

AKA IN SIDE A



When I Was Your Age...



As one gets older you catch yourself comparing the current reality to the past. I used to joke with the age old saying “When I was your age” but now it is no longer a joke. I want to believe I have not aged that much. These days though, change isn’t measured by decades but by minutes. In this ever changing world of technology our society, and specifically our Fraternity, struggle to keep up. Everything is instantaneous. What was once localized can now be globalized in a matter of seconds. We are not left wanting because of delay...only because of means. What I mean by that is if you live in a society like ours access is a very minimal issue. Money and time become the biggest obstacles.

Fraternity is important in this because it can provide guidance and support as our members move forward in this world. Healthy relationships would be a great example. With technology a person can set up a date or hook up instantly using an app. The days of learning to meet and pursue possible interests via regular conversation isn’t needed. It can be very easy to rely on something like this to meet the desire of companionship. Unfortunately though there is no app to teach a person how to nurture a relationship. There is not an app that tells you if you are in a healthy relationship. People don’t get the experience of trial and error. There is also a risk of health issues. Long term a person may be doing irreparable damage to their ability to find their soulmate. All things Fraternity can teach and encourage discussion on.

As our members progress through college our Fraternity needs to be there to help guide them in both an educational and socially maturing process. Many times we view the phrase “Am I my Brother’s Keeper” as a concept of keeping each other from immediate harm. It is more than that. It can mean helping them understand healthy relationships. It can mean encouraging them to leave the video games to go outside or to go to class. It can equate to noticing when someone seems to be acting unusual and trying to connect with them to understand what is wrong. These are not things that technology can solve. These are things that make Fraternity so important.

Make sure this is what your Fraternity experience is providing. If you do so I can promise you that you will receive a value that cannot be bought or found elsewhere. Have a great last few weeks of your semester.

Fraternally,

Jeremy Slivinski,
Fraternity of Alpha Kappa Lambda Executive Director

Awards & Recognition

Richard "Joey" Torres, President of Beta Tau Chapter

at SIUE was recently recognized as the IFC's Outstanding Leader of the Year. This award is given to an IFC member that has made the most notable contributions toward the development of leadership qualities in their respected organization over the past year on the SIUE campus. Past recipients are known for their leadership in academics, campus involvement, and their organization.



Joey Torres, Beta Tau at SIUE, presented with the "IFC Outstanding Leader of the Year" award by Jeff Waple, SIUE's Vice Chancellor of Student Affairs.

Brother Tim Braun, with a letter of recommendation from former chapter President Ryan Johnson, nominated Joey. "The fact that they nominated me as their President shows they see me as a leader," said Joey. "They were excited a member of our fraternity received the award. I got a lot of congratulations from our members as well as the entire Greek community."

"To win this award means a lot to me. It shows that the hard work I put in to try and get our chapter to participate and show our full potential was recognized. I put in a lot of effort the past year to try and lead our chapter, even though I was not on the Executive Board. I knew that someone needed to step up that related to the younger guys as well the older guys. We were in a bit of a lull but with help from Ryan as well support from Tim, Kyle, and of course, my Mom, they helped me to keep pushing when things were getting tough."

Meanwhile at Iowa State University, Joey Bahnsen of Psi Chapter was recognized as the Greek Community's Senior of the Year.

"I'm beyond humbled to say I was awarded with the Iowa State Greek Community Senior of the Year Award. I was caught off guard when my name was called and accidentally walked up on stage in this

very outfit (pictured below) hat and all. Yankees may have lost today but I feel pretty good. Thanks to all of my brothers in AKL across the nation and right here at Iowa state for supporting me, thank you to TOGA and everyone in the Greek community, and thank you to my family and girlfriend for always putting up with my meetings and busy lifestyle. Love you all and this means a lot to me."



Joey Bahnsen, Psi at Iowa State, was awarded with the Greek Community's Senior of the Year Award.

What is Limitless Leadership

Originally published January 4th, 2017 by www.tom-healy.com

Limitless Leadership is a concept that I developed over the course of a decade of working with young leaders. I've had the opportunity to work with thousands of young leaders, to research leadership, to study successful leaders, and to draw from my own leadership experiences. I have personally observed everything from awful to amazing leadership. One of the key lessons I've learned is that everyone has an unbelievable amount of potential inside of them, but without the right series of events it often never emerges. Limitless Leadership is about all young leaders having the ability to thrive in everything they do so that they are able to improve themselves, those around them, and everything they are involved in. Leadership starts with our ability to lead our own lives and then transcends to our ability to positively impact the people and community around us.

Accept that you are a leader. It may sound silly to say this, but you can't be a leader until you embrace being one. Leadership may sound scary, but it really isn't. Anyone can do it at a high level, and there is nothing wrong with "learning on the fly." If you have integrity and work hard, you are well on your way, but you'll want to first embrace being a leader.

Determine what drives you. Each of us is passionate about certain things; the quicker you can connect to what those passions are, the more powerful you will be. You should constantly be trying to determine what you are passionate about, what problems you want

to solve, who you want to help, and how you can add value to people, causes, and organizations. We are all far more dangerous as leaders when we connect with what drives us, because we inevitably work harder and are more productive when we are involved with the things we care about. Allow your passions to drive your leadership of yourself and others.

Have a willingness to thrive rather than just survive. The world is far more competitive now than it has ever been, which means that doing the bare minimum simply isn't good enough. Be willing to not only take risks but embrace risk; leave your comfort zone rather than just doing the bare minimum to get by. You don't need to be in charge of everything you are involved with, but you should try to give your absolute best to whatever you are involved with.

We all have extraordinary potential inside us. Understand that you have an unbelievable amount of potential inside of you along with a desire to extract that. The faster you tap into that potential, the faster it comes out and continues to grow. Never sell yourself short or think you can't do something; every young leader I've ever worked with has had amazing leadership potential inside of them. It is just a matter of recognizing it and channeling it outward. Leaders are able to reach their potential and help others do the same.

-Tom Healy

Philanthropy & Service

With April well underway, many of our chapters have been participating in Sexual Assault Awareness Month by hosting their own These Hands Don't Hurt events as well as other philanthropies and service events.

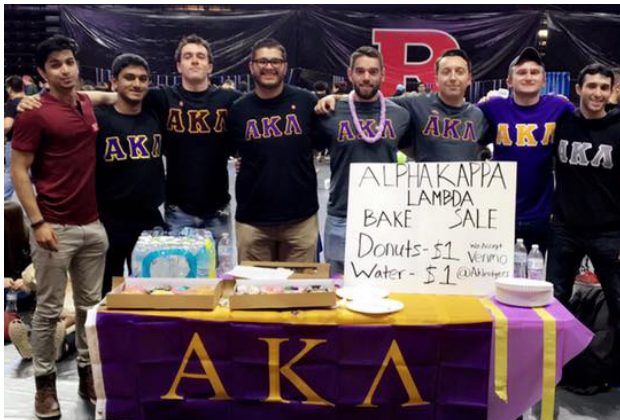
We are working on updating our These Hands Don't Hurt logo as well as graphics for individual chapter events when requested. In addition we are updating a manual to help chapters plan, host, and execute THDH events. If you have any interesting THDH events specific to your chapter's traditions you'd like to share please email info@akl.org

It's always an important part of the conversation to distinguish the difference between philanthropy and service. While philanthropy focuses on fundraising and donating money to a charity or cause, service is donating one's time and action to a charity or cause. Sometimes hosting or volunteering for another organization's event that focuses on awareness, education, or community service is just as valuable as raising money.

Check out the following spread for a glimpse into what some of what our chapters were up to this past month!



(Right) Alpha Zeta at Northwest Missouri State hosted their first Backyard Bash and raised over \$1,100 to benefit local organizations in the prevention of domestic abuse and sexual assault. Click the photo for a video on their event! (Below) The Gamma Gamma Colony at Rutgers fundraised for Cancer research at Relay for Life.



(Above) Gamma Lambda Chapter at Temple University participating in WalkTU where brothers “walked to end sexual violence.” (Right) Saginaw Valley State University Colony Members were able to collect 1,005 pledges and hand prints against domestic and sexual assault! Click the photo for a link to an interactive photo of their promise wall and [here](#) for an article in the school newspaper.



These Hands Don't Hurt Mizzou



Gamma Alpha Brothers and their philanthropy partners the ladies of Alpha Chi Omega (above) proudly stand with their Promise Wall as well as this year's logo (below.)



These Hands Don't Hurt

Gamma Alpha Chapter at Mizzou recently hosted their annual spring "These Hands Don't Hurt." Inside AKL reached out to Vice President and Philanthropy Chair Dylan Gates for more on their successful events.

What were your goals going into THDH this semester?

"We as men realize that we have an opportunity to bring this issue to the forefront of conversations, I say this because we know that men are biggest perpetrators (ADD %) of Power-based personal violence, including domestic violence, sexual assault etc."

"Our goal with These Hands Don't Hurt is two parts. Part One: We strive to raise awareness of domestic violence and sexual assault primarily in our community hear at Mizzou. Part Two: We raise funds for a local shelter True North, so they can provide for those they help."

What activities did you host this year?

"Every year we sell hands in our speakers circle and student center for a \$1. When someones buys one they have the opportunity to write a message of solidarity or just their name to show support in our cause. We also hosted our 2nd annual These Hands Don't Hurt Talent Show. We had 12 different acts come and perform; we also had a speaker come and give the audience tips on how to handle a situation with a friend in a relationship who might be dealing with power-based personal violence."

"Our goal with adding the talent show was also more than just a to raise more funds. My hopes last year in creating the show was to bring a fun and engaging atmosphere for our community tot become more aware of how prevalent the issue of violence, specifically domestic violence, is in our society. It is such an issue that we have to have shelters for women and children to be able to escape these terrible situations. The topic is not an easy one to discuss and this makes it a great opportunity to talk to our community."

What was it like partnering with the ladies of AXO?

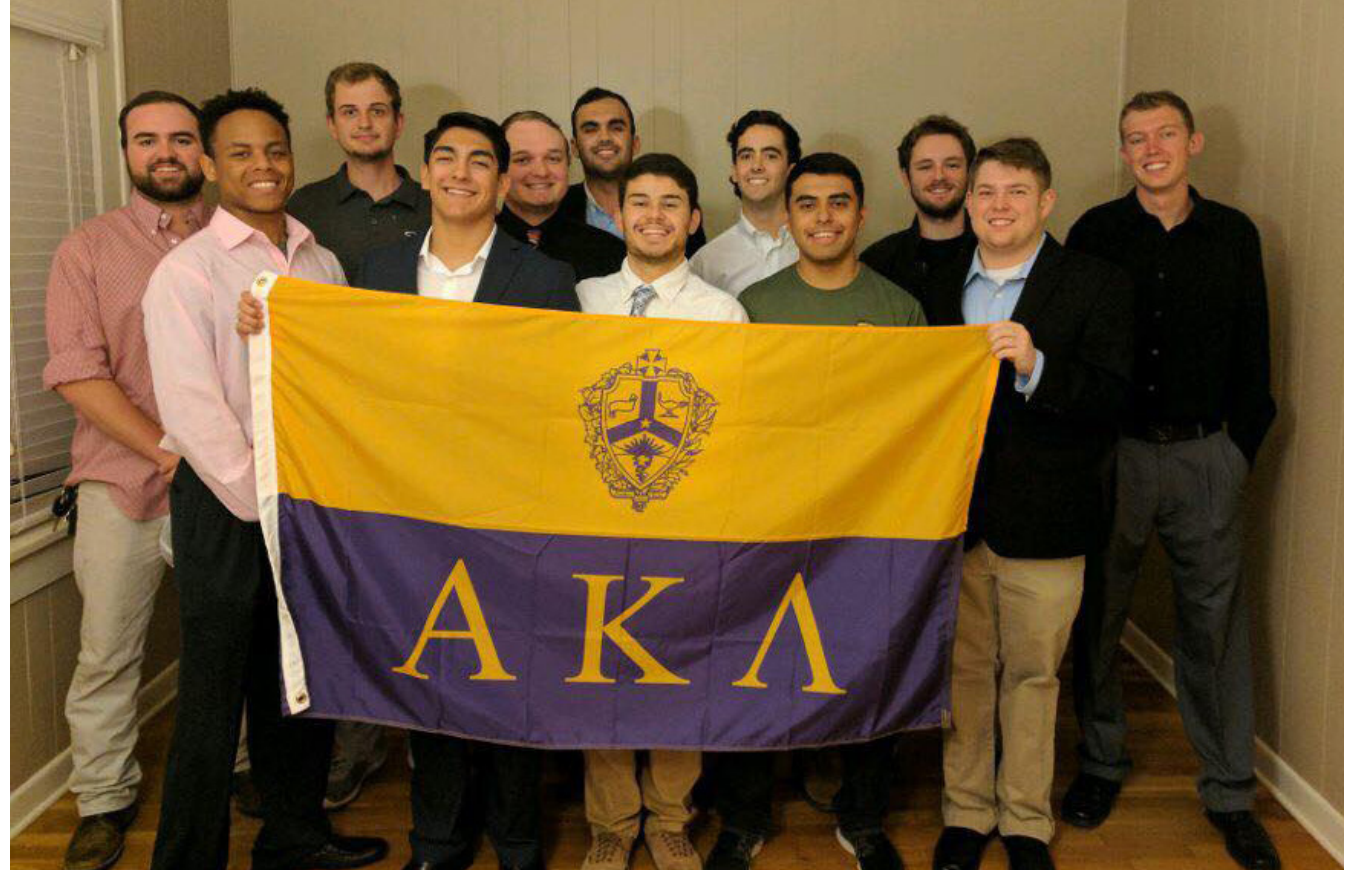
"Partnering with the women of Alpha Chi Omega is an amazing experience. We are all so passionate about the topic and it gives a great atmosphere to see the work we jointly put into our cause. There are difficult times when you deal with a bigger chapter and smaller chapter together, but this gives a more intimate relationship to be built between our chapters. This shows to our community that together we are stronger against this prevalent issue. When men of character committed to making a difference join together with really strong women. There is no stopping the things that can be accomplished. This even goes further than being Greek, we hope to be examples for anyone in our community that encounter us during THDH week."

Expansion News Texas Tech University

Alpha Kappa Lambda's newest colony at Texas

Tech University started straight out of the gates this semester, signing and pinning their first 12 members in March. The idea of Alpha Kappa Lambda coming to Texas Tech was planted by Brother Salvadore Fierro who is a recent transfer student to Texas Tech from the Alpha Rho Chapter at the University of Texas El Paso. Having been great friends for a while, becoming Brothers in Alpha Kappa Lambda was a natural next step in their college experience.

Over the past few weeks the colony has participated in intramural football, Delta Gamma's Anchor Splash Basketball Tournament, and raising funds for the Alpha Kappa Lambda team for Relay For Life. The colony's membership goal for this semester is 20, with their next Pinning Ceremony planned for Tuesday, April 18th, and they look forward to doubling in size during recruitment in Fall 2017. If you would like to track the progress of the colony, follow their Facebook page [here](#).





Counter-Clockwise from top right:
Texas Tech Colony Members
volunteering at Relay for Life.
Saginaw Valley State University
Colony Members volunteering with
Habitat for Humanity. **Eta Chapter**
at Washington State after a monthly
Recruitment Webinar. **Gamma**
Sigma Chapter at ODU supporting
Autism Awareness with blue.



Inside AKL is a monthly educational and alumni publication by the Fraternity of Alpha Kappa Lambda. Brothers and friends are encouraged to submit news, articles and photographs of chapter events, philanthropy and service projects as well as other notable achievements. Correspondence can be emailed to info@akl.org with "Inside AKL" in the subject line.

[Online Event/Article Submission Form](#)

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Statistics

Active Chapters & Colonies: 42

Undergraduates: 1,277

Alumni: 25,149

Spring New Members: 257

Fall New Members: 554

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