

VOLUNTEERS

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BY THE NUMBERS

121

Years of SAE at Penn

3908

Spruce Street

\$25,000

Annual Fund Goal

\$4,259

Raised as of Mar. 2

3

Ways for YOU to Give

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Newsletter of the Pennsylvania Theta Chapter at the University of Pennsylvania • March 2023

STEVEN SLOAN '77

My SAE friendships made my college days as good as they were, and my brothers have remained in my life to this day in significant ways

Steven Sloan '77 "I think alumni involvement and donations to the Chapter provide a good example to the actives of the friendships to be nurtured, the success to be enjoyed in part through lifetime involvement and the generosity of paying it forward to future generations," he said.

Greek life in the 70s was turbulent. There was a regression in pledging after the upheaval on college campuses in the '60s. "Our membership was small, only about 25 brothers, but we all lived in the house together. There was a lot of studying, dining and partying together," he shared.

Most of the members at the time were in Wharton. "After academics," he shared, "our core competency was beer drinking."

One of Steven's favorite hangouts was Pat's Cheese Steaks in South Philly. "One night on the way back from Pat's Cheesesteaks at 3 am, we picked up a couple of girls hitch-hiking. Obviously lost, we asked them where they wanted to go, and they said Blacksburg, VA, and we took them there from Philadelphia! Memorable weekend, to say the least," he shared.

Many brothers have had an impact on Steven's life. **Stephen Ambrose, Mitch Marantz, Bob Deering, Mike Allman, Jim Farmer** and **John Gardner** were his closest brothers. "And then there is **George Warmack**. He is still my best



friend to this day. He has had my back throughout college and into my adult life," he said. "The man has saved my life more than once in many ways. Steve Ambrose continues to be another important life long friend. He now also lives in Vero Beach so Martha Ann and I are able to spend lots of good times with Vickie and him as well as their family."

The Interfraternity Council-sponsored beer-drinking contests were an event to be experienced.

(How times have changed!) "I was on the team the year we won. We had 4-man teams and four beers in front of each. It was like a relay: one brother would down a beer, another would pick up and drink the next one, and the fastest until each brother had finished 4 beers. Fastest team won. Bob Deering was our best drinker; he could pour a beer down his throat in one swallow; it was amazing," he remembered.

Steven has had a very successful career in finance, serving in various positions around the country and assisting young companies to climb to hundreds of millions in revenue and assets. He just retired from Everest Group International, where he was the Managing Director, Head of M&A. He led a team doing buy-side and sell-side engagements for lower middle market

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SPORTS

SAE Penn Hoops Weekend 2023



Planning for the SAE 2023 Penn Hoops Weekend began in mid-October 2022 when the Ivy League Preseason Poll was released showing Penn ranked #1.

On Saturday, January 28, 2023, distinguished Penn Theta alumni from **two** time zones gathered in West Philadelphia to watch the Penn Men's Basketball team defeat Harvard 83-68.

Attendees:

- Paul Baker '90**
- Harry Fisher '89**
- Lance Jacobs '91**
- Paul Maurer '90**
- Chris McLaughlin '91**
- Tom Peck '92**
- Brad Wieboldt '90**

After pre-gaming at New Deck Tavern, we

strolled through campus to the Palestra. Bleacher tickets were readily available for \$20 each. Chris McLaughlin's daughter Molly '25 joined us to share the Penn coed view of the current SAE brotherhood. Also, we learned that you can not only buy beer at the Palestra, but you may also consume it in the stands.

Post-game we trekked back through campus to the Chapter House where we viewed old composites to relive the days when we had more hair. According to the actives, SAE gave out 17 bids to new members the night before.

After dinner at City Tap, we decamped to Smoke's where the coeds studiously ignored our group. Nonetheless, a good time was had by all! In the bonds,

Steven R. Saltzman '85

COMMUNITY

Here's what you support when you donate to Sigma Alpha Epsilon



It's almost the halfway point of our giving year and we still have a ways to go to reach our goal! Will you join the brothers listed on the Honor Roll found on the back of the appeal?

Your contribution makes an impact. It is at the heart of everything we do. Your contributions ensure that new generations of Sigma Alpha Epsilon have the same opportunities as you, and not only that, it supports all funding for alumni events and communications!

With your donation, you support something we all need, which is our community. Being part of something bigger, embracing shared values, and creating lasting relationships—these life experiences are at the core of the Sigma Alpha Epsilon experience and are a living example of the true meaning of community.

Gifts of all sizes make a difference. Make your gift and make sure our Sigma Alpha Epsilon community thrives.

STEVEN SLOAN '77

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founder/owner companies and Private Equity groups looking for the same. He was involved in over 70 transactions during this period.

He shared this about his life since retirement: "Now my wife Martha Ann and I (married 37 plus years) live parts of each year at our residences in Vero Beach, FL; Santa Fe, NM and Paris, France, and travel extensively to see family and friends and seek new adventures. We are child- and dog-free, ready to go at a second's notice. Our health is good, and we are making tracks while we

can. I remain involved in Penn Theta SAE affairs as a House Corporation board member and Alumni Affairs Chairman. Our charitable pursuits mostly involve early childhood education programs and secondary school and college scholarships."

As he reflected on his time at SAE, he said he encourages active members to be involved. "We can look back on how important and what life-impacts our being Brothers was to us and let the actives know to take full advantage of it," he said.



FRIENDSHIP

1 in 7 men have no friends. Why it matters and how Sigma Alpha Epsilon 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.

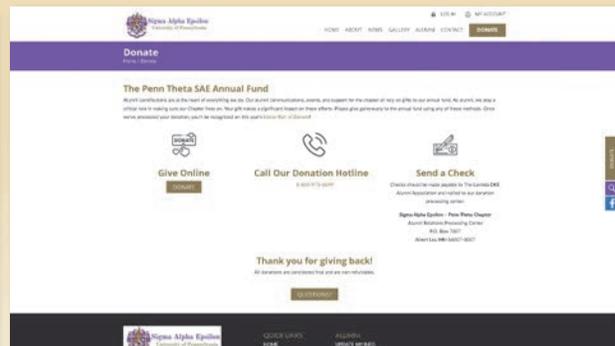
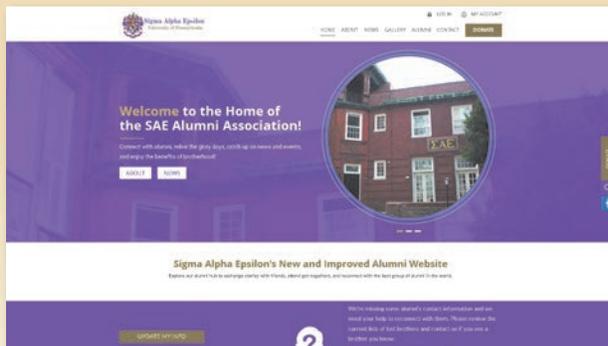
Recently, a survey went out to alumni of a fraternity that doesn't have an undergraduate chapter. The survey invited alumni to weigh in about the future of the chapter and the

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 Alpha Epsilon, are ideal leadership training grounds, hot spots of philanthropy and mentorship. But Sigma Alpha Epsilon'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.

ON THE WEB



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