



LAMBDA KAPPA SIGMA
International Pharmacy Fraternity

Blue & Gold Triangle

January 1983

APhA PHARMACISTS' NETWORK

APhA's Task Force on Women in Pharmacy encouraged networking within the profession as part of its recommendation to establish the Office of Women's Affairs (OWA). At its initial meeting, the Advisory Group to the OWA endorsed the networking concept and agreed that APhA should take a leadership role in organizing a pharmacist's network.

"Networking," not a new concept, is the informal process of developing professional relationships to exchange information, share expertise, and provide interpersonal support. Although the Office of Women's Affairs will serve as the clearinghouse for the APhA Pharmacist's Network, it is *not for women only*. In fact, the success of the Network depends on pharmacists committed to supporting and assisting one another through mutual interest in their profession. "Women pharmacists may not be as familiar with the skills of networking as their male counterparts," says Gloria Francke, chairman of the Advisory Group, "and the OWA hopes that, through the Network, depends on pharmacists committed to supporting and assisting one another through mutual interest in their profession. "Women pharmacists may not be as familiar with the skills of networking as their male counterparts," says Gloria Francke, chairman of the Advisory Group, "and the OWA hopes that, through the Network, men pharmacists will help women colleagues in developing this technique of pooling resources to help others in the profession as well as themselves."

The key description of networking is informal communications with a purpose. APhA's role will be to put pharmacists in touch with one another. Information cards on all participants will be catalogued according to geographic location, practice environment, and net-

working interests. Network participants will be able to call or write APhA to get contact information on other participants.

Since networking is a personal exchange, it has unlimited possibilities as a source of information not otherwise accessible. For example, a pharmacist could use the Network to get knowledgeable feedback on a new practice idea before implementing it, to learn of developments or career opportunities in other areas, or simply to stay informed about the individual experiences of other pharmacists that may signal a broader impact on the entire profession. In short, how the Network is used will be up to the participants. The only ground rule is the recognition that a network is a two-way street, a "give and take" system.

We urge you to join other pharmacists in establishing network contacts by completing the enclosed card (see form printed elsewhere in this publication) and returning it to APhA Pharmacists' Network, 2215 Constitution Ave., NW, Washington, DC 20037. There is no charge to APhA members. Nonmembers can participate in the Network for a one-time fee of \$10.00. Make checks payable to the American Pharmaceutical Association, and send payment with the Network card. The fee will be credited to APhA dues if application for membership is made within 60 days thereafter.

If you have questions on networking or plans for the APhA Pharmacist's Network, call Vivian Emala, OWA project coordinator, at 202/628-4410.

Lambda Kappa Sigma has endorsed the work of the APhA committee and has formed its own committee to work in conjunction with APhA. The LKS committee consists of Ruth Brown (chairperson), Patti Kienle, Marian Ricardo, and Charma Konner. Marian and Charma are also members of the APhA committee.

IN MEMORIAL

Belle Wenz Dirstine, Past Grand President, died on September 18, 1982. Recently she lived in Rathdrum, Idaho following many years in Spokane after the death of her husband, Dr. P. H. Dirstine, former Dean of the College of Pharmacy at Washington State University.

Belle was the first President of Mu Chapter when it was installed on January 12, 1922 at Washington State University.

She attended the first National Convention in Boston in 1926 where she was elected to the office of 4th Vice-President. This was the beginning of twenty-six years of service on the Grand Council of Lambda Kappa Sigma. She held the office of Grand President 1928-32, Member at Large 1932-34, Grand Secretary for sixteen years 1934-1950, and Western Regional Supervisor 1958-60.

Belle installed Rho, Upsilon and Chi Chapters as well as assisting Margit Harrison in the installation of Alpha Lambda Chapter.

Her attendance at many Biennial Conventions and Regional Meetings was one of furthering the purpose of Lambda Kappa Sigma and inspiration. She was involved in many organizations with particular loyalty to Lambda Kappa Sigma and Kappa Kappa Gamma.

Those of us who knew Belle remember her sense of humor, and optimism. She was a joy to know and to be with.

Expressions of sympathy may be sent to her sister, Sue Hansen, Box 128 Rathdrum, Idaho, 83858.



Collegiate News

ALPHA CHAPTER

LKS, Alpha Chapter, has begun the 82-83 academic year with an energetic program. Events have taken place and are also being planned professionally, socially and financially. The sisters elected new officers last spring and the new administration is functioning very well. The new officers read as follows:

President: Beth Ricci
V. President: Lisa Ryzoff
Treasurer: Simone Rosenzweig
Corr. Sec.: Louise Berube
Rec. Sec.: Diane Saball
Historian: Sheri Kanig
Chaplain: Donna Stancher

We are also extremely pleased to welcome Grand Secretary, Avis Ericson, among us. She's been a great help to us both in her active support of the Chapter, and in her helpful answers to the many questions which we ask her about the fraternity. Alpha Chapter is very pleased and honored to have our Grand Secretary among us.

Professionally, we plan to keep supporting a young girl through Save the Children. The sisters have been buying buttons and stickers, as well as baked goods made weekly by various sisters, to handle the financial cost of supporting this young child. We also were in attendance on November 7th at the Massachusetts College of Pharmacy Open House. We gave out information regarding the "Vial of Life" program and did blood testing for the benefit of people who were in attendance at this event.

We held a beautiful Founders Day ceremony on October 14th. Many sisters were in attendance and we had the pleasure of welcoming Barb Baptista and Adele Lowe from Phi chapter in Boston for the N.A.R.D. convention. It was quite interesting talking to them and getting to know them better!

Early on in September, sister Maureen "Mo" McBride told the sisters about the convention which was held in Pittsburgh, Penn. She brought along photographs which we all looked at as she related news and ideas from the convention. It all seemed like so much fun that many of the sisters wished they had attended the convention!

Financially, our new treasurer is running things smoothly. Sisters have been put up to date on financial obligations and various fund raisers are being planned to increase our funds. We've had a successful sub-sale and ran a Halloween raffle. We are also selling small glass

jars filled with jelly beans and the infamous M&M's (I say infamous because we've been selling these for awhile and have sold immense amounts of M&M's to date). Our next financial venture involves selling LKS cookbooks which are now on order. The sisters are anxiously awaiting their arrival in order to begin sales before Christmas.

Socially, we're planning our annual football game with the brothers of Phi Delta Chi. Of course we plan to win the game! The sisters have added a new twist to the event this year, however, by putting on a "Spirit Week". We will be sporting our blue and gold and generally trying to fire up competitive spirit! This has proved a good idea for moral support to the sisters who will be playing in the game and has been great for unity in the frat.

We also had our Christmas dinner dance November 10th at the Lenox. The sisters voted to have WMCP, our school radio station, provide the music for the event in keeping with our goal to help school spirit.

Pledging is in our immediate plans and our Vice President is busily working with the sisters in order to make this a great pledging period! We plan to hold a few rush parties, send out bid letters (which incidentally is an idea we got from the convention through Maureen), and our main goal is to provide a more professionally oriented pledge period in order to better educate our new pledges concerning LKS. All the sisters are hoping that we'll be enjoying having a large pledge class this semester. — Louise F. Berube, Corresponding Secretary.

DELTA CHAPTER

The Delta Chapter of Lambda Kappa Sigma has been very busy so far here at the University of Pittsburgh. We started off the term with the first of our three rush parties. This was a B.Y.O.B. (Bring Your Own Banana) Party. Ice cream, toppings, and punch were provided. The second one was a wine and cheese party. The third consisted of a vegetable and dip party. We were also busy with a hoagie sale—our first fund-raiser for the year. Our most recent event was a mixer with Psi Omega, a dental fraternity here at Pitt. Also, this year we decided to honor each sister on her birthday by presenting her with a corsage to wear for the day. Future plans include a keychain sale, a cookbook sale, and another mixer with Psi Omega. Details are being discussed for our annual formal which will be held in January, and arrangements are being made to bring in a speaker during Pharmacy Week. —Barb Ray

TAU CHAPTER

Hello to everyone from Tau Chapter in Pittsburgh, Pa. We would like to extend a special greeting to all the sisters who were able to attend the convention this past summer. We hope that everyone enjoyed themselves. We also hope that everyone has had a chance to share in the enthusiasm, excitement, and sisterhood of this convention. Now, with the convention duties behind us, we are returning to our normal chapter activities.

We started the semester off with two successful rush parties, welcoming nine new pledges at our pledge acceptance ceremony. They eagerly began their five week pledge period on September 18. The pledges joined in various activities which included Professional Day, Big-Little Day, and a special party. Not before long it was October 22., and pledging ended, much to the relief of our nine pledges. We welcomed our nine new sisters by honoring them at a brunch held at the University Inn. Congratulations to Theresa Dostalick, Pamela Emminger, Susan Fletcher, Susan Horten, Melissa Katana, Eileen Mosti, Deanna Schehr, Jane Schonder, and Lynn Stetar.

We are also working on a new professional program called "brown bagging." This program takes us out to senior citizen centers, where the members of the center bring all their medications in a "brown bag." Working with our alumni, we council these people on their medications. Hopefully, we will be presenting this program a few more times this semester.

Our busy schedule also involves many social functions. The alumni welcomed us back with a picnic in September. October brought us a Parent Tea which allowed us to show our families what LKS is about, and to say thank you for their support and understanding. We also had a hayride at the end of the month. We went riding through the cold autumn night singing songs, only to return to a roaring fire and roasting wieners.

This is only a glimpse of the activity going on here at Tau Chapter so far this year. We are participating in a dance marathon benefiting Muscular Dystrophy. We will be represented by Marijo Kraisinger and our sweetheart, Tim Jackson. Elections were held at our last meeting, and our annual Christmas party was held in December.

Take care Sisters, and best of luck with the rest of the semester! —Linda Wieloch

NU CHAPTER

Greetings from Iowa! Nu chapter proudly welcomes six pledges this fall: Lisa Cavin, Kelly Decker, Allison Martin, Elaine Nystrom, Diane Scanlon and Sheila Siefken. The pledging ceremony was followed by a Wine and Cheese Party with the Pharmacy Faculty. In the first week of their pledgeship, the actives kidnapped the pledges for a 6 A.M. breakfast.

In October the chapter visited the kids in a local children's hospital, held a party for all the actives with fall semester birthdays, celebrated Founder's Day, and worked Drake's Alumni Telethon for the College of Pharmacy. For Halloween we held a rowdy hayride and cookout, and kept warm with our new stadium blankets imprinted with the LKS crest.

In November we held elections for next year's officers, the actives were certified in CPR by Drake's Kappa Psi Chapter, we held a Canned Food Drive Party, (canned goods are required for admission to the party!) and we have planned a joint-effort "takeover" of a favorite local bar with Drake's Chemistry Club, Pre-Med Club and Nursing Students.

Before Christmas Break we Caroled for the residents of one of Des Moines's nursing homes. Hopscotch-For-Hope is set for February 19th. The committee has been preparing for it all semester, so now it's time for the rest of the actives to get involved by getting pledges.

Best wishes to all of our Sisters for a successful semester. —Susan Docker

OMICRON CHAPTER

During the month of September, the Omicron chapter held 2 rush parties. One was held at the pharmacy school. The menu consisted of ham, turkey, assorted cheeses and breads, apple cider and pastries. The other was a dinner at Pegasus restaurant, in Greektown, downtown Detroit, for the 9 prospective pledges.

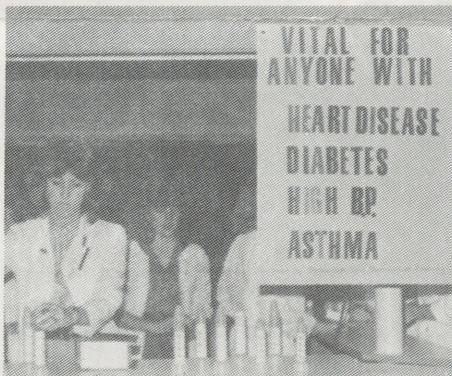
The pledge period commenced in the beginning of October. Activities that we have participated in were the Healtharama at Detroit Receiving Hospital. Also this year, we will be planning a project for Project Hope. —Theresa Jackson

ALPHA ZETA CHAPTER

Greetings from Alpha Zeta Chapter in St. Louis, MO. AZ finished up the spring semester with a full schedule of activities. We celebrated Hygeia Day with a lecture on Nuclear Pharmacy which was open to the public. The month of April kept us busy with bagel sales, a

hoagie sale, our annual Spring Formal, Parent-Daughter Banquet, and a professional project at a local health fair. Ten of our sisters graduated in May, with Beth Ann Graves receiving the Ethel J. Heath Key.

The highlights of our summer, as always, was the annual Summer Meeting held at Chris Ettling's lake house, where we made plans for the upcoming school year, as well as had a lot of fun. To start things off, we held a BBQ for the new girls with the help of our AZ Alumnae Chapter. Our rush functions, thus far, have included a Rock 'n' Roll party with Mexican food served with Sangria and Bourbon slushes; and also, a BYOB---Bring Your Own Banana where new girls bring a banana and we supply the makings for a delicious banana split! Fund-raising activities this fall have included more bagel sales, a B-Day cake-baking service, and a caramel apple sale for Halloween. Our first professional project of the fall semester was held at a local mall and was called Project Vial, a spin-off of the "Vials For Life" Program. For this we distributed vials in which vital medical information could be kept for easy access in case of an emergency. We also continue to up-date monthly, our Drug Information Board located in the college.



Alpha Zeta girls sponsor Project Vial at a local mall.

Besides supporting various charities, we have continued to support our foster child, Jessie Begay, who just graduated from Fort Wingate Elementary School in New Mexico. A new activity for AZ Chapter this fall was the formation of our first co-ed intramural softball team in many years. With the help of some unaffiliated men, we were known as "Lambs and Lions"!

We would like to take this opportunity to welcome our new Fraternity Advisor, Michelle Liszewski. We look forward to many productive meetings and good times under her guidance.

The Midwestern Regional Convention for 1983 will be held in St. Louis on August 5-7. Accommodations for the out-of-towners will be at the luxurious Bel Air Hilton, complete with Tropical Fundome and Trader Vic's catering. It is the closest hotel to Laclede's Landing--the weekend hot-spot for the convention are still being worked out, but the sisters of Alpha Zeta are promising a busy convention full of work and fun! Who knows, maybe you'll even get to catch a baseball game starring the World Champion St. Louis Cardinals! — Karen Strysik, AZ Historian.

ALPHA IOTA

Alpha Iota Chapter has been busy these past few months as usual. Last spring we co-sponsored the quarterly blood drive with Phi Delta Chi, cleaned up one of the parks in Big Rapids, and had several good rush parties. This past spring we pledged eleven girls. Sports was also a part of our many activities. In the spring we played intramural softball. This year we took second place.

At the Panhell Banquet in the spring we came away very excited. For our past year's service in the community and participation on campus we received the McClellan Tray. For our involvement and achievements in the sports area we received the Joan Nelson Sports award. And for being very active in Panhell, our delegate received the Panhell Delegate of the Year award. We also received a special award for our help in structured rush as rush advisors.

To close off another school year we held our annual canoe party. We had a beautiful afternoon, and a great evening full of fun and food.

The summer was also a busy time for many of our sisters. A few girls went to Louisiana to take a couple of classes which weren't being offered at Ferris. They all had a good time and enjoyed the south. Many others stayed at Ferris for summer school, or to enjoy tubing down Muskegon River. One of our sisters was lucky enough to get into the SAPH NPC program this summer. She worked at Merrill-Dow Pharmaceutical Company in Cincinnati, Ohio. She said it was a lot of fun and a great working and learning experience.

Also this summer, four of our members were lucky enough to be able to attend the National Convention in Pittsburgh PA. They all had a terrific time and were honored to accept the Efficiency Cup for us. Those of us back at home or at school were also very excited when we heard the news.

Alpha Iota (cont. from p. 3)

Fall has now come around and school has once again started. Along with school comes many more activities. At Homecoming this year we held our annual Mum sale. Everyone did a super job this year in selling and getting the mums ready to sell. This year all (500) of our mums were sold before 12:00 p.m. Homecoming day. This Homecoming was also pretty exciting in that we took three trophies in the Homecoming events. Two 1st place trophies, and one 2nd place.

For a service project this quarter we raked leaves for the elderly in Big Rapids. Some of our members also collected for Cystic Fibrosis and a couple others road in a bike-a-thon for St. Jude. For fund-raising activities this quarter we held a car wash and had a Happy Hour at one of the local establishments. Rushing this quarter was also very successful, we are now pledging ten girls.

Of course we couldn't let a quarter go by without playing some sport. This quarter we are participating in women's intramural volleyball and in co-ed volleyball. We took 1st place in women's volleyball and hope to do the same in co-ed volleyball.

As the quarter goes on we will once again co-sponsor the blood drive with Phi Delta Chi.

This past spring a new organization was started on Ferris's campus. It is entitled the Professional Fraternity Association. We have been helping to organize this group in hopes to get more professional organizations involved at Ferris.

As you can see we have all had a very busy and exciting year. We are also hoping to have another year just as rewarding. Hope things are going well with everyone else. —Shannon Frederick

ALPHA GAMMA CHAPTER

The Alpha Gamma Chapter of Lambda Kappa Sigma kicked off the new year with a Swim and Salad Party for the members and new pharmacy girls interested in joining. In addition, the Ice Cream Social sponsored by the alumni was a big success.

This semester we have acquired eleven new pledges who are: Evelyn Allen, Susan Berry, Julie Combs, Cathy Deal, Deleanna Finley, Melissa Haynes, Lisa Helton, Marsha Hall, Lisa Kemp, Du Le, and Lisa Robins. These girls were inducted after the ceremony for the initiation of our six spring pledges: Robin McAlister, Janis Burt, Beth McAnally, Kim Saylor, Susan Neale, and Pam Moore. These new girls bring our total membership to forty-five.

Our enthusiastic pledges earned their money for their pledge project by holding a car wash. We are all proud of them. As part of our contribution to Project Hope, LKS sponsored Dr. Cookbooks are now being sold by all Roger Parker as "Rogina the Ballerina" in Phi Mu's All Male Beauty Walk. members as our main money making project of the semester.

Two lucky guys were worthy of being entitled our "Sweetheart" and "Mr. Personality". These were awarded to Trent Buckelew and Rob Colburn, respectively. Also a new tradition of Big Brothers has been started and those chosen were: Tim Byars, Phil LaFoy, Joe Scott, and Mike Hammond.

This has been an exciting year so far and we hope it continues. It can if we all work together and take part in our fraternity of Lambda Kappa Sigma. —Sandra Raley

MU CHAPTER

The Mu chapter of Washington State University has been busy with rush functions and the initiation of new members.

Our first rush function was a nacho party on Oct. 5th. On Oct. 12th a banana split rush party was a big success. The following Thursday an initiation banquet was held at which eight new members were welcomed into the chapter. Mu chapter had also been selling lab coats as a fund raising project. —Janice Deen, Mu Chapter Historian.



The Blue and Gold Triangle is the official publication of Lambda Kappa Sigma, International Pharmacy Fraternity published quarterly by Lambda Kappa Sigma.

Ms. Sue Corkum, Grand Editor
590 Trapelo Road
Belmont, MA 02178

Lambda Kappa Sigma is a member of the College Fraternity Editors Association and the Professional Fraternity Association.



BAA---BAA Where, Oh Where Can These Lambs Be?

Will you lend a helping hand and aid in locating the following Life Subscribers whose whereabouts are Unknown? Please send the information to the Central Office, 2025 Andrew, Cape Girardeau, Mo. 63701.

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Eunice (Fisher) Domicila DeSantis
Eleanor (Balboni) Evelyn Dyer
Ruth A. Fulton
Lorraine Gendron
Jane (Cefalo) Gilmartin
Mary (McCusker) Agatha Henry
Patricia (Panek) Juscak
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BLUE AND GOLD TRIANGLE

DEALINE COMING UP:

(Collegiate and Alumnae chapter news issue. Collegiates send reports *directly* to the *Grand Editor*. Alumnae chapters send reports to *Vice President*.)

MARCH 1st, 1983

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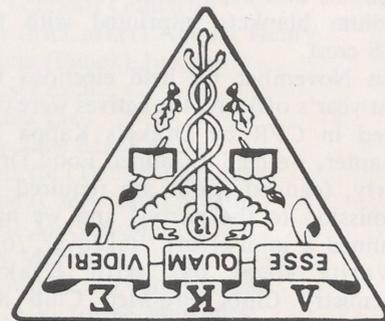
*A Collection Of
Favorite Recipes and Ideas
from the members of
LAMBDA KAPPA SIGMA
International Pharmacy Fraternity*

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What types of information/advice could you provide to other pharmacists through the Network?

1. _____
2. _____
3. _____
4. _____

What types of information/advice would you like to see the Network provide?

1. _____
2. _____
3. _____
4. _____

(Date) _____ (Signature) _____ APHA Membership No.: _____