



*How to stay connected with us?*

We do have a social media presence that will pick up in the month of March! We strive to inform brothers and Gamma friends on all things brotherhood, while also showcasing our great Alumni and active chapters.



@Gamma.psi



Gamma Psi  
Fraternity  
International



@Gamma.psi



## This Issue

A message from our President **P.2**

Gamma Psi at 50 **P.3**

Gamma Psi ... Brotherhood / Risk **P.5**

In loving Memory – Nicholas Connor **P.6**

Longwood University **P.7**

Brother of the year **P.8**

## Another Year, More Growth!

Welcome to 2020!!! I am happy to introduce to you our new and improved *Grip*. You will be getting monthly with new updates on all things Gamma Psi. We will hear from IBOD board members, active chapters, Alumni, and many others. The goal of the Grip is to continue strengthening the bonds of active and graduated brothers while sheading light to all the positive events happening in our lives.

This past October we held our Convention and Gamma Anniversary Celebration at Richard Bland College of William and Mary where we celebrated 140 years of Gamma Delta psi and 50 years of Gamma Psi. At this convention the brothers who are currently holding positions on IBOD are as follows.

- CEO/President: Kyle Dobry
- Chief Operations Officer: Michael Albrecht
- Communications Director: Garrett Reese
- Executive Vice President: Jordon Weatherwax
- Executive Vice President: Alex Collie
- Secretary: John Hill
- Risk Management: Vincent Sidoti

My goal as Communications Director is to keep us current and updated with all things social and to make sure each brother has an opportunity to stay connect with each other. If you are interest in contributing an article, poem, picture, short blurb, anything to the grip, the deadline will be the 15<sup>th</sup> of each month to be emailed to [IBOD.comdirector@gmail.com](mailto:IBOD.comdirector@gmail.com). If you have any questions, comments, or concerns, feel free to email [lbodgammapi@gmail.com](mailto:lbodgammapi@gmail.com). I hope you enjoy Januarys edition of *The Grip*.

- Communications Director, Garrett Reese



## Practice good personal health habits and plan for home-based actions

**Practice everyday preventive actions now.** Remind everyone in your household of the importance of practicing everyday preventive actions that can help prevent the spread of respiratory illnesses:

- Avoid close contact with people who are sick.
- Stay home when you are sick, except to get medical care.
- Cover your coughs and sneezes with a tissue.
- Clean frequently touched surfaces and objects daily (e.g., tables, countertops, light switches, doorknobs, and cabinet handles) using a regular household detergent and water.
  - If surfaces are dirty, they should be cleaned using a detergent and water prior to disinfection. For disinfection, a list of products with Environmental Protection Agency (EPA)-approved emerging viral pathogens claims, maintained by the CDC.

## A message from our President.



Brothers,

I hope this letter finds you well as we surge ahead through 2020. My time in the Brotherhood, like I am sure most of yours, has certainly seen its shares of ups and downs. Every year the ups have well outnumbered the down, unfortunately to this point in the year that has not been the case.

As you know Eta Chapter has been struggling with the untimely and unexpected tragic loss of Brother Nick Conner. I do not really want to dig into how this has affected me as I am still going through the long process of mourning and finding closure with the tragic events. This has been a difficult time for the Brothers, but we find ourselves continually thankful for our family that has been brought closer together in tragedy. We had a cabin retreat to mourn and think about our how to properly memorialize our Brother. There theme of the conversations all revolved around Nick's love for the Brotherhood and comfort that was brought by just being together. The result of this trip was the idea to restart our community-based chapters.

As discussed at convention Fraternities as we know them at the collegiate level are under attack, and if we would like to see our Brotherhood continue to positively affect our community we must adapt. This became even clearer to us when Bridgewater College called for Iota Chapter to dissolve under threats from the administration (their issue being that Iota Chapter had become affiliated in the minds of their students with Bridgewater College). A number of Brothers formerly of Iota Chapter have decided to start a new Shenandoah Valley Crescent Club in order to continue their affiliation with Gamma Psi. This will be a new chapter that has ZERO affiliation with the town of Bridgewater or the College. The initiation of this Crescent Club will be in Harrisonburg and was scheduled for early April, however this is being pushed back due to the COVID19 outbreak.

Additionally, we are recruiting for a Richmond based community chapter, set to start shortly after the Shenandoah chapter gets rolling. If you would like to be involved in either of these projects or have any input

more effectively execute our plan, please reach out to the Board of Directors.

I want to be clear, while we are adapting and starting community chapters we still hold scholarship as one of four pillars of virtue. We will continue to support our collegiate based chapters and look to expand to college campuses where applicable.

We have spent the last two years solidifying our structure, building our ranks, and enhancing our organizations credibility. We now have the means necessary and the clout to look to expand our Brotherhood. We have taken our punches and adapted and now we are ready to take the next step. I look forward to seeing you there.

- President of the IBOD, Kyle Dobry

Eta Chapter104

Brothers,

As you all are aware 2019 marked the 50th Anniversary of the founding of our beloved Fraternity, Gamma Psi. In conjunction, it also marked the 140th Anniversary of Gamma Delta Psi, the high school fraternity from which our roots are ingrained in. Like many of you, I had the distinct privilege of being able to take part at our annual Convention and the following celebration to commemorate this historic milestone in our history. Having been at the helm of recording and updating Gamma Psi's history over the past few years, it certainly is hard not to have a sense of pride of having been able to have been a part of it. In the buildup to the 50th and the partaking in the actual event itself, I found myself thinking about how much has happened since that iconic day on April 13th, 1879.

If I could put the history of Gamma Psi into one word it would be this: perseverance. From the beginning Gamma Psi has had the odds of survival stacked against it. The earliest examples of these were the attempts were to establish Gamma Delta Psi at the college level with Alpha Tau at the University of Detroit (1950-55) and Alpha Upsilon at the University of Buffalo (1953-55) respectively being the two most notable. While there were other attempts and discussions about bringing GDP to the college level, this article would end up being too long if I were to go into every detail. However, this information can all be found under the College Chapters of Gamma Delta Psi section of our

official history book should a brother wish to learn more about that particular line of events

Gamma Psi had its beginnings in 1967 under the John Tyler Alumni Association (JTAA) which was founded by none other than our founder John Tyler, who also happened to be GDP's Vice-President of the South during this time. At this point, John had helped expand GDP's active chapters in the southern area of the United States from five to eight and intended to use the JTAA as a method of addressing what had been coined the "alumni problem". The JTAA's reports and attempts of seeking recognition from GDP are also recorded within our history book. Mainly, Brother Adams founded the JTAA when he saw that GDP alumni were joining Pi Sigma Phi, a college affiliate of a rival high school fraternity, upon entrance into higher learning. The JTAA would eventually evolve into what became Gamma Psi's Alpha Chapter at John Tyler Community College. The credibility of the Fraternity was solidified when our first Grand Brother, Danny Wyatt, upon dropping pledging Pi Sigma Phi, chartered Beta Chapter at Richard Bland College of William and Mary. I have no words that can do Grand Brother Wyatt's contribution to Gamma Psi any justice.

Though the GDP Board of Trustees passed a resolution to create a college level fraternity known as Gamma Delta, the JTAA ultimately chose to govern itself independently as Gamma Psi during

the (estimated) date of November 24th, 1969. The basis for this move steamed from GDP's continued denial of any recognition of a college level fraternity. I do not fault the GDP Brothers who made such decisions, as it was simply a different time and different ideas about Gamma's direction were probably expected. It would be a lie to say that relations between Gamma Psi and Gamma Delta Psi were not, and still can be, contentious at times. However, I choose to look at leaders within the world of Gamma that sought to unite us as one Fraternity rather than two separate entities. I myself happen to share such a view.

From then on Gamma Psi has continued to experience hardships. Many of the chapters started throughout our history have tended to only exist for a brief period of time despite the strenuous work that was put into them by a few dedicated brothers. For one reason or another some things just have not worked out. Those reasons range from the completely reasonable to the utterly absurd and those who have read and or experienced our history know what I'm talking about. I personally know the frustration to helping start up the reestablishment of a chapter or crescent club only for it to eventually collapse despite all the time, money, and other resources put into it.

Yet, Gamma Psi continues to endure in spite of all the crap that is thrown its way. I wish I could include every good deed done by every Brother that has kept this Fraternity going in this good deed done by

## Why Fraternity?

If a fraternity is brotherhood of men that teachers by drilling within it's organization, then what virtues should be instilled?

- A.) Tolerance, Scholarship, Social Poise, and Citizenship.
- B.) Leadership and Scholarship.
- C.) Citizenship, Leadership, and Scholarship.
- D.) Dedication, Tolerance, and Leadership.

### Do you remember???

- Gamma Delta Psi was founded on April 13, 1879 at Hill High School in New Haven, Connecticut.

- Who are the four founding brothers?

Walter Rawling Dann  
Arthur Henry Jackson  
Wylie Brantly Jones  
Alexander Jay Wurts





every Brother that has kept this Fraternity going in this article, because the ultimate majority of them are things that stay only in our memories or personal conversations when we've had too much to drink at the end of the night. It is one thing to pass motions and create policy, but it is another to establish a lifelong bond of brotherhood. While the former of my last sentence is the brain of Gamma Psi, the later I think is the heartbeat of it all; and both are integral to keep the body functioning. The bond of Brotherhood is, and always will be, in my opinion, the core of it though.

For some, joining a fraternity is just something that one does during their academic career. It is viewed simply as a stepping stone to be discarded into the rapids once it is no longer needed. Someone joins, they pay their obligations, indulge their fill at parties, get their professional contacts, and then they're out. It's unfortunate, but it happens a lot more of time than one might care to admit. I witnessed such occurrences during my own college career, and it turned me off from the idea of Greek Life until Gamma Psi entered my life. While I can't speak for other Fraternities, I can say without a shred of doubt that Gamma Psi is a lifelong endeavor for the majority of us that have joined. One such integral example was in 2007, when it was more or less thought that Gamma Psi had gone dormant. The Fraternity had been brought down to a mere two actives within Eta Chapter at Longwood University and had been struggling to hold on since then. They found an old Board of Directors contact list and made phone calls. Alumni and active Brothers both stepped up to keep the fraternity going. It would have been easier for those alumni to think their day was done and turn their back, and it would have been easier for the active brothers to just join a bigger organization (as has happened in the past.) That did not happen though. Gamma Psi went on into

the 2010's.

Not only did Eta chapter continue on, but there was also the establishment of Iota Chapter at Bridgewater University in 2010. There was also the reestablishment of Beta Chapter, a chapter indisputably integral to Gamma Psi's growth in the 1970's and 80's, that endured for a while. Additionally, Gamma Psi reestablished its Board of Directors, and we managed to achieve a legally recognized non-profit status from the federal government. These accomplishments were not overnight processes and required much hard work and dedication. As I reflect on the year 2019, it had been a roller coaster for Gamma Psi, with quite a few ups and downs. Even though many challenges to our growth lie ahead into this new decade our resolve refuses to burn out. Every brother has something to offer this Fraternity, and we all are part of the ongoing story in this organization. As we begin the 2020s I challenge you to ask yourself: what is your role in the story going to be?



*How to stay connected with us?*

**We do have a social media presence that will pick up in the month of March! We strive to inform brothers and Gamma friends on all things brotherhood, while also showcasing our great Alumn and active chapters.**



[@Gamma.psi](https://www.instagram.com/Gamma.psi)



[Gamma Psi Fraternity International](https://www.facebook.com/GammaPsiFraternityInternational)



[@Gamma.psi](https://www.twitter.com/Gamma.psi)



Jordon Weatherwax

Executive Vice President

IBOD 19-20



Vincent Sidoti

Risk Management

IBOD 19-20

Brotherhood,

To me Gamma Psi is much more than just a brotherhood. Being involved with the Fraternity is the most important thing that happened to me. When I went to college, I didn't think I would be a part of something bigger than myself. My best memories I have are being with my brothers, whether we were hanging out in someone's dorm room or doing community service. I greatly miss hanging out with my brothers.

When I learn that I would be a part of IBOD, I was very excited to be a part of something bigger. To be a part of the IBOD is a big deal to me, as I can still be a part of the brotherhood in a greater way than before. I was the treasurer for my chapter, and I very much enjoyed holding that position for my chapter. When I graduated from college, I thought my role within the Fraternity was done, until one of my brothers nominated me for the executive vice president position. I was honored to have been chosen. I have a really good feeling about this year's board, because the board is made up of two different chapters. I think this will only help the board come up with new ideas that will help the Fraternity in the short and long term. I strongly believe that this year will be successful and inspiring for all.

My goals for being on the IBOD is to help the brotherhood become closer than ever. My other goal for this year is to expand the fraternity into other colleges/universities, or at least set the foundation for future boards. Even though we have had an unforeseen event happen with in the last few months, this is only a setback. I strongly believe this will bring the brotherhood closer together including the brothers affected. The brotherhood is embarking on a new part of its life and I am excited to be apart on this journey with the rest of the IBOD and the brotherhood.

My first year on the IBOD was full of great experiences and a lot of learn from Mike, Kyle, Alex and Sam. It has been an honor to serve you as Executive Vice President and now as Risk Management. I am so pleased that I my peers felt that I was able to continue to remain with the IBOD and now to gain even gain more experiences with my new role. I was so glad to be a part of my first Omicron Convention and meet so many new people that I had not meet from all of Gamma Psi.

I am also so pleased to welcome two more Iota alumni on to the board. Having worked with Jordon and John in the past I know the IBOD is gain two excellent men that love and enjoy Gamma Psi a lot and will do anything to continue the growth the Fraternity has had over the 150 years. We are so thrilled to be able to work with the everyone and gain more knowledge and hopefully continue to be a part of the IBOD for years to come. We are said with what has happened with the Iota chapter and do not want it to end and will continue to see what we can do to help our brothers out and hopefully resolve the issue and keep Iota going strong. I have also enjoyed assisting in making sure the all risk management issues are met and prepared for now and into the future with the laws and ever change way of the world. With doing this me and Mike also feel that this can help us be successful when approaching new school about add a new Gamma Psi chapter. I am really excited about the future of Gamma Psi.

## Nicholas Connor

Was a loving and loved Nirvana brother of Gamma Psi's eta chapter. He graduated from Longwood University, May of 2019 before he passed away December of that year. We all miss and love him so much and below are tips on grieving. If you would like to recognize a brother of our Nirvana chapter, email

[IBOD.comdirector@gmail.com](mailto:IBOD.comdirector@gmail.com).

How to deal with the grieving process

1. Acknowledge your pain.
2. Accept that grief can trigger many different and unexpected emotions.
3. Understand that your grieving process will be unique to you.
4. Seek out face-to-face support from people who care about you.
5. Support yourself emotionally by taking care of yourself physically.
6. Recognize the difference between grief and depression.  
Seek support for grief and loss

The pain of grief can often cause you to want to withdraw from others and retreat into your shell. But having the face-to-face support of other people is vital to healing from loss. Even if you're not comfortable talking about your feelings under normal circumstances, it's important to express them when you're grieving. While sharing your loss can make the

In Loving Memory of Nicholas "Nick" Connor

We have come to bury you down

Some place you will always lay

It breaks my heart into pieces

Like the gravel that over you will be

Or the promises of tomorrow that now shattered  
are

How do you say goodbye

When you cannot remember meeting

They seemed to be apart of your life

Forever they will be gone and you will remember

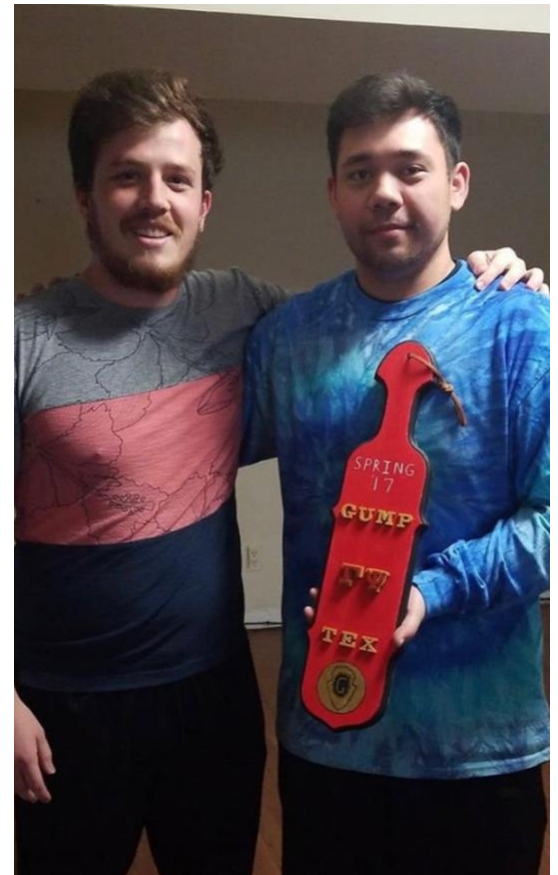
There is forgiveness and pain

It is like dreaming while wide awake

You cannot wake because you do not sleep

Laying in bed praying our souls to keep

- Austin VanHorn



burden of grief easier to carry, that doesn't mean that every time you interact with friends and family, you need to talk about your loss. Comfort can also come from just being around others who care about you. The key is not to isolate yourself.



## Longwood University

Longwood has moved classes and assignments to a fully online format through the end of the semester, including exams. Students should be prepared to continue coursework, which means closely monitoring their email or Canvas for messages from their professors. Students should reach out to their professors directly for any clarification about this transition. All events related to classwork (including recitals, the senior art show, the spring student showcase, and theatre productions) will not occur in-person this semester. Faculty in charge of organizing these events will determine whether there is a viable alternative; if so, an announcement will occur.

That being said, a lot of requirment opportunities have been pause. The eta chapter will continue to work remotely during this time to make sure the brotherhood continues to grow and get strong as a unit.

Stay Updated with Longwood's Gamma Psi Eta Chapter at ...



[@Gammapsilongwood](#)



Gamma Psi Eta chapter has been up to a couple of things from this recent fall semester in 2019. First, we inducted three new brothers to the fraternity! Brandon Fenters, Jack Donovan, and Adam Gyori. Brandon Fenters or "Rampage" is our 150th brother of Eta chapter. Brandon is a communication studies major with a concentration in Digital Media and is Minorng in Photography. Brandon Hopes to work in video editing after college and is already in line with an internship with ESPN+. Brandon loves to play video games, read, and listen to all sorts of music. Adam Gyori or "Sage" is the 151st brother of Eta. Adam is majoring in Environmental science with a concentration in earth science whilst minoring in Chemistry on the side. Adam plans to go to graduate school after college and pursue a master's in climate science applications. Adam also adores video games, playing volleyball, and tons of outdoor activities like running and hiking.

This semester we have also decided on a new philanthropy that we plan to work with this upcoming spring semester. Next semester we are going to be working with the Make-A-Wish foundation.

The chapter has various ideas for what we plan to do this upcoming spring semester besides our philanthropy with Make-A-Wish on April 25th. On March 21st we plan on hosting an alumni cookout! Where alumni can come down to meet some of the new brothers and have a nice kick back as brothers having a good time over some good food indoors or out! The chapter is also excited to work the annual "Relay for Life" foundation at Longwood University on Friday, Match 20th. We are also excited to attend Alumni weekend that Longwood University is hosting again this coming year from May29th to May31st! This year Gamma Psi Eta chapter will also be participating in this year's Greek Sync where all of the Greek life on campus can participate to create a choregraphed dance number whilst lip syncing various songs. We already have our well-loved and wickedly talented Tramane Howard leading the committee for our chapter's performance. Greek Sync performance will be on Wednesday April 8th!

- Eta Chapter President, Christopher Accurso

# Tramane Howard

Aka

Yogi



## Who is Tramane?

Tramane Howard is a rising Senior at Longwood University. He has been a very active Brother of the eta chapter since he was initiated spring of 2018. His love and dedication to this fraternity truly shows through his leadership on campus and in his chapter. Some positions he has held with Gamma Psi include but aren't limited to...

- Social
- Pledge Educator
- Convention Delegate
- Historian

And many more.

He truly embodies the virtues of Tolerance, Scholarship, Social Poise, and Citizenship.



Winning Brother of the Year is a true honor and I'm truly grateful for receiving this award. I would like to thank my Gbig Kyle, my Big Isaiah, my fam Danny (Dice), my pledge brother Gee, and my Little Jace for pushing me to be the best brother that I can be. I respect our values, traditions, and motto that our fraternity is built on and that is why I work so hard to make my chapter and our fraternity better. In the next year, I will be striving to improve my chapter by bring in another new member class as New Member Educator to the brotherhood because I feel to ensure that we have good brothers and a good chapter is by giving them a proper education of our fraternity history and values. I love this fraternity so much and I'm honored to call all of you my brothers!

-Yogi





## Gamma Psi March Issue

G T Z P Z A I B C I W Z Y D L  
J R U X E T M V J L J Q M X V  
T Q I S X M C M F N W B L G R  
X F I P E Q I A A M U L B X Z  
V O R P E A M Z R G D I M N B  
P E B I B T Q M R N O M Z R Y  
D D O H W K V Z Y Z A P O T C  
P I H S R A L O H C S T I Q H  
A Y Y N V P L E C G H N I S J  
T U R E V L I S A E R M N O I  
L N S Z W E K R R E A C H C N  
E B I I T Y N H T N Z P B I N  
D J T T A E O A F A A S R A D  
H B G I T O R G O L D I O L U  
R I B C D F T O L E R A N C E

### Word Bank

Gamma

Psi

Delta

Fraternity

Brotherhood

Tolerance

Scholarship

Citizenship

Social Poise

Garnet

Silver

Gold

Grip

Red Carnation

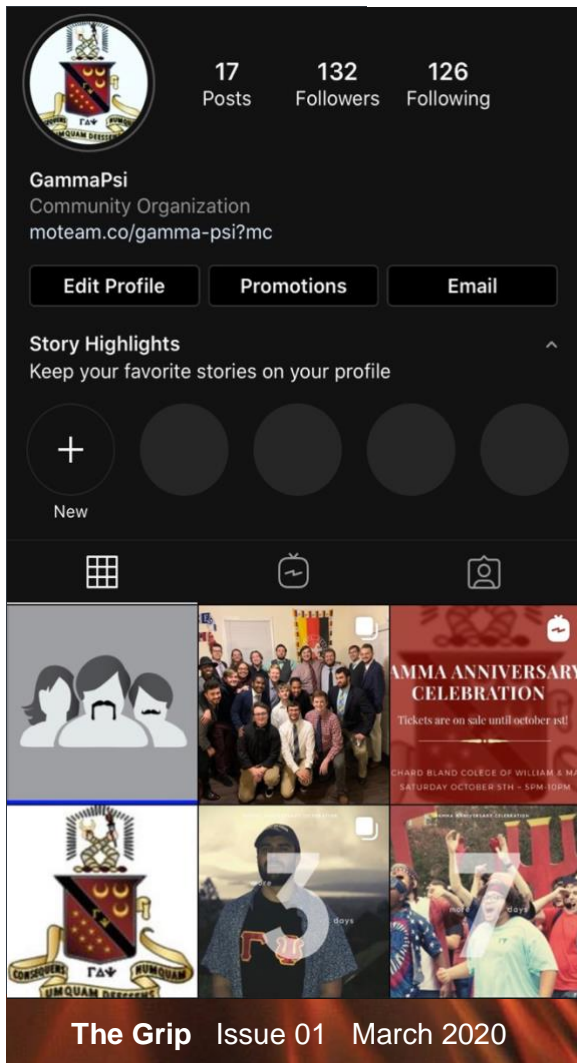
### This Month's Food for thought...

**What does citizen leadership look like and what does it mean to you? Are you doing your part?**

Doing your part? Let us know! We want to commend you on all the excellent work our brothers are doing! Send us a picture or video via email and or just send us a message and tell us what you've been doing. Thank you for reading this months issue of 'The Grip', and we look Forward to you viewing next Months 'Grip'.



Want a paper copy of our quarterly addition?  
Email us for more information!



## Upcoming Events

- Due to the Coronavirus (Covid-19), All Eta Chapter Activities have been canceled.
- Convention date is being discussed. You will be informed as soon as the date is finalized with the IBOD.
- Got a birthday in April? Email us at [IBOD.comdirector@gmail.com](mailto:IBOD.comdirector@gmail.com) and tell us what day it is!



Gamma Psi

IBOD

Want to be in 'The Grip'?

Email [IBOD.comdirector@gmail.com](mailto:IBOD.comdirector@gmail.com)



 LayoutReady

This template is provided free by LayoutReady, a StockLayouts company.

Find more design templates like this at [LayoutReady.com](https://LayoutReady.com) >