

# THE **KEY**

*of Phi Sigma Rho*

FALL 2018





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## Letter from *the President*

Just a few weeks ago, I was rummaging through my closet and came across my Member Manual from when I was an Active at the University of Toledo - Delta Chapter. I sat for a few minutes and reminisced about the great times we had – building floats, attending football games, sisters only events, taking pictures for our composite, driving to National Convention meetings, just to name a few. Then it occurred to me how much my life has changed, as well as how much Phi Sigma Rho has grown and improved in these last twenty-five plus years.

Something that remains steady, though, is one reason we become members of this organization – for the sisterhood. As an Active, we have a chance to form life-long friendships and as an Alumna, we can continue those relationships to help us through all the ebbs and flows of life. The bonds that I have with many sisters is my biggest motivation behind remaining an active volunteer.

As we approach thirty-five years of existence, it is a chance to remember what we stand for: friendship, scholarship, and encouragement. Being a Phi Rho allows all of us to pursue our greatest dreams while being true to ourselves and our sisters. Take a moment to reflect on what this sorority means to you – I can guarantee that your heart will be filled with pride.

Let's celebrate together at Convention next summer in Scottsdale, AZ. It promises to be an amazing weekend of programming and sisterhood.

PRL,

*Christine MacLaren*

*Toledo - Delta*

*National President,*

*16th National Council*

# 2018 CONFERENCE *Recap*



July 20-22, 2018, the ladies of Phi Sigma Rho gathered at Purdue University for the National Leadership Conference. We had over 140 ladies attend this year to participate in some new and fresh programming. We were so lucky to have had the opportunity to have a wonderful keynote speaker, Lindsay Boccardo. In addition to the two keynote sessions presented by Lindsay, we also had multiple other programming sessions delivered by Phi Rho alumnae and outside speakers.

We kicked off our Friday with a wonderful meal at the Alpha chapter house and the opportunity to visit and tour the Purdue Rocket Labs as well as an informative roundtable session with various alumnae. The roundtable session allowed actives to ask a variety of questions to the alumnae whose experiences varied from recent graduate all the way to 20 years of experience. This panel was also very diverse in that not every alumna was a "traditional engineer." Some of the

ladies participating didn't graduate in engineering, others graduated in engineering but weren't working in a traditional role and overall the wealth of knowledge and experiences shared was very well received by those who attended. There was no shortage of questions or discussion!

On Saturday, we kicked off the morning with a presentation and update from the Phi Sigma Rho Foundation. Then we had some wonderful breakout sessions from a variety of speakers. Actives had the opportunity to attend sessions on Myth-busting, Networking, and Conflict Resolution with Laurel McHugh and Christina Wiseman, Personal Finance with Christine MacLaren, Stress Management and Keeping a Positive Balance with Will Evans, Leadership and Attitude with Karlee Nuttleman, as well as sessions on ritual, membership education, recruitment, scholarship, and one specifically for the chapter presidents.

The highlight on Saturday was hearing from Lindsay Boccardo. She did two keynote sessions with us, sharing about "The Five Attitudes in the Office" and "Leadership in High Achiever Land." Lindsay was a dynamic, engaging, and informative speaker. We learned about how to recognize the attitudes and how



to adapt to work with and manage them during the Five Attitudes. Then, after lunch we learned more about how we, as typical high achievers, can sometimes fail to truly recognize and celebrate our successes which leads us to potential burn out and general unhappiness in High Achiever Land. Lindsay proved to be truly open, approachable, and collaborative when she had us participate with texting during the presentation and she even shared her personal details as well as her Instagram for anyone who might want to reach out to her in the future.

The overall feedback from the weekend was very positive and we ended on a high note by sharing awards, LEAP certification acknowledgement, and most importantly learning more details about the July 2019 Convention!



The Key of Phi Sigma Rho



# JUST KEEP BUILDING

**WHAT?** 2019 National Convention

**WHERE?** Scottsdale, Arizona

**WHEN?** July 17-20, 2019

**More information coming soon!**

## MEMBERSHIP EDUCATION *Update*

With the start of the 2018-2019 school year, we are excited to introduce the brand-new National Membership Education Program. Based on feedback from both chapters and volunteers, this program provides much-needed standardization, while remaining adaptable to any chapter regardless of size or campus culture. These changes are expected to significantly improve the experience of our candidates, while requiring minimal additional effort from chapters and membership educators.

The new program has a two-fold focus: values-based and knowledge-based education. Weekly candidate meetings focus on the values of our organization, chapter-specific information, and preparing candidates for their time as active members. Online modules focus on the factual information about our organization and concepts that are important for candidates to learn and actives to remember. In addition, Candidate Requirements have been updated to provide a tangible learning outcome for each requirement that clearly ties in with the

overall goals of membership education. The Membership Education Manual provides membership educators with detailed lesson plans, requirements, icebreakers, handouts, and best practices that will help them as they guide their new candidates.

The division between candidate meetings and online modules not only allows for a greater depth of information, but provides a greater variety of learning styles for all candidates to learn in their own way. The amount of lecture time in candidate meetings has been greatly reduced, with a stronger emphasis on class bonding, learning activities, and guided values-based discussion. These discussions range from a lighthearted commentary on friendship and loyalty, to dealing with the more difficult situations that may be encountered as active members or officers of the chapter.

The online modules are self-paced courses covering six different topics, providing important information about our history, concepts, and organization.

This ensures that all candidates are learning the same information, with the hope of reducing confusion and misinformation across chapters. Integrated assessments ensure that candidates are reading and retaining information, in a low pressure environment that allows each candidate to work at her own pace. The information contained in these modules can be easily updated and amended by the National VP of Membership, with no effort required from chapters.

There is still much work to be done to perfect this program, but in time, we anticipate that we will begin to see more uniformly educated actives with a greater understanding of who we are and what Phi Sigma Rho stands for. Continuous feedback is an indispensable part of this process, and every comment received is taken into account. Any questions and comments regarding the Membership Education Program may be sent to the National VP of Membership, Nichole Aquino, at [VPofMembership@phisigmarho.org](mailto:VPofMembership@phisigmarho.org).

# NATIONAL Award Winners

**Distinguished Alumna Award** recognizes our sisters who have achieved success



beyond Phi Sigma Rho in their chosen industry and serve as excellent representatives of our sorority.

**2017:** Lila Ibrahim, Purdue - Alpha

**Orchid Award - Woman of the Year** has exemplified what it means to be a Phi Rho, in all areas. She shows by example that friendship, scholarship, and sisterhood are



the ritual she follows for life. She may have significantly contributed in any one of the above areas.

**2017:** Jennifer Roach, Purdue - Alpha

**Pearl Award** was first introduced in 2015. The recipient of the Pearl Award has shown



exceptional service and long term dedication to Phi Sigma Rho at either the National or local level.

**2017:** Allison Lenhoff, Michigan - Eta

**Alumnae Officer Award** recognizes an outstanding alumnae member serving as an officer of an alumnae organization

**2017:** Tammy Lowe, Purdue - Alpha

**Chapter Advisor Award** recognizes an outstanding alumnae advisor, faculty advisor, honorary advisor, or any other person serving in an advisor capacity of an active chapter.

**2017:** Haley MacPhee, Connecticut - Theta and Katie Cook, Michigan - Eta

**National Senior Award** is presented to the senior in the Sorority who has best exemplified good character, given distinguished service to Phi Sigma Rho, and whose achievements in varied fields of student activity have brought honor and prestige to the name of Phi Sigma Rho. The recipient of the National Senior Award shall be selected from the recipients of the regional Senior Awards under the direction of the National Council.

**2017:** Rachel Zhang, Berkeley - Alpha Theta

**Rashmi Khanna Scholarship Award** is presented to the chapter that shows the greatest overall improvement in GPA for the year.



**2017:** Penn State - Lambda Chapter

**2018:** Ohio Northern - Iota Chapter, 0.25 increase in GPA (pictured left)

**Abby McDonald Spirit Award** is presented to the chapter who participates in the most university social activities throughout the year promoting the name of Phi Sigma Rho.



**2017:** Dayton - Gamma Chapter

**2018:** Purdue - Alpha Chapter, 145 events (pictured left)

**Christine Mooney Service Award** recognizes the chapter that has the highest number of service hours per person throughout the year.

**2017:** Wright State - Alpha Zeta Chapter

**2018:** Rutgers - Xi Chapter, 29.35 hrs/sister

**Rising to Excellence Awards** are presented to active chapters that meet Phi Sigma Rho standards of excellence in the following areas: Recruitment Retention, Scholastics,

Service and Philanthropy, Sisterhood, University Collaboration, Leadership, and Alumnae Participation. The criteria for the 3 levels of this award can be found in the Phi Sigma Rho Files Archive: Rising to Excellence Criteria.

## **Orchid Level 2017:**

Ohio State - Beta Chapter  
Kentucky - Epsilon Chapter  
Pittsburgh - Zeta Chapter  
Connecticut - Theta Chapter  
Florida - Tau Chapter

## **Orchid Level 2018:**

Missouri S&T - Rho Chapter  
Purdue - Alpha Chapter

**President's Commendations** may be presented to active, alumnae, or honorary members who have performed outstanding service to the Sorority or active chapter, or to non-members in special circumstances.

**2017:** Anna Koch, Oregon State - Sigma  
Tina Schnell, Oregon State - Sigma  
Audrey Oldenkamp, Oregon State - Sigma  
Mary Beth White, Oregon State - Sigma  
Janet Reyna, Purdue - Alpha  
Kristy Csavina, Dayton - Gamma  
Laura Anderson, Michigan State - Alpha Delta  
Emily Matula, Michigan - Eta  
Sara DaSilva, Pittsburgh - Zeta  
Allison Lenhoff, Michigan - Eta  
Monique Chinchar, Toledo - Delta  
Katie Cook, Michigan - Eta  
Dominique Fantasia, Penn State - Lambda  
Helen Lu, Louisville - Alpha Gamma  
Kathryn Shrock, Purdue - Alpha  
Hillary Taggart, Case Western - Omicron  
Miranda Vargas, Toledo - Delta  
Nikki Yovanof, Penn State - Lambda  
Emily Jensen, Case Western - Omicron

## **2018:**

### **Colony Educators**

Haley MacPhee, Connecticut - Theta  
Olivia Cancino, UC San Diego - Chi  
Vanessa Crawford, UC Los Angeles - Nu  
Renee Millard, Pittsburgh - Zeta  
Sabrina Casucci, Purdue - Alpha



### Ritual Committee

Adithy Nagarajan, Case Western - Omicron  
 Maria Linn-Evans, Vanderbilt - Alpha Eta  
 Nichole Aquino, Connecticut - Theta  
 Jesse Minuto, Pittsburgh - Zeta  
 Laurel McHugh, Toledo - Delta

### Membership Education Committee

Emily Cornieles, Toledo - Delta  
 Jill Goodrich, Arkansas - Kappa  
 Lauren Valle, Dayton - Gamma  
 Leah Shaheen, Michigan State - Alpha Delta

*"I initially volunteered to start to be involved with something outside of work and check back in with the happenings of Phi Sigma Rho since I graduated. It was really interesting to learn about where all the women came from that helped with the project. It was also interesting comparing and contrasting on how much each chapter varies and interprets things differently from the education process. I hope with all of the conversations and brainstorming session this team has had for this new education process it will help make it easier to understand what Phi Sigma Rho is about and how to be a great sister."*

Leah Shaheen,  
 Michigan State - Alpha Delta

Mary Beth White, Oregon State - Sigma  
 Megan Goodwin, Cincinnati - Alpha Beta  
 Kathleen Vijaywergia, Ohio State - Beta

### 2016-2018 Regional Field Directors

Emily Alexander, Toledo - Delta  
 Courtney Riley, Michigan - Eta  
 Tricia Fuge, Ohio State - Beta  
 Heather McCall, Purdue - Alpha  
 Kelsey Blake, Michigan - Eta  
 Sammy Manning, Louisville - Alpha Gamma  
 Mary Beth White, Oregon State - Sigma  
 Sharon Snyder, Case Western - Omicron

*"For me, volunteering on the ritual committee was meaningful because I was able to make lasting changes to the rituals that bring all Phi Rho sisters together. I was especially excited to work on the installation ceremony, since I had been an Alpha class member at my chapter and that particular ritual was so special and important to us. I hope that future sisters who experience these new rituals will find that they are meaningful and impactful in their lives."*

Maria Linn-Evans,  
 Vanderbilt - Alpha Eta

## HOW TO NOMINATE SISTERS FOR AWARDS?

You can nominate your sisters for all of these awards at [phisigmarho.org/form/awards-nomination](http://phisigmarho.org/form/awards-nomination)

*"I initially volunteered to stay connected with the organization that truly made my undergraduate experience what it was. I feel like I can give back to chapters aside from my own by offering fresh perspective and truly unbiased advice. I feel as though I've been able to make an impact even with a small time commitment while I have a career, am going to graduate school, and have been planning a wedding! I have been able to build relationships with other chapters and grow as a leader. The skills and experience has helped me to advance in my career as well. I loved volunteering so much that I did it again for another term! I feel a true connection to the organization and helping in any way possible is not something I want to give up!"*

Courtney Riley,  
 Michigan - Eta

**Service with Sigmand**, Phi Sigma Rho's annual service week held this past April, was established to bring all chapters together to participate in events beneficial to our communities. With a little bit of competition and a lot of encouragement, each chapter and individual sister was inspired to work their hardest to give back in creative ways that certainly strengthened their sisterhood and improved their surrounding communities.

**2017:** Phi Sigma Rho sisters from 12 different chapters completed over 1100 hours during this week and participated in a total of 42 different events across the country.

### Most hours per person by chapter

**1st:** Toledo - Delta Chapter, 11.4 hrs  
**2nd:** Berkeley - Alpha Theta Chapter, 5.93 hrs  
**3rd:** UC Irvine - Pi Chapter, 5.7 hrs

### Most hours logged by a chapter

**1st:** Toledo - Delta Chapter, 614 hrs  
**2nd:** UC Irvine - Pi Chapter, 170 hrs  
**3rd:** Berkeley - Alpha Theta Chapter, 130 hrs

### Sigmand Active Award

Megan Spencer, UC Los Angeles - Nu

**2018:** Phi Sigma Rho sisters from 10 different chapters completed over 700 hours during this week and participated in a total of 46 different events across the country.

### Most events hosted by a chapter

**1st:** Kentucky - Epsilon Chapter, 4 events  
**2nd:** UC Los Angeles - Nu Chapter, 3 events  
**3rd:** Toledo - Delta Chapter, 2 events

### Most hours logged by a chapter

**1st:** Toledo - Delta Chapter, 306 hrs  
**2nd:** UC Los Angeles - Nu Chapter, 154 hrs  
**3rd:** Arizona State - Alpha Lambda Chapter, 135 hrs

### Sigmand Active Award

Atreyi Mitra, UC Los Angeles - Nu

### Sigmand Alum Award

Mary Beth White, Oregon State - Sigma

# Colony Updates:

## *University of Nevada, Reno*

On September 21, 2018, the leaves had not yet changed, but we had a great time taking photos with both our newly inducted Beta class and our mentor chapter, Alpha Theta from Berkeley! It was the best finale to our first ever recruitment season. Alison and Brooke will never forget showing up to Rachael's house with a teacup containing her bid (it was SUPER CUTE - we kept the teacups that our potential new members used during our tea party recruitment event) and being invited to stay for spaghetti night with the Youngs! Already, our colony is sharing the phi rho love around campus - we had two socials and were voted on and approved as an associate member of Panhellenic Council on October 8th! We also planned several fundraisers this semester and are planning a philanthropic event for next semester with Farmhouse to support the Leukemia and Lymphoma Society. Besides holding internal and external events, we are working to finish our petition to become a chapter! We wanted to share our super adorable families: in addition to colors, we are also designating families by the women who have most inspired us. We are super excited to see what this year holds for us and can't wait to grow closer with our sisters.

**PRL,**

**Brooke Lanier**

*President of Phi Sigma Rho Colony at the University of Nevada, Reno*



**Above and below:** Alpha Class members goofing off following Beta Class Induction



**Left:** Selfie from Bowling Social with Alpha Sigma Phi

**Above:** Phi Rho candidates Christina (left) and Haley Ann (right) repairing bikes for Kiwanis service event

# Chapter Spotlight: *Arizona State - Alpha Lambda*

It is with great honor to announce that the Alpha-Lambda chapter of Phi Sigma Rho at Arizona State University was awarded Panhellenic Chapter of the Year for 2017. Each year, the Panhellenic sororities complete Standards of Excellence where points are given through performance in the following categories:

- Academic Achievement
- Chapter Operations
- Recruitment/Intake
- New Member Education
- Member Development
- Leadership & Campus Involvement
- Service & Philanthropy
- Risk Management
- Financial Management
- Alumni, Volunteer, and Parent Engagement



Partial points may be awarded as bonus points for exceeding standards. The founding members and current actives have been working hard since our colonizing back in the Fall of 2014. With a lot of hard work and determination, the chapter had perfect scores in nine of the ten categories. We thank our founding President, Taylor Coco for building us from the ground up. Special thanks to our former chapter President, Madysen Kolker for her hard work and pushing everyone in the Alpha-Lambda chapter to continue to strive towards the best.

**PRL,  
Alpha-Lambda Chapter**

# Active Spotlight: *Emily Mormile*, University of Cincinnati - Alpha Beta



**Major:** Mechanical Engineering

**Current Job:** Engineering Co-op at GE Aviation

**What is the title of the last book you read and are there any messages you can share from it?**  
**Who Moved My Cheese?** by Dr. Spencer Johnson - This book was actually recommended to myself and the rest of the co-ops at GE Aviation over the summer by the CEO. The short story teaches you about how to deal with change in the workplace and adapt to your forever changing surroundings. You learn what attitudes can help or hinder your future success and how to enjoy and embrace the changes that you face in everyday life. I highly recommend this quick read.

**Phi Sigma Rho has impacted my life by:** From simple class or job help, to being there for me during some of the roughest times during my college career so far, Phi Sigma Rho has helped me to find an amazing group of women who are willing to support me in so many different ways. I have made so many friendships and memories to last a lifetime within Phi Rho. I have grown to become a better leader, scholar, friend, and sister due to Phi Rho and everything this organization has done for me, and for that, I am forever grateful.

**Favorite quote or motto:** "No matter what people tell you, words and ideas can change the world." - Robin Williams

**Best piece of advice you've ever received:** The best piece of advice I have received is to not waste time doing things in your life that don't make you happy. What is the point of being miserable at your job, in your classes, or in any other activities, when your time could be better spent doing things that you truly enjoy doing? There's absolutely no reason why people should go throughout their lives not doing the things that make them happy. Don't worry about what anyone else will think. As long as you're happy and your thriving, then there is nothing that can stop you from living your best life.



# Alumnae Spotlights: *Christine "Chris" Barman*, Purdue – Alpha



**Degree:** BSME Purdue University, MSME Oakland University, MBA University of Michigan

**Current Job:** Consulting & Teaching

**Phi Sigma Rho has impacted my life by:** Creating a community of exceptional women who inspired, motivated and supported me in obtaining an engineering degree.

**Favorite quote or motto:** Luck favors the prepared – Edna Mode (Incredibles)

**Your happy place:** Our home in west Michigan with my family and our new puppy, Mickey.

**Who is your role model and why?** My mother. Unfortunately, she passed away a few years ago, but the older I become the more I realize what an amazing woman she was.

**How do you handle criticism?** We all have opportunities for improvement. Listen objectively and do not become emotional. Receive feedback openly, processes it and then decide if it merits the need for change.



**Left:** My husband and our new puppy. (My handsome guys!)



**Below:** Our family vacation to Europe last summer

*Purdue Distinguished Engineering Alumna, mentioned in the Alpha chapter spotlight in Spring 2018*  
[https://engineering.purdue.edu/Engr/People/Awards/Institutional/DEA/DEA\\_2018/Barman](https://engineering.purdue.edu/Engr/People/Awards/Institutional/DEA/DEA_2018/Barman)



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Objects shown are NOT actual size

# Rachel Freeman, University of Washington - Mu

**Degree:** Chemical Engineering and Germanics (dual degrees)

**Current Job:** Currently taking an extended sabbatical for travel, after 10 years of working. Before I left, I was a Certification Verification Engineer at Bucher Leichtbau AG in Switzerland.

**Phi Sigma Rho has impacted my life by:** I've been impacted by all the amazing women I've met. I joined as a college Freshman looking to make friends, but I got so much more than that. I found a sisterhood full of fun, motivated, and accomplished women that inspire me to chase my dreams.

**Tell us about your recent travels.** I'm 10 months into a 2 year road trip from LA to Argentina. I'm traveling with my husband and dog and we are currently in Colombia. After a 10 year career in aerospace I'm taking a break to see more of the world. It was really hard to quit my job and commit to a journey like this. I moved to Switzerland in 2014 to start a new job, which was a fulfillment of a long-held dream to live and work in Europe. I met my now husband there and we talked for the next couple of years about doing this long overland trip. I thought it was a crazy idea (and still do) but it's an amazing experience! We keep a blog about our travels at [www.granviaje.ch](http://www.granviaje.ch)

**How do you define success and how do you measure it?** I think success is meeting your personal goals and living your dream. That can be your family, career, academic, athletic accomplishments, or any number of things. My definition has changed over time and it is hard to measure. As long as I don't give up and do everything I can, I think I am successful.

**How have you stayed active with Phi Sigma Rho since graduating?** It has been hard to stay active in the traditional sense when abroad. I have stayed close to many Mu Chapter sisters, and overseas I have met sisters from all over that have overseas jobs or adventures. I got to host sisters traveling through Zurich, build a close connection with Becky Caldwell while we were both living there, and my best friend and Mu Chapter sister, Kristen Dhuse, flew all the way there to visit me.

I got to visit the Mu chapter when I was home for a visit a couple years ago and introduce myself to the actives - and I have to say it was incredible to see how the chapter has grown and flourished! I wish I had been there to see it happen. They are an amazing group of women and I'm so proud of their hard work and accomplishments.

**Do you have any hobbies?** Taking ridiculous photos of my dachshund Mitzi, hiking, running, downhill skiing, cross country skiing - anything to get me in the mountains! - reading, scuba diving, and travel!



**NOMINATIONS**  
for the 2019-2021 National Council and Foundation Board of Directors will open on **January 1, 2019**. Please visit <http://www.phisigmarho.org/nominations> for more details.

# BUFFALO ENGINEERING MANAGEMENT MASTERS DEGREE

Have you considered getting a Masters Degree in Engineering Management?

Are you looking for online classes?

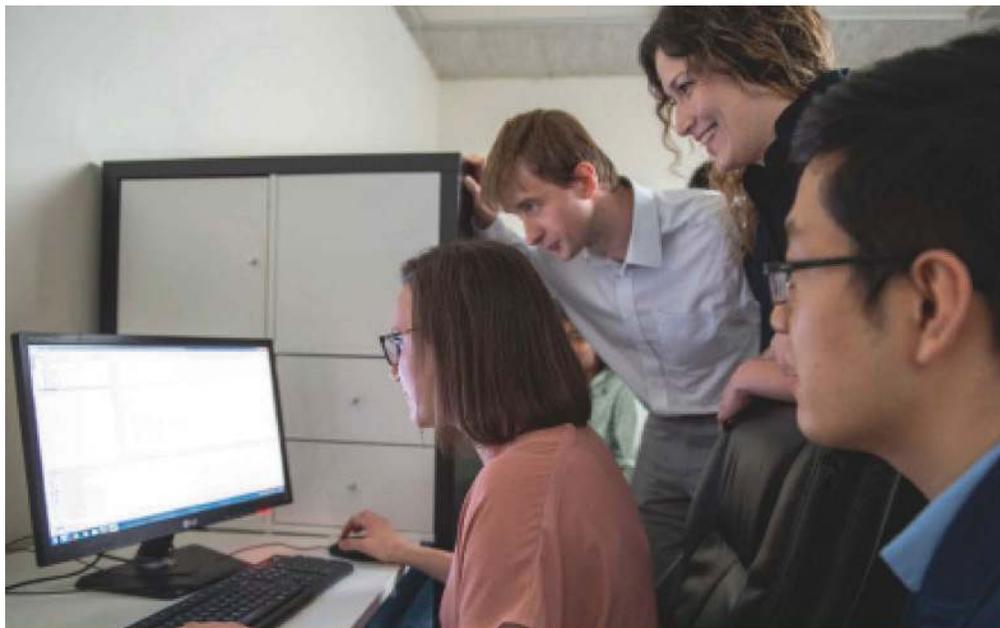
How about a Phi Rho professor?

If so, check out this Masters program at University at Buffalo!

*Sabrina Casucci*, Purdue - Alpha

**Degree:** BS in Materials Science and Engineering (Purdue), MBA (University at Buffalo) and PhD Industrial Engineering (University at Buffalo)

**Current Job:** Teaching Assistant Professor at the University at Buffalo in the Department of Industrial & Systems Engineering. I am also Chapter Advisor for the Alpha Omicron chapter at the University at Buffalo. In addition to my research work in health system modeling and consumer health informatics, I teach classes in engineering economy, manufacturing systems, and process improvement. This includes courses, such as Lean manufacturing (IE 564) in the Spring 2019 semester, that are part of the Master's Degree program in Engineering Management.



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- The GRE is NOT required

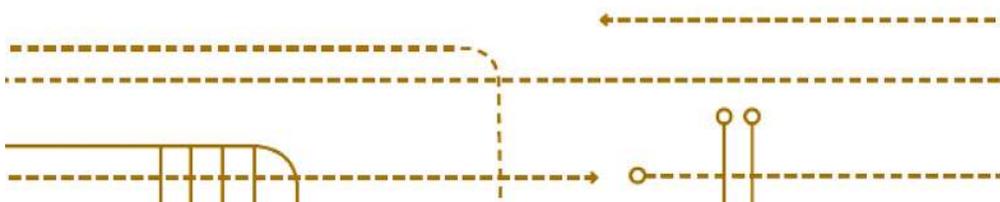
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The Key of Phi Sigma Rho



## Letter from the *Foundation President*

Dear Sisters and Friends,

I'm pleased to share with you a review of what the Phi Sigma Rho Foundation has been up to in 2018. It's an exciting time for the Foundation, and I am thankful for the dedicated group of volunteers committed to enhancing the lives of Phi Sigma Rho members through the Foundation's efforts.

Foundation Highlights so far:

- Provided a grant towards LEAP at the National Leadership Conference at Purdue University which impacted over 140 Phi Rho active and alumna members through speakers and leadership education sessions
- Awarded three undergraduate members with \$1,000 scholarships towards their continued education
- Released a new scholarship based on philanthropy and service in addition to our three legacy scholarships, in thanks to the generous contributions from our members
- Reviewed our documents and policies with the goal of providing transparency and clarity into Foundation operations
- Wrapping up in our 4th year of the united philanthropy effort of the chapters for the Leukemia and Lymphoma Society through Light the Night

We're empowering more women to pursue their academic goals and reach their leadership potential through Foundation scholarships and grants to the Sorority every year. Nothing gives the Foundation greater pride than to make a positive change in the life of a sister.

As we look to the future, we see even more opportunities to accelerate our support to meet the needs of our growing sisterhood. Your generosity is key in growing our Sorority programming opportunities, and we are thankful for the impact your continued support has made. We also invite you to see these programs first hand at the National Convention in Arizona next summer, where we will also be celebrating 35 years of the Phi Sigma Rho sisterhood.

Together, we are building the future for the next generation of Phi Sigma Rho. Thank you for your belief in the power of our sisters and Phi Sigma Rho.

*Janelle Becker*

*Ohio State - Beta  
President, Phi Sigma Rho Foundation*

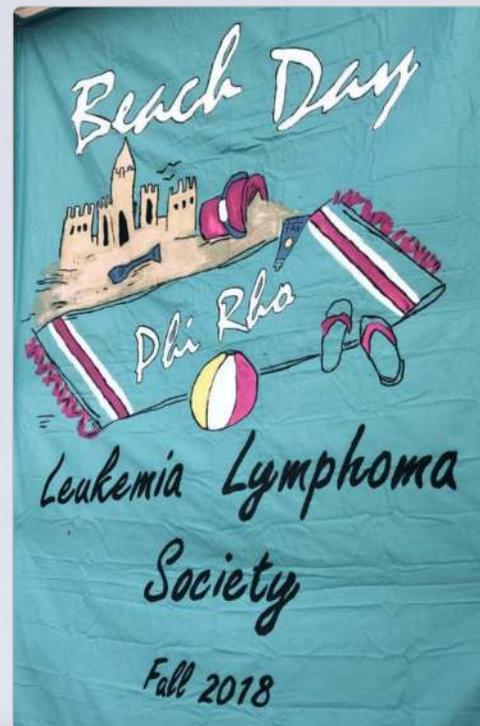


# LIGHT THE NIGHT

For the Alpha Chapter, Light the Night is always on October 11 in Lafayette, IN, and they typically have a team of around 20 girls attend. Each year they hold various philanthropy events to help their team raise money for the Leukemia and Lymphoma Society (LLS). On September 29, they hosted their semester philanthropy event, Phi Rho Beach Day, and raised over \$950! Community members came to the chapter's house and had a beach day on the porch. There, they enjoyed virgin cocktails, walking tacos, and tons of desserts. They also had a kiddie pool full of rubber ducks, from which attendees could pick one and win some swag for Light the Night. In addition to this event, they also held three skip-a-meals, which raised around \$300 for the cause.

Once their walk was over, their fundraising continued. Their next event involved a donut truck. The truck parked on campus, and all proceeds went to the chapter to contribute to their Light the Night donation. Finally, they are hosting an event called Pie-a-Phi in which they team up with a fraternity and will themselves be pied in the face to raise money for LLS.

The Alpha chapter did not stop there, though! Their relationship with LLS goes beyond Light the Night. The Leukemia and Lymphoma Society is starting an initiative on college campuses called Dodge the Dark, which was first brought to Purdue. This event is similar to Light the Night, but is specifically for college campuses. At Dodge the Dark, teams play glow-in-the-dark dodgeball and bring light to the darkness that is cancer. The Alpha chapter is currently working to become more involved with this event.



*"My cousin, Lily, lost her battle against Leukemia right before her 6th birthday. Raising money for LLS is so important to me because it means that we are one step closer to a cure. I chose Phi Sigma Rho because of their close work with LLS. It warms my heart to see my sisters fundraising for a foundation that means so much to me. My first Light the Night walk was so magical thanks to my Phi Rho sisters, and I can't wait to walk again this year."*

Lexi Garrabrant,  
Arizona - Alpha Kappa

# 2018 SCHOLARSHIP *Winners*

The Phi Sigma Rho Foundation has awarded a total of \$28,000 in scholarships to amazing sisters over the past 13 years, thanks to the continued support we receive from our generous donors. For the past 6 consecutive years, 3 annual scholarships have been awarded to sisters pursuing a degree through an accredited program. The 2018 scholarship winners were announced during National Conference at Purdue University in July.

## *Merit Scholarship*



RILEY  
BLUMENFIELD  
Connecticut - Theta

“With this donation, I will be able to continue working in my biomaterials research lab and focus more fully on my studies. My ultimate goal is to one day create the web fluid used by Spider-Man, and knowing that the women and friends of this fantastic organization believe in me is both inspirational and motivational.”

## *Leadership Scholarship*



CAMILLE  
STUCYNSKI  
UC Berkeley - Alpha Theta

“For most of my life, I’ve been steadfastly dedicated to women’s rights, and that passion found a lifelong home in the fearless leaders in Phi Sigma Rho. I had the extraordinary pleasure of taking the PSR baton directly from the hands of our inspiring founders here at UC Berkeley - Alpha Theta Chapter. The vision that they instilled in me has driven me to be extremely involved in the leadership, mission, and operations of our chapter.”

## *Sarah Rogers McClure Memorial Scholarship*



AMY  
OSTREM  
Cincinnati - Alpha Beta

“I would like to thank the Phi Sigma Rho Foundation and all the donors for providing me with assistance to further my education. Sarah’s kindness, attitude, and work ethic have inspired many people and I strive to one day be able to impact as many people as she has.”

2019-2020 scholarships are now open on the Phi Sigma Rho Foundation Website and are due on March 1st, 2019! In addition to the three annual scholarships that have been provided over the last few years there is a NEW scholarship being offered that was announced last month from the Foundation. The Philanthropy and Service Scholarship will be awarded to a sister that participates in her chapter’s philanthropy, volunteers her time in her community, and continues to have meaningful participation in Phi Sigma Rho. Check out the full details and application at [phisigmarhofoundation.org](http://phisigmarhofoundation.org)!

# Celebration of Donors

## ANNUAL GIVING LEVELS

### *Sigmand Club* (\$50)

Alexandria Caliguire  
Anheuser Busch  
Ashley Mohler  
Bridget Wagner  
Ellen Clunk  
Jordan Bair  
Lauren Pelan  
Lynn Schnell  
Michele Stoutenborough  
Samantha Rohner  
YourCause

### *Key Club* (\$100)

Abigail Schaar  
Alexis Seibold  
Alpha Alpha Chapter - Youngstown  
Brittany Ryan  
Christopher Given  
Daisy Gill  
Diet Bet  
Elizabeth Dapp  
Exelon Corp  
GE United Way  
Janet Reyna  
Kendall Murphy  
Kristina Schnell  
Leanne Price  
Lexi Heironimus  
Nicole Vitale  
Nikki Delon  
Olanrewaju Oriowo  
Rebecca Riley  
Rebecca Schmidt  
Rosalie Krob  
Sydney Negro

### *Pyramid Club* (\$250)

Amazon Smile  
Betty and Joe Griffith  
Boeing  
Elishka Jepson  
Haley Moeder  
Mary Beth White  
Rachel Kurzeja  
Renee Pelan  
The Benevity Community Impact Fund  
United Way of Central New Mexico  
United Way of Lancaster County

### *Pearl Club* (\$500)

Janelle Becker

### *Rising Sun Club* (\$1,000)

Charlene Yauch  
Jennifer Roach

### *Encouragement Society* (\$1,000)

Abby Schwartz  
Alexandria Caliguire  
Amanda Brown  
Amy Mazzanti  
Brittany Potter  
Diet Bet  
Enterprise Holdings Foundation  
Erika Bustos  
Exelon Corp  
Janelle Becker  
Kat Wenger  
Katherine Shesko  
Margaret Allen  
Mary Beth White  
Mona Kim  
Rachel Chicchi  
Rebecca Trudeau  
Rosalie Krob  
Sarah Fisk

### *Friendship Society* (\$2,500)

Allison Lenhoff  
Hillary Emer  
Janet Reyna  
Katherine Hoppert  
Leanne Price  
Nicolette Yovanof  
Teresa Phillips  
The Benevity Community Impact Fund

### *Scholarship Society* (\$5,000)

Christine Jackson  
Heather Lazar  
Lara Day  
The Rogers Family

### *Visionary Society* (\$10,000)

Charlene Yauch  
Elana Chapman  
Jennifer Roach

### *Influencer Society* (\$25,000)

The Lewis A and Carol W  
McDonald Charitable Trust

## LIFETIME GIVING LEVELS

# PENNY WARS *Recap*

This year, the Phi Sigma Rho Foundation held a Penny Wars Campaign during the weeks leading up to the 2018 Phi Sigma Rho National Leadership Conference. Penny Wars was held June 18 to July 21, as a competition between Phi Sigma Rho chapters. During this campaign, \$4,835.95 were raised to support the Phi Sigma Rho Foundation! The winning chapter for this campaign was the Purdue - Alpha Chapter with a total of \$1,660.00 raised - congratulations to the Alpha Chapter! A special shout out to the Wright State - Alpha Zeta Chapter on having the largest army during Penny Wars! They had the largest number of donations during the campaign. Both chapters were recognized on July 22, 2018 during the National Leadership Conference. A big thank you to all of our donors who participated in the Penny Wars competition. The money raised will help by providing grants to subsidize programs for personal and professional development, educational and leadership programming, and scholarships for exceptional sisters.

## *Top Chapters:*

- 1st Place:** Purdue - Alpha Chapter, \$1660
- 2nd Place:** Ohio State - Beta Chapter, \$860
- 3rd Place:** Wright State - Alpha Zeta Chapter, \$716
- 4th Place:** Michigan State - Alpha Delta Chapter, \$420



# SHOP & SEARCH SMARTER



Already an avid Amazon shopper? Make your dollar go further by shopping with AmazonSmile! Go to [amazonsmile.com](https://www.amazon.com/smile), and select Phi Sigma Rho Foundation as your charity of choice to have 0.05% of your qualifying purchases donated to the Foundation. When you shop Amazon, be sure to go to [amazonsmile.com](https://www.amazon.com/smile) to make your purchases, so the Foundation receives the donation.

with the **PHI SIGMA RHO FOUNDATION!**

Support the Foundation while you Shop and Search Online



Why go to the store when you can shop your favorite brands online? Shop through GoodShop to receive special offers and coupons while having a portion of your purchase donated to the Phi Sigma Rho Foundation.



When searching online, you can use GoodSearch to give back. With Phi Sigma Rho Foundation selected as your charity, a penny per search will be donated to the Foundation!

# Order of the *Pyramid*

Recently, I received my new badge which is available only to members of the Order of the Pyramid. I could not be prouder, and I want to share some information and my thoughts with all of you. I've had several sisters ask how they, too, can get this spiffy little badge. Well, I'm here to tell you, all you have to do is give back to the Sorority, which is a reward in and of itself. And, bonus, you get access to some sweet bling.

I founded the Arkansas-Kappa chapter late in my collegiate studies, so being able to continue my involvement post-graduation allowed me to have more of the experiences I wanted from the organization: Making lifelong friends, including connections across the world; gaining leadership experience and developing professionally; having incredibly fun and silly nights with sisters from all over the world; and, in the process, being able to give back to this organization that I hold so dear. I have enjoyed every single minute of it, and I will for years to come.

## **Policy 8.01-11 Order of the Pyramid**

There shall be an Order of the Pyramid, composed of alumnae and honorary members of the Sorority who have given distinguished service to Phi Sigma Rho and/or whose achievements and success have brought honor and prestige to the name of Phi Sigma Rho.

Members eligible to be in the Order of the Pyramid include:



- a. Founder of the Sorority
- b. National President
- c. Served a minimum of 2 terms on National Council
- d. Served a minimum of 5 years as a National Volunteer
- e. Recipient of one of the following awards: Distinguished Alumnae Award, Lifetime Achievement Award, Orchid Award: Woman of the Year, Pearl Award: Exceptional Service.

I want more inductees to join our ranks, and as you can see, there are multiple routes to do so. We have amazing sisters, and we've worked hard to continue to strengthen this Sorority. I strongly encourage others to think about which of the 3 Ts you can give back to the Sorority:

- **Time** - This is really our most precious resource. Volunteering for the organization doesn't necessarily require a commitment of years. Can you help with one project? Or perhaps you do want a longer-running project, such as a position on the Foundation Board of Directors or National Council. You do not have to do the latter to be involved. If you want to help, just ask. We always have projects, big and small!
- **Talent** - What are you really great at that you could help with? Perhaps your particular field lends itself to specific types of projects. Accountants and other financial professionals are GREAT for internal audit type projects. Lawyers are GREAT for reviewing bylaws, contracts, and so on. PR or marketing folks are GREAT for helping us develop our brand. You have talents to share, I just know it.
- **Treasure** - Donations help the organization as a whole. The Foundation gives grants for leadership programming and scholarships. The Sorority provides resources for chapters, such as our full- and part-time staff. This money comes from dues in part, but donations and voluntary alumnae dues still make up a sizable chunk of operating costs. For those with little time, this is another way to make an impact.

And please, **PLEASE**, nominate your sisters for awards. We are out there doing amazing things, ladies, and I want everyone to know. Consider honoring that sister with a nomination. How great will she feel knowing you thought of her? There's nothing better than receiving acknowledgment and feeling that encouragement.

I'm honored to call you all sisters, and I am so proud of the achievements we've made individually and together. Thank you for the opportunity to serve and for all that you do.

Phi Rho Love Always!

*Becky Caldwell*

*Arkansas - Kappa*

*National Vice President of Standards, 16<sup>TH</sup> National Council*

# Lifelong PHI RHO FRIENDSHIPS

A group of sisters from the Purdue - Alpha chapter graduated 25 years ago, between 1992-1994, after living together through their Engineering coursework at the Lutz apartments. The group of ten women, which expands and contracts based on other obligations, just got together this summer and caught up on careers, professional issues, family and kids, and the joys of getting a little older and wiser.

Between 1992 and 2018, these women have found ways to stay in touch with 42 occasions - including weddings, baby showers, "girls" trips, spa relaxation, and visiting each other's homes across the country. These occasions are all documented on a shared google doc for historic purposes. Each time, there is an excel spreadsheet with flight times, cell phones and even an itinerary! (Hanging out with engineering majors is awesome!) In college, we sang "sisters we are and friends we'll always be." Now we know these words ring true and we look forward to seeing what the next 25 years bring.



Molly, Suzanne, Tammy, Melissa, Amy, Uma, Margaret, Karen, Nina and Katy in Boston, MA, Summer 2018.

*Karen Huelsman*  
Purdue - Alpha, Zeta Class

## Phi Sigma Rho's Top 5 Affinity Vendors in 2018



1. CustomInk LLC
2. South By Sea College
3. Adam Block Design
4. Something Greek
5. Greek House



## UPCOMING WEBINAR SCHEDULE

All webinars are at 9:00 PM EST  
unless otherwise stated.

**January 9: Chapter Handbook**  
All Executive Board Officers  
Are Required to Attend

For more information, please contact  
[leadershipdirector@phisigmarho.org](mailto:leadershipdirector@phisigmarho.org).

## SUPPORT THE FOUNDATION by Being Healthy!

Shed a few pounds and hit your step goals by joining the Foundation's StepBet and DietBet campaigns! Bet on your success as you take on the challenge. A portion of the entry bets is donated to the Foundation, and winners split the pot at the end of the game. Keep an eye on social media and the Foundation's website for more details and information on upcoming games.



dietbet



# ALUMNAE ASSOCIATIONS *vs.* ALUMNAE ORGANIZATIONS

## Alumnae Associations (AA)

- When a sister graduates, she automatically becomes a member of her chapter's Alumnae Association
- Each Alumnae Association has a Convention Vote
  - Able to vote on items including National Constitution, Bylaws, and Policies Amendments and whether to approve a colony to be installed as a chapter
- Supports their respective active chapter
- May organize social, networking, and service events – alumnae and active combined events and alumnae only events
- Executive Board run by the Alumnae Association Chair (President)
  - Positions commonly include VP of Communications/Secretary, VP of Programming/Events, and VP of Finance/Treasurer
- Contact your AA for more information and to get involved
  - Click on the 'Alumnae Associations' tab at the top of this webpage: <http://phisigmarho.org/phi-rhos-near-you>
  - If you cannot get in touch with your AA, send an email to [VPofAlumnaeAffairs@phisigmarho.org](mailto:VPofAlumnaeAffairs@phisigmarho.org)
- Chapters that do NOT currently have an AA
  - VCU - Omega
  - UIUC - Alpha Epsilon
  - Vanderbilt - Alpha Eta
  - PSU Behrend - Alpha Iota
  - University of Arizona - Alpha Kappa
  - ASU - Alpha Lambda
  - Boulder - Alpha Mu
  - Boise State - Alpha Nu
  - UCSD - Alpha Xi

### CONTACT

[VPofAlumnaeAffairs@phisigmarho.org](mailto:VPofAlumnaeAffairs@phisigmarho.org)

**if you are interested in starting  
your chapter's**

**Alumnae Association today!**

## Alumnae Organizations (AO)

- Location based alumnae group
- Does not have a Convention Vote
- Does not support a specific active chapter
- Organizes local social events – typically alumnae only events
- Current Alumnae Organizations are listed below with links to their Facebook groups
  - Dayton-Cincinnati - [Dayton-Cincinnati Phi Sigma Rho Alumnae](#)
  - NorCal Bay Area - [Northern California Phi Sigma Rho Alumnae](#)
  - SoCal - [Southern California Phi Sigma Rho Alumnae](#)
  - Philadelphia - [Philly Area Phi Sigma Rho Alum](#)
  - Chicago - [Phi Sigma Rho Chicagoland Alumnae](#)
  - Wisconsin
  - St. Louis - [Phi Rho Alumnae of St. Louis](#)

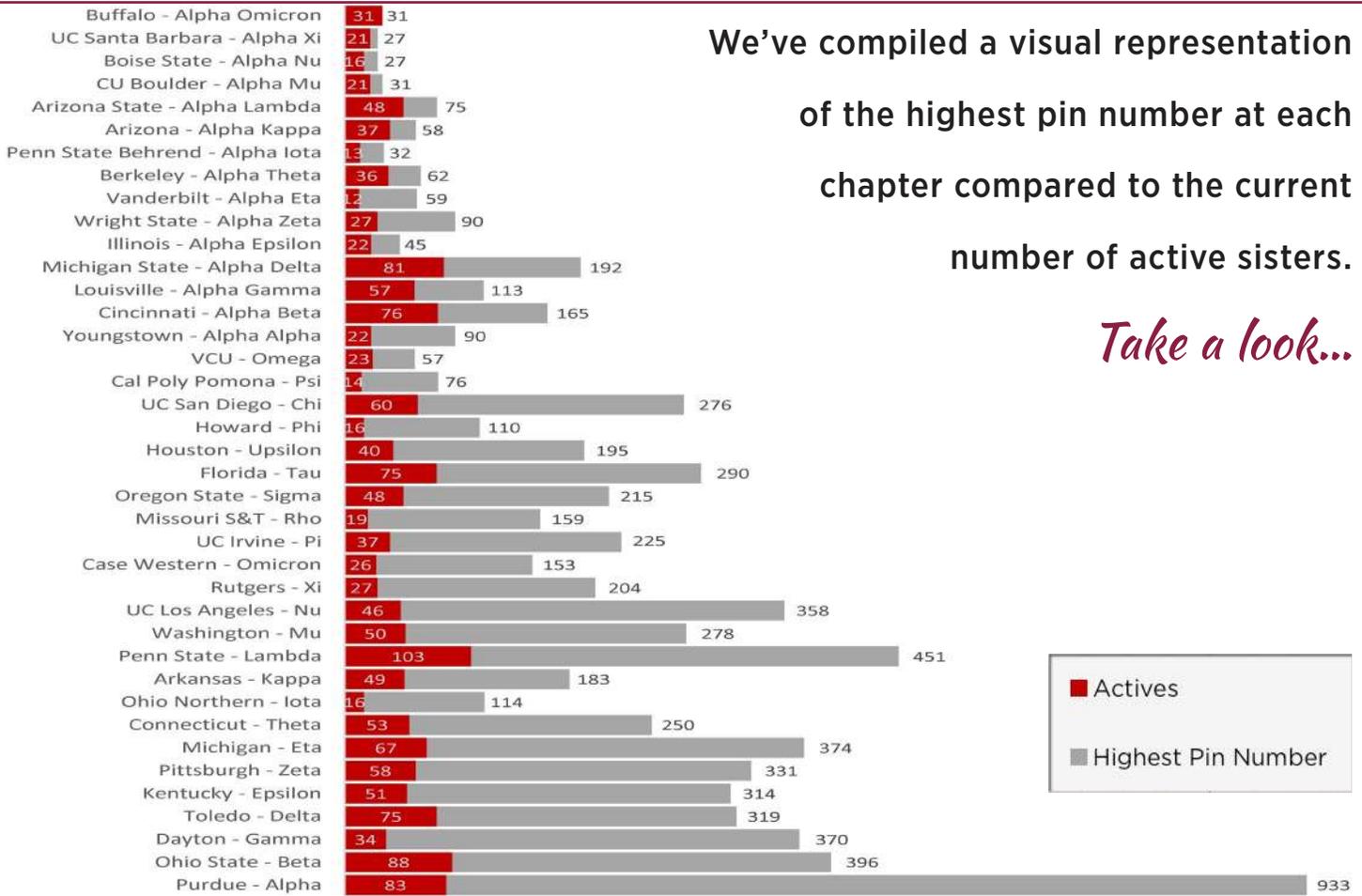
### CONTACT

[VPofAlumnaeAffairs@phisigmarho.org](mailto:VPofAlumnaeAffairs@phisigmarho.org)

**if you would like to start an  
Alumnae Organization  
in your region!**

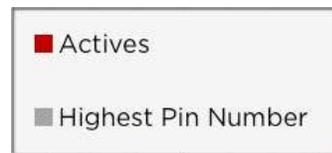
# HOW HAS YOUR CHAPTER GROWN?

CHAPTER SIZES AS OF SUMMER 2018



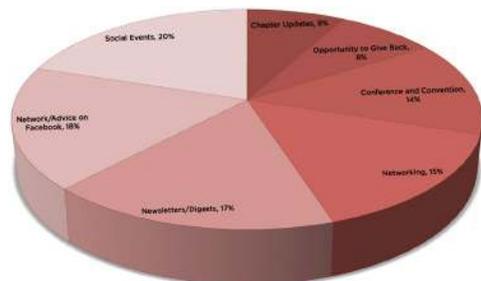
We've compiled a visual representation of the highest pin number at each chapter compared to the current number of active sisters.

*Take a look...*



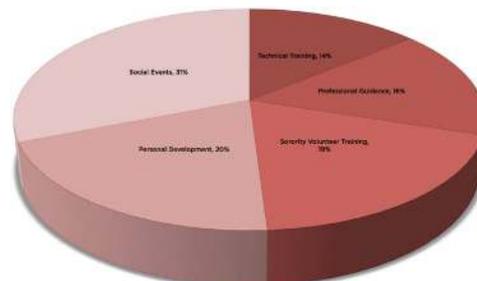
## Alumnae Survey Results

What does the Sorority provide for the alumnae that you enjoy and appreciate?



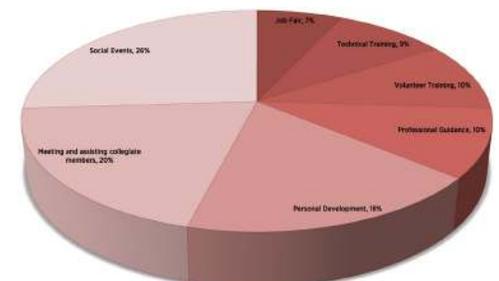
Social Events.....	20%
Network/Advice on Facebook.....	18%
Newsletters/Digests .....	17%
Networking .....	15%
Conference and Convention.....	14%
Opportunity to Give Back.....	8%
Chapter Updates.....	8%

What types of programming are you interested in the Sorority providing for alumnae?



Social Events.....	31%
Personal Development .....	20%
Sorority Volunteer Training.....	19%
Professional Guidance .....	16%
Technical Training.....	14%

What would encourage you to attend the National Convention in July of the odd number years?

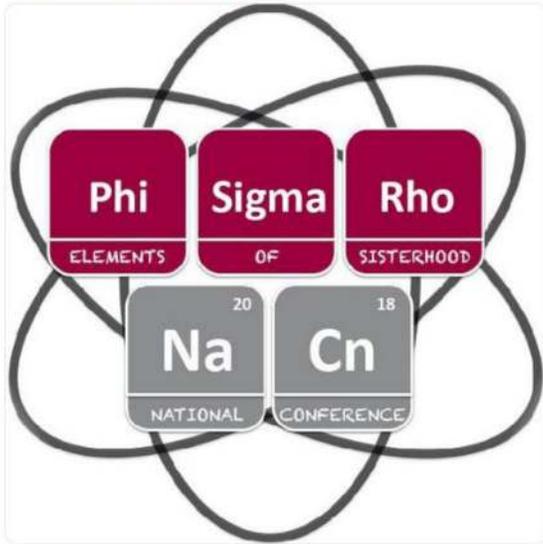


Social Events.....	26%
Meeting & assisting collegiate members.....	20%
Personal Development .....	18%
Professional Guidance .....	10%
Volunteer Training .....	10%
Technical Training.....	9%
Job Fair .....	7%

# PSR in Social Media



Phi Sigma Rho @PhiSigmaRho · Apr 5  
Who is excited to spend a weekend with us this summer? Join Phi Sigma Rho and your fellow sisters at National Conference July 20-22. Registration is now open! [eventbrite.com/e/2018-phi-sig...](http://eventbrite.com/e/2018-phi-sig...)



Phi Sigma Rho @PhiSigmaRho · Mar 18  
Save the date! Service with Sigmand Week is quickly approaching. This year's week of service will occur April 7-14.





phisigmarho

phisigmarho We're loving seeing all of your Founder's Day pics. Keep sharing with #itsabeautifulthingPRL to be featured in future content and posts! || Repost @alexmarielee



288 likes

SEPTEMBER 24

Add a comment...



phisigmarho

phisigmarho It's National Hazing Prevention Week. Phi Sigma Rho does not tolerate hazing. Join us as we unite to #StopHazing. #NHPW18 || photo cred: @sayyes\_to\_thejess  
sayyes\_to\_thejess PRL all the way 💕



247 likes

SEPTEMBER 26

Add a comment...

National Hazing Prevention Week 2018 Phi Sigma Rho



syd\_sal • Follow

syd\_sal 🎸 rock and rho bid day 🍷  
angisatul 🥰🍷❤️



152 likes

SEPTEMBER 21

Add a comment...



Phi Sigma Rho @PhiSigmaRho · Mar 26

Major congratulations to @phisigmarho\_asu for winning panhellenic chapter of the year and gold standard for campus involvement!!



UW Phi Sigma Rho

@uwphisigmarho

Sisterhood Retreat 2018 🌲

We're grateful that all of us were able to spend the weekend together. Many laughs and memories were made with all of our sisters. ❤️



7:03pm · 9 Apr 2018 · Twitter Web Client

PSR National Sorority Links



PSR Foundation Links



Magazine Content  
Submission Deadlines

Spring Issue: March 1<sup>ST</sup>

Fall Issue: October 1<sup>ST</sup>



## *Alumnae Dues*

### **Active Alumna - \$35 annually**

Being an Active Alumna means volunteering to support the sisterhood in its advancement and growth by paying alumnae dues. These voluntary alumnae dues directly support our national expansion efforts and increased programming via webinars and at National Conferences/Conventions.

### **Lifetime Active Alumnae - \$600**

As part of the revamped dues program that was introduced in 2017, all alumnae who become lifetime members will receive the exclusive piece of Phi Sigma Rho jewelry on the right as a token of appreciation.



*Are you interested in becoming an active alumna?*

Please visit

**[www.phisigmarho.org/form/alumnae-dues](http://www.phisigmarho.org/form/alumnae-dues)**

to find out more. This page has detailed information about the voluntary alumnae dues program, including how to pay dues and the special benefits reserved for dues-paying alumnae.