

# TORCH & TREFOIL

SPRING 2018

## APO Welcomes Back *Alpha Chapter* to Lafayette College



### INSIDE:

- National Service Week 2017: Preventing Suicide on Campus

THE QUARTERLY PUBLICATION OF







Brothers,

After a 2017 filled with historically significant change in just about every aspect of the National Fraternity, 2018 was ushered in with two historic events of its own in the first few weeks of the year. In just a two-week period of time, our fraternity celebrated the re-chartering of Alpha Chapter at Lafayette College and, then, the first APO-USA conference held outside the United States, when Alpha-Canada hosted the Section 8/Region XI Conference in Vancouver.

It was absolutely incredible to stand on the campus where we were founded a little over 92 years ago, and to know that, in this place, our founders' collective dream of creating leaders focused on serving others formed the spark of leadership and service that became Alpha Phi Omega. Knowing that the flames of leadership and service that initial spark ignited have spread all over the world in the ensuing years, I found it even more amazing to reignite the new Alpha Chapter in the same building where it all began in 1925.

A hearty "welcome to the Fraternity" to all our new brothers in the re-chartered Alpha Chapter and a heartfelt "thank you" to all the brothers who made this day possible by their hard work and efforts, and who traveled from across the country to be a part of this grand celebration of our fraternity and its ideals.

After celebrating the rebirth of Alpha at Lafayette College, it was entirely fitting to be standing in Vancouver two weeks later with Alpha-Canada hosting the first APO-USA conference in Canada. In hosting this inaugural conference on their campus, Alpha-Canada saw, firsthand, what it means to be in a national, or dare I say international, fraternity, instead of a local or single chapter organization. It is at events like these where we get the chance to really see how we - all of us, all of our chapters - are truly linked together in something bigger than just what happens on one campus or in one city. It is about the good we do and the difference we make being magnified and exponentially spread everywhere because of so many brothers living by our principles everywhere they are.

We still have a lot of work to do before we can successfully claim that we have made our founders' vision for the Fraternity a reality. However, when we consider how far we have come from Alpha at Lafayette College to Alpha-Canada at the University of British Columbia in Vancouver, we certainly have many accomplishments toward that vision of which we can definitely be proud!

Fraternally,

Hon. John K. Ottenad  
National President



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# TORCH & TREFOIL

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Brothers from around the country celebrate the Fraternity's very first charter.

## FEATURES

### 12 National Service Week 2017: Preventing Suicide on Campus

See how chapters across the country observed National Service Week on their campuses and in their communities through service.

### 18 APO Alumni Associations

Don't miss the opportunity to continue APO's Cardinal Principles of Leadership, Friendship and Service beyond your collegiate years.



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## DEPARTMENTS

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The Summer 2018 Yearly Recap Issue of Torch & Trefoil will be available only electronically. If you have an email address on file with the Fraternity, you will receive an email with a link to this issue once it is available. For those who have chosen not to provide an email address, the magazine will be available for you to view at [www.apoarchive.org](http://www.apoarchive.org).

This will be the case only for the summer issue. Past surveys have indicated that hard copies are still important to our readers.





## Notes from the January Board Meeting

The following actions were taken by the Alpha Phi Omega Board of Directors at its meeting the weekend of January 26-27, 2018, in Easton, Pennsylvania:

The Board approved the agenda and the consent agenda that included the minutes of the June and October 2017 meetings.

Pursuant to Article X, Section 7 of the National Bylaws, the President declared the following charters null and void:

- Omega Lambda,  
Fisk University  
(Region IV, Section 70)
- Rho Beta,  
Armstrong State University  
(Region IV, Section 77)
- Alpha Beta Sigma,  
Robert Morris University  
(Region V, Section 65)
- Alpha Epsilon Eta,  
Concord University  
(Region V, Section 61)
- Iota Chi,  
Northern Michigan University  
(Region VI, Section 55)



to the start of Convention (as of April 1, 2018)

The Board, by unanimous vote, granted National Honorary Membership to Pam Murray, Rare Books Cataloger/Metadata Librarian at Lafayette College. Membership was presented to Ms. Murray during Alpha Chapter's re-chartering banquet.

The following (re)appointments were made:

- John Mack Scholarship Judging Committee: Brothers Rob Coop (chair), Jeremy Thacker, Christine Topacio and Beth Blanco.
- National Fall Pledge Class Namesake Honoree Committee: Brothers Rob Coop (chair), Colin Milne, Ellen Kranzer, Eric Strickland, Jennifer Headman, and Mark Stratton

The Board approved:

- revising the Fraternity's annual budget.
- adopting the proposed Convention budget
- making the 45th Biennial National Convention Theme: Building Community
- directing the Executive Director







to negotiate and execute an extension of the current lease for office space in the national headquarters building with the existing tenets for up to 12 months.

- changes to the Fraternity Operations and Policy Manual, Policy VI
- creating an environmental scanning task force
- directing the Executive Director to create a long-term operational model for National Office Staff and present the model at the June 2018 Board meeting.

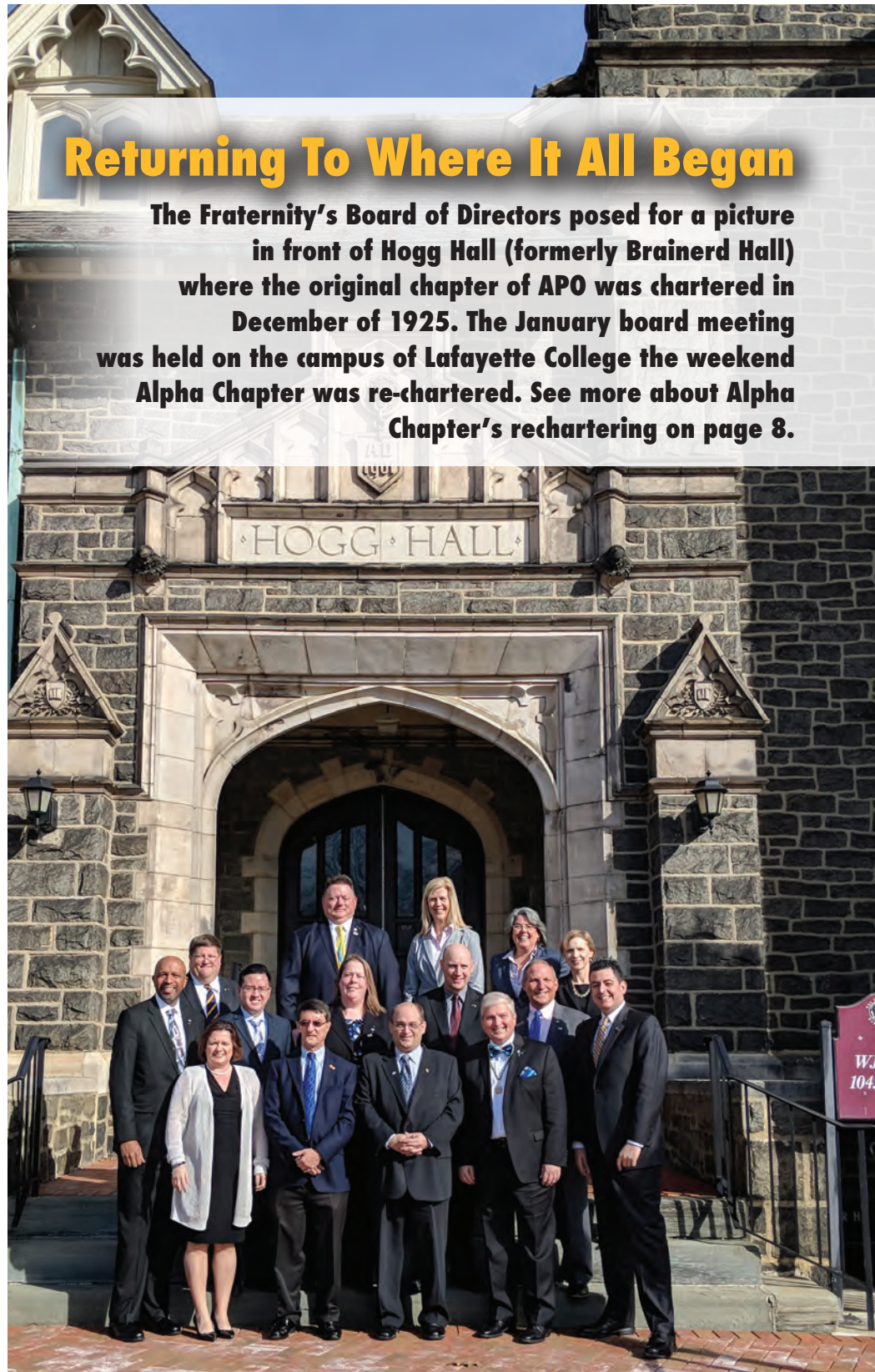
Board assignments were made for: Strategic Plan, Reimagining Convention, Finances, Nominations Committee, and Brand Task Force.

The Board reviewed the Fraternity's strategic plan, as well as various communications related to the plan. The Board agreed that the plan is still the right direction for the Fraternity at this time.

The following updates were given or discussed: Brand Development report,

## Returning To Where It All Began

**The Fraternity's Board of Directors posed for a picture in front of Hogg Hall (formerly Brainerd Hall) where the original chapter of APO was chartered in December of 1925. The January board meeting was held on the campus of Lafayette College the weekend Alpha Chapter was re-chartered. See more about Alpha Chapter's rechartering on page 8.**





Regional Realignment Transition, Identification and Recruitment of Key Volunteers, 100th Anniversary, Risk Management Education, and Delta Sigma probation update.

The next Alpha Phi Omega Board of Directors meeting will be June 22-23, 2018, in Austin, Texas.

## Now Accepting APO Leadership Position Applications

The Fraternity is now accepting applications on [www.apo.org](http://www.apo.org) from those interested in serving the Fraternity through a national leadership position.

### National Operations Council Program Chairs

Applications for the national program chair positions, with a term of March 2019 to March 2021, are now open and can be submitted using the National Program Chair Nomination Form on [www.apo.org](http://www.apo.org).

Additionally, the Fraternity has three program chair vacancies (Alumni Relations, Leadership Development, and Meetings & Conferences) for the current term and is actively seeking applications from those brothers interested in serving APO in this capacity. Interested persons must submit a National Program Chair Nomination form.

### 2018 National Convention Planning Committee

The Fraternity is seeking ambitious, organized and collaborative student and alumni leaders who will make up the 2018 National Convention Planning Team.

This team will consist of the National Convention Advisor and

National Convention Chair, as well as an alumni advisor and student team leader for each of the 12 Convention Leadership Teams.

Applications are now being accepted for the leadership team advisor roles and the National Convention Advisor position. The application for National Convention Chair and student team leaders will be available soon.

### National Board of Directors

In December, the 2018 National Convention will elect the National President, National Vice President and seven Board Members. Of those seven, at least one must reside in each of the four National Convention districts.

Applications will be reviewed by a nominating committee of eight members of the National Student

# Welcome New Chapters!

**ALPHA BETA NU**  
**Penn State Erie,**  
**The Behrend College**

**ALPHA THETA GAMMA**  
**University of Colorado**  
**at Colorado Springs**

**ALPHA THETA DELTA**  
**University of South Florida**  
**at St. Petersburg**

**ALPHA**  
**Lafayette College**  
(see page 8 for more details on this historic re-chartering)

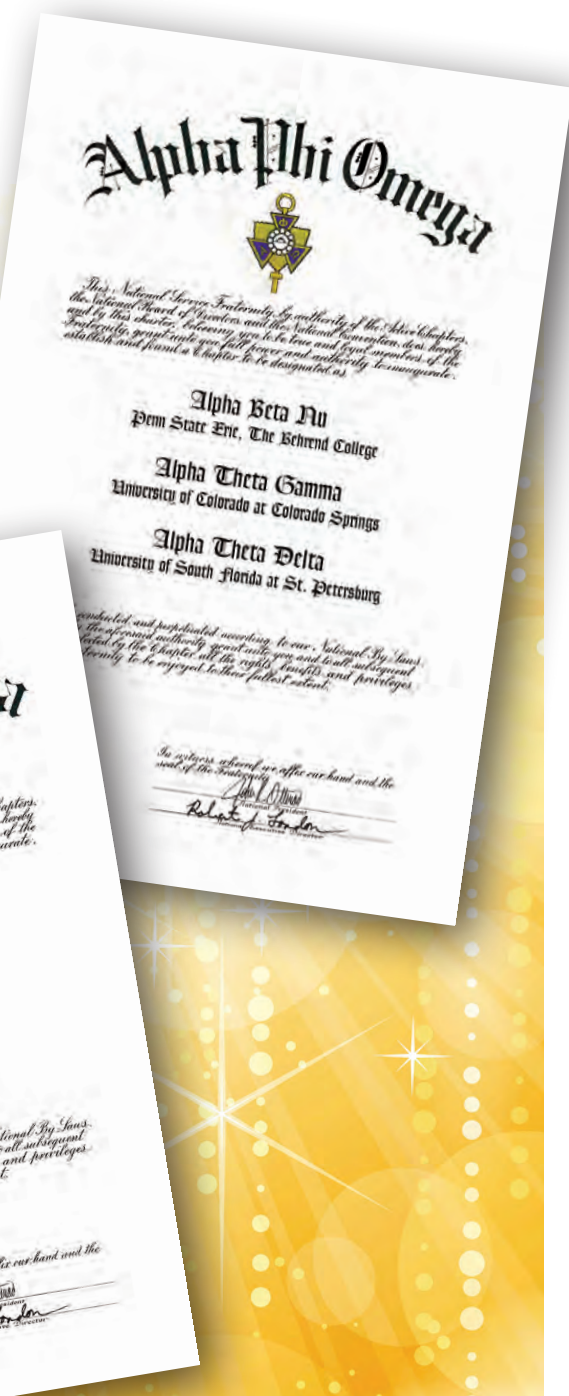
**ETA RHO**  
**Marquette University**

**CHI THETA**  
**Columbus State University**





Advisory Committee and two Past National Presidents who will then develop a slate of candidates to recommend to the 2018 National Convention Legislative Assembly.



## APO DATELINE

### APRIL

- 04/05:** APO IMPACT Live: Scouting & Youth Service Advising
- 04/06-08:** Section 23 and 27 Conference
- 04/06-08:** Section 31 and 46 Conference
- 04/06-08:** Section 61 Conference
- 04/06-08:** Section 49 Conference
- 04/06-08:** Section 94, 95 and 96 Conference
- 04/07:** Section 1 and 2 Conference
- 04/07:** Section 68 and 70 Conference
- 04/13-15:** Section 41 Conference
- 04/13-15:** Section 67 Conference
- 04/13-15:** Section 80 Conference
- 04/13-15:** Section 90, 91 and 92 Conference
- 04/14:** Section 101 and 102 Conference
- 04/19:** APO IMPACT Live: 2018 National Convention Info Session
- 04/20-22:** Spring Youth Service Day
- 04/20-22:** Section 47, 50 and 51 Conference
- 04/20-22:** Section 87, 88 and 89 Conference
- 04/20-22:** Section 61 Conference
- 04/22:** Earth Day
- 04/21:** Section 4 Conference
- 04/24:** APO IMPACT Live: Finding a Job in a Tough Market



### MAY

- 05/01:** Spring Youth Service Day reports due
- 05/01:** John Mack Scholarship applications due
- 05/01:** Fall 2018 Pledge Class Namesake Honoree nominations due
- 05/13:** Mother's Day
- 05/18-20:** Membership Academy – Tallahassee, FL
- 05/25-27:** Section 98 Conference
- 05/28:** Memorial Day



### JUNE

- 06/01-03:** Membership Academy – Newark, NJ
- 06/01-03:** Membership University – Newark, NJ
- 06/01-03:** APO LEADS Serve – St. Louis, MO
- 06/17:** Father's Day
- 06/21:** Summer solstice
- 06/22-23:** Board of Director's Meeting – Austin, TX
- 06/22-24:** Membership Academy – Dallas, TX

Visit [www.apo.org/calendar](http://www.apo.org/calendar) for a complete list of deadlines and events.





# APO Welcomes Back *Alpha Chapter* to Lafayette College

On January 27, 2018, brothers from across the county gathered on the Lafayette College campus to welcome back and celebrate the chapter that held the very first charter of Alpha Phi Omega - Alpha Chapter.

The event was a historic celebration attended by more than 250 students, alumni volunteers and honored guests. National President John K. Ottenad presented the charter, and Alpha Epsilon Kappa Chapter at Cedar Crest College hosted the ceremony welcoming 69 new brothers to the Fraternity. In a nod to the Fraternity's founding, the ceremony took place in Hogg Hall, formerly Brainerd Hall, where the original chartering ceremony was held on the second floor in December 1925.

What better way to celebrate this historic event and honor the campus where it all began for Alpha Phi Omega, than to share the experience from the perspective of the students of Lafayette College. The following is an article written about the re-chartering of Alpha Chapter by Jane Collins and published by the Lafayette College student newspaper – *the Lafayette*.



# ALPHA PHI OMEGA TO REGAIN ALPHA CHARTER

Published January 26, 2018

Written by Jane Collins, staff writer at *the Lafayette*

Photos by Clay Wegrzynowicz

Nearly a century after its founding in Hogg Hall on Lafayette's campus, Alpha Chapter of Alpha Phi Omega, the now international service fraternity and largest fraternity in the country, will receive its original charter. Lafayette will once again be home to the founding chapter of the organization which now boasts over 470,000 members, according to its website.

This Saturday, nearly 200 members of APO from around the United States, including the national president of the organization, and current members of the petitioning group at Lafayette will gather in Hogg Hall to celebrate the chapter's return. This Saturday not only is important for the international organization as a whole, but also marks the culmination of several years of work from student leaders, including current president Ariana Rothman '18.

Rothman arrived on Lafayette's campus in 2014 with a passion for service. She quickly became involved with the Landis Center, but noticed that students like herself felt that there wasn't an accessible way for students passionate about service to work together consistently.

"I was in POSP (Pre-Orientation Service Program) and loved it and at that point I knew that these are the people I want to hang out with in college, people who really care about helping other people and have the same values as me and interests," Rothman said. After participating in many of the service programs Landis has to offer, she couldn't find exactly the type of opportunity she was looking for.

Rothman found what she was missing in the mission and vision of APO.

APO originally started at Lafayette on December 16, 1925, by Frank Reed Horton '26 with fourteen charter members being initiated on the second floor of what is now Hogg Hall. Membership began to dwindle in 1974 to only one active member, and later underwent a brief reactivation in 1988. Following that, Alpha Chapter remained inactive until recently, when Rothman and other students put forth efforts to bring it back.

The process of returning to campus was lengthy, taking approximately three years, Rothman said.







In 2014, Rothman and Alex Storozum '18 began the process of contacting APO Nationals and Lafayette to pursue the charter. They had to prove to APO that Lafayette would support the endeavor.

Initially, their efforts encountered slight pushback. "There are so many service opportunities on this campus, why take away from that when you could just strengthen what is already there? What we found with APO is there are so many people on this campus and in Easton who just need hands, and now we have 70 pairs of hands," Rothman explained.

The group also had to create adequate programming according to the three tenets of APO to ensure future success: Leadership, Friendship and Service. Since being recognized at Lafayette as a "petitioning group" in spring of 2016, APO has been heavily involved in multiple events on campus, cosponsoring a few, including Relay for Life, the PASA "Take Back the Night" walk, and the Open Mic Night honoring Joey Towers.

Previous tries had been made in the past to bring APO back to Lafayette, but they were unsuccessful.

"There were a few attempts in the past by other Lafayette students to bring APO back on campus but they didn't put in the work to show that they took it seriously," former APO president Lauren Champagne '19 wrote in an email. "They just thought that they could get the charter back because they were the Alpha Chapter. We've all been working really hard to get this group off the ground and we're all really excited that it's all paying off."

APO is not considered a part of Greek life at Lafayette. As a result, freshman are able to join APO and members can be in both APO and in another Greek organization.

Next fall, any and all interested Lafayette students will be welcome to take part in the two-week long recruitment process and unlike other Greek organizations, APO will be able to pledge everyone who successfully demonstrates interest and passion for service.

Rothman and Champagne are proud to have helped bring APO back on campus and are excited to see it grow in the coming year.

"This organization has grown to an international level and has impacted so many people and communities, and it was all started at Lafayette. Something that has been so impactful was started here on our campus and we get to bring that legacy back to Lafayette," Champagne wrote.

Rothman emphasized that APO has been beneficial to campus service opportunities.

"It's an opportunity to have more people involved in things that are already happening on campus. Instead of taking away from things already happening on campus, it's making them stronger. I think it's really exciting," Rothman said. □



# College archivist granted honorary membership to APO for commitment to history

Written by Jane Collins, staff writer at the Lafayette. Photos by Clay Wegrzynowicz.

A collection once covered with dust in the basement of Hogg Hall now holds a prominent place in the Lafayette archives and in the history of Alpha Phi Omega, the international service fraternity that started at Lafayette in that very same building in 1925, thanks to the work of college archivist Pam Murray.

Murray was granted honorary membership to the national chapter of APO on January 27 during the chapter's rechartering ceremony for her work with the documents that hold valuable pieces of APO history.

On Saturday, Murray was under the impression that her role was to be facilitator of the historical records for the ceremony. All that changed when Tom Southard, sponsor of the Alpha chapter at Lafayette, introduced Murray to the President of Alpha Phi Omega, the Honorable John K. Ottenad.

"He was introduced to me here in the archives and he said, 'Pam because of all the work you've done over the years for Alpha Phi Omega, we are going to make you an honorary member of the National Board,'" Murray said.

Honorary membership of the national chapter is a relatively rare occasion, Southard said, who said to his knowledge the honor hasn't been given in at least thirty years. Murray said she is also the first woman to receive the recognition.

Murray was humbled by the honor. "Usually people just say 'Thank you very much.' So when John said, 'Pam we're making you an honorary member,' I was really surprised because I realized what a big honor that was," Murray said.

While Murray worked directly with the documents and their maintenance, she credits Director of Special Collections and College Archives Diane Shaw with saving the documents. When the charter was originally revoked Shaw immediately saved all the documents that she could from Hogg Hall to preserve that chunk of history in Lafayette's archives.

In the nearly three decades since Alpha Chapter disbanded, Murray has become somewhat of an expert on the APO archives. She frequently shows

the collection to visiting Alpha Phi Omega brothers, a term referring to male or female members, from various schools.

On the same Saturday that Murray received her honorary

membership, the 70 members of the Alpha chapter of APO at Lafayette, which lost its charter in 1991 due to low membership, received a new charter recognizing the names of the students involved in the effort. Over the past few decades more than a couple of attempts have been made at rechartering at Lafayette, but it wasn't until the last three years the idea was put into action.

"Over the last few years students had been coming to us saying how they wanted to get the ball rolling so we could pull out all the stuff for them to look at but we didn't really advise them, because that's not our job, our job is acting as a steward for the records, but we would help them in any way they wanted," Murray said.

"To be honest we were beginning to wonder if the chapter would ever get reinstated. Tom [Southard] and Lauren [Champagne '19] and Ariana [Rothman '18] came to visit us around the holidays and told us 'it's happening.' And we were really shocked and thrilled," Murray said. "Of course it's very emotional for a lot of Alpha Phi Omega people because they really see this chapter as the mother, they take it very seriously."

Southard said that it was not only Murray's maintenance of APO history, but also her commitment to sharing the archives with APO brothers for so long that exemplified her worthiness.

"It's not just that she saved it, it's not just that she archived it, it's that she proactively invited brothers onto the campus and gave them access to these documents. So for us we appreciate everything that she's done but really she has shown her love and respect for the fraternity over many, many years even though none of us knew it by becoming an expert on the fraternity and sharing it with other people," Southard said. □







NATIONAL SERVICE WEEK 2017:

# PREVENTING SUICIDE ON CAMPUS

Mental health is a complex and sensitive topic that most young adults do not openly discuss. In the 15-24 age group, suicide was the second leading cause of death in 2013, second only to unintentional injury.<sup>1</sup> According to the National Institute of Mental Health (NIMH), the 18-25 age group had the highest prevalence of mental illness at approximately 22.1 percent.<sup>2</sup>

This means that in every one of the Fraternity's sections or regions, someone we know is or has been affected by mental illness.

It is with this in mind that the 44th Biennial National Convention passed the following resolution: Be it resolved that the National Service Week program of emphasis for 2017-2018 shall be "Suicide Prevention," with specific focus on "Preventing Suicide on Campus" in 2017 and "Preventing Suicide in the Community" in 2018.

Below is a look at how the chapters and extension groups of Alpha Phi Omega served their campuses, communities, the Fraternity and the nation through National Service Week 2017. This information was gathered through reports submitted through the Chapter Officer Portal on or before December 31, 2017.

<sup>1</sup> [https://www.cdc.gov/injury/wisqars/pdf/leading\\_causes\\_of\\_death\\_by\\_age\\_group\\_2013-a.pdf](https://www.cdc.gov/injury/wisqars/pdf/leading_causes_of_death_by_age_group_2013-a.pdf)

<sup>2</sup> <https://www.nimh.nih.gov/health/statistics/prevalence/any-mental-illness-ami-among-us-adults.shtml>

### **Alabama A&M University**

Pi Epsilon  
APO National Service Week

### **Albany State University**

Psi Sigma  
Get It Off Your Chest

### **Albion College**

Alpha Gamma Lambda  
Suicide Awareness & Prevention

### **Albright College**

Mu Eta  
Bracelets for Suicide Awareness

### **Alma College**

Omicron Tau  
Suicide Awareness Conversation

### **American University**

Eta Phi  
Latino Student Fund

### **Angelo State University**

Omega Gamma  
Why I Choose to Live

### **Auburn University**

Delta  
Campus Suicide Prevention  
Service Project

### **Ball State University**

Delta Xi  
*13 Reasons Why We Live*  
Delta Xi Chapter had a professional come in to train the brothers and the campus in suicide prevention. They had resource tables to pass out information and resources on suicide prevention and created a hope board to host an open dialogue about it.

### **Baruch College, CUNY**

Gamma Delta  
You Can Never Be Replaced

### **Bloomsburg University of Pennsylvania**

Xi Lambda  
Veteran Suicide Awareness Walk





# IDE

## Bowling Green State University

Zeta Kappa  
Suicide Awareness Care Kits

## Bradley University

Zeta Alpha  
APOreo Balls for The Trevor Project

## Bridgewater College

Alpha Epsilon Psi  
Why We Live

## Bucknell University

Iota Kappa  
Suicide Prevention and Awareness  
On Campus

## California State University Stanislaus

Alpha Eta Kappa  
Spreading the Word of Suicide

## California State University, East Bay

Omicron Zeta  
NSW: 1-800-273-8255  
(Suicide Prevention Service)

## California State University, Long Beach

Rho Gamma  
National Service Week:  
APOx Active Minds

## California State University, Los Angeles

Lambda Mu  
Suicide Prevention Workshop

## California State University, Fullerton

Omega Sigma  
Wall of Hope

## California State University, Sacramento

Kappa Sigma  
*Suicide Prevention*

Kappa Sigma Chapter put up flyers around campus about suicide prevention, passed out ribbons and "Why I Choose to Live" cards, posted on social media, and ending the week with friendsgiving to celebrate life.

## California University of Pennsylvania

Lambda Omega  
13 Reasons Why Not



## Carnegie Mellon University

Kappa  
Keep Calm and Color On,  
Spread Compli-mints,  
Paw's to Relax, Wash Away Worry

## Cazenovia College

Alpha Eta Sigma  
Mental Health Awareness &  
Encouragement

## Cedar Crest College

Alpha Epsilon Kappa  
National Service Week -  
Salvation Army

## Central Michigan University

Epsilon Beta  
Suicide Awareness, Signs, and Resources

## Centre College

Theta Theta  
Suicide Prevention Cards

## Christopher Newport University

Alpha Delta Xi  
Suicide Awareness and  
Prevention Hugs

## Clarkson University

Mu Omicron  
Suicide Prevention and Awareness

## Clayton State University

Alpha Eta Zeta  
You're Irreplaceable

## Clemson University

Gamma Lambda  
Uplifting Sticky Notes

## Coe College

Petitioning Group  
Suicide Prevention

## Colorado School of Mines

Mu Pi  
Let's Talk About Suicide:  
Awareness & Prevention

## CHAPTER NOTES



## Colorado State University

Epsilon Xi  
*Project LETS*  
Epsilon Xi Chapter created pieces of art, wrote poetry and letters, and made cards that serve as inspirational reminders that individuals are valued. These inspirational pieces were given to Project LETS and distributed to individuals dealing with depression and thoughts of suicide.

## Cornell University

Gamma  
Letters Against Depression

## Defiance College

Alpha Zeta Rho  
Suicide Prevention

## DePauw University

Alpha Upsilon  
Suicide Awareness Tabling

## DeSales University

Alpha Eta Phi  
Come to Me Campaign for  
Suicide Awareness and Prevention

## Dickinson College

Alpha Gamma Alpha  
*Suicide Prevention Luminaries*  
Alpha Gamma Alpha Chapter came together to light up Britton Plaza with luminaries in support of the suicide prevention week of service. Students wrote a name or words of encouragement on the paper bags and lit a tea candle inside them.

## Drake University

Omega  
Suicide Awareness Video on the  
Campus of Drake University

## Drexel University

Zeta Theta  
Semicolon Project

## East Carolina University

Kappa Upsilon  
A Pledge To Pay Attention  
(#ApledgetoPayattentiOn)

## East Tennessee State University

Lambda Alpha  
*Suicide Prevention and Awareness with Crafts*  
Lambda Alpha Chapter set up an awareness booth on campus during the day. They handed out informational materials and had a mental health screening available. That night the chapter had a de-stress ornament painting activity.

## Eastern Kentucky University

Alpha Zeta Kappa  
Whiteboard Campaign for  
Suicide Prevention on Campus

## Eastern Michigan University

Lambda Phi  
Notes of Encouragement for  
Psychological Services

## Edinboro University of Pennsylvania

Iota Xi  
It's OK To Not Be OK  
Hope for the Day Fundraiser





## Embry-Riddle Aeronautical University

Alpha Delta Nu  
Project Orange

## Emerson College

Alpha Eta Omega  
Self-Care Night

## Emory University

Delta Kappa  
Positive Notes, Promoting  
HELPLINE, Struggling Students  
Letters

## Fairmont State University

Alpha Alpha Chi  
Words of Kindness

## Florida Institute of Technology

Alpha Gamma Rho  
Prevention of Suicide on College  
Campuses: To Write Love  
on Her Arms

## Fort Valley State University

Phi Zeta  
Release for Relief

## Frostburg State University

Alpha Gamma Chi  
*Suicide Prevention*  
Alpha Gamma Chi Chapter had an  
event each day. Chapter members  
gave out flyers with information on  
where to get help and handed out  
bracelets. They also held a mental  
health program with Frostburg State  
University's counseling program held  
Bystander Intervention Training and  
gave out "pick me ups."

## Furman University

Alpha Eta Nu  
You Are Not Alone

## George Mason University

Alpha Delta Delta  
Positive Post-Its

## Georgetown University

Mu Alpha  
Grace's Church Winter Shelter



## Georgia Institute of Technology

Gamma Zeta  
*Compliments Tabling/Pledge Project/*  
*QPR training*  
Gamma Zeta Chapter encouraged  
people to take and write compliments  
throughout the week. They also  
utilized a display where students  
wrote their mental health struggles  
to show students that they are not  
alone. Chapter members also hosted  
a training session for both members,  
pledges and non-members.

## Heidelberg University

Alpha Gamma Omicron  
Suicide Awareness Week

## Henderson State University

Alpha Epsilon Epsilon  
Break the Silence, Save a Life

## High Point University

Mu Xi  
Karaoke for a Cause

## Hofstra University

Alpha Eta Tau  
Suicide Prevention Awareness  
Ribbons for AFSP

## Illinois College

Eta Sigma  
Yellow Ribbon Project

## Illinois State University

Theta Epsilon  
Suicide Prevention

## Indiana State University

Petitioning Group  
Suicide Prevention on Campus

## Indiana University

Mu  
National Suicide Prevention Week

## Indiana University Purdue University - Indianapolis

Tau Omicron  
JagsMatter

## Iowa State University

Xi  
You Matter; I Choose Life; End Silence

## Johns Hopkins University

Kappa Mu  
Suicide Prevention on Campus

## Kansas State University

Pi  
Promoting Suicide Prevention and  
Awareness on Campus

## Kettering University

Petitioning Group  
Bag Making For the Homeless

## Knox College

Alpha Beta Gamma  
Bandana Project Envelopes

## Kutztown University

Omicron Alpha  
Attitudes in Reverse

## Lafayette College

Petitioning Group  
Open Mic Night

## Lake Forest College

Alpha Zeta Delta  
Selling "Warm & Fuzzies" and Hot  
Chocolate for the Trevor Project

## Lebanon Valley College

Nu Delta  
Spreading Awareness of Suicide

## Lehigh University

Alpha Psi  
Post-It Note Activity

## Longwood University

Alpha Alpha Omicron  
Suicide Awareness/CAPS

## Loyola University of Chicago

Pi Eta  
*Pi Eta Advocates*  
*for Suicide Awareness*

Pi Eta Chapter's members signed up to  
be advocates for the National Suicide  
Prevention Organization. They also  
took individual pictures for a suicide  
prevention social media campaign to  
post on the chapter's Facebook and  
Instagram accounts.

## Lynchburg College

Mu Iota  
Park View Mission

## Marquette University

Petitioning Group  
Suicide Prevention Training with  
Active Minds

## McKendree University

Chi Omega  
Chi Omega Service Day

## Mercer University

Delta Iota  
Candy for Caring

## Michigan State University

Beta Beta  
Flyers for Mental Health and  
Suicide Awareness

## Michigan Technological University

Epsilon Lambda  
Awareness Table

## Montclair State University

Nu Psi  
National Service Week Suicide  
Prevention Workshop

## Morehead State University

Alpha Theta Beta  
Raising Awareness for Preventing  
Suicide on Campus

## New Jersey City University

Alpha Gamma Sigma  
*Stomp on Stigma*  
Alpha Gamma Sigma Chapter held  
its first Suicide Prevention Walk on  
campus followed by a mental health  
workshop. Chapter members tabled  
for the event where they gave out  
information. They sponsored the event  
with the help of the counseling center  
and women's center at New Jersey City  
University.





### **New Jersey Institute of Technology**

Lambda Delta  
National Service Week Projects

### **North Carolina State University**

Iota Lambda  
QPR Training and  
Suicide Prevention Awareness

### **Northern Kentucky University**

Alpha Gamma Phi  
Positive Post-Its

### **Northwest Missouri State University**

Beta Upsilon  
Positive Notes

### **Northwestern University**

Sigma  
NU Active Minds Partnership

### **Ohio Northern University**

Alpha Epsilon Beta  
Suicide Prevention and  
Awareness Balloon Release

### **Ohio State University**

Alpha Iota  
National Service Week: Happy Notes  
and Coffee on the Oval!

### **Ohio University-Lancaster**

Alpha Eta Rho  
Suicide Awareness and  
Prevention on Campus

### **Oklahoma State University**

Theta Sigma  
Friday Game Night

### **Old Dominion University**

Alpha Beta Omega  
#AllMindsMatter

### **Purdue University**

Alpha Gamma  
To Write Love on Her Arms Outreach

### **Quinnipiac University**

Nu Alpha  
Out of the Darkness Walk

### **Radford University**

Alpha Beta Zeta  
Ribbon Awareness

### **Randolph-Macon College**

Theta Omega  
Candlelight Vigil for Victims of  
Suicide/Mental Illness

### **Regent University**

Petitioning Group  
Awareness Posters

### **Rensselaer Polytechnic Institute**

Epsilon Zeta  
Tabling for Awareness and  
Candlelight Vigil

### **Rider University**

Pi Rho  
Mental Health Awareness Fair

### **Roanoke College**

Alpha Beta Psi  
Suicide Awareness on Campus

### **Rochester Institute of Technology**

Xi Zeta  
Letters Against Depression, Random  
Acts of Kindness, and Ribbon  
Handouts

### **Rowan University**

Nu Theta  
Be Their Rock

### **Rutgers, The State University of New Jersey**

Delta Rho  
Volleyball for Suicide Awareness

### **Saginaw Valley State University**

Alpha Delta Upsilon  
Suicide Awareness Ribbons

### **Saint Anselm College**

Alpha Zeta Sigma  
Dear You, A Letter-Writing Event

### **Saint Leo University**

Alpha Eta Eta  
Why I Choose to Live

### **Saint Louis University**

Delta Delta  
SLU Make A Difference Day

### **Saint Olaf College**

Iota Tau  
"You Matter" Note Writing

### **San Diego State University**

Alpha Delta  
*Alpha Phi Omega Presents:  
Suicide Prevention on Campus*  
Alpha Delta Chapter's event consisted  
of having the Counseling and  
Psychological Services representatives  
talk about the help that individuals  
can get on campus and having brothers  
speak about their own experiences  
regarding suicide.

### **San Jose State University**

Gamma Beta  
NSW Ribbon & Poster Making,  
Tabling, Suicide Prevention Workshop

### **Santa Clara University**

Petitioning Group  
Notes of Positivity

### **Seton Hall University**

Alpha Delta Phi  
Awareness Ribbons

### **Shepherd University**

Alpha Zeta Mu  
Out of the Darkness Walk

### **Shippensburg University**

Lambda Lambda  
Suicide Awareness Day

### **Siena Heights University**

Alpha Epsilon Omicron  
Suicide Prevention Week Bookmark  
Creation and Distribution

### **Southeast Missouri State University**

Beta Psi  
NSW - Suicide Awareness and  
Prevention Photo Booth

### **Southern Illinois University at Edwardsville**

Epsilon Pi  
Suicide Awareness on Campus

### **Southern Methodist University**

Alpha Omicron  
North Texas Food  
Bank Service

### **St. John's University**

Alpha Eta Pi  
Compliment Clothespins and  
Lollipops

### **St. Thomas Aquinas College**

Alpha Eta Alpha  
Legacy X Toy Drive

### **Stephen F. Austin State University**

Nu Sigma  
Suicide Prevention - Day of Silence  
(Ask About Our Story)

### **Stevens Institute of Technology**

Theta Alpha  
Suicide Prevention on the  
Stevens Campus

### **Stockton University**

Alpha Eta Omicron  
Tabling for Suicide Prevention

### **SUNY Binghamton University**

Theta Kappa  
Minding Your Health

### **SUNY Canton**

Alpha Eta Mu  
Suicide Prevention

### **SUNY University at Albany**

Alpha Delta Eta  
Why I Choose to Live

### **Syracuse University**

Phi  
Why I Choose to Live

### **Tarleton State University**

Xi Omicron  
Dog and Kitty Food Drive/  
Suicide Awareness

### **Tennessee State University**

Psi Phi  
You Are Not Alone:  
Suicide Prevention 2017

### **Texas Christian University**

Gamma Kappa  
Linus Project





# CHAPTER NOTES

## Texas Tech University

Beta Sigma

Suicide Awareness Booth:  
Peyton's Heart Project

## Trinity University

Delta Pi

*APO Raises Awareness for Suicide Prevention at Trinity University*  
Delta Pi Chapter tabled to spread information about services offered by the school and suicide hotlines and engaged in social media campaigns promoting awareness. Chapter members spread candy with messages of compassion and care to students around the school, creating positive messages and posting them around campus

## Truman State University

Epsilon

Mental Health Messages

## University of Akron

Alpha Epsilon Theta

Share Your Story: A To Write Love on Her Arms

## University of Arizona

Theta Iota

Mental Health 101

## University of Arkansas

Beta Rho

Compliment Booth/RUOK?

## University of British Columbia

Canada - Alpha

UBC National Service Week:  
Suicide Prevention on Campus

## University of California at Irvine

Rho Rho

### National Service Week

Rho Rho Chapter hosted a week full of services dedicated to suicide prevention and awareness. These services included putting up posters and handing out notes with positive messages, as well as had a booth on campus and received donations (proceeds going to the Trevor Project).

## University of California at San Diego

Rho Pi

Spreading the Love

## University of California at Santa Barbara

Psi

Project Unity: Peace by Piece

## University of California at Santa Cruz

Alpha Gamma Nu

Suicide Prevention Care Packages and Education

## University of California, Merced

Alpha Eta Gamma

Suicide Prevention and Awareness Week

## University of Central Florida

Psi Omega

Writing Cards for Kids

## University of Cincinnati

Delta Alpha

Positive Post-Its

## University of Colorado at Boulder

Gamma Theta

Suicide Awareness Sticker Distribution

## University of Colorado at Colorado Springs

Alpha Theta Gamma

National Service Week Tabling and 719 Rock Event

## University of Connecticut

Delta Sigma

Out of the Darkness Walk

## University of Dayton

Alpha Gamma Xi

Suicide Prevention Cubes for Service Week

## University of Delaware

Zeta Sigma

Positivity Post-Its

## University of Denver

Alpha Eta Iota

Suicide Prevention Movie Showing

## University of Detroit Mercy

Eta Pi

Keep Growing Detroit - Awareness of Food Sovereignty and Food Security

## University of Florida

Tau

Habitat for Humanity:  
A Brush with Kindness

## University of Hartford

Alpha Zeta Beta

Section 96 Service Project - Out of the Darkness Walk

## University of Illinois at Chicago

Sigma Sigma

Suicide Prevention on Campus

## University of Illinois at Urbana-Champaign

Alpha Alpha

Small Acts of Kindness

## University of Iowa

Omicron

Bake Sale & Lollipops for Suicide Prevention

## University of Kentucky

Alpha Zeta

National Service Week (Tabling + Leadership!)

## University of Maine at Farmington

Alpha Gamma Pi

Suicide Prevention

## University of Maryland, Baltimore County

Alpha Zeta Pi

APO Snack and Share

## University of Maryland, College Park

Epsilon Mu

Dan's Bandana Project

## University of Michigan Ann Arbor

Gamma Pi

Notes of Positivity

## University of Minnesota, Twin Cities

Gamma Psi

Stay Warm, Stay Positive

## University of Mississippi

Epsilon Omega

OleMissAPOCares

## University of Missouri-St. Louis

Sigma Alpha

Smash4Cash

## University of Mount Union

Xi Upsilon

Walk Out of the Darkness







### University of Nevada, Las Vegas

Alpha Zeta Upsilon  
Suicide Prevention Awareness Tabling

### University of New Haven

Xi Phi  
Out of the Darkness Walk

### University of North Georgia

Alpha Zeta Nu  
*Butterfly Project, Spread the Happiness, Post-It Note Reflection*  
Alpha Zeta Nu Chapter passed out butterfly tattoos to serve as reminders not to self-harm and to stand unified with those dealing with thoughts of self-harm. They also covered the campus in positive Post-It notes. The chapter provided a poster board where students wrote about their thoughts and emotions on the subject of suicide.

### University of North Texas

Gamma Rho  
Suicide Prevention Talk with Kevin Hines

### University of Oklahoma

Delta Beta  
Suicide Prevention Outreach at OU

### University of Oregon

Zeta Psi  
Making Care Packs with SMHA

### University of Pittsburgh at Pittsburgh

Beta  
APO Week of Service: Suicide Awareness on the Campus

### University of Redlands

Sigma Beta  
National Service Week by Alpha Phi Omega & Active Minds

### University of Rhode Island

Rho Delta  
Angel Wings with NAMI

### University of Richmond

Omicron Phi  
Field Advocate Speaker

### University of Rochester

Mu Lambda  
Alpha Phi Omega National Service Week: 'Suicide Prevention Month'

### University of Tennessee at Martin

Chi Zeta  
Project ; (Semi-colon)



### University of Tennessee-Chattanooga

Petitioning Group  
*Mental Health Awareness and Suicide Prevention on Campus*  
During its service week, the University of Tennessee-Chattanooga Petitioning Group planned an activity for each day to raise awareness for the importance of mental health and suicide prevention among college students. Group members gave out self-care goodie bags, hosted a "Dog Day" and a QPR workshop, and held a speaker event.

### University of Texas at Arlington

Theta Tau  
Tabling (information) National Service Week: Suicide Prevention on Campus

### University of Texas at Austin

Alpha Rho  
Reasons Why There's Hope

### University of Texas at El Paso

Upsilon Eta  
Creating Awareness Throughout Campus

### University of the Pacific

Alpha Alpha Xi  
Suicide Prevention on Campus

### University of the Sciences in Philadelphia

Alpha Gamma Iota  
Suicide Awareness

### University of Toledo

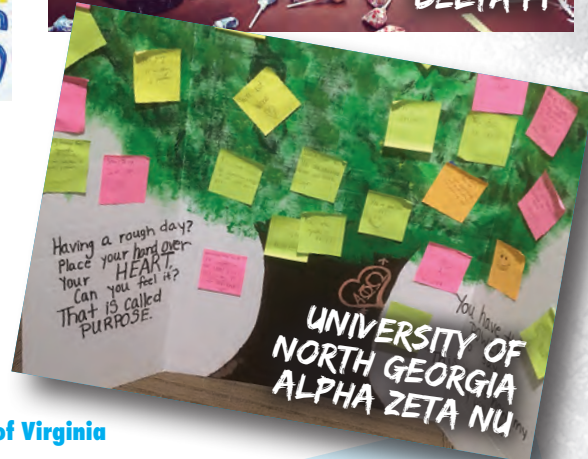
Zeta Lambda  
Suicide Awareness on Campus

### University of Tulsa

Beta Pi  
QPR Suicide Prevention Training

### University of Vermont

Alpha Gamma Eta  
"It's Real: College Students and Mental Health" Showing



### University of Virginia

Theta  
National Service Week: Play for Prevention

### University of Washington

Gamma Alpha  
#BeThe1To Campaign

### University of West Georgia

Epsilon Eta  
Epsilon Eta Suicide Prevention

### Utica College

Eta Mu  
It's Not Just a Stigma: Mental Health and Its Relation to Campus

### Valdosta State University

Sigma Iota  
#NSW17

### Valparaiso University

Zeta Gamma  
Suicide Awareness and Prevention Week

### Vanderbilt University

Theta Mu  
Healthy Behaviors

### Virginia Wesleyan University

Petitioning Group  
Why I Choose To Live

### Wabash College

Delta Omicron  
Bleed for The Bell

### Wagner College

Kappa Epsilon  
*Story Unfinished*  
Kappa Epsilon Chapter held a campus-wide event to promote suicide awareness and prevention. They had representatives from the National Alliance on Mental Health give a presentation, followed by an open discussion panel. Chapter members also hosted a 5K on campus followed by a vigil.

### Wake Forest University

Kappa Theta  
Rise Against Hunger

### Wesley College

Alpha Delta Beta  
Suicide Prevention Week

### West Chester University of Pennsylvania

Omicron Upsilon  
Positivity Pops

### West Virginia University

Lambda Omicron  
Trash You Insecurities Booth

### Western Carolina University

Petitioning Group  
More Than 13 Reasons Why

### Wittenberg University

Zeta Rho  
Take What You Need Poster Campaign

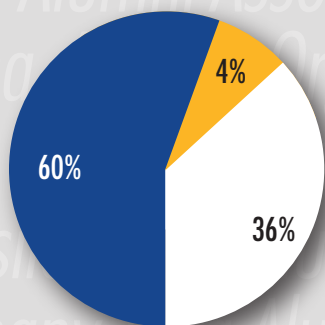


# APO ALUMNI ASSOCIATIONS

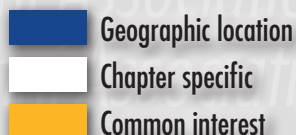
Leadership, Friendship & Service beyond the collegiate years

An alumni association is an opportunity to enhance and continue the Alpha Phi Omega experience for alumni. It provides a special opportunity to build a lasting relationship with the Fraternity and fellow brothers following the college years. There are many reasons to form or join an alumni association just as there are many reasons for becoming a brother or starting a chapter. While each alumni association is unique and forms for its own reasons, each alumni association is connected just as each chapter is connected by the Cardinal Principles and values of Alpha Phi Omega.

## 39 ACTIVE ALUMNI ASSOCIATIONS



**3** There are 3 categories for alumni associations



THE **OPPORTUNITY** TO **CONNECT** WITH BROTHERS IS **NOW!**

**354,482**  
LIVING APO ALUMNI MEMBERS  
IN OUR DATABASE

**26,494**

Graduating seniors reported in the last 5 years alone!

**REMINDER!**  
Alumni Association  
renewals are due  
via the Officer Portal  
by May 15!

**For a recent graduate**, definitely join for the career networking benefits and to continue to promote the APO principles. AND make new friends.

**For a current professional**, join to catch up with your fellow brothers, share photos, memories and have fun at social functions. AND make new friends.

**For a retiree**, join to provide historical context and memories of traditions that may have been forgotten or even photos that no one has ever seen. AND make new friends.

Brother Javier Moreno, vice president,  
*Beta Sigma Alumni Association*

FIND AN ALUMNI ASSOCIATION NEAR YOU!  
[www.apo.org/chapterlocator](http://www.apo.org/chapterlocator)



**Yes! I will support APO's Torchbearer Fund!**

- ☐ I have enclosed my check for \$ \_\_\_\_\_
- ☐ Please charge my credit card in the amount of \$ \_\_\_\_\_

**CREDIT CARD INFORMATION:**

☐ VISA ☐ MasterCard ☐ American Express ☐ Discover

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**PREAUTHORIZED SUSTAINED GIVING:**

(Please select one):

- ☐ Monthly on the 1st ☐ Monthly on the 15th  
☐ Quarterly on the 1st ☐ Semi-Monthly on the 1st & 15th

(Please select one):

- ☐ **Electronic Funds Transfer (EFT)** I have enclosed a voided check and authorize my gift to be transferred from this bank account.  
☐ **Credit Card** I authorize my gift to be charged to my credit card account. (Please fill out the credit card box at the left.)

I authorize a gift amount of \$ \_\_\_\_\_ per pay period specified above to begin on \_\_\_\_\_ (date). I understand that I can SUSPEND my preauthorized giving at any time simply by notifying APO's National Office.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Save the stamp! You can also donate online by visiting [www.apo.org/give](http://www.apo.org/give)**

**Torchbearer status is recognized for total gifts between August 1st and July 31st at the following levels:**

\$5,000+ Diamond Founder's Circle • \$2,500+ Gold Founder's Circle • \$1,000+ Silver Founder's Circle • \$500+ Diamond Torchbearer  
\$250+ Gold Torchbearer • \$150+ Silver Torchbearer • \$75+ Torchbearer

Name: \_\_\_\_\_ National #: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Home Phone: \_\_\_\_\_

SP

**Alpha Phi Omega was a critical component of our college experience. We want to make sure that others have the same opportunity to experience all the Fraternity has to offer.**

— Brothers Christopher & Christine Heim  
Alpha Gamma '91, Purdue University

**LEADERS IN  
SERVICE**



**ONLINE**

Visit us at  
[www.apo.org/give](http://www.apo.org/give)



**MAIL**

Send the above donation form to:  
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Kansas City, MO 64131



**PHONE**

Call the Development  
Department at:  
816-373-8667



## MOVING? New Address

Name

Address

City

State

ZIP

(Area Code) Phone Number

Email Address

☐ Yes, I am interested in receiving email updates from the Fraternity.

MAIL TO:

Alpha Phi Omega • 1441 E. 104th Street • Kansas City, MO 64131

SP2018

To update your contact information online,  
log in to the Members' Page at [www.apo.org](http://www.apo.org) and click 'edit profile'.

Follow APO on social media for the latest news!



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## Final Thought

"Happiness springs from doing good  
and helping others." — Plato

