

ALUMNI BOARD

Beta Rho Property Company

President
Ryan Miller '00

Alumni Relations Chair
Neil Anand '04

Legal Affairs /
Risk Management Chair
Adam Sussman '02

Facilities Management
Sam Verdugo '13

Nationals Relations
Joshua Chilcote '15

Chapter Advisor
Ashwin Dewan '18

ON THE WEB



Are you following us on Facebook? Go to [facebook.com/betarhoalumni](https://www.facebook.com/betarhoalumni) and like our page to reconnect with brothers online, see pictures and read the latest news.

To find even more news, share memories, see the honor roll and donate, visit our alumni website, www.betarhoalumni.com!

ARE YOU GETTING OUR EMAILS?

Are you getting our Beta Rho alumni emails? If not, you're missing out! To sign up, just send a quick note to alumninews@affinityconnection.com and let us know to add you to the Sigma Nu at Penn alumni email list!



SIGMA Nu's

www.BetaRhoAlumni.com

March 2023

Beta Rho of Sigma Nu at the University of Pennsylvania • Philadelphia, Pa.

CHARLES P. SMITH '66

Helping our fellow brothers and those in need

When **Charles Smith** looks back on his Sigma Nu experience, a very memorable road trip stands out: "I drove straight through to Ft. Lauderdale for Spring Break with two brothers. We smoked cigars to stay awake!"

He also recalls, "several pledge pranks we pulled on the Brothers. One which almost got me arrested!"

On a more serious note, Charles says he values the learning experiences and relationships that came with being part of the fraternity. "I was the treasurer and formed bonds with my fellow officers." He cites "helping our fellow brothers and those in need" as staples of the Sigma Nu character that he hopes will always endure.

Despite great memories and friendships, the realities of life after college have also challenged his ability to stay closely connected with his



fellow brothers. When the opportunities do come up, however, it's always a positive experience. "We are scattered across the U.S., so it's hard to keep in touch, but I have attended two reunions at Beta Rho in Philadelphia and enjoyed catching up."

After graduating, he worked for Allegheny Ludlum Steel Corp for three years before attending Army OCS and spending a year in Vietnam as an advisor. After leaving the Army, he began a 23-year career with Nationwide Insurance Company. After retiring from the insurance business, he moved to Florida and ran a Medicare



processing service company for 15 years. Charles, an avid golfer, currently lives with Betty, his wife of 25 years, at Ironhorse Country Club in West Palm Beach.



WHY I GIVE

"My three and a half years at Beta Rho were some of the happiest days of my life. I had great brothers (too many to list) and I had a wonderful time. I know that the house is still owned by the property company and is old and in need of repair.

That's why I give."

- Dick (Homer) Study '60

LANCE GRABER '83

A sad goodbye to our brother

It is with great sadness that we announce **Lance J. Graber '83** in passing to Chapter Eternal. We extend our deepest condolences to all family and friends in this time. Read on for Lance's obituary.

Obituary from [Legacy.com](https://www.legacy.com)

Lance J. Graber '83, 61, beloved husband of Pam Graber, died from complications related to brain cancer on November 5, 2022, at their home in Scottsdale, AZ, surrounded by his loved ones.

Lance was born in West Hempstead, NY, the son of Raymond and Eileen Graber. He graduated from the Wharton School of the University of Pennsylvania, where he received bachelor's and master's degrees. He had a long and successful career in real estate finance. Most recently, he served as a founder and principal at Front Range Capital, a real estate private equity firm he co-founded in 2010, which now has over \$2 billion in assets under management. Lance devoted his free time to his children, Devin and Lindsey, coaching them in youth sports and being the loudest fan at every Staples High School sports game.

In addition to being a doting husband and father, Lance was a beloved son, sibling, uncle, role model, and friend. He displayed a love for life and determination to live it to its fullest, whether by going to metal concerts with his son, exploring Golden Gai in Japan



with his daughter, or traveling to Vietnam with his wife. Lance consistently strived to be his best, always exploring new hobbies like skiing in his 30s or running over a thousand miles in a single year. He golfed and was a devoted member alongside Pam at both the Patterson and Estancia Golf Clubs.

He is survived by his wife, Pam Graber; their children, Lindsey and Devin Graber; daughter-in-law, Kait Graber;

brothers, Doug and Ray Graber (sp. Carol Graber); sister, Nancy Graber; and brother-in-law, Mark Walsh. He is also survived by his loving in-laws, Tom and Alma Walsh; as well as nephews and nieces whom he adored.

There will be a service to honor him on Friday at 12:00pm at St. Luke's Church. In lieu of flowers, please consider making a donation in Lance's name to the Mayo Clinic, where he received his cancer treatments (www.philanthropy.Mayo.clinic.org).



Ernie Barsamian '81, Chris Landsberg '82, Mark Colm '82, Mike Bear '81, Dan Smith '82, Corrine Keller '85, Mark Demuro '83, Kevin Kiley '82, Amy Curtis Jamison '82, and Mike Curtis '82 attended Lance's services.

Lance Graber '83 was loved by his Beta Rho family.

BROTHERHOOD

How you can pay it forward to our Sigma Nu actives

Sigma Nu is a student-run, living-learning society that advances leadership skills, cultivates innovation, and promotes social responsibility by engaging the Sigma Nu community and its resources through projects, events, and mentorship.

While active brothers are able to learn and develop through our traditions and amongst each other, it is evident that alumni involvement and connections are far more important now than ever. Brothers of all ages can pay it forward to our actives by choosing to mentor the younger generations.

Mentoring:

- Provides students with experiences and knowledge so they can explore their potential outside of their core coursework.
- Prepares students to be future leaders through innovation, collaboration and networking.
- Assists with finding internships and first jobs as well as a network to assist in mid-career support

- Enables actives to gain unique, meaningful, practical, **resume-enhancing experience**
- Develops **leadership skills** by starting a new organization that can have a meaningful impact to the Sigma Nu community and college life across the nation
- Establishes a **network of relationships with students, alumni, faculty, and the administration** that will support actives while at Sigma Nu and throughout their career
- Builds **life-long relationships** gained through a living learning organization that goes beyond the years spent at the University of Pennsylvania
- Enhances **personal and professional development** through a structured mentoring program that includes students, alumni, and faculty Sigma Nu aims to create an environment that promotes mentorship at various levels throughout the University of Pennsylvania community to assist brothers in their personal, academic, and professional development, bringing together students, alumni and faculty.

THROWBACK

A Blast from the Past: The Beta Rho Chapter in 1950

Take a look at this photo we uncovered from *The Record*, University of Pennsylvania's yearbook, from the year 1950. It features some of our founding brothers, the brothers who laid the path of hard work, which led to Sigma Nu's success and gave it the value that we all know and felt during our time in the house.

Do you have a photo of your time in the Sigma Nu house?
Share it with the brotherhood by emailing to alumninews@affinityconnection.com.

SIGMA NU

3819 Walnut St.

President Edward F. Grubis
Vice-President William H. Bentley, Jr.
Secretary Douglas S. Johnson
Treasurer Albert W. Adams

CLASS OF 1950

JAMES H. BAKER
FREDERICK J. BARCLAY
WILLIAM H. BENTLEY, JR.
WESTON J. BURNER
JOEL COX
JOHN E. CROCEO
JOHN A. DALEY

JOHN P. DUILLO
EDWARD F. GRUBIS
JOHN C. HACKNEY
JAMES K. HICKOK
DANIEL HOOPES
THOMAS A. KIRWAN
JOHN W. KLIE
ALFRED D. KOCHEL
EDWARD J. McDEVITT, III
JAMES J. O'DONNELL
H. FRANKLIN RICE
ROBERT R. SHERRY
RICHARD H. SHAW
DONALD R. SHEARER
EDWARD J. STEFANIK
JERRY L. THOMAS

CLASS OF 1951

ALBERT W. ADAMS
JOHN S. CARVER
DONALD S. GIBERT
JAMES A. HAFNER
EDWARD E. HUNTSBERRY, JR.
EDWIN C. JOHANSON
DOUGLAS S. JOHNSON

J. JAY VOHDEN
ERNEST L. WHITNEY, JR.
RICHARD W. WINFREY

JOHN R. KEARSEY, JR.
WILFRED J. LARSON
RICHARD LESTER
LOUIS M. MALINKA
ANDREW J. McCANN, JR.
PAUL P. MOORE
CESAR R. POUYU
STANLEY H. RITTFER
M. DONALD ROBERTS
ROBERT F. SCRIBAM
GEORGE W. SCHREMP
DAVID E. SHAY

ROBERT W. STELLE
KARL B. STICKLEY, JR.
JAMES F. SCHWARTZ, JR.
ROBERT G. SYMS
RONALD H. THELEN
E. EUGENE URICH
JAMES C. VAN RODEN

CLASS OF 1952

EDWARD J. BRAUNER
WILLIAM J. BURNS
ENRIQUE R. BESTOS, JR.
ROBERT W. CAPTAIN
WILLIAM W. CARVER
JOHN L. EVANS, JR.
JAMES A. FARREN
RICHARD W. HARTMONT, JR.
CLINTON J. HEN, JR.
HAYES A. HIBBERD
THOMAS J. JOHNSON
HARRY F. KELLY, JR.
RICHARD W. LIBERT
ROBERT L. MANCKE
RICHARD J. MILES
SLOAN REDDEN
W. ROBERT SETZ
JOHN L. WOOD

SIGMA NU ONLINE

Looking for more of the *Sigma Nu Alumni Newsletter*?

Don't worry, we have you covered!



Have you misplaced your last newsletter, looking for a particular one, or trying to find the newsletter you were featured in? Don't worry! We have you covered!

If you are looking for a more recent newsletter, head to betarhoalumni.com/newsletters/ to view our more recent newsletters.

Share your update online at www.BetaRhoAlumni.com

FRIENDS

1 in 7 men have no friends. Why it matters and how Sigma Nu can help

Pundit Scott Galloway reporting on the dearth of friendships in men. (LinkedIn)

In the United States, friendship is on the decline. In fact, in the decades since 1990, the percentage of Americans who say that they have less than three close friends has doubled, going from 16% to 32%. Those reporting no friends at all? That number has risen sharply from 3% to 12%. Thought leader Scott Galloway reports that 1 in 7 men have no close friends at all outside of their family.

This is a problem. Beyond the obvious benefits of friendship — connection, shared memories, someone having your back — there are incredible health benefits attached to having strong friendships.

Robert Waldinger, a professor of psychiatry at Harvard, runs the world's longest study on happiness. He explores the question: *"What keeps us healthy and happy as we go through life?"*

Waldinger is the fourth director of the longest-running study of adult life. Since 1938, the Harvard Study of Adult Development has been following a group of 724 men through work, home, family and health. Over 80-plus years of the study, some experienced meteoric success, some epic failure. But who was happiest?

"The biggest lesson we learned is that it



isn't wealth, fame or hard work that matters. Good relationships keep us healthier and happier. Period," he said. He added that the healthiest 80-year-olds turned out to be the ones who were most connected in their 50s. Those with good relationships had healthier bodies and clearer minds than their counterparts.

People who do not have vital connections as they walk through life's joys and challenges show marked differences from people with strong friends. In *Bowling Alone*, Robert Putnam posits that participating in even one social organization and forming friendships could cut your odds of dying in the next year in half. A recent report showed that loneliness registers an impact on your well-being similar to that of smoking 15 cigarettes a day and rivals alcohol and smoking as a cause of early death.

Recently, a survey went out to alumni of

a fraternity that doesn't have an undergraduate chapter. The survey invited alumni to weigh in about the future of the chapter and the value of reopening the house on their college campus. The questions boiled down to "Why?" What is the value of their chapter — or any Greek organization — in today's culture? One alumnus answered with just one weighted word: camaraderie.

There are hundreds — thousands — of other words to back up that shortest answer. Fraternity groups like this one, and like Sigma Nu, are ideal leadership training grounds, hot spots of philanthropy and mentorship. But Sigma Nu's most basic element is also its most valuable: the camaraderie gained during pivotal years forms ironclad friendships that last decades. And while they are making life richer and better, these friendships are actually making us healthier, happier and live longer.

Here's a challenge for us in 2023. Let's buck these statistics. I'll wager someone came to your mind as you were reading this. Reconnect with them — do it this week. Make plans to see a game, or plan a weekend. If travel is not in the cards right now, just keep in touch. Share an old story, or dig up a picture from the good old days. Your friendship — and your health — will thank you.

BETA RHO CHAPTER ON THE WEB

Are you plugged in to our Beta Rho Chapter social media page?

Follow us to reconnect with your Beta Rho alumni buddies online, find out about upcoming virtual and in-person events, and keep up with the latest news from the chapter.

Chapter Facebook Page:

www.facebook.com/betarhoalumni/



Instagram:

[upennsigmanu](https://www.instagram.com/upennsigmanu)