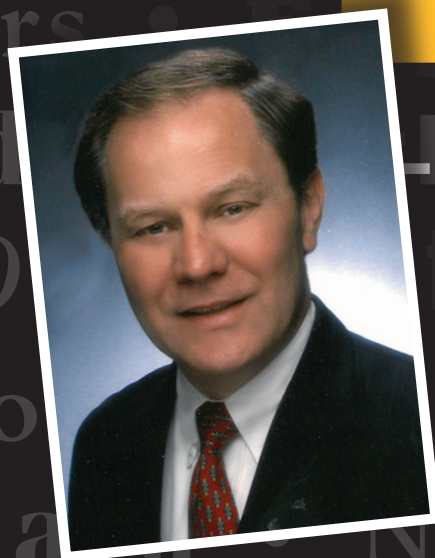


# TORCH & TREFOIL

SPRING 2014

“i am  
an apo  
brother”



Brother and Businessman  
Phil Pfeffer, Zeta Nu '63,  
shares his story of carrying the  
Cardinal Principles throughout  
his career and life.

## INSIDE:

A look back at National  
Service Week 2013:  
*Respect for Self*

THE QUARTERLY PUBLICATION OF



*"Human beings love stories because they safely show us beginnings, middles and ends."*

— A. S. Byatt

The journeys and stories of our lives all have, to one degree or another, beginnings and middles. While some of them, for better or worse, have ends, many continue throughout the entirety of our lives.

One of those never-ending journeys is our brotherhood in Alpha Phi Omega. When each of us joined this grand fraternity, we did so for different reasons. Perhaps we joined because of friends who were already members; maybe we joined to find an outlet for our desire to serve; or perhaps we joined because we were looking for a place to belong. No matter the reason, however, we all joined and became part of something so much bigger than ourselves.

It is easy to look at our time as active members and think, "This is only a college thing." Some of our brothers graduate and move on, never to be heard from again. Others are more actively involved in the Fraternity at various levels, and still many others carry the spirit of our Oath of Loyalty and Service into other areas of life – the public sector, nonprofit activities or into business.

No matter where one goes, however, there is one immutable truth: We are brothers of APO, connected by a lifetime commitment to one another and to our unbroken circle of Leadership, Friendship and Service. Our commitment does not end when we graduate, or when we get busy with other activities or organizations. It is a bond that ties us for life.

And, in that lifetime commitment to one another and to our Cardinal Principles, we may never know just when we will have the opportunity to make a difference. Perhaps decades from now, when a new brother looks to us for guidance, or perhaps we will have an impact when we serve as chapter advisors or in some other capacity.

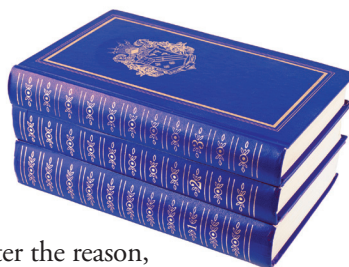
I was reminded of the importance of this lifetime commitment when reading the article about Brother Phil Pfeffer on page 8. Brother Pfeffer's lifetime of charitable work should be a reminder to all of us that our collegiate APO experiences are but one part of our fraternal heritage – we still have our lives to continue to demonstrate and exemplify the Cardinal Principles. His story is remarkable in many ways, great and small, and his words speak directly to the importance of understanding the lifelong promise we have individually, and collectively, made.

To paraphrase Brother Pfeffer, I will not say, "I was in Alpha Phi Omega." I will instead proudly say that I AM a brother of Alpha Phi Omega.

Faternally,



Mark Stratton  
National President



## NATIONAL OFFICE

14901 E. 42nd Street S.  
Independence, MO 64055  
Telephone: 816-373-8667  
Website: [www.apo.org](http://www.apo.org)  
E-mail: [publications@apo.org](mailto:publications@apo.org)

EDITOR-IN-CHIEF: Robert J. London, CAE

EDITOR: Stacey R. Robinson

TECHNICAL EDITOR: Ruth Goodman

GRAPHIC DESIGN: Keeney Design Studio

## SUBMISSION DEADLINES

Fall Issue: June 2

Winter Issue: September 8

Spring Issue: February 2

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# TORCH & TREFOIL

SPRING 2014 • VOLUME 90 • NUMBER 2

## COVER STORY



**8 "I am an APO brother"**  
Brother Phil Pfeffer, Zeta Nu '63, shares his story of being a leader, being a friend and being of service for more than 50 years.

## FEATURES

**12 National Service Week 2013: Respect for Self**  
See how chapters across the country celebrated National Service Week 2013 on their campuses and in their communities by providing service to others.

## DEPARTMENTS

**4 Torch Talk**  
**18 Development**



**4**



**12**



**18**



## Extra! Extra!

Stay up to date on APO news through Alumni Connection, the Fraternity's bimonthly alumni e-newsletter. Alumni Connection shares the latest news and announcements, volunteer opportunities, alumni discounts and educational opportunities. Visit <http://ow.ly/twx78> to join the Alumni Connection mailing list.

## January Board Meeting Recap

The following actions were taken by the Board of Directors at the January 24-25, 2014, meeting:

The Board approved the minutes of the June 27-28, 2013 meeting.

Pursuant to Article IX, Section 7 of the National Bylaws, the

President declared the charter of the following chapters null and void:

- Epsilon Theta, University of North Dakota (Region IX, Section 23)
- Zeta Epsilon, Gustavus Adolphus College (Region IX, Section 23)
- Alpha Epsilon Upsilon, Barton College (Region III, Section 80)
- Theta Delta, Waynesburg University (Region V, Section 65)

The Board approved:

- Granting the charter of State University of New York (SUNY) Canton (Region II, Section 88)
- The 2014 National Convention budget
- Amending the Fraternity Operations and Policy Manual, Category V, Membership & Extension, Sub-Category 4, Enforcement, Policy 5, Procedure for responding to allegations of practices inconsistent with Fraternity policies
- Amending the Fraternity Operations and Policy Manual, Category III, Awards and Recognition,



*This National Service Fraternity, by authority of the Active Chapters, the National Board of Directors and the National Convention, does hereby and by this charter, believing you to be true and loyal members of the Fraternity, grant unto you full power and authority to inaugurate, establish and found a Chapter to be designated as*

**Alpha Eta Lambda**  
Eureka College

**Psi Sigma**  
Albany State University

**Alpha Eta Mu**  
SUNY Canton

*and to be conducted and perpetuated according to our National By-Laws. We also, by the aforesaid authority, grant unto you, and to all subsequent members elected by the Chapter, all the rights, benefits, and privileges of the Fraternity to be enjoyed to their fullest extent.*



*In witness whereof we affix our hand and seal of the Fraternity*  
*Mark E. Schell*  
National President  
*Robert J. Jordan*  
National Executive Director

Sub-Category 1, National, Policy I, National Distinguished Service Award and Policy II, National Alumni Distinguished Service Award

- Amending the Fraternity Operations and Policy Manual, Category III, Awards and Recognition Sub-Category 1, National, Policy II.3.d, Criteria – Nominations
- Amending the Board Policy Manual, Category 7, Finance, Policy 7-1, Bank Account Signatures
- Amending the Board Policy





## Welcome New Chapters!

**ALPHA ETA LAMBDA**  
Eureka College

**PSI SIGMA**  
Albany State  
University

**ALPHA ETA MU**  
SUNY Canton

Manual, Category 7, Finance,  
Policy 7-2, Bonding

The following appointments were made:

- 2014 Fall Pledge Class  
Namesake Honoree Committee:  
Brother John Ottenad (Chair),  
Brothers Marilyn Mims, Melody  
Martin, Jeremy Bingman, Craig  
Tanner and Stan Carpenter
- 2014 National Convention
  - Chair: *Brother Amber Swanson*,  
Alpha Delta Upsilon Chapter  
at Saginaw Valley State  
University in Michigan
  - *Brother Jeff Neurauter* –  
Parliamentarian
  - *Brother Matt Bailey* –  
Sergeant-at-Arms
  - *Brother Jeff Cantor* –  
Legislative Director

- *Brother Katrina Molnar* –  
Deputy Legislative Director
- *Brother Jack McKenzie* – Lead  
Writer and Stage Manager
- *Brother George Kober* –  
Logistics
- *Brother Chris Meschuk* –  
Audio Visual Director
- *Brother Dave Bykowski* –  
Announcer

The Board held strategic  
discussions on the following topics:

- Results of the Board's self-  
assessment
- Strategic plan
- Alumni engagement and alumni  
associations
- Preliminary strategy for  
achieving 500 active chapters
- Convention sponsorships

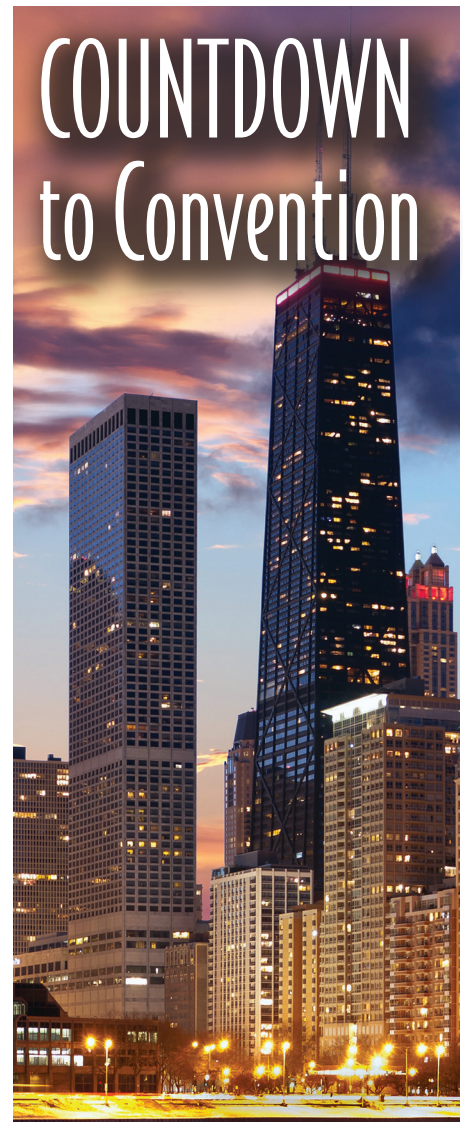
Updates were provided on the  
status of Canadian extension efforts,  
the Capital Campaign, Delta Sigma  
Chapter's probation, the Endowment  
and items relating to specific  
programs.

The next Alpha Phi Omega Board  
of Director's meeting is June 27-28,  
2014, in Chicago, Illinois.

## Brothers Step Up to Support Philippines Typhoon Relief Fund

In the wake of the typhoon that hit  
the Philippines in November 2013,  
Alpha Phi Omega National Service  
Fraternity, USA set up a fundraising  
page through *Crowdrise.com* to help  
collect donations for the American  
Red Cross Relief Effort. With the  
help of many amazing brothers and  
generous chapters, the Fraternity

## COUNTDOWN to Convention



As of March 15, 2014

**288**  
**DAYS LEFT**

until the 2014  
National Convention  
in Chicago, Illinois

collected \$6,162 to help with the recovery effort. Thank you for your support!

## Become a Presenter

Are you a new alumnus(ae) or a seasoned veteran wishing you could do more to help develop the future leaders of Alpha Phi Omega? Become a certified course presenter! All advisors, staff and active alumni are encouraged to become APO certified presenters, and it's easy to get started. Anyone who is willing to work at developing oneself as a presenter can participate in our presenter



development training. Visit <http://ow.ly/twwDy> to learn more about becoming a presenter.

## Welcome the Fraternity's Newest Chapter Consultant

**Name:** Justin Taylor

**Hometown:** Bowling Green, KY

**Chapter/School:** Alpha Gamma Phi, Northern Kentucky University

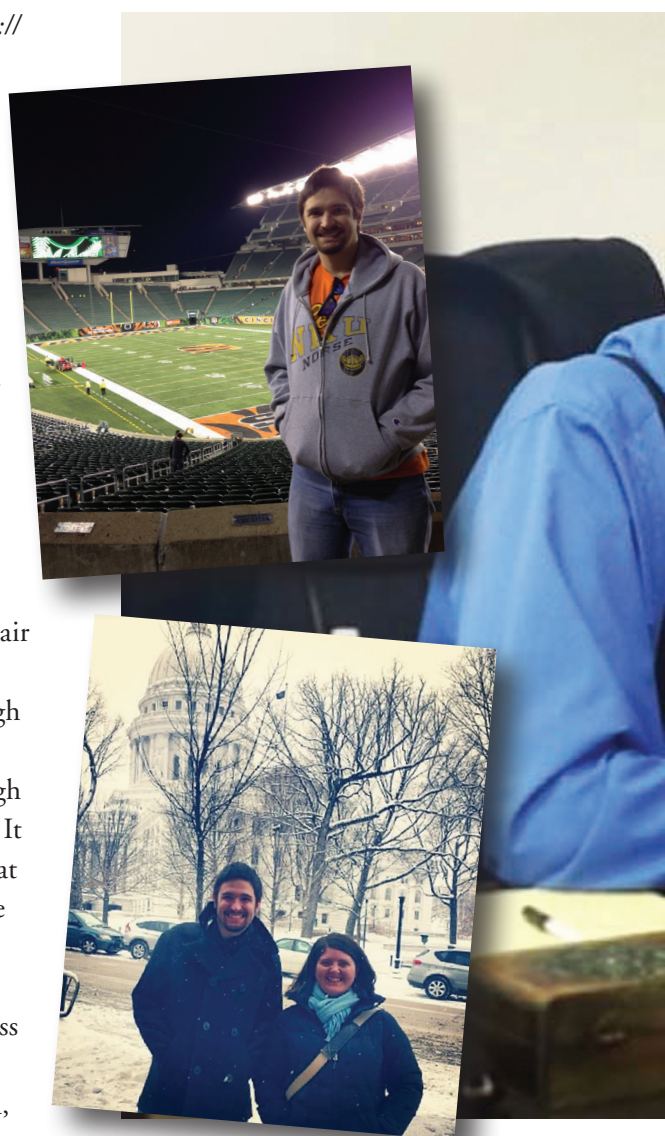
**Degree:** B.S., Mathematics

**Chapter Offices:** Treasurer, Parliamentarian, Conference Chair and Sectional Representative

**Favorite Quote:** "It is not enough that corruption is recognized. It must be opposed. It is not enough that ignorance is acknowledged. It must be defied. Win or lose, what matters is making a stand for the virtues we will bequeath to the human race. When this galaxy is finally ours, we'll hold a worthless prize if we plant the last Aquila, on the last day, on the last world, having led humanity into moral darkness." —"Betrayer" by Aaron Dembski-Bowden

**Fun Fact About Justin:** When I'm not working with APO, I spend a lot of my time modeling and painting Warhammer 40K miniatures and reading the accompanying novels, or [on] any other of my dozens of nerdy hobbies.

**What advice would you give to someone new to APO who wants to make the most out of his or her APO experience?** The best advice



for any new member is to become as active and involved in APO as early as they can, both in their chapter and nationally. This can be anything from serving on a committee or becoming an officer, to serving as a voting delegate at the National Convention. Some of my closest friends have been made and my most important skills learned from doing so.

**When is the last time you provided service to another person or organization?** I attended a walk





through the Cincinnati Zoo supporting Cincinnati Children's Hospital with a number of friends. We got to walk a couple blocks around the zoo and then through it, which was pretty cool! Plus it raised lots of money. Our particular involvement was through the Kohl's Cares program, and for us attending, the company donated a lump sum to the organization as well, which is really good.

Follow Justin on Facebook at <http://ow.ly/twpAq>.

## APO DATELINE

### MARCH

**03/19:** APO IMPACT Live: Financial Reporting  
**03/19:** APO LEADS Webinar: Achieve Content  
**03/20:** Absolutely Incredible Kid Day .....  
**03/21-23:** Section 90/91/92 Trisectional Conference  
**03/21-23:** Section 81 Conference  
**03/21-23:** Section 69 Conference  
**03/21-23:** Section 56/59 Conference  
**03/21-23:** Section 53/55 Conference  
**03/21-23:** Section 45 Conference  
**03/21-23:** Section 8 Conference  
**03/26:** APO LEADS Launch Online  
**03/27:** APO IMPACT Live: Recruitment  
**03/28-30:** Section 79/80 Conference  
**03/28-30:** Section 71/73/75 Conference  
**03/28-30:** Section 65/66 Conference  
**03/28-30:** Section 43/44 Conference



### APRIL

**04/02:** APO IMPACT Live: Graduating Seniors .....  
**04/04-06:** Section 87/88/89 Trisectional Conference  
**04/04-06:** Section 82/83 Conference  
**04/04-06:** Section 67 Conference  
**04/04-06:** Section 31/46 Conference  
**04/04-06:** Section 49 Conference  
**04/05:** Section 1 Conference  
**04/08:** APO IMPACT Live: Leadership in Service  
**04/10:** APO LEADS Webinar: Launch Online  
**04/11-13:** Section 61 Conference  
**04/11-13:** Section 47/50/51 Conference  
**04/11-13:** Section 40 Conference  
**04/11-13:** Spring Youth Service Day  
**04/12:** Section 4 Conference  
**04/14:** APO IMPACT Live: Officer Transition  
**04/16:** APO IMPACT Live: 2014 National Convention (East Coast)  
**04/24:** APO IMPACT Live: 2014 National Convention (West Coast)  
**04/25-27:** Section 41 Conference  
**04/25-27:** Section 32/33/34 Conference  
**04/29:** APO IMPACT Live: Small Chapters



### MAY

**05/01:** John Mack Scholarship Application Due .....  
**05/01:** Pledge Class Namesake Honoree Nominations Due  
**05/23-25:** Section 98 Conference

### JUNE

**06/20:** APO LEADS Serve - Houston, Texas  
**06/20:** APO LEADS Serve - Detroit, Michigan  
**06/27-28:** Board of Directors Meeting

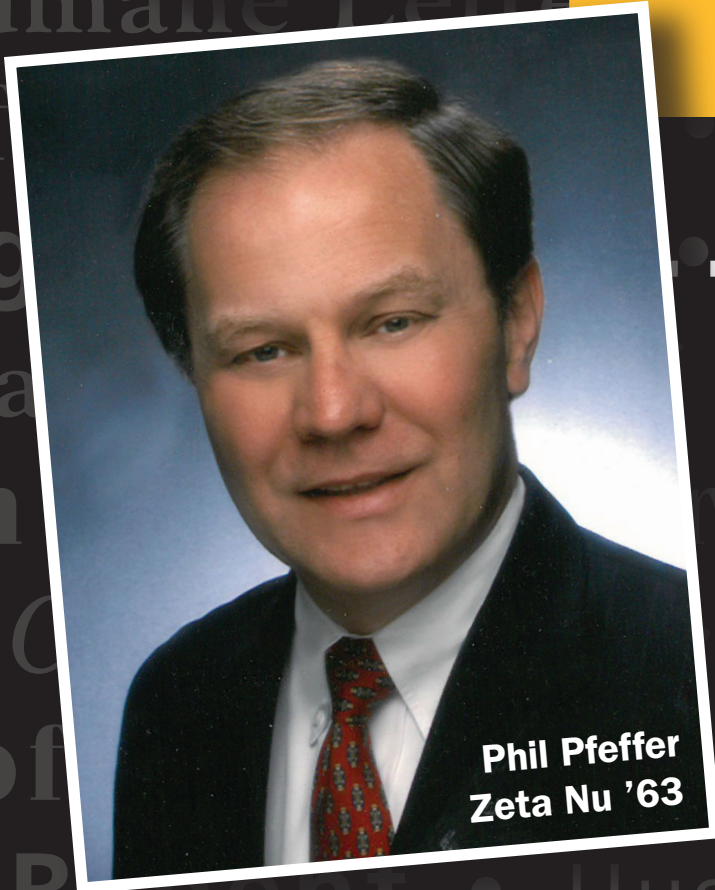




President • Chairman of the Board  
Fellow • Regent • Father  
and Master • Eagle Scout •  
President • Chairman of the Board  
Fellow Regent • Captain and Master  
Honorary Doctor of Humane Letters  
Board • National Eagle Scout Association  
• Husband • Chairman of the Board  
Doctor of Humane Letters • Eagle Scout  
Chairman of the Board • Fellow • Regent  
Master • Honorary Doctor of Humane Letters  
• Chairman of the Board • Regent • Chairman of the Board  
Eagle Scout Regent • Husband • Honorary Doctor of Humane Letters

“

i am  
an alp  
br



Phil Pfeffer  
Zeta Nu '63

# O other”

*By Brother Jack A. McKenzie,  
Gamma Lambda, '73*

**M**any impressive titles apply: President... CEO... Chairman of the Board... Trustee... Regent... National Science Foundation Fellow... Honorary Doctor of Humane Letters... Coast Guard Licensed Captain and Master.

But those aren't the ones Phil Pfeffer talks about. "I am an Eagle Scout," he says, "and I am an APO brother."

*Continued on page 10*

# Some Thoughts on Successful Leadership

Originally published in the winter 1997 issue of *Torch & Trefoil*

Guest Column by Phil Pfeffer, Zeta Nu '63

*In the winter 1997 issue of Torch & Trefoil, Brother Phil Pfeffer shared with the brothers of Alpha Phi Omega a collection of thoughts and qualities he finds significant in regard to being a successful leader. The list he shared with the Fraternity was timeless and still resonates after more than 17 years.*

"... Over the past decade, I have jotted down, or collected from others, thoughts that were significant to me as I tried to put into perspective the characteristics and qualities of a leader. As I have continually mulled over this list, I have added some items to it and deleted others. There is no particular order, and I don't think the list will ever be finished. But I am delighted to share it with you ...

- Know yourself.
- Be prepared.
- Make a difference.
- Don't be afraid to try. There is nothing wrong with taking risks.
- Almost every major problem can be broken down into manageable parts.
- Whether you think you can or you can't, you're right.
- Leadership requires keeping a lot of balls in the air at the same time. Be multi-tasked. You will be faced with many initiatives, agendas and constituencies.
- Believe in yourself and those around you. Continually remind yourself that you do. Be optimistic.
- Good people will always be your best assets. See the development of people as your greatest accomplishment. Stand with people through stress and crisis.
- Focus on those things that are mission-critical. Stick to the mission. Be passionately committed.
- Micro learn, don't micro manage.
- Lead by walking around.
- Lead, don't manage. Be a coach, be a facilitator. Be a mentor. Be approachable.

To view the full version of *Some Thoughts on Successful Leadership*, visit [www.apo.org/newsletterarticles/successfulleadership](http://www.apo.org/newsletterarticles/successfulleadership)

He emphasizes the "am": "You should never say as you get older, 'I was an Eagle Scout.' You should say proudly, 'I am an Eagle Scout.'" He advises the same for brothers of Alpha Phi Omega.

Philip M. Pfeffer was initiated into Alpha Phi Omega by Zeta Nu Chapter at Southern Illinois University Carbondale. APO provided a path for continuing the journey of personal growth and selfless service that he began by becoming a Cub Scout on his 8th birthday. "Having been in Scouting, I liked the whole idea of Alpha Phi Omega," he says. "It was a way to continue being of service."

For Zeta Nu Chapter, being of service ranged from helping make the SIU Carbondale campus more accessible for persons with physical disabilities to taking care of the school's Saluki mascot.

"We were the 'go to' organization for the president of the university," Brother Pfeffer recalls. "To show his appreciation, he took our chapter horseback riding each year through the beautiful hills of Southern Illinois."

After graduating from college in two-and-a-half years ("I didn't have the money to stay any longer!"), Brother Pfeffer began a professional career that took him to the top ranks of corporate America.

Prior to his current quasi-retirement, he was president and chief operating officer of Random House Inc., the world's largest English-language book publisher. Before joining Random



House, he was board chairman and chief executive officer of the Ingram Distribution Group Inc., overseeing companies serving more than 170,000 domestic and international accounts from 64 distribution centers. Today, he is president and CEO of Treemont Capital Inc., a private equity investment company with lead investment positions in companies engaged in several industries.



## The Coupon Connection

As he was building his successful career, Brother Pfeffer noticed a coupon in an issue of the *Torch & Trefoil* asking for alumni volunteers to help the Fraternity. He clipped the coupon, filled in his contact information and mailed the form to the Fraternity's National Office.

Thus began a series of events that led to his election to the Board of Trustees of the Alpha Phi Omega Endowment. He recently stepped down from the Board after 17 years of service.

"As an alumnus, I continue to think highly of the Fraternity as an organization that does service for others," he says. "That was important when I was a student and it is important now."

"When I got involved with the Endowment, I really enjoyed working



with the other Trustees to further the activities of the Fraternity from that perspective. It was another opportunity to give back to the Fraternity."

APO is just one of the beneficiaries of Brother Pfeffer's service. His civic, humanitarian and philanthropic activities are numerous, broad and deep. Prominent among them are his many roles in Scouting, such as being a Regent for Life of the National Eagle Scout Association.

He has received a myriad of recognitions and accolades, including the Boy Scouts of America's Silver Antelope Award and Distinguished Eagle Scout designation, and Alpha

*Top left: Brother Pfeffer and his sons take a moment to pose for a picture together during a trip to Africa a few years ago. Top right: The Pfeffers, their three sons and their daughter in laws pose together for a family picture. From left to right: James and Laura; Meredith and David, Pam and Phil, John-Lindell and Maria. Bottom left: Brother Pfeffer's son, James Pfeffer and Phil's grandson Ron enjoy some time together as a family. Bottom right: Brother Pfeffer with his wife of nearly 49 years, Pam, pose together during the family trip to Africa.*

Phi Omega's National Distinguished Service Key.

"Even though I am semi-retired, I still keep a lot of balls in the air. My family of now four generations has become an even bigger responsibility," he says from his second home in Colorado, as his 2½-year-old granddaughter vies for his attention. "She loves to ski," he explains.

"Whatever your vocation or your avocation," he says, "it's important to stay engaged in your community and to be a part of organizations that serve others."

Yes, Phil Pfeffer is an APO brother. ■

# NATIONAL SERVICE WEEK



## Regional Highlights

November 3-9, 2013, was Alpha Phi Omega's annual National Service Week. This year's projects focused primarily on the theme "Alpha Phi Omega Shows Respect to Self". Congratulations to the chapter members who worked so hard during this week to provide service to their campuses and communities. This extended edition of Chapter Notes lists each National Service Week project reported on the Chapter Officer Portal on or before January 3, 2014.

### Region I

**Alpha Chi**  
*Massachusetts Institute of Technology*  
Cookies and Hugs

**Beta Iota**  
*New York University*  
ING Marathon

**Delta Rho**  
*Rutgers, The State University of New Jersey*  
Junior Achievement

**Delta Sigma**  
*University of Connecticut*  
Hunger and Homelessness Sleepout

**Theta Alpha**  
*Stevens Institute of Technology*  
Treat Yo' Self APO Style

**Theta Zeta**  
*University of New Hampshire*  
"Operation Beautiful" as part of the UNH's "End Fat Talk Week"

**Kappa Epsilon**  
*Wagner College*  
Stand Strong Against The BULLY

**Kappa Omicron**  
*University of Massachusetts*  
Respect to Self Motivational Posters

**Nu Alpha**  
*Quinnipiac University*  
Take What You Need

**Nu Psi**  
*Montclair State University*  
A Mirror to the True You

**Omicron Iota**  
*Worcester Polytechnic Institute*  
Banner of Respect

**Pi Upsilon**  
*Drew University*  
Respect Myself Because...

**Phi Epsilon**  
*Maine Maritime Academy*  
Town of Castine Haunted House and Halloween Carnival

**Alpha Gamma Eta**  
*University of Vermont*  
Body Image Sticky Note Display

**Alpha Gamma Gamma**  
*CUNY Hunter College*  
Respect to Self (Photo Collage)

**Alpha Gamma Pi**  
*University of Maine at Farmington*  
Campus Cleanup

**Alpha Gamma Sigma**  
*New Jersey City University*  
"Don't harm thyself, Respect yourself!"

**Alpha Delta Mu**  
*Ramapo College of New Jersey*  
Out of the Darkness Walk

**Alpha Delta Phi**  
*Seton Hall University*  
No Make-Up Monday



**Alpha Zeta Beta**  
*University of Hartford*  
Out of the Darkness

**Alpha Zeta Gamma**  
*The College of New Jersey*  
1. Campus clean-up  
2. Fall decorations for rehabilitation center  
3. Pictures of students with sentence "I am beautiful because..."

**Alpha Zeta Sigma**  
*Saint Anselm College*  
Campus Health Presentation

**Alpha Eta Alpha**  
*St. Thomas Aquinas College*  
I'm Beautiful Because....

*St. John's University*  
**Petitioning Group**  
Project I Am

## Region II

**Gamma**  
*Cornell University*  
Warm Fuzzy Giveaway

**Phi**  
*Syracuse University*  
Girl Scout Merit Badge Day

**Alpha Beta**  
*Pennsylvania State University*  
Pirate Hat Motivation!

**Delta Zeta**  
*University of Pennsylvania*  
Mental Wellness Fair

**Epsilon Sigma**  
*SUNY at Buffalo*  
Clean up UB!

**Zeta Theta**  
*Drexel University*  
Self-Love Stickies

**Theta Kappa**  
*SUNY Binghamton University*  
Nature Preserve Cleanup

**Iota Kappa**  
*Bucknell University*  
Lewisburg Prison Project  
Highway Cleanup

**Iota Omicron**  
*Gettysburg College*  
Stone Mill Clean-Up

**Kappa Phi**  
*Saint Lawrence University*  
Respect Yourself

**Mu Eta**  
*Albright College*  
Raise Awareness for Food Disorders

**Mu Omicron**  
*Clarkson University*  
Tabling for American Suicide Prevention Foundation/  
High School Day

**Xi Alpha**  
*Muhlenberg College*  
Ripple

**Xi Iota**  
*Susquehanna University*  
Strikers Bowling League

**Xi Rho**  
*SUNY College at Oneonta*  
Encourage others to Respect Themselves

**Xi Zeta**  
*Rochester Institute of Technology*  
Respect Yourself; Wellness Event

**Chi Pi**  
*SUNY Fredonia*  
Walk For Paws

**Alpha Beta Beta**  
*Saint Bonaventure University*  
Holiday Mail for Soldiers

**Alpha Beta Xi**  
*SUNY Geneseo*  
Wellness Posters and Advertising

**Alpha Gamma Alpha**  
*Dickinson College*  
Care for Yourself!

**Alpha Gamma Iota**  
*University of the Sciences in Philadelphia*  
Support a Brother at the Renfrew Center

**Alpha Eta Mu**  
*SUNY Canton*  
Respect for Self Information Tables

## Region III

**Rho**  
*University of North Carolina at Chapel Hill*  
Esteem Booster Cards

**Epsilon Mu**  
*University of Maryland/College Park*  
Alpha Phi Omega Blood Drive + Speaker

**Zeta Mu**  
*Catholic University of America*  
Be Gentle to Yourself

**Zeta Phi**  
*Howard University*  
Warrior Appreciation Letters

**Eta Phi**  
*American University*  
Poison Control Packets

**Theta Chi**  
*George Washington University*  
Baltimore Service Trip

**Theta Omega**  
*Randolph-Macon College*  
Anti Self Harm Pledge

**Iota Gamma**  
*Towson University*  
APO Promotes Self-Respect

**Kappa Theta**  
*Wake Forest University*  
1. LIVE! Exhibits  
2. Support for Love Your Body Week  
3. Ushering WFU's Dignity, Respect, & Inclusion Campaign talk  
4. Sharing mental health resources with freshmen.

**Kappa Upsilon**  
*East Carolina University*  
Blood Drive (Helping Ourselves by Helping Others)

**Kappa Psi**  
*North Carolina A&T State University*  
Respect for Self: Kappa Psi Against Domestic Violence

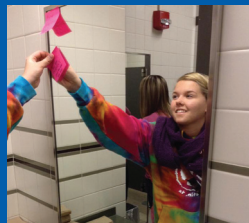
**Lambda Nu**  
*Duke University*  
Merit Badge College Day

**Mu Alpha**  
*Georgetown University*  
Mu Alpha Resource Panel

## Region II Highlight

### IOTA OMEGA CHAPTER *SUNY The College at Brockport*

Iota Omega Chapter decided to show respect for themselves by expressing the beauty within! They did this through the inspiration of Operation Beautiful, an ongoing project that helps people find the beauty within themselves, share it with others and inspire others to find their beauty as well. Brothers wrote inspirational messages on dozens of Post-it notes and posted them on bathroom mirrors throughout campus. The reaction from students was extremely positive, as they liked seeing something so encouraging during such a stressful point in the semester.



**Omicron Alpha**  
*Kutztown University*  
Service at Hawk Mountain Scout Reservation

**Omicron Upsilon**  
*West Chester University of Pennsylvania*  
Bleacher Cleanup

**Sigma Nu**  
*Delaware Valley College*  
Stop the Hate

**Alpha Delta Beta**  
*Wesley College*  
Passed out brochures to raise awareness for stigmatized groups

**Alpha Epsilon Kappa**  
*Cedar Crest College*  
Suicide prevention and fortune cookie giveaway

**Alpha Zeta Lambda**  
*SUNY Cortland*  
Thoughts to Live By





# CHAPTER NOTES

**Mu Xi**  
*High Point University*  
Sponsored Self Esteem/  
Self Respect Seminar

**Nu Rho**  
*College of William & Mary*  
Free yoga class, discussion  
with mental health group  
and video-making

**Omicron Phi**  
*University of Richmond*  
InLight Richmond

**Pi Omicron**  
*Emory & Henry College*  
Alcohol use survey

**Sigma Rho**  
*Elon University*  
Fellowship Gift Exchange

**Tau Chi**  
*Winston-Salem State University*  
Release Your Insecurities

**Phi Kappa**  
*University of North Carolina at Greensboro*  
On Campus Awareness  
& Education about  
Stress, Domestic  
Abuse and Relationships.

**Chi Lambda**  
*Elizabeth City State University*  
H.L. Trigg Community School  
Career Fair

**Alpha Alpha Delta**  
*Salisbury University*  
Respect Yourself Mental Health  
Awareness Table

**Alpha Alpha Omicron**  
*Longwood University*  
NCCB Feild Day

**Alpha Beta Zeta**  
*Radford University*  
Canned Food Drive

**Alpha Beta Psi**  
*Roanoke College*  
Baking for the Troops

**Alpha Beta Omega**  
*Old Dominion University*  
You are special! Service Project  
at the Virginia Special Olympics  
Fall Games

**Alpha Gamma Chi**  
*Frostburg State University*  
Forum about respect as well as a  
table setup which allowed people  
to come out and sign a banner  
saying how they showed respect

**Alpha Delta Iota**  
*Virginia Commonwealth University*  
Campus Clean-up

**Alpha Delta Xi**  
*Christopher Newport University*  
APO Respects Self!

**Alpha Epsilon Lambda**  
*McDaniel College*  
Self-Image and Gratitude Banner

**Delta Kappa**  
*Emory University*  
Mental Health Week

**Iota Alpha**  
*University of Tennessee at Knoxville*  
Respect For Self: National  
Service Week 2013

**Pi Iota**  
*Wofford College*  
Respect Yourself!

**Rho Beta**  
*Armstrong Atlantic State University*  
A Day of Service: Merit Badge  
University and cleaning up  
community garden

**Sigma Iota**  
*Valdosta State University*  
The Art of Storytelling:  
Fashion Show

**Upsilon Mu**  
*University of Puerto Rico/ Mayaguez*  
Shaved Heads for a Cause

**Phi Sigma**  
*Pontifical Catholic University of Puerto Rico*  
Love to the Ones Left Behind

**Psi Sigma**  
*Albany State University*  
Respect for Self: Spiritual Motivation

**Psi Phi**  
*Tennessee State University*  
Breast Cancer awareness Walk  
Downtown Nashville

**Psi Omega**  
*University of Central Florida*  
Homecoming Kids Carnival

**Alpha Gamma Rho**  
*Florida Institute of Technology*  
Stress Bust!!

**Alpha Delta Lambda**  
*Florida Atlantic University*  
Respect Your Morals

**Alpha Delta Nu**  
*Embry-Riddle Aeronautical University*  
Field Day!

**Alpha Delta Tau**  
*Nova Southeastern University*  
Charity Date Auction

**Alpha Zeta Nu**  
*University of North Georgia*  
Booths for healthy living, mental  
health, and sexual health

**Alpha Eta Zeta**  
*Clayton State University*  
Anti-Bullying Pledge

**Alpha Eta Eta**  
*Saint Leo University*  
Veteran's Day Run

## Region V Highlight

### BETA CHAPTER *University of Pittsburgh at Pittsburgh*

Beta Chapter members spread the word about the importance of having respect for yourself through a #RespectforSelf social media and campus campaign. Brothers created and shared a #RespectforSelf video on Facebook, Twitter and YouTube, and handed out notecards and flowers encouraging their campus and community peers to respect themselves. Visit <http://www.youtube.com/watch?v=NgT-NMArFu4> to see the amazing video!



**Iota Mu**  
*University of South Carolina at Columbia*  
Candy and Condoms

**Iota Rho**  
*Florida State University*  
Thrift for Aphio

**Kappa Delta**  
*Florida A. & M. University*  
National Service Week "Service to  
Past Present and future selves"

**Lambda Alpha**  
*East Tennessee State University*  
Operation Beautiful

**Mu Mu**  
*Oglethorpe University*  
Trick or Treat in Traer

**Nu Epsilon**  
*Georgia Southern University*  
How Do You Respect Yourself?

**Omicron Nu**  
*University of Puerto Rico/ Rio Piedras*  
Conference: Equality and Solidarity

**Pi Epsilon**  
*Alabama A&M University*  
Downtown Rescue Mission  
Dinner Service

**Alpha Epsilon Psi**  
*Bridgewater College*  
Alternative Christmas Fair (ACF)

## Region IV

**Delta**  
*Auburn University*  
Syrup Soppin' Lee County  
Historical Fair

**Tau**  
*University of Florida*  
Camp Kesem 5K

**Alpha Pi**  
*University of Miami*  
Hurricanes Help the Hometown

**Beta Zeta**  
*University of Georgia*  
Respect for Self Niceness Notes

**Gamma Zeta**  
*Georgia Institute of Technology*  
Clean Up at Women's Resource  
Center for Domestic Violence

**Delta Iota**  
*Mercer University*  
Building Confidence, Breaking  
Insecurities



## Region V

**Beta**  
*University of Pittsburgh at Pittsburgh*  
Respect for Self Campaign

**Kappa**  
*Carnegie Mellon University*  
Girl Scout Journey Day

**Alpha Iota**  
*Ohio State University*  
Painting Capital Park Community Center

**Delta Alpha**  
*University of Cincinnati*  
Motivational Handouts to Campus

**Delta Theta**  
*University of Louisville*  
Reverse Trick or Treating

**Zeta Delta**  
*Miami University*  
Dance-A-Thon

**Eta Upsilon**  
*Marshall University Pledge Project*  
Sort food bank donations

**Theta Upsilon**  
*Case Western Reserve University*  
1. Photo Booth  
2. Campus Destressor  
3. Respect Yourself Through Others Booth

**Iota Xi**  
*Edinboro University of Pennsylvania*  
Free Pumpkin Spice Lattes!

**Upsilon Beta**  
*Saint Francis University*  
Self-Respect

**Alpha Beta Rho**  
*University of Pittsburgh at Bradford*  
Day of Service at SPCA

**Alpha Gamma Omicron**  
*Heidelberg University*  
Teen Center Retreat

**Alpha Gamma Upsilon**  
*Carlow University*  
Keep It Clean Oakland

**Alpha Alpha**  
*University of Illinois at Urbana-Champaign*  
1. Unofficial "Walk A Mile In Her Shoes"  
2. Wellness Guest Speaker  
3. Self-Esteem Photo Booth  
4. Post-It Notes Of Kindness  
5. Fortune Cookie Fellowships  
6. Building Your Personal Mission Statement  
7. Time-Management Tips  
8. Stress-Less Workshop  
9. Fitness Fellowship

**Epsilon Beta**  
*Central Michigan University*  
Operation Beautiful

**Zeta Alpha**  
*Bradley University*  
Chapter Improvement

**Zeta Gamma**  
*Valparaiso University*  
Operation Goodie Bag

## Region VI Highlight

### OMEGA EPSILON CHAPTER *Illinois Wesleyan University*

Omega Epsilon Chapter created a Happy Week Facebook page and Post-It Tables, a positive outlet for the Illinois Wesleyan University campus community to post happy thoughts or events. Check out the positive comments, pictures and videos posted throughout the week by visiting <https://www.facebook.com/events/229035060602178/?previousaction=join&source=1>

**Alpha Delta Omega**  
*Saint Vincent College*  
Leaf Raking

**Alpha Epsilon Beta**  
*Ohio Northern University*  
Respect for Self

**Alpha Epsilon Eta**  
*Concord University*  
Book Exchange Week

**Alpha Epsilon Chi**  
*Bethany College*  
Pumpkin Chunkin

**Alpha Zeta Kappa**  
*Eastern Kentucky University*  
Compliment Wall

**Alpha Gamma**  
*Purdue University*  
Camp Buffalo Clean-up

**Alpha Tau**  
*Butler University*  
Gleaners Food Bank

**Beta Beta**  
*Michigan State University*  
For The Kids - Pencils of Promise

**Beta Gamma**  
*Roosevelt University*  
Chemistry or Chaos

**Gamma Pi**  
*University of Michigan Ann Arbor*  
Stress Reduction

**Gamma Sigma**  
*University of Chicago*  
Board Game Night With Seniors

**Delta Omicron**  
*Wabash College*  
Blood Drive

**Delta Psi**  
*Eastern Illinois University*  
Hope for the Holidays

**Delta Xi**  
*Ball State University*  
Make and Serve Food at local food pantry and helped

**Eta Epsilon**  
*Millikin University*  
Mental Health Awareness

**Eta Pi**  
*University of Detroit Mercy*  
Total Life Ministry Out-Reach Program

**Eta Sigma**  
*Illinois College*  
Letters for Military Members

**Theta Epsilon**  
*Illinois State University*  
Random Acts of Kindness

**Iota Chi**  
*Northern Michigan University*  
Merit Badge University

**Mu Nu**  
*Western Illinois University*  
Respect for Self Week:  
Respect your Peers  
Respect your Image  
Respect your Community  
Respect your Health  
Respect the Elderly

**Nu Beta**  
*Hope College*  
You are Beautiful Notes

**Omega Epsilon**  
*Illinois Wesleyan University*  
Happy Week

**Omicron Tau**  
*Alma College*  
Letter to Self

## Region VI

**Eta**  
*Northern Illinois University*  
Campus Clean Up

**Mu**  
*Indiana University*  
Scooby-Doo Scavenger Hunt

**Sigma**  
*Northwestern University*  
Rehabilitation Institute of Chicago SkyRise Event

**Xi Upsilon**  
*University of Mount Union*  
Self-Respect Awareness project

**Rho Theta**  
*Capital University*  
Respect 4 Selfie/ Real Revolution



# CHAPTER NOTES

**Pi Eta**  
*Loyola University of Chicago*  
Alpha Phi Omega Self-Esteem  
Photo Booth

**Sigma Sigma**  
*University of Illinois at Chicago*  
Stress Be Gone - Anti Stress  
Study Break

**Tau Lambda**  
*Rose-Hulman Institute of Technology*  
Self Care for Students

**Tau Omicron**  
*Indiana University Purdue University - Indianapolis*  
After School Tutoring and  
Service Learning Activity

**Upsilon Iota**  
*DePaul University*  
Zumbathon: Party in Pink

**Alpha Beta Omicron**  
*Elmhurst College*  
Helped at the Hot Chocolate Run

**Alpha Gamma Lambda**  
*Albion College*  
Relay For Life Alpha Phi  
Omega Team

**Alpha Epsilon Omicron**  
*Siena Heights University*  
Passionately Pink

**Alpha Zeta Omega**  
*Parkland College*  
Love Yourself

**Alpha Eta Delta**  
*University of Illinois at Springfield*  
Girls on the Run 5k

**Eta Eta Lambda**  
*Eureka College*  
Respect Others Week

## Region VII

**Alpha Epsilon**  
*Louisiana State University*  
Respect Your Body

**Alpha Omicron**  
*Southern Methodist University*  
Lakewood Home Tours and Festival

**Alpha Rho**  
*University of Texas at Austin*  
Random Acts of Kindness

**Beta Sigma**  
*Texas Tech University*  
CDRC Maintenance and Rebuild

**Delta Pi**  
*Trinity University*  
I am a Princess

**Epsilon Iota**  
*Mississippi State University*  
"Respect for Self" Speaker

**Zeta Omega**  
*Baylor University*  
Habitat for Humanity ReStore  
Half Price Sale

**Theta Tau**  
*University of Texas at Arlington*  
1. Clothespin Challenge  
2. Uniquely You  
3. Flying High  
4. Loud and Proud Box

**Nu Gamma**  
*Texas State University - San Marcos*  
Respect for Self/Respect for Health

**Nu Sigma**  
*Stephen F. Austin State University*  
Positive Affirmations

**Xi Delta**  
*Texas A&M University*  
Make Your Day

**Xi Omicron**  
*Tarleton State University*  
Clothespin Challenge

**Rho Lambda**  
*Saint Edward's University*  
Stuff Goodie Bags

**Upsilon Eta**  
*University of Texas at El Paso*  
Positive Cookie Day

**Phi Xi**  
*Austin College*  
Visiting with The Willows

**Omega Gamma**  
*Angelo State University*  
APO Respects the Youth

**Alpha Alpha Zeta**  
*Saint Mary's University*  
San Antonio Children's Shelter  
Fundraiser

**Alpha Alpha Rho**  
*University of the Incarnate Word*  
Popcorn Return Assistance

**Alpha Gamma Kappa**  
*Southwestern University*  
Getsemani Community Garden  
Tree Planting

**Alpha Gamma Omega**  
*University of Texas at San Antonio*  
I give respect to myself by...

**Alpha Epsilon Phi**  
*Mississippi Valley State University*  
Respect for Self Conferences

**Alpha Epsilon Zeta**  
*University of Texas at Dallas*  
Math and Science Camp

## Region VIII

**Epsilon**  
*Truman State University*  
Respect for Self Info Table

**Alpha Eta**  
*University of Missouri - Kansas City*  
Operation Smile Dodgeball Game

**Alpha Phi**  
*Washington University*  
Photo Booth and Letter Writing

**Beta Eta**  
*University of Missouri - Columbia*  
Sketch Your Beauty

**Beta Kappa**  
*University of Central Missouri*  
"That's So Gay"/Spread The  
Word to End the Word Petition

**Beta Pi**  
*University of Tulsa*  
TU Believes in You

**Beta Upsilon**  
*Northwest Missouri State University*  
Davidson Park Cleanup

**Beta Psi**  
*Southeast Missouri State University*  
Boys & Girls Club Self  
Respect Lessons

**Gamma Theta**  
*University of Colorado at Boulder*  
Nature Art with Kindergarteners

**Gamma Xi**  
*Rockhurst University*  
Project Linus

**Delta Beta**  
*University of Oklahoma*  
American Red Cross Blood Drive

**Delta Delta**  
*Saint Louis University*  
Make A Difference Day

**Delta Mu**  
*Virginia Commonwealth University*  
Highway Cleanup



## Region IX Highlight

### MU THETA CHAPTER *Luther College*

Mu Theta Chapter hosted a Respect for Self Photo Booth on the Luther College campus during National Service Week. Students came to the photo booth at Dahl Centennial Union and got their pictures taken while holding a whiteboard with something they like about themselves written on it. Students loved the project and took some pretty amazing pictures! Click the following link to view the photo library: <http://www.flickr.com/photos/lcphotobureau/sets/72157637449032406/>

**Alpha Zeta Delta**  
*Lake Forest College*  
Webelos Day 2013

**Alpha Zeta Iota**  
*Grand Valley State University*  
Positive at the Center

**Alpha Zeta Xi**  
*Lake Superior State University*  
Bake Sale to Support Our Local  
Animal Shelter

**Gamma Kappa**  
*Texas Christian University*  
Special Olympics Bowling  
Tournament

**Gamma Rho**  
*University of North Texas*  
Respect Yourself Dorm Program

**Gamma Upsilon**  
*Tulane University*  
Volunteer at Covenant House  
of New Orleans





**Epsilon Xi**  
*Colorado State University*  
Suicide Awareness

**Epsilon Pi**  
*Southern Illinois University at Edwardsville*  
Scouting For Food

**Zeta Tau**  
*Central Methodist University*  
Spread the Word to End the Word

**Theta Sigma**  
*Oklahoma State University*  
Mission of Hope Dinner

**Kappa Chi**  
*Creighton University*  
Holiday Photobooth

**Mu Pi**  
*Colorado School of Mines*  
Passing Out Hot Cocoa and Encouragement

**Sigma Alpha**  
*University of Missouri - St. Louis*  
Teach During Mom's Day Out

**Alpha Delta Sigma**  
*Lindenwood University*  
SIUE Service Day

**Alpha Epsilon Epsilon**  
*Henderson State University*  
Kicking it with the Kids

**Alpha Epsilon Omega**  
*Southern Arkansas University*  
I Vow to Love and Respect Myself

**Alpha Eta Iota**  
*University of Denver*  
Modeling Diversity Fashion Show

## Region IX

**Xi**  
*Iowa State University*  
Self-Esteem Photo Booth

**Omicron**  
*University of Iowa*  
Baked Goods for Firefighters

**Omega**  
*Drake University*  
Omega Respects All

**Beta Epsilon**  
*University of Northern Iowa*  
Fundraiser for Cedar Valley Humane Society

**Beta Theta**  
*University of Wisconsin - Madison*  
Positive Post-it Notes

**Gamma Psi**  
*University of Minnesota, Twin Cities*  
Glow Germ/Collage/Obstacle Course



**Eta Lambda**  
*University of Wisconsin - Eau Claire*  
Boys and Girls Club

**Mu Theta**  
*Luther College*  
Respect Yourself Photo Booth

**Tau Upsilon**  
*University of Wisconsin - Platteville*  
Halloween 5K

## Region X

**Zeta**  
*Stanford University*  
Save the Bay

**Psi**  
*University of California Santa Barbara*  
Anti-Bullying and Respecting Yourself Workshop

**Alpha Delta**  
*San Diego State University*  
Self Respect: I Am Proud

**Gamma Beta**  
*San Jose State University*  
Be Your Best Self (Girl Scouts, Okizu, PHE, Boy Scouts Events)

**Gamma Gamma**  
*University of California at Berkeley*  
Blessing Bags

**Zeta Omicron**  
*California Polytechnic State University*  
Remnants of the Past

**Eta Eta**  
*Arizona State University*  
Making Lesson Plans for Local School

**Eta Psi**  
*California State University, Chico*  
I Love Myself Because

**Iota Phi**  
*University of California at Davis*  
Sexual Health Workshop

**Kappa Sigma**  
*California State University, Sacramento*  
Westlake Charter School Harvest Festival

**Lambda Mu**  
*California State University, Los Angeles*  
Awareness for #SelfRespect

**Mu Zeta**  
*San Francisco State University*  
Spread a HUGE Smile!

**Omicron Zeta**  
*California State University - East Bay*  
What Do You Love About Yourself

**Rho Gamma**  
*California State University, Long Beach*  
Capes for Cancer

**Rho Pi**  
*University of California at San Diego*  
Rebuilding for Harmonium Project

**Rho Rho**  
*University of California - Irvine*  
Life of Service: Honoring Our Servicemen and Women

**Sigma Beta**  
*University of Redlands*  
Respect for Others Comes from Self-Respect

**Phi Delta**  
*California State Polytechnic University, Pomona*  
Stress Relief Workshop

**Alpha Gamma Nu**  
*University of California, Santa Cruz*  
Write Your Support

**Alpha Epsilon Nu**  
*University of San Francisco*  
Anti-Stress Night!

**Alpha Zeta Upsilon**  
*University of Nevada, Las Vegas*  
What Does Self Respect Mean to You?

**Alpha Eta Gamma**  
*University of California, Merced*  
Petals of Confidence

**Alpha Eta Kappa**  
*California State University Stanislaus*  
Self Esteem Awareness

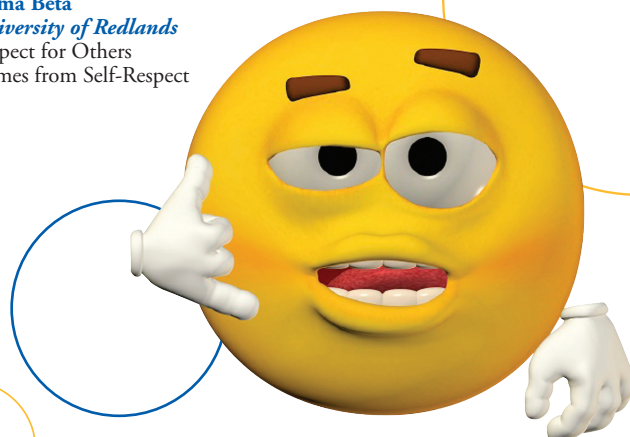
## Region XI

**Gamma Alpha**  
*University of Washington*  
Nature Consortium-Green Day Seattle

**Zeta Psi**  
*University of Oregon*  
NSW Respect for Self Tabling

**Kappa Rho**  
*Seattle University*  
No-Mirror Monday

**Nu Omega**  
*University of Alaska Fairbanks*  
Fitch the Homeless



# Always a Time to Serve

Alpha Phi Omega students demonstrate the Cardinal Principles of Leadership, Friendship and Service each day in communities across the country. During National Service Week 2013, APO brothers demonstrated these values in new and exciting ways in addition to volunteering more hours on their campuses and in their communities than ever before.

National Service Week is an opportunity to celebrate the Fraternity's great principle of Service; however, it doesn't end there. Because of your loyal support, students across the country are serving their communities daily and showcasing their leadership as they take initiative to find opportunities to carry out the Cardinal Principles in their everyday lives.

As donors, APO continues to build on the legacy you left with your chapter, your university and your community by providing the Fraternity with the financial support needed to continue on to even greater things. By the year 2025, we have a goal to grow our chapters to 500. As you know, we don't want to grow just to grow. We want to make an impact by growing our servant leaders. By investing in each member, we will make a bigger impact in our communities, our nation and the world.

The Fraternity has evaluated priorities for 2014, and we know they cannot be accomplished without the strong leadership and support from brothers like you. With revitalized passion we will continue to strive to

keep student membership fees low this year, and in the future, while continuing to seek and provide new and more effective leadership training opportunities. Additionally, we will work to enhance online trainings to save members time and travel expenses.

Your generous support this year, combined with the support from fellow APO brothers, will help us to continue to provide students with even greater experiences in the future. Please get involved as a Torchbearer with a gift of \$75. This gift can be made electronically with a payment of only \$6.25/month. Go to [www.apo.org/give](http://www.apo.org/give) to make your gift today.

Thank you in advance for your continued generosity! ■





**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

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Print Name \_\_\_\_\_

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

**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: \_\_\_\_\_

# Continuing the Legacy of Alpha Phi Omega

"After I was elected Section 51 Chair I began giving to Alpha Phi Omega to fulfill one of the many expectations of the role. Five years later as I finish up my fifth and final term as sectional chair, I continue to give to APO not because it's an expectation, but as a way to say thank you for all of the relationships, opportunities and unforgettable experiences that I've received as a direct result of my involvement with Alpha Phi Omega. I have received so much from the Fraternity and this is one small thing I can do to help ensure that the Fraternity continues on and helps create more unforgettable experiences for future generations."

— *Kelly Goodpaster,*  
*Omega Epsilon '02*  
*Section 51 Chair*



Alpha Phi Omega

Thank you to the brothers who continuously support Alpha Phi Omega and our mission of developing leaders through service.



## MOVING? New Address

Name

Address

City

State

ZIP

(Area Code) Phone Number

E-Mail Address

☐ Yes, I am interested in receiving e-mail updates from the Fraternity.

MAIL TO:

Alpha Phi Omega • 14901 E. 42nd Street S. • Independence, MO 64055



14901 E. 42nd Street S.  
Independence, MO 64055

## Final Thought

“Everybody can be great ... because anybody can serve. You don’t have to have a college degree to serve. You don’t have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love.”

— *Martin Luther King Jr.*

