

Nu Spectrum



Fall 2019



Our 2019 Fall Recruitment shirts were designed by our very own brother, Zac Stewart. Our shirts were inspired by Cleveland's Guardian of Transportation statues (located on the Hope Memorial Bridge). We wanted them to be unique for our City of Cleveland and became a signature design for our chapter.

This year, Ohio Nu had a very successful Fall Recruitment week; four new brothers joined our ranks. We invited them out to very enticing week of events that included; Cleveland Browns Watch Party, Game Night, Movie Night, Laser Tag, and Field Day.

A total of ten brothers joined Ohio Nu this semester four of whom joined during recruitment week. Everyone at Ohio Nu has been inspired by the extraordinary leadership skills and talents that these young men put forward. The brothers of Ohio Nu look forward to all of the great things that our new brothers will achieve during their time with SigEp and the many fond memories that will be formed with our new brothers! (A list of new members can be found on page 6).

Thank You!

Enjoy the rest your evening.



Balanced Man Scholarship Banquet

Sigma Phi Epsilon (SigEp), the nation's largest collegiate fraternity, awards over \$250,000 every year through its Balanced Man Scholarship (BMS) to students at colleges and universities across the country. The BMS awards students who exhibit academic excellence, demonstrate leadership skills, and commit to their health and well-being. The Ancient Greeks believed in developing a Sound Mind and a Sound Body as a way to live a more fulfilling life. SigEp adopted this philosophy with the Balanced Man Ideal and has awarded the BMS to some of the best students coming to campus since 1990.

This year, SigEp's chapter at Cleveland State University (Ohio Nu) has awarded \$2,500 in scholarships to nine outstanding men that have demonstrated Sigma Phi Epsilon's values, prior to coming to Cleveland State University. These exceptional men were recognized with the BMS:

Bryan Ash / Psychology / Lakeview High School

Laith Al-Tamimi / Health Science Pre-Dental / North Olmsted High School

Steven Brekalo / Computer Science Engineering / Kirtland High School

Louis Foulkes Jr. / Undecided / Olmsted High School

Vince Jordan / Marketing / Strongsville High School

DeAndré Patrick / Communications / Cornerstone Christian Academy

Zander Saunders / Theater Arts / Elyria High School

Jamison Schroeder / General Business / Midview High School

John Toma / Business / Charles F Brush High School

**Highlighted in purple are the BMS Finalists who have joined Ohio Nu*



EVENTS AND EXPERIENCES

Martin Barnard Takes on Tragos Quest to Greece

Martin “Marty” Barnard experienced an adventure of a lifetime when he was selected for *Sigma Phi Epsilon’s Tragos Quest to Greece*. Marty was one of 16 brothers from across the country to be selected for this incredibly competitive program. He learned about Ancient Greek culture and contemplated the origins of SigEp’s values and the Balanced Man ideal. The Tragos Quest took place between June 13 – 23 this year. Marty had the following to say about his Tragos experience:

“Tragos was the most meaningful journey I have experienced in my entire life. While in Greece, we explored some of the ancient world’s most influential sites including Olympus, the ruins of Delphi, and the Acropolis in Athens. We were constantly learning something new about the environment we were in, and we used this knowledge to forge a deeper understanding of ourselves as individuals as well as exploring the true meaning of Sigma Phi Epsilon’s values, practices used for Rituals, and the ideal of the Balanced Man.

When asked about the most memorable aspect of my experience in Greece, I find myself thinking back to the intimate group discussions we had. There were moments when we lost our senses of pride, ego, and status in our respective chapters; and we became more personal, more attentive of each other, and ultimately, more human. I learned how to be a more focused and present listener; to allow the whole story to be shared without interruption and put my own perspective on hold for that moment.

How will I continue to live by my Tragos experience? Honestly, my personal Quest never ended in Greece. I am still reflecting on the meaning of everything that happened over there, and the continued impact those lessons have on the lives of people around me is truly remarkable. I choose to lead by example, by embodying the lessons I have learned so others can experience the direct benefits Tragos provides. I will continue to spread my knowledge to brothers across the country, because I believe this wisdom will help us live more meaningful lives; which in turn, will create a better world in the future.”



This year, Ohio Nu had three undergraduate brothers attend our bi-annual Grand Chapter Conclave in Houston, TX. Our Chapter President Nick Korta served as a Delegate to the Nominations Committee, which was responsible for confirming the selection of the next Board of Directors for Sigma Phi Epsilon's Headquarters. Zach Harris, Ohio Nu's Vice President of Recruitment, served as the official alternate for sessions that Korta could not attend. This was the first Conclave experience for both brothers, which they later described as "one of the most unexpectedly enjoyable moments of their overall SigEp experience." Our brothers bonded while participating in one of the most important programs that SigEp undergrads can be involved with.

Ohio Nu's Chaplain, Marty Barnard, was offered a unique Film & Media Internship that covered his costs of registration & hotel while offering him an incredible inside view of our Headquarters' operations. This would send Marty on his second Conclave experience as an undergraduate member responsible for producing and editing all of the video content for the conference. Marty shared that some of his most favorite memories involved reuniting with brothers he met while on the Tragos Quest to Greece or during his Ruck Leadership Institute, introducing his brothers to men from all across the country, including prominent HQ officers, and experiencing The Ritual presentation. We are proud of what our brothers were able to accomplish at this summer's Grand Chapter Conclave and all they have done to improve our chapter this year!

Ruck Leadership Institute

"Ruck was a four-day intensive leadership experience I was selected to attend by headquarters. I was surrounded by the best young leaders SigEp has to offer and we were all taught the 5 pillars of leadership by some of the best SigEp alumni. The experience I had at Ruck was like none other and the relationships I built there, and lessons learned is something I won't soon forget".

- Brother Zach Harris





Top SLC Event

Brother Stephen Matz conducted a workshop covering Robert's Rules earlier this semester on September 26th, where brothers learned what Robert's Rules are and how they can be used during official meetings. Many professional companies and organizations, including SigEp, use Robert's Rules of Order to conduct their meetings efficiently. During the workshop, brothers learned the order of a proper meeting agenda, the general process for formal procedures, and were guided through a mock chapter meeting to demonstrate their newly acquired skills.

Volunteering at Joseph's Home

On October 1st, Ohio Nu's brothers devoted their time and efforts to giving back to the community. Our brothers spent their morning maintaining and landscaping the gardens of Joseph's Home. The brothers cleaned their garden and planted new Mums, to make the area more attractive for the residents living at Joseph's Home. This was an amazing opportunity for our brothers to give back. Everyone at Ohio Nu would like to give a thank you to Petitti Garden Center for the donation of the Mums and planting soil. We couldn't have had this amazing opportunity without their help.



Intramural Sports

Flag Football: We had an amazing season this year, going undefeated in the regular season. Our team made it to the championship game, where they had a hard-fought battle against Delta Sigma Phi, which came down to the last play. Congrats to Delta Sigma Phi on winning the 2019 Flag Football Greek League!

Basketball: Another great season for basketball! Our team was led by our seniors Nick Korta and Will Donzella, but also featured excellent plays from the team. SigEp only lost one game in the regular season and made it to the championship against Tau Kappa Epsilon played at the Wolstein Center, where we pulled off an amazing win to win the Greek League Championship.

Everyone at Ohio Nu would like to thank our new Chapter Mom, Lisa Kreiger, for donating money towards our new jerseys. (Pictured Left)



Murder Mystery Mixer

Who dunnit? Ohio Nu hosted a very successful mixer with the sororities of Alpha Sigma Alpha, Theta Phi Alpha, Phi Mu and Delta Zeta. The event began with each participant acting as their assigned character and enjoying a catered dinner and refreshments at Mather Mansion. Then tragedy struck! Magnus, the CSU mascot, was killed in cold blood! The event was centered around

killed Magnus. Each participant was given a role and a clue. The participant(s) who linked all the clues together and discovered the murderer won. In the end, the murderer was discovered to be brother Vince Jordan.

SigEp's Murder Mystery was put on by Jordyn Wheaton in the programming committee. Approximately 40 Greeks participated in total with half of them being brothers of SigEp. We are very proud of how successful and fun this mixer was, and we look forward to putting on more mixers like this in the future!



Please welcome our newest brothers!

Bryan Ash - Psychology
Thomas Aston - History
Matt Boukzam - Chem. Engineering
Branden Elliott - Nursing
Louis Foulkes Jr. - Undecided

Vince Jordan - Business
Juan Munoz - Film
Stanley Jenovic - Film
Zander Sanders - Theater
Trevor Smith - Health Science

And a huge thank you and congratulations to our two outgoing seniors who are graduating this winter



Brandon Sgobbo
Mechanical Engineering

"To me, Fraternity life wasn't anything I originally cared about. I met the SigEps and beyond making friends, SigEp was my avenue to learning how to become more of a leader and learning life skills. I learned so much about time management, running a meeting and being part of a group or committee, as well as leading them. The values SigEp held made me stick around and utilize the tools and life lessons they had to offer me and every brother. I made many friends and moreso brothers with whom I can have deeper relationships with than any typical person. Having brothers join knowing that they commit to the values I committed to makes those relationships special and opened the door for real communication where disagreement is welcomed and learning can really happen. The work I put into SigEp made it what it was for me; and although my experience may have been different if I wasn't a commuter, I wouldn't change it. I leave college a better person, student, and friend as a result.

Already, I have a job lined up immediately after I graduate CSU and I couldn't have asked for more. That's the goal of college and I reached it right away, while many people are not fortunate enough to do. School was hard but I kept working for my degree and my future. I look forward to growing as a professional and as an adult. I really don't know what my next steps beyond this are but I know I will figure it out as I have no fear of the future. Time really flies and graduating is just another reminder. On to the next chapter."

"I have been attending Cleveland State University for three years and will be graduating with my bachelor's degree in Arts for Music. After attending CSU for three years, I have gained many relationships and skills that I plan to use after I graduate this semester. When I first came to CSU, I began to look around for potential opportunities to help better myself as a person. One of those opportunities was being invited into Sigma Phi Epsilon and meeting the brothers of the fraternity. To me, SigEp is my second family. I have never been in a big group growing up and I always felt like the odd one out; however, SigEp quickly became my favorite group of brothers where I felt accepted. This motivated me to try and help the fraternity even more by becoming the Vice President of Programming (VPP) for a year. The skills that I gained from being the VPP has helped me secure the role of advertisement chair of the school newspaper, the Cauldron, and become a resident assistant for two years at the CSU dormitories.

After I graduate; I plan on becoming a professional instrument technician. My dream is to eventually own a music and film entertainment business with my bid brother Marty Barnard. SigEp has given me the ability to go above and beyond what is asked of me and has helped me come by my job. I cannot express my eternal gratitude to SigEp, and I hope to be an active alumnus in the fraternity and keep the relationships that I've gained while being at CSU. SigEp will forever be with me in my life and has made me into the balanced man that I am today."



Jay Duke
Music Therapy



Andrew Holland

From brother Andrew Holland, class of 2015 in Early Childhood Education: *"I am currently a Kindergarten teacher in Lorain working with students who come from low-income backgrounds. I joined our District Level Team in the role of decision making for our schools, I created a committee to educate elementary students about having character, and I lead my Kindergarten team in planning and decision making for grade level initiatives. There is a lot of passivity in the workforce. People sometimes have a hard time leading because they do not want the responsibility that comes with it. My experience with SigEp really instilled in me how important it is to advocate for what you believe in. I care about the well-being of children, and I work to provide and protect opportunities for my students, just as I worked to provide and protect Ohio Nu's opportunity to stay on campus at CSU. I'm proud of SigEp and the values they stand for. I played a lot of roles in the chapter during the pre-charter days, but being the President was a great honor by far. I learned a lot about leadership and how effective leadership can impact a group or organization."*

From brother Vinnie Cardamone, class of 2018: *"I cannot see myself where I am at right now without SigEp, it inspired me to do something I wasn't 100% comfortable with. Going into college, I was not confident about my leadership skills. My brothers in SigEp helped me establish self-confidence and I began taking on roles that were uncomfortable. This continued after my undergrad days, where as a newly licensed nurse, I took a job in the Cardiovascular Intensive Care Unit at the Cleveland Clinic. I was very uncomfortable with the thought of taking care of critical patients as my first job, especially since this would be my first job in the hospital. You may have heard the saying "no pressure equals no diamonds." SigEp helped me realize the saying applied to my life and was necessary if I wanted to excel in my career. SigEp has helped me in other ways in my career in regard to leadership. Whether it be helping out to teach a new co-worker the ropes, or helping answer questions that patients, family, and co-workers have. You need to be a leader when you stand up to a physician for what you think is right for a critically ill patient. It takes self-confidence to be able to take on these roles in any job, any career field, and SigEp helped me develop the ability to lead anywhere life takes me."*



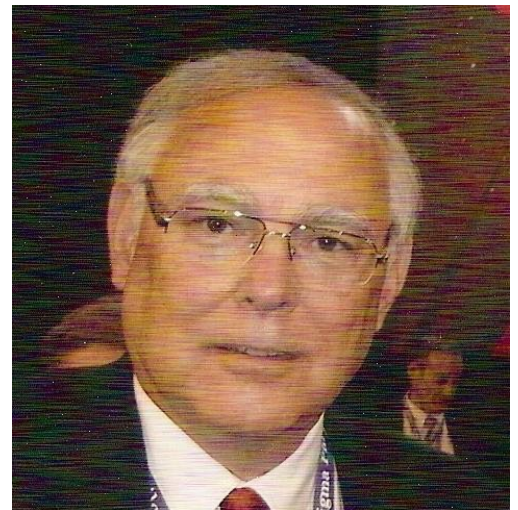
Vinnie Cardamone



Dave Huiett

As many of you know, Dave's involvement in the Ohio Nu chapter has been unrelenting for over 40 consistent years of dedication to an undergraduate SigEp experience offered at Cleveland State University. Since the golden days of the 1960's, Dave has been fighting for a more positively-enforced Greek Life system. This involves scheduling several one-on-one meetings with various advisers at the higher administration level. No matter if it concerns establishing a Greek Alumni Chapter, an established plan for future on-campus Greek Housing, or just getting to know the leadership team at CSU; Dave is set on a mission to ensure that Greeks at CSU can build a legacy for all leadership organizations in the region. Dave regularly attends undergraduate chapter meetings, exec planning sessions, meetings with recently appointed Chapter Counselor Josh Beekman (UT '13), and is currently initiating a plan to establish an operational mentor committee. We cannot feasibly thank Dave enough for his endless fountain of passion for SigEp at CSU!

Bill Schutte has been Dave's partner in crime for several years and consistently shows enormous support for the undergraduate brothers. Schutte assisted the chapter financially through his role on the AVC by supporting executive board member training at the Carlson Leadership Academy in February, assisting chapter delegates with Conclave/Ruck/Tragos fees, delegating funds towards the chapter's Balanced Man Scholarship, and offering beneficial advice for the Vice President of Finance position. Schutte is the direct contact who handles booking the reservation for the chapter's annual brotherhood retreat in August. He joins Dave in attending the retreat, helps the executive board facilitate chapter discussions on various leadership topics, and sometimes joins in on all the fun athletic activities! Schutte is an invaluable partner, leader, and friend of the Ohio Nu Chapter. We appreciate his incredible demonstration of alumni support!



William "Bill" Schutte



Kevin Birkel

Kevin is an Ohio Nu alumnus who currently resides in the Chicago area of Illinois and demonstrates his support by throwing an annual brunch for all CLA attendees. This year, he hosted the brunch at his house and had brought in an enormous catering spread for the undergrad leaders. It is always exciting to see Bill and Dave reconnect with Kevin, while our current chapter brothers enjoy hearing all the hilarious stories Kevin has to share about his experiences in SigEp at Cleveland State University. We all appreciate what Kevin does to show his appreciation for the return of Ohio Nu to CSU's campus.

Brian supports the Ohio Nu Chapter through his position as Chapter Advisor. Brian fulfills his volunteer duties on top of serving as the Assistant Vice President of Advancement & Executive Director of the CSU Alumni Association. He shows dedication to the undergrad chapter primarily by reviewing and submitting all requests for spaces, finances, or support from the greater university staff and by hosting weekly one-on-one meetings with the Chapter President so he can offer advice on how to handle a plethora of leadership challenges that come with the position. He will frequently show support during more turbulent times of chapter operations such as executive board policy changes, chapter elections, executive board transition retreats and membership accountability. Although not officially a brother in Sigma Phi Epsilon, Brian is like the wise uncle of the family who knows just what to say right when it needs said. He has been there to back us 100% of the way so far, and we are truly grateful for all he accomplishes for us!



Brian Breittholz



Josh Beekman

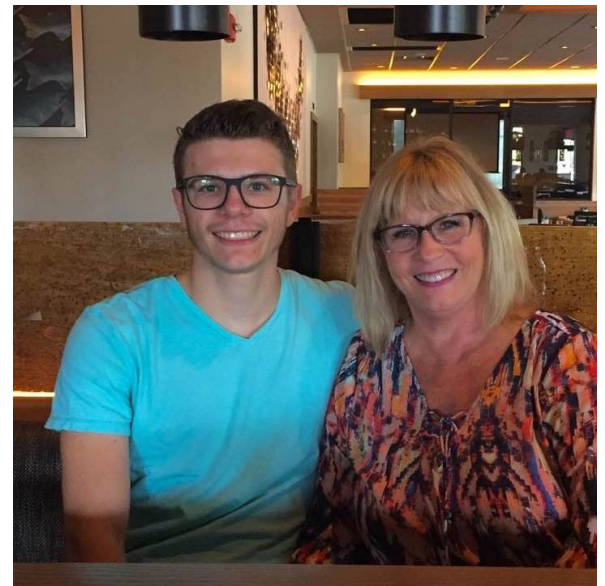
Joshua R. Beekman currently serves as the Chapter Counselor for Ohio Nu. Appointed into the position just this past fall, Josh was instrumental in offering direct input into executive board strategies, effectiveness of current election and transition processes, correct and successful implementation of the Balanced Man Program (as well as the App), and proper conduct of the Ritual, among other areas as well. Being a class of '13 graduate of the University of Toledo and a prominent member of the Ohio Iota Chapter, Josh has become instrumental in the rise of Ohio Nu as a potential flagship chapter in the future. We welcome his expertise as a past Regional Director within HQ staff and the experiences he has shared from his career as a talent recruiter for the Cleveland Clinic. Josh will be focusing on developing the mentor committee in order to strengthen undergrad chapter operations and will be facilitating proper practices of servant leadership. We excitedly look forward to all Josh has to offer and we welcome other alumni and volunteers to show him support as he helps rebuild our most essential undergraduate chapter operations!



Steven Adams

Steven "Steve" Adams is the Associate Director of Dining Services and Manager of the Elements Bistro across the street from CSU's campus. He has indirectly shown support for our chapter's leaders by allowing several brothers involved within The 1964 Society to use his restaurant to host the Almost Alumni Dinner, the pinnacle event of each semester that allows students to network with CSU alums. Because brothers have been so heavily involved in the planning of this event consistently for the past 4 years, the chapter publicly recognized him as a SigEp partner and officially designated him as a candidate for the Renaissance Rite of Passage into Sigma Phi Epsilon. Mr. Adams recently attended a chapter meeting and co-led a discussion on credibility with Dave. Brothers have since enjoyed getting to know Steve as a leader and a friend of the Ohio Nu Chapter. We excitedly wait to see what else we can do to benefit this unique partnership.

Lisa Kreiger is Ohio Nu's most recently appointed Chapter Mom! Being the mother of one of the most dynamic leaders of our chapter, Freddie Kreiger, she demonstrates an enormous level of support for SigEp. Lisa showed her support to the brothers' athletic activities by attending every single flag football game of the fall season and a majority of the Greek league basketball games. Lisa graciously donated \$600 to purchase new and improved intramural jerseys. We have publicly expressed our appreciation by unanimously voting her in as our first ever Chapter Mom and purchasing a SigEp pendant for her to wear proudly. We are hoping her involvement will spark even more support from parents and alumni volunteers in the future!



Lisa Kreiger



Mary Grace Lee

Mary Grace Lee is a Sophomore in Forensic Pathology who has grown to value the men of Sigma Phi Epsilon. She became involved with the chapter earlier this fall and attended every flag football game this past season. She began to learn more about the values and principles of Sigma Phi Epsilon and the men we allow to be a part of it. Mary Grace began her campaign as sweetheart. She attended more and more of our open events and began bringing food and refreshments to our meetings, events, games, and is always supportive of the positive things we are accomplishing on campus! She was voted in as our Chapter's Sweetheart and has really connected with her role so far. We would like to recognize her for showing her passion for our organization and our values. She was also gifted a gold necklace with the letters of Sigma Phi Epsilon! Everyone at SigEp is excited to see what Mary Grace does with her new role as sweetheart!

Congratulations to 2020 Exec Board

President - Hunter Kiper

VP of Programming - Jordyn Wheaton

VP of Member Development - Zander Saunders

VP of Finance - Anthony DiSabato

VP of Recruitment - Zach Harris

VP of Communications - Juan Munoz

Chaplain - John Seifert

Over the past semester, our brothers have been recognized with several achievements:

Tragos Scholar: Martin Barnard

Ruck Scholar: Zach Harris

Greek Man of the Year:

Martin Barnard

Chapter recognized with the

Donald C. McCleary

Excellence in Member

Development Award



Ohio Nu 2020 Exec Board

For the upcoming semester, the fine men of Sigma Phi Epsilon want to continue the work we have already done with campus involvement. We will continue this work by getting more of our new members involved with the numerous groups we have already established leadership roles in. We are spearheading positive changes here at Cleveland State University. This way, everyone in fraternities and sororities can grow together.

While we have many goals, our primary focus is getting a dedicated space on campus for SigEp's. A place where we can put up our flag & colors, and finally put all of our awards and accomplishments up for display. While this place will allow us to host events and SLC workshops, it will also give our brothers a place to call their own.

One of our secondary focuses is creating a new curriculum for the Balanced Man Program. The Balanced Man Program is the centerpiece of the SigEp chapter experience and provides the experience that today's students need to be successful during and after college. We want to offer our brothers the continual development they were promised.

Another goal of ours is to get every single brother on a committee. All of our brothers have the talent to help out this chapter, and we want them to use it to the best of their ability. If we all work together, I know we can grow this chapter into the best and brightest group of young men this campus has to offer. The new officers are not just prepared but excited to lead our chapter in accomplishing our goals!

- Hunter Kiper,
Incoming Ohio Nu President