

# The RED DOOR

The Official Newsletter of  
Sigma Phi Epsilon – Indiana Zeta

## BALANCED MEN

### 2022 Summer Edition!

The 2022-2023 academic year has begun, and the brothers of SigEp are back at Valpo. Now, already in our fourth week of classes, we are beginning to settle into the college schedule again. In those four weeks, we completed fall recruitment, gaining four new members, held our first party, spent a weekend off campus for the chapter retreat, and ran another successful SigEp Splash raising over \$3000 for Hilltop Neighborhood House. However, this newsletter will feature a variety of stories from brothers about their adventures and experiences this past summer!

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# RUCK LEADERSHIP INSTITUTE AND PUERTO RICO

## David Fowler

This past summer, I was blessed with a couple of opportunities to travel and gain some new experiences. Last semester, I was selected to attend SigEp's 2022 Ruck Leadership Institute. While this was a different experience for me to get on a plane, fly to Richmond, Virginia, and meet so many new SigEps, it was actually one of most rewarding experiences that I have encountered. I connected with many other SigEp undergraduates, alumni, and staff that I now have close relationships with to this day. Over the course of those four days back in June, I took part in many leadership and team building activities, almost fell off a high-ropes course, participated in Sound Body events, and learned more about the history of Sigma Phi Epsilon on its founding campus. I would highly encourage any SigEp undergraduate student to apply to be a part of this impactful experience. Later in July, I was able to go to Puerto Rico with my local church group for a mission trip. We took on many week-long projects to revamp a K-12 school and church where we were staying. While doing this, we were able to meet so many great people and work with children that were so happy to have us there. Aside from our projects with the school and church, we also had an excursion day where we were able to go to the beach and visit San Juan to explore a different culture by trying new foods and looking at historical sites. Summer 2022 was one to remember but I am happy to be back in Valpo!

### Pictures:

Top – David's Ruck Leadership group

Middle – David working on the school in Puerto Rico

Bottom – Brother Brian Tenclinger with David at Ruck

### Note:

Ruck link: <https://sigep.org/the-sigep-experience/events/ruck/>





# VALPARAISO UNIVERSITY RESEARCH AND MCAT

## Joe Castleman



My name is Joe Castleman, and I am a senior Chemistry and Psychology student. This summer I had the opportunity to do research in the environmental chemistry lab here at Valpo. We have been learning about how small micro- and nanoplastics form and react in the environment. This research gave me the opportunity to travel to CSU Long Beach for a week to use some of their instruments on campus. This was my first time going to California and our team had so much fun! We also traveled to Notre Dame and used their Radiation Chemistry Lab. At the time of writing this, we just got our paper published in a journal, so that was super exciting. I am also on the pre-med track and took my MCAT this summer, so I am anxiously awaiting that score as well. In more fun news, I had a small plot in the community garden (located right behind our 705 house) and had a blast growing tomatoes and peppers this summer. Overall, it was a super fun summer in Valpo and living in the house, despite being a bit busy.



Pictures:

Top Left – Joe enjoying his time in sunny SoCal

Bottom Left – Pictures of Joe's homegrown produce!

Bottom Right – Microplastics are defined as being plastic debris less than five millimeters in length

# DANCE MARATHON LEADERSHIP CONFERENCE

## Allen Marvel

At the end of July, I traveled to Atlanta to represent Valpo DM at the Dance Marathon Leadership Conference. It was an amazing experience! While we were there, we learned about what other schools do for fundraising and campaigning for their events. We also shared how we organize and run Valpo DM! Additionally, we met with other schools that help support Lurie's Children's Hospital in Chicago and discussed how we can better support Lurie's together. Valpo DM is excited to kickstart this year and have a ton of great events!



Pictures:

Allen Marvel at the DM Leadership conference with other Valpo DM team members

Note:

Valpo DM link: <https://valpodm.weebly.com/>



# KAYAK GUIDE ON LAKE SUPERIOR

## Brian Daniels

This summer I had the opportunity to be a kayak guide in the Apostle Islands on Lake Superior located in Northern Wisconsin. These Islands are known for their beautiful sea caves, this being the main attraction for our tours. On the days that we had off, guides often took time for personal trips to some of the less visited islands. One day myself and two other guides, Bergen and Haydn, decided to go out to Devil's Island, which is about 30 miles of paddling in total. We headed out in the morning and worked our way out, paddling into some mild 1–2-foot waves. After about 4 hours of paddling, we made it. We spent the next two hours paddling in the caves, in choppy conditions, and having lunch at the historic lighthouse. After this, it was time to head back. We had no desire to make the 15-mile paddle back but knew that we had to as the day ticked along. Our start back was slow, but we eventually got some songs playing, goofed around a bit, and slowly worked our way back. Upon our return, we all looked back at the vastness of the lake and the islands with a great sense of accomplishment for the day we had.



# SLACKLINING

## Doc Janowiak

During my summer vacation, one of the most exciting and enjoyable detours from everyday life on which I embarked was my four-day trip to Breathe Fest, a self-billed “slackline and discovery festival,” in Spencer, Indiana, during the weekend following the Fourth of July. Slacklining is a sport in which participants anchor a strip of webbing (like the ratcheted tie-downs used for adhering cargo to trailers) between two points, normally trees, and walk and bounce on the line like a tightrope. The name of the sport comes from the ‘slack’ in the setup, which allows the line to act almost as a one-dimensional trampoline, enabling a wide range of tricks to be performed in addition to the already impressive-looking feat of balancing oneself at all. In reality, the feat is not so great as it seems. With a few days of steady practice, one improves quickly. In addition to the hundreds of slacklines set up in the woods where the festival was held, there were also workshops teaching many other so-called “flow sports,” such as ‘acro-yoga.’ This involves traditional yoga stretches, but performed with a partner in frozen balances, usually with one person climbing over another, and their partner holding

them up. My friends and I, like most of the festival’s attendees, made camp in the woods on festival grounds, staying in tents and eating traditional camp fare, cooked over open fires or portable propane stoves. At the entrance to the festival grounds was a muck-filled pond referred to by regulars as the “party pond.” A two-kilometre hike north led to the “back lake,” a more expansive and much cleaner body of water likely formed as a result of melting glaciers thousands of years ago. The most impressive and engaging event of the festival was the celebratory show on Friday night which felt reminiscent of a paleolithic feast, Celtic pagan harvest ritual, or, to some, the recent horror film *Midsommar*. A strong and loud, thumping drum rhythm was the pulsing heartbeat of the celebration. Concentric rings of festival-goers danced around bonfires which stretched endlessly into the sky. Slacklines were set alight, and some brave few walked across them with bare feet. The atmosphere was electric, but it was also a very serene ambience, with strong ties of community and camaraderie permeating the entire ordeal, and a deep, abiding appreciation for the Earth and for nature. For myself and those who came with me, this will certainly be a summer to remember.



Pictures: Examples of a slackline setup and some of the tricks one can learn



# PORTUGAL

## Jack Hertzberg

This summer, I had the opportunity to embark on a journey across the Atlantic to explore the country of Portugal. After a long summer of work, it was nice to reward myself with the celebration of a trip. Despite being a frequent traveler, this was a new experience for me - doing it alone. A solo adventure is now something I would recommend to absolutely everyone, as you learn so much about yourself. You have all the control to make decisions, and you really have to push yourself out of your comfort in a foreign environment. I spent a week there and toured the country from top in Porto, to bottom to the off-coast island of Madeira and saw so many cool sites along the way including the Volta a Portugal bike race, countless wineries, and a whaling museum. While I can't wait to go back to Portugal, you might hear from me again in a few months after I return from a January excursion to Bulgaria that I just booked ;)



Pictures: Jack's adventures in Portugal!



# THE BANANA CITY BALLERS

## Noah Godsell

In late July, a group of friends got together for the sixth rendition of the Banana City Ballers. However, it was a little different this year as some brothers were able to join me in the creation of this annual video. Although you may know them as a trivia team, The Banana City Ballers are a fictional basketball team that my friends and I came up with freshman year of high school. Ever since the creation of the team, my friends from high school would come to my house for the recording of what soon became a summer tradition.



I was very excited to be able to share this showdown between the Ballers and Mango Metropolis with friends from college. Brothers Tanner Grashorn and Jack Hertzberg made the trek up to Pewaukee, WI for a once in a lifetime experience. Along with the game, I also got to show Tanner and Jack around the area and take them to my favorite spots. Did the Ballers win? You'll have to find out once the video gets released on YouTube!

### Pictures:

Top Right – Brothers Noah Godsell, Jack Hertzberg, and Tanner Grashorn (left to right) in Milwaukee

Bottom Left - Jack, Tanner, Noah, and Sarah (Noah's girlfriend) posing with the Ballers' logo





# PERFORMING IN “THE BIG APPLE”

## Matthew Yee

For any aspiring musician, performing in New York City is on the bucket list. Think about Carnegie Hall, the Metropolitan Opera, Radio City, Apollo Theater, Broadway, the New York Philharmonic, or Jazz at Lincoln Center. It is a fact that these are some of the biggest stages in the world and are available to all kinds of professional musicians. My name is Matthew Yee, and I am a senior studying music performance and civil engineering. As of this past summer, I can say that I have performed in NYC! While my experience may not have been on the most famous of “The Big Apple’s” stages, it was memorable and a privilege. In the fall of 2021, I entered a music competition called Music International Grand Prix. This competition divides competitors into categories by age and by music genre/instrument. Let’s just say there were a lot of categories. As a euphonium player, I landed in the “Young Adult Winds and Brass” category. The 1<sup>st</sup> round required a video submission in November. Advancing through this round, I began to prepare for a Zoom semi-final audition scheduled in March. Selected for the in-person final round, my family and I started making travel arrangements to New York City. At the end of the school year, my parents met me in Chicago before flying out to New York. The final round took place on a Friday morning and by that afternoon it was posted that I had won 1<sup>st</sup> place in my category! On Saturday evening, all the 1<sup>st</sup> place winners (22 of us) had the honor of performing in a recital and competing for a grand prize.

Hats off to the 8-year-old pianist who won the grand prize, but I was pleased to return home with a first place prize, competition experience, and a checkmark on my bucket list. NYC is such a great city - wonderful music and theater, museums, great food, wonderful architecture, and an exciting vibe; what a great way to start the summer break!



Pictures:

Red Border – Matthew performed at the Kaufman Music Center

Purple Border – Matthew with his euphonium

Black Border – 360 panoramic view of Times Square, NY



## UPCOMING CHAPTER EVENTS

<b>September 23-25</b>	<b>Homecoming Weekend</b>
<b>October 1</b>	<b>Semi-Formal</b>
<b>October 3</b>	<b>Recruitment Event: Ultimate Frisbee</b>
<b>October 5</b>	<b>BMS Event: Get More Out of College</b>
<b>October 11</b>	<b>BMS Event: Skills Men Should Know</b>
<b>October 12</b>	<b>Recruitment Event: Floor Hockey</b>
<b>October 21-22</b>	<b>BMS Retreat</b>
<b>October 22</b>	<b>Burning Heart</b>



## LOOKING FORWARD

**Be sure to look for the next newsletter which will feature our most recent new members, SigEp Splash, and Homecoming 2022 festivities!**



## LETTER FROM THE EDITOR

### Matthew Yee, External Relations Chair

I hope you have enjoyed this summer edition and the slightly different look to the newsletter! Our brothers did a variety of very cool activities this past summer. The semester is in full tilt as we are already preparing for homecoming this next weekend. As we adapt to the reality that another class of seniors have graduated, we look forward to another recruitment season ahead. And we are super excited for the four new members who just joined a few weeks ago! As always, thank you for reading. Please feel free to reach out with any comments or questions you may have!

# SigEp

## IN ZETA SLC

You can unsubscribe to some or all communications by the Sigma Phi Epsilon Indiana Zeta chapter. However, SigEp needs to communicate with you periodically about our chapter or events that may happen in your area, so we encourage you to allow general Fraternity communication through email. SigEp makes every effort to minimize the number of emails you receive. To update your contact and/or communication, preferences email us at [sigep.externalrelations@valpo.edu](mailto:sigep.externalrelations@valpo.edu).

## MEET OUR CHAPTER

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