



# The SPENDA

-The Sigma Phi Epsilon North Dakota Alpha Newsletter-

Volume 3, Issue 2

Fall 2010

## Fall semester is off to a “burning” start

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### The Numbers

- **3.05** Spring Semester GPA
- **44** members

### Upcoming Events

- Nov 8—Ritual
- Nov 20—Volunteering at the Mission and First Dinner



*The Brothers of North Dakota-Alpha are seen above during the Burning Heart ritual at fall retreat*

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# Sound Body Spotlight

After training for over a year, Brother Griffin Stangel '12 has impressed us with an incredible feat: finishing an Ironman Triathlon. The event, titled the "Ford Ironman Wisconsin," took place on September 12, 2010 in Griffin's hometown of Madison, WI. Griffin endured a 2.4 mile swim, 112 miles of biking, and a 26.2 mile run, all while finishing in 11 hours, 50 minutes, and 5 seconds. Thanks to a GPS tracker, Griffin's brothers back in North Dakota were able to track his progress online throughout the race. After a brief celebration, Griffin is back in training mode for next year's event. Griffin's remarkable achievement is certainly a demonstration of true athleticism, and we applaud his ability to greatly exemplify the Sound Body ideal. Congratulations, Griffin, on your accomplishment!



Rounding out North Dakota's impressive arsenal of runners is Brother Will Young '12, who raced in the Fargo Mini-Marathon 10K in Fargo, ND on October 9, 2010. Will finished his run in 50 minutes and 54 seconds. The Louisville, KY, native began his training regiment in May of this year, and continuously strives to challenge himself and improve his race times. Young has aspirations of competing in more race events in 2011.

North Dakota-Alpha takes significant pride in having Brothers who challenge themselves with endeavors that revolve around the ideals of Sound Mind and Sound Body. Therefore, we're constantly seeking to improve and promote the physical and mental health amongst our members in order to Build Balanced Men. Congratulations again to the individuals above for helping create a Sound Body image for the North Dakota-Alpha chapter of Sigma Phi Epsilon.

Brother Mark Becker '12 recently competed in the Twin Cities Marathon in Minneapolis, MN, on October 3, 2010. Mark completed the course in 4 hours, 7 minutes, and 32 seconds – a new personal record. This was Becker's ninth full 26.2-mile marathon, who gives credit to some of his SigEp brothers for training with him throughout the spring, summer, and fall months on the Grand Forks Greenway. Becker looks forward to once again participating in the Fargo Marathon in May of 2011.



Above: Griffin Stangel. Left: Will Young and Mark Becker.

## President's Report

Life here at North Dakota Alpha is busy as always. School is in full swing and our brothers are hard at work. This fall for recruitment we so far have 9 new members and are continuing to work hard at recruitment. The guys we have gotten are great additions to the fraternity. We had our fall retreat out at Brother Hillesland's farm and it was a really great time. We grilled, played some football, shot guns, had the burning heart ritual, set out semester goals as well as a great fireside chat. We had a successful homecoming where a bunch of the members participated in the house float and attended our annual dance. The chapter moral is really high right now and the house is as close as ever. I look forward to what the rest of the year will bring and hope you all have a happy holiday season.



New light-up letters installed on the house

# Recruitment Update

Crunching leaves, the soft blow of the prairie winds, the smell of hot dogs and burgers on the grill and dozens of SigEps on the front lawn playing volleyball... yup, it is definitely fall here in Grand Forks! And with fall comes my favorite time of year for the chapter, fall recruitment. After having a highly successful spring recruitment, where 10 brothers joined the chapter, my committee and I were determined to make fall recruitment just as effective. Over the summer I spent countless hours working on new ideas to ensure the same successes we enjoyed last semester.

As is traditional at other SigEp chapters around the nation, fall recruitment actually starts way back in the summer when we begin receiving applications for our Balanced Man Scholarship. Once again this year we were blown away by the number of applications that were sent to us, receiving nearly 60. During the first week of school, several older members and I interviewed over 30 young men who applied for our scholarship. After three days of interviews we had selected our winners. A wonderful awards banquet followed a few days later. At the banquet, highlighted by speeches from alumnus Samuel Lohstreter and Director of Greek Life, Cassie Gerhardt, SigEp offered a combined \$700 to 4 very bright incoming freshmen. Congratulations to our winners: Taylor Erickson (1st), John Mittel (2nd), and Tom Rosenkrans and Mitchell Oswald (tied for 3rd).

Recruitment week came and went very quickly like it so often does. Still, the week was filled with great activities. Some of the best parts included a taco feed, playing volleyball, having a preppy sports day, and going cosmic bowling. This year I couldn't be happier with our new guys! Thus far we have 10 new members. All of the young men define what it means to be a SigEp. I cannot wait to see them grow within the chapter.

I have thoroughly enjoyed leading our fraternity in recruitment for the past year now. It is a position defined by never ending work, but the rewards have always outweighed all of the hard work. When a potential new member accepts his bid and I get to shake his hand and say, "Welcome, brother", I know it was all worth it. Our chapter is definitely on the upswing. The fraternity is growing and we are headed back to where we all strive to be. As always, it is a great day to be a SigEp!



*2010 Balanced Man Scholarship recipients*

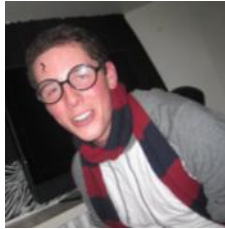


*SigEps are "cooler"*



# New Brothers

Sigma Phi Epsilon-ND Alpha welcomes 10 new brothers so far this semester and 13 since publication of the last newsletter.



**Derek Rood**  
Pequot Lakes, MN  
Accounting & Marketing



**Tyler Ruff**  
Mandan, ND  
Wildlife Biology



**Jeremy Schmaltz**  
Harvey, ND  
Music



**Jason Berg**  
Devils Lake, ND  
Chemical Engineering



**Chris Brauckman**  
Rochester, MN  
Commercial Aviation



**Joshua "JC" Cass**  
Longmont, CO



**Logan Fletcher**  
White Bear Lake, MN  
International Studies



**Jake Hodne**  
Apple Valley, MN



**David Laurion**  
Woodbury, MN  
Mech. Eng. & Spanish



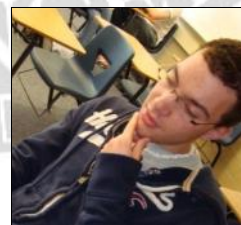
**Brandon Myhre**  
Devils Lake, ND  
Finance & Accounting



**Adam Reinke**  
Oakdale, MN  
Commercial Aviation



*New brothers. Old house. (Picture circa 1940s)*



**Chris Taylor**  
East Grand Forks, MN



**Eric Tombaugh**  
Denver, CO  
Air Traffic Control

# Programming Update



October—s'mores and pumpkin carving

This semester, we have gotten involved with the sororities on campus. In October, we hosted the lovely ladies of Delta Gamma for a fireside s'mores making session. On a separate night, we also played Twister with the ladies of Gamma Phi Beta. We have also participated in various sorority philanthropies. We won Delta Gamma's Anchor Grill this year. This consisted of having the highest percentage of members attend the event among fraternities on campus. We had a great time eating burgers and dogs and playing games on Delta Gamma's lawn. We also put forth a strong effort in Gamma Phi Beta's "Camp Week," and Alpha Phi's 5k Run for Cardiac Care.

In addition to sorority relations, we will be making a trip to the Northland Rescue Mission in November. The Northland Rescue Mission is the local homeless shelter in Grand Forks and the beneficiary of our "Queen of Hearts" philanthropy. Our goal is to volunteer as a group at the Mission at least once per semester. In the past, we have helped them by repainting walls, preparing food, reorganizing their freezers and coolers, folding and putting away clothes, and packaging blankets in boxes to be sent to other shelters. The Mission and its residents enjoy the help we provide as well as our company through interacting with us while we are there.

# Homecoming 2010



# Membership Development Update

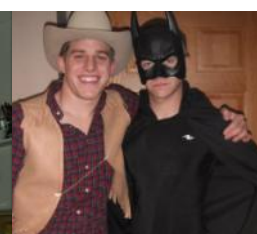
The Balanced Man Program is in full swing this fall with Scott Stilwell and Heath Legge running the Sigma Challenge, Mike Lough heading up Phi, and Ryan Hillesland leading Epsilon. We have already had all sorts of MD-related events this semester including Edge, Fall Retreat and various activities associated with the challenges such as leading the Art Show at the ND Museum of Art for Epsilon. This year headquarters tried something new with Edge program. Rather than having new members from the entire upper Midwest region make the 9 hour drive to Panora, Iowa, they hosted smaller localized Edge programs. This year's Edge took place here in Grand Forks with North Dakota Alpha and South Dakota Alpha. It was led by our own alumnus Andy Solsvig, and facilitated by several upperclassmen from both North Dakota and South Dakota.

During that very same weekend of Edge (October 1-3), we had a very successful Fall Retreat. This year the chapter ventured down to Brother Ryan Hillesland's farm near Northwood, ND where we engaged in hours of brotherly bonding including skeet shooting, nighttime football on a field lit by car headlights, four-wheeling, grilling, fireside chatting, and most importantly goal setting for this semester. We came up some of the following goals at retreat: Attain a 3.25 Chapter GPA, Recruit 9 more guys this semester,

Become a 60 man chapter by the end of the year, and win DG's Anchor Grill Philanthropy (Which we ultimately did win FYI). Overall the fall retreat and EDGE were a blast, the Balanced Man Program is running smoothly, and the chapter is heading in the right direction. I am excited to see what the rest of the year brings to North Dakota Alpha.



Past and present SigEps volunteering at the Art Auction



Fall semester brotherhood - Shooting during retreat, Guac-off, flying, and penguins

Ritual was held on September 20th, and here are the brothers who went through Sigma, Phi, and Epsilon

Jason Berg  
Chris Brauckman  
Logan Fletcher  
Jake Hodne  
David Laurion  
Brandon Myhre  
Adam Reinke  
Chris Taylor  
Eric Tombaugh



Nicky Byrne  
Big Bro: Eric Nagel



Josh Rosard  
Griffin Stangel  
Will Young

Next Ritual: Nov. 8th