



TKE GRENADE

VOLUME 3, ISSUE 2 | FALL 2016

THE LAMBDA SIGMA ALUMNI MAGAZINE

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The Chapter Board of Advisors is made up of Alumni who volunteer their time to oversee the Chapters most critical decisions, finances, and operations.

Thank You Board of Advisors members!

KEEP CYCLING AND GOOD THINGS WILL HAPPEN

Jim Langley #183 | Former Chapter Prytanis | Joined TKE in 1972

Jim has raced bikes, built bikes, fixed bikes, and written about bikes. He has worked in the bicycle industry since Nixon was in the White House, invented tools for fixing your bike, collects antique bikes, was a mechanic at the World Championships and is the technical editor at roadbikerider.com. Since 1993 Jim has gone out on a bike ride every day without fail for nearly 23 years in a row. That's 8,395 days and counting on a bike. He's addicted to table tennis. He is the Forrest Gump of bicycling and a Lambda Sigma TKE. In October of 1979 he dropped everything and rode his bike from New Hampshire to California and it changed his life. Here is his story.

While attending Keene State College in the 1970's Jim Langley took night classes so that he could work at Andy's Bike Shop on Main Street (now located on West Street). Biking was a passion of his and had been from a young age. Anything athletic got him cranked up and he was attending KSC on a Cross Country scholarship, but initially wasn't thrilled about being in college. Then his roommate, future fellow Frater Bob Fredette

#185, convinced him that TKE was where it was at. Soon they joined and the best times in Jim's life were in front of him. He met Deb Smith, his future wife in the TKE basement of 53 Marlboro St and following graduation decided to ride across the country. Deb decided to join him and in October of 1979 they set out on their life changing adventure.

Jim's motivation, other than just the love of riding, was an elderly rider who he met while working at the bike shop. The elderly rider was 70 years old and had just made the trip across the country from the west coast. Jim was very inspired by this rider's adventure and knew one day he would take a similar one.

Leaving on a cross country bike trip in October was difficult; especially with

75lbs of bike and gear. Winter was coming so Jim and Deb headed south. First, their route took them to Virginia, then down to Gainesville Florida and eventually on to Galveston TX. Along the way they took some advice from other riders they met to seek places to stay by simply knocking on doors. This really worked to their advantage and soon they were meeting all kinds of interesting people who openly gave them lodging, food and company on their journey. These random meetings with very generous people along the way were very inspiring to Jim.

It was on to San Antonio and in a scary incident were nearly killed on the bridge leaving Galveston by a Cadillac. Jim says they were lucky to not have been run over 100 times during the trip. They travelled through New Mexico, Yuma AZ, the Grand Canyon, Imperial Valley CA and eventually rode right through Hollywood. Following the coast north they landed in Santa Cruz where Jim got tangled up with some poison oak. He had a horrible reaction and ended

up spending the last of their money on treatment. Now that they were stranded they decided to get jobs and Jim started working at the Santa Cruz Bicycle Center.

By March of 1980 Jim and Deb were married and returned via Greyhound Bus (a trip he doesn't recommend) to Brattleboro so that Deb could finish her degree at Keene State. Jim took a job West Hill Shop in Putney VT and it was there that an incredible thing happened. One day he looked up and in the drive of the bike shop walked

the owner of the Bicycle Center in Santa Cruz. He had come to Vermont to offer Jim a permanent job running his shop and he and Deb made the decision to go back to Santa Cruz. Since then, Jim has made a career in the bicycling industry; a career that he



— continued



We can be reached at Admin@LSTKE.com or on the LambdaSigma TKE page on Facebook.

GOOD THINGS CONTINUED

says was assisted greatly by the English degree he earned at Keene State. He could write, and soon began leveraging that skill to earn supplemental income. At first he was writing for the free publication California Bicyclist with a readership of 150,000. Soon after, he was approached by Velo News and ultimately Bicycling Magazine – the largest bicycling magazine in the world. The timing of this coincided with the biggest boom in bicycling ever. Then Jim was approached by Rodale Press and opened a satellite office in Santa Cruz. This was Jim's dream job and he continued writing for Bicycling Magazine until 1999. Overall Jim has been published every month in some form or another since 1983. His decision to make that trip in 1979 defined his life and led to a lifelong career in cycling.

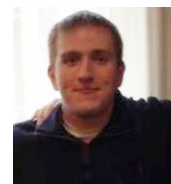
Jim reports that his favorite memories of TKE were the countless Thursday Happy Hours spent at 53 Marlboro St. around the Juke box. He says it's rare that a Thursday goes by that he doesn't think about those moments at TKE. He's still in touch with Bob Fredette #185, Wayne Quiet #155, Mike Demers #184, Ken Karmanoogian #170, Pete Leyden #160 and other LS TKE Alumni. He credits TKE Lambda Sigma with introducing him to some of the most interesting individuals he's ever met including Dexter Durant #102, and James Byrnes #167. His fond memories of Ma Stewart include her willingness to talk to any brother at any time about anything. He stated that she may have given more to TKE than anyone.

Thanks for the update Jim and keep pedaling!



ALUMNI EPI PRYTANIS — Mike Flynn #654

Mike is taking over as Epi-Prytanis from Lewis Morrison. He is currently employed by Fidelity Investments as a Trading Execution Representative. Mike is also a Province Advisor for TKE headquarters, a member of the Northeast Ironmen for TKE and an avid St. Jude fundraiser.



CHAPTER NEWS



For the second year in a row the Chapter raised awareness for the homeless with their "TKE In a Box" event. For 7 days the active brothers of Lambda Sigma TKE stayed continuously in the box. Rain or shine, warm or cold, day and night, they were there drawing attention to those who don't have housing in the Keene community. Through this event the chapter has generated \$850 and 530 cans of food and a lot of good will between the Chapter, School and City of Keene. All proceeds were donated to the Hundred Nights Shelter and the Keene Community Kitchen. They plan to continue this outstanding event each fall.



Nick Chasse and Dan Keady

DAN KEADY

This past summer, chapter member Dan Keady was chosen to attend the TKE Leadership Academy in Colorado Springs CO. There are 10,000 active TKEs across the country and Dan was one of 72 selected to attend. Great work Dan!



Grand Prytanis Rodney Talbot and Lambda Sigma TKE Dan Keady

"The Leadership Academy launched me to new heights and horizons that I couldn't have imagined before. I was attending an academy that was helping me work on my own leadership skills. I am extremely blessed to be able to gain such in depth leadership experience and take these lessons back to Lambda-Sigma."

– DAN KEADY

ALUMNI/CHAPTER OFFICERS RETREAT In August 2016 the Board of Advisors and Chapter Officers help their annual retreat. This event is an integral part of the success of the Chapter and allows the Officers an opportunity to discuss the goals and plan for the coming year with supportive alumni. The 2016 retreat saw 15 Chapter and Alumni officers attend the weekend event in Keene. The themes for the retreat were "Show me – Don't tell me" & "Protect it" This event is a good example of what the Alumni Association is doing to positively impact the current chapter members. Thank you all BOA members for your continued involvement and commitment.



Visit us at www.LSTKE.com

ALUMNI HISTOR REPORT



Histor – Josh Terrell #325



Josh Terrell is serving his first year as Histor after 6 years as Alumni Prytanis. Josh lives on Vashon Island, WA and is the owner of a residential construction/remodeling company. He is a regular attendee of our annual event in Keene and a regular donor to our Association. He also sits on the Board of Directors for the Keene State Alumni Association.

CHAPTER ETERNAL:

If you visit www.lstke.com you will find a link to our Chapter Eternal. The place we memorialize our departed Fraters. This ongoing project is very important and we are in need of your help. If you know of a fellow Frater who has passed away and have information that will help us update our records please email admin@lstke.com

THE FOLLOWING FRATERS ENTERED THE CHAPTER ETERNAL IN 2016:

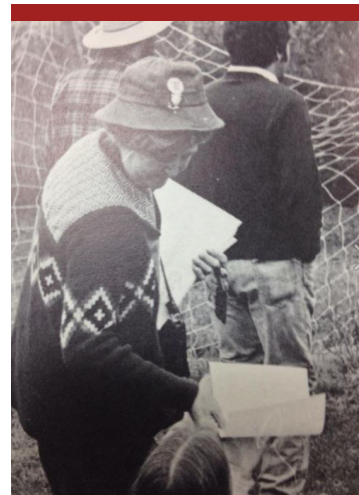
George Nostrand #5, Jim Bean #508

HELP!

Our History is extremely important to the Chapter and our Alumni. We are building a digital archive for the enjoyment of our alumni and the education of our current chapter members. You can help us do that by sending us pictures at admin@lstke.com

MISSING ALUMNI:

We currently are in contact with over 330 of our Alumni through email, facebook or snail mail. This means we have 370 missing Alumni. Please visit www.LSTKE.com and study the list of missing Fraters. We need your help finding our Alumni.



Ma Stewart with a TKE Pin on her hat. Ma Stewart was the TKE house mother and lived in the TKE house throughout the 1970s.

ALUMNI CRY SOPHYLOS REPORT

Sean Powers #631



Current 2016 Revenue	\$3,200.00
Current Alumni Association Balance	\$4,300.00
Current White/Lessard Scholarship Balance	\$10,110.00
Current Ryan Chatel Chapter Scholarship Balance	\$9,600.00
Current Special Projects Fund Balance	\$2,850.00
Current Housing Fund Balance	\$0.00
Scholarship Program Contribution (May 2016)	\$4,000.00

All Scholarship Funds are held and managed by the TKE Educational Foundation.
TKE Educational Foundation a registered 501(c)3

HELP THE TKE LAMBDA SIGMA ALUMNI ASSOCIATION with a contribution of any size that will support our efforts to find lost Fraters, Publish our Newsletter, Maintain our website, Hold our annual event, and run our Board of Advisors who directly give stability and guidance to our chapter in Keene. By supporting the Alumni Association you will be positively impacting the experience TKE offers our brothers at Keene State. Visit: www.LSTKE.com/donate

> ANNUAL ALUMNI MEETING AND REUNION <

We will be holding our **ANNUAL EVENT** in Keene on March 25th 2017 at the Courtyard Marriott in Keene NH at 2:00pm. This event is for any Alumni or undergraduate TKE Lambda Sigma member. Lodging is available at the Courtyard Marriott or other Keene area hotels. This year we will continue our new tradition of challenging the chapter to Flag Football, followed by our meeting and awards event at 2:00pm (cash bar). At 4:00pm we will conduct the **TKE FOR LIFE** ritual for graduating seniors and other interested alumni. Happy Hour at Scores Sports Bar is from 6:00pm onward or take a walk down memory lane to Penuches for a beverage. We look forward to seeing any and all, old and new Alumni on March 25th in Keene!



Carter Freudenhiem
and Glenn Turgeon

Visit us at www.LSTKE.com



ALUMNI DONOR CLUBS



ORDER OF APOLLO (*Fraters who have given over \$5,000*)

TRIANGLE CLUB (*Fraters who have given \$2,500 - \$5,000*)

Keith Malatesta #342, Matt Biggins #434

MA STEWART CLUB (*Fraters who have given \$1,000 - \$2,499*)

Steve Belluardo #282, Eric Germain #301, Chris Pedersen #302, Josh Terrell #325, Colin Calhoun #365,
Matt Gorby #406, Scott Bergeron #493

CHERRY & GREY CLUB (*Fraters who have given \$250 - \$999*)

Mark Bettencourt #271, Marty Flanagan #277, Paul Power #294, Pete Smilikis #310, Chuck Prive #311, Chuck Oldham #312,
Lew Morrison #313, Dean Naphegyi #314, Paul Dickinson #318, Rich Larkin #323, Jon Neschis #326, Pete Weiss #331, Brian Duplessis #336,
Chris Mead #338, Matt Brisson #351, Matt Jenkins #377, Mike Girard #378, Dave Farrington #383, Sean Ashburner #421, Matt Cabana #430,
Joe Gibilisco #442, Stephen Dube #452, Shane Nickerson #458, Phil Jacques #504, Andy Knapp #553, Donald Clemmenson #621,
Brad Agostino #647, Nate Loomis #652, Sean Babine

BRICK CARRIERS CLUB (*Fraters who have given \$1 - \$249*)

Quentin R Estey #84, Robert Caron #218, John Wakefield #281, John Lines #289, William Grady #309, Ron Bailey #316, John Fischer #320,
Dave Sime #327, Shannon Mulvey #329, Jim Sorbello #332, TJ Murphy #333, Keith Baumm #340, Jim Dolan #348, Carter Freudenhiem,
Patrick Dolan #352, Brenton Dorre #355, Chip Adams #356, Mark Chilicki #370, Jason Miles #375, Chip Stowell #380, Sean Morrissey #386,
Glenn Turgeon #395, Dennis Goodridge #396, Steven LaRoche #400, Dave Walters #401, Scott Roberts #402, Mike Barrington #405,
Chris Lucier #409, Steve McSweeney #419, Richard Towne #423, Eric Krueger #427, Jason Gemmell #433, Scott Harris #435,
Ernest Auperlee #436, Kevin Dwyer #443, Rob Koniuto #444, Rob Hutchinson #447, Andrew Gutteridge #448, Mike Haller #449,
Brian MacDonald #450, Chris Koch, Rich Beliveau #460, Timothy Hay #468, Jerry Taylor #469, Mark Lussier #473, Bryan Towne #496,
Cassidy Furbush #511, Jim Vachon #521, Casey Lucas #549, Ryan Chatel #616, Eric McCooey #617, Drew Arvin #619, Kevin Mousseau #622,
Brian Finer #623, Josh Helmbrecht #624, Matt Harrington #629, Sean Powers #631, Nicky Brown #632, Scott Campbell #641, Pat Johnson #642,
Ken Sikes #646, Jamie Martin #648, Edward Bell #650, Mike Flynn #654, John Erickson #655, Benjamin Dovidio #657, Seth Babel #658,
Jake Sharkey #662, DJ Hardisty #663, Andrew Corey #664, Henry Bendel #667, Robert Close #668, Sean Crater #669, Steve Mignano #671,
Jonathan Morrison #672, Ben Fredericks #675, Tyler Nadwairski



TKE LAMBDA SIGMA ALUMNI ASSOCIATION
62 HEMLOCK ROAD
SOUTH SALEM, NY 10590

The purpose of this Association shall be to serve the Alumni of Tau Kappa Epsilon, Lambda Sigma Chapter of Keene State College, to perpetuate the ideals, friendships, and Brotherhood formed there, by providing opportunities to establish beneficial relations and communications between current and future alumni. To preserve, care take, and promote the history, lore, traditions, artifacts, and institutional memory of Tau Kappa Epsilon, Lambda Sigma Chapter, at Keene State College, and to continue our good work in the areas of charitable donations and scholarship funding to the undergraduate chapter.