



# TKE GRENADE

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THE LAMBDA SIGMA ALUMNI MAGAZINE

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### OPEN

*Mentorship Coordinator*

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!**

## ANDY JONES #287:

## ADDICTION ► RECOVERY ► CHAMPION.

By Rick Fink, Jr. (#520)

**WHEN ANDY JONES** (Fall '82) got in his car after a college party to move it to a parking lot he was stopped by an officer and charged with driving under the influence. At the time, he felt like a victim of circumstance and bad timing but today he says he had no right getting behind the wheel.

Andy is an alcoholic and drug addict in recovery. He is also a 15-time Ironman finisher and at 56-years old has the lofty goal of qualifying for the Ironman world championship in Kona, HI. Andy is an Ironman All World Athlete, a prestigious designation for only the top one percent in each age group. Preparing for a 2.4 mile swim, 112 miles on a bike, and a 26.2 mile marathon is what helps keep Andy motivated and focused on the right path of recovery.

The transformation from substance abuse to admitting he has a problem and becoming a committed athlete was not achieved overnight. Looking back Andy realizes there were signals (Sign Posts) indicating problems ahead but that he did not take notice of their warnings. Some examples along the way were DUI arrests and disorderly conduct arrests and always being the last person at the party. His first marriage to his high school sweetheart failed after six years, and along with the arrests, he struggled to support an expensive and destructive cocaine habit.

"I was choosing partying with friends over my family," says Andy.

However, Andy continued to struggle with addiction. About 16 years ago he and his wife purchased a 100-acre plot of densely-forested land in New Hampshire. The plan was to build a post and beam cabin for the family but Andy had other ideas.

"What it really was, was a place for Andy to escape to. I could drink all the beer I wanted. But in my wife's eyes I was up there building a camp. It was up there where I was reintroduced to cocaine when I was about 40 years old," says Andy. "At first it was nothing with the guys at camp. Then it was a little more, and then it was just Andy doing it alone."



Any member of TKE Lambda Sigma that is in need of help and support, whether it be for substance abuse issues, mental health or emotional problems are encouraged to reach out to your fellow members and/or send an email to [admin@lstke.com](mailto:admin@lstke.com). All correspondence will be handled confidentially. We are happy to listen and connect you with other Lambda Sigma TKE Alumni who have tackled similar issues and can share their stories with you.

We can be reached at [Admin@LSTKE.com](mailto:Admin@LSTKE.com) or on the LambdaSigma TKE page on Facebook.



Andy and his wife eventually sold the camp but the stories of lying, self-isolation, and denial stay with him and serve as a reminder of the devastating effects drugs and alcohol had on him.

"The lying wasn't as bad with booze until the drugs came into the picture. I could convince people everything was o.k.," says Andy. But his brother and sister along with their spouses and some relatives knew what was going on and set up an intervention.

"They addressed the problem and got me help at an outpatient facility in Manchester, NH. Unfortunately for Andy, while addressing his drug problem the alcoholism continued unabated until Andy put down the bottle for good on March 26, 2007 after his wife observed his slurred speech as his youngest daughter (10) looked at him across the dinner table with a look that Andy has never forgotten.

His affair with cocaine was harder to break away from. "My rock-bottom was relapsing four years into recovery. I went to the YMCA for a run and a swim and told my wife I'd see her after my workout. But then I picked up the phone and 20 minutes later I'd fallen back into the grips of addiction. "When I came home my wife was praying and told me to get out," says Andy. "The drug addiction had its claws in me. I had a four-year span of being clean and then I had that one-day relapse."

Once Andy had confronted the demons of alcoholism and drug addiction with the help of his family and friends and the right treatment he was able to move forward with his life and a new focus...triathlons. Becoming a committed athlete who could compete at a high level in the Ironman arena required Andy to retrain his brain to focus on training his body for the rigors of ultra endurance competition. It was this re-focusing that allowed him to leave the alcohol and drugs in the rear view mirror for good. For the past 10 years Andy has trained 15-20 hours a week, and competes in two or three Ironman races a year. "It keeps me focused on something else beyond my

disease. My medicine is preparing for these races, talking to some addict-recovery friends every day, and helping others," he says.

Now, his daily activities include a 4:30 am alarm so that he can put in 60-90 minutes at the gym before work which is followed by an additional workout in the late afternoon or evenings. He supplements his daily workouts with running, hiking, rock & ice-climbing and biking in the White Mountains of New Hampshire on the weekends. He routinely does yoga for the purpose of reducing the chance of injury and maintains a healthy diet with the help of his wife. Andy has successfully replaced the high of drugs and alcohol with the high of preparing for and successfully completing his races. This singular focus has allowed him to position himself as a legitimate threat of competing at the highest level of all Iron Man competitions - The World Championships in Kona, HI. This is an obvious 180 degree turn away from the direction Andy was headed 12 years ago. Qualifying for the Ironman world championships would be a lofty goal for anyone, but to do so at his age after facing down a life threatening disease is even more impressive and should serve as inspiration to anyone willing to reach for lofty goals and their dreams. He believes that if he can accomplish this goal that anyone struggling with addiction issues can overcome them and lead a positive and fulfilling life. Andy is willing to speak with any TKE Lambda Sigma chapter member or alumni who may be facing similar struggles to tell his story and offer words of encouragement.

Andy lives in Bedford, NH with his wife Cheryl of 25 years, has three kids and two grandchildren, and is a successful regional sales manager for a medical implant company. He is proud to share that his grandkids, 5- and 6-years old, have never seen him drink. He credits his family for supporting him through some very difficult challenges. He regularly hunts and fishes with his son and competes in races with the entire family.

His next big race is Ironman Santa Rosa in April 2019. With even bigger races on the horizon and a mantra of "Anything is Possible" we are quite sure that Andy will meet and exceed his ultimate goal of leading a clean and sober life in order to compete in an Ironman at age 80.



Andy made his first appearance at our 50<sup>th</sup> reunion this past March. It was great to see him there. We want to express our sincere thanks and gratitude for sharing his difficult, yet inspirational story with the TKE LS Alumni.





# PLEDGE CLASS PROFILE - FALL 1984

**THE FALL 1984 PLEDGE CLASS** of Chuck Oldham, Pete Smilikis, Lew Morrison, William Grady, John Fischer and Dean Naphegyi have been our most consistent supporters over the past 10 years. Even with only 6 members they have contributed much and rank **5<sup>th</sup>** in revenue, **3<sup>rd</sup>** in total donors, **1<sup>st</sup>** in donor participation, **3<sup>rd</sup>** in Volunteerism, and **1<sup>st</sup>** in avg revenue per member. Chuck Oldham, Former Student Body President and Chapter Prytanis has continued his service to Lambda Sigma and currently holds the position of Risk Manager on our Board of Advisors. Lew Morrison has held a variety of postions on both our Board of Directors and Board of Advisors. They have quite possibly the tallest member to have ever been a Lambda Sigma in Pete Smilikis, Two of the best nicknames in Dean “Yaffa” Naphegyi, and William “FUD” Grady and the Biggest Baddest of them all in “Big Bad” John Fischer. So raise a glass to Fall 84 at our next reunion and thank them for supporting **TKE for life!**



**Chuck Oldham #312**



**John Fischer #320** (pictured in blue)



**William 'FUD' Grady #309**



**Lew Morrison #313**



**Dean Naphegyi #314 + Pete Smilikis #310**

**So raise a glass to Fall 84 at our next reunion  
and thank them for supporting TKE for life!**

Visit us at [www.LSTKE.com](http://www.LSTKE.com)





# ALUMNI CRY SOPHYLOS REPORT

DONALD CLEMMENSON #621

Current Operations Account Balance	\$2,847. <sup>00</sup>
2018 Revenue to Annual Fund	\$11,437. <sup>00</sup>
Current White/Lessard Scholarship Balance	\$13,700. <sup>00</sup>
Current Ryan Chatel Chapter Scholarship Balance	\$12,850. <sup>00</sup>
Current Special Projects Fund Balance	\$5,060. <sup>00</sup>
Current Housing Fund Balance	\$4,460. <sup>00</sup>

## 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](http://www.LSTKE.com/donate)

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

# ALUMNI HISTOR REPORT

JOSH TERRELL #325

The following article about TKE's triumph in the 1968 Greek Week was submitted by Frater Sean McGivern #28. In 1968, Sean was from Spokane, WA and the only student at Keene State to have come from west of the Mississippi. Sean now resides in the Ukraine and teaches at the University. Thanks for sending this along Sean!

THE MONADNOCK - 1968

## TAU KAPPA EPSILON - TEKES SWEEP GREEK WEEK

I would like to take this opportunity to clarify a few premature gross errors committed by some misinformed individuals who wrote in the fraternity column of last weeks Monadnock. It takes a little talent, both athletically or otherwise, to create a dreamland-like illusion of superiority, but it is only through proven ability that this dreamland becomes reality. Statistics are reality and TKE finished Greek Week with a total of 43 points, challenged by a close second place contender with a total of 27 points. The Tekes co-ordinated effort commenced on Wednesday with the championship football game between TKE A and Kappa A. Exceptional quarterbacking in the Landrey tradition combined with the superior over all effort proved too much for the Kappa animals who went down to an 8-0 defeat.

The real test of ability, however, came to light on Saturday morning when the final games of the week were played. TKE had six first place contestants from a total of nine events. TKE also at least placed in

every event except one. Special congratulations are extended to: Armond Vien and Bob Ross who finished first and second respectively in the 100 yard dash, Bob Ross and George Skiliogianas who tied for first and took second place respectively in the 220 yard dash, Brian Abbot and Ron Comeau who finished first and third respectively in the high jump, Sean McGivern and Armond Vien who finished first and third respectively in the broad jump, Tom Richards and Steve Whipple who finished first and third respectively in the javelin, Tom Richards who finished second in the discus, Rick Dimeco who finished second in the pentathlon, and finally the ten man relay team who had to really hustle to finish first over the very capable Alpha relay team.

The culmination of Greak Week came on Sunday with the presentations of awards at the concert. The proudest moment for the Tekes of the entire week was the winning of the scholastic trophy which reflects that TKE is not only a leader in athletic competition, but in academics as well. Like many things in life, a title must be earned, and until proven otherwise, TKE IS TOUGH!

**CHAPTER ETERNAL** If you visit [www.lstke.com](http://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](mailto:admin@lstke.com)

## THE FOLLOWING FRATERS RECENTLY ENTERED THE CHAPTER ETERNAL

Robert Heartz #14 | Peter Janosz #89 | Ron Bailey # 316 | Morgan Pickering #579

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](mailto:admin@lstke.com)



Visit us at [www.LSTKE.com](http://www.LSTKE.com)

# REUNION NEWS



**MARCH 22-24, 2019**

Inviting all **TKE LS** Alumni to Keene Courtyard Marriott | Keene, NH



On March 23<sup>rd</sup> 2019 we will be celebrating the first year of the second half century since Lambda Sigma TKE was founded at Keene State College in 1968. The event schedule for the weekend will be announced in the near future. We will be holding our general meeting and scholarship presentation at the Keene Marriott on Railroad St in Keene NH at 2PM. Alumni of all ages are encouraged to attend.

Last year Barry Osborn #7, Walter Dwinnels #24, Robert Ross #32, Armand Vien #63, Ron Comeau #41, Bob Peach #135, Bob Fredette #185, Gary Brand #199, Doug Allen #268, Mark Bettencourt #271, were amongst the 170+ alumni from many different generations in attendance. We look forward to seeing both new and old alumni. If you've never been, it's a sight to see.

Visit us at [www.LSTKE.com](http://www.LSTKE.com)

## CALENDAR OF UPCOMING EVENTS



**January 16<sup>th</sup>**  
**February 13<sup>th</sup>**  
**March 13<sup>th</sup>**  
**April 10<sup>th</sup>**  
Board Of Directors Meetings

**January 22<sup>nd</sup>**  
KSC Classes Begin



**February 22<sup>nd</sup>**  
Chapter Scholarship Application Deadline

**March 9<sup>th</sup> -17<sup>th</sup>**  
KSC Spring Break



**March 22<sup>nd</sup>-24<sup>th</sup>**  
TKE LS Reunion Weekend

**August 1<sup>st</sup>-4<sup>th</sup>**  
TKE Conclave Orlando, FL





# ALUMNI DONOR CLUBS

## TKE



LAMBDA SIGMA  
ALUMNI ASSOCIATION

## ORDER OF APOLLO (\$5,000+)

Colin Calhoun #365

## TRIANGLE (\$2,500 - \$4,999)

Josh Terrell #325, Keith Malatesta #342, Matthew Gorby #406,  
Matthew Biggins #434, Scott Bergeron #493, Andy Knapp #553

## MA STEWART (\$1,000 - \$2,499)

Steve Belluardo #282, Eric Germain #301, Chris Pedersen #302, Chuck Oldham #312,  
Lew Morrison #313, Matt Cabana #430, Donald Clemmenson #621

## CHERRY & GREY (\$250 - \$999)

Mark Bettencourt #271, Marty Flanagan #277, Paul Power #294, Pete Smilikis #310, Chuck Prive #311, Dean Naphegyi #314, Paul Dickinson #318, John Fischer #320,  
Richard Larkin #323, Jon Neschis #326, Pete Weiss #331, Brian Duplessis #336, Chris Mead #338, Jim Dolan #348, Matthew Brisson #351, Patrick Dolan #352,  
Chip Adams #356, Mark Chilicki #370, Matthew Jenkins #377, Mike Girard #378, Bob Whitfield #381, Dave Farrington #383, Sean Morrissey #386,  
Michael Barrington #405, Sean Ashburner #421, Richard Towne #423, Eric Krueger #427, Joe Gibilisco #442, Rob Koniuto #444, Mike Haller #449, Stephen Dube #452,  
Shane Nickerson #458, Timothy Hay #468, Phil Jacques #504, Richard Fink #520, Brian Hiney #548, Chris Burrows #551, Paul Geisser #604, Kevin Mousseau #622,  
Matt Harrington #629, Sean Powers #631, Nicky Brown #632, Brad Agostino #647, Edward Bell #650, Nate Loomis #652, John Erickson #655, Benjamin Dovidio #657,  
Jake Sharkey #662, Sean Crater #669, Jonathan Morrison #672, Shawn Babine

## BRICK CARRIERS (\$1 - \$249)

Ron Comeau #41, Peter Guay #46, Quentin R Estey #84, Leonard Nelson #93, Roman Mrozinski #193, Robert Caron #218, Doug Allen #268, John Wakefield #281,  
John Lines #289, William Grady #309, Ron Bailey\* #316, Neal Monahan #321, Dave Sime #327, Shannon Mulvey #329, Jim Sorbello #332, TJ Murphy #333,  
Daniel Banducci #334, Keith Baumm\* #340, Carter Freudenhiem, Brenton Dorre #355, Jason Miles #375, Chip Stowell #380, Glenn Turgeon #395,  
Dennis Goodridge #396, Steven LaRoche #400, Dave Walters #401, Scott Roberts #402, Christopher Lucier #409, Steve McSweeney #419, Paul Thompson #428,  
Jason Gemmell #433, Scott Harris #435, Ernest Aupperlee #436, David LeBlond #440, Edward LeBrecque #441, Kevin Dwyer #443, Rob Hutchinson #447,  
Andrew Gutteridge #448, Brian MacDonald #450, Burke York #454, Chris Koch, Rich Beliveau #460, Jerry Taylor #469, Samuel Demmons #470, Mark Lussier #473,  
Andrew Rice #492, Kristopher Parsons #495, Bryan Towne #496, Ethan Calder #498, Cassidy Furbush #511, Jim Vachon #521, Jason Potter #526, Kyle Zawistowski #544,  
Casey Lucas #549, Matthew Devine #555, Justin Raymond #556, Matthew St. Germaine #567, Ryan Chatel #616, Eric McCooey #617, Drew Arvin #619,  
Garrett Costello #620, Brian Finer #623, Josh Helmbrecht #624, Josh Tuliano #634, Scott Campbell #641, Patrick Johnson #642, Ken Sikes #646, Jamie Martin #648,  
Alexander Odell #649, Deven Perkins #653, Mike Flynn #654, Seth Babel #658, Tyler Nadwairski #660, Johnathan Kirchberg #661, DJ Hardisty #663, Andrew Corey #664,  
Douglas Piroso #665, Derek Blunt #666, Henry Bendel #667, Robert Close #668, Steven Mignano #671, Ben Fredericks #675, Leonard Silverman #676, Nick Swain #683,  
Jake McGeough #691, Matthew Bergman #696, Robert Koolis #710, Aaron Bartlett #717, Masaki Carty #719



ALL 2018 DONORS  
WILL BE ACKNOWLEDGED  
IN THE SPRING  
2019 NEWSLETTER



**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.