



Blue & Gold Triangle

January 1984

LOOKING AT THE FUTURE--AND THE PAST

At our Regional meetings this fall we brought out the crystal ball as we looked to the future for Lambda Kappa Sigma. Goal setting techniques utilizing the nominal group technique helped us identify the direction for fraternity efforts for the next three to five years. With the support and participation of our alumnae and collegiate members these goals can become reality.

The Fraternity is celebrating its 70th birthday this year. It seems appropriate that we should reflect for a moment on the significant contributions of our members in years past. A firm foundation was built for us from the inception of LKS through our 60th anniversary in 1973. I believe the next decade that brought us to 1983 was one of our most important. Looking back on our growth patterns we see a steady increase in membership until the early 70's. At that time there suddenly came an influx of women into the pharmacy schools that had not previously been there. We actually doubled our initiated membership over about a ten year span. This growth coupled with the foundation that had been built for us brings us into a new era of organization, development and programming that makes Lambda Kappa Sigma a vital voice for women in pharmacy.

You'll be reading in this issue of the TRIANGLE reports of our Regional meetings. One of the ideas that was brought out in one form or another at each of the regionals was that a need existed for more communication. More communication between chapters, more communication between Grand Council and chapters and alumnae at large, and more communication between LKS and other women in pharmacy. Grand

LAMBDA KAPPA SIGMA INSTALLS NEW ALUMNAE CHAPTER, OCTOBER 8, 1983

Our newest alumnae chapter, Alpha Kappa Alumnae Chapter, was installed at the Southern Regional Meeting on October 8, 1983 by Grand President Mary Gear. These members of the University of Georgia have been working for several years to form the alumnae group. Greetings may be sent to the president, Luanne Betz. Congratulations!



Grand President Mary Gear presenting the chapter gavel, charter and silk flower arrangement to AK Alumnae Chapter President Luanne Betz.

Council is looking very closely at this need and as a result numerous new ideas for communication will be developing during the biennium and over the years to come.

(Cont'd page 4) **President's Message**

The Emerald City Prepares for the 28th Biennial Convention July 24-28, 1984

Plans for the 1984 Biennial Convention in Seattle, Washington are being finalized by the hostess chapters, Chi and Chi Alumnae and the Convention Coordinator Marilyn Haberle. The site is the Park Hilton, one of the newer hotels located right in the heart of downtown Seattle. You will be just walking distance away from many of the major attractions! Plan now to see the Space Needle, Pike Place Market, the Seattle Aquarium, Pioneer Square, Seattle Waterfront, University of Washington School of Pharmacy and more.

The convention business sessions will run over four days with registration beginning on Tuesday, July 24th and ending with the final banquet on Saturday, July 28th. With one more day than the last Biennial Convention, we can conduct all the necessary business sessions and still give you plenty of time to sight-see, shop and relax.

The Convention Committee believes that this will be an exciting, comfortable, and rewarding convention. We invite every member to attend all or part of the 1984 Convention. A more detailed program will be announced later.

Make plans now to join your sisters for a very exciting program to take place in the "Emerald City" of the Pacific Northwest. We would love to see all of you in Seattle, Washington in 1984 to be part of this special event!

Lynette Scott
Convention Publicity Committee
Secretary - Chi Alumnae Chapter

COLLEGIATE NEWS

Pi chapter has been exceptionally busy this semester. We are pleased to report that this year's fall pledge class is Pi's largest to date - 21 prospective lambs! Our pledgemother, MaryAnn Londino, really had her work cut out for her.

Pi chapter held 4 rush functions. On October 20th was a wine and cheese get together. October 23rd was a beer and pizza dance party with Delta Sigma Theta-Health Science Fraternity. On October 28th was palm readings and tarot card fortune telling with Dr. Whitmore. And on October 29th Pi chapter held an ice-cream (NO BYOB this time) party which was especially enjoyable. Our 21 pledges were inducted on October 6th according to the traditional LKS rituals.

And lastly our annual Founder's Day Celebration was Thursday night, October 13th. Cookbook sales are going well.

All sisters are looking forward to a great year under super leadership.

Susan B. Lee
Historian

The **Alpha Kappa Chapter** of Lambda Kappa Sigma has been busy this fall. Alpha Kappa was proud to host the Southern Regional convention in Athens, Georgia, October 7-9th.

Representatives from Alpha Gamma, Alpha Epsilon, Alpha Kappa, Alpha Nu, and Omega chapters attended the convention. Grand Council officers Mary Grear, Grand President, and Patti Clancy Kienle, Grand Vice President, as well as Becky Sue Hunter, Southern Regional Supervisor, were also present. The Alpha Kappa Alumni chapter was installed at a banquet held during the convention. Luanne Betz is the President of the Alumni chapter.

Alpha Kappa conducted a very successful pledge program this past fall. Our 52 pledges had a bakesale, 'trick or treated' children in a local hospital at Halloween and sold LKS cookbooks. The sisters gave the pledges a pizza lunch earlier in the fall, and a dinner honoring the new sisters following Initiation, November 9th.

Our annual Halloween party was a great success. As service projects Alpha Kappa gave a Thanksgiving party for Cedar Hills nursing home, which we regularly visit, and a Christmas party for a group of needy children in Athens.

Hello to all of our sisters from **Tau chapter** and Duquesne University. We would like to extend special greetings to all of our sisters from chapters in the Mid-eastern and Eastern regions whom we recently met at the regional meeting. We hope that all of you enjoyed the weekend as much as we did!

Tau chapter began the semester with two successful Rush parties and on September 18, we held our pledge acceptance ceremony for eight extremely enthusiastic second and third year girls. They have proven to be an excellent pledge class and we are proud to have them as part of the fraternity. During their five weeks of pledging, they participated in many activities including interviewing our sixty active sisters, attending one of our professional programs and enjoying pledge appreciation, sister appreciation and big-little days.

Various events that have taken place in the semester were our annual parent tea, fall dinner dance at the Airport Hilton and a mixer with the other Pharmacy fraternities from Duquesne and the University of Pittsburgh. We are also busy collecting money for the Duquesne Dance Marathon for the benefit of Muscular Dystrophy. We have always sponsored a couple in the past, but for the first time, we will be sponsoring two couples. Third year sister Tina Magnifico and fourth year sister Julie Durishan and their partners will represent LKS at the 52 hour marathon.

We are putting special emphasis on fund raising this semester. We started off our semester with a successful 50-50 raffle and then a hoagie sale. Later in the semester we sold candy which has always been a good fund raiser in the past. Along with the candy sale, we also sold candles.

From September 23-25, Duquesne University held its annual Carnival celebration. Tau chapter participated by selling homemade hot sausage sandwiches. With a little help from the cold Pittsburgh weather, our hot sausage sandwiches were a hot selling item and our sisters served up over 400 of them! We were particularly proud this year of our new carnival booth which was painted blue and gold and decorated with the new LKS mortar and pestle logo. We would like to take this opportunity to extend our special thanks to Mr. and Mrs. Thomas Magnifico for all of their help in making this year's carnival the most successful one Tau chapter has ever had.

The highlight of the semester came on September 30, when twenty of our collegiate sisters and seven of our alumni sisters attended our regional meeting at Split Rock Lodge, Lake Harmony in the Poconos. The meeting, presided over by Mary Meredith and Michele DeBalko, covered various topics important to successful chapter operation. A discussion pertaining to the goals we would like LKS to achieve over the next five years was also held. Grand President, Mary Grear was the speaker for our banquet Saturday evening. She left us with many thoughts on the importance of pledging. Following the banquet, we joined our sisters from other chapters in the cocktail lounge for a few hours of socializing.

Lisa Coppolo
Tau Historian

Alpha Zeta

The carmel apple sale on Oct. 28 chased out any ghouls and goblins that might have been hiding in our hallways. But the Halloween weekend quickly passed, and it was time to look forward to Thanksgiving. In between that time Bagel Sales were scheduled and our famous Hoagie sandwich sale was on Nov. 16, which was a refreshing break for students from the Cafeteria Entree's. To us making the sandwiches are just as much fun as eating them. After our November Formal meeting we all got in the assembly line of piling generous helping of our special ingredients on our homemade buns. Naturally, the temptation was too great to resist a slice of salami here and there. On Nov. 19 a Progressive party was planned to visit and eat with our sisters, and if that's not enough to ruin anyone's diet, Thanksgiving came around just 6 days later.

Before we left for Christmas break on Dec. 22 we had a Christmas Party for our sisters and unaffiliated girls and their dates. The party was to acquaint the girls with our sisters before Rush Week begins in January. We also had a Christmas Bazaar on Dec. 7, with proceeds going towards our new foster child LaWanda Yazzie of New Mexico, who we plan to buy Christmas gifts and clothing for.

Martha Endris
Alpha Zeta

Greetings from **Phi chapter**. This has been a very busy summer for us. We had two members that attended the Midwestern regional held in St. Louis and hosted by our Alpha Zeta sisters. It took place from August 5-7 and provided fresh ideas, great enthusiasm and new solutions to old problems. The weekend itself was hot and wet but the meetings were productive.

We returned to school the week of August 22nd where many activities had been planned for all summer. We, with Phi Delta Chi and Kappa Psi hosted a non-rush Pharmacy reception for all incoming Pharmacy freshmen. All went well, and we had the chance to meet our new first year class. The following Friday a display was set up at the "Butler Exposition" where many girls stopped by to see what we were all about.

In order to get the jump on things, we held our first rush party on August 30th in the Pharmacy building in the early evening. The party was a B.Y.O.B. (bring your own banana) party and the turn-out was favorable as we created mountainous ice cream creations. Throughout the month of September we had more rush parties, including a shopping mall trip and our traditional fondue party as our last rush function.

Our annual Parent - Faculty Banquet was held on October 15th during the University's Parents' Weekend. The wonderful meal was courtesy of Phi alumnae chapter.

We then diligently planned for the Great American Smokeout on Nov. 17th. This year PRSSA and the Student Health Center joined us in the campus coordination of the event for the American Cancer Society. Other events include several fundraisers such as selling and delivering Christmas stockings, a bake sale, and selling chocolate santas.

A Valentine's Day Dance is in the planning stages now; it is to be a joint venture with Phi Delta Chi and Kappa Psi. Second semester Rush is also being arranged. Rush evaluations from both actives and pledges will be used in an attempt to improve our Rush. Different committees are coordinating professional and service projects for the Spring semester.

In addition to our fraternity activities, many members were recognized by scholarships, placement on the Dean's List, and invitations to join honor societies such as Rho Chi.

We would like to thank our very supportive alumnae chapter as well as Carla Wolfgang, collegiate chapter advisor, and Jeanne Hawkins Van Tyle, faculty advisor, for their help and encouragement.

Susan Zetzl and Karen Knotts
Phi chapter

Greeting from Iowa! **Nu Chapter** proudly welcomes eight pledges this fall: Jill Chapman, Elizabeth Fenske. Colleen Fitzgerald, Sally Hayes, Mickle Huges, Meschelle Meiners, Ellen Seils and Bobbi Witcher. Our rush functions this semester included a Hobo Fest held at a park near campus and a Wine and Cheese Party. The pledging ceremony was followed by dinner at a local Spaghetti Market. Since then, the pledges were kidnapped by their "Moms" for a 6 A.M. breakfast a Perkins.

In October one of our committees finished a pamphlet which will be distributed to the public to inform them about the various kinds of cough and cold products and their use. We also sponsored a speaker for the college of pharmacy who informed us on proper interviewing techniques. Nu chapter celebrated Founder's Day and worked at Drake's Alumni Telethon for the College of Pharmacy. Later in the month we attended a Halloween Party sponsored by the three professional pharmacy organizations on campus. October was also the start of our intramural basketball season.

In November, we helped the American Cancer Society with their Great American Smoke-Out by wearing pins. We also held election of officers and had a Thanksgiving Dinner for the chapter. Our big event though was a continuing education seminar that we sponsored for the women pharmacists in Iowa, entitled "Women Pharmacists on the Move." We hope to make it an annual event.

As you can tell, we have had a very busy and exciting year so far and we plan to make the rest of it just as rewarding. We send our best wishes to the rest of our Sisters.

Lucretia Bowen
Corresponding Secretary
Nu Chapter



The **Alpha Nu chapter** at the University of Kentucky, College of Pharmacy is celebrating it's 25th anniversary this year. This special occasion was recognized at our annual Christmas Formal, sponsored by our chapter for the College of Pharmacy on Friday, December 2, 1983. A banquet was held in honor of our anniversary before the dance for LKS members, alumni, and special guests, at the Spindletop Hall, a beautiful million dollar mansion built in 1937.

We are proud to announce that our chapter is the largest pharmacy fraternity at our college. Our rush program was very successful this fall with the induction of 25 very enthusiastic pledges into our sisterhood. Our main goal this year is to strengthen our Big-Little sister program. We gave a make-up clinic in which the big and little sisters can do each others make-up. Our pledges chose to present the "Responsible Drinking," slide presentation as their pledge project.

Our active members have been busy planning important service projects. Our main service project is the Breast Self Exam program and slide presentation that our members will be presenting to dormitories, sororities, and womens organizations in our community. Our chapter has introduced a new concept at our college with the presentation of Professional Representative Displays. We have sponsored sales representatives from major drug companies to provide our students with new drug information, career opportunities, and promotional materials. These programs have been well received by our student body. Before the holiday season, the Aerobics exercise program was held every Monday and Wednesday due to popular demand.

Our money making projects have provided that ever-needed extra source of income that our chapter needs. We have sold plaster-of-paris Rx symbols and coffee mugs designed especially for the College of Pharmacy.

In closing, our chapter would like to extend our thanks to Alpha Kappa for their great southern hospitality at the Southern Regional Convention. Also, we would like to say "Hi" to all our new friends that are sisters in the Southern region.

Brenda Pinter
Alpha Nu

CORA E. CRAVEN GRANT WINNERS

There were 43 applicants for the Cora E. Craven Grants in 1983. Members from 16 chapters applied. There were 18 grants awarded this year. The 18 recipients represented 11 chapters.

The Educational Trust Fund Committee was able to increase the number of grants this year because of the support that the Fund has received from the membership. A contribution to the

Educational Trust Fund is truly an investment in the betterment of pharmacy. Let us continue to support the program even more generously.

It is a pleasure to serve on the Cora E. Craven Grant Committee.

Dr. Kim Rowse-Brower
Jane Tennis

Betty Susina--Chairman



*Karen Boll,
Alpha Nu*



*Barbara Brian,
Eta*



*Nancy Elaine Broome,
Alpha Kappa*



*Linda Fred,
Alpha Zeta*



*Mary Beth Kerr,
Tau*



*Marijo Kraisinger,
Tau*



*Du Thi Le,
Alpha Gamma*



*Beverly Jean Lloyd,
Theta*



*Mary Malan,
Alpha Zeta*



*Myra Lyn Miller,
Alpha Nu*



*Nicolette Marie Pappada,
Tau*



*Joanne Polkowski,
Omicron*



*Sandra Richter,
Alpha Zeta*



*Sally Schoenknecht,
Alpha Iota*



*Deborah Lynne Tramel,
Alpha Epsilon*



*Connie Wesolik,
Alpha Zeta*



*June Young,
Omicron*



*Susan Zetzl,
Phi*

President's Message

(con't from page 1)

As this issue of the TRIANGLE goes to press the Grand Council Executive Board of LKS will be meeting with Grand Council members from Kappa Epsilon. Together LKS and KE represent a significant number of the women practicing pharmacy. We will be planning a joint program for promoting women in pharmacy, that will reach other professionals, prospective students and the lay public. This joint effort will be the first combined effort of the two groups representing women pharmacists.

Our primary device for communication is our Blue and Gold Triangle. Evaluation of a newsletter versus magazine publication is going on now. Our mailing list of subscribers has increased substantially over the last three years since we have computerized. Having gone from 1700 to over 5,000 mailable in just three years, we now have a broad base of support for the TRIANGLE. Your comments as to content, frequency and format of the TRIANGLE will be sought through a survey coming in a future issue.

Networking is a very popular term these days. It's intent is basic communication. Over the next year we will be beginning a program of networking whereby chapters may exchange successful ideas about pledging, fund raising and professional projects. It is always regrettable at convention and regional meeting that we don't have more time for these types of information sharing. We hope that our "Chapter Network" will prove to be valuable tool to enhance chapter communication.

Patti Kienle, our Grand Vice President, has revived our Stray Lamb Newsletter. Now reaching over four hundred sisters we see tremendous interest in Lambda Kappa Sigma from our Alumnae at large. Many sisters have indicated interest in either forming metropolitan chapters affiliated with a college of pharmacy.

Good communication has become the backbone of our efforts to continue the traditions of LKS and to expand our horizons.

Mary Grear
Grand President



DIRECTORY PHONE PHASE TO BEGIN

The Harris Publishing Company will conduct telephone follow ups to alumni for verification of the information to be printed in the directory tentatively slated for release in the spring. At the same time, the telephone representatives will be inviting alumni to order personal copies of the volume.

The telephone call is a follow-up to the two questionnaire card mailings sent to all alumni with verified addresses. If you have not received your questionnaire, please let us know immediately.

Since the cost of the directory is self-liquidating through directory sales, these requests are made on the part of the Harris Company with complete approval. These procedures enable us to make the book available to alumni at no cost or obligation to the fraternity and, as a by product, the Harris Company provides us with completely updated alumni records.

The directory will provide a complete listing of all living alumni with current addresses including a biographical sketch on each alumnus with name, class, chapter, residence address and phone number, and business or professional information where available.

IN MEMORY

We regret to announce the death of our past collegiate advisor Marcella Roll on September 8, 1983 at age 45. She will be greatly missed.

Marcie graduated from the University of Toledo in 1960. While in college, in addition to being active in LKS, she was a member of Alpha Omicron Pi sorority, Rho Chi and APhA. She took over the duties of collegiate advisor in 1961 and served in that capacity until 1979. During the years as advisor she proved invaluable, especially during the planning of the 1976 Biennial Convention. She served the national sorority on the Cora E. Craven grant committee.

During her professional career she worked at Lenga Pharmacy, the former Goon's Pharmacy and at St. Lukes Hospital where she was employed at the time of her death. She was also active in the Ladies Drug Club Auxilliary.

She is survived by her husband, Dr. William D. Roll; sons, William C., Mark, Nicholas, Eric, and Colin; mother, Mrs. Jennie Bialecki and sister, Mrs. Alice Rosinski.

The Sisters of Alpha Mu

With Proper Alumnae Support There's No Limit To What We Can Accomplish!

Dear Alumna,

It only takes a spark...

...to light a candle in the dark, to start your car on a frigid winter morning, to create the chemistry of solid communication, to capture the imagination of a college student.

Today, each one of us has the opportunity to create a "spark" of our own, through support of the Lambda Kappa Sigma Educational Trust. In fact, helping provide the spark - the opportunity - to develop our members' talents and special skills, is what the Trust is all about.

The experience of fraternity is made more significant for those exposed to it when educational and scholastic programming and incentives are on-target, challenging, contemporary, maximized.

And with proper support, the goals and plans outlined in the brochure sent to you in December are as realistic as they are important. Though the Trust is a relatively new vehicle for these aspirations, the need is every bit as important today as when you were on campus.

Your gift today, combined with the support of alumnae who have contributed, will make it possible for us to continue to develop strong leaders for our profession in the years to come! Thanks.

Fraternally,
Adele Lowe

Chairman, Trust Committee

P.S. This past Founder's Day, October 14, 1983, Lambda Kappa Sigma entered its eighth decade! Your support of the Trust today will help maintain a proud tradition.



LAMBDA KAPPA SIGMA
EDUCATIONAL TRUST

Here's my gift to the Educational Trust.
Please put it to work right away!

Other \$ _____ () \$250 () \$100 () \$50 () \$25

NAME _____

ADDRESS _____

CHAPTER _____

It only takes a spark.....

6181 North Parker Avenue
Indianapolis, IN 46220

Collegiate News

(cont'd from page 3)

Alpha Pi chapter had seven sisters graduate in May, with the remaining sisters taking office. In August, a pre-semester meeting of Freshmen was held and some of the sisters spoke at the orientation. We also participated in Activities Fair, in which vials were given out filled with candy-coated chocolates to be taken for "snack attacks".

We regret that we were unable to attend the Regional convention, since it coincided with our annual Fall Mixer and Phi Delta Chi. In the coming semester, speakers are being contacted to participate during Career and Health Weeks at St. John's University.

Suzanne Finazzo

The **Mu Chapter** began the school year by sending three members to the Western Regional Meeting at Oregon State University in Corvallis. They were very impressed with the program that was put on and returned with many new ideas. On October 7, we held a nacho rush party and as a result will be welcoming a large group of pledges into LKS. A very successful bake sale has been our first fund raiser this year. We are looking forward to a busy and rewarding year.

Shelley Sunich
Mu Chapter

REGIONAL MEETINGS

MIDWESTERN REGIONAL

The **Midwestern Regional meeting** was hosted this year by Alpha Zeta Chapter in St. Louis, MO. We welcomed representatives from all the collegiate chapters in our region, but one; and also from several of the alumni chapters. On Friday, Aug. 5, registration was held throughout the day. After everyone had settled into their rooms at the Bel Air Hilton, we opened the hospitality suite as a group meeting place. As everyone enjoyed the snacks, liquid refreshment, and music, old friendships were renewed while many new ones were made. Several groups organized from here--some for sightseeing downtown and others to Laclede's Landing for food, drink, and entertainment.



Participants at the Mid-Western Regional meeting in St. Louis, August 1983.

After an eventful night, the sisters gathered on Saturday morning for a continental breakfast. We were welcomed to our meetings by Dr. Sumner Robinson, President of the St. Louis College of Pharmacy. Our business meeting started with chapter reports from each of the collegiate and alumni chapters present. Gloria Bernstein, Mid-Western Regional Supervisor, took the podium and discussed chapter operations, chapter obligations, mini-regionals, revenue sharing, and the upcoming biennial convention in Seattle. Our next speaker was Adele Lowe, Honorary Advisor, who came forward to test our alcohol awareness with a couple quizzes. We were then treated to a film entitled "Booze and You's" narrated by a W.C. Fields cartoon character. The film will be available for use by individual chapters soon. Mary Gear, Grand President, took the floor



Adele Lowe and Marilyn Haberle at the Farewell Banquet, Mid-Western Regional meeting.

to discuss rush projects and pledging. We received a copy of the LKS National Pledge Program and discussion was held on its contents and problems chapters felt they might have. Patti Kienle, Grand Vice-President, had the final say for our first gathering as we discussed alumni chapter operations, formation of a new international office, and possible hiring of an Executive Director.

After a welcome lunch break, the Alpha Zeta Alumni chapter sponsored a C.E. program entitled Alcohol and Sedative Drug Abuse with F. James Grogan, PharmD. as the speaker. The program was well attended and well received. The meetings continued with the collegiates and alumni splitting up, each to discuss their own topics. We concluded the meetings with small brainstorm groups aimed at goal setting for the fraternity as a whole. Our ideas were combined into a list that would be taken to the biennial convention. Each chapter in the Midwest also voted to help the Seattle chapter with convention costs by donating money to help offset expenses.

Marilyn Haberle, Honorary Advisor, was the evening speaker at the farewell banquet. Her topic on not losing site of your goals and taking time to evaluate your position was very inspiring. The evening didn't end with dinner. Depending on which group one ventured out with, the early morning hours rolled around quickly. After breakfast on Sunday was the sad time for good-byes. Though a short weekend, it was very productive and very rewarding. To our friends, both old and new, we'll see you in July in Seattle.

MaryBeth Tatum
Recording Secretary
Alpha Zeta

WESTERN REGIONAL

Hello from Mu Chapter! This is to report on the Regional Meeting held September 29 to October 2 at Oregon State University, Corvallis, Oregon. The women of Rho Chapter put on a very successful event. Members from five chapters were in attendance: Alpha Xi, University of the Pacific; Rho, Oregon State University; Alpha Lambda, University of British Columbia; Lambda, University of Southern California; and Mu, Washington State University. Several alumni were also present including Pat Landers, Western Regional Supervisor; Pat Tanac, former Grand President; Nancy Horst, Grand Treasurer; Norma Wells, charter member (Over 50 years!); and Dr. Cisco Hara, former professor at University of the Pacific.

Pat Landers ran the meeting and made sure everything ran smoothly. Several topics of interest were discussed. Cookbook sales are still going on, and all chapters were encouraged to participate. Lambda (USC) has sold the most of any chapter nationally, over 250 so far (good job!). An idea for an LKS function was to have a cookbook dinner, with all members bringing different dishes from the LKS cookbook. Members were encouraged to apply for scholarships available through LKS. We were also encouraged to obtain as many addresses as possible of chapter alumni as LKS is putting together a national alumni roster. Chapter reports brought about some new ideas on fundraisers such as Casino Night, sponsored by UBC, where they have been able to raise over \$3000 just in this one event. Other ideas included various sales, such as Valentine's Day carnations, t-shirts, LKS glasses and jewelry. We were introduced to the national officers through a film of the Grand Council Members. We also viewed a film about responsible drinking. Both of these are available for chapter viewing. In our goal-setting exercise we came up with five long range goals for LKS, both as individual chapters, and as a region:

1. To increase membership, commitment, cohesiveness, strength and pride.
2. To work on Stray Lambs and Alumnae participation (roster)
3. Improvement in pledging activities
4. Reinforce obligation of senior members to leave LKS in good standing.
5. Improve communication with other chapters.

The highlight of our meeting was a discussion of the LKS National Convention which is to be held this summer, July 24 to 28, 1984 in Seattle, Washington. We are all very excited to be having this event in our area, and encourage as many chapters as possible to attend. Seattle (the emerald city) is a shining example of the beautiful Pacific Northwest that no one should miss seeing! The convention promises to be a rewarding experience, so plan to attend.

The speakers at our meeting included Dr. William Simonsen, Oregon State University School of Pharmacy, who spoke on Geriatrics, and Dr. Pat Wells, OSU Business department, and OSU Dean of Students Jean Kuipers who both spoke on the professional image of women in pharmacy and how to succeed in business as a woman. They were all excellent and well received. We concluded with a delicious dinner Saturday evening and all agreed our regional meeting was a productive, fun and worthwhile weekend.

Lisa Spiegelberg
Vice President
Mu chapter

1983 SOUTHERN REGIONAL CONVENTION REPORT

"The sisters of Alpha Kappa Chapter welcome you to the University of Georgia...", thus began the 1983 Southern Regional Convention, a three day event sponsored by the Alpha Kappa Chapter in the peachtree state of Georgia. The weekend started on Friday night, October 7, with registration and check-in at the Ramada Inn in Athens. The chapters from the southern region represented at the convention were:

- Alpha Gamma- 3 members attending
- Alpha Epsilon- 1 member attending
- Alpha Kappa- 14 members attending
- Alpha Nu- 8 members and 1 alumna attending
- Omega- 3 members attending
- Those representing the Grand Council were:

- Mary Grear- Grand President
- Patricia Clancy Kienle- Grand Vice President
- Becky Hunter- Southern Regional Supervisor

Friday evening, the lambs were treated to a hospitality suite at the hotel and presentations by the Grand Council on setting goals and responsible drinking. Later, following the presentations, the University of Georgia chapter of Kappa Psi hosted a party for the visiting LKS members.

The next morning's agenda began with a continental breakfast followed by the opening session, conducted by Becky Hunter. Chapter reports were given at this time, and after a short break, the group began problem solving and idea swapping session with the Grand Council. It was during this session that three small groups were formed for a discussion on nationwide LKS goals. Each group compiled a list of future goals they thought were important, and then later in the day, the three lists were combined to form a list of eleven goals. The group as a whole then ranked the five goals they felt were most important to our organization. After tabulation, the five goals considered most significant were found to be:

1. Increased communications between both the chapters and the Grand Council, and the individual chapters themselves.
2. Increased Grand Council visibility.
3. Revamping of the "Blue and Gold Triangle".
4. Increased public relations and promotion of women in pharmacy.
5. Promotion of the transition from collegiate membership to alumnae.

At noon the attending lambs were served a buffet luncheon at the Georgia Center for Continuing Education. Next on the agenda was an hour long session on the role of the pharmacist in peripheary health care. The topics discussed were the Smith & Kline Hemacult, an at-home test for fecal occult blood, an indicator of cancer of the colon and other disorders. This discussion, presented by Wanda Black, also included a slide presentation. The next discussion, "the Role of the Parmacist in Diet and Nutrition" was conducted by Mary Ann Harrington, and included up to date tips on steering patients to healthier eating habits. Finally, Benna Cunningham discussed the "Role of the Pharmacist in Smoking Cessation".

After a short break, the afternoon's programming resumed with "Where Do We Go From Here?", a panel discussion on some traditional career options in pharmacy by a few of Georgia's top professionals in field. Mac Lowery spoke on retail pharmacy, Martha Hartley spoke on hospital pharmacy, Dr. Linda Doyal spoke on the Pharm. D. degree, and Dr. James Cooper spoke on graduate degrees.

Following a bit of free time, the group assembled once more at the Georgia Center for Continuing Education for a banquet. Mary Wallace Johnson, a



Group photo at the Southern Regional Meeting, in Athens, Georgia, October 1983.

member of the Georgia State Board of Pharmacy, spoke on combining a family and a career in pharmacy. After her address, during a short ceremony, Lambda Kappa Sigma's twenty-fifth alumnae chapter became a reality as Alpha Kappa Alumnae received her charter from Grand President Mary Grear. The evening ended early, giving the visitors the rest of the evening free to discover Athens on their own.

The Southern Regional Convention came to a close the next morning with a breakfast buffet at the Ramada. The group of tired, but motivated lambs said goodbye to new found friends, and began their long journeys home. The weekend had been far too short, but each girl took with her new sense of the sisterhood of LKS.

Myra L. Miller
Alpha Nu Chapter
University of Kentucky

ALUMNAE NEWS

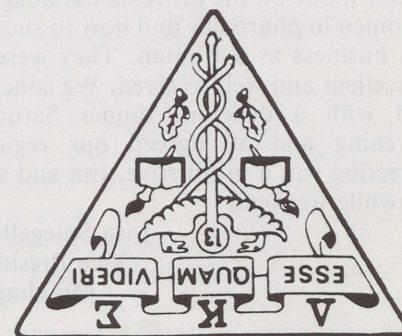
This year Phi Alumnae chapter has been very busy with our own meetings and projects, as well as supporting collegiate membership. Their chapter has recently been struggling to remain in existence - until this fall's aggressive rush campaign, aided by alums, resulted in a large new pledge class. We had a cook-out in October, at which time Founder's Day was observed. We donated and helped to prepare food for a dinner hosted by the collegiates for Parents Weekend at Butler. Our November meeting was a fund-raising Linen Party, open to guests, and convenient for Christmas gift orders. Our chapter has sold 5 or 6 cases of cook books, raffle tickets & afghans to help the convention fund. We have also had linen parties to raise money. Ideas for convention favors & themes would be greatly appreciated.

Portia Devore
Karen Roberts
Phi Alum chapter

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LAMBDA KAPPA SIGMA
International Pharmacy Fraternity
P.O. Box 981
Claremore, OK 74018

Address Correction Requested



IO = International Office = IO OFFICE SPOTS

Welcome to Janice Hallock, office Secretary, at our Oklahoma International Office. Janice replaces Donna Magwitz who so capably assisted us at our IO in Cape Girardeau.

The International Office is now open daily Monday through Friday from 9 AM to 1 PM. The office vital statistics are PHONE: 918-342-1711. MAILING ADDRESS: P.O. BOX 981, CLAREMORE, OK 74018. IO is located at 13 MEMORIAL DR. in CLAREMORE.

LKS cookbooks are still available for \$7.50 a copy. An ideal gift for the holidays, a nice surprise for a friend, or a treat for your own kitchen, the cookbook is an excellent collection of recipes and household hints. Write the IO for a copy today. Checks may be made payable to Lambda Kappa Sigma.

400 Dues Paid Stray Lambs! The tally topped 400 in November. This is an all time record high for alumnae participation on the Stray Lamb level. There's still opportunity to pay dues for the current fiscal year if you're one of our Stray Lambs who hasn't joined in yet.

Work on the HARRIS Company's publication of our Alumnae Directory is well under way. Please be sure to return your information card so that we can make our Directory as complete as possible.

Pictures for the LKS Scrapbook are needed. They may be submitted directly to Adele Lowe, 6181 N. Parker Ave., Indianapolis, Indiana 46220. Please be sure to identify members in your pictures and provide a brief description of the story behind the picture.

BLUE AND GOLD TRIANGLE DEADLINES

March 1st, 1984

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



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

Mrs. Susan Corkum Folger,
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.