



The Dirk

Iowa Delta Alumni Newsletter • Est. 1948

THE NEWSLETTER FOR ALUMNI AND FRIENDS OF
IOWA DELTA CHAPTER OF SIGMA PHI EPSILON AT DRAKE UNIVERSITY - FALL 2013



Six Iowa Delta Members Attend the 2013 Grand Chapter Conclave *Brothers travel to Dallas, Texas to attend the biennial celebration*

Six Iowa Delta members traveled to Dallas, Texas July 31 - August 4, 2013, to attend the Grand Chapter Conclave.

Grand Chapter Conclave is the largest gathering of fraternity brothers in the world. Over 1,500 brothers and guests descended on the Gaylord Texan Resort for five action-packed days.

“This year’s theme was ‘Flip the Switch: SigEp’s Future is ON’,” says **Scott Morrett ‘14**. “It was great to see all the chapters from around the country! We’re really looking forward to building the future of our chapter, especially comparing ourselves to the other highest performing chapters in the nation.”

Each day was packed with programming from “Life After College,” “Dress for Success” and “Everything You Wanted to Know about the Opposite Sex” speakers, to Brotherhood Luncheons and even Bootcamps.

Legislation sessions, which serve as the main purpose of conclave, discussed changes to the national bylaws in addition to the election of a new National Board of Directors. Representatives from every chapter across the country were encouraged to speak their minds and be equal voices with all brothers, regardless of experience.

Nearly all of the Iowa Delta brothers participated in the Sound Body 5K; each completing the race in less than 25 minutes. The brothers also had the opportunity to tour the billion-dollar Dallas Cowboys’ stadium and break a sweat on the field by throwing the football around.



(L to R): Justin Dwyer '16, Chris Fairbank '15, Josh Duden '16, Scott Morrett '14, Jared Simmer '14 and Kyle McNett '15 attend the 2013 Grand Chapter Conclave held at the Gaylord Texas Resort in Dallas, Texas on July 31 - August 4, 2013.

Alumni Spotlight: Brady Wolfe '09 *Director of Advancement, Sigma Phi Epsilon Educational Foundation*

Brady Wolfe '09 joined Sigma Phi Epsilon in the spring of 2007 through informal recruitment. He served as V.P. of Recruitment during his junior year at Drake University and graduated in 2009 with a degree in pharmaceutical sciences. Brady believes his experiences as a SigEp undergraduate have stayed with him into his professional career. As an undergraduate he attended the Frank J. Ruck Leadership Institute and he left wanting to give back to the fraternity.

After graduation, Brady joined the national fraternity staff as a regional director. He served the Northeast region, training undergraduates in leadership and development.

“One of the challenges of being a regional director is that there are chapters who don’t want your support or help,” says Wolfe. “Not every chapter is like the chapter at Drake where members openly accept criticism and strive to grow stronger.”

Currently, Brady is director of advancement services for the Sigma Phi Epsilon Educational Foundation. The Sigma Phi Epsilon Educational Foundation funds scholarship and leadership programs that develop the academic, leadership, citizenship and personal potential of college undergraduate and graduate students.

“I meet between 360 and 400 alumni a year,” says Wolfe. “I learn from their experiences and enjoy telling the national fraternity’s story. At times it is difficult to find common ground with alumni who have been disconnected for a while, but I enjoy the networking.”

Iowa Delta - Making the Grade!

Ranked #1 among Drake fraternities

Cumulative Chapter Average

3.38 GPA Spring 2013

Ranked #1 among fraternities (out of 9)

New Member Average

3.379 GPA Spring 2013

Ranked #2 among fraternities (out of 9)

18 members on President’s List - 4.0 GPA

52 members on Dean’s List - 3.5+ GPA

EXECUTIVE COUNCIL

PRESIDENT

Scott Morrett '14

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Iowa Delta Adds 33 New Members During Fall 2013 Largest recruiting class on Greek Street



Welcome New Members!

Trevor Carlson
Peter Coelho
Renald Daemicke
Isaiah Enockson
Daniel Finn
Parker Foote
Reid Giovanine
Matthew Glasow
Daniel Guenet
Juan Hermoza
Anthony Herrera
Grant Hettinger
Matt Horas
Tucker Jacob
Vaughn Jacobson
Addison Joseph
Edward Kakenmaster

Adam Kiel
Alexander Krcmar
Samuel Laden
Sam Logterman
Zach Lough
Derick Ludwig
Ross McKenzie
Samuel Meyer
Shane Nicholson
Sam Plagman
Isaac Shella-Stevens
Jared Turner
Suraj Varghese
Benjamin Weinberg
Peter West
Tyler Wright

House Residents Enjoy a New Meal Plan Kitchen updated to accommodate new program and chef

Iowa Delta recently instituted a new meal plan for in-house residents, with meals provided through Greek House Chefs. Residents no longer need to cook their own meals or travel to campus to find a meal. Greek House Chefs interviewed and hired a new chef, Nate Miller. Nate studied at Le Cordon Bleu in Minneapolis, MN and comes to SigEp with years of restaurant experience under his belt from Westin La Paloma (Tucson, AR), Old Chicago (Minneapolis, MN), Old Main Brewing Company (Ames, IA), Dutch Oven Bakery (Boone, IA) and Crave (Minneapolis, MN).

Nate is responsible for all of the cooking, while house residents are responsible for cleaning the kitchen. With a kitchen manager assigned, members are scheduled to clean dishes and put away food. Each week, one class (freshmen, sophomores, juniors, seniors) comes to the house to share a Friday meal with the in-house residents and the entire chapter comes together for a meal and evening of brotherhood once a month.

"Having meals at the house really brings everyone together throughout the week," says house resident **Bryan Febel '15**. "I've grown a lot closer to everyone and couldn't imagine what it would be like having to eat my own cooking."

To accommodate the new meal program and chef, a new dish sanitizer, freezer and spray faucet were installed in the kitchen. New pots, pans, dishes, flatware and kitchen tables were also purchased.

House Renovations

Next time you're in Des Moines, stop by the SigEp house to see the following improvements:

- New handles on bedroom doors
- Improved internet access
- Additional plants and landscaping
- New dish sanitizer, freezer and spray faucet
- New pots, pans, dishes, flatware and kitchen tables
- Repaired security lights in the parking lot
- Implemented new recycling program
- Rearranged the trophy room into a conference room

Iowa Delta Named Greek Intramural Champion for 3rd Consecutive Year Wins 2012-2013 Voltmer Trophy

The Voltmer Trophy is awarded annually to the fraternity with the most outstanding cumulative intramural performance. Points are given to fraternities for winning championships and participating in a variety of intramurals. Iowa Delta continued its dominance in athletics, taking home championships in flag football, outdoor soccer, floor hockey, indoor soccer and basketball. The overall excellence displayed by the house earned SigEp the 2012-2013 *Voltmer Trophy* for the third consecutive year. The teams are on a mission to continue this dominance with the volleyball and football teams marching towards the playoffs.

Iowa Delta Receives *Excellence in Academics and Manpower Award* at Carlson Leadership Academy

Sixteen brothers attend the interactive officer training conference

Forgoing a normal weekend of fun and relaxation, sixteen undergraduate brothers traveled to Chicago, Illinois, on February 23 - 24, 2013, to attend the Carlson Leadership Academy.

The Carlson Leadership Academy provides interactive officer training to the chapter executive board and other rising leaders. Attendees learn the best practices for their positions, as well as general leadership practices and chapter goal setting.

The event also provides a venue to present awards, recognizing chapters and individual undergraduates for notable achievements. Iowa

Delta received the *Excellence in Academics and Manpower Award*. Additionally, **Peter Elliott '13** was selected as a Tragos Quest to Greece Scholar.

The 16 undergraduates attending the event were **Mark Reiter '15, Scott Morrett '14, Joshua Duden '16, Jared Simmer '14, Kelan Simmer '16, Garrett Carty '15, Jessin Joseph '15, Chris Kottenstette '15, Jeff Marshke '15, Justin Dwyer '16, Brennan Espindabannick '16, Ben Verhasselt '16, Dan Pfieffe '15, Ryan Gabriel '13, Peter Elliott '13** and **Keegan Mechels '13**.

Scott Morrett '14 Attends Frank J. Ruck Leadership Institute

Scott Morrett '14 traveled to Richmond, Virginia, on June 19 - 23, 2013, to attend the Frank J. Ruck Leadership Institute.

The Frank J. Ruck Leadership Institute is an intense five-day event for SigEp's top rising leaders. The Fraternity's best and brightest gather at the University of Richmond over the summer for a program focused on personal leadership skills and the Balanced Man Ideal. The program's mission is "Teaching the few to impact the many" and Ruck scholars all return to their campuses ready to utilize their new skills to impact their campus and community.

"There is really no way to put the Ruck experience into words," says Morrett. "You have to be there to even get a taste of the program. Whether we were completing a high ropes course or discussing what it means to show leadership in the fraternity, we were constantly working together. I made friendships with other Ruck scholars that will last a lifetime."

Ruck scholars are selected for their leadership experience on campus and in the community, as well as a commitment to the Sound Mind and Sound Body principles. Ruck scholars must be strong students and physically active.

Peter Elliott '13 Selected as a Tragos Quest to Greece Scholar

Travels 10 days through Greece in search of Sigma Phi Epsilon's foundations

Peter Elliott '13 was selected as a Tragos Quest to Greece Scholar at the Carlson Leadership Academy earlier this year. In June, he embarked upon a 10-day journey through Greece in search of Sigma Phi Epsilon's foundations.

The Tragos Quest to Greece is a powerful overseas experience that is unmatched in the fraternity world. Inspired by the ancient Greek ideals of Sound Mind and Sound Body, the trip provides an opportunity for undergraduates, mentors and professors to experience

Greek culture and contemplate the origins of Sigma Phi Epsilon. The idea that a balanced man requires a sound mind and sound body goes back to the time of Aristotle 2,600 years ago.

"It was an amazing experience," commented Elliott. "As a group of us ran at Olympia on the 2,500 year old track, I remember thinking 'how did I get here?' Everything I have been involved in or had any kind of success with, was only because of the mentoring and support from Sigma Phi Epsilon alumni and brothers."

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Remember SigEp in Planned Giving

Please remember Iowa Delta in your planned giving. Tax deductible donations can be made through the Sigma Phi Epsilon Educational Foundation in the name of Iowa Delta - Scholarship Fund. For other options, please visit :

www.sigep.org/foundation/giving-opportunities.

For more information or if you have questions, please contact **Brady Wolfe '09** at (815) 541-6992 or brady.wolfe@sigep.net.



Iowa Delta Chapter, Fall 2013 (Bid Day)



Iowa Delta Freshmen, Fall 2013 (Bid Day)



Iowa Delta Seniors, Fall 2013 (Bid Day)



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Fall • 2013

Alumni Return to Drake for the 2013 Relays & Reunion

Alumni returned to Drake University on April 26-28, 2013, for the 104th Drake Relays and Iowa Delta Alumni Reunion and Golf Tournament.

Over 20 alumni and actives enjoyed a great day of weather at the Alumni Golf Tournament held on the A.H. Blank Golf Course. Participants competed in a round of golf where Alumni were paired up with undergraduates. Individual awards could be won in three challenges: longest putt, longest drive and closest to the pin. **Chris Trunkey '88** and **Sam Hellwege '13** won the tournament and walked away with a free round of golf at the A.H. Blank Golf Course and their choice of hat or golf towel. All other players received a golf ball with the Sigma Phi Epsilon crest printed on it.

The Alumni Reunion Banquet was held after the 104th Drake Relays on Saturday, April 27, 2013. **Dean Schwartzwelter '61**, **John Mertz '52** and **Bill Crawford '62** received the *Order of the Golden Heart* award for their dedication to Iowa Delta Chapter. Several members of the chapter awarded Bill Crawford his *Order of the Golden Heart* at his house when his health began to fade. He passed away before the banquet, but his wife Mary Ann accepted the award on his behalf.

Buist Walker '61 was inducted into the Hall of Fame and **Jared Simmer '14** received the *Rod Rhodes Scholarship*. The scholarship is awarded to a Junior or Senior who exemplifies the Sound Mind and Sound Body ideal. Jared Simmer currently serves as V.P. of Recruitment and plays on multiple intramural teams; volleyball, football and basketball.



Chris Trunkey '88 and Sam Hellwege '13 won the 2013 Alumni Golf Tournament. Over 20 alumni and actives participated in the event held at the A.H. Blank Golf Course in Des Moines, Iowa.



Bill Crawford '62 with his wife Mary Ann. Members of the chapter awarded Bill with the Order of the Golden Heart at his house prior to the 2013 Alumni Reunion Banquet when his health began to fade.

Save the Dates!

- CareerEp - November 16, 2013
- Alumni Golf Outing & Banquet - April 26, 2014
- 105th Drake Relays - April 23-27, 2014

Visit the Sigma Phi Epsilon website

Visit www.drakesigep.org, the official Iowa Delta Chapter website, to:

- Learn more about the chapter
- Search for alumni
- Update your address, phone number and email address
- Find out about upcoming events
- Post noteworthy accomplishments (a new baby, a recent marriage, a recent promotion, and more)
- Contribute to the house renovation campaign