

## FROM THE EXECUTIVE DIRECTOR

Dear Brothers,

For our undergraduate chapters I think we are seeing the proverbial light at the end of the tunnel! Vaccinations are happening across the country and hopefully that means we will be back to normalcy this summer and next fall. Our focus at National Headquarters over the next two months will be to prep our chapters to what a return to normal looks like. How strangely excited it is to be talking about normal chapter meetings, social activities, athletics, and other such things. We need to be cautious though. We are not out of the woods yet with the pandemic which is why currently all of our chapters and undergraduate members need to continue to practice proper social distancing and health policies. Please continue to make smart and good choices on the campuses and in the communities you are a part of.

For our alumni brothers hopefully you have seen our "Alumni Experience" survey that was emailed out recently. Please complete it if you have not already. Over 95% of our membership are our alumni members. Our National Executive Council is in a strategic planning process that includes revisioning what the alumni experience could be. Your input will help them in this effort. This is your opportunity to help shape what it means to be an AKL Alumnus member over the next decade.

I am looking forward to a great month ahead for Alpha Kappa Lambda.

Fraternally,

Jeremy Slivinski,

Fraternity of Alpha Kappa Lambda, Executive Director

Front Cover: Gamma Lambda Chapter Brothers at Temple University give back to the campus and community with one of their regular cleanups.



### **WHO WE ARE**

InsideAKL is a monthly, educational publication by the Fraternity of Alpha Kappa Lambda, for undergraduates and alumni. 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 submitted using the link below.

Online Event/Article Submission Form

Creative Director/Editor

William "Trey" Nunnally III, Beta Nu at VCU

### **Contributing Writers**

Guy Davis, Beta Nu at VCU Jeremy Slivinski, Beta Nu at VCU Jeff Szumanski, Gamma lota at EMU

### **Statistics**

Active Chapters: 30 Undergraduates: 1,000+ Alumni: 26,000+

#### Contact Us

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### UNDERGRADUATE SPOTLIGHT

# **NEC Undergraduate Member**

### Max Flower, Delta Chapter '19

The National Executive Council (NEC) Undergraduate Representative is a position held by an undergraduate member elected by his peers. The NEC Undergraduate Representative's primary objective is to give insight based on undergraduate experiences and provide feedback based on his own personal involvement in Alpha Kappa Lambda.

This year Max Flower, Delta Chapter at the University of Kansas (KU) was elected as the NEC Undergraduate Representative. Max is originally from Olathe, Kansas and is a junior at KU. He is studying communications and minoring in sports management.

### Max, tell us why you joined AKL and about your involvement with Delta Chapter at KU.

"I joined the Delta Chapter as a sophomore, when I transferred from Washburn University, Lioined because I had a lot of friends from home that were already in the fraternity. Once I met some of the other guys, they seemed super genuine and made the transition super easy. Being in the chapter so far, I was Recruitment Chair after my first semester, and I now serve as Delta Chapter President."

### What is your favorite AKL memory?

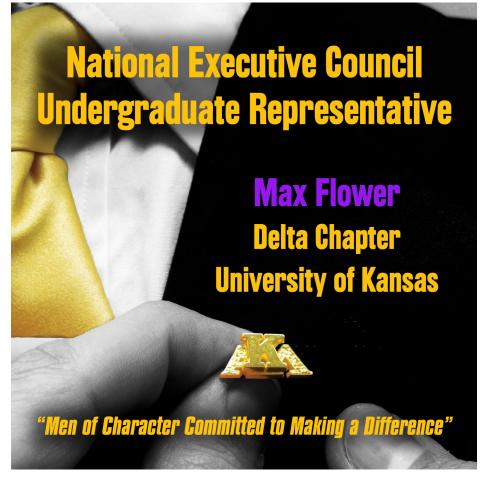
"My favorite AKL memory is something we are currently doing. We as a fraternity have set up an in-house football league, the AKFL. We drafted our own teams and currently play every weekend. It's a great time and hopefully a strong tradition we plan on continuing for years to come."

### What are you looking forward to as the National Executive Council **Undergraduate Representative?**

"I chose to run and accept the National Executive Council Undergraduate Representative position because I have always been recognized as a natural born leader, but in this position I wanted to challenge myself to be involved with something that could benefit AKL nationally."













### **Welcome To The Brotherhood!**

Chapters across the country welcome the newest members into the Fraternity of Alpha Kappa Lambda, including (Top Left) Gamma Theta Chapter at Boise State University, (Top Right) Sigma Chapter at the University of Central Missouri, and (Bottom Left) Xi Chapter at Truman State University.

Alethia Kai Logos!

(Top Left) Sigma Chapter at the University of Central Missouri volunteered with a local trail cleanup at Pertle Springs. (Top Right) Alpha Zeta Chapter Brothers from Northwest Missouri State University give back to the community with one of their regular highway cleanups. (Bottom Left & Center) Gamma Lambda Chapter at Temple University regularly volunteers with local cleanups in the community and on campus and also by shoveling snow for the Church of the Advocate (Bottom Right.)











### **ALUMNI SPOTLIGHT**

### A Need to Read

### Trae Venerable, Sigma Chapter '15

Three years ago, Trae Venerable was featured in the 2018 January InsideAKL issue as a recent Sigma Chapter graduate from the University of Central Missouri. InsideAKL spoke with Trae about his "CowPoke" brand and his experience as an undergraduate member.

Now firmly in his time as an alumni member, Trae sat down for a virtual interview with InsideAKL to discuss career, brotherhood, and his other exciting new ventures.

Trae, it's been 3 years since you were first featured in InsideAKL. For our new readers, how did you get involved with Sigma Chapter at UCM?

"I went to community college first for pre-reqs. When I transferred to UCM I always knew I wanted to rush a fraternity, I just didn't know where. One of my best friends from high school had already rushed and joined AKL. My buddy told me "you gotta check AKL out." I went to a few events and

never looked back, joining AKL was one of my best decisions."

"I joined spring 2015 in a pledge class of 8 guys and graduated December 2017. I majored in Safety Management with a minor in Fire Science. I was always doing something in the fraternity and at school."

"I served as House Manager, which was a little rough working with 40 or so guys. I also served as Alumni Relations Chair one year and I believe Chaplain my last year. Also during my last year at UCM, I was Homecoming King. Even if I didn't have an official role in the chapter I was helping out in some capacity."

"Being in a fraternity there are so many stigmas. People only focus on the bad stereotypes, but there are so many positives to being a fraternal gentleman. My chapter and I embodied what it meant to be a "Man of Character Committed to Making a Difference." Being in AKL I became business savvy. I learned how to deal

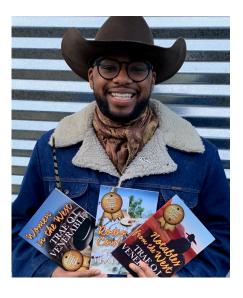


with people, kept books and other record-keeping, practiced personal skills, and had lots of support from my brothers. They definitely helped me out and I wouldn't be where I am in my career without them."

# Speaking of career, tell us more about what you do professionally.

"I work for the government as a Safety Engineer at Honeywell Federal Manufacturing & Technologies, in the Department of Energy. A connection from a fraternity brother helped me start my career path, and wherever I could assist a brother with his career goals I would. We build non-nuclear components of nuclear weapons. Personally, my job is to protect people and property. I enjoy working in Health, Safety, and Environment (HSE) because I like to help people and teach. I never get bored with what's going on at my job."

"We are a multi-state and multi-site company with locations in Kansas, New Mexico, and Missouri. My job



has afforded me to go to a lot of cool places including Whiteman Air Force Base in Knob Noster, MO and Kirtland Air Force Base in Albuquerque, NM."

### Last we spoke you were focused on your "CowPoke" brand. How has your brand grown and what other opportunities and adventures has it led you to?

"CowPoke" is my nickname for a midwest cowboy. Every generation of my family has owned a farm. Growing up I hated it, but in middle school I saw my family's heritage and took a lot of pride in it. As a kid, my great uncle took me under his wing and taught me a lot. He came straight from the farm in southern Missouri, a cowboy through and through."

Continued on next page...

### **ALUMNI SPOTLIGHT Continued**

"He taught me about caring for horses, hunting, fishing, etc. When I was in school I was trying to do everything. I started the business side of "CowPoke" as a school project that kept evolving."

"I didn't know what was going to become of it. During our last interview for InsideAKL I was in the process of writing my book series "Grandpa I Just Wanna Be A Cowboy." Only a few people knew about it and one day I revealed it at a chapter meeting. It wasn't out then, it didn't come out until after graduation, but I got a lot of support from my brothers."

"The reason I decided to write children's books was the motivation to write about the forgotten cowboy. A lot of people don't know about black cowboys. Where do we go to learn? Books. And where does that foundation start? Children's books."

"I wanted to shape children's minds, let them know there were black cowboys. I wanted to give kids a fair chance at knowing what the truth really is. One of the main reasons I got into writing is because I'm really big on representation. When I was younger, I don't remember that many authors of color coming into our school to read or speak."

"A lot of kids don't see themselves on stage or in books. I want to make sure we have representation outside of other successes like playing basketball or football. My heart is for children's literacy. I wouldn't be able to do what I do and give back if I couldn't read or write. I want to pass on the importance of working hard in school."

# What has the writing and publishing journey been like for you?

"Originally I thought the story was just going to be self-published. I was going to take it to a local printer and share it with friends and family. I had a mentor who pushed me and led me to where it is today."

"There's a lot more to it then people think. So much more that I thought.



Trae with his bird dog Sammie in front of the Kansas City skyline.

Just to get published I was denied 14 times before my 15th try took me. You have to have resilience and can't stop. Now that I'm professionally published, I have my work in Barnes and Noble, Amazon, really anywhere they sell books. My book manager is awesome, I really rely on her and the team. It's never been about the money for me. I like going to speak. It's about going into schools and working with kids."

# Tell us about your involvement with Lead to Read, a Kansas City reading mentor program.

"After I graduated in December 2017 and my book series came out, I had a lot of book signings in 2018. 2019 was a breakout year for me including 50 stops at schools and museums in a couple state radius. 2020 started by

building on that momentum, traveling across the state and over to St Louis. I was headed to Colorado next but Covid-19 stopped that momentum. Going into 2021, I started doing more virtual readings."

"Through the book writing process, I've been able to meet a lot of people in the community. I work with lots of non-profit partners including Pauly Hart, the Lead to Read Kansas City President. I volunteer as a Lead to Read literacy ambassador and a reading mentor in the urban core school districts of Kansas City, Kansas (KCK) and Kansas City, Missouri (KCMO.) I do quite a bit with Lead to Read and Prep KC, a Kansas City college and career prep program."

Continued on next page...



### **ALUMNI SPOTLIGHT Continued**

"Through my business Venerable's Projects, LLC I visit schools and read with the students as well as donate books throughout the school districts. During speaking engagements, I would go from reading in a room of 10 kids to speaking in front of 500-600 kids. We did the numbers and I reached over 30,000 kids in 2019."

# Who is one African American figure that has inspired you and our readers should know about?

"One that pops in my mind first is Bass Reeves. A big fact about him is that he is known as the real life Lone Ranger. What the Lone Ranger did on TV, he did in real life. For most of the public, Hollywood made what they know to be the cowboy scene."

"Back in the day, being a cowboy was a rough and tough job that people didn't seek out. Roy Rogers, John Wayne, Hollywood glamorized the west through these figures. In reality, 25-30% of cowboys in the west were of African American descent. When

most people think of the west, they aren't thinking of the real west that Reeves was a part of."

# As an AKL alumni member, how do you keep connected with brothers?

"As an alumni, I try to be as active as I can and give back to Sigma Chapter. I volunteer on the Corporation Board and help with philanthropy, I make sure we're giving back to the community and school. I hope to do some mentorship by going back to campus and talking to the active undergraduate brothers. When I was an undergrad we had a lot of alumni help us out and I want to do the same."

"Our affiliation is binding for life. As a brotherhood we've buried two of our alumni. But there are exciting memories too. My pledge brothers and myself are at the age when everyone starts getting married and having kids. In the next 2 years I think I have 10 AKL weddings to go to or be a part of. As brothers are having

children, I've already been asked to be a god parent. When I told my dad he said that was an honor and showed the respect we have for each other."

"Professionally speaking, I am more likely to do business with another fraternity man or sorority woman. The bonds we share with our brothers and sisters unites us. No matter the letters, there are fundamental bonds we have. We all know how to talk, run a meeting, certain life and business skills that greek life taught us."

During our last interview we asked what advice you had. You said "You can do anything you want in this life. Don't wait till your death bed to say 'I should of tried this or did that.' That's how I live my life." What advice would you give now?

"The advice I have now is similar. This is what I tell a lot of kids. If you tell yourself you can, then you can. But on the flipside, if you tell yourself you can't, then you truly can't. Be mindful what you're telling yourself and be mindful



Trae with a few of his family's mares, Tennessee Walking Horses.

who you're around. When I joined the chapter and went through pledgeship I understood what Los Amigos meant but I never really knew how I would grow with it."

"Going from pledgeship, to neophyte, to active member, to alumni I've seen the whole experience. The good, the bad, and the ugly. I wouldn't change any of it, from the lessons I learned I truly have a sense of what Los Amigos is. If you think about it, we aren't just friends, we're family, we did life together."

Thank you Trae for catching up with us and sharing more about your journey as an alumni member and your exciting book series! To learn more about Trae and his endeavors, check out his website here.





(Top Left) Alpha Phi Chapter Brothers at the University of Idaho enjoy some time on the slopes! No better way to bring brotherhood outside and socially distant than tearing up the mountain with your brothers.

(Bottom Left) A few Delta Chapter Brothers earlier this semester on break from the University of Kansas. They took brotherhood outside with some socially distant skiing.

(Bottom Right) Gamma Lambda Chapter Brothers spend Temple University's mental health wellness day outside skiing!



(Top Right) Alpha Zeta Chapter Brothers give back to the community at Northwest Missouri State University by volunteering to help run a local vaccination event!

(Bottom Left) Beta Tau Chapter Executive Board earlier this semester enjoying the winter weather and staying masked up at Southern Illinois University Edwardsville.

(Bottom Right) Freezin' for a reason! Last month, Sigma Chapter at the University of Central Missouri supported the women of Alpha Sigma Alpha's football philanthropy! The event benefited one of the sorority's national philanthropies, the Special Olympics.







### **HEALTH & SAFETY**

## **Positive Vibes**

# Fraternity members report higher levels of positive mental health and support

As college students deal with more anxiety, depression and feelings of social isolation, a new report from the Postsecondary Education Research Center (PERC) at the University of Tennessee, Knoxville, found fraternity affiliated students report higher levels of positive mental health along with lower rates of depression and anxiety.

"One of the impacts of public health restrictions meant to keep people safe is that many students feel distanced and alone this year," said Judson Horras, president and CEO of the North American Interfraternity Conference. "Fraternities are helping students cope, and they have always played an integral role in helping new students successfully transition to college life."

The ability of students to succeed in higher education and beyond is dependent on their physical and mental well-being, and the nation's higher education institutions are seeing increasing levels of mental illness, substance use, and other forms of emotional distress among

their students according to a study published by the National Academies of Sciences, Engineering, and Medicine.

Fraternity and sorority members believe that good support systems exist on campus and are more likely to seek therapy or counseling at some point in their lives, according to the PERC report. Members have a lower chance of being diagnosed with depression throughout their lives.

This is important at a time when a survey of more than 300,000 students finds 60 percent of college undergraduates are having an increasingly difficult time accessing mental health care, even before campuses closed and instruction moved online due to the pandemic.

The PERC report continues to reinforce the benefits of fraternity membership. In fall 2020, a study by Dr. Gary R. Pike of Indiana University supported his previous findings that fraternity and sorority membership



Originally published by the North American Interfraternity Conference here.

is associated with significantly higher levels of engagement on a number of measures including high impact practices, collaborative learning, student-faculty interactions, perception of a supportive campus environment and discussions with diverse others—including people from different races, ethnicity, economic backgrounds, religious beliefs and political views.

"There have been several studies, including mine, that find positive relationships between fraternity/ sorority membership and student engagement and student learning. While specific findings on a scale differ from study to study, the overall results are consistent about fraternities and sororities having this positive effect on students' engagement in college," said Dr. Pike.

For the official one-pager from the Foundation for Fraternal Excellence, click here. For the full report from the Postsecondary Education Research Center (PERC) at the University of Tennessee, Knoxville, click here.





POSTSECONDARY EDUCATION RESEARCH CENTER







(Top Left) Alumni member and past National Headquarters staff, Matthew Mitchell received this AKL t-shirt quilt as a gift made by his aunt!

(Top Right) Psi Chapter at Iowa State University representing "Men of Character" at their university's recruitment event, IFC Experience.

(Bottom Left) Mu Chapter Brothers at the Ohio State University masked up for a chapter photo.

(Bottom Right) AKL Brothers and Alpha Phi Chapter President, Carson Thiel, and Vice President, George Reinhardt, at the University of Idaho celebrate International Badge Day!







# **AKL Risk Management Guidelines: Hazing**

This excerpt was taken from the Fraternity of Alpha Kappa Lambda's Risk Management Manual, the full manual can be found here.



No chapter, colony, student, or alumnus should conduct, participate in nor condone hazing activities. Permission or approval by a person being hazed is not a defense. Hazing activities are defined as: "Any action taken, or situation created, intentionally, whether on or off fraternity premises, to produce mental or physical discomfort, embarrassment, harassment, or ridicule. Such activities may include but are not limited to the following: use of alcohol, paddling in any form, creation of excessive fatigue, physical and psychological shocks, quests, treasure hunts, scavenger hunts, road trips or any other such activities carried on outside or inside of the confines of the chapter house; wearing of public apparel which is conspicuous and not normally in good taste, engaging in public stunts and buffoonery, morally degrading or humiliating games and activities, and any other activities which are not consistent with academic achievement, fraternal law, ritual or policy or the regulations and policies of the educational institution or applicable state law."

#### **Education is Our Goal**

The purpose of fraternity education is just that - education about the fraternity, about the chapter and about the college or university. It is education about past and present members of the fraternity, and it is education about what makes a good member. The goal of fraternity education is to develop the future leaders of the chapter.

It is the responsibility of every member to educate in a constructive and harmless way. Each member must watch out for new members, whether pledged member, associate or provisional in nature. It is the responsibility of every member to see that the anti-hazing standards of the AKL Risk Management guidelines are not violated.

#### **Areas of Concern**

The senseless act of hazing not only creates liability risk for the chapter and the entire fraternity, but also hinders the development of the friendships that are the basis of brotherhood and sisterhood. In recent years, several states have enacted laws that make

hazing a criminal act. That number is increasing. Among other effects, this may mean that a finding of guilt in a criminal case may serve as an assumption of responsibility in a civil case. In other words, by being found guilty of hazing you have made the case for the plaintiff in a civil case.

As well, under most insurance policies, hazing is specifically excluded from coverage—if you haze, you will not be covered under the insurance policy and the policy will not pay for the cost of an attorney to defend you and any judgment that might be entered against you. This exclusion exists because you cannot be insured for an illegal act. Therefore, hazing carries several risks, including:

- · A civil lawsuit.
- Criminal prosecution for illegal acts.
- Discipline by the national organization.
- Discipline by the college or university.
- Possible loss of insurance coverage.

### **But What We Do Is Not Hazing**

Beauty is in the eye of the beholder. So is hazing. What you may consider to be a perfectly harmless way of "educating" your pledged members may in the view of others be an act of hazing or hazing violence that can be criminal. Hazing is a crime in almost every state. In addition, no college administration or fraternity condones nor accepts hazing as a normal part of fraternity education.

A major concern with certain activities is that, although the goals may seem lofty and the activity harmless, the chapter is approaching a slippery slope towards more violent and dangerous activities.

The "fun" activities today turn into the disasters of tomorrow. There is NO Such Thing as "Minor" or "Harmless" Hazing. - One of the challenges with hazing is that it gets out of hand. What begins as an innocent prank can lead to disaster. The role of the undergraduate chapter is to see that the education process is both enjoyable and rewarding, not only for the new members, but also for the active members.







(Top Left & Right) Gamma Delta Chapter at the University of Montevallo participate in College Night on Gold Side, their University's week of homecoming events.

(Bottom Left) Sigma Chapter at the University of Central Missouri with their Greek Week partners, the women of Alpha Sigma Alpha, after a Toy Story themed lip sync.

As "Men of Character Committed to Making a Difference" we look out for the safety of others. Remember to practice risk management by social distancing and follow all local health and safety policies/expectations on campus and in the community.

# /AKM101

# National Founding Date: April 22nd, 1914

Alpha Chapter: University of California Berkeley

Fraternity Colors:
Old Gold & Royal Purple

Fraternity Flower: Pellow Rose

### The Story of AKL

Alpha Kappa Lambda was founded on April 22, 1914, by a group of young men attending the University of California, Berkeley. The significance of this location is Alpha Kappa Lambda is the first fraternity to be founded on the west coast and work east, where most other fraternities at the time, were founded on the east coast and worked west. Its birth, however, dates to 1906 when a group of friends discussed the "need of Christian men for a place to live and study that was within their (financial) means."

"Los Amigos" was formed in 1907, which was a house club named from the Spanish translation of "The Friends." Shortly after, seven more men joined Los Amigos. Reverend Gail Cleland, one of the original 11 members of Los Amigos, recalled, "When we organized Los Amigos as a house club... house clubs and fraternities were dime a dozen. They came, they lived for a few months or a few years, then they went out of existence again. But Los Amigos did not go out of existence."

The founders of Los Amigos were a diverse group, but they shared a common desire for studious living in a college environment and continued integrity after their formal education concluded. They were "typical" college men in many ways, yet atypical in their desire to foster brotherhood, scholarship, and service through their club.



Alpha Kappa Lambda understands how vitally important our alumni and volunteers are to the success of a chapter. There are several different ways to volunteer with the Fraternity If you are not currently a volunteer but want to get involved with and active chapter or during an upcoming expansion, contact us at info@akl.org

Chapter Advisor & Volunteer Monthly Conversations are held to serve as an opportunity to connect with the Executive Director of the Fraternity, fellow advisors, and volunteers All conversations take place Tuesdays at 12:30 pm EST with more information found here!

April 13, 2021
May 11, 2021
June 8, 2021
July 13, 2021
August 10, 2021
September 14, 2021
October 12, 2021
November 9, 2021
December 14, 2021

If you are interested in learning more about volunteer opportunities, fill out a volunteer interest form here!

If you know someone that would make a great Alpha Kappa Lambda member, recommend a potential member <a href="here!">here!</a>

### **Upcoming Expansions**

Spring 2022: Zeta- University of Michigan Founded: February 9, 1924

Fall 2022: Kappa- Purdue University Founded: May 20, 1934

Spring 2023: Beta Nu- VCU Founded: September 14, 1985

Fall 2023: Upsilon- University of N. Colorado Founded: May 12, 1957, Reissued: April 16, 1999

Spring 2024: Phi- Oregon State University Founded: January 25, 1958

Spring 2024: UNC-Wilmington

New Institution

Fall 2025: Towson University
New Institution

Fall 2026: Alpha lota- University of Wyoming Founded: May 24, 1964

Unscheduled: Eta- Washington State University Founded: October 15, 1927

Unscheduled: Loyola University New Orleans
New Institution

### **Active Chapters**

Delta: University of Kansas Lambda: Emporia State University Mu: The Ohio State University Xi: Truman State University Sigma: University of Central Missouri Tau: Pennsylvania State University Chi: California University of PA Psi: Iowa State University Alpha Zeta: NW Missouri State University Alpha Lambda: Northern Illinois University Alpha Omicron: University of CO Boulder Alpha Rho: University of Texas-El Paso Alpha Phi: University of Idaho Beta Tau: S. Illinois University - Edwardsville Beta Psi: Missouri State University Gamma Alpha: University of Missouri Gamma Beta: University of Alabama Gamma Gamma: Rutgers University Gamma Delta: University of Montevallo Gamma Theta: Boise State University Gamma Lambda: Temple University Gamma Xi: Clayton State University Gamma Omicron: Dalton State College Gamma Pi: University of Connecticut Gamma Rho: Arizona State University Gamma Sigma: Old Dominion University Gamma Tau: Indiana University Gamma Upsilon: Saginaw Valley State University Kutztown University: Provisional Chapter

### ALPHA KAPPA LAMBDA



### **EDUCATION FOUNDATION**

The Fraternity of Alpha Kappa Lambda Experience has never been more important than it is today. On college campuses, in small towns, and big cities alike, society needs men committed to the Five Ideals of AKL: Judeo-Christian Principles, Leadership, Scholarship, Loyalty, and Self-Support.

The same issues which affect the world also affect Alpha Kappa Lambda. Our organization can help shape the future leaders of society by providing programming, scholarships, and guidance to our members.

We must bring ideals and values to the leaders we will depend on to make the world a better place – but we need your help!

### Click Here to Donate to the AKL Education Foundation



When you give to the Alpha Kappa Lambda Education Foundation you help educated and empower young men who are committed to making a difference in their communities by learning, embracing and exemplifying AKL character.

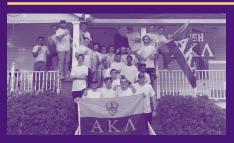
All gifts to the Alpha Kappa Lambda Education Foundation are tax-deductible to the extent permitted by law.

### **Create Academic Success**



Expand and endow our academic scholarship program. We cannot teach and provide young men with the AKL experience if they can't afford to attend college.

### **Develop Our Chapters**



Instill our values and fortify and strengthen the young men in every chapter across the United States.

### Flexibility for the Future



To adjust to whatever challenge may come our way, we must be nimble enough to react to the needs of today's generation and tomorrow's.