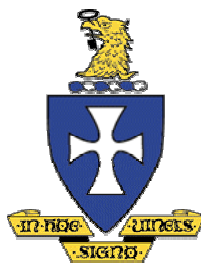


Capital City Constantine



President's Report

Bob Grabowski – KP '01

I have recently had the privilege of wearing more than one Sigma Chi hat, as many brothers often do within our fraternity. I currently serve as the President of the Capital City Alumni Chapter and the Vice-President of the Kappa Rho Chapter's Housing Corporation – the Sigma Chi Rho Housing Trust, Inc. Both jobs have kept me extraordinarily busy, with the beginning of the 2004-2005 Alumni Chapter year and Kappa Rho's 5-Year Anniversary on October 9, 2004. And though at times, things may be a stressful, I cannot help to think back to a quote I heard during my undergraduate days: "You get out of Sigma Chi what you put in."

I have run into some frustrating times recently while trying to recruit guys for both the alumni chapter as well as the 5-Year Anniversary. Why are guys not calling me back? What happened to the passion that some of these guys had as undergraduates? Don't these guys still love Sigma Chi? Then I realized, **you get out of Sigma Chi what you put in.** It is not a matter of brothers not loving Sigma Chi or not having the passion. I have chosen to be a very active alumnus for many reasons. Other brothers have chosen not to be as active for many reasons. I cannot hold

this fact against these guys. I cannot force these guys to become more active. And even if I could, would that accomplish the goal? Benjamin Piatt Runkle once told the leaders of DKE "I did not join this fraternity to be anyone's tool!" This principal lives in each Sigma Chi, regardless of their age.

As my frustration subsided, I realized that instead of worrying about brothers who

**"I did not join
this fraternity
to be anyone's
tool!"**

**Benjamin Piatt
Runkle**

are not as active, I should simply enjoy the time and dedication of those brothers around me who have helped make the Capital City Alumni Chapter and the Sigma Chi Rho Housing Trust what they are today.

To these brothers, I would like to extend my thanks for all of your hard work and dedication. I would like to extend a special thanks to George Schaubhut, JP Paluskiewicz, Brad McCormick, James Ormerod, Rob Farrow, Brian Kaveney and Ryan Harmon. Without their dedication, our alumni chapter would have gone belly-up last April.

I would also like to say thank you to Brother Stephen Nesspor. He is the current President of Kappa Rho's Housing Corporation, a truly thankless job. It is perceived that the only way he will do a good job at his position is by obtaining a house for the undergraduates. This is truly unfortunate because he has spent many hours of his own personal time working on housing corp issues and organizing the 5-Year Anniversary Banquet. He has faced some criticism and much resistance while organizing the event. However, his commitment has not wavered and he is doing a truly magnificent job.

I am looking forward to the next several months. As usual the Sigma Chi calendar is beginning to fill up. Between meetings, the 5-Year Anniversary, happy hours

Continued on page 7

Inside this issue:

<i>President's Report</i>	<i>Page 1</i>
<i>Welcome Back</i>	<i>Page 2</i>
<i>Kappa Rho 5-Year</i>	<i>Page 3</i>
<i>The Place I Call Home</i>	<i>Page 4</i>
<i>Upcoming Events</i>	<i>Page 4</i>
<i>History of Capital City</i>	<i>Page 5</i>
<i>Summer 2004</i>	<i>Page 6</i>
<i>My Favorite Founder</i>	<i>Page 7</i>
<i>Join Capital City!</i>	<i>Page 8</i>
<i>An Important Event</i>	<i>Page 9</i>



Every day you may make progress. Every step may be fruitful. Yet there will stretch out before you an ever-lengthening, ever-ascending, ever-improving path. You know you will never get to the end of the journey. But this, so far from discouraging, only adds to the joy and glory of the climb.

- Winston Churchill

Welcome Back

by George Schaubhut

And the dawn of a new day has fallen upon us again as the start of the 2004-2005 School Year draws open the curtain on a new year for the Iota Xi (George Mason) and Kappa Rho (American) undergraduate chapters as well the Capital City Alumni Chapter. Since last you heard from us we have had several informal get-togethers, a well attended first meeting of the year and the next classes of potential Sigma Chis are just starting to get to know each other.

As the Winston Churchill quote and our Sigma Chi teachings remind us we are on a journey. That journey is never ending because there is always something to strive for. Along the way, we experience our greatest joys and sorrows. It is with members of Sigma Chi that I have shared and continue to share many of those experiences as have all of you.

You all realize that those experiences will happen whether you are a member of Capital City or not. What we have to offer is what the undergraduate Sigma Chi experience offered – something more. Our support of the undergraduates, meetings, get-togethers and events, though often not ritualistic, are a reminder of the strong bond we continue to share and the place that Sigma Chi will always hold in our hearts.

We strive to provide alumni support financially and in terms of presence to the local undergraduate chapters. Your support, in whatever form it may come, is crucial to our ability to provide that support. We are going to do what we can with what we have and through our efforts try to grow. Our goal is to take small steps to provide positive returns. The greater our human and financial capital grow to be, the greater our steps and the greater the returns.

Sigma Chi is a lifelong journey and one which a group of young men are just beginning. As we work to get them off on the right foot, continue your own journey by joining the Capital City Alumni Chapter.



The Capital City Alumni Chapter Wants You!

We are currently looking to fill the position of Chapter Editor. If you would like to get involved, please contact any officer on the executive committee.

It's Coming... October 15

Turn to page 6 for more information...



Event Information:

When: October 9, 2004

Where: Crystal Gateway Marriott,
Crystal City, VA

Time: 7:00 pm – Midnight

*For more information please contact
Steve Nesspor or Bob Grabowski at
703-920-9280*

Kappa Rho 5 Year Anniversary

by Steve Nesspor

Five years ago, the petitioning local chapter of Sigma Chi Rho formally became the Kappa Rho Chapter of Sigma Chi. On October 9, 2004, alumni and undergraduate members of Kappa Rho will celebrate their 5-year anniversary at the Crystal Gateway Marriott in Crystal City, VA. The event is a semi-formal event and alumni/sweethearts are coming from all over the country to attend the event.

The event will kick off at 6:00 pm with a special reception for brothers who have donated \$500 to the Housing Corp. The banquet will begin at 7:00 pm where dinner will be followed by a small program and dancing.

If you are interested in attending, we would love to have you. You do not have to be a Kappa Rho alumni to attend, we are inviting all Sigma Chi's in the area to come out and help us celebrate! We have several price levels beginning at \$150 all the way up to \$500. Please contact me or Bob Grabowski at the number located to the left for more information.

If you would like to pay your yearly dues (\$25) or make a donation to the housing corp, you can use paypal (sigrhohousing2000@yahoo.com) or mail a check made out to the **Sigma Chi Rho Housing Trust, Inc.** to 1920 Columbia Pike, Apt. 13, Arlington, VA 22204.

THIS IS IT

THE SIGMA CHI FRATERNITY

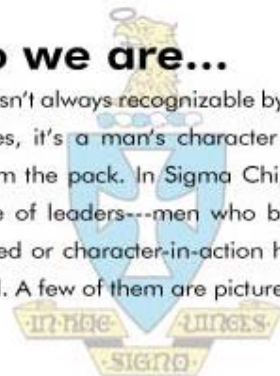
150th ANNIVERSARY CELEBRATION

June 24-25, 2005

Please join Sigma Chi as it celebrates 150 years of tradition and brotherhood. A year-long celebration of events will culminate with a two-day, once-in-a-lifetime bash on June 24-25, 2005 in Cincinnati, Ohio. This will be an event for Sigma Chi members, their families and potential members.

Who we are...

A leader isn't always recognizable by face or fame. Sometimes, it's a man's character that sets him apart from the pack. In Sigma Chi, we have our fair share of leaders---men who by accomplishment, deed or character-in-action have impacted our world. A few of them are pictured here.



See <http://www.sigmachi.org/150> for more information

The Place I Call Home

By Ryan Harmon

I was asked, several years ago, to define the term homeless. I provided a Webster's dictionary response since I had no personal experiences with the subject. Today, I find myself pondering the same question. Yet, unlike the past, I unfortunately have a life experience from which to form my response. Last month, the Executive Committee elected to suspend the charter of the Alpha Nu Chapter of Sigma Chi for violating several policies of the General Fraternity. This action has left me homeless.

To me, home is a place where one shares his meals, daily experiences, concerns and support. Alpha Nu provided me with this experience at Charter Dinner – the attendance majority meal before each chapter meeting. During this period, some eighty to one hundred brothers would devour the meals prepared by the chef while jesting about the day. Formal protocol was followed with the Consul calling us into the room and requesting that we remain standing to recite the grace. Occasionally, formal protocol would be broken to allow sororities to enter and announce date dashes, charitable events, or campaign for student elections. Of course, our brothers also discovered other means of entertainment.

Periodic Animal House style food fights were effective ways to release academic stress, yet Mr. Freeman, our housefather, always ensured that the fights were executed outside of the house. Then there were the elective poolings. Poolings is defined as the process by which an active was creativity relocated into the house's pool. Normally, this event was to highlight a brother's "meritorious" achievement. I can remember one event in which an announcement was made to the chapter that a brother had just proposed by giving a drop to his girlfriend. The active responded that he had in fact given his girlfriend a drop, but did not understand that meant that he had proposed to her. His lack of knowledge earned him a trip to the pool. Guaranteed that once initiated you would not graduate college until you made at least one trip into the pool. You could call it a right of passage.

Then there was chapter dinner before Halloween where members of the chapter carved jack o lantern football helmets. Once completed, we commenced to arm ourselves with candy and run throughout west campus dispensing festive fun. November brought us a formal Thanksgiving dinner complete with roasted turkeys, mashed potatoes, corn, rolls, and several pies. The end of a semester brought with it a last meal for the graduating seniors. For them it would be a final meal with their pledge brothers and a period to remember their first.

Our meals nourished the chapter and possibly that was the reason why alumni returned every semester to dine again with the chapter. To relive tales of times past, to remind Mr. Freeman of our undergraduate transgressions, to evaluate the status of the house, to rekindle the spirit, which every the reason they returned home.

Until the Consul of Alpha Nu calls us again to recite grace, these are few of my cherished memories of a home now lost.



Upcoming Events

10/9/04 – Kappa Rho 5 Year Anniversary Banquet @ Crystal Gateway Marriott – 7:00 pm

10/13/04 – Capital City Monthly Meeting @ RFD's in Chinatown – 6:30 pm

10/24/03 – Army Ten Miler

10/31/04 – Marine Corps Marathon

11/7/04 – Capital City NFL Ticket @ Clarendon Grille – 1:00 pm

11/10/04 – Capital City Monthly Meeting @ Chadwick's of Georgetown – 6:30 pm

12/4/2004 – Kappa Rho Initiation @ TBD

12/8/2004 – Capital City Executive Committee Meeting @ Hooters in Chinatown – 6:30 pm.

12/15/04 – Capital City Holiday Party @ Chadwick's of Georgetown – 7:00 pm -10:00 pm

1/12/05 – Capital City Monthly Meeting @ Biddy Mulligans – 1500 New Hampshire Ave., NW – 6:30 pm

2/9/05 – Capital City Monthly Meeting @ Chadwick's of Georgetown – 6:30 pm

February 2005 – Eastern Province Brother's Day Workshop

3/9/05 – Capital City Monthly Meeting @ RFD's in Chinatown – 6:30 pm

4/13/05 – Capital City Monthly Meeting @ TBD – 6:30 pm (Elections)

It All Started October 11, 2001...

by James Paluskiewicz

Obviously it all started with an idea. It is hard to know how or when the idea first planted itself in the mind of Brother Nathan A. Neal, but I certainly remember when I first heard of it. It was the summer of 2001 and I was a newly initiated brother. Having pledged very late in my college career, I was much more focused on what my one semester, as a brother of Sigma Chi at American University (KP) would look like than I was at what my lifelong commitment would look like after graduation. I was on the steps of the old Wisconsin House, where I was living with a number of other brothers that summer, enjoying one of our many weekend BBQs when Brother Neal stopped by to say hello. I'll never forget the moment when he gathered a few of us outside and looked at Brother Mellen and me specifically and with a large smile and laugh proclaimed: "I've been working on something and I want you to be a part of it." I laughed back with nervous anticipation. I knew whatever Nathan had up his sleeve was going to mean work and with two jobs, Sigma Chi, graduation and the 'real world' over the horizon I was admittedly hesitant. However, I also knew that whatever it was, it would be fun and if Nathan thought it was necessary it would mean our labor would translate into a boost for Sigma Chi. Needless to say, I had been drafted - but my excitement showed that deep down I was eager to volunteer.

Honestly, I knew little about Alumni organizations in general in the overall makeup of Sigma Chi. I knew Washington, DC had an alumni organization and I had heard nothing but good things from the brothers who were able to attend their luncheon meetings. However, the stigma that existed was that it was an established group that the younger generation could not truly influence or impact given the schedule and monetary restraints of our initial (slave wage)

jobs.

Nathan saw that there was a missing component in the Washington, DC equation: an alumni chapter in tune with local undergraduate chapters geared towards young professional and those continuing their education in the area. The idea was to share our collective experience with the undergraduates in any way we could without worrying about having a huge financial obligation. Surly the undergraduates needed financial support, but having been in KP for only a short time, I realized the impact alumni could have just showing up at Chapter events. Outside of reinforcing the lifelong commitment of our membership it was just great to see guys who had recently



graduated. I believed deeply that such support was crucial for the success of undergraduate Chapters and knew that if we stayed true to that ideal, we could in fact have a profound impact on the local undergraduate community.

As the nation, and in particular, those of us in the nation's capital were taken aback by the events of September 11, 2001 the work on Capital City continued. Many others and I became convinced that this group would be needed now more than ever before to offer a solid base of support with familiar faces and trusted words of encouragement to the undergraduate brothers. On October 11, 2001 the first meeting of the Capital City Alumni Association was held in Friendship Heights and if I wasn't excited before, I was then. We had a clear mission: to aid

the local undergraduate brothers and gain recognition within Sigma Chi.

In record time our Alumni Association was granted Chapter status. As the current Treasurer I can report that our once fledgling association is now a stable Chapter with a yearly budget and appropriations process in place. Our account boasts the strength of our membership. While keeping our dues in line with our membership's ability (only \$25 a year since our inception) we have held numerous events for the local undergrads and sponsored Scholarship opportunities for local brothers. Through the ups and downs of establishing our Chapter we have never lost site of our original mission or the ideals we were founded upon. In fact, one of my favorite events that Capital City has become associated with has been to hold Peterson Preparation Workshops in an effort to see that every local Chapter is a Peterson Chapter. What better way to give advice on this process then through those who recently completed the process themselves? We may be young but we strive to turn the lessons still fresh in our minds to mentor the undergraduates. From our original 23 members, our Chapter has become home to over 75 past and current members in just 3 short years. Today we are striving to solidify our membership and add to our ranks.

As we grow it has become even more essential for us to remain committed to our original purpose. As we have strived to work with and complement the other DC area Alumni Groups our clear niche has become more important than ever. We still maintain our mission of providing a home for recent graduates where their experience and efforts will be translated into concrete benefits for local chapters.

Continued on page 7

Summer 2004

by James Ormerod

Another hot and sticky D.C. summer is gone, and Cap City and the rest of the capital are gearing up for the hustle and bustle of fall. Sigs on the Hill are gearing up for the fall's elections while Sigs in other areas of government and business scramble to get ready for the new fiscal year. So much to do, so little time. Panic begins to set in. Wait, it'll be ok. Breathe in....breathe out..... Let us reflect on the lazy days of summer through the eyes of some of our local alumni brothers. Lay back, have a beer, turn on the tube, and rejoice that the NFL season has finally started.

Summer equals beer league softball. The two go hand-in-hand like peanut butter and jelly, coffee and cigarettes, Nathan "Nasty" Neal and the Legion, and Granas and swear words. You can't have one without the other. As the summer began, Kappa Rho alum Brad Cheney decided to bring in the "big guns" of Brother George Schaubhut, Brother Dave Roberts, and I to bolster the lineup of the perennial Senate Softball League basement dwellers, Senator Clinton's Hill's Angels. Through an up-and-down season, the Angels battled and were rewarded with a playoff spot on the very last day of the season. Unfortunately, the Curse of the Red Sox followed Sox fans Schaubhut and Cheney as the Angels lost in the first round of the playoffs after being up four runs in the bottom of the sixth.

The same luck would follow Schaubhut and I as our AU alumni softball team was eliminated in the College Alumni Network tournament within the first two games. With a rag-tag team of AU graduates, we came, we sometimes conquered on the field, and we always were well represented at the bar. Thankfully, we sought comfort in the all-you-can eat and drink tents that surrounded the fields at Bolling AFB.

Perhaps the highlight (or low depending on your opinions) of the summer was Schaubhut and I, along with Kappa Rho alums Mitch Herckis and Jeff Petrich, participating in the World Adult Kickball Association Potomac Division. We discovered that kickball is not just for the third-graders of Miss Krabappel's class. Reliving our elementary school days of throwing and kicking red rubber balls as hard as we could at smaller people's heads, we rolled over the pink-uniformed team of Brothers Herckis and Petrich and all the way to the division semi-finals. However, kickball is less about victories on the field. We discovered how hundreds of D.C. twenty-somethings want to relive their wild days of college whether it is Pimps vs. Hoes games, a Halloween costume game, or making out in the corner of the bar with your girlfriend of the last 30 seconds.

We had a great summer. I hope you did too. Come out to the Cap City meetings or meet us at the happy hours. Even better, recruit some Sigs you meet to form a softball or kickball team. I know we'll try to recruit some of you and other D.C. Sigs that we see at the various summer sports leagues.



**Brothers Ormerod and Schaubhut
face off in a "lesser-mentioned"
summer activity**

Mark Your Calendars...

And Get Ready to Surf...

October 15

Turn to page 9 for more information...

My Favorite Founder

by Brian Kaveney

When I walked in to the Sigma Chi house for the first time I was greeted by one of the brothers, Stan Hadar, and he immediately made me feel at home. He walked me around and it seemed as if there was no one he did not know. With every brother we passed, you could tell he was respected. There were plenty of rushers that evening but he made it a point to show me around and not make me feel like I was number xyz of rush night. I will always remember his congenial disposition and the positive vibe he gave the house. This was one of the many things that sold me on Sigma Chi.



The ability to take a total stranger from out of the blue and make him feel welcome is a priceless asset. As Sigma Chi's, it is definitely something that sets us apart from other houses. Sure, you hear of other fraternity chapters here and there that are welcoming and make you feel at

home, but not on the scale of Sigma Chi. It is truly a common thread in every house we have.

This standard we have set as one of the best international fraternities can be attributed to all 7 of our founding brothers. But one founder in particular is my personal favorite - Franklin Howard Scobey. He is my favorite and the one brother I would try to emulate at all times. The ability to make people feel at home, lift their spirits and create a feeling that you have known them forever is powerful.

Benjamin Piatt Runkle had this to say about brother Scobey: "Without Frank Scobey I do not believe that Sigma Chi would have succeeded and endured. We had our disappointments, our months of gloom and times when it seemed that we had no chance of success. But Frank Scobey was never discouraged. Always looking on the more hopeful side, his very smile and cheerful words of encouragement gave us new heart."

All the founding brothers brought with them characteristics that were instrumental in seeing this fraternity succeed and endure for 150 years. I feel that brother Scobey and his ability to raise the spirits of others and keep everyone's compass pointed in a positive direction was vital to what we have achieved today.



**Come Join Us October 9 and help us
celebrate our 5-Year Anniversary!**

-Kappa Rho Chapter

President's Report Continued from Page 1

and undergraduate events, I know I will be extremely busy.

I would like to end my report with just one thought to everyone who has cared enough to read this far. Remember the quote, "you get out of Sigma Chi what you put in." Then please remove "Sigma Chi" and apply this statement to your life. We only get one chance in life and we should make the most of it, no matter what interests we each have.

I look forward to a year of excitement and a year of fun. I look forward to seeing all of the old faces and a few new faces. If any of you are ever interested in coming out to an event or a meeting, please do. You would be surprised at the diverse group that attends Sigma Chi events. I hope to see some everyone at the October 13 meeting.

In hoc,

Bob Grabowski

It All Started... Continued from Page 5

What will Capital City look like three years from now? It is my sincere hope that we will look the same and have maintained our same goals and ideals while strengthening both our membership and organization. By no estimation is this goal an overestimation of our ability. Given what this group has accomplished in the last three years -- there is no doubt in my mind that the mere idea and the ideals that have come to be associated with it will continue to propel Capital City far into the future. The idea that once took root in me with a mix of hesitation and excitement at building something for Sigma Chi, has become implanted in many others. It is now our ongoing mission to see that the idea if Capital City, to play a hands-on mentoring role in aiding undergraduates is nurtured in us and continues to spread to others.

CAPITAL CITY ALUMNI CHAPTER OFFICERS



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The Capital City Constantine is the publication of the Capital City Alumni Chapter of the Sigma Chi Fraternity. It is published for the sole purpose of disseminating news amongst its members and to fellow Sigs. The reprint of articles and/or pictures is permitted provided that credit is given to the Capital City Constantine and the Capital City Alumni Chapter.

Join the Capital City Alumni Association!

CONTACT INFORMATION

Please fill out the form below and return it to JP Paluskiewicz at:

James_Paluskiewicz@yahoo.com

Or, mail the form along with a \$25 check made out to the Capital City Alumni Chapter to the following address:

Capital City Alumni Chapter
1920 Columbia Pike, Apt. 13
Arlington, VA 22204

NAME _____ DATE OF BIRTH _____

ADDRESS _____

PHONE (day) _____ PHONE (night) _____

EMAIL ADDRESS _____

PLACE OF EMPLOYMENT _____

UNDERGRADUATE CHAPTER/SCHOOL _____

GRADUATION YEAR _____ SIGNIFICANT SIG NUMBER _____

**The Capital City Alumni Chapter
Proudly Announces the
Introduction of our
NEW & IMPROVED
WEBSITE**

<http://www.capitalcitysig.com>

Coming October 15, 2004 to a computer near you...

The Capital City Alumni Chapter is proud to introduce its new and improved website. The website will be open to the public and be the main link between our alumni chapter and the outside world. Messages and announcements will be posted here. The calendar of events will be maintained here. All of our newsletters will be available for download here. Pictures from our events will be posted here.

Please be sure to mark this very important date on your calendar and on October 15, when you get onto the Internet, be sure you surf over to <http://www.capitalcitysig.com> and sign our guest book. We can't wait to see you there!