

GAMMA CRESCENT

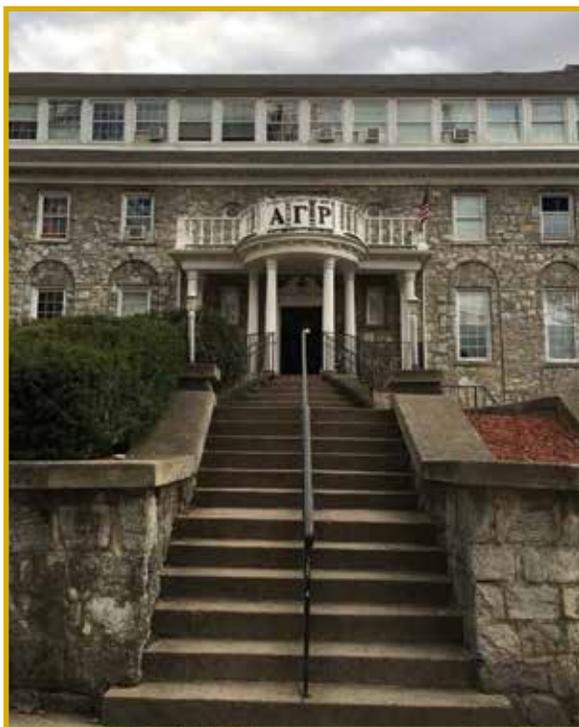
GAMMA CHAPTER OF ALPHA GAMMA RHO FRATERNITY AT PENN STATE | SPRING 2018

CONTINUED CONNECTIONS

Alumni Association Calls for Increased Alumni Involvement



Our home at 322 Fraternity Row this spring.



My message is to all alumni, new or old, just like the sisters of Sigma Alpha, we desperately want to reconnect with you. Since getting involved a few months ago, I am amazed how many alumni express their love for the fraternity and their brothers, but do not take the time to interact with the alumni association. As a former member of that group of alumni, I aim to completely shift how the association interacts with alumni. My promise to you is this: if you reach out to us, there will be absolutely zero expectation of you to attend, donate, support, work, contribute, meet, or dedicate time to the fraternity. We just want to reconnect with you and hear what you are up to—not assign you errands.

No Homework, No Commitments, No Obligations. The alumni association is about facilitating strong alumni relationships that can be used to mentor and guide our undergraduate members. We cannot do that without hearing from you. My goal is to assemble a group of fun-loving alumni who can attend tailgates, meet up in different cities, grab beers together, network, and come together to keep the undergraduate members in line. Is that not what being an alumnus is all about?

You do not have to hold a position to get involved. The biggest thing you can do to help us is to reach out to your best friends from the house and see what they are up to now. If you want to connect with us or plan a meetup in your city, I invite you to contact me. We also have a private Facebook alumni group with over 250 brothers you can join and post to, if you have not already. I hope to hear from many of you soon!



Fraternally,
Jonathan Tabolt '06 (Γ1522)
Gamma Alumni Association President
(267) 568-4790
jonathan.tabolt@gmail.com



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ALUMNI UPDATE

Thank You, Generous Brothers

We are extremely grateful to the 22 generous alumni who contributed a total of \$2,980 to our annual campaign during fall 2017. Gamma continues our quest to be among the top fraternities in recruitment, scholarship, and housing. Alumni involvement is a critical component of these goals. Your ongoing and loyal support directly impacts the future of Gamma. Donors are listed below by their giving total to the fall 2017 appeal.

Common Bond Member (\$500 and Up)

Joseph Strite '65 (Γ889)
Stephen W. Wharton '75 (Γ1063)

Friends of Gamma Member (Up to \$499)

Alvin G. Leidel '48 (Γ555)
Russell M. Ormer '49 (Γ584)
William H. Yerkes III '49 (Γ592)
Boyd E. Wolff '50 (Γ626)
William Kincaid '51 (Γ622)
Robert D. Heilman '56 (Γ717)
George Mansell '56 (Γ716)
G. Richard Olmstead '56 (Γ715)
Richard Dommel '57 (Γ736)
Kenneth W. Zieber '60 (Γ792)
Wilbur L. Avril '61 (Γ819)
Arthur Moeller '63 (Γ844)
Phillip M. Pitzer '65 (Γ884)
Clair C. Anderson '69 (Γ958)
Brian T. Sarris '69 (Γ960)
Rick G. Steinmeyer '69 (Γ968)
Scott A. Stewart '83 (Γ1191)
David Kann Jr. '87 (Γ1257)
Henry Mullen '89 (Γ1285)
Kurt Dehnert '13 (Γ1628)

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Gamma Chapter, visit
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online donation
today!

FIGHTING THE GOOD FIGHT

Bill Hoffman '86 (Γ1243) Shares His Success Story Through Healthy Living

People that know me understand that I have struggled with my weight my whole life, and I continue to do so. During my time as an active member, I bounced between 180 and 220 pounds. As a young alumnus, I bounced between 220 and 260 pounds. In my early 40s, I surpassed 300. I began to have joint pain, sleep apnea, and other problems that “big boys” tend to enjoy.

At a work-sponsored training eight or nine years ago, I read the classic *Harvard Business Review* article, *Manage Your Energy, Not Your Time*. Visit hbr.org/2007/10/manage-your-energy-not-your-time to read the full article. It got me thinking about how my weight was holding back my career. Even if I got that promotion that I wanted to advance my career, I would not have the energy to take on the extra responsibility. I was phoning into meetings that I should have been attending, sometimes, because I did not want to walk a mile or catch a shuttle to another part of campus. I simply couldn't button the top button of my shirt to properly wear a tie, the sport coat that I had available wouldn't go around my belly, or a combination of the three. I was staring at a major XXXXL and XXXXXL clothing reinvestment. I decided that something had to change.

I am not a “gym guy,” so I knew that wouldn't work. I swore off elevators instead, opting for the stairs. I walked a lot of places. I did a few strength-related calisthenics at home. I ate lean protein. Fruits and vegetables that I liked became the bulk of my food intake. I stopped believing that healthy or unhealthy leftovers must be consumed at all costs. I put some foods completely off limits. I owe thanks to my wife for putting up with me during this period.

The first time that I could go into a regular department store and find something that fit me was huge, after years of being into only buying clothing at “big and tall” stores. Finding clothes at Goodwill became an obsession, and kind of a hobby, as I gradually went one size smaller at a time. Finally, I got to where I was happy in high school and college: 36” waist jeans and about 125 pounds lighter.

I gained 30 pounds back after the big weight loss. Eighteen months ago, I decided to lose it. Many thought I was crazy, some still do, but I started getting off my commuter train in Arlington, Va., and walking to my downtown office. What started out as a forced march at some point became an enjoyable 60- to 90-minute morning stroll along and across the



Bill Hoffman '86 (Γ1243) outside the Capitol Building in Washington, D.C., last fall. He works at the United States Department of Agriculture as chief of staff for the National Institute of Food and Agriculture.

Potomac and among beautiful monuments. Now I cannot imagine my day without that unplugged time, which allows me to enjoy seeing boats, planes, ducks, geese, and people going about their business. I lost the weight and continue the everyday battle of keeping it off. Yes, I did get that promotion, too.

I'm not preaching, I'm not judging, and I'm not trying to sell you anything. However, I made this the topic of my alumni spotlight to encourage others who might be struggling with the same issue. If you are in a place where you think you'll always be bigger than you want to be, I encourage you to give some lifestyle changes another look. Start by talking with your physician and make a plan with your family immediately after that. You will have to first decide to do it and then find a way that's right for you. Trust me, the journey and the destination is worth the price.

Fraternally,
Bill Hoffman '86 (Γ1243)

Bill Hoffman pledged Gamma Chapter during the fall of 1986 and graduated from Penn State in 1989. He also earned a master's in business administration in 1992 and a master's of education in 2002 from Penn State. He later earned a doctorate of education in 2009 from George Washington University. While he currently works at the United States Department of Agriculture in Washington, D.C., he authored this alumni spotlight in his personal capacity. For more information about his biography, please visit www.facebook.com/100008811364142.



(Left, middle) Gamma Chapter members enjoy an afternoon outside of the chapter house this spring.
(Right) Undergraduates after winning the Greek Week volleyball championship this spring.

UPHOLDING EXCELLENCE

A lot has been happening at Gamma Chapter. It has been over a year since the university placed sanctions on all fraternities following the Beta Theta Pi incident, and the turbulent Greek life climate has calmed down significantly. Every day, we work hard to uphold our excellent standing with the university and community, as we continue to adapt to the new changes.

In addition, our chapter GPA has been impressively high, especially among our new members, who held one of the top three new members class GPAs. Involvement in THON this year was also very successful,

due in part to our new partnership with the Phi Sigma Sigma Sorority. Furthermore, we've had great success in recruitment with a large class of motivated and involved new members, and I look forward to the future of our fraternity. I would also like to personally congratulate **Jonathan Tabolt '06 (Γ1522)** on his election as the new alumni board president.

Fraternally,
Daniel Chilson '15 (Γ1708)
Noble Ruler

Gamma Chapter Improves Academic Standards



Six of the 36 Gamma members who made Penn State's dean's list for the fall 2017 semester.

Gamma Chapter is at an all-time high academically. Gamma has the second-highest percentage of brothers above a cumulative 3.0 GPA at 80.9%. Gamma also has the second-lowest percentage of brothers under a cumulative 2.5 GPA at just 5.9%. The new member class of six had a GPA of 3.55, which is absolutely phenomenal.

Many brothers are involved in internships this summer. Former Vice Noble Ruler of Finance **Pat Schlupp '15 (Γ1713)** landed a

spot in Nielsen's Financial Leaders Program in Manhattan. Former Noble Ruler **Jack Tierney '14 (Γ1668)** also accepted an offer to be a civil engineer for RK&K Engineers in King of Prussia, Pennsylvania. These are just two of the many upperclassmen who are providing excellent examples for the new members. Keep it up Gamma Chapter!

Fraternally,
Michael DiMarino '17 (Γ1745)
VNR Scholarship

Finding New Opportunities for Success

Undergraduates Members Attend AFP Northeastern Regional Leadership Conference

Recent developments at Gamma Chapter regarding the alumni-undergraduate relationship include the attendance of undergraduates at the Alpha Gamma Rho Northeastern Regional Leadership Conference in Philadelphia this spring semester. Newly elected Alumni President **Jonathan Tabolt '06 (Γ1522)** joined the undergraduates, helping establish a quick rapport, and setting up a seamless transition between board presidents.

At the conference, great strides were made at broadening the connection of undergraduates with AFP brothers at other chapters as well as with AFP business partners. Additionally, conversation with Membership Growth Consultant **Nate Laudan, Alpha Zeta '11**, from The Home Office provided the undergraduates with a great perspective on the changing Greek life landscape across the country and helped create a personal connection with him.

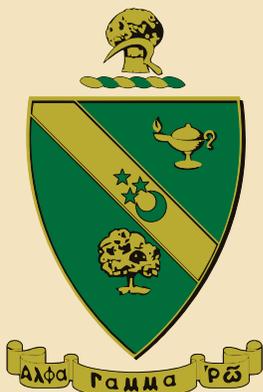
Another highlight at Gamma Chapter was our local Founder's Day on Saturday, March 24. It was a fantastic day for alumni and the undergraduate brothers to get to know one another and share stories.

Fraternally,
Nick Litak '17 (Γ1759)
VNR Alumni Relations

COMMITTED TO ACADEMIC EXCELLENCE

We congratulate the following 36 Gamma brothers who made the fall 2017 dean's list. We appreciate your continued dedication to academic excellence.

Alex Afanassenkov '15 (Γ1705)
Tommy Albertson '16 (Γ1729)
Liam Barr '17 (Γ1773)
Nicholas Bhaskar '17 (Γ1764)
Paul Boehringer '15 (Γ1698)
Mike Bonner '17 (Γ1770)
Sid Chandran '17 (Γ1771)
Mike DiMarino '17 (Γ1745)
Michael Doyle '15 (Γ1711)
Gavin Figurelli '17 (Γ1774)
Dan Gleyze '15 (Γ1723)
David Gold '17 (Γ1768)
Mike Hellman '14 (Γ1667)
Paul Inguardi '15 (Γ1703)
John Lawler '15 (Γ1684)
Nick Litak '17 (Γ1759)
John Longo '15 (Γ1691)
Ethan Mahler '16 (Γ1741)
Zack Mahler '14 (Γ1681)
Mike Marino '14 (Γ1676)
Evan Martin '17 (Γ1760)
Austin Marrazza '17 (Γ1761)
CJ McAninley '17 (Γ1766)
Nick Perilli '16 (Γ1733)
Carl Ramsey '15 (Γ1728)
Andrew Richey '16 (Γ1750)
Patrick Schlupp '15 (Γ1713)
Zach Sette '16 (Γ1742)
Alex Shapiro '17 (Γ1762)
Kamakaya Silva '16 (Γ1736)
Aaron Sosnader '14 (Γ1678)
Cole Swackhammer '15 (Γ1727)
Alex Takacs '17 (Γ1767)
Brian Walters '15 (Γ1724)
Cas Wolanin Jr. '16 (Γ1738)
Zak Zeff '17 (Γ1772)



New Arrangements Make Positive Impact on Chapter Members' Education

The daily duties I face as VNR maintenance and operations are quite enjoyable to me as I feel most comfortable around the house when it is clean and well-organized. So far this semester, one of my main concerns is to try to organize anything in the house that was neglected or not in use anymore.

As many brothers study outside their rooms, we had a large amount of our study

desks not being used in rooms. With the help of brothers, I organized a new study lounge on the third floor consisting of 18 desks with plenty of light and study materials. Brothers have been consistently using this study lounge and even do group work together.

Fraternally,

Andrew Richey '16 (Γ1750)

VNR Maintenance and Operations

CHAPTER LEADERSHIP EXAMINES GAMMA'S FINANCIAL PLANS

At State College, the Office of the Bursar is no longer going to allow fraternities and sororities to pay dues through their office. I have been looking into alternative options, and the two I narrowed it down to are OmegaFi and Greek Capitol Management. At first, OmegaFi seemed like the better option because of its features, but it costs significantly more than the other options. Also, some of the features it gives would not be much help anyway. Other fraternities use Greek Capitol Management and have experienced very few problems with it. Even the co-op says that Greek Capitol Management

has a lot of benefits as well. I am still deciding on which to use.

Although the number of brothers living in the house is going to be down this coming fall, it will not stop them from staying involved. We had a very high involvement in THON this spring, philanthropic events, house projects, intramurals, and so much more. As a great spring semester wraps up, Gamma Chapter is ready for this coming fall!

Fraternally,

Chad Steinberg '16 (Γ1744)

VNR Finance



Thirteen of the 23 new members to join the Alpha Gamma Rho brotherhood at Penn State.

GROWING OUR BROTHERHOOD

This semester we welcomed 23 new members to Gamma Chapter. They are from all across the country, including places as far as California, Florida, and Texas. The majority of new members are majoring in different types of engineering, in addition to finance, business administration, and political science.

We have made it a focus this semester to plan more brotherhood events to ensure that the new members feel at home at AFP. Events include bowling, a cornhole tournament, volleyball at our court, and intramural sports.

Fraternally,

Chase Robina '17 (Γ1758)

VNR Membership Development

ALUMNI UPDATE

CHAPTER ETERNAL

Atlee Ferner Rebert '41 (Γ476) entered Chapter Eternal on July 29 at age 96 at his residence at Homewood at Plum Creek in Hanover, Pa. He graduated from Penn State in 1942 with a bachelor of science degree in forestry. He met his wife of more than 72 years, Suzanne, a fellow student at Penn State, in March of 1942. Their three sons are also Penn State graduates. After graduating, he enlisted in the U.S. Navy. Atlee was later employed as a soil conservation specialist. After returning to Littlestown in 1953, he had worked with his father selling dairy farm equipment, silos, and metal buildings until his retirement. Atlee was also an Adams County Commissioner from 1964-68. In addition to his wife, he is survived by their three sons, Jeffrey, Christopher, and Scott; his granddaughter; and nieces and nephews.

T. Dean Witmer '48 (Γ573) entered Chapter Eternal on July 31 at age 91. Dean attended Penn State for one year before enlisting in the U.S. Navy where he served from 1944-46. He then went back to Penn State where he received his bachelor of science degree in 1949, master's of education in 1955, and doctorate of education in 1971. After graduating, he taught agriculture in Loyalsock Joint, Forksville, Snyder, and Northumberland, Pa. Dean is survived by his wife, Barbara; sons, Christopher and Adam; daughter, Suzanne; three grandchildren; sister, Ethel; brothers, Nels, Carl, and Kermit; and many loved nieces and nephews. Dean was preceded in death by first wife, Betty, along with sons, Dean and Scott.

Ronald Barrett '64 (Γ881) entered Chapter Eternal on October 30 after an 11-year battle with metastatic cancer. Beloved husband of almost 50 years to his wife, Sheila, loving father to son Daniel, and grandfather, Ronald was faithfully devoted to his family to the end. He is also survived by brothers, Thomas and Richard, and sister, Janet. He received his bachelor of science degree in psychology at Penn State and then relocated to Northern Virginia in 1966, where he began his career as a juvenile probation officer in Alexandria, Va. He served as a drill sergeant for the U.S. Army Reserves, while studying law at American University where he received a Juris Doctor degree in 1972. In 1978, Ronald was named an associate judge in Alexandria Juvenile and Domestic Relations Court and the Alexandria General District Court. He also lectured at the Northern Virginia Police Academy, and later, he practiced law in Vienna, Va.

ALUMNI NEWS

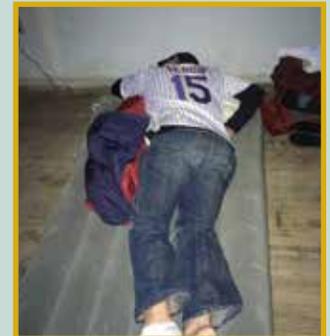
William Yerkes '49 (Γ592) is enjoying his retirement from farming and serves on various community boards. He lives in Furlong, Pa, with his wife, Nancy. E-mail: nancybill3@webtv.net

Clair Anderson '69 (Γ958) retired in 2013 after managing a number of dairy and food production plants. He and his wife, Barbara, spend their winters in Fla., but live in Batavia, N.Y., the rest of the year. Clair enjoys golfing and visiting his children. E-mail: clairanderson1@icloud.com

John Merenick '86 (Γ1236) earned his master's degree from Concordia University of Wisconsin. He lives in Howards Grove, Wis., with his wife, Jody. E-mail: johnm1236@gmail.com

Jonathan Tabolt '06 (Γ1522) started his own business, and it is continuing to grow. He lives in Philadelphia, Pa. E-mail: jonathan.tabolt@gmail.com

Kurt Dehnert '13 started his dream job as a technical recruiter in Royersford, Pa. He would love to serve as a resource to all brothers seeking news opportunities in industrial technology, accounting, and engineering. E-mail: kurtdehnert2010@gmail.com



(Left) Derald Hay '99 (Γ1432), Chris Macintosh '92 (Γ1315), Sean Welsh '96 (Γ1375), Jim Mina '96 (Γ1383), Tom Nicchi '99 (Γ1430), Jeremy Lettich '94 (Γ1354), Dan Myers '98 (Γ1407), Dave Stiles '98 (Γ1416), Mike Maxson '95 (Γ1368), and Jesse Hallowell '97 (Γ1392) during a small '90s reunion held Saturday, February 24, at the chapter house. (Right) An alumnus that "crashed in the rack" during the '90s alumni reunion this spring.

The front yard landscaping completed last fall with help from alumni still looks great this spring.



GAMMA CRESCENT

Gamma Chapter Alumni Association
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The Gamma chapter house remains in good condition thanks to our loyal alumni and undergraduate brothers.



The view of Fraternity Row from the front door of the chapter house.



The dining room at the Gamma chapter house.

ATTENTION: This newsletter is intended for alumni, undergraduates, and parents. If your son is still attending Penn State, he will receive a copy at the chapter house. If he has graduated, please send us his permanent address to update our records. Thank you.

VISIT GAMMA ONLINE



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agrgamma.chapterspot.com



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