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**The Official Newsletter of
Sigma Phi Epsilon – Indiana Zeta**



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2023 Back to School Edition!

The 2023-2024 school year has begun! After a nice summer vacation the members of Indiana Zeta are back at it forging another great year for our chapter! Though summer is the time to be away from school and classes, there was still plenty for us to do. With many brothers getting involved in their communities, working internships, or enjoying some much needed relaxation. The cherry on top for this summer was the opportunity for some of our members to attend Grand Chapter Conclave in San Antonio, where we brought home yet another Buchanan Cup! Though the year has just begun there are plenty of great things to look forward to including SigEp Splash, Homecoming, and Fall Recruitment! It certainly looking like an exciting time for the chapter!

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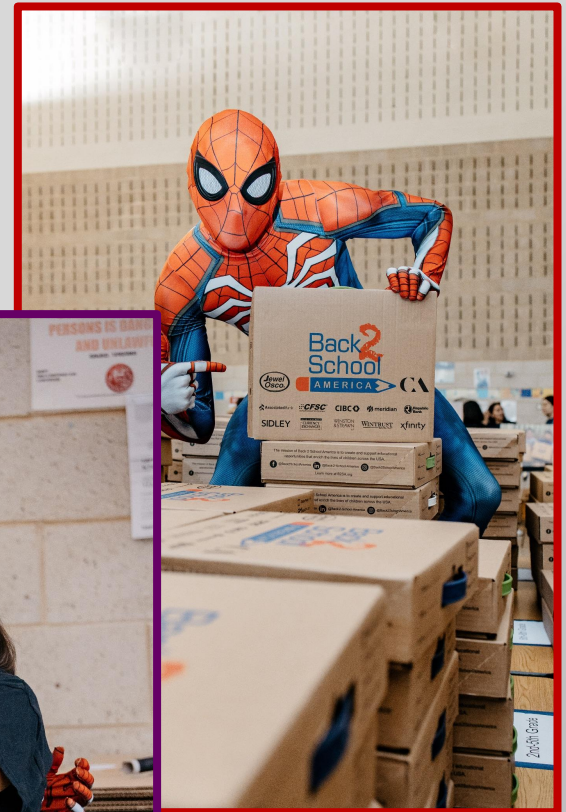
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Spider-Man & Back2SchoolAmerica

Mike Olson

Over the summer I had the chance to do some costume superhero work with a very special group. That group in particular was Back2SchoolAmerica. This work meant a lot to me because I was able to help B2SA make this special day for children even more special. B2SA is a non for profit that gives kids K-12 free school supply kits in my home city of Chicago. So the fact that I, through my Spiderman character business was able to make these kids days even more special really warmed my heart. I hope to work with them again in the future for more events!



Pictures:

Your friendly, neighborhood
Spider-Man, Mike Olson

1800 Miles

Micah D’Arcangelo

The Appalachian Trail. A thing of rumor, legend, speculation and intrigue. This summer, I set out to see what it was all about. Until May 15th I had never backpacked before, to my knowledge, I had never even done so much as a multi night camping trip. But that morning, at 7:47 AM, I began to hike down the approach trail at Amicalola Falls, Georgia with my parents. I knew that at some point in the near future, they would turn around, but I would continue walking...Towards Maine. If all went well, I would do 25 miles that day, the day after that, and the day after that ad nauseam until I reached the summit of Mt. Katahdin, 2205 miles away. The moment came, we said our goodbyes. They turned around, and I was left alone, in the woods, without the slightest knowledge of what the next few months had in store. By that evening my feet were in the most pain they had ever been. I’d seen beautiful things, eaten copious amounts of peanut butter and tortillas, and had time to think, but I’d only walked about 21 miles. By the end of the next day, I was lonely, tired, and discouraged. But on the third day, I met my first friends. We ended up at the same campsite that night, and that’s when a lightbulb went off. The trail was about community. It was about meeting other people and tackling a challenge together, not trying to conquer 2200 miles of nature via your own power. On the 4th day, it rained. Hard. After 16 miles of torrential rains, my friends called it quits for the day. I decided to push on to “Hostel Around the Bend,” another 4 miles down trail. At the hostel, I got a real shower, laundry, and a dose of society. I realized that I hadn’t set off on some heroic quest, there were 4000 other people that had started with me this year.

I realized that I wasn’t utterly alone, even if I hiked solo during the day, I could always find friends to camp with at night. This gave me the motivation I needed. I do not have enough space here to describe all of the life changing experiences I had on the trail, but I can tell you the trail provided for my every need, exactly when I needed it. I hiked for a grand total of 1811 miles. While I would have loved to complete the trail this summer, that is not what I needed. The trail knew I needed to learn to come to terms with the fact that sometimes your best effort is all you can give. Setting goals is fantastic, but being able to push your limits is even better. I am so thankful and blessed to have had the opportunity to experience this trail this summer, and I look forward to coming back and completing it later. The friendships and memories I have made are inexplicable and unforgettable. Get out there, go explore, you never know what you will find.



Highway Cleanup Mason Tulacz

On August 26th members of Indiana Zeta gathered to cleanup highway 30 on the Southern side of campus. It was a great way to spend some time with brothers while also doing something positive for the local community. It is quite astonishing how messy ditches along the side of the road can get. Though a somewhat tedious and inglorious task, this experience was eye opening in the sense that in many ways I had never paid much attention to the sides of the road before nor noticed what they could be like. As with anything we do, while it was work, we still managed to keep things fun with our own banter and humor. We also initiated a competition to find the most unique item. Unfortunately, we never actually decided a winner. I found nothing more interesting than a plastic lid, but some interesting things found include a dead bird, half of a broken dinosaur, and a bunch of kitchen utensils.

Overall, this was a great way to ease into our events calendar and the school year. And I look forward to participating in all of our upcoming events as the semester unfolds.



Pictures:

Above – Connor Dahler, Kyle Morrison, and Matthew Yee pose with their find.

Left – Brothers pose at the Sigma Phi Epsilon highway sign

58th Grand Chapter Conclave Korbin OpFer

Thanks to the AVC and their contributions, members of E-board and I had the opportunity to attend the 58th Grand Conclave in San Antonio this summer. We participated in leadership sessions, met important figureheads in our fraternity, and attended award banquets. As a result, we gained a deeper appreciation and understanding of our organization. During my educational session, we discussed elevating leadership skills. Speakers arrived daily to cover topics ranging from general leadership to mental health and conversation skills. I attended with Jack Colwell and Matt Van Valin, and learned a lot from these sessions.

I am proud of SigEp's commitment to mental health and mental health training for brothers on E-board or in other positions of leadership. As mental health problems continue to rise, I am confident that our chapter can handle the changing perspectives and challenges of modern life. My second favorite event was the Buc Cup celebration, where we received our fourth Buc Cup in a row (just one more until gold!). Seeing how many amazing chapters SigEp has put things into perspective, and other chapters' achievements motivated me to work towards that gold Buc Cup. Overall, the most rewarding part of the Conclave for me was growing closer to the brothers outside of any officially organized event.



Pictures:

Left – Indiana Zeta E-Board and Chapter Counselor Mark Robinson

Right – Indiana Zeta E-Board and members of the AVC and University



UPCOMING CHAPTER EVENTS

September 7	Zao Island Recruitment Event
September 9	SigEp Splash
September 15	Fall Bid Night
September 16-17	Chapter Retreat at Camp Raybird
September 18-23	Homecoming Week
October 5	Fruitimate Frisbee Event
October 12-13	Fall Break



LOOKING FORWARD

Be sure to look for the next newsletter which will feature SigEp Splash, the Camp Raybird Retreat, and more!

LETTER FROM THE EDITOR

I hope you have enjoyed the back to school edition! The semester is only beginning and we are all looking forward to a great year! From all of us here at Indiana Zeta, we appreciate all of your support! As always, thank you for reading. Please feel free to reach out with any comments or questions you may have!

Mason Tulacz-External Relations Chair

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.

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