

THE **KEY**

of Phi Sigma Rho

SPRING 2017



Meet Me
in *Saint Louis!*



In This Issue...

Sorority News and Updates

- 03** Letter From the President
- 04** Convention 2017
- 06** Meet the Staff
- 08** UCSB Colony Update
- 08** University at Buffalo Colony Update

Spotlights

- 08** Chapter Spotlight: UC Boulder - Alpha Mu
- 09** Legacy Spotlight: Kathy & Raegan Bradley
- 10** Active Spotlight: Christine Peters
- 10** Alumnae Spotlight: Sarah Johnson
- 12** Alumnae Spotlight: Elishka Jepson
- 13** A Rekindling of Friendship at Boise

Phi Sigma Rho Foundation Updates

- 15** Letter from the Foundation President
- 16** 2017 Strategy and Objectives

Did You Know?

- 19** Social Media Guidelines
- 20** PSR in Social Media
- 22** From Colony to Chapter
- 24** Alumnae Dues Announcement



Letter from *the President*

Spring is now officially in the air! Spring is a time for growth, renewal, and change. So many of our chapters are growing, not only in size but in age, and in their relationships in the Greek community, and on their campuses. Our alumnae base is growing with each year of graduating seniors. We are now up to 37 chapters across the U.S. with two colonies in the process of working towards becoming chapters as well. Our staff has grown to one full-time and three part-time employees dedicated to supporting the day to day operations of the sorority. Our membership continues to grow and with it so does the level of service that the national organization has been able to provide to actives and alumnae.

The National Vice President of Expansion (Angelina Altshuler) along with the Colony Educators and mentor chapters have been very busy helping the sorority to grow our footprint. The chapters continue to improve and share best practices on how to grow together through member engagement and recruitment on each of their campuses as we grow and build the future of Phi Sigma Rho together.

I believe that a very significant part of our growth and foundation to all that we do is the friendship and lifelong bonds of sisterhood that we share. In this issue, you'll get to read a very fun story of two old friends reuniting at Boise. You'll get to learn more about other sisters and chapters throughout the country in the stories through these pages as well. You'll get to learn more about the amazing staff members that support the sorority and so much more. If you have ideas for what you'd like to see in future issues of the magazine, we'd love to hear them, please send your suggestions to the Vice President of Communications (Stacey Horvitz) at VPofCommunications@PhiSigmaRho.org.

And finally, as I currently live in Saint Louis, I am absolutely thrilled that our National Convention will be taking place here in July and invite you to join us for a weekend of bonding and learning together. We have all kinds of fun activities planned to build on old friendships and new. There will be lots of fun social opportunities, interesting LEAP sessions, and awards recognizing leaders and chapters in the sorority. I hope that you can come join us for a fun sisterhood weekend!

PRL & Mine,

Teresa J. Phillips

Connecticut - Theta

National President - 15th National Council

Join Phi Sigma Rho Sisters From Across The Country AT CONVENTION 2017



July 14-15, 2017

Saint Louis, Missouri

When I type in the link directly, it gives me the your connection is not private error. That may just be my computer.

Sheraton Westport Plaza & Chalet

Who should attend?

All Phi Sigma Rho members are welcome to attend. In addition to National Council members, Foundation Board of Directors, and Regional Field Directors, one delegate from each collegiate chapter and alumnae association are required to attend.

How can I register?

You can register online at 2017_national_convention.eventbrite.com now through June 1, 2017.

What is included in the registration fee?

The active registration fee is \$280 and the alumna registration fee is \$325 (\$300 for active alumna). The registration fee includes two days of programming, the Collegiate Banquet on Friday evening, the Foundation Luncheon on Saturday, and the Orchid and Pearl Banquet on Saturday evening. The actives will also attend an etiquette lunch on Friday.

How do I reserve a hotel room?

You must reserve your own hotel room at www.starwoodmeeting.com/Book/PhiSigmaRho by June 22, 2017 in order to receive the group discount of \$119 per night plus taxes. The Sheraton Westport offers complimentary shuttle service to and from Lambert International Airport.

What should I bring?

- Phi Sigma Rho badge
- Dress-to-pin attire
- Casual attire
- Phi Rho lanyard

I am a local in St. Louis, how can I volunteer?

If you are interested in volunteering, please contact Sharon, the national Vice President of Programming.

Anything else I should know?

There will be social events planned for actives, alumnae, and guests on Thursday, July 13th for anyone who is able to arrive in St. Louis early! The day will start with a trip to the St. Louis Arch where we will visit the

museum, watch the documentary to learn how this fabulous structure was erected, and take a tram ride to the top of the arch. Next will be a box lunch aboard a riverboat cruise to see St. Louis from the mighty Mississippi River. Then, we will take a tour of the Anheuser-Busch Brewery. You can sign up for the Thursday Social activities at 2017_national_convention.eventbrite.com for an additional \$85, which includes tickets to the Arch, museum, riverboat cruise, box lunch, brewery tour, and bus cost.

Alumnae are also invited to an Alumnae Luncheon on Friday that benefits the Phi Sigma Rho Foundation. Be sure to register for the Alumnae Friday Luncheon at 2017_national_convention.eventbrite.com.

Where can I get more information?

Complete details are available at phisigmarho.org/event/convention. You need to have a Sisters Only account to access the information. You can sign up for one at www.phisigmarho.org by clicking Login in the upper right and then Create New Account.

"I would highly encourage every sister to attend a national Convention or Conference at least once during their life time. I never thought I could love Phi Sigma Rho more than I already do, but this Convention made me fall in love with this sorority all over again and I am so proud to be a Phi Rho!" - PSR Active



"It's an amazing experience where you learn and grow with your sisters from around the country. It's also an invaluable resource for networking with alum." - PSR Active



I think these fonts should match the fonts of the other quotes.

"What a fantastic opportunity to reconnect with lifetime friends, make new lifetime friends and learn new tools to sharpen your skillset." - PSR Alumna

"I enjoyed a city that I didn't appreciate when I visited as a kid, I made new friends across the country, I was able to connect with active sisters and give them advice I wish I had received earlier, and I'm a revitalized volunteer for NC and the Foundation!" - PSR Alumna



"Convention is a great place to find out more about why you became a Phi Sigma Rho sister and to really feel an expanded bond with all those other women in the sorority. It's the place that I really feel like I'm part of something much bigger than my individual chapter." - PSR Active

Meet the Staff



I have a different picture that I attached. If it is too late, I understand.

Executive Director

Colleen (O'Connell) Bush
Ohio State - Beta, Cincinnati, Ohio

Working as the Executive Director for Phi Sigma Rho National Sorority is my full-time job.

Describe your role:

As the Executive Director, I am responsible for the logistics of National meetings, coordinating and completing chapter visits, collecting chapter reports, Sorority inventory, overseeing the National headquarters staff, and any other duties as assigned by National Council.

What are you currently working on?

Housing, volunteer resources, connecting with other social sororities, Convention, online chapter management and database

What do you like most about your job?

I love working with passionate and intelligent Phi Rhos! I am constantly amazed by their dedication and I am inspired by my sisters in all of their endeavors. Phi Sigma Rho is a fundamental part of me and I love working with the collegians as they are living the values of Phi Sigma Rho and the alumnae that selflessly give of their time to make Phi Sigma Rho stronger.

Meet the Staff



Finance Assistant

Alison (Werle) Meshew, Dayton - Gamma
Milford, Ohio (just outside Cincinnati)

When not working for PSR, I am a Stay-at-Home-Mom for my 8 year old son, Alex and 10 year old daughter, Cali.

Describe your role:

As the Financial Assistant, I coordinate financial operations of the Sorority, such as tracking chapter membership, issuing invoices, reconciling checking, savings, and online accounts; and issuing reimbursements. I also manage the Phi Sigma Rho Store stock, purchases, and shipments; the Alumnae Dues payments; and work as part of the team for national event registration including payment processing. Finally, I am responsible for coordinating completion of Foundation Grant Applications and Reports.

What are you currently working on?

Processing of all National Council's ritual material, travel, and, lodging expenses from the Spring Face-to-Face meeting and the new Chapter Installations, processing Winter Quarter invoices payments, shipping orders from the Phi Rho Store, and letting all new Active Alumnae know about the incredible new Alumnae Dues Program after processing their donations. (Please consider donating!)

What do you like most about your job?

Personally: I enjoy working with my fellow alumnae on the Phi Rho Staff and National Council; getting to know many Actives through emails communications; seeing old friends and meeting new ones at the Conferences and Conventions; and working at home, which lets me better balance work and home life.

Financially: The Sorority cannot fulfill its mission without good tracking and accountability of its financial resources. I am the type of person who enjoys being able to help meet these responsibilities by keeping track of the resources. I have always loved numbers and I take much pride in balancing the bank reconciliations every month!!

Meet the Staff



Administrative Assistant

Alice Souders
Cincinnati, Ohio

PSR is my current job.

Describe your role:

My role is Administrative Assistant. I work closely with the Executive Director, Colleen Bush.

What are you currently working on?

Since I am new to this job, I am working to fully understand all aspects of the position. I spend most of my time running reports on membership requirements, shipping member manuals and updating the database.

What do you like most about your job?

What I like about my job is witnessing the collaborative efforts to keep Phi Sigma Rho a trusted network, whose support and love for all its members is evident. I enjoy the flexibility in my schedule to work around my very busy household. I feel a sense of pride in being a necessary component in the communications between the administration and the members of Phi Sigma Rho.

Meet the Staff



Communications Assistant

Gabby Salazar, Pittsburgh - Zeta
Pittsburgh, Pennsylvania

ZOLL LifeVest

Describe your role:

The Communication Assistant is responsible for updating the website, managing social media posts to various outlets including Facebook, Twitter, Instagram, Pinterest, and Youtube, capturing and sharing Phi Rho pictures, and searching for and sharing the great accomplishments our sisters are achieving.

What are you currently working on?

Posting on our social media channels, preparing for the release of the Convention 2017 website, and developing content for our new blog.

What do you like most about your job?

I like that it keeps me around and working with such an amazing group of women. I work with so many people, from other staff and National Council members to chapter officers and volunteers, and I love getting to learn so much from them all!

Colony Updates:

University of California, Santa Barbara

Hi Phi Rho Sisters!

My name is Jenna Ott, and I am a third-year chemical engineering major at the University of California, Santa Barbara (UCSB). About a year and a half ago, my friend Maddy Beeson and I saw a t-shirt from Cal Poly Pomona that claimed "Parabolas aren't the only curves in engineering." We were curious what organization this clever phrase belonged to, and started doing some research. This is when we discovered Phi Sigma Rho.

We were disappointed to hear that Phi Sigma Rho was not present at our campus, and decided we needed to change that. This is when we contacted Angelina Altshuler to learn more about the colonization process.

However, we were unsure of how the process would go. Neither of us had ever started an organization, and we weren't even confident that we could find other girls to join us. Nevertheless, we began recruiting. After posting fliers all across the College of Engineering and holding our first informational session, we found our eleven other sisters that make up our Alpha class.

In May 2016, we inducted four chemical engineers, one chemistry major, one computer engineer, three computer

scientists, one electrical engineer, and three mechanical engineers. This past summer, Maddy and I attended the National Leadership Conference where we were awestruck by the size of Phi Sigma Rho. It was humbling to learn how many fellow women in engineering there were across the nation, and it was invigorating to see how many sisters we were gaining through Phi Sigma Rho.

Since the National Leadership Conference, we have been accepted as full members of the Professional Fraternity Council on our campus. We have participated in philanthropy, community service, and social events with the Council, and have happily found our home on campus.

This past quarter, we also completed our membership education. We have completed our first draft of by-laws, and are preparing to recruit our Beta class during spring quarter 2017.

We are excited to continue to work towards our chapter charter, and we are grateful for our pearl sisters at UCLA and the organization for providing us with the support we need to form Phi Sigma Rho at UCSB.

**PRL,
Jenna Ott
UCSB Colony** ▲

University at Buffalo

Hi Sisters!

The University at Buffalo Colony of Phi Sigma Rho is proud to announce the recent induction of our Alpha Class candidates! We were thrilled to have sisters from the Zeta and Omicron chapters, local alumnae and National Council representatives join us for this inaugural celebration. We have made it so far in nine short months. We have eleven wonderful girls right now and are

very excited to be able to recruit even more hardworking women engineers next semester for our Beta class. Now that we are an official colony, we are eager to start participating in STEM events on campus and in the local community and to continue spreading the word about Phi Sigma Rho!

**PRL,
Alpha Class
University at Buffalo Colony** ▲

Chapter Spotlight:

University of Colorado Boulder - Alpha Mu

We are proud to announce our official chapter installation, which took place on January 22, 2017. In addition, we are pleased to welcome our new Gamma class, and wish them the best of luck as they complete their Candidate semester and their journey to sisterhood. We are so excited to be a part of the greater Phi Sigma Rho community and look forward to sharing our chapter events and achievements with the sorority!

**PRL,
UC Boulder - Alpha Mu Chapter** ▲



Legacy Spotlight:

Kathy & Raegan Bradley



Kathy (McQuade) Bradley
Purdue - Alpha
Senior Project Manager at
LHP Engineering Solutions

Raegan Bradley
Purdue - Alpha
Multidisciplinary Engineering Student

Phi Sigma Rho has impacted our lives by:

(Kathy) Sorority life involves volunteering. It requires high academic achievement. It gives you the chance to meet new people with common goals. It allows you to organize and run events. Phi Sigma Rho let us grow academically and socially so that the transition into real adulthood was not so drastic! Phi Sigma Rho gives us a support system for both career development and networking. It gives us lifelong friends regardless of the miles between us.

(Raegan) Phi Sigma Rho has given me a network of incredibly talented, intelligent, and hard-working sisters, both current active sisters and alumnae. The support I receive from my sisters is incredible and someone is always there when I need help, whether it is with school work, or something more personal.

Favorite Phi Sigma Rho moment:

(Kathy) My favorite Phi Sigma Rho “moment” was when I got to know the WONDERFUL women at the University of Toledo. It was such a great experience to establish the Delta Chapter of our WONDERFUL sorority on that campus.

(Raegan) My favorite Phi Sigma Rho moment was when I received my Big, and with her a whole family that is just as crazy as I am. However, they are also incredibly supportive and always there for me, as I am for them, and they have become some of my best friends.

Did you contact anyone to let them know your daughter would be rushing?

(Kathy) I did not contact anyone and no one contacted me. I wanted Raegan to rush on her own, so I did not make the effort.

What was it like to rush as a legacy?

(Raegan) During my rushing process, there were only a select few people that



knew that I was a legacy. Although it probably was not that big of a deal, I wanted the active sisters to be more interested in who I was as a person rather than be interested in me because I am a legacy.

Best piece of advice you've ever received?

(Raegan) Whatever you do, it is what you make of it.

When have you been most satisfied in your life?

(Kathy) I am most satisfied with the way my children have grown to mature, well-rounded, fun-loving adults... Especially Raegan ☺ ▲



Active Spotlight:

Sister Accomplishment

Christine Peters, UCSD - Chi

Major: Biochemistry and Cell Biology

Favorite quote or motto: “Nobody makes a greater mistake than he who did nothing, because he could do only a little.” -Edmund Burke

Tell us about the award you received: The Scholastic Achievement Award is awarded to individuals in their final year at UCSD who have excelled scholastically. Scholastic achievement factors include: grade point average, scholastic awards, academic rigor, and external academic involvement. This individual has gone above and beyond what is generally required of the Greek community.

Phi Sigma Rho has impacted my life by: Phi Sigma Rho has given me so much. I have found my family away from home, made lifelong friendships, and have made memories to last a lifetime. Phi Sigma Rho has also

helped me figure out who I want to be, has challenged me to grow, and has helped me develop as a leader.

What do you consider to be your proudest/most significant accomplishment?

I have had the opportunity to conduct research in the Pogliano laboratory at UCSD for the majority of my time as an undergraduate. I conducted research in the field of antibiotic discovery and worked to help develop a novel microscopy based assay to better understand how antibiotics work and identify new antibiotics to treat drug resistant infections. As a result of my work I have identified seven new compounds and determined their antibiotic mechanisms in E.coli. I was awarded six scholarships through the American Society of Microbiology and UCSD to conduct my research. For each of these awards I presented a



poster at either the Annual American Society of Microbiology General Meeting or at UCSD. Not only did I gain a love of sharing my knowledge and networking with the scientific community, the feedback I received increased my confidence, solidified my passion for research, and confirmed my desire to pursue a career in research. I have applied to several PhD programs in biological sciences and am currently interviewing and being accepted to graduate programs. ▲

Alumnae Spotlight:

Sarah Johnson

Connecticut - Theta

Major: BS Manufacturing Engineering & Management from UConn 2002, MBA from Webster U 2015, MS Manufacturing Engineering from NYU 2017

Current Job: Manager for Systems Survivability Engineering at Northrop Grumman

Phi Sigma Rho has impacted my life by: Creating life long lasting friendships with my

sisters that no matter what distance keeps us apart and how long we've been apart. We'll always be sisters. Sometimes it feels like I blinked my eyes and yesterday we were in college together studying like crazy for our engineering degrees and having fun as sorority sisters. I'll always love my sisters. We worked hard to create our chapter that has been thriving strong since 2001. I'm really proud of us.



Favorite Phi Sigma Rho moment: A few moments: every time we celebrated Initiation, one of us always dropped the celebratory cake on the ground, it became a joke for the Alpha class; sisters singing karaoke together to Bon Jovi's Livin' On a Prayer; several crazy/fun road trips out to the mid-west for conferences; and our first orchid ball together was really fantastic.



Favorite quote or motto: Live your life.

Your happy place: Doggie beach, and the dez (desert).

Item you can't live without: I can't live without my fur babies.



When have you been most satisfied in your life?

NOW, from everything I've done and accomplished thus far in my life.

What is a project or accomplishment that you consider to be the most significant in your career?

The opportunities and success that I have achieved in aerospace have been really fantastic. I've worked on several challenging projects that have become very successful. In the position I presently manage, I have a great deal of responsibility dedicated to our nation's security and defense. I feel honored to hold this responsibility.

How do you motivate others?

I have a lot of energy and to others it seems like I'm involved in a million activities, many don't know how I do it. Sometimes I reflect upon myself and don't see myself living any other way. I work to set a good example for others, and to motivate and encourage others to follow my example.

How do you handle criticism?

I welcome constructive criticism all the time. I'm constantly asking for constructive feedback and working to improve myself as a manager and engineer, but don't you dare criticize me negatively behind my back. I always find out and will tell that individual to knock it off.

How do you define success and how do you measure it?

Most people measure success based upon their financial achievement or their seniority at work. Don't get me wrong, making those achievements are great and part of my life goals too. However, I mostly measure success on how well I have achieved all my relationship life goals which include feeling completely satisfied in my decisions, building lasting relationships with my family and friends, helping those in need, and traveling the world. The best way to measure your

success is to create a life plan with a timeline, but if you live your life like myself, I don't necessarily have a life plan. I go where I will be most successful, influential, and valued in my life.

Have you stayed active with Phi Sigma Rho since graduating?

YES! Early after graduation I was the alumnae advisor for the Theta Chapter for a couple years before moving to California. I was the alumnae advisor for the Mu and Nu Chapters during their Class Initiation and Chapter Installation period. I helped out with the LEAP program during the beginning years. I've attended several PSR Conferences. And more presently, I've been one of the colony educators for the UCSB Colony.

Do you have any hobbies?

Racing dirt bikes in the desert, international traveling & volunteering through Engineering Without Borders, hiking exotic locations worldwide, running Disney 10k races, volunteering with the Girl Scouts, and promoting STEM programs. ▲



Alumnae Spotlight:

Elishka (Jackson) Jepson

University of Washington - Mu

Major: Aeronautical and Astronautical Engineer

Current Job: Senior Systems Engineer at Raytheon Missile Systems in Tucson, AZ

How have you stayed active with Phi Sigma Rho since graduating?

The summer after I graduated from college, I took on the role of national webmaster for the sorority. I continued with that for about four years. I had a lot of fun with the position - I got to redesign the website, work with National Council to keep it up to date, and even got to design several of the Convention logos and websites. During the same period of time, I helped found the Mu Chapter Alumnae Association with one of my sisters/college roommate, Rachel Freeman. This was challenging, since I'm in Arizona, and most of the other alumnae at the time were in the Pacific Northwest area, but worth the effort in the end! Recently, I've been one of the colony educators, and now alumnae advisors, for the University of Arizona Alpha Kappa chapter.

Favorite Phi Sigma Rho moment:

This is a hard one! I rushed Phi Sigma Rho the second week of my freshman



year, so nearly all of my college memories are intertwined with PSR. I fondly remember all the occasions we would do something goofy to de-stress from all our homework - my favorite is probably the night we played hide and seek in one of the six story buildings on campus. Tons of fun!

How do you balance a career with motherhood?

My husband, Jeff, is pretty awesome - we have a very equal partnership when it comes to raising our three-year-old son, Tucker, so that neither one of us is overwhelmed. Jeff is also an aerospace engineer at Raytheon, so we have a pretty good understanding of each other's workload, and work together to coordinate our schedules. I wouldn't be able to do as much as I do without us sharing the parenting load.

What is the title of the last book you read and are there any messages you can share from it?

The last long book I read with my son was "Mr. Popper's Penguins" - I'm pretty sure my love of penguins comes from reading this book with my first grade class! It's about a housepainter that ends up with twelve penguins, and takes them on a tour of the country as a performing act. I think a good message from the book is if you have a good idea, even if it seems a little wacky (like performing penguins), just go for it! Success sometimes comes from taking a risk.

Do you have any hobbies?

I do some work in my spare time as a graphic designer. I specialize in fabric design, and find it relaxing to make



repeating patterns. I also like to sew, and enjoy a good Jazzercise class a few times a week!

Tell us about the award you've received:

Through my professional society, the American Institute of Aeronautics and Astronautics (AIAA), I've done a lot of work promoting K-12 STEM outreach and volunteering at STEM events in Tucson, especially ones that encourage girls to pursue technical fields. Because of this, and helping the ladies at the University of Arizona start the Alpha Kappa chapter, I was honored with a 2016 Tucson 40 Under 40 award! ▲



A Rekindling of Friendship at Boise

Our story begins in the late 1990s. Back when life seemed a lot simpler before I was worried about the next big test or where I will end up in the future. Back when my biggest concern in life was whether I would play on the swing set or monkey bars for free time.

I was 4 years old going on 5, my birthday was a few days off the cutoff date to start kindergarten and my preschool teachers were not confident in my cutting abilities so I stayed an extra year at New Horizon's Pre-School (to be honest I still can't cut in a straight line so what did that extra year of preschool really teach me?). Most of my friends went onto bigger and better things, like learning how to read and write while I was stuck still trying to cut on the dotted line. Luckily one of my best friends also had trouble cutting, Kate Benfield.

We bonded over our lack of cutting ability, and since we were born one day apart (My birthday is August 18, and Kate's is the 19th), we were both in the same boat. Kate and I had been friends before, but this really solidified our friendship. We had sleepovers, played in the woods, and did everything 5-year-old best friends do. We were inseparable and thought our friendship would last forever.

Then the dreaded day came - Preschool Graduation. We probably took pictures and had cake. I'm sure we promised each other we would be bestest friends forever, but fate had other ideas. The next year we went to separate elementary schools, and we found new friends to bond with. Throughout the years we lost touch and even when I transferred schools in 5th grade to Kate's school we didn't reconnect, actually, we didn't even know we were at the same school because we were in different classes. Unfortunately, life got in the way, as life does, and Kate and I never found our way back to our 5-year-old best friend.

That extra year of preschool, when we were Penguins, must have taught us something though because we both decided to major in Mechanical Engineering. I came to Oregon State University (Go Beavs!) and right away joined Phi Sigma Rho. I found my group of people at school who acted like a family away from home.

Meanwhile, Kate stayed in Alaska and attended the University of Alaska Fairbanks. She went on exchange to Boise State University and liked it so much she decided to transfer. Timing must have been perfect because Kate found the Boise State Colony of Phi Sigma Rho. She ended up joining the Beta class and found her own family away from home.

Now fast forward to present day. I'm at OSU heavily involved with the Sigma Chapter, and Kate is being inducted into the Boise State Colony. OSU just so happens to be the Boise girls mentor Chapter. The Sigma Chapter gets invited to go to the Installation of the Alpha Nu Chapter at Boise State. Everything is planned and 10 of us Sigma girls are prepared to go. Then bad weather hits the night before we are supposed to leave. But being from Alaska, and this weird feeling I got that I need to be at the Installation, I volunteered to brave the weather and drive my own car.

Myself and three other Sigma girls started our trip at 6:00AM Friday morning. We made it through the ice storm in Portland, the windy, icy conditions of the Gorge, the snow over Deadman's Pass, and then at 5:15PM, three hours outside of Boise, a Semi-Truck jackknifed on the interstate, five cars in front of us. By 6:45 the truck was finally moved, but the interstate was closed all the way to the Idaho border. We made the decision to get a motel room in North Powder, OR (population 450) and wait until the morning to finish our trek to Boise.

Continued on page 14



A Rekindling... *continued from page 13*

After our crazy adventurous day, we finally made it to Boise. We were staying with one of the Alpha Nu girls who had to walk from campus to her house to let us in. She was walking with another girl, and they both came to introduce themselves to us. Their names were Sierra and Kate. Kate had to leave quickly, so it was a short introduction. We got on with the rest of our day which included, fixing a flat tire and getting ready for the Installation ceremony.

Long story short, we made it to the Installation Ceremony, which is by far the coolest ritual we have, and then initiated both the Alpha and Beta classes of the Alpha Nu Chapter at Boise State. Afterward, before taking pictures, all of the Active and Alumnae members introduced ourselves to the group. I said my last name, and that's when it hit Kate.

She came up to me after and asked if I was from Alaska. I said yes thinking she was going to ask me a silly question about if I lived in an igloo or had a pet polar bear (which obviously I do) but what she said next was the last thing I expected.

"We went to preschool together."

I was dumbfounded and couldn't even place her name.

Then she said, "It's me, Kate. Kate Benfield."

Then it hit me, and it hit me hard. All of the memories of playing at preschool and in the woods and her playhouse

came flooding back. I couldn't believe I hadn't recognized her sooner. I shoved her, harder than I thought, (sorry again for that Kate) and we started to reminisce about old times. I am not the type of person who gets overly excited very easily, but everyone who was there can testify that it was the most excited I have been since I got One Direction tickets five years ago!

I guess, longer story short, I ended up staying over at her house for the night, and we talked like middle school girls about all the mutual friends we had back home and the old memories we had of each other, catching up on 15 years of lost time.

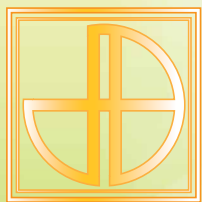
Like I said before, Phi Rho has become like a family to me at school and being able to reconnect with a long lost friend who I now get to call a sister makes Phi Rho even more special. So to everyone who made it possible to gain more sisters at the Alpha Nu Chapter and who was there to watch a rekindling of friendship thank you.

But mostly thank you to Kate, one of my first friends who is now a lifelong sister.

Sending you as much Phi Rho Love as I have,

Anna Banana

P.S I forgive you for the one fight we had over the boy we both thought we would marry in Pre-School. He sure missed out on two fabulous ladies! ▲



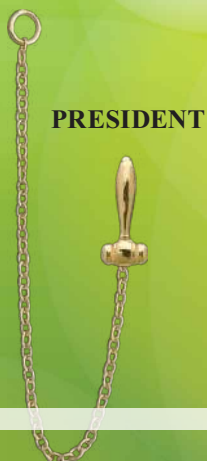
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PRESIDENT



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CROWN PEARL

DANGLES



Letter from the *Foundation President*

Being one of the oldest Phi Rhos, it's exciting to note the addition of a new colony and/or chapter. In simple terms, it signals more sisters! Do we truly embellish the role we take as a Phi Sigma Rho member? I bet not; well now and then, probably so. Take a minute or two and think about how being a member of Phi Sigma Rho can affect you. It's easy when we're at a chapter meeting, a philanthropy event, or problem-solving as part of a Thermodynamics study group. What about after graduation? Do we keep in touch? Do we head back for homecoming or attend local social events?

More often than not, "YES" is the answer to many of those questions. I enjoy seeing the posts on Facebook of Phi Rho weddings, birthday milestone celebrations, family get-togethers, and class reunions. What we don't necessarily see, are the trials and tribulations our Sisters have as we experience the rest of "life" and attempt work/life balance. Continuing education, transcontinental work assignment, cross-country move, licensure, shift changes, language barriers, gender bias, health issues, accidents, births, deaths, marriage, divorce... the list goes on. Do we suffer from loneliness or can we ever find any time to be alone?

We are lifelong engineers. We are lifelong scientists. Careers may change, but our knowledge cannot be taken away. Our Sisterhood can't be taken away.

I hope to see as many of you as possible at the 2017 Convention in St. Louis. Whether you've been active or not, there's something waiting for you! Make it a meeting place to rekindle friendships. Be ready to embrace the possibility of making new friends. Take advantage of excellent programming of course, but don't forget to take a break and enjoy the social activities. But, until then, reconnect or start a new connection with a Phi Rho. I did several years ago and it's helped me tremendously!

Yes, Phi Sigma Rho Sorority continues to expand, giving the world additional opportunities to have Phi Rhos in their midst. It's a beautiful thing!

Christine Mooney-Jackson

Purdue - Alpha

President, Phi Sigma Rho Foundation



Phi Sigma Rho Foundation

2017 Strategy and Objectives

This is an exciting time for the Phi Sigma Rho Foundation. 2017 promises to be a year of growth and opportunity for the Foundation with changes ahead. The Board of Directors took time to focus on the strategic plan that will help focus efforts in 2017 and beyond. Of that, there are a few important goals that will promote growth of the Foundation mission. Those involve funding and endowing scholarships, providing grants for LEAP programming, renewing emphasis in the Foundation brand, and extending the philanthropic mission through the “Light the Night” campaign.

The Phi Sigma Rho Foundation currently offers three \$1,000 scholarships to eligible active and alumnae sisters in good standing pursuing education.

The Merit Scholarship is awarded based on academic excellence, community service involvement, and meaningful participation in Phi Sigma Rho, while the Leadership Scholarship focuses on the sisters who are a stand out leader in her chapter and community. Additionally, there is the Sara Rogers McClure Memorial Scholarship which is awarded to an exceptional sister who always puts others first and takes action to do the right thing. Each year,

Foundation volunteers on the scholarship committee pick three outstanding sisters to be awarded at the National meeting in July.

As Phi Sigma Rho grows nationally and the number of sisters increases every year, the Foundation would like to be able to expand educational financial support to more sisters, while also sustaining the current scholarship offerings. To pave the way for the future, the Board of Directors chose to begin focusing on endowing the current scholarships so that they will be available to sisters for years to come. The Foundation will be putting together a Scholarship Endowment Policy to help guide these efforts, as well as focusing on endowing the Sara Rogers McClure Memorial Scholarship as the top priority.

National Convention is also a big focus of the Phi Sigma Rho Foundation for 2017. During this time, the Board of Directors and Foundation volunteers get the opportunity to welcome in new Board members, meet and work with donors face to face, educate young members about the purpose of the Foundation, and celebrate the success of sisters in philanthropy and education. A large part of Convention are the many LEAP workshops

made to support leadership and professional growth of Phi Rho sisters. The support the Foundation provides through grants to the Sorority helps women complete their degrees in STEM fields, become better leaders in their careers and communities, and eventually role models for younger women who aspire to achieve the same success we all do. Because of such, a big priority for this summer’s convention is to focus on the fundraising campaigns that help support this programming. In 2015, the Foundation was able to award the largest grant to the Sorority to date, and are looking to improve on that achievement in 2017.

For the second year, the Foundation led “Light the Night” campaign defeated hefty philanthropic goals for the Leukemia and Lymphoma Society’s Light the Night Walk. The campaign allows chapters, colonies, and alumnae groups the opportunity to show a united philanthropic effort by donating through the Phi Sigma Rho Foundation team page. Over \$26,500 was raised by Phi Rho sisters and the top three walkers and chapters will be honored at Convention this summer. The Foundation would like to continue to grow the campaign and get even more members involved. As a priority for 2017, the Foundation hopes to provide helpful how-to’s for the Light

Two Thousand Seventeen

BOARD OF DIRECTORS

the Night Walks in each group's area, make the campaign more specific to Phi Sigma Rho, and provide assistance in putting on other philanthropic events.

Lastly, the Phi Sigma Rho Foundation plans focus on making the Foundation and its volunteers more accessible to you. One of the ways in which the Foundation will do so it by updating the Foundation website to give it a modern look and easy-to-use format.

Of course, none of the successes would be possible without the donors who support the Foundation's efforts. Over the past decade, these generous donations have helped make a difference in the lives of women across the country. On behalf of the Board of Directors and the Foundation volunteers, thank you for your continued support. This year will be a busy year for the Phi Sigma Rho Foundation, but the Board of Directors and Foundation volunteers are excited for the possibilities!

For more information on how to become a donor of the Phi Sigma Rho Foundation, please visit our website. ▲

www.phisigmahofoundation.org



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Vice President of Programming



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Vice President of Donor Engagement



Mary McWilliams
Secretary

Light the Night *with the Phi Sigma Rho Foundation*

Since 2010, leukemia and lymphoma education has been one of the major national philanthropies of Phi Sigma Rho. Having sisters and family members who experienced blood cancers first hand, Phi Sigma Rho wanted to have a part in helping find a cure. To further unite the chapters in their philanthropic efforts, the Phi Sigma Rho Foundation launched the Light the Night campaign with The Leukemia and Lymphoma Society's Light the Night Walk in 2015. With this campaign, active and alumnae chapters can easily find and organize walks, or create their own event to benefit the Leukemia and Lymphoma Society.

Going into the second year of the campaign for the Leukemia and Lymphoma Society, the Foundation decided to increase the philanthropic goal to \$20,000 based on last year's success. The chapters and groups participating did not disappoint in showing overwhelming support, allowing us to crush the goal again this year! By December of 2016, the \$20,000 goal had already been met, and to date the teams participating have raised \$26,546 for the Leukemia and Lymphoma Society!

The Foundation would like to thank all the participants for their philanthropic efforts and support for the Light the Night campaign. The chapter and individual top fundraisers will be announced at the Foundation Luncheon at Convention this July. We will also be launching our third campaign for the Leukemia and Lymphoma Society this year. The Phi Sigma Rho Foundation is looking forward to another great philanthropy campaign!

\$26,546

of \$20,000 Goal

(As of Feb. 27, 2017)

Top Teams

1. University of Michigan - Eta
2. Vanderbilt University - Alpha Eta
3. Purdue University - Alpha
4. University of Toledo - Delta
5. Wright State University - Alpha Zeta

Top Individuals

1. Hetal Khatri, University of California, San Diego - Chi
2. Devin Stanke, University of Michigan - Eta
3. Ardis Choi, Vanderbilt University - Alpha Eta
4. Camille Gilbert, University of Michigan - Eta

To follow all of Phi Sigma Rho's success in the Light the Night campaign, visit our team page.

pages.lightthenight.org/2016/phisigmarhofoundation

Introducing... Social Media Guidelines

The 15th National Council has been working to create guidelines to outline the acceptable use of social media in Phi Sigma Rho. These recommendations are in place to protect both the user and the sorority and to remind everyone to use social media responsibly. Each Active Chapter and Alumnae Association has received a copy of Phi Sigma Rho's new Social Media Guidelines, so here is a highlight of acceptable vs. unacceptable content.

ACCEPTABLE CONTENT

- ✓ Suitable for public posting
- ✓ Posts shall be respectful
- ✓ Posts and comments that encourage positive online communication
- ✓ Promoting the mission of Phi Sigma Rho
- ✓ Promoting service projects of the Sorority
- ✓ Sharing opportunities for becoming a member
- ✓ Communicating with members and encouraging friendship
- ✓ Encouragement of membership development
- ✓ Recognizing member or chapter accomplishments
- ✓ Photographs and descriptions of Phi Sigma Rho activities and individual/group accomplishments
- ✓ Chapter and national mission and background
- ✓ Sorority goals and plans
- ✓ Links to national, chapter, colony, and alumnae association sites
- ✓ Upcoming social and philanthropic events

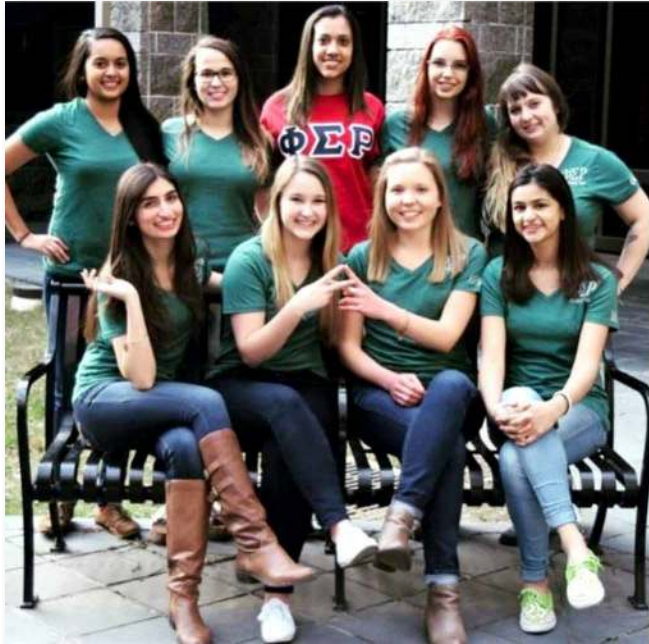
UNACCEPTABLE CONTENT

- ✗ Anything considered embarrassing, offensive, derogative, harassing and/or detrimental to the members or goals of Phi Sigma Rho
- ✗ Photographs and/or descriptions of ritual activities
- ✗ Material not authorized or condoned by the Sorority's Constitution, Bylaws, and Policies
- ✗ Any ritual or secret Sorority information
- ✗ Downloadable copies of national forms and publications
- ✗ Links to unauthorized or unsanctioned websites
- ✗ Copyrighted material from other sources or trademarks owned by third parties (unless authorization has been obtained)
- ✗ Profanity and explicit content
- ✗ Promotion of illegal activities or use of social media for illegal purposes
- ✗ Abusive or intimidating language in public or private messages
- ✗ Sharing pornographic sites or sexually-oriented messages or images
- ✗ Adding individuals to mailing lists without permission
- ✗ Money solicitations for non-service related activities
- ✗ Promoting election of individuals to public office (members may encourage voting, but should remain non-partisan in encouraging voting as a public service)
- ✗ Promoting political views

For any questions regarding the guidelines please contact the national Vice President of Communications.

VPofCommunications@phisigmarho.org

PSR in Social Media



phisigmarho_natl Follow

174 likes 1w

phisigmarho_natl Sisterhood looks good on you! #phisigmarho [📷]; @phisigmarho_vcu]

Log in to like or comment. ...

Phi Sigma Rho National Sorority added 2 new photos.

Published by Phisigmarho Comm [?] · February 5 at 9:11pm · 🌐

This weekend was a big weekend for Phi Sigma Rho expansion! The Omega chapter at Virginia Commonwealth University was reinstated and we also welcomed the ladies at Boise State University as our Alpha Nu chapter. Congrats to all!



Phi Sigma Rho @PhiSigmaRhoNATL Following

Some of our Phi Rhos are at the 2017 Association of Fraternal Leadership and Values Central Conference this weekend. #AFLVCentral



RETWEET 1 LIKES 11



phisigmarho_natl Following

152 likes 3w

phisigmarho_natl "There is no better friend than a sister, and no better sister than you." [📷 @uciphisigmarho]

Add a comment... ...



phisigmarho_natl University at Buffalo Following

195 likes 2w

phisigmarho_natl Today we inducted the University at Buffalo Colony's Alpha class. Please join us in welcoming these 11 women as they begin their Phi Sigma Rho Journey!

Jlundah So much PRL for you girls! 💕

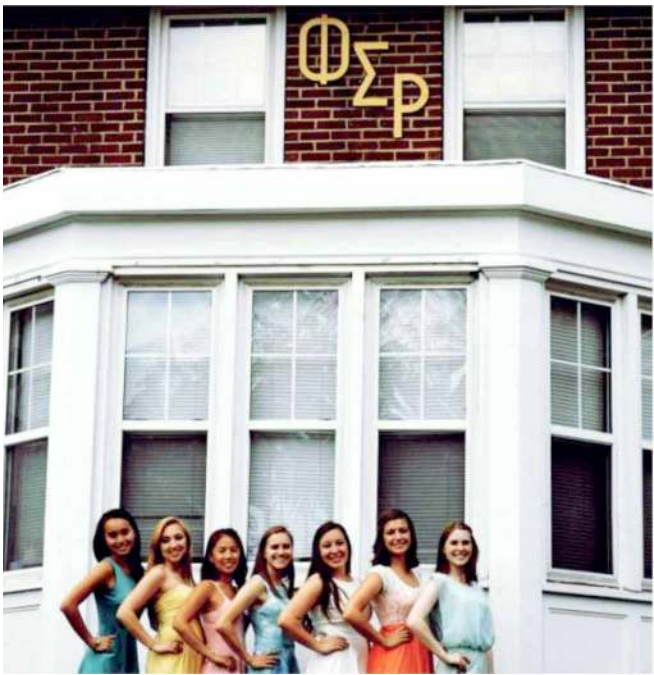
Add a comment... ...

Phi Sigma Rho @PhiSigmaRhoNATL Following

Interested in a \$1000 @PSRFoundation scholarship? Don't delay! Apps are due March 1st! See phisigmarhofoundation.org/scholarships for more info!

LIKES 2

8:56 PM - 11 Jan 2017



SHOP & SEARCH SMARTER with the PHI SIGMA RHO FOUNDATION!



Who doesn't shop on Amazon these days? Why not make your shopping go farther by using AmazonSmile! AmazonSmile donates 0.5% of your total purchase to the Phi Sigma Rho Foundation, with no extra cost to you!



Use their search engine with Phi Sigma Rho Foundation as your given charity, and GoodSearch will donate 1¢ for every search. Think how much you could donate with a single research paper!



You shop and save with special coupons and offers. GoodShop donates a portion of your purchase to the Phi Sigma Rho Foundation. It's that easy to shop your favorite brands and give back at the same time!



PSR National Sorority Links



PSR Foundation Links



From COLONY to CHAPTER

Phi Sigma Rho expansion is an organic process that flows across the country. After an interest group is formed at a new university, we engage alumnae in the region to support the group on their journey to become a chapter and identify a mentor chapter that will guide candidates of the colony. Once the colony is established, the alpha class completes their membership education period and creates their future chapter's foundation on their campus. For the colony to be eligible to petition to chapter status, the alpha class completes all requirements to become a chapter and recruits a beta class. All active and alumna associations vote to approve the colony to become an official chapter of Phi Sigma Rho.

The Phi Sigma Rho expansion process is a very exciting time to unite active and alumnae sisters region wide to share the experience of welcoming a new colony or chapter. Expansion often unites our members from different universities for the first time and is an opportunity to meet sisters from across the nation. In regions that have recently installed chapters like Boise, Boulder, Tucson, and Phoenix, our

previously sparsely sprinkled alumnae have a fresh connection to the active population. Each time a chapter is installed, our membership dynamic becomes more diverse. No matter which direction we grow, we all are united by the underlying mission of Phi Sigma Rho to be the foremost sorority for women in engineering.

 *Interest Group*
2+ Members
3-12 Months

 *Colony*
10+ Members
6-24 Months

 *Chapter*
10+ Members
Founding Onward





Did you
KNOW?

Most interest groups begin because a student learned about Phi Rho from another university.

Boise State, UC San Diego, and University of Arizona started because of an interaction with a Phi Rho from an active chapter.

Did you
KNOW?

The VP of Expansion is not the only member of National Council involved in expansion. The VP of Standards and the VP of Membership both play a huge role in ensuring colonies succeed as future chapters!

Did you
KNOW?

From 2007 - 2017, we have installed 17 chapters of Phi Sigma Rho Nationwide.

We currently have **36 ACTIVE CHAPTERS**

dietbet™

**THINK YOU CAN LOSE THE WEIGHT?
BET ON IT!**

Win money while you shed the pounds with the Foundation's DietBet challenge. A portion of the entry bets is donated to the Foundation, with DietBet donating a portion as well.

Game Start Dates

APRIL 1ST
JUNE 1ST
SEPTEMBER 1ST
NOVEMBER 1ST

Can we delete this since it is too late to start? Or keep it so people see that there will be four?

To join the game, visit
dietbet.com/phisigmarhofoundation

What's the News with **Alumnae Dues**

We are excited to announce changes to voluntary alumnae dues that became effective January 1, 2017!

The National Alumnae Dues are now \$35 per year. First time dues paying alumnae that have recently graduated from an undergraduate institution within the past two (2) years will receive a special rate of \$19.84 for one year.

There are some amazing benefits for paying voluntary alumnae dues and becoming an active alumna, including:

- 5% discount at the online Phi Rho Store
- Reduced registration at Convention/Conference
- Free Membership to Snazzy Traveler
- Eligible to be elected to National Council and the Foundation Board of Directors
- "Active Alumna" or "Lifetime Active Alumna" name tag ribbon at Conference/Convention
- *(optional)* Name listed on the website as Active Alumnae Member or Lifetime Alumnae Member



**Lifetime
Active Alumna**

Active Alumna

A one-time payment of \$150 will get you five (5) years of Active Alumnae status. Lifetime

Alumnae Dues will remain at \$600 and an installment plan of at least \$100/year is available. Lifetime Alumnae Members will also receive a small token of appreciation (an exclusive jewelry piece).



Fun Facts

As we continue to grow, National Alumnae Dues will help to support programming for our members (both undergraduate and alumnae).

1. We are currently at 37 active chapters and 2 colonies across the United States with nearly 1,800 collegiate members and 3,500+ alumnae members. Collegiate membership has more than doubled in the past 5 years and we are actively working on expanding to universities across the country.
2. Our Executive Director has been conducting twelve chapter visits per year to meet the needs of the chapters.
3. There are multiple LEAP programming events and resources at National Meetings (Conference/Convention) and via webinars.

2000

To pay your Alumnae Dues go to phisigmarho.org/form/alumnae-dues

Thank you for your support!

Phi Rho Love,
The 15th National Council of Phi Sigma Rho