

# THE KEY

*of Phi Sigma Rho*

FALL 2023



*Photo Courtesy of UCSB - Alpha Xi Chapter*





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## Magazine Content Submission Deadlines

**Spring Issue: MARCH 1<sup>ST</sup>**  
**Spring Issue: OCTOBER 1<sup>ST</sup>**



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## Connect With Us

There are countless ways you can connect with us. Here are just a few:

### Via Mail

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### Online

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The Key of Phi Sigma Rho



Photo Courtesy of Akron - Alpha Omega Chapter



## From *the National President*

This summer, I had the opportunity to attend a week-long training course in Colorado Springs. While I was sitting in a classroom for 8-10 hours each day, I had a fantastic view of the Rocky Mountains - including the infamous Pikes Peak. When my boss told me I'd be heading to Colorado, my mind immediately jumped back to a grad school road trip I took: 10 days in the Rockies with a friend from undergrad, hiking up and over anything with a trail, including my first 14er, Grays Peak. Of course I had to take this opportunity to check another 14er off my hiking bucket list...except for a little hiccup about my broken (but now healed) foot.

There are many ways to summit Pikes Peak: the Manitou Incline, the cog railway, on foot, even by car. I decided to take the less traveled path and hike up the Devils Playground route starting at Craggs campground. Unlike my last 14er, I'd be hiking this one solo and testing out my foot. In the days leading up to the hike, I kept half talking myself out of it, coming up with reasons why maybe this wasn't such a good idea. It wasn't until the night before that I had fully committed, realizing this as I stood in line at a Dick's Sporting Goods to purchase a child's raincoat, electrolyte gummies, and trail mix. The day of my hike gave me a perfect weather forecast with clear skies and no rain. I left a note in my rental car with info about this tentative solo hiker, stopped at the pit latrine in the parking lot, and off I went!

Less than two miles into the hike, I met a group of five female hikers who had stopped for a quick break. I asked if they minded if I tagged along, fully expecting to be met with a lukewarm 'okay' and making the 6.5 mile trek back down to my car solo. I couldn't have been more wrong: I was welcomed with open arms, entertained for miles with games and stories, and full of more Pikes Peak donuts than I could comfortably eat when we reached the summit. Returning to my car, full of post-hike beverages and spicy dried apricots, I couldn't stop smiling - what an overwhelming sense of accomplishment.

Not everyone has hiked a 14er, but we've all made choices that may have felt scary or overwhelming at the time. Maybe you recently changed career paths or started a new major this academic year. Maybe you have a big life choice coming in a few months, staring you down like Pikes Peak stared at me. Or maybe you have all the skills and tools necessary to take on a challenge but lack the self-confidence to take the first step. Like the wonderful women I met on the trail, we have our Phi Sigma Rho sisterhood to support us, make us laugh, feed us donuts, and uplift and carry us through tough times. Those 'trail sisters' had no idea who I was, yet wholeheartedly embraced me; our sisterhood doesn't need the same alma mater or graduation year to reach out to a fellow member - our shared Phi Rho experience is enough.



*Dr. Sharon Snyder*  
National President, 19th National Board  
[president@phisigmarho.org](mailto:president@phisigmarho.org)



# NEW and of Note

Within the past year, Phi Sigma Rho has seen two new chapters installed: the Alpha Omega chapter at the University of Akron (April 16, 2023) and the Beta Alpha chapter at the University of Alabama (April 23, 2023). This marks the 48th and 49th campuses at which Phi Sigma Rho has ever chartered.

In June, Phi Sigma Rho welcomed Maggie Krzeminski as the Chapter and Member Services Coordinator. Maggie graduated from the University of Tennessee in Fall 2023 with her Master of Science in College Student Personnel. Maggie's hire makes it three current full-time employees running Phi Sigma Rho behind the scenes.

We understand the importance of volunteers to our organization. As a result, over the past year we have made it a mission to get as many new and returning members as possible. Special effort has been made to onboard 28 volunteers to our Strategic Growth team - Prospective Chapter Educators, a Director of Interest Group Formation, a Director of Prospective Chapter Education, and a Strategic Growth Marketing Manager.

The Engineering Development and Growth Experience (EDGE) Grant is now available on the Phi Rho Portal through January 5th, 2024. These grants will support hands-on, science and engineering based projects led by sisters of Phi Sigma Rho that will ultimately develop their leadership, financial, and project management skills, with fundable programs such as building automotives, robotics, rocketry, and more. Through the EDGE Grant, the Phi Sigma Rho Foundation aims to create women leaders through hands-on experiences prior to entering their professional field.

# NATIONAL

20



24

# CONFERENCE

# SAVE THE DATE

## July 2024

### Virtual Leadership Conference

Programming for actives and alums throughout the month of July, regional watch parties, and more!

### 40th Anniversary Party

Hosted by the Phi Sigma Rho Foundation

More details to come!

Contact: [conference2024@phisigmarho.org](mailto:conference2024@phisigmarho.org)



# Wrapping Up CONVENTION 2023

And that's a wrap on National Convention! After a two year delay due to COVID and a lot of planning in between, National Convention finally happened at the DoubleTree in Chicago's North Shore. It's always a tough feat to cram as much in as possible into a tight 72 hour span, but we can't thank everyone enough for traveling to Skokie to celebrate friendship, scholarship, and encouragement with us.

Some of our favorite moments include listening to our esteemed alums share advice during the Women in Industry Panel, taking in the sights of Chicago on a barrel-themed bus, getting to chat with other like-minded sisters in one of the tailored roundtable discussions, making candles and room sprays at Blank Mason, playing Foundation-inspired trivia with tablemates, and clapping for all sisters who were recognized with awards and scholarships, including our newest Lifetime Achievement Award winner, Jennifer Roach.

We look forward to seeing as many of you as possible at our next National Convention in 2025 which will be in Kansas City, MO.

## BY THE NUMBERS -

We had 146 total attendees: roughly 90 collegians, 50 alums, and a few guests.

48 of our 49 chapters were represented by either an active or alum attendee.

6 previous recipients of our Distinguished Alum Award spoke at the Women in Industry Panel.

33 individuals and 13 chapters received recognition for achievements during the National Awards banquet.

7 sisters were elected to serve on the 19th National Board, which was sworn in on Saturday evening.





# 2022 NATIONAL AWARD WINNERS

## Lifetime Achievement Award

- N/A

## Distinguished Alum

- Allison Lenhoff (Michigan - Eta)
- Nicolette Yovanof Little (Penn State - Lambda)

## Orchid Award: Woman of the Year

- Alison Lunny (Northeastern - Alpha Tau)
- Sharon Snyder (Ohio Northern - Iota)

## Pearl Award: Exceptional Service

- Janelle Becker (Ohio State - Beta)
- Monique Chinchar (Toledo - Delta)

## Chapter Advisor

- Amanda Cook (Michigan State - Alpha Delta)
- Elizabeth Hertz (Dayton - Gamma)

## Alum Spotlight

- Moji Igun (Michigan - Eta)

## Alum Officer

- Carly Loving (Oregon State - Sigma)

## Volunteer of the Year

- Emily Jensen (Case Western - Omicron)

## RFD of the Year

- Michelle Eyink (Arizona State - Alpha Lambda)

## Extension Award (It Only Takes a Spark)

- N/A

## Engineering Champion

- Chloe Garrios

## President's Commendation

- Erin Shepard (Penn State - Lambda)
- Rafia Haq (Old Dominion - Alpha Rho)
- Alaina Schwall (Purdue - Alpha)
- Anna O'Neill (Michigan - Eta)
- Katelyn Kaniewski (Michigan - Eta)
- Kelsey Cole (Kentucky - Epsilon)
- Tara Zahnke (Ohio State - Beta)
- Kathryn Spencer (Connecticut - Theta)
- Emily Rolan (Vanderbilt - Alpha Eta)
- Michelle Eyink (Arizona State - Alpha Lambda)
- Dana Yuen (UCSB - Alpha Xi)

## Order of the Pyramid Inductees

- Caitlin (Millis) LaFontaine (Michigan - Eta)
- Alison Lunny (Northeastern - Alpha Tau)
- Rebecca Palmer (Purdue - Alpha)
- Samantha Rohner (Ohio State - Beta)
- Sharon Snyder (Ohio Northern - Iota)

## Rashmi Khanna Scholarship

- N/A

## Abby McDonald Spirit

- 1st Purdue - Alpha
- 2nd UCSD - Chi
- 3rd Ohio State - Beta

## Christine Mooney Service

- 1st Youngstown State - Alpha Alpha
- 2nd Connecticut - Theta
- 3rd Ohio Northern - Iota

## Rising to Excellence

### Orchid Level

- Ohio State - Beta
- Penn State - Lambda
- Wyoming - Alpha Pi

### Pearl Level

- Case Western - Omicron
- Arizona - Alpha Kappa

### Service with Sigmand (Chapters)

- 1st Penn State - Lambda
- 2nd Colorado Boulder - Alpha Mu
- 3rd Missouri S&T - Rho



# 2023 NATIONAL AWARD WINNERS

## Lifetime Achievement Award

- Jennifer Armour Roach (Purdue - Alpha)

## Distinguished Alum

- N/A

## Orchid Award: Woman of the Year

- Kathleen Vijaywergiya (Ohio State - Beta)

## Pearl Award: Exceptional Service

- Kellan Ponikiewicz (Penn State - Lambda)
- Rosalie Krob (Purdue - Alpha)

## Chapter Advisor

- Brittany Downing (Oregon State - Sigma)
- Emma Olds (Oregon State - Sigma)

## Alum Spotlight

- Dr. Abigail Clark (Ohio Northern - Iota)
- Alexandria Massey (Arizona State - Alpha Lambda)

## Alum Officer

- Camille Stuczynski (Berkeley - Alpha Theta)

## Volunteer of the Year

- Lina Trigg (Purdue - Alpha)

## RFD of the Year

- Katelyn Kaniewski (Michigan - Eta)

## Extension Award (It Only Takes a Spark)

- Renuka Kannan (Northeastern - Alpha Tau)
- Mia Eisenberg (Alabama - Beta Alpha)
- Morganne Neuman (Akron - Alpha Omega)

## Engineering Champion

- Dr. Jennifer O'Neil

## President's Commendation

- Jessica Sofka (Arizona - Alpha Kappa)
- Mackenzie Dorrington (Toledo - Delta)
- Anita Jain (Pittsburgh - Zeta)
- Emily Jensen (CWRU - Omicron)
- Ava Moussavi (UC Irvine - Pi)
- Melissa Hilsabeck (Cal Poly - Psi)
- Alison Runninger (Cincinnati - Alpha Beta)
- Alyssa Bigley (Michigan - Eta)
- Annabel Devault (Northeastern - Alpha Tau)
- Alison Lunny (Northeastern - Alpha Tau)
- Kathryn Spencer (Connecticut - Theta)
- Monique Chinchar (Toledo - Delta)
- Teresa (Phillips) Fourqurean (Connecticut - Theta)

## Order of the Pyramid Inductees

- Kathryn Spencer (Connecticut - Theta)
- Alaina Austin Schwall (Purdue - Alpha)
- Kendall Murphy (Kentucky - Epsilon)
- Stephanie Donahue (Ohio State - Beta)
- Lacey Westcarr (Arkansas - Kappa)

## Rashmi Khanna Scholarship

- 1st Old Dominion - Alpha Rho
- 2nd Ohio Northern - Iota
- 3rd Youngstown State - Alpha Alpha

## Abby McDonald Spirit

- 1st Dayton - Gamma
- 2nd Penn State - Lambda
- 3rd UCSD - Chi

## Christine Mooney Service

- 1st Youngstown - Alpha Alpha
- 2nd Connecticut - Theta
- 3rd VCU - Omega

## Rising to Excellence

### Orchid Level

- Purdue - Alpha
- Ohio State - Beta
- Oregon State - Sigma

### Pearl Level

- Kentucky - Epsilon

### Service with Sigmand (Chapters)

- N/A





## 2023 LIFETIME ACHIEVEMENT AWARDEE

with *Jennifer Roach* (PURDUE - ALPHA)



As an executive at Proctor and Gamble (P&G), Jennifer Roach developed an exemplary record of delivering meaningful consumer innovation, sustained business growth, and industry-leading transformative processes in multiple sectors of the consumer products industry. Jennifer is an industry expert in commercializing transformative process technologies to enable breakthrough consumer experience, manufacturability, and proprietary advantage, with diverse global experience delivering in both developed and developing markets. Jennifer retired after 31 years in 2022, having led game-changing innovation across four categories of consumer products, on multiple billion-dollar brands.

Jennifer is the Founder and CEO of NextGen LLC, a Consulting, Coaching, and Training company. She is a Keynote Speaker and Executive Coach on Innovation and Inclusion. Her company specializes in helping companies and innovators find their Next S-Curve, identifying the Signs and Signals of Obsolescence, Leading Diverse and Dispersed Creative Teams as well as growing Innovators through workshops such as Designed for Greatness and Dynamic Balance.

Jennifer is a Champion for women in STEM, and has been involved through non-profits to support and encourage diverse candidates into engineering and STEM fields over the past 3 decades, including the Phi Sigma Rho Foundation, Purdue WIEP, WEPAN, DreamGirls, KY Girls Collaborative, and JETS Engineering Teams

Jennifer served on the Phi Sigma Rho Foundation BOD from 2013 to 2016. Her service on the board was influential in creating the Light the Night relationship between Phi Sigma Rho and the Leukemia and Lymphoma Society. This has led to Phi Sigma Rho sisters and supporters raising over \$225k for the organization in the past almost 10 years. Jennifer has also received the Phi Sigma Rho Orchid Award: Woman of the Year and was inducted into the Phi Sigma Rho Order of the Pyramid in 2017.

### **How did you end up at Purdue? Were you always interested in pursuing engineering school/chemical engineering in particular?**

As a child, I enjoyed reading and wanted to be a writer. In 6th grade, I had a teacher who noticed I could complete the weekly coursework in a day and would sneak-read during class. She started adding math assignments to my weekly tasks. I didn't realize it at the time, but she was pushing me to complete two years of math coursework in one year. This simple act put me on a path to skip a year of math in 7th grade, completing calculus by graduation.

In high school, my favorite subjects were Chemistry and Math. My chemistry teacher told me, 'You're really good at this! you should pursue it'. My Calculus teacher was a retired engineer who taught both the theoretical and practical use of calculus problems. These teachers prepared me well and encouraged me with their gentle nudges to continue with my studies. What inspired me to pursue engineering was the return on investment. I knew college was going to be a huge investment—I needed the investment to lead to economic self-sufficiency.

The summer before my senior year of high school, I received an invitation to attend a summer program at Purdue called Summer Top Engineering Prospects. It was an intensive summer camp

where you could live in the dorms and sample the engineering disciplines. I talked my parents into sending me. It was 50/50 boys/girls, which felt natural, like I belonged. I learned about the co-op program at Purdue and was excited at the prospect of earning real money while also figuring out what I wanted to do with the degree. I applied to other schools but didn't go on any other campus visits; Purdue felt like where I should be. It wasn't until 33 years later that I learned the summer program I attended was an experiment. I was part of the first class, and several future friends and Phi Rhos were a part of the same 1985 STEP inaugural class.

### **Did your career turn out as you had dreamed or envisioned it to be while you were in college? If you could go back to do it all again, is there anything you would do differently?**

When I started at Purdue, my goals were vague—major in Chemical Engineering so I could support myself, but what would I do with my degree? I knew I liked to make things (sewing, crafting, crochet). I did not know what I would make but I once described it to a family friend as 'something clean, something sanitary'. In retrospect, this is exactly what I did, having worked in clean rooms on semiconductors, then later in GMP labs with medical devices, OTC drug development, and finally, making cleaning supplies! It is funny how we don't always have the words



to describe the vision. For me it is like looking through a blurry lens that gets more focused and clearer as I step forward into the future.

As a coop working in a semiconductor clean room and manufacturing plant, I learned that I wanted to work in an industry where I was involved in designing the product and I particularly enjoyed developing how to make the product at commercial scale. From the very beginning as a P&G new hire, I was doing work that I enjoyed. I took progressively larger roles, stepping into key roles where the business needed my skills and where I could expand both my technical and leadership skills while delivering new products to the market. My reward was seeing the product on the shelf. Growing the business and myself translated into advancements and larger responsibilities.

I exceeded my career goals before I turned 40 years old. I used that milestone to keep dreaming, and to expand my vision to focus on the impact of my work and my life outside of work. My husband and I started doing 'dream dates' where we discuss the things we dream of doing, our vision for the family, our church, our community, and where we feel called to serve. We found that with a shared vision, we were able to focus our efforts and accelerate the pace we exceed our goals. Each time we accomplished a dream, it was time to dream bigger!

If I were to go back to do it again, I would worry less and be more confident, having faith in the dreams that are yet to materialize. I have learned we are infinitely more capable of growth than we know or understand.

**P&G seemingly played a large role in your life; could you elaborate on the particular meaning P&G has to you? What benefits are there to spending an entire career at a single company?**

P&G provided me with an excellent training ground and the opportunity to lead innovation and the industrialization of superior products that improve consumers' lives. My decision to stay with the company was based on my desire to keep growing my career and maximize the impact on society. At P&G I had the opportunity to lead innovation in four different product categories and seven different billion-dollar brands, leading diverse teams dispersed around the globe. Once I became a senior executive, I had the unique experience in multiple assignments, leading innovation in different product franchises and global business units. By moving across categories, I was able to see the patterns that occur in product life cycles, giving me insights to innovation strategy that I would not have had if I had stayed in the same global business unit for my career. I had the unique experience of leading some game changing innovations and developed confidence and clarity in navigating the 'fuzzy front end' of innovation, as well as the details needed to deliver breakthrough innovation at market scale.



*Jennifer with Daughters at the 2023 Phi Sigma Rho Award Ceremony*

In my experience, choosing a company that has the breadth and depth of opportunity and experiences was key to staying. P&G was large enough that I was able to have five different careers in different market segments leveraging my professional equity in one company.

Make sure you can grow and learn throughout your career, and that you are treated with respect and compensated appropriately. The intrinsic benefit of staying at one company is less 'prove-it-again bias' to overcome, leading to a lasting impact on the business and society. Take the time to continually invest in mutually beneficial relationships with key leaders and stakeholders.

**How did the industry evolve over the course of your career?**

Early in my career, I was doing simulation modeling with a mechanical pencil, HP calculator and a computer shared by my work group of 5 people. I would use post-it notes to record my designed experiment learning so that I could make sense of the learning before writing my report in the scheduled time on the shared computer.

Toward the end of my time at P&G, I was teaching others how to map the neural network of innovation, from design to manufacturing. Same thought process, but now with vastly different tools. The pace of change continues to accelerate, so it is wise to become a master of transformation. Develop habits to renew your mind and refresh your understanding, having the discipline to transform learning into action.

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**When you retired from P&G, you founded NextGen – have you had to learn any new skills or competencies that you hadn't previously had to know or use before?**

Working for P&G, I became renowned within my circles, leading transformational innovation. Transitioning to leading NextGen involves separating my personal brand from P&G and exploring what that means in today's global innovation landscape. It's an exciting time! There are so many opportunities to make a meaningful difference in society. The freedom to choose projects and clients is exciting and rewarding.

**What has been the biggest surprise or most unexpected part of your career?**

What a small world we live in! The number of times I've had a seemingly 'random' connection with someone is uncanny. I have bumped into friends in the Tokyo airport, at a rest stop on a road trip and while touring sites in a distant location. I have met Phi Rhos in my community, in interviews, and found out that my longtime co-workers and friends are parents of Phi Rhos. I have learned to expect the unexpected and seek out the connection with the people I meet. Take the time to get to know people on your journey. You have no idea how important those connections may be for your mutual success.

When I make new connections, I ask myself two things; 1. What can I learn from this person? and 2. How can I help them? This practice has resulted in many meaningful and long-lasting relationships in my professional network.

**What has been the biggest challenge that you've ever had to overcome?**

The biggest challenge was not having a roadmap for building a successful career in engineering. I was unprepared for what my career would require of me, like shift work and international travel. It was important to me that I also build a family, and, in the beginning, it was unclear how I was going to do both. My husband and I had to create a vision and carve out a path toward that unknown future.

In the beginning of my career, I didn't have confidence to speak in meetings or to present my ideas to others; In fact, speaking in front of a group terrified me. I found peer support from my Phi Rho sisters, met new peers at work who pooled our learnings, and built strong relationships with men and women in key leadership positions as mentors and sponsors. Over time, I learned that I have a thinking style

that is different from most people that I worked with, which is an advantage for driving disruptive innovation but was at first challenging and sometimes lonely. The key to unlocking my potential was a combination of knowing my worth and being confident in my thoughts and point of view. To communicate effectively, I had to learn how to document my ideas in writing and how to share them verbally in a way they could be received. In addition, I had to become an expert in the standard work processes for innovation. In hindsight, I had to become ambidextrous, honoring my own thought process while understanding the machine of the company and knowing how to influence others to drive impact.

**What do you consider to be your greatest accomplishment(s)?**

In life, my greatest accomplishment is raising our beautiful children together with my husband. All three of our children are grown and work independently as practicing engineers. They are happy, enjoying their work and their lives. We enjoy getting together as a family on holidays and creating adventures traveling the world together. We seek opportunities to see one another, and I am so thankful for the time we have together.

From my work at P&G I am most proud of the work that enabled the commercialization of breakthrough superior products. The highlights include the development and commercialization of -Always Infinity, a breakthrough in comfort and protection in



*Jennifer and Family at Iguazu Falls, Argentina in 2023*



FemCare; Pampers Cruisers 360; Febreze Touch and the next generation Swiffer products. My work in developing supply chains in FemCare enabled the expansion of affordable protection which allows more girls in developing countries to stay in school after the onset of puberty. Whatever work you do, I encourage you to think of the societal impact of your work and to leave the world a better place than you found it.

**What do you consider the secret to your success?**

My faith and my family provide the foundation for my success. Build your house on solid rock. It is so important to have a haven of support, and a firm foundation as a launch pad to go out into the world and do meaningful work.

I am driven to discover my God-given potential and put it to use. I believe we were given talents to use them. 'What is inside you that the world most needs?' Putting yourself out there can be a scary and vulnerable feeling. Know that confidence feels like courage when you're trying new things. Be willing to become ambidextrous and expand your sense of self.

**As a champion of women and underrepresented people in the STEM fields, why is it so important to get more voices involved? What's one simple thing that we can do to get these people involved in STEM?**

True innovation happens when we work together to find a solution that none of us individually could see our way through. Cognitive diversity within the team helps to develop a more complete solution. We must continue to challenge ourselves to think differently, to renew our minds. Each of us brings with us our lived experience and unique perspective.

Always have a point of view. Even as a new hire, I had insights others didn't, but as a new person, I didn't know they didn't know. I developed a little rule of thumb as a prompt for when to speak up: 'If something doesn't make sense, be curious and ask questions until it makes sense. If it still doesn't make sense, maybe it doesn't make sense.' In other words, you may have information that others need. You're in the room for a reason. Do NOT let your seat go to waste.

One thing you can do to make the world a better place is to lift while you climb. Each of you are an expert in something and a role model to someone. Encourage others: the next generation, your peers, even your leaders. Suggest a summer camp or engineering day experience to an elementary/middle school girl. Share the DreamGirls opportunities with your community (girls, parents, teachers, industry leaders). Encourage girls to stick with Math and Science classes so they are prepared for the opportunity to self-select STEM careers. The world needs both men and women engaged in problem solving in all spaces where decisions are being made. Volunteer to mentor, coach and develop others.

**Phi Sigma Rho turns 40 years old next year. What is your fondest Phi Rho memory and what is your hope for the next 40 years?**

Over time, my friends and roommates in college became my bridesmaids, my coworkers, my dearest friends and my family. One moment that stands out to me was during the member activation ceremony when my daughter realized I was in the room for her membership ritual. Our eyes met and we both instantly teared up. It is so fun to share this aspect of my life with my daughter.

My hope for the next 40 years is that Phi Sigma Rho continues to be the foremost sorority for women in engineering and an organization that I would be proud for my granddaughters and great granddaughters to become members. Keep your standards, and the legacy going!



*Jennifer with Daughter at Activation in December 2014*





# Catching Up WITH TWO OF OUR ALUMS IN THE SPOTLIGHT

The Alum Spotlight Award, introduced in 2022, aims to recognize Alums who have achieved significant success early in their careers and who serve as excellent representatives of the Sorority. We honored two sisters, Alexandria Massey and Abby (Mogren) Clark at Convention in Chicago this summer. In this edition of The Key, we catch up with Alex and Abby to learn more about their successes, what Phi Rho means to them, and how they created opportunities and handled challenges in their careers thus far. Congratulations to Alex and Dr. Clark, and best wishes for continued success in all your endeavors!



**Chapter:** Arizona State - Alpha Lambda

**Major:** Chemical Engineering

**Graduation:** 2019

**Currently:** Production Biologist at Vaxa Technologies Ltd. in Reykjavik, Iceland

As an undergraduate at ASU, Alex was drawn to Phi Rho through her interested roommate. They attended a recruitment meeting together and the camaraderie and friendliness of the current Sisters led Alex to see the appeal of joining a sorority and making friends beyond her classmates. During her time at ASU, Phi Rho was a source of support for Alex - having her Sisters there meant she always had someone to turn to, and who understood exactly what she was going through. As an alum, Phi Rho has taken on different meaning in her life, especially as a Sister living abroad. "It reminds me of a really great time in my life and of the wonderful friends I've made because of it", says Alex. She still connects with her chapter via Instagram and loves to see how much the chapter has grown and how her family line is progressing!

Alex gained substantial research experience as an undergraduate with summer internships and as an undergraduate research assistant, with her experiences focused on bioenergy and energy policy. While it may seem like a linear progression from chemical engineering to algae biologist, Alex says her career path certainly hasn't felt linear! While at ASU, she enrolled in a research class that paired her up

## MEET ALEX MASSEY

with a professor and lab on campus. That experience gave her a first look into the algae industry. Alex explains that "I didn't know anything about algae at the time and I was so excited to be exposed to what felt like a new world of science. I looked more into the algae biofuel industry for my undergraduate thesis, but found it wasn't very promising. I wanted to study more in the renewable energy world but since there weren't many Master's programs in America, I came to Iceland hoping to learn about renewable energy, but realizing I was likely giving up my interest in algae. Instead, one of the first four stops of my new program was to a brand new algae start-up."

To further spice up her international Master's experience, Alex was abroad when COVID hit. Luckily for her, the Icelandic government started a summer program that helped companies and universities hire students or others who were out of work. This experience gave her a more robust view of the Icelandic job market and also led to multiple offers including an opportunity to work towards a PhD in algae separation and career roles in bacteria and genetic engineering. Alex sums up her path since 2020: "Having these types of opportunities in front of me made me more willing to bet on myself and that I could give my interest in algae another try. I emailed the three algae companies I knew of in Iceland to see if they would be willing to let me finish my Master's with them. One agreed while another offered me a full-time position. I took the full-time position and just finished my Master's degree in April while working for them. Every day I'm so surprised that I now work in the factory I saw empty 4 years ago. Looking back, algae was certainly the common thread, but if any of those things hadn't fallen into line I probably wouldn't be here. I feel very lucky to not only have essentially fallen into the algae industry 6 years ago but to have been able to keep coming back to it and now make it my career."

When asked about the most eye-opening experience in her career journey so far, Alex

says that she's surprised "just how far you can get with an email into the void and being friendly in an interview." She feels that she "just dropped from the sky" into her current position based on an email that she sent to a company she wanted to work for.

Additionally, she credits her enthusiasm for learning new things and being friendly and interested in lab environments for having people take her on to teach and mentor her.

What's next for Alex? Her professional goals involve wider acceptance and use of algae products while her personal goals point her towards gaining Icelandic citizenship. Alex also hopes to help other Phi Rhos feel more comfortable with the idea of studying or even working abroad. She credits other international Sisters for their advice and helpful stories, giving her the courage to make the jump.

What advice would Alex give to other young alum or college seniors? "Your dreams may change and that's completely fine", she says. While moving to and living in Iceland has been a serious adjustment - and one that she still struggles with from time to time - she can't imagine being anywhere else or having a different job. "Just because an opportunity looks different than you expected doesn't mean that it's the wrong opportunity." When asked what encouragement she'd give her past self, Alex says she'd give herself more grace. "When I started my position before finishing my Master's degree, I spent a lot of time beating myself up for not finishing, even though I knew I was going to return to it eventually. It made me feel like I failed even though I was just on pause because a better opportunity came. For me, I felt, and still feel, a lot of competition for where I am in my career and what I have accomplished, but it's with no one in particular. It's this feeling that by now I should have accomplished more, or done something faster, but everyone's path is different and that doesn't make it wrong. Now that I've finished my degree, it's funny looking back because not much has really changed, so I spent a lot of time beating myself up about nothing."



## MEET DR. ABBY CLARK

**Chapter:** Ohio Northern - Iota

**Major:** Mechanical Engineering

**Graduation:** 2012

**Currently:** Assistant Professor of Mechanical Engineering at Ohio Northern University in Ada, OH

Abby, like many other Phi Rhos, never saw herself as a “sorority girl” in college but thanks to personal outreach by the Iota chapter Recruitment Chair, she was motivated to attend the chapter’s open house with her dorm neighbor. There she found “a community of women who truly supported each other. I was drawn by the friendships and the deep understanding of the experience of being a minority in engineering. Even just a few weeks into my college career,” Abby explains, “I recognized the value of being part of a group who just ‘got it’ and knew that my time in engineering would only be enhanced by being part of the community.”

While Abby initially intended to study Biomedical Engineering in college, she decided to pursue Mechanical Engineering instead due to the breadth of careers available. After graduating, she accepted a position with Battelle, an R&D company, but felt drawn towards teaching and supporting the next generation of engineers, especially women and other underrepresented groups. Abby worked part time while earning a Master’s degree in Mechanical Engineering and then a PhD in Engineering Education. With her PhD, Abby spent a year as a visiting faculty member at Miami (OH) University before eventually settling into her current position as a tenure-track faculty member at her alma mater, Ohio Northern.

From biomedical dreams to an R&D role to pursuing two more degrees to making a complete career change, Abby has no shortage of eye-opening experiences to share along her winding path. The most

unexpected thing she’s learned? “It’s OK to change jobs and even your whole trajectory. Both of my parents were at the same jobs for as long as I can remember, so I kind of thought that I would be a ‘lifer’ at Battelle when I started there. It was uncomfortable and in some ways felt like I had somehow failed when I realized I didn’t want to be doing what I had been doing for the rest of my life. While making that change was hard, I’ve never regretted it.”

She’s also learned (okay, is still learning!) to say no. “For me, my instinct is to say yes, especially if the thing I’m being asked to do helps someone else in some way. However, in the past, I’ve quickly reached the point of too many yeses to the point where I don’t have any time for myself or time to relax. I attended a professional development for pre-tenure female faculty with Becca Mason, who studies the experiences of female faculty. She said something that really stuck with me: ‘every yes is a no to something else’. While that might seem obvious, it’s not a perspective I had previously considered: what were my thoughtless yeses saying no to? Time with my friends and family? Self care? Other opportunities that I might enjoy more? So, I’ve been trying over the last year to be more intentional with my yeses. Sometimes that means just taking a momentary pause to reflect and consider, sometimes it means running it by my ‘no committee’ (a group of trusted colleagues who all help each other work through these sorts of requests). It’s a skill I’m still working on, but I’m already seeing returns on it. I am very fortunate that I have a department chair and dean who encourage me to be careful of overcommitting so that I can be my best self, not only in the workplace but at home also.”

Even with her many career and educational changes, one thing has remained consistent: the presence of a friendly Phi



Rho face. Abby says that she’s found “Phi Rhos everywhere! I think I’ve found Phi Rhos at nearly every job that I’ve had. Even if I’ve never met them before, it’s something we share in common and can help start building those relationships. At my first internship, there were alumni from my chapter who took me out to lunch and served as someone I could reach out to for help. When I was in grad school, one of my classmates was also a Phi Rho, so we would bond over that. At my first teaching job, one of the staff members was a Phi Rho and had me down to help me get to know campus, get lunch together, and we’ve developed a great relationship from there. Phi Rho is also who I turn to when I need something: Phi Rhos have helped connect me with speakers for my classes, talked to my students who are interested in their field and more.”

What’s next for Dr. Clark? Professionally, she is working on earning tenure and a promotion. Personally, her goals are a little more varied but include traveling and exploring with her husband, starting to plan out her ‘dream home’, and continuing to engage with her home chapter as their alum advisor. When asked what advice she’d give to other sisters just starting their career journey or contemplating a change, Abby had one thing to say: “It’s ok to be scared to make big changes - do it scared, the result is worth it!”



# Meet The 19<sup>TH</sup> National Board...

The 19th National Board was elected during the Legislative Session during National Convention this year. The current Board started their term in July and will serve until the end of National Convention in July 2025. The 19th National Board features three returning faces as well as five new faces. Continuing reading to meet your Board representatives.

## Dr. Sharon Snyder

**Position:** President

**Chapter:** Ohio Northern - Iota

**Bio:** I graduated in 2009 with a BS in Mechanical Engineering and went on to earn both a MS and PhD, also in Mechanical Engineering. I have nationally volunteered as a Regional Field Director and served as VP of Collegiate Affairs on the 17th National Board and VP of Standards on the 18th National Board. Professionally, I am a Staff Systems Engineer for Northrop Grumman Space Systems, currently working as a Ground Systems Engineering Lead. I live in the DC area with my husband and two feline fur babies, Hamilton and Sammy.

**Carve Pumpkins or Paint Pumpkins?** Carve Pumpkins

**Pumpkin Spice Latte - Yay or Nay?** YAY to PSLs :)

**Favorite Spooky Movie?** Ghostbusters (I am not a scary movie person at all though!)

**Pumpkin Pie or Apple Pie?** Pumpkin pie (all year 'round)

**Kid Table or Grown-up Table at Thanksgiving?** Whichever table has more mashed potatoes and pie (maybe the grown-ups table?)



## Jessica Sofka

**Position:** VP of Communications

**Chapter:** Arizona - Alpha Kappa

**Bio:** I graduated in 2020 with a BS in Electrical and Computer Engineering from the University of Arizona and currently work as an iOS Engineer at Target. I have nationally volunteered as the Director of Communications and I currently live in Minneapolis, MN. When not at work, I can usually be found at a local coffee shop with a book and iced coffee in hand.

**Carve Pumpkins or Paint Pumpkins?** Paint Pumpkins

**Pumpkin Spice Latte - Yay or Nay?** Nay

**Favorite Spooky Movie?** Nightmare Before Christmas

**Pumpkin Pie or Apple Pie?** Apple Pie

**Kid Table or Grown-up Table at Thanksgiving?** Grown-up Table





## Lacey Westcarr

**Position:** VP of Finance

**Chapter:** Arkansas - Kappa

**Bio:** I was a founding member of the Kappa Chapter. I have a BS in Accounting. Currently, I work for T-mobile in Fixed Assets Accounting and live in a Kansas suburb of Kansas City with my husband. I am an avid reader, host a book club and love to be crafty.

**Carve Pumpkins or Paint Pumpkins?** No preference

**Pumpkin Spice Latte - Yay or Nay?** I like it, but can take it or leave it.

**Favorite Spooky Movie?** Hocus Pocus (I don't like Scary Movies)

**Pumpkin Pie or Apple Pie?** Pumpkin

**Kid Table or Grown-up Table at Thanksgiving?** We only had one table. :)



## Alison Lunny

**Position:** VP of Standards

**Chapter:** Northeastern - Alpha Tau

**Bio:** I'm a structural engineer/project coordinator based in Boston working for WSP, where I work on primarily public transportation infrastructure projects. In college, I was a part of the alpha class of Northeastern University's chapter, and I graduated with a BS in Civil Engineering in 2021. I've nationally volunteered on the Governing Documents Committee since 2020 and served as its chair since 2021. In my spare time, I love exploring with my camera, and I've been to 19 national parks since graduating college.

**Carve Pumpkins or Paint Pumpkins?** Paint Pumpkins

**Pumpkin Spice Latte - Yay or Nay?** No coffee, but Yay to Pumpkin Chai

**Favorite Spooky Movie?** The Haunting of Hill House

**Pumpkin Pie or Apple Pie?** Apple Pie

**Kid Table or Grown-up Table at Thanksgiving?** Kid Table





# Meet The 19<sup>TH</sup> National Board... (continued)

## Michelle Eyink

**Position:** VP of Collegiate Affairs

**Chapter:** Arizona State - Alpha Lambda

**Bio:** I graduated in 2019 with a BSE in Chemical Engineering from Arizona State University and started my professional career as a Process Engineer at Intel. I have nationally volunteered as the Regional Field Director of the West 2 region. Professionally, I am a Process Engineering Manager for Solestial, a startup working on cheap solar for space applications. I live in the Phoenix area, and I can typically be found at my favorite indie bookstore or browsing the stacks of my local library when I'm not working or volunteering.

**Carve Pumpkins or Paint Pumpkins?** Carve

**Pumpkin Spice Latte - Yay or Nay?** Yay!

**Favorite Spooky Movie?** Hocus Pocus

**Pumpkin Pie or Apple Pie?** Apple Pie

**Kid Table or Grown-up Table at Thanksgiving?** Kid Table



## Lina Trigg

**Position:** VP of Member Services

**Chapter:** Purdue - Alpha

**Bio:** I graduated in 2021 with a BS in Biological Engineering. I was previously volunteering as the Director of Recruitment. Currently I am a Biomedical Engineer for United Therapeutics in the Organ Manufacturing Group in New Hampshire. I design formulations for 3D printing lungs for human transplant.

**Carve Pumpkins or Paint Pumpkins?** Carve Pumpkins

**Pumpkin Spice Latte - Yay or Nay?** Yay!

**Favorite Spooky Movie?** Twitches

**Pumpkin Pie or Apple Pie?** Apple Pie

**Kid Table or Grown-up Table at Thanksgiving?** Grown-up Table





## Alison Runninger

**Position:** VP of Strategic Growth

**Chapter:** Cincinnati - Alpha Beta

**Bio:** I became a sister of Phi Sigma Rho at the University of Cincinnati and later transferred to Cleveland State University where I was one of the founding members of the Alpha Upsilon chapter. I graduated in 2021 from Cleveland State with a BS in Electrical Engineering. I have volunteered on the national level as a Prospective Chapter Educator and as a Director of New Chapter Development. Professionally, I am an Electrical Engineer at NASA Glenn Research Center. In my spare time you can find me playing disc golf or French Horn with my husband, skiing or hanging out on Lake Erie with my family, or taking my Yorkie, Phoebe, for a walk.

**Carve Pumpkins or Paint Pumpkins?** Carve Pumpkins

**Pumpkin Spice Latte - Yay or Nay?** Yay

**Favorite Spooky Movie?** It's the Great Pumpkin Charlie Brown

**Pumpkin Pie or Apple Pie?** Apple Pie

**Kid Table or Grown-up Table at Thanksgiving?** Kid Table



## Tina Schnell

**Position:** VP of Alum Engagement

**Chapter:** Oregon State - Sigma

**Bio:** I graduated with a BS in Energy Systems Engineering, a BA in Spanish, and a minor in Entrepreneurship. I'm an energy engineer turned project manager delivering utility energy efficiency programs. I've been on the board of my chapter's local alum association, was a prospective chapter educator for Boise State, and held the National Resumania Director role before becoming the National Vice President of Member Services. I live in Vancouver, WA with my husband and our dogs, chickens, and about 100 houseplants.

**Carve Pumpkins or Paint Pumpkins?** Paint - they last longer and cleanup is way easier.

**Pumpkin Spice Latte - Yay or Nay?** Yay, although I prefer homemade pumpkin beer (my husband grows the pumpkins, roasts them and adds them to the mash!)

**Favorite Spooky Movie?** I generally dislike spooky movies, but Hocus Pocus is a classic.

**Pumpkin Pie or Apple Pie?** Pumpkin pie, although pie in general is my favorite dessert.

**Kid Table or Grown-up Table at Thanksgiving?** Grown up table - I love a good conversation.





# **B** *with Phi Rho*

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NOT ONLY ARE **VOLUNTEERS** ONE OF THE **CORNERSTONES** OF OUR ORGANIZATION, BUT VOLUNTEERING PROVIDES A WAY FOR YOU TO **CONNECT** WITH YOUR PHI RHO ROOTS POST-GRADUATION. THERE IS NO SHORTAGE OF **OPPORTUNITIES** TO VOLUNTEER WITH **PHI SIGMA RHO**, WHETHER YOU'RE LOOKING FOR A SHORT **PROJECT** OR A LONGER-TERM **COMMITMENT**. THE WORK YOU DO AS A VOLUNTEER NOT ONLY **HELPS** OUR ORGANIZATION CONTINUE TO **GROW**, BUT IT WILL **REMINDE** YOU OF YOUR OWN COLLEGE **EXPERIENCE** AND THE **FAMILY** THAT SURROUNDS YOU.



## AVAILABLE POSITIONS

Phi Sigma Rho has opportunities at both the local and national levels. Below are just a few of the opportunities that are currently available.

### Local Level

- Alum Advisor to a Chapter
- Chair of an Alum Association

### National Level

- Housing\*\*
- Judicial Board
- Strategic Growth - Prospective Chapter Educators
- Communications Committee
- Governing Documents Committee
- Nominating Committee
- Convention Planning Committee
- Help with Alum Engagement, Alum Programs, and Volunteers

“After spending two years away from Phi Rho, I needed sisterhood back in my life. I started volunteering in a small role with my Alum Association, which was an excellent way for me to ease back into involvement and volunteering without needing to commit oodles of time. Because there are so many ways to engage, ranging from 1-hour event participant to significant multi-year leadership commitment, I’ve been able to align my interests and availability to the current needs of the organization, and that helps me feel my contributions are valued regardless of what I have going on in my life at the time.”



*Tina Schnell*

(Oregon State - Sigma)  
VP of Alum Engagement  
19th National Board

## WHAT MAKES THE PERFECT PHI RHO VOLUNTEER?

A love of Phi Sigma Rho and an eagerness to get involved. No set skills are required for all positions, although you might be better suited for certain positions or projects over others. We have opportunities for everyone!

## READY TO GET INVOLVED?

Fill out the Volunteer Interest Form on the Phi Rho Portal ([portal.phisigmarho.org](https://portal.phisigmarho.org)). If you’d like to speak to someone directly, email Tina Schnell ([vpofalumengagement@phisigmarho.org](mailto:vpofalumengagement@phisigmarho.org)) to learn more about the available positions and what might be a good fit. We can’t wait for you to join us!



Phi Rho Portal



# A YEAR *with the* BETA ALPHA CHAPTER

*Here's how the past year has gone for Phi Rho's newest chapter at the University of Alabama. As told by Chapter President, Mia Eisenberg.*

**OCTOBER 2022:** Our initial search for our alpha class began in September, but we officially became a Prospective Chapter on October 27, 2022. We had our Halloween social the next day where we dressed up and played games as an Alpha class.

**NOVEMBER 2022:** During this month, we focused a lot on establishing our Alpha class. On November 6, our Alpha Class was inducted over Zoom and on November 17, we had our sisterhood retreat. We went bowling and did a paint-and-pass activity so we could all have a token from the night. Additionally, we were approved as an official organization on campus!

**DECEMBER 2022:** Our executive board and board of directors worked hard to complete installation requirements throughout the winter break.

**JANUARY 2023:** We had a back-to-school brunch on January 14, where the Alpha class got together to share stories from the break. Most importantly, we had our first formal recruitment for our Beta class and participated in the University of Alabama Get on Board Day.

**FEBRUARY 2023:** We continued to work towards our initiation and installation requirements by having the Alpha Class service project with Habitat for Humanity. We sent out our first set of bids for the Beta Class on February 12 and 5 new members were inducted on February 19, just in time for our Galentine's Sisterhood Event where we decorated cookies.

**MARCH 2023:** The Beta Class had their service project at The House, a literacy center on the Stillman College campus. We began planning for the Beta Alpha Chapter Installation, Alpha Class Initiation, and Beta Class Initiation, our "Triple I." We submitted our petition to the National Sorority for installation on March 15.

**APRIL 2023:** The Beta Alpha Chapter of Phi Sigma Rho was installed and the Alpha and

Beta classes were initiated on April 23. We celebrated with dinner from Olive Garden after the ceremonies. Our 16 total members became actives!

**MAY 2023:** As the academic year came to an end, we began preparing for the fall semester. Our executive board worked with the United Greek Council (UGC) and the Division of Student Life to arrange for meetings throughout the summer.

**SUMMER 2023:** Our executive board met monthly with the advisor of the UGC and the Director of Student Involvement to plan for Phi Rho's addition to the UGC. Everyone on our leadership team began planning for the fall semester. In July, our VP of Finance attended the Phi Rho National Convention and had the opportunity to meet a lot of really great Phi Rho sisters!

**AUGUST 2023:** We had our first full leadership meeting of the Fall 2023 semester, along with exec meetings and recruitment committee meetings. We participated in our first Fall Get on Board Day through the university and started recruitment for our Gamma Class.

**SEPTEMBER 2023:** We continued our recruitment and met with the United Greek Council leadership in regards to our membership. We were officially voted into the council as an associate member on September 7 and we helped stock a food shelf with the West Alabama Food Bank on September 18. We inducted four candidates to our Gamma Class on September 24, increasing our total membership to 20 members.

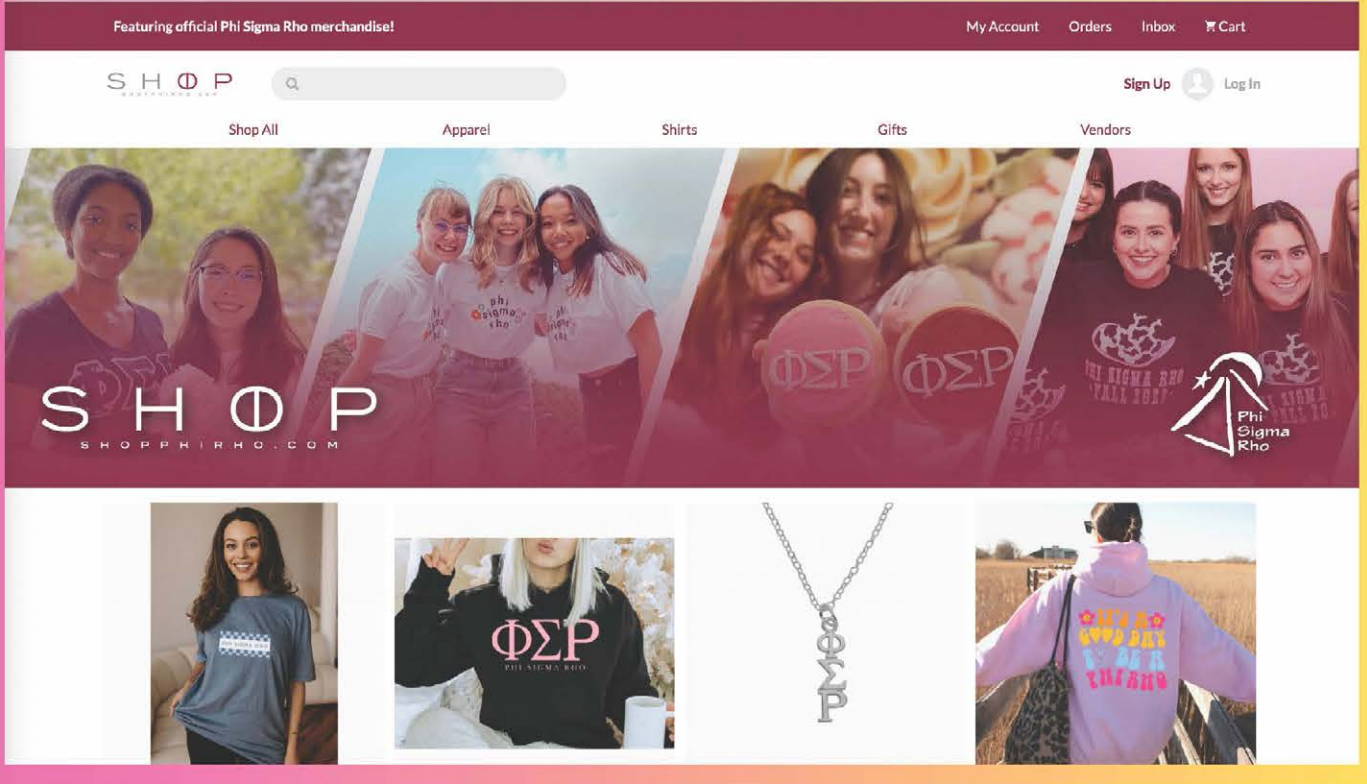
**OCTOBER 2023:** We had a Haunted House Decorating competition and a service project with Schoolyard Roots in the beginning of October. We helped clean out a garden bed and sowed seeds for a native pollinator garden. Our Gamma Class had their sisterhood retreat on October 22, a picnic along the Black Warrior River.



Photos courtesy of Mia Eisenberg

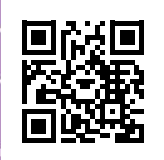


[www.shopphirho.com](http://www.shopphirho.com)



Shop Phi Rho: a marketplace of licensed vendors. From clothes, to gifts, to jewelry, Shop Phi Rho is the place to find all of your gear!

shop  
phi rho





# LEARNING *on the Job*

COLLEGIANS ON THE INTERNSHIPS AND CO-OPS THAT MAKE THEM

## Jenni Aubin



**Chapter:** Michigan State - Alpha Delta

**Major:** Mechanical Engineering with Concentrations in Aerospace Engineering and Computational Design

**Company:** Northrop Grumman

### **What was your position and what did you do during your job?**

I interned as a Mechanical Engineering Intern on the Mechanical Systems/Structures team. I was involved with several different product lines, including Cygnus (the ISS Resupply). I got to physically see and inspect satellites, additive manufacture components and test prints in various settings (including in a vacuum in a bell jar), and learn the cycle of designing and manufacturing satellites all the way up from the bill of materials to the assembled satellite.

### **Did you experience any fun moments during your internship that didn't have to do with work?**

I was located just outside Washington D.C., so I spent every weekend with my friends that I made from the internship either exploring D.C. or hiking in the parks nearby. I hiked several trails in Shenandoah National Park, Harper's Ferry in West Virginia, Catoctin Mt. in Maryland, Great Falls Park in Virginia, and much more!

### **What are your future career goals? And/or how did this co-op/internship apply towards your goals?**

Ever since seventh grade, I have wanted to work hands-on in the aerospace industry. Michigan State has a lot of connections with automotive and manufacturing companies, so finding an internship within aerospace was difficult. I interviewed and accepted the internship offer with Northrop Grumman at the SWE 22 Conference in Houston Texas, and I am super excited to announce that I will be returning full-time after my graduation in May. I absolutely loved what I did during the summer and it has made my seventh-grade dreams come true. My long-term career goal (and bit of a dream goal) is to become an astronaut, and I truly believe working at Northrop Grumman will prepare and train me for that dream. From a more realistic standpoint, I plan on taking a more technical route through the aerospace industry and becoming a fellow/technical expert.

## Courtney Wilmoth



**Chapter:** Arkansas - Kappa

**Major:** Chemical Engineering

**Company:** Toyota Motor North America

### **What was your position and what did you do during your job?**

I worked in the Material Quality Chemical group at the Headquarters. I worked on paints, plastics, anti-corrosion, and adhesives. My job was to act as a quality gate for raw materials headed to plants, perform quality checks on vehicles, and troubleshoot material issues in the lab!

### **What was one thing you learned on the job that you didn't learn in school?**

My co-op required me to have a strong understanding of lean engineering, which was invented by Toyota! It was the best place to learn about quality, customer focus, and elimination of waste.

### **What piece of advice do you have for people pursuing or starting their very first internship/co-op?**

Show up every day with a positive attitude and try to meet as many people as possible!



# Ashleigh Wilking



**Chapter:** Arizona - Alpha Kappa

**Major:** Architectural Engineering

**Company:** Meyer Borgman Johnson

**What was your position and what did you do during your job?**

I was a Structural Designer this summer at Meyer Borgman Johnson. I designed the gravity system of a new fire station (the part of a structure that holds its own weight and any other features that submit the structure to any gravitational load - the other part of a structure is the lateral

system that resists wind and seismic activity), which consisted of wood, steel, and masonry elements. This means I designed the wood ceiling beams, the steel columns, the masonry walls, and the foundations for the columns and walls. Because I had graduated before this internship, this was done largely myself with help from the more senior engineers, which made me very proud of my work. I learned a lot of new programs like RAM Elements, which is a finite element modeling software that helped me figure out where to place reinforcement in the masonry walls, and Enercalc which helps speed up some basic calculations for beams, columns, and foundations. I got to go on a few different visits to construction sites - one was to do a survey on an existing building that will be undergoing a renovation to determine where the existing is and how much we would be able to keep; another was to the new ASU/Tempe housing project, where I got to stand at the top floor 9 stories high (where the picture is from!).

**What are your future career goals? And/or how did this co-op/internship apply towards your goals?**

My goal for the future is to be a Structural Engineer and to be designing different and challenging buildings. Currently, I am

pursuing my Masters in Structural Engineering in the Netherlands. This internship helped me prepare for both of these things. Previously, I had only designed smaller structures and the opportunity to design an entire building's gravity system myself was such an important task to develop my understanding of building systems. It really helped me develop more confidence to believe that I knew what I was doing. I have to learn an entirely new building code system for designing in Europe, but understanding the basics allows me to break down new challenges into things I already know.

**What piece of advice do you have for people pursuing or starting their very first internship/co-op?**

Oftentimes, students are so afraid of being rejected that they don't apply to things - this applies for scholarships, internships, research, so many things. Don't let the fear of hearing no hold you back from applying. You may not think you're qualified, but internships are about learning! Everyone at the company you intern for is going to want to help you learn. You're likely still in college, freshly graduated, or maybe pursuing a degree for the first time - no one expects you to know everything about the work you'll be doing because you're still learning it. So get out there and apply!

**DO YOU REMEMBER WEARING YOUR ACTIVE BADGE FOR THE VERY FIRST TIME?**

**DO YOU REMEMBER HOW AMAZING IT FELT TO HAVE AN INSTANT FAMILY ON CAMPUS?**

**DO YOU REMEMBER ATTENDING YOUR VERY FIRST NATIONAL CONVENTION OR CONFERENCE?**

You can support the Sorority and its members by paying your voluntary alum dues. For just \$50/year you can ensure that our newest Phi Rhos across the country have access to the same experience and traditions that you cherish.

Alum dues can be paid via the **Phi Rho Portal**.



**Phi Rho Portal**



*Photo courtesy of Old Dominion - Alpha Rho Chapter*



# CAMPUS BRIEFING



2022 Pi Class photo courtesy of Aliza Opolka

## MICHIGAN STATE - ALPHA DELTA CHAPTER

### 10 Year Anniversary

Alpha Delta was founded at Michigan State University on December 1st, 2012 by Sarah Steudle, Jena Laur, Krista Lueck, and Rachel Kurzeja. On December 3rd, 2022 all our alumni were invited to come celebrate our 10 Year Anniversary as a chapter.

### Bounced Back from Covid

We initiated 33 sisters to our chapter in 2022, which is the largest in four years. The Pi Class is tied for first for our largest overall class and caused many bigs to take twins! We look forward to growing our chapter even more! (Attached is a picture of the class)



## KATELYN KANIEWSKI

### Midwest 3 Regional Field Director

Recently got married, and married into a family of Triangles (my husband and father in law) and Phi Rho's (my sister in law and I in the photo).

Photo courtesy of Katelyn Kaniewski

## OREGON STATE - SIGMA CHAPTER

- Our previous president, Natalie White, won President of the Year for our council at this year's Greek Awards!
- Our chapter (also at this year's Greek Awards) won several GPA awards, including highest first-year GPA for Spring '21, Fall '21, and Winter '22!

- We also hosted our first ever (scaled-down) Phi Rho Your Boat! We raised \$280 for LLS through coin drives with the rest of Greek Life on our campus.

## MICHIGAN - ETA CHAPTER

Michigan - Eta won a commendation at the Michigan 2022 FSL Awards.



Phi Sigma Rho  
Academic Programming and  
Scholarship Award

Photo courtesy of Michigan FSL

## PITTSBURGH - ZETA CHAPTER

Pittsburgh - Zeta Chapter was awarded Excellence in Civic Engagement through the FSL office at Pitt at 2022 FSL Awards

The Office of Fraternity and Sorority Life at Pitt utilizes a standards process called the Cathedral Standards of Excellence. This system helps us keep track of the way that chapters meet and exceed our expectations in the areas of Academics, Member Development, Chapter Responsibility, Positive Relationships, and Civic Engagement. Excellence Awards are given to one chapter in each council that has demonstrated excellence in each area, and the chapter who excelled most in all areas is awarded the Cathedral Cup, the highest award a chapter can receive at Pitt.

The chapter was awarded Excellence in Civic Engagement.

The chapter was also one of only 12 chapters to be named a 5-star chapter, meaning they completed all the requirements of Cathedral Standards of Excellence



## HANNAH RIESENBERG (Dayton - Gamma Chapter)



*A picture of Hannah at the awards ceremony with her FSL advisor and nominator Jason Honesto - courtesy of Hannah Riesenbergs*

harbor a supportive and encouraging environment for the members of her organization, and through her resilience in and dedication to strengthening relationships with several organizations throughout the Fraternity and Sorority Life community. She approaches each day with a positive attitude and optimism in mind. She lights up each room that she enters. I look forward to seeing the many things she will accomplish in her time as president.”

## PURDUE - ALPHA CHAPTER

The chapter hosted a new philanthropy event called The Sand Showdown. It was a double elimination style volleyball tournament that was co-hosted with Theta Tau. They had several teams from other houses in the FSCL community participate. One of the Phi Rho teams won five games, making it all the way to the finals and a second place finish. The event raised money for LLS.



*Photo courtesy of Purdue - Alpha Chapter*



## WYOMING - ALPHA PI CHAPTER

The Alpha Pi Chapter had the highest semester GPA (3.355) in all of Greek Life on campus for the Spring 2023 semester!

## OHIO NORTHERN - IOTA

The Iota AA would like to highlight the chapter and alum presence at Convention this summer! 5 actives were able to attend thanks to generous sponsorship by the ONU College of Engineering, and we had 2 alum (one of the chapter's Alum Advisors + National Board member/candidate) who attended as well - we even remembered to get a group picture with the ONU flag! I believe this is the largest Iota presence we've ever had at a National meeting and definitely the most visible show of support from our College of Engineering.



*Photo courtesy of Sharon Snyder*



## 40 FOR 40: CAMPAIGN FOR PHI SIGMA RHO

**IN OUR HANDS, WE HOLD THE PAST. IN OUR HEARTS, WE HOLD THE PRESENT. IN OUR MINDS, WE BUILD THE FUTURE.**

As Phi Sigma Rho approaches our ruby anniversary, the Phi Sigma Rho Foundation, with the support of the Sorority, is embarking on a campaign to ensure the future of our sisterhood is supported with its ever changing needs. The **40 for 40: Campaign for Phi Sigma Rho** is for all alum and collegiate members and will enable us to build upon the ideals we cherish. In honor of 40 years of Phi Sigma Rho and sisterhood, it is our goal to raise \$40,000 before Founders' Day in 2024. This campaign allows us to build the future for members and communities of Phi Rho's everywhere - whether its future leaders through LEAP grants, assisting the learning of our actives through the EDGE Grant and any of our eight scholarships, or the next generation of women in engineering and STEM through the DreamGirls Grants. With more than 10,000 sisters across the globe, we strive to continue to expand and evolve to best support the Phi Sigma Rho community.

Now through 2024, we encourage you to show your love and support for Phi Sigma Rho with a **gift to the Foundation**. We remain rooted in our mission, focused on impact and believe that every dollar raised builds capacity and unlocks resources for our sisters. We simply cannot do this without the support of our generous sisters and communities that contribute to our programs. Thank you for entrusting us with your generous gifts of all sizes and for building the foundation of support for Phi Sigma Rho for years to come. **Give now!**

### WAYS TO SHOW YOUR SUPPORT FOR PHI SIGMA RHO:

- Make your tax-deductible end of year donation to the Phi Sigma Rho Foundation.
- Share the Foundation's mission and the 40 for 40: Campaign for Phi Sigma Rho with your friends, family, and community.
- Your employer, or your spouse's employer, may offer a gift matching program, which could match, double or more to your gift. Each company has its own guidelines for gift matching programs. Our federal tax identification number is 20-2709091
- Get your **Penguin Pals Program or After the Cap & Gown Program charms** by making a donation as an active or a recent graduate. (<https://www.phisigmarhofoundation.org/donors>)
- Volunteer your time! We are always looking for passionate members to help execute our programs and events. Sign up to volunteer here. ([https://portal.phisigmarho.org/hq\\_volunteer\\_vacancies](https://portal.phisigmarho.org/hq_volunteer_vacancies))

The Phi Sigma Rho Foundation is exempt from federal income tax under Internal Revenue Code section 501(c)(3). Donations to the foundation are tax-deductible as provided by law.

### IMPORTANT DATES:

- **November 28th:** Giving Tuesday - an international day of generosity to show your support for the Foundation.
- **December 26-31st:** Make your last minute tax deductible donations for the 2023 year.
- **January 5th:** EDGE Grants are due, applications are available on the Phi Rho Portal.
- **March-April 2024:** Annual Foundation Campaign
- **March 1, 2024:** The deadline to apply for any of the Foundation's seven scholarships!
- **July 2024:** Phi Sigma Rho Virtual Conference and In-Person 40th Anniversary Celebration
- **Rolling Timeline:** Apply for a DreamGirls Grant to bring a DreamDay to your community!
- **September 24, 2024:** Phi Sigma Rho Founders' Day celebrating 40 Years!



**Give now!**



**Charms!**



**Volunteer!**



# DONOR RECOGNITION

It is only with the support of our generous donors that we are able to deliver Foundation programs to Phi Sigma Rho. The Foundation would like to recognize those who have made an impact this year and year's previous. Annual giving levels are based on cumulative calendar year contributions. Donors can view their giving history by signing into the **Phi Rho Portal** and clicking on "My Giving History" (<https://portal.phisigmarho.org/home>).

## 2023 ANNUAL CLUBS:

### 1984 Club - \$1,984

- Charlene Yauch

### Rising Sun Club - \$1,000

- Christine Barman
- Janelle Becker
- Jacquelyn Crowley
- Jennifer Roach

### Pearl Club - \$500

- Kellina Anderson
- Linda Clark
- Harrison Hayworth
- Elishka Jepson
- Caitlin LaFountaine
- Belle Riehemann

### Pyramid Club - \$250

- Hillary Emer

### Key Club - \$100

- Kay Conder
- Ashley Durcholz
- Michelle Eyink
- Kendall Murphy
- Morganne Neuman
- Rebecca Palmer
- Rebecca Riley
- Theresa Smucny
- Lacey Westcarr
- Mary Beth White
- Anonymous (2)

### Sigmand Club - \$50

- Lauren Arnold
- Starli Bartlett
- Sue Fuglem
- Larden Garland
- Kathryn Gray
- Jessica Hoover
- Lydia Keller
- Robert King
- Emily Moore
- Nichole Stephan
- Maria Tarnay

## LIFETIME GIVING SOCIETIES:

### Influencer Society: \$25,000

- Elana Chapman
- Jennifer Roach
- Charlene Yauch

### Visionary Society: \$10,000

- Rosalie Krob
- Heather Monigan

### Scholarship Society: \$5,000

- Janelle Becker
- Lara Day
- Hillary Emer
- Harold & Joyce Godeke
- Christine Jackson
- Heather Lazar
- Carol Rogers & Family
- Anonymous (1)

### Friendship Society: \$2,500

- Kellina Anderson
- Jacquelyn Crowley
- Teresa Fourqurean
- Katherine Hoppert
- Elishka Jepson
- Allison Lenhoff
- Leanne Price
- Janet Reyna
- Abby Schwartz
- Nicolette Yovanof

### Encouragement Society: \$1,000

- Margaret Allen
- Christine Barman
- Amanda Brown
- Erika Bustos
- Alexandria Caliguire
- Rachel Chicchi
- Rashmi Drummond
- Dominique Fantasia-Amin
- Sarah Fisk
- Carin Gleason
- Harrison Hayworth
- Alexandra Heironimus
- Mona Kim

- Caitlin LaFountaine
- Maryann Ludden
- Amy Mazzanti
- Ashley Mohler
- Kendall Murphy
- Renee Pelan
- Kellan Ponikiewicz
- Brittany Potter
- Rebecca Riley
- Katherine Shesko
- Rebecca Trudeau
- Kat Wenger
- Mary Beth White





# Foundation Convention Awards

The Phi Sigma Rho Foundation was honored to share our successes and awards at the National Convention. It was our goal to share more about our mission and the programs that support it, recognize significant accomplishments and generosity of our Phi Sigma Rho sisters, and have fun while doing it with a little bit of Foundation trivia.

## 2023-2024 SCHOLARSHIP RECIPIENTS

Since our inception in 2005, the Foundation has awarded over 124 scholarships to Phi Sigma Rho members.



**MERIT SCHOLARSHIP**  
**Morgan Fink**  
(Florida-Tau)



**LEADERSHIP SCHOLARSHIP**  
**Hannah Spillet**  
(Dayton-Gamma)



**PHILANTHROPY AND SERVICE SCHOLARSHIP**  
**Wendy Hoffert**  
(Arkansas-Kappa)



**SARAH ROGERS MCCLURE MEMORIAL SCHOLARSHIP**  
**Tejaswini Haraniya**  
(Case Western-Omicron)



**FRANCIS J MONIGAN MEMORIAL SCHOLARSHIP**  
**Madalyn Reardon**  
(Penn State-Lambda)



**ANNE LOUISE ROACH LEGACY SCHOLARSHIP**  
**Judy Chen**  
(Colorado-Boulder - Alpha Mu)



**TEXAS A&M UNIVERSITY ALPHA PHI LEADERSHIP SCHOLARSHIP**  
**Jazlyn Marvin**  
(Texas A&M-Alpha Phi)

## 2023 EDGE GRANT RECIPIENT

2023 EDGE Grant Recipient - The First Recipient of this Grant worth \$1,000

**Lily Chen** - University of California, Santa Barbara - Alpha Xi for her work and leadership with Engineers without Borders rebuilding an aqueduct in Panama for an indigenous community.

## LIGHT THE NIGHT RECOGNITION

Since 2015, the Phi Sigma Rho Foundation has worked to unite chapters across the country to a common cause raising awareness for the Leukemia and Lymphoma Society through Light the Night walks. Since then, Phi Rho's have raised more than \$210,000 for LLS!

### 2022-2023 LIGHT THE NIGHT TOP FUNDRAISING TEAMS:

1. **Alpha-Eta** - Vanderbilt University - \$7,166
2. **Alpha-Kappa** - University of Arizona - \$6,069
3. **Beta** - The Ohio State University - \$4,237

### 2022-2023 LIGHT THE NIGHT TOP FUNDRAISING INDIVIDUALS

1. **Meaghan Kilner** - Alpha-Eta - Vanderbilt University - \$2,000
2. **Aminah Chavez** - Chi - University of California, San Diego - \$1,860
3. **Audrey Miller** - Alpha - Eta - Vanderbilt University, **Sydney Hawkins** - Alpha-Eta - Vanderbilt University, and **Elizabeth Gilman** - Zeta - University of Pittsburgh - \$1,000 each



# In Memoriam...



## KATELYN B. HOWAY MEMORIAL SCHOLARSHIP

The alum of the Michigan-Eta chapter have established a scholarship honoring their sister Katelyn Howay, who passed away in July 2022. The Katelyn B. Howay Memorial Scholarship is a needs-based scholarship for a Michigan-Eta chapter sister in good standing, who has shown leadership in the chapter, and has a minimum 3.0 GPA. We are pleased to announce that thanks to the numerous donations from fellow sisters, family, and friends (including a very generous donation from Katelyn's parents, Kris and Ross), the scholarship has been fully endowed and will be awarded in the coming year.

Katelyn embodied our sorority's values of friendship, scholarship, and encouragement. She gave so much of herself to being a Phi Rho and cherished the lifelong friendships she had made from being a sister. Katelyn had a lightness about her that put you at ease and allowed you to just be yourself. She brought her signature Katelyn energy to the group and brightened up every event. Katelyn was a fiercely loyal friend and made everyone feel like they were the most special person. She always had the right reaction to whatever you shared with her – a laugh, a meme, or a witty comeback.

*Katelyn B. Howay photo courtesy of Allison Lenhoff.*

Katelyn graduated from the University of Michigan with a BSE in Materials Science & Engineering and from Clemson University with a MS in Polymer & Fiber Science. She worked as a Materials Technical Specialist for Stellantis on plastics and soft trim. Katelyn also served her chapter for many years as the Eta Chapter Alumnae Association Chair and enjoyed meeting many sisters from all chapters at national events.

We miss Katelyn so much but are honored to keep her legacy alive with this scholarship. To donate to the scholarship fund, please visit <https://leadersandbest.umich.edu/find/#!/give/basket/fund/702337>



[Donate Here](#)

## Connect With Us

There are countless ways you can connect with us. Here are just a few:

### Via Mail

PO Box 5307, Northville, MI 48167


### Online


[www.phisigmarho.org](http://www.phisigmarho.org)


### Via Email


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


### Follow our Social Channels

 @phisigmarho

 @phisigmarho

 [www.linkedin.com/company/phisigmarho](http://www.linkedin.com/company/phisigmarho)

 @phisigmarhohq

 [facebook.com/phi.sigma.rho.sorority](https://facebook.com/phi.sigma.rho.sorority)



# THIS OR THAT

OR

## FALL EDITION

84%  
Pumpkin Patch



16%  
Haunted House

47%  
Pumpkin Spice  
Latte



53%  
Apple Cider

68%  
Crisp Mornings



32%  
Chilly Nights



58%  
Carve Pumpkins



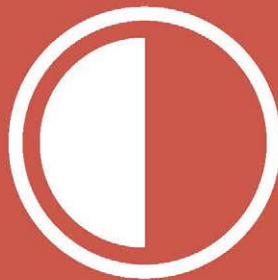
42%  
Paint Pumpkins

91%  
Bake Cookies



9%  
Make Bread

50%  
Buy a Costume



50%  
Make a Costume

27%  
Scary Movie



73%  
Cozy Movie





Phi Sigma Rho National Sorority  
PO Box 5307  
Northville, MI 48167

*Save the  
Date!*



CONVENTION 2025  
KANSAS CITY, MO

JULY 17-20, 2025

