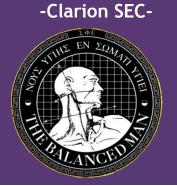
THE BALANCED MAN JOURNAL



BROTHERS POSE WITH ERNIE THE EAGLE AT A GOLDEN EAGLE FOOTBALL GAME

The Balanced Man Journal



IN THIS ISSUE:

A Chat from Matt

By Matt Moorman

The Brothers have been hard at work accomplishing many things this semester. As VP of Recruitment, I am very excited about the new Brothers we have met this semester. I would like to welcome Mike Cesare, Dustin DeFrancisis, Nick Graziani, Dillon Gibson, Tucker Glover, Tyler Rowe, D.J Brestensky, Devin Forgey, and Brent Ingram. These gentlemen signify the qualities we look for in a SigEp and I'm very proud to call them Brothers. I am extremely proud of all the time Brothers have dedicated towards recruiting this semester. With the help of Darren Young (Recruitment Chair), we have been able to plan events of all kinds to interest our PNMs. We have held three recruitment weeks, in addition to our usual weekly recruitment events. We have incorporated a SigEp Information Night into our Recruitment Weeks as well, which resulted in nine new members (listed above) joining this semester. Our Balanced Man Scholarship is off to a great start. Thanks to the hard work of Michael Robertson

(BMS Chair), we have received 19 scholarship applications. We are awaiting the interviews which took place at the end of November. I am extremely proud of all the hard work and effort that the Brothers have contributed. We have a very strong group of gentlemen and I look forward to watching this chapter continue to grow!



Matt (left) with Clarion University President Karen Whitney, Ernie, and Brother Scott Anderson (right)



New Member Bios

Get introduced to Dustin DeFrancisis, Dillon Gibson, and Mike Cesare, three of the new Brothers who joined SigEp this past semester

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Conclave Read about what Jeff Donor took away from his experience at this past summer's Conclave.

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Chillin' With Dillon

By Dillon Gibson

On September 13, I received my bid from Sigma Phi Epsilon outside Vinny's Pizza and two days later, I became an official Brother of this great fraternity. This moment I will never forget.

I am currently a sophomore working on my chemistry degree. Before college I never imagined joining Greek life. When I started college I began my career at a community college, where fraternities were not available. A week after I transferred to Clarion University, I met the Brothers of Sigma Phi Epsilon, and the next semester, I joined. Since then, I have been greeted into a family of Brothers who have shown me what being part of a fraternity is all about. I have learned that my Brothers are always willing to help me with school, social life or any other challenges I may encounter. In addition, I have taken great leaps in becoming a balanced man. In the past, I struggled with properly dividing my studies, physical wellbeing and social life. Through my attendance at EDGE, the challenges, and



being around some of the greatest guys I know, I have been able to organize my life to be proactive in my studies, create a weekly physical routine and balance my social life. I have met new people to enrich my life. Currently, I have received Brother of the Week four times, helped build a first place float, preparing to study abroad in Sweden and I am in the process of starting a ski and board club with one of our Brothers on campus. SigEp has shown me the path to graduate school and to live a fruitful life. The lessons and Brothers I meet today I will remember for a lifetime.

FUN FACT

Dillon enjoys rock wall climbing, and is on the Clarion Climbing Team.

Meet Mike

By Mike Cesare

As a new member of this fraternity, joining Sigma Phi Epsilon has been, by far, one of the best decisions I have ever made in my life. Before joining this fraternity, I wanted to seek out leadership, friendship, and networking opportunities. Having a plan for my collegiate future began for me by understanding my major, Information Systems. In my field, communication, networking, teambuilding, and leadership are some of the most important attributes.

Presently, I am a sophomore and I have considered joining a fraternity through my freshman year and even this year. I am currently studying Information Systems. I enjoy playing football, baseball, and hockey. This autumn, I did not even



consider joining a fraternity. Then I attended "Meet the Greeks" in the Gemmell Student Complex. After attending that event, sparks just flew with the Brothers and I couldn't help but learn more information about the fraternity. Socially and academically, SigEp has guided me to achieve so much more than I would have ever thought. From joining this fraternity, just in the first semester, I've learned so much about time management, SMART goals, and organization skills. Staying active has always been a priority in my life and the more organized I am, the more successful I will be.

FUN FACT

Mike was born on Easter Sunday.

This semester I attended EDGE and I can honestly say that it was one of the best experiences I have ever had. From teambuilding exercises, to sound body workouts, it was a challenge...but it was a challenge I was up for. I'm so excited to see what all of SigEp offers. As of now I have only just begun my journey. The values of Virtue, Diligence, and Brotherly Love have always stuck within my heart, but since joining SigEp, it has enhanced my understanding of what these values are.

Discussion with Dustin

By Dustin DeFrancisis

Dustin is a junior Biology major. He enjoys hunting, fishing, and other outdoor activities and is a member of the Clarion University Wildlife Society. Dustin enjoys many sports, especially volleyball.

-What made you decide to join SigEp?

The current Brothers drew me to the fraternity, but their values and professional development opportunities solidified my decision.

-What do you look forward to getting out of SigEp?

I plan on making lifelong friends and taking full advantage of the leadership events and professional development opportunities that SigEp offers in order to be prepared for life after college.

-What is something you can give to the fraternity?

I am very excited about joining the fraternity and plan on doing anything I can to help out. The things I will do to help the fraternity will include dedicating my time and go to all events on campus and our off-campus community service events. I am also thinking about taking a leadership position in order to help the fraternity reach our goal of improving the chapter for the future.

-What do you plan on doing after college?

I plan on either continuing my education and getting a Master's Degree or Ph. D. in Wildlife Biology or getting a job in the wildlife management or wildlife biology field.

FUN FACT

Dustin enjoys bow hunting, and his favorite sport is volleyball.

Niver's Notes

By Nathanael Niver

For the past few semesters, Member Development has been growing because of the major changes in the Balanced Man Program (BMP). There is now there is a Google DOC that is called the Challenge Overview. This document is visible and shared with all the Brothers. This overview shows the process of each challenge, the overview of each challenge, and the minimum and maximum timeframe that each challenge will take to complete. It also shows the challenge events that each level has planned for the semester. Then it shows the activities that are to be done weekly for Sigma, bi-weekly for Phi, biweekly for Epsilon, and monthly for Brother Mentor. There could be only a couple activities for them to do or sometimes there are a few activities for them to do, and the activities are all in accordance with the SigEp Development areas, which are SigEp, Sound-Mind, Sound-Body, Personal, Professional, and Transition to college and from college. This new and improved BMP has been revamped and looks better than what we have had and we hope to use this program for as long as we can.

We have also incorporated useful tactics by having people that work at the campus come talk to the groups, we also had Chad Smith, Balanced Man Steward, come talk to the Brothers about finance, and mentoring. Seeing how the BMP is very important to the fraternity we made sure to include as many activities as possible and make them mandatory so that every Brother gets the full effect of the BMP. I would like to talk about the last two semesters and how great the retention rate was. This semester's retention rate was a 96%, and last semesters retention rate was 94%, so all in all we have only lost a one member each semester.







Finance Report

By Zach Clifford

Clarion SEC of Sigma Phi Epsilon has proved financially successful. Over the past year, the Chapter has been able to repay previous debt while also lowering member dues. We have been very lucrative due to strong member support and profitable events. The past two summers Brothers have planned, coordinated, and executed a fireworks tent during the Fourth of July holiday season. This has been our single, largest source of fundraising revenue. Our second largest profitable fundraiser has been a new iPad raffle. Brothers worked a tent during Clarion's Autumn Leaf Festival[™] during Clarion University's homecoming weekend. Due to the financial success of our fundraising events, we have not only been able to provide funds for our Chapter, but we have also been able to start a fund to financially support Brothers who attend the leadership conferences hosted by Headquarters.

During the last semester, our Chapter began a Leadership Conference Investment Fund (LCIF) to provide additional monetary funds for Brothers attending SigEp conferences. The fund was started with a large initial deposit. Small deposits will be required by the Chapter each of the following semesters. A deposit each semester will keep the fund sustainable and allow greater stability to the Chapter's budgets and checking account. Brothers will be required to split transportation costs with the LCIF. By requiring Brothers to put some money toward the conferences they attend, Brothers are investing in the leadership they are receiving without as much financial stress. We believe the LCIF will be very beneficial to our Chapter at Clarion University as a viable source of funds to support the Brothers within our great fraternity.



Brothers Tyler Kitzmiller, Matt Moorman, and alumni AVC member Cody Rapp helped work a fireworks stand over the summer, which is our Chapter's largest fundraiser.



SigEp

Patriot Day Activities

By Scott Anderson

The Brothers of Sigma Phi Epsilon's Clarion SEC took charge and showed their love for America this past Patriot Day. SigEp became the first group on campus to transform the look of Clarion University's brand new free speech apple, a five-foot tall marble apple, designed for organizations to advertise their events in a high-traffic area on University grounds. The Brothers painted the apple to look like the American flag overnight, receiving praise from students, faculty, and Clarion University President Karen Whitney.

"People were buzzing all day about how good the apple looked," President Tyler Kitzmiller said. "We've gained more exposure and recognition, not only to ourselves, but the entire campus Greek life. I'm especially proud to be wearing my letters today."

The Brothers also held a 9/11 service project, where students throughout the day were asked to write about services to the country on red, white, and blue pieces of paper. The papers were then formed into a collage of an American flag, on a board provided by the local 84 Lumber company.

Clarion SigEps also partnered with the campus's Advisory Board for Leadership and Engagement (ABLE) and the local VFW Post #2145 to have a memorial service for the students and the community. The American flag collage was present at the service, and flags were handed out to those in attendance before the VFW performed their traditional Memorial service.

"Both students and veterans loved how our American flag collage turned out," said VP of Communications Scott Anderson. "Being thanked by veterans and first responders, when they were the ones who deserve all of the thanks, made the whole effort worth it."



The SigEp Patriot Day Service Project (above) and the new Free Speech Apple, decorated by Brothers for September 11 below.



ΣΦΕ

The Conclave Experience

By Jeff Donor

From the end of July to the beginning of August, Brother Tyler Kitzmiller and myself had the great opportunity to go to Dallas, Texas, to represent Clarion at the 2013 SigEp Conclave. The experience was one of the best I have ever had as a SigEp. While Tyler was the main delegate who got to vote on the major pieces of legislation, I also got to attend these meetings and observe as the 2013 Conclave passed legislature. To see Brothers from all across the country was an amazing opportunity that I will never forget. In Clarion, it is easy to forget that we are part of one of the largest fraternities in the United States. We also had the opportunity to meet some very interesting people and make contacts with prestigious SigEp alumni. One of my favorite memories would be when I was swimming in a pool and I was able to meet one of the Vice Presidents of Merrill Lynch.

At the end of the day, the biggest thing I took away from Conclave was that my status as an active undergraduate Brother is coming to an end. Next year this time, I will most likely be gone from the Clarion area living my life. This made me upset because I knew I would have to say goodbye to some very good Brothers. Conclave changed that thinking. It showed me many ways I can be active as an alumni. From joining the AVC to possibly helping other SigEp chapters wherever I may be, I am no longer sad about leaving my Brothers because I realized I am always a SigEp. Till the day I die, I will always



say that I am damn proud to be a SigEp!

President's Message

By Tyler Kitzmiller

Brothers and Friends,

Another semester is coming to a close, and with the end of this semester comes the turning over of the reigns as a new executive board will be elected. I have had the opportunity to guide and lead the Chapter over the past year as the President, and I couldn't have asked for a better group of Brothers to share that experience with.

The achievements we have attained over the past year are great and numerous. We have gone from a Chapter size of 11, at the time I took over as President, to a current Chapter size of 23. The Challenges of the Balanced Man Program have been revised and organized to afford our Brothers a greater development experience throughout their college years. The Chapter now has a website that includes information on our Chapter's events, programs, the

Balanced Man Program, and many other topics as well. The finances of the Chapter have been stabilized and better managed through finance software that the Chapter purchased at the end of last year. Additionally, the Chapter is back to setting and adhering to a budget that is agreed



Tyler Kitzmiller visiting Cowboy Stadium during this past Conclave

upon by the VP of Finance, Chapter President and the AVC before the beginning of each semester. The Chapter's finances have been so well managed that we now have an investment fund that will support the Brothers of the Chapter to attend the various leadership conferences that SigEp offers over the next 5-6 years. Lastly, the programming of the Chapter has continued to be outstanding with the events that the chapter has organized over the last year, including the Parent-Child 5K for 5 Causes Run-Walk, "Hired or Fired?"- a professional development event, and a 9/11 memorial event. I point out these accomplishments to show the time and hard work that has been put into this Chapter over the last year by all of the Brothers. These accomplishments are a true reflection of the dedication our Brothers in the Chapter have and would not have happened if it wasn't for them.

While all of these accomplishments are great to take note of, the greatest accomplishment for the Chapter has yet to be achieved. This accomplishment has taken almost 6 years to achieve, but in 2014 Clarion SEC will achieve its greatest goal, and that is to get chartered. Over the past 2 months the Executive Board for the Chapter has been working on the numerous different items needed for the petition and as of November 16, 2013 over half of the items needed for the petition were completed. The rest of the petition items will be completed by November 26, 2013 and put into a petition document that can be sent to Roy Sye, SEC Manager, and Ron Binder, District Governor, for them to provide us with feedback. Upon receiving their feedback, the proper edits will be made and the petition will be submitted by February 21, 2014 to Headquarters for them to approve us for our charter.

With the new Executive Board taking over I am confident they will continue to move this fraternity in a direction that will continue Building Balanced Men and one that will continue to prove why Clarion SEC deserves its charter.

Again, I couldn't be happier with the hard work of the Executive Board that has served alongside me during this semester. I thank you all for doing such a great job. I would also like to also thank the AVC for their continued dedication and hard work to aid the chapter in moving along with the charter.

Fraternally,

Tyler R. Kitzmiller President

Spring 2013 – Fall 2014 Executive Board	
Chapter President	Lance Whitehead
Vice President of Programming	Nate Niver
Vice President of Finance	Scott Anderson
Vice President of Member Development	Devin Forgey
Vice President of Recruitment	Mike Cesare
Vice President of Communications	Dustin DeFrancisis
Chaplin	Corey Bickert

AVC Updates

By Jon Catanzarita and Justin Nagel

It is hard to believe that 2013 is almost over, but it was a year that proved to be very memorable for the Clarion SEC chapter. Your AVC board has been diligent in hosting the Annual Golf Outing and Autumn Leaf™ events. Kudos to all Alumni and Volunteers for providing their time, talent, and treasures to growing this fraternity we all love.

The summer kicked off the 6th Annual Alumni Charity Golf Outing on June 3, 2013 at the Pheasant Ridge Golf Course in Gibsonia, PA. It was a bright and beautiful day that marked a record-breaking outing as 27 alumni and 8 undergraduate brothers played in the "Pink Lady Scramble" tournament. The winning foursome consisting of Doug Diamond, Dave Sigworth, Mike Hankey and Shaun Allshouse received a dozen SigEp personalized Wilson Golf balls and the honor of signing the coveted "Cheese Weeny Award." A well prepared Italian buffet dinner followed the round at the clubhouse, where the alumni and undergraduates were able to share exaggerated stories of the past and gloat about how much weight they lost over the past year. The event was a success as it was able to raise \$1,590 from the golf outing, \$1,040 from additional alumni contributions, and \$170 for Youth AIDs.

Just as soon as the golf outing ended it seemed as if the alumni were quickly back together to celebrate the Autumn Leaf Festival[™] at Clarion University. On Saturday, September 28, 2013 the alumni and undergraduates reunited again to start the morning at the annual parade. Everyone was able to witness the chapter win 1st place for their float they built with the sisters of Delta Zeta. Following the parade, all the Brothers attended a small banquet dinner at the local Clarion Holiday Inn, complements of Doug Diamond. As we are sure many of the Brothers can agree, it was a year filled with recreation and camaraderie. We are excited to see what 2014 has in store as the chapter and alumni involvement continues to grow.

In Clarion, the undergraduate chapter has made significant progress towards their goal of earning our charter back! Recruitment this semester has doubled the Chapter and Member Development provided leadership on and off campus.

The AVC has also had the pleasure of welcoming two new officers, Cody Rapp `12 (Vice President) and Allison Latagliata `12, `14 (Secretary). Even with additions there are still open Board positions: VP Housing, Recruitment Mentor and Faculty Fellow. If you wish to join the Board please contact us at paupsilonavc@gmail.com.

As we look forward to 2014, expect great annual events, local gatherings, mentorship opportunities, and celebrations of achievement by the Clarion Chapter. Together, we can make a difference in the lives of our younger Brothers by providing them a path for success.

Fraternally, Jonathan Catanzarita '11 AVC President

Justin Nagel '10 Chapter Counselor

AVC Board	
President	Jon Catanzarita
Vice President	Cody Rapp
Secretary	Allison Latagliata
Treasurer	Dr. John Postelwait
Balanced Man Steward	Dr. Chad Smith
Chapter Counselor	Justin Nagel
At-Large Members	Ken Grugel, Tim Sweeney, Eric Pascucci, Dustin McEllhattan, Tyler Kitzmiller (Undergraduate President)

HQ and Mentorship

By Cody Rapp

After attending the Dallas 2013 Conclave, my eyes were opened to a whole new facet of our fraternity's development. Yes, I attended the Phoenix Conclave in 2011, but that was as an undergraduate. Going back this past summer as an alumnus was an incredibly different experience, more than I would have expected. I had prepared myself for the excitement and knowledge I knew the sessions would bring. When I stepped on-site I realized that a much larger and deeper experience was waiting before me. All the volunteers quickly assembled in the training and development sessions, as we were all grouped together regardless of alumni status or volunteer position. As a cohesive group, it is important that we all work toward the same goal of proper integration and maintenance of our mentoring relationships to further advance our fraternity. Why is this important for you?

There is one thing that has the ability to change the level of productivity, reputation, function and life of our local fraternity and that is your mentorship. Without it we (the alumni and volunteers), may very well be leading ourselves to our own demise and without it our goals may never be achieved or discussed. However, with mentorship we can provide a higher level of structure, accountability and motivation not only for ourselves but also for the undergraduate Brothers.

Looking at the nuts and bolts of integrating this idea into our Chapter we have the following. It is important to note that there are videos and documents on www.sigep.org to assist with this mentorship development and have been included on the sigepatclarion.weebly.com website. There are video trainings, PDF documents posted to engage, educate and motivate all alumni and volunteers to better serve themselves and the undergraduate chapter. Since stepping onto the AVC in the position of Recruitment Mentor, I have not only been working with the undergraduates, but also with the recruitment of AVC members. In this time, I have been able to focus on not only the "who" of the mentoring process, I have also been able to focus on the "how." It has been great to see the information that Headquarters has provided us, because this information will allow us all to reach new heights. We all have our own experiences which lead to unique mentoring perspectives. This is what has made SigEp the great fraternity it is, and we hope that you will add to that by being an active part of our Alumni Volunteer Corporation.

I would encourage each and every one of you that is reading this article now, to ask yourself and answer the following questions. Can I commit to being a Mentor? Am I ready and willing to share my professional, personal, fraternal experience with the undergraduate members of Clarion SEC?

If you answered "yes" to either of the questions above, I would be more than happy to discuss with you how to become more involved with the development and success of our Clarion University Chapter of Sigma Phi Epsilon. CodyRapp11@gmail.com and 814-227-7740

To keep updated on the status of our Chapter throughout the semester, visit our website at www.sigepatclarion.weebly.com paupsilonavc@gmail.com

If you have not done so already, please update your information with us! Name: Address: Email: Phone: Initiation Date (Year): Year Graduated: Shirt Size: Spouse: Employer:

