

TORCH & TREFOIL

WINTER 2018

45TH BIENNIAL NATIONAL CONVENTION

DECEMBER 27-30, 2018 | AUSTIN, TEXAS

BUILDING COMMUNITY

INSIDE:

National Convention Preview
APO Hurricane Relief

National Service Week
Volunteer Opportunities

THE QUARTERLY PUBLICATION OF



FROM THE FRATERNITY

"IT WILL MAY BE THAT WE MAY NEVER MEET AGAIN IN THIS LIFETIME; SO LET ME SAY BEFORE WE PART, SO MUCH OF ME IS MADE OF WHAT I LEARN FROM YOU. YOU'LL BE WITH ME LIKE A HANDPRINT ON MY HEART, AND NOW WHATEVER WAY OUR STORIES END I KNOW YOU HAVE REWRITTEN MINE BY BEING MY FRIEND." - "FOR GOOD" FROM *WICKED*



Brothers,

Four years ago, I began this journey as the 25th National President of Alpha Phi Omega, humbled by the opportunity to serve and excited about the possibilities of what we could do together for the betterment of our Fraternity. I began with a quote (the first verse) from one of my favorite Broadway songs, "For Good" from *Wicked*. So four years later, it seems only appropriate to come full circle and end with a quote from that same song that really captures how I feel about the interactions I

have had as president with brothers from all over the world!

In looking back over these years, I am incredibly grateful for the hard work of so many brothers from across this Fraternity who have been instrumental in helping us navigate this period of fundamental change in Alpha Phi Omega. Thanks to my fellow Board members who have worked tirelessly to develop an exciting, new strategic plan focused on growth, as well as implement changes to our national governing structure, regional/sectional structure and National Convention, all of which lays a solid foundation for the long-term future success of our great Fraternity. Change is hard and change on so many fronts all at the same time can be even harder. These brothers have dedicated their best service and leadership efforts to this endeavor, and for that, I say **THANK YOU!** It has been an honor to serve with you.

But even more than this, what is surely imprinted "like a handprint on my heart" are the experiences and friendships I have been so fortunate to share with brothers from across the world during my time as President. From Canada to the Philippines, and all across the United States and Puerto Rico, I have appreciated the hospitality, friendship and the love for our great Fraternity that I encountered wherever I have traveled! These years filled with chapter charterings, anniversary celebrations, MBUs, conferences and chapter visits, have left me profoundly grateful for all of the brothers whose love, support and dedication have not only enriched our Fraternity, but have personally enriched my life as well. You have definitely rewritten my story by being my friend!

To all of my brothers, in every corner of the world, whether I have met you in person or virtually, **THANK YOU** for all that you continue to do to make Alpha Phi Omega the most diverse, inclusive and welcoming community in the world! As we grow ever closer to our 100th anniversary, let us keep our standards high. The world is even more in need of service-minded leaders, dedicated to making a difference.

May Alpha Phi Omega, our great Fraternity, ever stand united! ■

Fraternally,

Hon. John K. Ottenad
National President



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TORCH & TREFOIL

FALL 2018 • VOLUME 94 • NUMBER 3

COVER STORY



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Get ready for the 45th biennial event focused on building community through shared connections.



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There are still several volunteer opportunities during this year's National Convention—and you can help!



NATIONWIDE

FRATERNITY NEWS

Chapter Anniversaries

Congratulations to the following chapters that are celebrating an anniversary during the 2018-2019 school year.

Chapters celebrating 50 years since chartering:

- **Upsilon Beta** at Saint Francis University
- **Upsilon Eta** at the University of Texas at El Paso
- **Upsilon Iota** at DePaul University
- **Upsilon Psi** at the University of Nevada, Reno
- **Tau Chi** at Winston-Salem State University
- **Phi Delta** at California State Polytechnic University, Pomona
- **Phi Epsilon** at Maine Maritime Academy
- **Phi Zeta** at Fort Valley State University

Chapters celebrating 25 years since chartering:

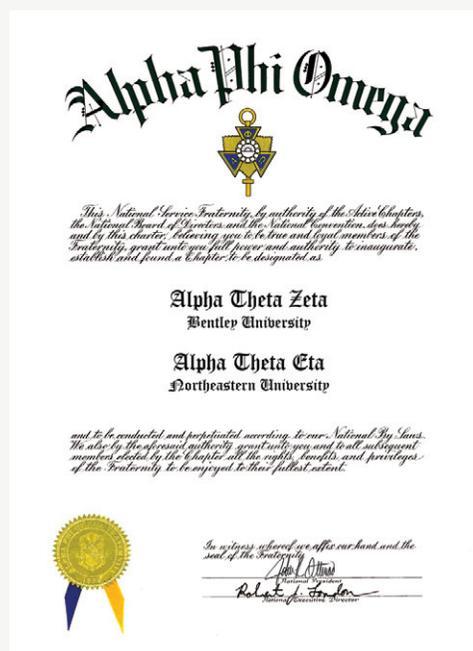
- **Alpha Delta Eta** at SUNY University at Albany
- **Alpha Delta Theta** at University of California at Riverside

Chapters celebrating 5 years since chartering:

- **Alpha Eta Lambda** at Eureka College
- **Alpha Eta Mu** at SUNY Canton
- **Alpha Eta Nu** at Furman University
- **Alpha Eta Kappa** at California State University Stanislaus

Welcome Our New Chapters!

ALPHA THETA ZETA Bentley University | Waltham, MA
ALPHA THETA ETA Northeastern University | Boston, MA



2018 Fall Issue Correction

In the previous issue, Alpha Beta Chapter at Pennsylvania State University was referenced as a Region III chapter in the Spring Youth Service Day article, when it is actually in Region II. We apologize for this error. Thank you to the brothers who brought this to our attention.

APO DATELINE

DECEMBER

12/16: APO Founders Day

12/25: Christmas

12/27-30: National Convention, Austin, TX

JANUARY

01/01: New Year's Day

01/21: Martin Luther King Jr. Day

01/27: Board of Directors Meeting

01/11: APO LEADS LAUNCH webinar

FEBRUARY

02/01: Youth Service Grant Applications Due

02/15-17: APO SERVE: Los Angeles, CA

02/15-17: APO SERVE: Richmond, VA

02/18: President's Day

MARCH

03/08-10: APO SERVE: Albany, NY

03/23: Operations Council Meeting

APRIL

04/12-14: Spring Youth Service Day & Global Youth Service Day

04/12-14: Membership Academy: Los Angeles, CA

MAY

05/01: Spring Youth Service Day Report Due

05/27: Memorial Day

Visit www.apo.org/calendar for a complete list of deadlines and events.

JOIN THE FIGHT TODAY

ALPHA PHI OMEGA IS A PROUD PARTICIPANT IN THE AMERICAN CANCER SOCIETY RELAY FOR LIFE PROGRAM.

ALPHA PHI OMEGA CAN HELP FIGHT CANCER...

By forming Relay For Life teams at the local level, by volunteering time to help at the event and by carrying out fundraising activities to support the American Cancer Society.

WHERE DOES THE MONEY GO?

Your donations help the American Cancer Society provide funding for a wide range of services including research, education and treatment counseling for cancer patients, their families and medical professionals around the globe.

HOW DO I GET INVOLVED?

Click "Sign Up" at bit.ly/2ptj5ir, enter your zip code, and sign up for a Relay For Life near you. When you "Start a Team" as a Team Captain, be sure to select Alpha Phi Omega from the drop-down of National Team Corporations, and include Alpha Phi Omega into your team name. Or, click the "Join Existing Team" link to become a team member.



FALL
2018

APO
2018

ROAD TRIP

The Fraternity strives to provide the best resources and programs possible so that members are able to make the most of their APO experience. One resource offered is the Chapter Consultant Program. This past fall, three chapter consultants left National Office and hit the road, taking the country by storm and visiting 37 unique chapters across the nation.

Megan McNaughton

Theta Iota '14 | University of Arizona

The theme of this year's National Convention, "Building Community", is one which was especially prevalent during my travels. Every chapter was interested in strengthening their sense of fellowship and connecting to other chapters in their section and region. The bonds of brotherhood that connect us can sustain us not only during college, but in the time after as well—something the Chapter Consultants know as recent graduates ourselves. The chapters I visited often matched or exceeded my excitement for self-improvement and goal-setting. Through facilitated work sessions, meetings with officers and candid discussions with advisors, members created goals and sparked chapter-wide conversations that have the potential to bring about long-lasting improvements.

During my visit to Lambda Alpha at East Tennessee State University, we discussed their alumni winter banquet and the importance of keeping alumni in the loop while talking about different ways to include alumni in events after the banquet. At the banquet, actives and alumni from across the state of Tennessee celebrated and mingled with acquaintances new and old. The banquet promoted Lambda Alpha's alumni events, along with alumni events occurring at other Tennessee chapters, so brothers can retain their ties to their chapters while

continually building their knowledge of Alpha Phi Omega past the chapter level.

Another chapter looking to expand its purview into new communities is Alpha Delta Sigma at Lindenwood University, which is co-hosting the on-campus "Spring Into Service" event this spring. This event encourages members of the campus community to serve in the local community and surrounding areas. It will be an opportunity to display the chapter's strengths to community leaders and campus administrators. Both are groups which the chapter hopes to connect with more in upcoming semesters.

This semester, Chapter Consultants visited 37 chapters. Every chapter left a unique mark on us, encouraging us to do our best, and to push chapters towards greatness. A visit is a wonderful opportunity to refine current practices and demonstrate each chapter's strengths, whether that be their retention or membership levels, service programs or bonds of fellowship. We are passionate about curating success by strengthening chapters and the individuals who strive to be leaders within them.

Cassidy Santen

Alpha Zeta Rho '14 | Defiance College

I had the opportunity to experience an area of the country which was new to me and work with amazing students and volunteers. I was able to share best practices, programming and project ideas with chapters around the country, which allowed members to see how others do APO and how they can utilize similar tactics within their own chapters. A common question I encountered was, "What do other chapters do for service, fundraising or fellowship?" Being able to give an example and then tailor it to fit the chapter's need was beneficial and helped the chapter try something new. Hearing these ideas helps connect chapters through similar projects and brings new service opportunities to different communities. As a chapter president who experienced a Consultant visit while in office, I was excited to hit the road and help other officers and members engage in this program and share how they live APO.



Bringing light to some amazing things chapters have accomplished, Theta Sigma at Oklahoma State University welcomed eight new members, doubling their current size. They are working on more large-scale service projects that may have a bigger impact on their campus to improve recruitment. The chapter participated in their campus' "Into the Streets" service day where they spent the day removing weeds from a community member's garden. The connection for this project came from an administrator meeting we attended together during the visit. Delta Beta at the University of Oklahoma has worked on building community by hosting a sectional service project to gather the chapters in Section 32 to work at the Tulsa SPCA.

With Convention in Texas this year, it was exciting to visit chapters in Texas and Oklahoma. Having the opportunity to talk about the Convention and seeing their excitement was fun knowing I'll see many of these students again this December. At the University of Texas at Arlington, we worked on alumni engagement, retention and how to better engage the chapter in their events. Another Texas chapter putting in great work is Xi Omicron at Tarleton State University. Since Xi Omicron is a smaller chapter, we worked on recruitment strategies and how to market the chapter on campus. Together, we created a recruitment calendar to look at recruitment events, as well as how and when events will be marketed on campus. Through these new strategies, the chapter doubled their size and has big plans for the future.

Rebecca McFadden

Alpha Gamma Rho '14 | Florida Institute of Technology.

During the past year and a half, I've visited 44 chapters in 16 states and worked remotely to help support many more. I've learned something new from every chapter, and one of my favorite aspects is bringing this information to different chapters. What can't be quantified is the knowledge we gain from every individual we meet. By the end of the semester, we are like walking databases of APO ideas, best practices and projects. During brainstorming sessions, members can build off these examples to create exciting, new opportunities for their own programs. We also assist with administrative items, such as completing Officer Portal forms, maintaining EINs and updating membership rosters. We can be hands-on with officers to help complete tasks that may seem overwhelming. Alpha Eta Gamma at the University of California, Merced utilized part of the visit to get ahead of Officer Portal deadlines. We worked with the executive committee to submit the Charter Reaffirmation, and the chapter was the first in the Fraternity to complete the requirement this year!

One of the most rewarding features is meeting members who are equally passionate about APO, seeing firsthand how they have an impact on their campuses and communities and working with them on how to further their programs to expand this impact. One of my fondest memories was watching the eyes of members of Iota Phi at University of California at Davis light up during



the Initiation Ceremony as they realized their new recruitment ideas resulted in 42 new members. With Alpha Gamma Pi at University of Maine at Farmington, I spent one morning making insulation panels for homes, knowing that only a few hours of work would keep people stay warm throughout winter. After, the chapter held a leadership workshop where we evaluated the chapter's current programming and developed new ideas of incorporating leadership into service. Consultants aim to meet with a campus administrator in order to bring awareness to the chapter and connect the group to larger opportunities. Many of these meetings have resulted in chapters leading new service initiatives for the campus and creating long-term connections between the chapter and the college's administration.

To further our impact, we spend months training at the National Office in Kansas City, totaling more than 400 hours, allowing us to see a broader perspective beyond our personal experiences. With this combination of insight, we truly are a unique resource for the Fraternity. We understand the idea of a visit may be intimidating, but we also know how beneficial the additional support can be to the chapter. As an officer meeting with a Consultant, I couldn't have imagined one day I would be on the other side providing guidance and support, however, it will be these meetings what I'll miss most after next semester. To anyone we've met along the way, and to those we'll meet in the upcoming terms – we'll see you in Austin! ■



BUILDING COMMUNITY THROUGH SHARED BROTHERHOOD DESTINATION: AUSTIN



In less than one month, APO brothers will descend to Austin, Texas, for the 45th Biennial National Convention. From Dec. 27 to 30, brothers from across the U.S., Canada and the Philippines will come together, deep in the heart of Texas, to build the APO community and have opportunities themselves to lead, serve, learn and explore.

The theme “Building Community” will influence every aspect of the Convention. The four days will be packed with workshops taught by APO experts, APO LEADS, keynote speakers, service opportunities and a Legislative Session where the delegates will build the future of APO.

DESTINATION: AUSTIN | LIVE MUSIC CAPITAL OF THE WORLD

Austin is home to more than 200 live music venues and over 2,000 bands and performing artists. In 2018, it’s also home to Alpha Phi Omega. The music vibe coupled with the city’s mantra of “Keep Austin Weird,” will make the 2018 National Convention a destination that is sure to provide everyone with an interesting and eclectic experience.

The JW Marriott, the Convention hotel, is located in downtown Austin within walking distance of some of the most well-known and historic museums, restaurants, shops and bars. When you arrive in Austin, your experience will start the second you land at the Austin–Bergstrom International Airport. With local restaurants and live music, the Austin airport is just a snapshot of the experience you’ll get during the National Convention.

With a quick 15-minute trip from the airport to the hotel, you’ll be ready to start exploring with your brothers. Just a few blocks away you can take a walk down the 12 mile-long Hike and Bike trail until you make it to Zilker Park, where you’ll be able to see some of the best views of the Austin skyline.

ARTICLE BY: CONVENTION MARKETING LEADERSHIP TEAM
Daisy Gonzalez | Alpha Rho '16, Angela Kramer | Epsilon Pi '16, (Lekan)
Olamilekan Mabayoje | Theta Tau '13, Stephanie Taylor | Xi Delta '07

Austin is home to a diverse array of restaurants and food trucks, including places that cater specifically to those who are vegetarian, vegan and gluten-free. There's something for every appetite in the heart of Austin.

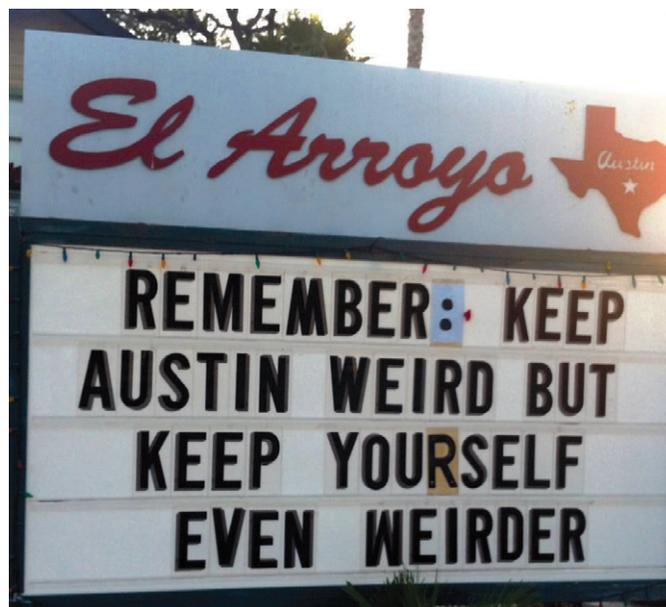
MORE THAN 200 LIVE MUSIC VENUES & OVER 2,000 BANDS & PERFORMING ARTISTS

From tacos to BBQ, Asian cuisine to Mexican and hamburgers galore, you'll find every cuisine imaginable and will definitely find something for every palate within a walk around downtown or short ride-share to South Congress. You can even eat at the infamous El Arroyo, where the only thing better than their Mexican food is their signage skills.

With a full evening built into the schedule to explore Austin, one of the best ways is to listen to live music. Stubbs Bar-B-Q is not only known for their food, it has one of the more iconic stages in Austin, where names such as Johnny Cash and Kendrick Lamar have played.

To finish out the evening, Austin is home to multiple comedy clubs, dozens of breweries, streets lined with bars and dance clubs—all within walking distance of the Convention hotel.

As the headlining act, the 2018 National Convention will provide brothers from every walk of life with an experience like none other. Serving in the supporting role, Austin will be a backdrop to the Convention like no other city has been before. Austin is excited to welcome you!



EVERYDAY LEADERSHIP

Leadership is one the core principles of Alpha Phi Omega, however are brothers aware of just how much acts of leadership and service inspire the people we serve in our communities? Speaker and author, Drew Dudley, will join us in Austin as the keynote speaker. Through his inspiring TED Talk, he will discuss our role as everyday leaders and how leadership can be an attainable goal. It is our actions that impact the people in our communities every day and these actions become our “lollipop moments”. Check out his famous talk at www.drewdudley.com.

BUILDING CHANGE

One of the exciting highlights attendees will experience is the new schedule the Convention will follow. While the Convention still runs from the traditional dates of Dec. 27 to 30, the schedule will feel a little different. This new format will allow every attendee to follow or be a part of the Legislative Session, as well as attend workshops, service projects and explore Austin.



Workshops will focus on three separate, and equally important ideas of building yourself, your chapter and your community. Attendees will have the freedom to grow as individuals in the member-focused workshops and will find the chapter-focused workshops filled with information about building chapters in Leadership, Friendship and Service.

A DAY FOR ALUMNI

This year, Alumni Day will fall on Dec. 29. The day will start with breakfast with the Fraternity leadership where our best chapters will be recognized. The day will include specific programming designed for new and seasoned alumni. Programming will range from social media strategies and APO history to team building and effective chapter meetings and more! Alumni will also enjoy a reception luncheon before the plenary session with Dr. Vasti Torres, APO Board of Directors member and Leadership Coach at the University of Michigan, who will speak on diversity and inclusion.

WHAT WILL YOUR CONVENTION STORY BE?

The National Convention has always been the best opportunity to meet brothers from around the world, learn new ways to serve and sharpen leadership skills. However, the greatest memories can't be scheduled for the day. The atmosphere of the Convention is like none other - it's a place to build your APO memories. While workshops and banquets are a great way to learn and celebrate, the small moments with friends are what will transform your Convention experience and will shape your Alpha Phi Omega journey.

The Convention has a way of bringing the best parts of friendship, laughter and Alpha Phi Omega together. From new dining experiences, inside jokes, or just staying up late in your region suite, your Convention story starts in the time that isn't always planned. If your Convention story began decades ago or will begin on Dec. 27, the 2018 National Convention will be the opportunity to build your story into a tale unlike any other in your life. ■

“ The 2018 National Convention will mark a decade since I attended my first National Convention. I remember the excitement I felt in 2008 when I stepped into the hotel. I understood the importance of representing my chapter, but what I didn't understand at the time was exactly how many memories and friendships would be created and cultivated during those four days. It would be those friendships that carried me across the U.S. over the course of the next four Conventions, and it's those friendships that bring me home to Austin in December. While I attribute my attendance at the 2008 National Convention to igniting my passion for Alpha Phi Omega, it's my continued attendance at the National Convention that has changed the course of my life to include service to my chapter, my campus, my community, my nation and the world in every facet of my life. ”

Stephanie Taylor
Xi Delta '07 | Texas A&M University



THURSDAY, DEC. 27

Registration: 8 AM - 5 PM • APO LEADS: 9 AM-12 PM •
Legislative Session: 1 PM - 6 PM • APO LEADS: 4 PM - 7 PM •
Delegate Appreciation Dinner: 6 PM - 7:30 PM • Legislative Session: 7:30 PM - 10 PM

FRIDAY, DEC. 28

Voting Delegate Breakfast: 7 AM - 8:15 AM • APO LEADS: 8 AM - 11 AM •
APO Legislative Session: 8 AM - 12 PM • APO National Convention Kickoff:
1:30 PM - 2:30 PM • Service Project: 2:30 PM - 4:15 PM • Regional Meetings:
4:30 PM - 5:30 PM • Keynote Speaker Drew Dudley: 8:30 PM - 9:30 PM •
Entertainment: 9:30 PM - 2 AM

SATURDAY, DEC. 29

Fraternity Awards Breakfast: 8 AM - 9 AM • Workshops: 9 AM - 11:30 AM •
Regional Meetings: 11:30 AM - 12:30 PM • Alumni Luncheon: 12:30 PM - 2:30 PM
• APO LEADS: 1 PM - 4 PM • General Session - Dr. Vasti Torres: 3 PM - 4:30 PM •
APO LEADS: 4 PM - 7 PM • Inclusion Reception: 4:30 PM - 5:30 PM •
International Reception: 5:30 PM - 6:30 PM • Scouting & Youth Service
Reception: 6:30 PM - 7:30 PM • Open Night to Explore Austin: 7:30 PM - 2 AM

SUNDAY, DEC. 30

Breakfast & Regional Meetings: 8 AM - 10:30 AM • Workshops: 10:30 AM -
12 PM • Pledgeclass Namesake Meet & Greet: 1 PM - 2:30 PM •
Workshops: 1 PM - 4 PM • Celebration Banquet: 7 PM - 9:30 PM •
Entertainment: 10 PM - 2 AM

THURS
DEC. 27

FRI
DEC. 28

SAT
DEC. 29

SUN
DEC. 30





APO HURRICANE DISASTER RESPONSE

*By Julio Marín-Marantes
Upsilon Mu at University of Puerto Rico | '07*

On Sept. 21, 2017, Puerto Rico suffered the impact of the most powerful hurricane recorded in our history. María, a Category 4 hurricane with sustained winds of 155 mph, moved at a slow pace from the east to the west side of the island leaving a path of destruction and desperation among Puerto Ricans. More than 30 hours of punishment left unprecedented damage on the island, becoming the third costliest tropical hurricane to hit the U.S. or a U.S. territory in history, according to the National Centers for Environmental Information in consultation with the National Hurricane Center.

The estimate of human loss caused directly or related to the aftermath of the hurricane was around 3,000 people. The entire electric system collapsed, leaving the island without power for months. Some remote areas spent more than a year without power. The island was also left without any type of communication for weeks, complicating the search and rescue efforts, as well as the distribution of supplies to the population. Throughout Puerto Rico, thousands of houses were destroyed, and local businesses were forced to close temporarily or permanently because of the damages suffered. Access



3rd COSTLIEST HURRICANE

to potable water was also incredibly difficult, causing diseases among the population related to contaminated waters. Hurricane María came in the worst moment possible due to the economic challenges that Puerto Rico had been facing for the past few years. This made the recovery from this event an even slower one.

Living the principles of Leadership, Friendship and Service, brothers in Puerto Rico were involved in different service projects to help in the recovery. At this moment, we have six APO chapters and one alumni association in Puerto Rico: Omicron Nu at the University of Puerto Rico/ Rio Piedras; Upsilon Mu at the University of Puerto Rico/Mayaguez; Phi Sigma at Pontifical Catholic University of Puerto Rico; Psi Eta at Interamerican University San German; Omega Rho at Interamerican University Puerto Rico Metropolitan and Alpha Eta Upsilon at the University of Puerto Rico-Cayey. The first event was organized by the Puerto Rico APO Alumni Association, and it was a

6 CHAPTERS

1 ALUMNI ASSOCIATION

service project at Guajataka Scout Reservation. Camp Guajataka is the official Boy Scouts of America camping site of Puerto Rico. Located in the mountains of the west side of the island, Camp Guajataka was severely damaged by the hurricane. Flooded cabins, destroyed buildings and fallen trees blocking the trails were some of the challenges faced by the on-site staff of Camp Guajataka after the hurricane. During the month of November 2017, a group of brothers from different chapters, members of the PR APO Alumni Association and boy scouts of Troop 39 gathered at Camp Guajataka to help with the recovery efforts of this important camping site. Cabins were cleaned and painted, trails were repaired and debris was removed from the campsites. The staff of Camp Guajataka, including its director who is also a member of the PR APO Alumni Association, were very grateful for all the work performed by our brothers to assure that the facilities were left in good condition to receive youth from around the island to enjoy its facilities.

1 CAMPSITE & 1 BRIDGE SAVED

Upsilon Mu Chapter was also involved in a service project in the town of Utuado. Utuado is in the central region of the island, and given its geography, supplies and help for the residents was slow. An important bridge in Utuado collapsed during the hurricane, leaving an entire community without direct access by cars. The chapter collaborated with volunteers from the University of Texas at El Paso and the University of New Mexico to reconstruct this important bridge. Phi Sigma Chapter helped to collect clothes, water, food and other emergency supplies to be distributed to the more affected communities around the island.

Since Hurricane María, there have been several other deadly hurricanes that have caused substantial damage. In the middle of the chaos and desperation caused by these storms, the principles of Leadership, Friendship and Service of our Fraternity were, and continue to be, the motivation of our brothers to help those in need during these difficult moments. ■

NATIONAL SERVICE WEEK

SUICIDE PREVENTION

IN THE COMMUNITY



Over 800,000 lives are lost from suicide globally each year. That's one about every 40 seconds. But together, APO may have helped change that statistic.

APO designated the first week of November as National Service Week (NSW) in order to unify chapters with a national theme, inspire expansion of their service programs and increase the impact they have on the communities they serve.

This year's National Service Week program was November 4-10 with an emphasis for "Suicide Prevention in the Community"

Mental health is a complex and sensitive topic that most young adults do not openly discuss. According to the National Institute of Mental Health (NIMH) approximately 20.1 percent of the 18-25 age group population has a mental illness. This means that in every one of our sections and our regions, someone we know is or has been affected by mental illness. It is likely that every chapter has at least one brother who has been affected by mental illness, thought about or attempted suicide.

Luckily the people in your chapter are your brothers and family. Families take care of each other and this especially applies to Alpha Phi Omega chapters. This year several chapters went out to help spread awareness for suicide prevention. One chapter partnered with several community organizations to make an even bigger impact.

Mu Pi Chapter at the Colorado School of Mines in Golden, Colo., hosted a week of community suicide prevention activities with the theme "Silence Isn't Golden". The week included an online fundraising campaign for the American Foundation for Suicide Prevention (AFSP) and more than a dozen events aimed at uniting the Golden community in a conversation about suicide prevention. Events included: A suicide prevention resource table on campus; a "Change Yo' Stigma" interactive display; a guided meditation session; de-stress yoga; a presentation of the "Make It OK" program; QPR trainings; a presentation of AFSP's *It's Real: College Students and Mental Health* documentary; and a suicide prevention and remembrance walk followed by a mental health wellness fair.

To make this programming possible, the chapter began planning months in advance and partnered with over 30 campus and community organizations. Partners included numerous suicide prevention groups such as AFSP and the Jefferson Center for Mental Health, other student organizations such as Out in Science, Technology, Engineering, and Mathematics (oSTEM) and the Undergraduate Student Government, and community organizations such as the Golden Rotary and Lions Clubs. Close to 100 volunteers from the campus and community also helped throughout the week.

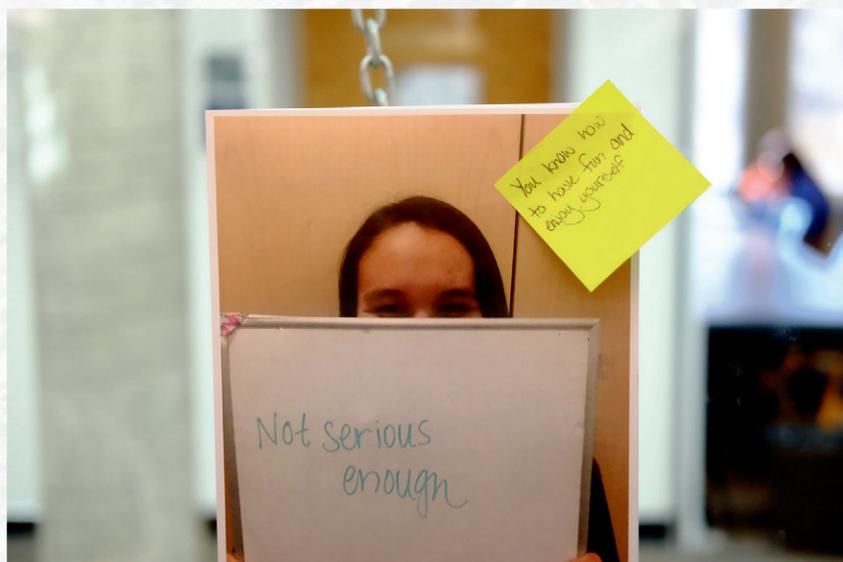
The week began by setting up the interactive display entitled "Change Yo' Stigma". Participants had their photo taken holding a sign with a negative stigma they have about themselves. Display visitors were invited to use sticky notes to leave messages on the photos that put

a positive spin on these stigmas. In addition to the main community display, the Sources of Strength organization at the local high school also hosted a display on their campus. Awareness ribbons and mental health resources were distributed during the week through a daily resource table. Community members had opportunities to de-stress and learn mindfulness through yoga and meditation, and several programs were offered that taught participants the importance of talking about mental health and equipped them with the needed tools. Participants were especially impacted by a speech from Katie Rhodes, the sister of Ryan Vincent who was a Mines student lost to suicide last May just six days prior to his scheduled graduation.

The week concluded with a community walk to remember those lost to suicide and to raise awareness about suicide prevention. Participants carried a banner with all their signatures and messages of hope made by participants that were connected into chains. A mental health wellness fair was held at the end of the walk which provided participants the chance to interact with various local mental health organizations.

The chapter received overwhelming media coverage for their efforts and in conjunction with the rest of Section 30, they even had a proclamation issued by the governor declaring Nov. 5-9 as “Alpha Phi Omega Service Week” in the state of Colorado. The proclamation, media coverage links, and more information are available at www.aposw.org.

Suicide prevention starts with everyday heroes like APO brothers. If someone comes to you with suicidal thoughts or ideas, take the proper actions to support them. The National Suicide Prevention Lifeline hot-line is available 24 hours every day at 1-800-273-8255. ■





CHAPTER NOTES

Region I

Gamma Delta Chapter
☞ Baruch College, CUNY



baruchapo Brothers participated in the Leukemia & Lymphoma Society's Light the Night Walk to build awareness of blood cancers and to raise money for research and support of patients and families.

Region II

Mu Lambda Chapter
☞ University of Rochester



apomulambda Happy **#servicesunday!** Here are some of our brothers volunteering at the Wilmot Warrior Walk, an event that helps fundraise for cancer research.

Region III

Kappa Theta Chapter
☞ Wake Forest University



apowfu Kicking off Brother Week by making drums for the Special Children's music program! The kids will most definitely love them!

Region IV

Psi Nu Chapter
☞ Benedict College



psinuapo It was such an honor to walk with the movement against sickle cell. Thank you for having us Ms. Donald. It was truly amazing. Brotherhood? We got it. Service? We do it! **#BeatSickleCell**

Region V

Alpha Gamma Phi Chapter
☞ Northern Kentucky University



apoaatku Despite the rain, our brothers had fun at the Buddy Walk and supporting Team Janson!

Region VI

Lambda Phi Chapter
☞ Eastern Michigan University



apo.emu We volunteered at the animal shelter the other day! Thank you brothers, and I'm sure the totes adorbs animals we see here loved it too.

Region VII

Phi Xi Chapter
 ♡ Austin College



apophixi Just some brothers doing service #GreatDayOfService #NetflixandServe.

Region VIII

Beta Rho Chapter
 ♡ University of Arkansas



uarkapo We participated in the Illinois River Clean Up this weekend! Our awesome chapter helped kayak and canoe 8 miles of the river to pick up lots of trash!

Region IX

Beta Theta Chapter
 ♡ Univ. of Wisconsin-Madison



apobetatheta Thank you to everyone who participated in service events and/or fellowships this past weekend! Light of the Moon 5k was a success as well as the Reach A Child Gala.

Region X

Alpha Delta Chapter
 ♡ San Diego State University



aposdsu Each year, members of Alpha Phi Omega record over 750,000 hours of service nationally! Here are some of our own brothers doing #service with the San Diego Food Bank #aposdsu.

Region XI

Zeta Psi Chapter
 ♡ University of Oregon



apouo Our brothers spent their Saturday morning volunteering with Habitat for Humanity painting a house!



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JOIN US FOR
Alumni Day

SATURDAY, DEC. 29, 2018, AT THE
45TH BIENNIAL NATIONAL CONVENTION
IN AUSTIN, TX

*Workshops, networking and
special sessions just for you —
our valued alumni!*

Alumni Day is a day dedicated to celebrating the achievements of Alpha Phi Omega alumni. For those signed up, you'll have the chance to meet and network with APO alumni from across the country based on similar interests, hobbies and/or careers during a reception luncheon just for alumni. Specific programming designed for new and seasoned APO alumni will be available all day. This special day is the perfect opportunity to meet new alumni while catching up with old friends and long distance brothers.

PROGRAMING HIGHLIGHTS:

SOCIAL MEDIA STRATEGIES • APO HISTORY • TEAM BUILDING • PERSONAL FINANCIAL MANAGEMENT • MENTAL HEALTH & PHYSICAL WELLNESS • THE IMPORTANCE OF FELLOWSHIP

VISIT WWW.APO.ORG TO LEARN MORE!

Yes! I will support APO's Torchbearer Fund!

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- 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 periods 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.

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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: _____

WINTER2018

Continuing the Legacy of APO

"APO means a lot to me. I give to continue the legacy of helping others, in support of the staff, alumni, volunteers and students who make this great organization."

- Tiffany Huang
Kappa Sigma '07
California State University, Sacramento
TorchBearer Fund Supporter

Tiffany Huang pictured with APO President John K. Ottenad at the 2016 National Convention



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Extend your dedication to service by signing up to be a National Convention volunteer. Opportunities range from volunteering on the floor during the Legislative Session, to checking in brothers at registration, to keeping the Convention safe and secure by volunteering with Safety and Security, plus so much more!

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