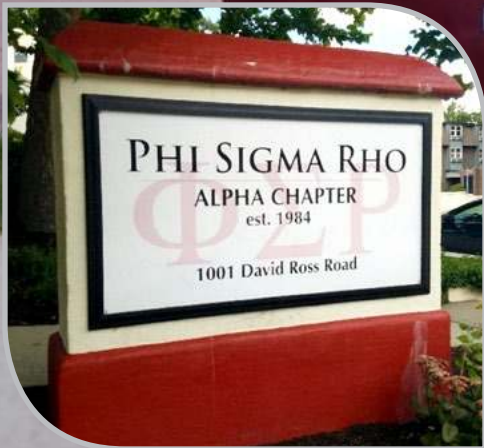


THE KEY

of Phi Sigma Rho

FALL 2016





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Letter from *the President*

I am happy to report that as of our Fall 2016 numbers, Phi Sigma Rho Sorority hit an important and exciting milestone with over 5,000 members across the United States (over 3,500 of which are alumnae)! We also hit a milestone in our number of active members at over 1,500! Our staff, national council, and national volunteers have been busy enthusiastically expanding our footprint across the United States and improving processes to keep up with our rapid growth to best support our operations and support of the chapters and colonies. In the last year alone (2015-2016), we initiated 566 members into the Phi Sigma Rho family. That is 566 more women living the Ritual and values of Phi Sigma Rho, making a difference in their communities, promoting scholarship in the

pursuit of engineering careers, and building the future TOGETHER. Every sister has a part in this growth, and so as we celebrate this milestone, we thank you for your efforts in recruitment and expansion, promoting the ideals of our sorority, and for making our sorority a welcoming, inclusive place sisters can call home.

I spent some time at Conference over the summer at Purdue asking sisters what their happiest Phi Rho memories had been so far. I was thinking about expansion, and the magic that is our sisterhood, and I was interested to find out how connected our sisters felt on a national level. I asked many actives and alumnae, and some common themes emerged. Whether it was a newly initiated colony member or a sister reuniting with chapter members she was in school with 25 years ago, I deeply appreciated the smiles on their faces and the Phi Rho love they exuded as they talked about the feeling of connection, acceptance, and encouragement through even the hardest of times or academic challenges. I especially enjoyed hearing about how much fun they were having - we are a social sorority after all! It warms my heart to think of the 566 new members that began to create their own phi rho love memories and felt the unique and beautiful sense of belonging this year.

Speaking of PRL, there's a lot of it in this issue of The Key! This is our second issue and once again we have many sisters and chapters that we are proud to highlight in this magazine! The members of National Council will share a brief update on what we've been up to, what to look forward to, and highlights from conference. We added some new member highlights and the Foundation will share on how they are changing lives with Light the Night, scholarships, and supporting LEAP programming. We welcome feedback, if there is a story you would like to see in a future issue, please feel free to reach out to the Vice President of Communications!

PRL & Mine,

Teresa J. Phillips

Connecticut - Theta

National President - 15th National Council

Leap into Leadership Conference 2016 Recap



During Conference 2016, Phi Rhos from across the country gathered together to Leap into Leadership. Throughout the beautiful weekend at Purdue, actives and alumnae came together for social events, LEAP workshops, and roundtables. The weekend kicked off with a panel discussion that highlighted some Phi Rhos that truly took the Leap into Leadership by being a part of the founding of their chapters. The panel included Abby McDonald and Charlene Merrifield Yauch from Purdue - Alpha, Ebonie Davis from Howard - Phi, Emma Noel from Arizona - Alpha Kappa, and Kendyll Dellinger from Vanderbilt - Alpha Eta. The panelists discussed some of their struggles with the founding of their chapters, some of their greatest learnings, and how the experience impacted their lives.

On Saturday, actives participated in LEAP sessions. Topics varied from Strength Finders to Risk

Management. By attending three sessions, one base, one building block, and one top session, 80 women earned their LEAP certifications! The day concluded with a series of roundtable discussions. Chapter presidents met for a roundtable, while other actives met for roundtables on topics like recruitment, membership education, and philanthropy. There was so much discussion it was difficult to end the sessions and move on to dinner. While the actives were learning, the alumnae were painting and socializing together at an offsite studio. The night concluded with bowling, billiards, and burritos at Purdue's student union. Everyone had a chance to relax and socialize at a more casual level. There was a fierce Dance Dance Revolution competition that concluded the evening festivities.

Conference 2016 Programming:

SPEAKER SESSION TOPIC

Will Evans	Stress Management
Terry McHugh	Strength Finders
Ebonie Davis	How to Love Yourself
Sophie Pouliquen	What It Means To Be an RFD
Bobbi Larsen	My Sister's Keeper
Laurel McHugh	Ritual and What It Means to You
Dr. Don Werden	Mental Health
Jenna Daghestani	Life After College-Workforce Edition
Kelsey Blake	Bystander Intervention
Chrissy Dillion	Leadership in Organizations
Kendall Murphy	Life After College-Grad School Edition
Angelina Fishler	Resume Workshop
Christina Wiseman	Be the Boss Without Being Bossy
Sophie Pouliquen	RFD FAQs Answered
Sophie Pouliquen	President's Roundtable
Sharon Waxmonsky	Chapter Roundtable
Angelina Fishler	Colony Roundtable

Sunday was all about recognition. Alumnae, actives, and chapters do extraordinary deeds throughout the year that deserve recognition. During our Sunday morning breakfast, we honored those that went above and beyond during the 2015 school year.

The conference concluded with some beautiful pictures, sad goodbyes, and a lot of Facebook friending. The good news is that Convention 2017 is less than a year away in St. Louis! Mark your calendar now for July 14-15, 2017!



Stress Saver:

"Going to take back some stress coping activities to my chapter."

Sierra Johnson

Bystander Intervention:

"Great presentation! I love how we had to interact and act scenarios to better understand how to prepare and act for situations of bystander interventions."

Madeleine Wamsley



Leadership in Organizations:

"It was nice to hear from someone close to our age who also went through the sorority involvement."

Jessica Boss

How to Love Yourself:

"I loved this session so much and it really inspired me to go outside my comfort zone and chase what inspires me."

Madeleine Wamsley

My Sisters Keeper:

"Great talking about prevention and how to keep others and your sisters safe and the implications if you don't step up."

Marisa Yonder

Strength Finders:

"I want my whole chapter to do this."

Lauren Haddigan

Life After College Grad School Edition:

"Very helpful in describing the full grad school experience!"

Ali Crupper

Ritual and what it means to you:

"Really revamped my passion for Phi Rho"

Emma Skidmore

"I thought it was really good to go to, and important to see and hear what other chapters do for all the rituals."

Kayla Walley

Be the Boss Without Being Bossy:

"Such important topics she raised with us, had so much experience and inspiration to share with us."

Camille Stuczynski

Life After College Workforce Edition:

"There was some really helpful information about things that seem trivial, but usually don't come up in discussions about post-college life."

Nikita Ganeshan

"The speaker of this session gave us life tips that I shall carry with me throughout the future. She gave us tips that will help form me into a better employee, friend, and family member."

Fatmeh Kuraan



Conference 2016 Awards

President's Commendations

- **Amee Hennig & Elishka Jepson** for their service as Colony Educators for the University of Arizona, Alpha Kappa Chapter
- **Jesse Minuto & Carolyn Brown** for their service as Colony Educators for the Pennsylvania State University at Behrend, Alpha Iota Chapter
- **Jenna Daghestani** for her outstanding service as National Leadership Director. Jenna has been a driving force along with the VP of Programming on bringing LEAP programming to sisters no matter where they are through regular webinars this year! (see Alumnae Spotlight on page 14)
- **Maryellen Mouch** for her outstanding service and mentorship to the actives and alumnae of the Ohio State - Beta chapter
- **Emily Aulby** for her outstanding service, leadership, and optimism in supporting the Ohio State - Beta chapter as well as being the driving force behind the Beta chapter's first ever Phi Rho Your Boat Philanthropy Event
- **Bridget Koessler** for her outstanding service and leadership to the Michigan - Eta Chapter as an active member



Abby McDonald Spirit Award

Chapter Awards

Rashmi Khanna Scholarship Award:

Howard - Phi

Abby McDonald Spirit Award:

Florida - Tau

Christine Mooney Service Award:

Case Western - Omicron

The National Senior Award:

Cassandra Golden,
Missouri S&T - Rho

Chapter Advisor Award:

Bernadette Friedrich,
Michigan State - Alpha Delta

Rising to Excellence

The following chapters have achieved Orchid Level based on the 2015 End of Term Reports:

- Ohio State - Beta
- Dayton - Gamma
- Connecticut - Theta
- Penn State - Lambda
- UCLA - Nu
- Rutgers - Xi
- Case Western - Omicron
- Youngstown State - Alpha Alpha
- Wright State - Alpha Zeta

The following chapters have achieved Pearl Level based on the 2015 End of Term Reports:

- Kentucky - Epsilon
- Pittsburgh - Zeta



Christine Mooney Service Award

Service with Sigmand

Highest Percent Participation by Chapter

- 1st: UC Berkeley - Alpha Theta
- 2nd: Kentucky - Epsilon
- 3rd: UCLA - Nu

Most Hours per Person by Chapter

- 1st: UC Berkeley - Alpha Theta
- 2nd: Kentucky - Epsilon
- 3rd: UCLA - Nu

Most Hours by Chapter

- 1st: Kentucky - Epsilon
- 2nd: Purdue - Alpha
- 3rd: UC Berkeley - Alpha Theta

Active Award

Winner: Blair Pellatt, Purdue - Alpha

Honorable Mention: Ruth Johnson,
UCLA - Nu



Service with Sigmand Awards

Upcoming Webinar Schedule

All webinars are tentatively scheduled for 9:00PM EST/6:00PM PST. Any changes to this schedule will be reflected on the event invitation and announcement. See the [Phi Sigma Rho National Sorority Facebook Events](#) page for details. For more information, please contact leadershipdirector@phisigmarho.org.

DATE	WEBINAR TOPIC (TENTATIVE)
November	How to Survive Engineering
December	LEAN IN: Personal Mission Statement
January	Managing the Chapter Budget
February	How to Win Friends and Influence People
March	The Art of Relocation

Virginia Commonwealth University Colony Petition

The ladies of the Virginia Commonwealth University (VCU) Colony are excited to petition to become an official chapter of Phi Sigma Rho. Throughout the process of becoming an organization, becoming a colony, and finally becoming a chapter, the VCU Colony has inducted three member classes and built

lasting bonds of sisterhood. Becoming a chapter would mean that we would ensure we are a strong organization to support and encourage women in engineering for years to come at VCU. The opportunities that being a colony has given to the ladies of the VCU Colony have been invaluable and we have

learned so much about Phi Rho and ourselves. We are so excited to be a part of this amazing organization and we cannot wait to take the next step into becoming a permanent part of this community. It really is a beautiful thing!

PRL,

The Ladies of VCU Colony



VCU Alpha and Beta Class at Beta Induction

Introducing the New Reg



Name: Emily Alexander

Chapter: Toledo - Delta

Region: East 1

Chapters in Region: University of Connecticut, Pennsylvania State University, Rutgers University, Penn State Behrend

Degree: Mechanical Engineering

Current City: Columbus, OH

Job: Design Engineer

Fun Facts:

1. I have a son named Caleb.
2. I have two cats, Gadget & Gizmo.
3. I love baking.

What are you most looking forward to as an RFD?

Being able to help chapters grow into the chapters that they strive to be

Advice to Actives:

Stay focused and keep things light. Don't forget you're also supposed to have fun in college!



Name: Courtney Riley

Chapter: Michigan - Eta

Region: East 2

Chapters in Region: Howard University, University of Florida, University of Pittsburgh

Degree: Mechanical Engineering

Current City: Nashville, TN

Job: Field Quality Investigation Engineer at Nissan

Fun Facts:

1. I am from Michigan's Upper Peninsula.
2. My favorite Disney Princess/Queen is Elsa.
3. I have been to at least one concert during every one of Taylor Swift's tours.

What are you most looking forward to as an RFD?

I'm looking forward to getting to know the dynamics of multiple chapters and using my chapter experience as well as others to help each chapter.

Advice to Actives:

Don't be afraid to get involved! You might find something that you are really passionate about.



Name: Tricia Fuge

Chapter: Ohio State - Beta

Region: Midwest 1

Chapters in Region: Ohio State University, University of Toledo, Case Western Reserve University, Youngstown State University

Degree: Biology

Current City: Spencerville, OH

Job: Fuel Lab Technician at Husky Energy

Fun Facts:

1. I sew in my spare time.
2. I want to have a library in my house.
3. I LOVE coffee!

What are you most looking forward to as an RFD?

I'm looking forward to helping the actives and being actively involved in the sisterhood again.

Advice to Actives:

Dare to Dream Big!



Name: Heather McCall

Chapter: Purdue - Alpha

Region: Midwest 2

Chapters in Region: University of Dayton, University of Kentucky, Ohio Northern University, University of Cincinnati, Wright State University

Degree: Mechanical Engineering

Current City: Louisville, Kentucky

Job: Project Lead the Way Engineering Instructor at the Academy @ Shawnee High School

Fun Facts:

1. I have run in multiple half-marathons.
2. I have a pet ferret named Clyde.
3. I met my husband at a teaching conference in Lexington - we both are PLTW engineering teachers.

What are you most looking forward to as an RFD?

I look forward to reconnecting with other Phi Rho women and mentoring them during their time as active members.

Advice to Actives:

Don't sweat the small stuff :) And never forget that your sisters are always there for you no matter what!

Regional Field Directors



Name: Kelsey Blake

Chapter: Michigan - Eta

Region: Midwest 3

Chapters in Region: Purdue University, University of Michigan, University of Louisville, Michigan State University, Vanderbilt University

Degree: BSE in Industrial and Operations Engineering

Current City: Chicago, IL

Job: Industrial Engineer at United Airlines

Fun Facts:

1. As an undergrad, I served as one of my chapter's recruitment chairs. I love to talk about rush!
2. Fall is my favorite time of the year. Crisp mornings, Michigan football games, and pumpkin spice lattes make me happy!
3. I have two pet chinchillas, Zoe and Chloe.

What are you most looking forward to as an RFD?

I'm looking forward to meeting new Phi Rhos and continuing to build relationships with the chapters in my region.

Advice to Actives:

Be the change you wish to see in your chapters and on your campuses. If there's something you would like to improve, take the initiative and go for it!



Name: Sammy Manning

Chapter: Louisville - Alpha Gamma

Region: Midwest 4

Chapters in Region: University of Arkansas, Missouri University of Science & Technology, University of Houston, University of Illinois at UC

Degree: Bioengineering Bachelor's, Mechanical Engineering Master's

Current City: Louisville, KY

Job: IRD, LLC

Fun Facts:

1. I love ballroom dancing!
2. I'm up for playing almost any sport at any time.
3. My German Shepard, Chief, is my best friend.

What are you most looking forward to as an RFD?

Phi Rho has helped me become a better leader in more ways than I could have ever imagined. It is now my turn to give back to the organization and the best way to start is to learn about the inner workings of other chapters! Through my insight and experience, I hope to enlighten other chapters as well as learn more about the Phi Sigma Rho organization as a whole.

Advice to Actives:

No matter what problems arise in the sorority, remember what is most important - Sisterhood is the bond that holds you together as one. You are in college for a degree; thus, school should come first along with family and one's personal health. Each and every sister brings something different to the chapter. Foster each other's ideas and bring them together in compromise to produce something greater in the end.



Name: Mary Beth White

Chapter: Oregon State - Sigma

Region: West 1

Chapters in Region: University of Washington, Oregon State University, University of California - Berkeley

Degree: Honors BS in Industrial Engineering with a Business Engineering Option

Current City: Portland, OR

Job: Industrial Engineer at Boeing

Fun Facts:

1. I traveled to New Zealand this spring (including Hobbiton).
2. I had brain surgery while in college.
3. I love to knit.

What are you most looking forward to as an RFD?

Working to connect chapters in my region to each other and to Nationals and to learn from each of those chapters.

Advice to Actives:

You never are truly alone as a phi rho sister. There are always sisters here to support you through whatever you or your chapter is going through.



Name: Haley MacPhee

Chapter: Connecticut - Theta

Region: West 2

Chapters in Region: University of California-Los Angeles, University of California-Irvine, University of California-San Diego, California State Polytechnic University-Pomona, University of Arizona

Degree: B.S. in Chemical Engineering

Current City: San Diego, CA

Job: Engineer II Consultant for Azzur Consulting

Fun Facts:

1. I love football! I'm planning on attending at least two San Diego Chargers games this season!
2. Reading is my favorite activity... I've read 20 books so far this year!
3. I've lived in San Diego for over a year and have only gone to the beach twice.

What are you most looking forward to as an RFD?

I'm most looking forward to meeting everyone! It's going to be awesome to get to know ladies from different chapters and to see how they run things.

Advice to Actives:

My advice would be to step up, even if you don't think you want to. A lot of the opportunities that Phi Rho gave to me are applicable in a work setting. It made me more comfortable in a business setting and now I don't have to work out any insecurities in front of my coworkers because I've already had some of those experiences. Even if you don't feel like the position suits you, it provides the knowledge that you wouldn't have otherwise known if you didn't take that on! ▲

Meet Your 15th

Where do

What company

What are you current

Jennifer Lee

UCSD - Chi
Vice President of Alumnae Affairs

- Redwood City, CA
- Facebook, Inc.
- Pilot Mentorship Program



Emily Nguyen

Cal Poly Pomona - Psi
Vice President of Standards

- Anaheim, CA
- Frito-Lay, PepsiCo
- Standardizing the Bylaws Template

Teresa Phillips

Connecticut - Theta
National President

- Saint Louis, Missouri
- Enterprise Holdings (as in Enterprise Rent A Car, National Car Rental, Alamo Rent A Car, etc)
- HR Consulting & Legal Compliance Improvements



Helen Lu

Louisville - Alpha Gamma
National Council Active Advisor

- Louisville, KY
- University of Louisville - Bioengineering major & Chemistry minor
- Creating FAQ Geared Towards Actives for Website

Angelina (Altshuler) Fishler

UCSD - Chi
Vice President of Expansion

- San Diego, CA
- Illumina (leader in genetic sequencing and array technologies)
- Targeting New Colonies for 2017



National Council

Where do you live?

Where do you work for?

What are you currently working on for NC?



Laurel McHugh
Toledo - Delta
Vice President of Membership

- Ypsilanti, MI
- Thomson Reuters
- Ritual Updates for Induction, Initiation, Installation & Senior Send-Off



Allison Lenhoff
Michigan - Eta
National Council Advisor

- Birmingham, MI
- General Motors
- Providing Historical Perspective and Guidance to NC Members



Sharon Waxmonsky
Penn State - Lambda
Vice President of Programming

- Morristown, NJ
- Johnson & Johnson
- Planning for Convention 2017 and LEAP Webinars



Stacey Horvitz
Pittsburgh - Zeta
Vice President of Communications

- Pittsburgh, PA
- US Nuclear Regulatory Commission
- Updating Social Media Policy for Implementation



Missy Mercurio
UCSD - Chi
Vice President of Finance

- Alexandria, VA
- Chevy Chase Trust Company
- Communicating Dues Increase to Actives

Sophie Pouliquen

Purdue - Alpha
Vice President of Collegiate Affairs

- Cincinnati, OH
- LISNR
- Coordinating monthly 1-on-1 meetings with each RFD



Chapter Spotlight:

Penn State - Lambda

Penn State's Suite

In 2012, previous president, Sharon Waxmonsky, established the idea of getting a sorority floor as part of the Pennsylvania State University on-campus housing. It was a tedious process of talking to the housing department, filing paperwork, and gathering the members who would be ready to live on the floor once obtained. Through the hard work of previous presidents, Helen Leenhouts and Keri Winebrenner, two years later, the floor was established. Receiving the floor was a huge stepping stone in growing the sorority and sisterhood. Since then it became the center of all things Phi Sigma Rho. A place where presidents like myself, Kamelea Megahed, executive board members, and sisters can live, bond, and grow into the sisterhood.

Establishing a home base for the Lambda Chapter of Phi Sigma Rho at Penn State was of the utmost importance to the current Executive Board. Specifically as Vice President of Housing, I, Emily Dunn, strived to showcase the sisterhood and spirit of our Greek organization. At the Pennsylvania State University, on campus sorority floors are accompanied with sorority suites, a living space for sisters to study together, host movie nights, and bake cookies well into the evening. Immediately, a GoFundMe page was created for the Lambda Chapter of Phi Rho to help decorate and furnish our beloved new sorority suite. With the outreach of email, Facebook notifications, and social media, we were able to raise a total of \$1,195.00. Within this past semester, a new seating area was purchased in order to maximize quality bonding, surrounded by countless frames containing pictures that demonstrate the sisterhood of Phi Sigma Rho. Sisters were even enlisted to build all of the new pieces! As evident in the décor of our sorority suite, we cherish the four years we have here to learn together and the lifetime to grow together. ▲





Active Spotlight:

Sister Accomplishment

Marlee Fruto

Cal Poly Pomona - Psi

This summer, Marlee went out of her way to participate in another campus, UCI, Global Medical Bridges (GMB) chapter to pursue the opportunity to travel Panama City and provide under-resourced communities free health care. She sacrificed a week out of her current internships and obligations to give back to the community in Panama City.

Global Medical Bridges mission is:

"To empower volunteers and under-resourced communities to resolve global health and economic disparities and inspire all involved to collaboratively work towards an equal world"

(If you would like more information on GMB, go to www.globalbrigades.org/mission-vision-new)

Marlee Fruto had to overcome the obstacle of raising \$1700 to fund her trip to Panama City, and she achieved it! In addition to all the amazing volunteer work she did in Panama City, Marlee will be starting a GMB chapter on the Cal Poly Campus. She will also be the president for the Psi chapter.

Marlee's trip has inspired many individuals and truly has shown her commitment to strive for a better world. ▲



Alumnae Spotlight:

Volunteer

Jenna Daghestani

Toledo - Delta

Major: B.S. in Bioengineering (graduated 2015), M.S. in Systems Engineering (graduating 2019)

Current Job: Biomedical Testing/Validation Engineer

Volunteer Work: Director of Leadership, Foundation Volunteer (#MotivationMonday posts). I also get to have

a co-op report to me after one year of working, which seems pretty cool to me! In addition, I recently held an outreach event for the Parkinsons Disease Community through work, and everyone who attended had a great time.

Favorite Phi Sigma Rho Moment: When my Big flew in to Ohio from Texas to surprise me at my final Phi Rho banquet as an Active. It felt so full circle, my Big being the one to welcome me into Phi Rho when I was initiated, and then there to welcome me into Alumnae-hood. It is a moment I will always cherish and look back on fondly.

Something people might not know about you: I play competitive pinball!! I am currently ranked 7078th in the world (491st among women!). I love that the game is 90% skill and 10% luck. I also go fly fishing with my dad in the river, waders and all.

Best piece of advice you've ever received: When something is bugging you, you can complain about it twice, but then you either do something about it or drop it. This makes sure you are proactive about what is bothering you, so that it doesn't fester.

Your happy place: My happy place is on the beach, with a good book. I am never calmer and more content than by the ocean! The sand, the sun, the fishing!

Item you can't live without: My cats, Boo and Gracie! I adopted Boo last summer, little did I know I was also adopting her 4 soon-to-be born kittens! Gracie was the kitten we kept, and I adopted the remaining to my friends. They are my favorite furry friends, there when I need a hug or a laugh (and my Phi Rho sisters haven't gotten my text yet).

How do you motivate others? When trying to motivate others, I put myself in the person's shoes and try to understand what motivates them. When you understand their motivation, you can find ways to make what you are trying to convey appealing to them. ▲





Gateway to Leadership

Phi Sigma Rho National Convention
July 14–15, 2017 Saint Louis, MO

**Join Your Sisters
at Convention 2017
in Saint Louis!**

Sisters Who Serve

Becky Riley

Youngstown State - Alpha Alpha

Major: Mechanical Engineering/
Mathematics

Current Job: Staff
Commissioning Engineer with
Burns & McDonnell

Where You Serve: US Navy
Reserve Civil Engineer Corps as
part of Amphibious Construction
Battalion 2 in Little Creek, VA

Favorite Phi Sigma Rho

Moment: When I received word in April 2012 that the women of Phi Sigma Chi at Youngstown State University were officially going to become a chapter and sisters of Phi Sigma Rho and that I, as an alumna, would have the opportunity to become a sister as well. Knowing that the goal of becoming a sister of Phi Sigma Rho, started close to 8 years before my initiation, was actually going to happen. There are no words. It was all because of the hard work and dedication of the women of the (now) Alpha Alpha chapter. I am so proud of those women and honored to be representing the Alpha Alpha chapter. It is truly amazing how much they have done. A close second would be my actual initiation with the women of UCSD's Chi Chapter. It was an incredible experience that really brought home that

we are all sisters, regardless of where we went to school or what we do after graduation.

Favorite Quote or Motto: Out of Chaos, Brilliant Stars are Born. I don't remember where I heard it, but it is a reminder to me that anything worth having or achieving is not going to come easily or neatly. It is going to be messy, require hard work, and be worth every second of it.

Something people might not know about you: My first job when I was in high school was as a radio DJ for a local AM radio station. I was a polka music DJ for 4 years.

What is a project or accomplishment that you consider to be the most significant in your career? This is tough because in some ways I have multiple careers. In my civilian job I look to 2 as being significant for me: The first was a design project for the Mayo Clinic in Jacksonville, FL. I was the lead mechanical designer for a sleep center they built. I took that project from discussion to occupancy to LEED certification. The second is a data center in Utah for which I was on the commissioning team. It was the project that



confirmed to me that I want to be a Commissioning Engineer and not do design work full time. In my military career, it is simply watching people I have mentored succeed at what they do.

What is the title of the last book you read and are there any messages you can share from it? More Than a Uniform: A Navy Woman in a Navy Man's World by Winifred Quick Collins. The biggest message that I and everyone to whom I try to recommend the book is that you do NOT have to be or look like a man to be successful.

How do you balance a career with motherhood? You make the choice that is right for you and for your family and that choice isn't always having a career in the traditional sense. You do what you need to do to have a healthy and happy family and self. People won't always agree with your choices but if they are what is right for you, then that is the right choice.

Vanessa Penner Hanus

Case Western - Omicron

Major: Civil Engineering/
Sociology

Current Job: Civil Engineer

Where You Serve: I served in the Army at Fort Stewart, GA. I was Commissioned as an Ordnance Officer from ROTC after graduating college and served for six years.

When have you been most satisfied in your life? I think this is a question people should reflect upon often. The answer for me is when I accomplished more than I (or others around me) thought I could. Particularly, when I took care of people while solving a problem. As engineers and scientists, we strive to identify and solve problems on a daily basis. However, as an Army officer, I not only had the pleasure of solving problems but also taking care of Soldiers. Ultimately, I chose to leave the Army for a career in civil engineering; however, I certainly have felt most satisfied when my mind was fully and analytically engaged in what I believed was a fruitful cause.

Who is your role model and why? While very cliché, my role model has always been my mother. She epitomized a disciplined, God-fearing, and loving woman completely devoted to her family's success. My parents could not give their children much financial support, as they chose to have nine children. However, my mother put her career goals on hold to home educate her children. In addition, due to her economical living and various part time jobs she managed to afford private

music lessons and tutors for her children. She gave each one of her children the ability to pursue higher educations and better career opportunities then she and my father had. To her credit, she also went back to school after her youngest was in high school and earned her License in Practical Nursing. Three of her children are nurses or nurse practitioners.

How do you define success and how do you measure it? Success is living life to the fullest. When I feel like I can't do any more, that's when I feel successful. For me, success is fleeting. What I accomplished in college is not a challenge now. What I did in the Service is behind me. I'm proud of my Service, but I must move forward and find new ways of serving my community and country. Therefore, constantly striving to find new ways to learn, grow and serve are vital to my personal success. Success should be like the pursuit of knowledge: insatiable.

How do you handle criticism? Criticism can be very useful. I like to imagine that criticism directed at me is motivation to better myself. I shrug off the obvious ill-intent or ill-feelings and try to benefit from the criticism. People are like a mirror. Sometimes, we don't like what we see in the mirror, and we must keep in mind that a mirror never shows the whole truth. However, if the mirror tells us that we could lose ten pounds, and the doctor agrees, then feeling hurt isn't going to help lose the ten pounds. Throughout my career in the Army, I have



dealt with criticism, sometimes it was fairly dealt and sometimes it was really "the other guy's fault". The key to benefiting from criticism is to understand one's personal stake in the situation and assess and implement how to do better.

How do you balance a career with motherhood? I have a two year old and am due this February with our second child. My husband is still in the Army and is serving a one year tour in Korea until next summer. My days are filled with construction and my nights and weekends are full of alphabets and play dates; but I wouldn't want it any other way. Prayer is a daily exercise which I use to turn my focus on others rather than my personal struggles. As many careerist mothers can attest to, balancing a career with motherhood takes organization, consistency and sacrifice. I finished my master's degree in the spring and desired to go back to school this fall. With my present situation, this was not viable. Instead, I spend my little free time working on our entrepreneurial goals and continue to pursue civil engineering and project management credentials until I can pursue my doctorate degree. ▲



Letter from the *Foundation President*

Thank you volunteers and thank you donors. Without you, our organizations cannot exist. For some time, I've had the opportunity to be a part of something great... the continued evolution of a Phi Sigma Rho Sister! Whether I am a workshop facilitator, mentor, donor, or an officer, the opportunity always presents itself... "What is it that I can contribute to help a fellow

Sister?" Reminiscing on my 12 years in elementary education after several years as an industrial engineer, I instinctively hope that preparing and presenting engaging lessons will at some point reward me with a former student being initiated as a Phi Rho one day!

I would love to hold the Phi Rho Cheerleader role forever! As an engineer, as a female engineer, who wouldn't benefit from a cheerleader in their corner? What is your role? How do you encourage your fellow Sisters? Not sure?

I hear there are big plans for our 2017 National Convention! Be sure to read the monthly Digests for news on upcoming programming and events. Foundation donations significantly help fund LEAP (Leadership, Education, and Programming) and scholarships. Visit the Sorority and Foundation websites, become a part of the Sorority and Foundation Facebook groups, reconnect with your alma mater and/or local chapter to see what's going on! It's never too late to get involved!

This coming year, the Foundation has many opportunities to continue our support of both active and alumnae members. **Our goals for 2016 included:**

- **Supporting LEAP seminars** at Leadership Conference taking place at Purdue University;
- Awarding three **\$1,000** scholarships to women who exemplify what it means to be a sister of Phi Sigma Rho. We also want to ensure we will reach young women for years to come by working toward endowing our scholarships;
- Continuing to support individual chapters as we continue our **national philanthropic efforts for leukemia and lymphoma awareness**;
- Expanding the number of women we reach through **professional and leadership programming**.

Christine Jackson

*Purdue - Alpha
President, Phi Sigma Rho Foundation*



Meet the Foundation Board of Directors

The Board of Directors is comprised of nine directors who work to achieve the mission and vision of the Phi Sigma Rho Foundation.



Christine Jackson
President

Christine Jackson is an Alpha class member of the Purdue - Alpha chapter. She is currently 1st grade teacher. She has worked in various Industrial Engineering positions with UPS, Kraft General Foods, and The Quaker Oats Company. For several years, Christine was also the Manager of Training for the Tooling & Manufacturing Association.



Amara Bojrab
Vice President of Development

After graduating from Purdue University in May 2012 with a Bachelor's in Agricultural and Biological Engineering, Amara started her career with Louis Dreyfus Commodities. After two years in a rotational program at three different sites, she entered her current role as an Operations Shift Supervisor at their Claypool, Indiana biodiesel facility. While an active she served as VP of Finance, VP of Internal affairs, Advisory Board, and Associate Member Educator. After graduating, Amara served as the Scholarship Chair for the Phi Sigma Rho Foundation.



Dominique Fantasia
Vice President of Programming

Dominique was initiated into the Penn State - Lambda chapter in spring 2007. As an active sister, Dominique served as Recruitment Chair, Membership Educator, and Alumnae Chair. In her spare time,

she enjoys being outdoors and being active.



Janelle Becker
Vice President of Publicity

Janelle was part of the Beta Alpha class at the Ohio State - Beta chapter. As an active, Janelle served the Beta chapter as New Member Educator, Vice President of Housing Affairs, Vice President of Standards, and President. In her spare time, she enjoys photography, scrapbooking, watching sports, and being outdoors. Janelle graduated from The Ohio State University with a Bachelor of Science in Materials Science and Engineering.



Rebecca Schmidt
Vice President of Strategy

Becky is a member of the Cincinnati - Alpha Beta chapter. She served as the Vice President of Administration, Director of Scholarship, and President. Becky graduated in 2015 with a bachelor's degree in Chemical Engineering and an MBA, and is in the Commercial Development Program at Dow Chemical in Midland, Michigan. In her free time, she loves to travel, ski, and fuse glass into plates and penguin ornaments.



Kathryn Shrock
Vice President of Donor Engagement

Kathryn was initiated into the Purdue - Alpha chapter of Phi Sigma Rho as a member of the Alpha Gamma class in March 2007. She served as Director of Scholastic Development

of the Alpha chapter. She joined the PSR Foundation Board in July 2015 as the VP of Donor Engagement.



Lacey Chavez
Treasurer

Lacey was initiated to the Arkansas - Kappa chapter in 2002 as part of the Alpha class. While an active served as both social chair and service chair. She served as chair of the Arkansas Alumnae Association. She also served as an RFD. She is currently the Alumnae advisor to the Kappa Chapter. She graduated with a Bachelor's of Science in Accounting from the University of Arkansas at Little Rock. During her time there she helped establish the UALR Accounting Society and served as President, Vice-President, and Secretary.



Teresa Phillips
National President

Teresa Phillips, is an alumna of the Connecticut - Theta chapter where she graduated with a BS in Resource Economics. She previously served as President, Director and Ex-Officio of the Phi Sigma Rho Foundation as well as numerous roles within the Sorority including Vice President of Collegiate Affairs on the 12th National Council and Regional Field Director. In her free time, she also volunteers as a Lean IN Circle Leader and enjoys exploring St. Louis, MO. ▲

2016 Scholarship Winners

Merit Scholarship

Rachel Rosenzweig, Washington - Mu

"Thank you so much Phi Sigma Rho Foundation for selecting me as the recipient of the 2016 Merit Scholarship. I am beyond grateful for this honor and support as I pursue my Ph.D. in Materials Science and Engineering at the University of California, Irvine (UCI). Joining the sorority my first quarter of my freshman year at the University of Washington (UW) was the best decision of my undergraduate career as my chapter helped me become a stronger leader and scholar. My best memories from Phi Rho were serving as the 2014 PSR Leadership Conference Intern and Mu Chapter President, forming the STEM Outreach Committee, and attending chapter socials, intramurals, and retreats where I got to learn more about and be inspired by my sisters! After graduating from the UW Mu Chapter, I now serve as the Alumna Advisor for UCI Pi Chapter. Thank you again to the Phi Sigma Rho Foundation, UW Mu Chapter, and UCI Pi Chapter for your endless friendship, scholarship, and encouragement!"



Leadership Scholarship

Mary Turner, Florida - Tau

"Receiving the Phi Sigma Rho Foundation's Leadership Scholarship is such an honor. The Phi Sigma Rho sisterhood at the University of Florida was the first family I found in college and it is thanks to the leadership opportunities and encouragement it has provided me that have allowed me to become the strong leader I am today. I strive to serve my community alongside my sisters and pave the path for ourselves and all of the women in the STEM field who will come after us through the virtues of Phi Sigma Rho. I would like to thank the Phi Sigma Rho Foundation, all of the scholarship donors, the sisters of the Tau chapter, and Veronica Aiu and Erin Magliozzi for their letters of support that helped me to receive this accord. Again, I am so grateful to have been selected to receive this scholarship. The financial burden of college is great and this will truly aid in my upcoming year and allow me to focus on finding what specialty of Environmental Engineering I wish to pursue in the future."



Sarah Rogers McClure Memorial Scholarship

Talya Mandelkern, Connecticut - Theta

"I am honored to receive the Sarah Rogers McClure Memorial Scholarship for 2016. This scholarship will help to cover my tuition costs at University of Pittsburgh School of Medicine as a first year student. My mother's battle with cancer and its deep impact on my family encouraged me to pursue a career in medicine. I am extremely grateful for the opportunity to learn to become a physician and to eventually provide others with the medical and personal care they require during vulnerable times. My sisters at Phi Sigma Rho Theta chapter have encouraged and motivated me through both my time as an active sister and as an alumna. I am tremendously appreciative for the support and love I have received through my chapter and the whole Phi Sigma Rho community." ▲



Light the Night *with the Phi Sigma Rho Foundation*

Last year, the Foundation had the honor of uniting Phi Sigma Rho in a philanthropic campaign for the Leukemia and Lymphoma Society. In our first year, we were amazed by the work of Phi Rhos across the nation in raising over \$20,000, smashing the original goal of \$10,000. Many sisters participated in *Light the Night* walks, while others held their own events, like Phi Rho Your Boat, Run Run Rudolph 5K, and Lego Wars. Your creativity in supporting the philanthropy has blown us away and we could not be more proud of your accomplishments!

We were happy to announce the team and individual winners for the first Phi Sigma Rho Foundation *Light the Night* Campaign this year at the National Leadership Conference!

1st Place Fundraising Chapter
Michigan - Eta

2nd Place Fundraising Chapter
Vanderbilt - Alpha Eta

3rd Place Fundraising Chapter
Arkansas - Kappa

Top Individual Fundraiser
Elise Shanholtz

We were also excited to award participating chapters and groups with special fundraising designations of Platinum, Gold, Silver, and Bronze. The different levels represent the group's share in the total amount raised for the Leukemia and Lymphoma Society.

Platinum
Michigan - Eta

Gold
Vanderbilt - Alpha Eta

Silver
Arkansas - Kappa
Purdue - Alpha
Pittsburgh - Zeta
Ohio State - Beta
Toledo - Delta
Cincinnati - Alpha Beta
Connecticut - Theta

Bronze
Florida - Tau
Case Western - Omicron
UCSD - Chi
Oregon State - Sigma
Kentucky - Epsilon
Missouri S&T - Rho
Houston - Upsilon
Cal Poly Pomona - Psi
Arizona - Alpha Kappa
Youngstown State - Alpha Alpha

We would also like to recognize the alumnae groups who participated from Wisconsin, Southern California, and Central Ohio. Your support means so much as we continue to develop new philanthropic opportunities to all sisters of Phi Sigma Rho.

Thanks to all actives and alumnae that participated in the 2015-2016 campaign for the Leukemia and Lymphoma Society! We are excited to see just what we can achieve in the 2016-2017 campaign this fall! If you haven't already, form your teams and plan your philanthropic efforts and walk dates to help reach our new \$20,000 goal! Whether you join a *Light the Night* walk, host a walk, or create your own event, we are excited to see what you do for leukemia and lymphoma awareness this year!

Follow Phi Sigma Rho's philanthropic efforts for the Leukemia and Lymphoma Society by visiting our **team page!** Any questions about the *Light the Night* campaign should be directed to **Lexi Heironimus**. ▲



Fall 2016



Thank You Donors!

2016 Annual Donors

Based on monetary donations as of 9/1/2016

Sigmand Club

(\$50)

Marcie Aydelotte

Key Club

(\$100)

Janelle Becker
Erika Bustos
Dominique Fantasia
Christopher Given
Elizabeth Greco
Jennie Womble
Laura Kiely
Lisa Saba
Lorraine Jo Potter
Lynne Shigley
Margaret Walsh
Mary Beth White
Michelle Cornell
Norris Blake
Rebecca Riley
Wenda Ostrem

Pyramid Club

(\$250)

Pearl Club

(\$500)

Amara Bojrab

Rising Sun Club

(\$1,000)

1984 Club

(\$1,984)

Charlene Yauch

Loyalty Club

(\$2,500)

Jennifer Roach

Prosperity Club

(\$5,000)

Star Club

(\$10,000)

Lifetime Donors

Based on monetary donations as of 9/1/2016

Encouragement Society

(\$1,000)

Amanda Brown
Amy Mazzanti
Erika Bustos
Hillary Elmer
Kat Wenger
Katherine Shesko
Margaret Allen
Mona Kim
Rachel Chicchi
Rebecca Trudeau
Sara DaSilva
Sarah Fisk
Teresa Phillips

Friendship Society

(\$2,500)

Allison Lenhoff
Christine Jackson
Janet Reyna
Leanne Price
Nicolette Yovanof
Carol, Robert, and David Rogers

Scholarship Society

(\$5,000)

Heather Lazar
Lara Day
Jennifer Roach

Visionary Society

(\$10,000)

Elana Chapman
Charlene Yauch

Influencer Society

(\$25,000)

Help Build the Future

Participate in the nomination process for the 2017-2019 National Council and 2017-2021 Foundation Board of Directors

OVERVIEW OF THE NOMINATION PROCESS

As stated in the Phi Sigma Rho Constitution, Bylaws and Policies, National Convention will elect a National Council at each regular convening of the National Convention. These women will lead Phi Sigma Rho for the following two years. The Nominating Committee invites you to nominate sisters to serve on the 2017-2019 National Council. From these nominations, the committee will prepare a slate of candidates to be voted on during National Convention in July 2017.

WHAT IS NATIONAL COUNCIL?

National Council is the governing body of the Sorority. The elected members of Council are the National President and eight Vice Presidents: Vice President of Standards; Vice President of Communications; Vice President of Finance; Vice President of Collegiate Affairs; Vice President of Alumnae Affairs; Vice President of Expansion; Vice President of Programming; and Vice President of Membership.

WHAT ARE THE DUTIES OF NATIONAL COUNCIL?

National Council members are volunteers who provide the direction and strategies for our

Sorority to pursue its vision and mission. As the governing body of the Sorority, National Council represents and acts for the Sorority in all matters in the interim between National Convention meetings. The National President also serves as a Phi Sigma Rho Foundation Director.

WHO IS ELIGIBLE TO SERVE ON NATIONAL COUNCIL?

Any Phi Rho active (dues-paying) alumna is eligible to serve on National Council. Candidates are prepared for Council service through Phi Rho volunteer positions and other leadership/professional experiences, all of which are considered by the Nominating Committee in crafting the slate.

WHAT ABOUT THE FOUNDATION BOARD OF DIRECTORS?

Though National Convention does not elect the Foundation Board of Directors, the Nominating Committee also prepares the slate for the Foundation board. The process and time line used to develop the slate is very similar to those used for National Council. In particular, the committee solicits and accepts nominations from Phi Rho active alumnae who are interested

in serving on the board. The Nominating Committee reviews the information gathered and interviews candidates. It prepares the slate and presents it to the current Foundation Board of Directors for approval. Four Directors will be elected by the current board to serve a 4-year term. All Directors of the Foundation are also officers. A Director's corresponding 2-year officer role will be determined by board vote after election of the new Directors. The officer roles are: President; Vice President of Development; Vice President of Strategy; Vice President of Programming; Vice President of Publicity; Vice President of Donor Engagement; Secretary; and Treasurer.

WHO SERVES ON THE NOMINATING COMMITTEE? HOW ARE THEY CHOSEN?

Per the Constitution, Bylaws and Policies, the Nominating Committee Chair is the National Council Advisor and she directs the work of the committee. A member of the Foundation Board of Directors and the National Council Active Advisor also serve on the committee by virtue of their position. Four additional alumnae members are elected through an application process. Two are "alumnae" members who have exhibited an interest in serving the best interests of Phi Rho by demonstrating leadership and who have experience in service to Phi Rho. Two are "skill set" members who have previous nominating experience and/or hiring and interviewing experience in a business setting.

continued on page 24

HOW DOES THE NOMINATING COMMITTEE WORK?

In the months leading up to Convention, the Nominating Committee Chair solicits nominations from Phi Rho alumnae who are interested in serving on National Council or on the Foundation Board of Directors. Upon acceptance of a nomination, the Chair will solicit a platform and letter of recommendation from each candidate. The committee will then meet to review the platforms and letters and to interview candidates. After evaluating the qualifications, skills and strengths of the candidates and assessing the composition of the potential Council and Board teams, the committee submits the Council slate to National Convention and the Board slate to the current Foundation Board of Directors.

HOW DO I NOMINATE MYSELF OR A FELLOW SISTER FOR NATIONAL COUNCIL OR FOUNDATION BOARD OF DIRECTORS SERVICE?

If you are interested in being a candidate or nominating another sister as a candidate for either leadership board, please visit phisigmarho.org/nominations after January 1, 2017 for the nomination form. Nominations are due February 15, 2017.

FOR MORE INFORMATION

To learn more about the process, please visit phisigmarho.org/nominations or email Nominating Committee Chair Allison Lenhoff (Michigan-Eta) at NCAdvisor@phisigmarho.org. ▲

PSR in Social Media Check out YOUR future posts to be featured in the Spring



phisigmarho_natl Fall Rush is almost upon us! Why should you rush Phi Sigma Rho? Check out #rushphirho for many reasons why! [📷 @littlekaraward]

Add a comment...



phisigmarho_natl The @phirhobruins are always representing! The letters look great! Thanks for sharing. #lovemylettersPSR alexfischer7 @kelli_erinn THESE OMG harnesada Awww this is a super adorable photo! hayleequarles @kelli_erinn I second that

Add a comment...

phirhobruins

*Magazine Content
Submission Deadlines*

Spring Issue: March 1ST

Fall Issue: September 1ST

some of **OUR** social media posts from the past year and tag us in your 2017 issue of The Key!

Phi Sigma Rho National Sorority
February 11 · 🌐

Phi Sigma Rho has recently expanded! Congratulations to the ladies at Boise State University who officially became a colony of Phi Sigma Rho on January 30! As a colony, these ladies will be starting the process of becoming a full-fledged, PSR chapter.



👍 Like 💬 Comment

Phi Sigma Rho National Sorority
July 17 · 🌐

Conference 2016 was a success! All of our sisters who attended were able to socialize and connect with sisters from other chapters all across the US, learn about sisterhood and sorority organization, and develop as leaders. We can't wait until Convention 2017 and hope to see you there!



👍 Like 💬 Comment



PhiSigmaRhoSorority @PhiSigmaRhoNATL · May 4

Our Executive Director has been busy visiting SoCal chapters. Read more about Colleen's avg day in The Key!



👍 Like 💬 Comment ❤️ 2 ⋮



PhiSigmaRhoSorority @PhiSigmaRhoNATL · Aug 18

Curious to see which schools we're at? - check out our chapters map [\[goo.gl/Bv8X35\]](http://goo.gl/Bv8X35)!



👍 Like 💬 Comment ❤️ 2 ⋮

PSR National Sorority Links

PSR Foundation Links



Voluntary **Alumnae Dues**

Phi Sigma Rho was founded on the ideals of sisterhood, friendship, scholarship, and encouragement. We are all lifelong members of the sisterhood. As we continue to benefit from the bond we share and the network we have, we need to continue to support it. One way to continue to support the Sorority is by paying voluntary alumnae dues.

Our Sorority is working hard to actively engage the alumnae members. There is now more alumnae programming than ever before with the monthly webinars. The Sorority has been working closely with the Foundation to organize local alumnae socials to reinforce old Phi Rho friendships and to create new ones.

As an alumnae, you can pay dues online or at the national meetings each July. The form for Alumnae Dues is available at phisigmarho.org/form/pay-my-voluntary-alumnae-dues. If you have any questions or comments related to dues or alumnae affairs in general, please contact Jennifer Lee at vpofalumnaeaffairs@phisigmarho.org. Thank you for considering making a contribution!

