fraternity, university, government, or mankind. Jarod Carl received the Krameier Award for making a long lasting contribution to a chapter, colony, or National Fraternity. Finally, Jon Jaschen received the

Alumni Volunteer Service Award for his contribution to our chapter operations.

One of our favorite parts of this awesome weekend was the charter bus to and from St. Louis paid for by the alumni. We were all tired from the week's activities and because of this, many of us crashed on the trip down and back. We are all very thankful for the charter bus and hope to travel this way in the future.

-Tyler Splinter



Just walking in downtown St. Louis towards the Arch.



The men of Beta Sigma Psi and alumni who attended MEF

