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Alumni Newsletter

Winter Quarter 2015

Cal Rho @ UCSD

Accomplishments

GPA of 3.272

Recipients of Excelsior Cup for Leadership

Gave out \$1500 in scholarships, \$600 of which was donated by Alumni

Upcoming Events:

BMS Golf Tournament: May 17th, 2015 at Admiral Baker Golf Course. Registration is due by April 30th. Any questions, contact Steve Togami @ 619-379-6522 or togami@gmail.com

Sun Cup: May 17th

Triton 5k: June 6th

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Alumni Bowl

Alumni Dominate 1st, 2nd Half in Route

As the morning breaks on the day of the Super Bowl, each year, a little healthy competition is sparked between the active brothers of California Rho and the graduated Alumni. Most people were concerned with whether or not the Patriots were going to beat the Seahawks, but all the brothers were more concerned on whether or not we could actually beat the alumni this year. Unfortunately, that was no easy task. Distinguished alumni, for example past president Jason Karavidas, take this game very seriously. Current President, Deven Hill, gave quite the effort to keep up against all the competitive alumni. Overall, it was a great game to watch. The game ended with a final score of 19-6, in favor of the Alumni. I guess it's time to hit the field earlier next year. We were fortunate enough to have a special guest appearance by Nico Marcolongo, a friend of Jason's that refereed the game. He had quite the soundtrack to play on the sidelines. Overall, it was one of the best Alumni Bowls we have had in a long time. Hosted at a park in Del Mar, it was a beautiful day in February and a memorable match as well. Although the score did not end in the favor of the active brothers, it only fuels us to come back stronger next year. This is an amazing tradition and we look forward to it every year.



Balanced Man Scholarship Banquet

On Thursday, February 26th, Sigma Phi Epsilon hosted its second consecutive Balanced Man Scholarship Award Banquet at UC San Diego. On this eventful night, The Cal Rho Chapter was able to provide three \$500 scholarships to three incredibly balanced men. The three recipients of the scholarship were Julian Jacobs, Ian Stellar, and Yung Han Kim. These three gentlemen embody the balanced man ideals and we believe, that out of all the applicants we were able to acquire, best represent the true meaning of being a balanced man. Our first recipient was Julian Jacobs who is a 2nd year, Computer Science major with a 3.17 GPA. He is currently a student athlete on our UCSD Swimming and Diving team. Ian Stellar is a 1st year, Physiology and Neuroscience major. Ian hopes to one day be a surgeon and currently spends his free time volunteering in the organization, Healing Hearts Across Borders. Our last recipient is Young Han Kim, a 2nd year Electrical Engineering major. Young Han Kim was able to bring his freshman GPA from the low 2s, up to a cumulative GPA of 3.1. Last quarter he was even able to receive a 4.0 GPA while sustaining a job, being involved in EEE (Electrical Engineering Club), as well as being a rock within his family through personal family problems. The evening was filled with our Balanced Man brand, delicious all you can eat Hawaiian Barbeque, and of course our SigEp Chapter. We hope these men continue to live their lives as Balanced Men. We want to thank our alumni, nationals, and school for allowing us to have such an incredible event.



Jeremy Poincenot: Inspiration Beyond the Blur

SigEp brothers across the nation are slowly hearing about SDSU brother, Jeremy Poincenot. Jeremy went blind his sophomore year of college due to a rare genetic disorder known as Leber's Hereditary Optic Neuropathy. He no longer has any central eyesight and is legally blind. However, after his depression from losing his sight, Jeremy picked himself up, and with the help of brothers, was able to get back on his feet and live in this new world. Now a professional blind golf champion, Jeremy travels to give inspirational messages to young adults in order to show how one friend can change your life. Cal Rho, paired up with the ladies of Chi Omega and the gentlemen of Nu Alpha Kappa to host Jeremy at UCSD. Jeremy came and spoke to around 150 students about the friend that changed his life, more importantly, the brother that changed his life. Jeremy gave a 45-minute talk about overcoming his depression, getting back on his feet, and all the amazing people that have impacted his life. He spoke about what he does now, including his CURE bike ride that raises money for LHON research. He also opened the floor to questions, and many students took the opportunity to really get to know Jeremy. We are so thankful that we could have Jeremy come speak to us and really inspire everyone to take a moment, breathe, and then help a friend.



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Carlson Leadership Academy



At the Carlson Leadership Academy this year, our chapter received the Excelsior Award for Chapter Leadership. This award signifies our improved chapter operations due to the great leaders in our chapter. We look forward to continuing this leadership and instilling it upon the rest of our members.

Retreat

Cal Rho's brotherhood retreat this year illuminated, inspired, and rejuvenated brothers. We rented a large cabin in Lake Arrowhead to take advantage of being out in nature, and away from the hustle and bustle of San Diego. Being secluded really helped everyone forget about their daily life and focus on the ritual and values of Sigma Phi Epsilon. The night started out with everyone getting unpacked as well as eating dinner; from there we moved onto life maps. This activity really set the tone for the rest of the retreat. Everyone was able to share details about themselves, many of which we did not know about each other. Throughout the activity, brothers were asking questions about each other's life maps and bypassing many of the superficial conversations we normally have. We then got everyone up and ready to go on a hike around Lake Arrowhead. This sound body activity got everyone out of the house and into nature for some fresh air and good conversations. In the evening, we finished with our last activity, a goal setting session in which we all brainstormed three S.M.A.R.T goals and elaborated on tactics to achieve them. It was awesome to get everyone on the same page and refreshed on what our chapter wide goals are. We were able to pinpoint the everyday steps we can take to achieve them. All in all, Cal Rho's second annual retreat proved to be a huge success for not only chapter, but also personal development.

The Carlson Leadership Academy, an academy to train those newly elected officers to help them achieve their goals in Sigma Phi Epsilon. However, Carlson's are not only for new officers, they are for rising chapter leaders, as well as engaged volunteers. The Carlson Leadership Academy is meant to facilitate skills that will help them manage a committee as well as ways to follow through on goals that the person has set, and to help the chapter achieve its goals as well.

I, however, am not a newly elected officer, but I am a rising leader in the chapter and want to, in my college career, hold an executive position. I attended the 2015 Carlson's in place of our V.P. of Communications, Thomas Newman, as he was unable to attend. It was one of the best positions I have taken going in his place because my experience as an outsider from our executive board was fantastic. Because of this, I witnessed how much time and effort Cal Rho's executive board puts into running our chapter, and guiding us towards our goals.

It was different to me being in a position I have never done before. I was in the communications track of Carlson's and it opened my eyes to all of what the V.P. of Communications is in charge of. His job is much broader than expected, and involves maintaining the image of this fraternity, and not just the basic social media aspect of it.

Seeing all the different leaders from the different chapters was just inspirational and makes me excited to want to try and become a leader in our chapter. Though they all had different goals for their own chapters, one always stood out from the rest, striving to make SigEp the best chapter there is on their own campus, and we ourselves at Cal Rho are trying to do just that. Carlson's thought us, and me something that we can bring back home and share with the rest of the brothers and with ourselves.

Delta Idol

Delta Idol, a philanthropy hosted by the lovely ladies of Delta Delta Delta, better known as Tri-Delta, brought together the fraternities and sororities of UC San Diego through an American Idol-based singing competition to help benefit St. Jude Children's Research Hospital. A group of brothers consisting of Alex Lagman on lead vocals and guitar, Ryan De Leon on bass, David Williams on the cajon, and Martin Bustos on backing vocals and guitar represented Sigma Phi Epsilon on the PC West Ballroom stage as they excited the crowd with their soulful rendition of Sublime's reggae classic, "Santeria."

After hours of practice in the weeks leading up to the event, the group presented the final product with the rest of the crowd roaring with energy as they sung along. Although Sigma Phi Epsilon was chosen to open the show, the combination of Alex's soothing vocals, Ryan's smooth bass, David's sick beats, and Martin's shredding guitar culminated in a large ovation which set the bar high for the rest of the performances. This Delta Idol performance marked the first time this specific group of brothers had ever taken the stage together and the obvious chemistry that formed will definitely carry over to future philanthropies involving musical performances.

Although SigEp did not end up winning the competition, bassist, Ryan De Leon says he looks forward to these philanthropies because "it gives our members, new or old, a chance to display and showcase their talents for a great cause." Ryan added, "I felt like all the different musical styles that Martin, Alex, David, and myself brought together created a unique performance that I can look back and be proud of!" Tri-Delta was able to raise over \$3500 for St. Jude through this event and SigEp is proud to have been a part of the cause.

Brother of the Quarter

I would really like to extend my gratitude to those who have acknowledged my effort this quarter. I am immensely grateful to be recognized for Brother of the Quarter this Winter of 2015. I find that my effort tends to follow my passion, and I believe this quarter it really shined through. My name is Derreck DaSilva and I am a freshman at UCSD. My major is philosophy, and my passion is people.

I haven't necessarily been in the fraternity long, in fact maybe not even six months, but I think in the six months I found passion and drive to be a part of the fraternity, hold its ideals, and attempt to live by what it was founded upon. This mindset has led me to make that extra trip when giving rides, it has led me to spend that little extra when it comes to philanthropies we're going all out for, and it leads me, regardless of how I'm feeling, to make it out to an event and support SigEp and the brothers. And I feel it's about being there with the brothers that are going to attend and trying to represent the ones that aren't.

I also have a newly discovered respect for the action behind the action. I'm referring to the people behind the scenes, always putting in work to make the fraternity happen. I was lucky enough to be appointed as IFC delegate, and that position has let me see just how much the executive board does. It also gave me perspective because there was a lot more that went on than I realized. People put planning hours into all our events, meetings, and our relations. Being a member of the fraternity was great, but holding a position and realizing that there is not only SigEp but also IFC, helped my understanding of fraternalism at large and truly opened my eyes, and allowed me to find appreciation for the amount of effort put forth by Exec boards campus-wide and learn the meaning of true brotherly love. I will admit Danny Schiff has been an instrumental help and mentor in SigEp journey and I can honestly say I wouldn't quite be where I was without him; which is why it's such an honor to call him my Big.

Sadly though, I won't be returning to UCSD in the Spring. Due to my career goals, I will be transferring schools into an accelerated nursing program to pursue a Nurse Practitioner's license. Although it is sad to be leaving my brothers, I think in the end they know it's going to be what best for me. It doesn't make it any easier to leave, but it's nice to know that the bond of brotherhood is not easily broken, and common unity through the ideals of Sigma Phi Epsilon is deeply ingrained; and, should I ever need it, I have a home here at UCSD.

