

Dr Harris

LAMBDA KAPPA SIGMA

International Pharmacy Fraternity



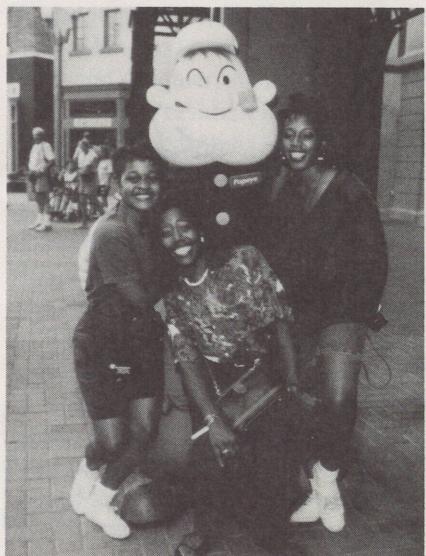
Blue & Gold Triangle

Winter, 1994

Volume 1, Number 8



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Winter, 1994
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The Blue and Gold Triangle is the official publication of Lambda Kappa Sigma Pharmacy Fraternity, published quarterly by:

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PRESIDENT'S MESSAGE

Dear Lambda Kappa Sigma Members,

Fall is here, and part of a new biennium. We had a great Convention in Las Vegas — thanks to Mary Gear and the Las Vegas sisters, and to Scott Strahle, Kathy Rittenbaugh and Annie Long who made it all possible! The business of the Fraternity was conducted, and we also had a lot of fun, greeting old friends, making new ones, and celebrating the achievements of our award winners, as well as sampling the glitter of Las Vegas!

Shortly, after Convention, we were greatly saddened to learn of the tragic deaths of Past Grand Presidents Adele Lowe and Margit Harrison, and Charles Harrison in an auto-truck accident. (See memorial article on page 3). We will miss our sisters very much. They both had long years of service to LKS and were very special ladies.

The new Grand Council had its fall meeting in St. Louis in October, and is working with our new management service, Alpha Resources of Alpena, Michigan. Joan Rogala and Michelle Berrier are working very hard to get all the tasks done, and enjoy talking to members and giving information. A new service provided is a toll free line to the International Office, 800-LKS-1913 (800-557-1913).

Committees have been appointed. If you were not appointed to a committee but would like to be, please let me know what your interests are and I'll add you to one or more. The committee do much of the real work of the organization, including awarding grants, pursuing expansion, updating Fraternity procedures and by-laws, and enhancing our professional programming.

I am honored to serve as your 25th Grand President. I am inspired by the leadership and dedication of the previous Grand Presidents (I have known and worked with 14 of them). This is a unique organization, founded on both professional practice and sisterhood. We all have lifelong LKS friends all over the country and in Canada and Japan, and enthusiastically welcome new members to our group!

Please join me in supporting Lambda Kappa Sigma, its member services, professional programs, the Educational Trust and Project HOPE.

Fraternally,

Nancy Horst

Nancy Horst, Grand President

*Cover Photos: Members sharing a wonderful time at Lambda Kappa Sigma Pharmacy Fraternity's Biennial Convention, August 1994, MGM Grand Hotel & Theme Park, Las Vegas, Nevada.
Photos by: Gerard G. D'Angelo*

MEET THE GRAND COUNCIL



from left to right: Top Row: Jennifer Rhodes, Mary Ryan, Nancy Horst, Lisa Choi, Donna Dancer, Dixie Leikach. Middle Row: Susan Exposito, Christine Perry, Selena Sanchez, Gloria Bernstein. Bottom Row: Ruth Demar, Theresa Hedgecock, Karen Nagios, Linda Kvare, Chris Grass.

Grand President Nancy Horst (Chi, Chi Alumni), is a hospital pharmacist, with three adult daughters and several pets. Nancy graduated from the University of Washington and belongs to the Washington State Pharmacists Association and the Washington State Society of Hospital Pharmacists.

Grand Vice President for Alumni Chris Grass (Alpha Zeta, Alpha Zeta Alumni), is a hospital pharmacist and also works in community pharmacy. Chris graduated from the St. Louis College of Pharmacy and currently teaches IV preparation there. Her Family includes: husband Andre, their son, Ryan age 7 and daughter, Ashley age 5.

Grand Vice President for Collegiates Christine Perry (Alpha, Alpha Alumni) works at a community pharmacy. Christine graduated from Massachusetts College of Pharmacy in 1991. She is secretary of Alpha Alumni, Fraternity advisor for Alpha Collegiates and Editor of the collegiate newsletter the LinKS. Christine is very active with APhA and was Recognized as the 1994 Massachusetts Distinguished Young Pharmacist of the Year.

Grand Secretary Dixie Leikach (Epsilon) is a community pharmacist at

Rite Aid. She and husband Neil are expecting their first child in April. Dixie graduated from the University of Maryland at Baltimore. She is on the Executive Board of the University of Maryland Pharmacy School Alumni Association and is involved with the Maryland Pharmacists Association.

Grand Treasurer Jennifer Rhodes (Rho) works at Kaiser Permanente, an outpatient pharmacy which is part of an HMO. Jennifer graduated from Oregon

State University and has an advanced Masters of Business Administration degree. She is a member of ASHP, APhA and the Oregon Society of Hospital Pharmacists. She and husband Dusty had their first baby, Jacob Thomas on August 20th.

Past President Donna Dancer (Alpha Iota) is the Director of Professional Practice for the Michigan Pharmacists Association. Donna graduated from Ferris State University and belongs to APhA, ASHP and the Michigan Pharmacy Association.

Collegiate Representative Selena Sanchez (Alpha Zeta) is a student at the St. Louis College of Pharmacy and works in a community pharmacy.

Alumni Supervisor-Gloria Bernstein (Nu) manages the HyVee Food Store, a community pharmacy, in Des Moines, Iowa. HyVee is an extern site for Drake University College of Pharmacy where Gloria graduated. In addition to LKS, Gloria also belongs to the Polk County Pharmacy Association.

Region 1 Supervisor-Karen Nagios (Alpha, Alpha Alumni) is a community pharmacist and the treasurer of the Alpha Alumni chapter. Karen graduated from the Massachusetts College of Phar-

macy. She is a member of the New Hampshire Pharmacy Association, APhA and ASHP.

Region 2 Supervisor Mary Ryan (Alpha Beta) works at a community pharmacy. Mary graduated from the University of Connecticut.

Region 3 Supervisor Susan Exposito (Alpha) is a hospital pharmacist. Susan graduated from the Massachusetts College of Pharmacy. She belongs to the ASHP, APhA and the Central New York Society of Hospital Pharmacists.

Region 4 Supervisor Lisa Choi (Omicron, Omicron Alumni) works at a community pharmacy. She graduated from Wayne State University and belongs to the Michigan Pharmacy Association and the APhA. Lisa's husband Se is also a pharmacist.

Region 5 Supervisor Theresa Hedgecock (Omega, Omega Alumni) is a community pharmacist. She graduated from Medical University of South Carolina and is a member of the 9th District Pharmaceutical Association, and APhA. Theresa is the Vice-President of the Omega Alumni Chapter and Faculty Fraternity Advisor for the Omega Collegiate Chapter.

Region 6 Supervisor-Ruth Demar (Delta, Phoenix Metro) is a nuclear pharmacist. Ruth completed her residency in hospital pharmacy in Rochester, Minnesota at St. Mary's Hospital, an inpatient facility for the Mayo Clinic. Ruth is a member of ASHP, APhA and is the treasurer for the Arizona Pharmacy Association. She is also the President of the Phoenix Metro Alumni Chapter. Ruth and her husband, also a pharmacist, have two children: Elizabeth, 11 years and Daniel, 4 years.

Region 7 Supervisor Linda Kvare (Chi, Chi Alumni) works in community pharmacy and is president of the Chi Alumni chapter. Linda graduated from University of Washington. She is a member of ASHP, APhA and the Washington State Pharmacists Association.

IN MEMORIAM

by Pat Tanac, Chi Alumni

Following the 33rd Biennial Convention in Las Vegas, Adele and Albert Lowe flew to Seattle to be met by Margit and Charles Harrison of Panorama City, a retirement community, located in Lacey, Washington. On Friday, August 19th they enjoyed deep sea fishing in Depoe Bay, Oregon. Later that day, about 4:30 p.m., they headed North on Highway 101 to return to the Harrison home. Their car was rear ended by a semi as they were stopped preparing to make a left turn. Adele and Margit were killed instantly. Charles lived 15 hours; he died following surgery at Legacy Emanuel Hospital in Portland. Albert was also airlifted to the Portland Hospital and underwent back surgery. On August 27th, he was airlifted to Methodist Hospital-critical care unit in Indianapolis. Albert was taken out of the critical care unit and relocated to a rehabilitation center at the end of October.

Visitation for Adele was held in Indianapolis on August 25th. Private family services were held on August 26, 1994. Survivors include: Husband Albert, Daughter Judith L Campbell, Father Michael Lobraico, Brother Joseph, Sisters Carmella, Marjorie, Delores and Grandchildren Christaan, Kevin and Geoffrey.

Cryptside services were held for Margit and Charles at the Portland Memorial Mausoleum on August 25th. Survivors include Margit's brother, Ed Garthe, The Dalles, Oregon and Charles' brothers, Ray of Richland, Washington and Claude of Coulee City, Washington.

Adele was a charter member of Phi Collegiate Chapter established June 5, 1938 at the Indianapolis College of Pharmacy, now part of Butler University. She was also a charter member of Phi Alumni Chapter, serving as the first president of the chapter and continuing her activity until the present. Since 1940 she attended all but two

Biennial Conventions and most of the Midwest Regional Meetings. She served on the Grand Council between 1948 and 1984, as 2nd Vice-President (1948-50), 4th Vice-President (1950-54), Southern Regional Supervisor (1958-60), Midwestern Regional Supervisor (1966-68), Grand Vice-President (1968-70), Grand President (1970-74), Member-at-Large (1974-78), Honorary Advisor (1978-84).

During her tenure as Grand Vice-President she launched the Stray-Lamb Program which is now our successful Alumni-At-Large Program. During her term as Grand President, the first 50 Year Membership Certificates were issued and the Dr. B. Olive Cole Graduate Educational Grants were initiated.

Dear to Adele's heart was the formation of the LKS Educational Trust at the 23rd Biennial Convention in Anaheim, California in July 1974. She served on the Trust Liaison Committee since its inception. She accepted and deposited contributions and hand wrote hundreds of acknowledgments to donors.

The Distinguished Service Citation was presented to Adele at the 27th Biennial Convention in Pittsburgh, Pennsylvania in 1982. She received her 50 year Certificate of Membership in 1988 during our Diamond Jubilee Convention in Boston; truly 50 years of activity and loyalty. Most of Adele's professional life was at the Lobraico's Broad Ripple Pharmacy.

Along with loyalty, hospitality is another word to describe Adele. Many, LKS members enjoyed Adele and Albert's home which has always carried a huge welcome sign for Lambs. Her spaghetti and/or lasagna dinners are well known.

The Lowes celebrated their 50th wedding anniversary on December 12, 1992. Adele and Albert traveled extensively throughout the United States, having visited every state in the



Adele Lowe

union except Hawaii. They visited Europe three times; first alone, then with Pat and Bob Tanac, and on their third trip they traveled with their daughter and son in law, Judi and Bob Campbell along with their three grandsons.

Adele was a 40 year active member of WONARD, at the local and national level. She was also a member of the Indiana State Pharmacists Association, Broad Ripple Chapter of OES and Daughters of the Nile. Albert Lowe is a Lambda Kappa Sigma patron member.

I quote from Adele's Grand President's Message in the Spring 1974 Issue of the Blue and Gold Triangle:

"The professional woman today has the world in her hands. We have shown that our concern for others, determination for a better, happier, healthier existence for those around us has demonstrated our acceptance of responsibility. We cannot do it alone. Courage, participation, unity and love for one another are the ingredients for a successful, productive organization."

- Adele Lowe

Let us remember Adele by remembering and acting upon these words.

IN MEMORIAM:

Margit Harrison

Margit was initiated into Mu Chapter, April 1936, at Washington State College in Pullman, Washington. She held the offices of historian, secretary and president. Margit served on the Grand Council for 11 years as: 3rd Vice President (1947-48), 4th Vice President (1948-50), Grand President (1950-52), Member-at-Large (1952-54), Western Regional Supervisor (1954-56), Grand Vice President (1956-58).

Margit chaired the Scholarship Committee which wrote the requirements and procedures for the Cora E. Craven Grants and selected the recipients. She assumed this responsibility for many years.

1986 marked her 50th year of participation in Lambda Kappa Sigma. She was honored with the distinguished service citation in 1988 during our Diamond Jubilee Convention in Boston. Margit worked as a hospital pharmacist most of her professional career. In 1981, she retired from Kadlec Hospital in Richland, Washington where she held the position of Director of Pharmacy since 1966. While working full-time, she formed a company, Marcha Lab inc. which developed Woolwax Creme. She owned a commercial ointment mill and she and Charles made the creme in their utility room, FDA approved. They shipped the creme all over the country, even to Lobraico's Broad Ripple Pharmacy in Indianapolis.

Charles received a degree in mechanical engineering at Washington State College and a masters degree in Oregon. He worked many years at the Hanford Nuclear Project as a construction engineer. Margit and Charles celebrated their 50th Anniversary in 1992 at their new location in Panorama City, having moved from Pasco, Washington, their home for many years.

They were activists in the political arena and were well informed about the issues and candidates. An investment club was also a strong interest. At Panorama City, Margit and Charles involved themselves with the hearing impaired, learning and educating. They traveled throughout the world over the years, sharing their experiences and pictures with friends and groups. Just two weeks before the auto accident they returned from a visit with Margit's relatives in Norway.

We extend our sympathy to the Lowe and Harrison families. We will all miss these two outstanding sisters. Their service and dedication to Lambda Kappa Sigma and to the profession of pharmacy is truly inspiring.

Contributions in memory of Adele and Margit may be sent to the Lambda Kappa Sigma Educational Trust, 2565-A US 23 South, Alpena MI 49707.

BY-LAWS CHANGES AFFECT ALUMNI DUES AND FEES

Two proposals from the Budget and Finance Committee were passed at the 1994 Convention. The first changed the dues deadline for ALUMNI dues to April 1, starting in 1995. Dues sent in the spring will be for the following fiscal year (June 30 to July 1) and will enhance the Fraternity's cash flow. Most organizations bill in advance of their fiscal year for dues. FOR 1995 ONLY you pay dues again in less than a year, receiving a dues statement in March. After that, annual dues will be paid in March each year. Please support LKS as we make the changeover.

The second proposal was to eliminate the requirement for ALUMNI chapters to pay a delegate fee. Many alumni attend Convention anyway; this fee is a financial burden on small chapters. It just means that the Fraternity does not pay for the transportation; chapters are free to do their own fund raising to cover these costs if they want to.

Text of the new by-laws:
(new text underlined)

Article II Section 2 a.

Dues for collegiate members shall be payable annually by November 1. Dues for alumni members shall be payable annually by April 1 (for the fiscal year beginning the next July 1).

Section 4 a.

Each collegiate chapter shall pay to the Fraternity by November 1 of the year preceding the convention a Convention Delegate Fee to cover transportation of the Delegate to the Convention site and return.

Section 4 c.

A collegiate chapter organized or reactivated during the latter part of the biennium will have the choice of paying the Convention Delegate Fee or of sending a Delegate to Convention at its own expense.

Planning Calendar.....

January 2, 1995 Deadline for dues payment by first term initiates: July 1 - December 31. (\$17.50 per initiate)

January 15, 1995 Students For Progress Program begins, new fund-raising/award program, student opportunity to raise funds and contribute to LKS.

Announcement of recipients of the Dr. B. Olive Cole Graduate Grant, Mary Connolly Livingston and the Cora E. Craven Educational Grants.

1994 BIENNIAL CONVENTION - LAS VEGAS STYLE

by

Robin Bogner

Alpha Beta Alumni Chapter

Assistant Professor of Pharmaceutics,
University of Connecticut

The 33rd Biennial Convention was called to order after a full schedule of touring both the glitz and natural beauty of Las Vegas and the surrounding area. Our touring schedule included a dinner cruise along the majestic Lake Mead and a view of the tremendous engineering feat that is the Hoover Dam. We also toured the Ethel M. Chocolate Factory and were able to sample some of the goodies.

On the following day, the natural beauty of Red Rock Canyon was enjoyed by many of the attendees. The schedule also included a walking tour of one of Howard Hughes' homes and Pahrump Winery where everyone was treated to lunch and a wine tasting. The next day, members stormed the posh Las Vegas stores during a shopping spree of the glittery city.

Las Vegas Fun

The Tuesday evening reception included an opportunity to learn black jack and craps from professionals at authentic gaming tables. Luckily, we were able to learn with free chips. Some of us were luckier than others. It was clear that Mary Ryan (Alpha Beta Alumni Chapter) was clearly the best shooter at the craps table. After we had become gaming professionals, we were treated to a fashion show of LKS sportswear by none other than your own Grand Council, Regional Supervisors and members from all over the Northern Hemisphere. The hit of the show was Terry Hedgecock (Omega Alumni Chapter, Region 5 Supervisor) who modeled the flannel nightie.

Biennial Summary

After a delicious breakfast on Wednesday morning, we got to work on the business of the Fraternity. As has become a tradition, Gloria Doughty (Alpha Nu Alumni Chapter) led us in the singing of the Canadian and American National Anthems. We also paused to remember

members who passed before us, particularly Rosetta Manzione (Tau Alumni Chapter, Past Regional Supervisor). Grand President Donna Dancer addressed the convention body and stressed the importance of the work of the individual members and how your efforts are the heartbeat and yes, the future, of the fraternity. Adele Lowe (Phi Alumni Chapter) reported that the Educational Trust has continued to grow over its 20 year history. The trust received 243 contributions in 1992, 275 in 1993 and 180 (totalling \$5,893) just during July of 1994. Thanks to you, the Educational Trust has been able to increase the scholarship awards during this biennium. Chris Grass reported on Project HOPE (Health Opportunities of People Everywhere) which has been our international philanthropy since the 1960's. In addition, Mary Ellen Phillips, a representative of HOPE, thanked us for our contributions which have totaled over \$80,000 and informed us of the programs that HOPE is involved in right now. HOPE not only offers physician and nursing services and training but also has a pharmacy division.

We learned a lot of new ideas from the chapter reports. We can all be proud of the community and professional service that we provide on the local level. There were also a lot of fun activities and other personal and professional development activities reported by the chapters.

Awards

The first full day of the convention was capped off with a wonderful banquet held to honor Gloria Doughty, the Distinguished Service Awardee, and Mary Anne Koda-Kimble, the Award of Merit winner. Gloria, a former Award of Merit winner, has served LKS in many leadership capacities. In addition, Gloria continues to serve LKS as a tireless worker behind the scenes, never seeking recognition for her efforts. However, everyone who has been to convention knows our redhead dynamo who is so full of enthusiasm for LKS.



Convention fun and sisterhood

Congratulations to Gloria Doughty on this well deserved award. We were also fortunate to have Mary Anne Koda-Kimble with us to receive the Award of Merit. Dr. Kimble is well known in academic pharmacy as a leader of the movement toward the more clinical practice of pharmacy. Among the many honors and distinguished offices she has held, perhaps the most significant is the election of Dr. Kimble as the first woman president of the American Association of Colleges of Pharmacy. We are indeed fortunate to be able to count Dr. Kimble among our ranks. Congratulations to Mary Anne Koda-Kimble for this most prestigious award.

Caucuses/Open Hearing

The next morning, Thursday, began with a spirited debate over the proposed By-Laws changes. During this session, we all had the opportunity to practice our parliamentary procedures as we discussed the amendments with the appropriate formal procedures. We followed this up with collegiate and alumni caucuses where the members could get information directly from Grand Council members. Next, at the Open Hearing collegiates and alumni had the opportunity to continue to exchange ideas with Grand Council members. This was the opportunity to discuss controversial issues in a friendly, fraternal environment.

And then the real fun began....

We all were provided with free entry and use of the MGM Grand Theme Park. There were lots of shops and food, but the real fun was riding the roller coaster and water rides. We even went to an

acrobatic, aquatic pirate show. What a combination! The most memorable moments were the theme park photos of us all as we were coming down the water slide or the roller coaster. We all looked like drowned rats rather than dry lambs. It was certainly interesting to see some of the grand ole gals of LKS looking drenched.

Professional Programs

Friday morning, we learned about how to be effective in educating our senior patients from Mary Gear (Alpha Zeta initiate). There was also discussion by other members, particularly Gloria Doughty (Nu initiate) and Chris Grass (Alpha Zeta initiate), who do a lot in the area of senior patient education in their practice settings.

At the PFA (Professional Fraternity Association) Luncheon, Scott Strahle (PFA President) addressed the convention. He told us about the difficulties that many professional fraternities are having and that some individuals are confusing the purpose and mission of social and professional fraternities. In addition, Scott noted it is necessary to strengthen the alumni support of our fraternity.

After lunch, we learned a lot about Preterm Labor and Preterm Delivery from Kaydeen Burkett (Upsilon initiate). Elizabeth Johnson (Alpha Xi) also spoke to us about how to plan a successful continuing education program. The information she gave us was useful to the collegiates in planning professional programming.

At the final business session on Friday, Project HOPE was reaffirmed as our fraternity's official philanthropy (Remember that March is Project HOPE month). We also received the reports of the Collegiate and the Alumni Conferences. The resolutions were received with enthusiasm. We thanked Chi Collegiate and Alumni chapters for the bookmarks stamped with little lambs and for the beautiful folded boxes containing "bow ties". Tau Collegiate and Alumni chapters also made cross-stitched lamb bookmarks and ceramic lambs. These gifts were distributed at luncheons and dinners. Also, thanks to Alpha Xi for the tumblers with the LKS crest.

To everyone's delight and surprise the First LKS Auction was conducted. Members and guests were coaxed by Robin Bogner (Pi Alumni) into purchasing traditional LKS paraphernalia including a beautiful sterling silver LKS bowl (donated by Alpha Chapter), sportswear, chapter supplies and a one of a kind gold lamb charm bracelet. All items were shown by "our own Carol Merrill", Ruth Demar (Phoenix Metro Chapter). The bidding was fierce and we all came out winners as we claimed our new treasures while raising money for the fraternity.

We were also treated to the first set of LKS Biennial Convention Superlatives for which members had been voting during the week. Many of these were no surprise to convention attendees:

Most likely to be injured-

Terry Hedgecock (Region Supervisor)

Most picky-

Michelle Brown (Eta Collegiate)

Most looks like a lamb-

Christine Perry (Regional Supervisor)

Most LKS Spirit-

Gloria Doughty (Alpha Nu Alumni)

Most likely to disrupt a meeting-

Keely Ireland (Collegiate Rep.)

Fraternity inseparables-

Ruth Brown and Pat Kienle (Eta Alu.)

Convention Clown-

Gloria Doughty (Alpha Nu Alumni)

Most embarrassing moment-

Nancy Horst (Grand Secretary)

Nicest to know-

Adele Lowe (Phi Alumni)

Leadership

Saturday was the Leadership Conference, filled with leadership building seminars. Our keynote speaker, Karen Anderson, had us all mesmerized by her outstanding talk on "Maximizing Brief Encounters" which was sprinkled with the most humorous stories to make us remember her helpful ideas about communicating effectively. We were fortunate, indeed, to be able to hear from this internationally recognized expert on communications and negotiations.

At lunch we honored Patti Kienle (Eta Chapter and Past Grand President) with the LKS/MSD Vanguard Award for outstanding leadership to her profession and community. In addition to her contrib-

butions to LKS, Patti is also a member of the Board of Directors of the American Society of Hospital Pharmacists. In her address, Patti emphasized the importance of mentoring. It is important for collegiates and young pharmacists to seek out mentors. It is also the responsibility of the alumni to actively mentor our younger sisters. Congratulations and thank you, Patti for all you have given to this Fraternity and to our profession.

To close out our Leadership conference, Debra Smith spoke to us about "The Art of Persuasion". She gave detailed examples of how to (and how not to) give a presentation. With her helpful hints, we will all be the most polished speakers in our communities. And so ended another successful Leadership Conference.

At the final banquet the new Grand Council and Regional Supervisors were introduced (See page 2).

Efficiency Awards

The efficiency Cup and Gavel are given each Biennium to the Collegiate and Alumni Chapters who have most completely fulfilled their obligations to the Grand Council during that Biennium. At this convention the Cup and Gavel were awarded to Alpha Collegiate and Alpha Alumni Chapters. What a powerful combination they are! In addition, Chi and Tau Alumni Chapters shared the honorable mention for their high scoring for the Efficiency Gavel. Alpha Xi was First Runner Up for the Efficiency Cup and Tau, Eta and Omicron were Second Runners Up for the efficiency cup. Congratulations to all these chapters for their efforts and achievements!

The honoring of our most outstanding chapters was a wonderful way to end the Convention. We all returned to our chapters with pride for what we had achieved and with high standards for our achievements in the future. If you were unable to attend Convention, find someone who was lucky enough to be there. Ask her or him what it was like. Capture their enthusiasm and use it to achieve outstanding programming, recruitment, fund-raising and more, during the coming biennium.

CHAPTER NEWS

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ETA-Philadelphia, PA

Fall was a busy time for the sisters of Eta Chapter. The semester began with a social in which the sisters of LKS joined the members of other fraternities on campus to welcome the new Freshman and to encourage the newcomers to consider Greek life.

Professionally, Eta Chapter began a new program to help the children of local elementary schools with difficulties in any of their scholastic subjects. These children were tutored weekly by sisters of LKS.

In order to service the community, Eta Chapter continued its aid to the Southwest Philadelphia Community Center in the form of clothing and canned goods. LKS also instituted a campus-wide program to collect soda can tabs which will be donated to the Ronald McDonald House. To celebrate Halloween, the sisters of Eta Chapter enjoyed a reverse Trick-or-Treat at the nearby HMS School for Crippled Children.

To raise money for the chapter, LKS had many fund-raisers, ranging from pretzel to T-Shirt sales. The biggest money maker this fall was the Gertrude Hawke Candy Sale. LKS also assisted the college and helped to raise money for the frater-

nity by helping to prepare the monthly mailings for the American Pharmaceutical Association.

On the social scene, Eta Chapter had a very busy season. Mixers were enjoyed with the members of both Kappa Psi and Phi Delta Chi. Eta Chapter also continued its annual tradition of attending the Homecoming festivities at Rutgers University with the LKS sisters. A weekend was also planned for Pi Chapter at Rutgers to come for a visit.

Also this fall, Eta Chapter honored its twenty-one sisters who will be graduating at the end of this school year. This annual "Senior Dinner" was held at the "Twelve Caesars Ballroom" where the sisters had a delicious dinner and enjoyed a great show. Eta Chapter rounded out an excellent semester with the initiation of seven new members and a festive Christmas Party. At this get-together the sisters exchanged presents and also wrapped Christmas cookies to be delivered to local shut-ins. The delivery of the cookies was a nice way to end the semester and it left the sisters with a warm feeling in their hearts as they anticipated the coming year.

—Angela L. Digiocomo



Pi Chapter

PI-Piscataway, NJ

Pi Chapter kicked off the Fall semester with the Freshmen Orientation Picnic in which sisters had the opportunity to meet the incoming class. To welcome back our sisters and friends, we hosted a Back-to-School Bash; soon afterwards, the Rush Committee organized three rush events including "Cafe LKS", "Night at the Fair", and "Dinner with the Sisters". The events were a lot of fun for the sisters and were very successful in welcoming three great members to the Pi Chapter.

For the third consecutive year, sisters went to Six Flags Great Adventure, a local theme park, for our major Fall fund-raiser. Volunteering our time to the merchandising shops was hard work, but it proved to be a huge success for our chapter. In observance of October's Child Health Awareness Month, we are sponsoring a child through Save the Children. We hope to continue our support and commitment to the child as one of our professional projects.

Finally, our first major social event of the Fall was the annual Homecoming Game in the new Rutgers Stadium. Sigma Alpha Epsilon fraternity joined us for the festivities of the football game and the tailgate party. We extended invitations to the Lambda Kappa Sigma Eta Chapter and the Pi Alumni. Date Night, a great evening of dancing and sisterhood sharing, is under plans by the Social Committee. We are looking forward to these two events, especially since they follow a very full exam week. In closing, the sisters of the Pi Chapter extend warm greetings and best wishes for a great semester.

—Angela H.S. Kim

GAMMA-Chicago, IL

We have recently regrouped and reorganized. Gamma Chapter was very active last year, participating in many activities. In fact, our chapter would like to thank you for awarding us with the "most improved chapter" award at this years biennial convention in Las Vegas.

This semester, Fall 1994, our primary aim was to increase LKS membership. We worked very hard: specifically, we made announcements, sent out letters, and even had an informational LKS booth to provide students information about our chapter and the organization on the whole. There were some interested students, but most of the entering pharmacy students preferred not to join anything immediately. However, there was one student who gladly accepted to join so we initiated her on September 29, 1994. During the initiation, we also held a social (semiformal reception) with the Alumni members, senior members and current members.

We have a total of six members (two will be graduating this May-1995). We may very well initiate again in Spring semester (January 1995), in hopes to gain more members. Despite our size, we plan to continue to do the different projects/activities in our best capacity. Our funds are limited, but we have planned to do some fund-raisers to raise money. If you have any suggestions for professional projects, community services, or activities that we, a small group, can do, please let us know.

-Fatima Madhwala

BETA-Albany, NY

Hello Sisters of Lambda Kappa Sigma! First of all, the sisters of Beta Chapter would like to congratulate all newly licensed sisters and wish the best of luck to all collegiate sisters in the upcoming school year. Beta Chapter has been working hard already at making this the best year yet for Lambda Kappa Sigma. Enclosed is a letter written by Jennifer Wilczek, encouraging sister participation and enthusiasm. Jennifer reminded us at our last meeting what being a sister of LKS really means and just how important it is to keep the spirit of our fraternity alive. With membership orientation just around the corner, we sisters must remember the pride we feel to be sisters of LKS and work hard to promote the strong image we have earned.

The sisters of Beta Chapter are holding a formal rush dinner this year on October 19, and expect about forty potential candidates to attend. After the dinner, an informal gathering is planned at one of the sister's apartments. This should be a great opportunity for the sisters to get to know the freshman and have a little fun. Speaking of fun, Founder's Day for Beta Chapter will be celebrated at Lake George, New York this year. Happy Founder's Day, sisters! Other events we have planned in the next few weeks include the annual Penny Social fund-raiser, a birthday game booth and ACP jersey sale at our college's Fall Festival during Parent's Weekend, a Wing Night for sisters, a going away party for senior sisters, and numerous bake sales and other fund-raisers for our charities as well as the fraternity. As you can see, Beta Chapter believes: Fund-raisers + Sister Participation = Funds for Fun! On that note, I'll close and leave you with Jen's motivational letter below. Perhaps you would like to read this letter and share it with your sisters, at your next chapter meeting. Best of luck sisters!

Melissa Durkee

What is Lambda Kappa Sigma and why we're here:

To me, LKS is friendship and fun. So many of us probably would never have met each other if it weren't for our interest in the fraternity. Through that interest, we have become friends and even sisters. We were all, at one point, wanting to be part of the bond of sisterhood and through hard work and dedication, we all made it! That same hard work and dedication is still needed by each and every member to make our fraternity a success.

This is not a one-man-show, we are all equal members. If there is something you feel could be done differently, to better the fraternity, then speak your mind and know that we are all in this together. If you have an idea and want to share it-share it and know we will support you! Know that whether you hold an office or not, each sister is equally important in making this fraternity work. By keeping a positive attitude and contributing as much as you can, the hard work will pay off and the fun will come. We are not here because we have to be, we are here because we want to be! Lets all have fun and keep the spirit of Lambda Kappa Sigma alive!!!

*Fraternally,
-Jen Wilczek*

OMEGA-Charleston, SC

Omega Chapter at the Medical University of South Carolina College of Pharmacy began the fall, 1994 semester with three rush events: a pizza lunch, a lunch with a French theme, and a Western barbecue. Eight new members joined LKS. A "LKS Night Out" at a local restaurant provided time for the sisters and new members to get better acquainted.

Our fund raiser for the semester was selling nylon shorts printed with the university letters. For a service project, we had a Halloween party at the Horizon House for children with discipline problems in school. Our new members prepared dinner for the families staying at the Ronald McDonald House while their children are hospitalized. A Christmas party was held on December 9th, cosponsored by LKS and other College of Pharmacy fraternities.

-Louisa Tindall

ALPHA BETA-Storrs, CT

Alpha Beta Chapter sisters at the University of Connecticut School of Pharmacy began their fall semester with a dinner at faculty advisor, Dr. Robin Bogner's home, to discuss their summers and make plans for the upcoming semester. Sister Tina Ravert shared numerous ideas that she brought home from the LKS National Convention in Las Vegas, that she attended over the summer.

The sisters celebrated Alpha Beta Chapter's 45th anniversary at the School of Pharmacy with a birthday party, cake, and food during their rush in September. The rush had an excellent turnout resulting in eight girls presently working toward becoming sisters this semester.

The sisters are currently teaching each other how to use E-mail with their university computer accounts. This allows the distribution of typed information to others who have accounts with any college in the world. They are hoping to be able to utilize this communication form to distribute items to each other, especially between semesters when the sisters go home (so long as they have a modem or a university branch nearby). The sisters of Alpha Beta Chapter would love to hear from you. E-mail addresses:

Cathy Bumgarner, (Historian)
CLB93003@UCONNVM.UCONN.EDU
Stephanie Hubert (Chaplin)
SLH93003@UCONNVM.UCONN.EDU
Tracie Sannicandro (President)
TJS94003@UCONNVM.UCONN.EDU

- Cathy Bumgarner

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PHI ALUMNI-Indianapolis, IN

Her name was Adele, which means "noble" and "of kind spirit." Anyone who was familiar with Adele Lowe knew that her name suited her. She gave so much of herself to the profession of pharmacy and to our fraternity. Tragically, Adele was killed in an automobile accident after the convention this summer. She was one of the founding members of both our Phi Collegiate and Phi Alumni chapters. We will feel her loss for a very long time. Our thoughts and prayers are with Al, her husband, for his continuing recovery. He has always been so supportive of Lambda Kappa Sigma.

We had five members at the convention in Las Vegas. A good time was had by all with pictures as proof.

We began our new year in September with our traditional fondue party, held with the collegiates on campus. There was a great turnout as we met some of the new collegiates.

Our October meeting was held on campus again, so that we could share a taco salad dinner with the collegiates in honor of Founders' Day and in memory of Adele Lowe. Only part of the twelve pledges could be with us for the meal before they returned back to their studies and we continued with the ceremony.

Next month, our November meeting is scheduled on a Sunday evening to allow our members who are working during the week to attend. This will be a very short business session and big on fun, "gabbing" and catching up.

-Sheri Isenberg

CHI ALUMNI-Seattle, WA

Chi Alumni members are proud of the election of Nancy Horst as Grand President of Lambda Kappa Sigma and of Linda Kvare who was appointed Region 7 Supervisor during the 33rd Biennial Convention in Las Vegas.

The University of Washington School of Pharmacy celebrated their centennial year September 9, 1994 with a gala reception and dinner at the Four Seasons Hotel in Seattle which is on the original site of the university. Many Chi members attended, including several who traveled from afar.

Charter member Blossom Williams came from Punta Gorda, Florida! Earlier in July she and her husband Guy flew to Alaska to visit their son and to enter a fishing derby, winning \$500 for their catch.

Lolita Gamido Morada, came from San Francisco, California. She and her husband are building a house in the Philippines. They plan to spend five months of the year there when they retire. Other members from out of state were Marla Beers Osinski Chatham, New Jersey; Beverly Yuen Sakudo, Aiea, Hawaii; Lois Lemon Balent, Arroyo Grande, California. Also attending was charter member, Ruth Johnson Stone who lives in Seattle.

The following morning the new school of pharmacy building was dedicated on the campus. Seminars were presented also as part of an exciting weekend.

Chi Alums deeply mourn the passing of Adele Lowe and Margit and Charles Harrison.

-Pat Tanac

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ALPHA ALUMNI-Boston, MA

Alpha Alumni Chapter came home winners from the convention in Las Vegas by winning the Efficiency Gavel. Our chapter has come along way over the past biennium by doubling our membership, building our scholarship fund and increasing our events and newsletters. The Gavel was a welcome pat on the back from the Fraternity for a job well done. The pressure is on now to keep the Gavel here in Boston during the next biennium. We are also honored to have three of our Alpha Alumni members on Grand Council: Christine Perry, Grand Vice-President for Collegiates, Karen Nagios, Region 1 Supervisor and Susan Exposito, Region 3 Supervisor.

Alpha Alumni and Collegiate chapters met on October 11th to celebrate Founder's Day. After the ceremony we had an opportunity to hear Alpha Alumni member Gloria Alvino speak. Gloria's highly motivating talk focused on her life as a pharmacist and her experience with Behcet's Disease. Her accomplishments and perseverance inspired us all.



Our professional programs for the fall are to continue our support of the Norwood Food Pantry and donate turkey dinners at Christmas. In October our members attended a LKS sponsored 2 hour CE program on law at the Massachusetts College of Pharmacy. We are continuing to expand our Alpha Alumni Newsletter by having our members write articles on Women's Health Issues, the first being on invitro fertilization, and

added a section called "Compounding Corner" which is also written by an alumni member. In December we are holding our second annual Christmas Craft Party. Dinner and desserts are served and then our craft project is Christmas wreaths which are sponsored by the alumni chapter.

We are looking forward to a successful year and wish all of our fellow Lambs around the world, a happy and healthy holiday season.

-Christine Perry

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Pride is personal commitment; the kind of personal commitment made when volunteer leaders accept the responsibility to guide their organization through a dynamic yet uncertain future.

Since September 1994, the professionals at Alpha Resources have taken that same pride in service to the women of Lambda Kappa Sigma. Our commitment stems from the belief that from the work of organizations like LKS flow significant benefits to society.

Alpha Resources provides a revolutionary approach to professional fraternity positioning. Our experienced, professional staff works in partnership with the members and volunteer leaders of LKS to provide the stability, service and innovation necessary for your fraternity to excel. Added value is the assurance of improved financial stability and long term growth potential for LKS through shared resources.

Pride is a personal commitment... the personal commitment that each of us at Alpha Resources has made to the professional women of Lambda Kappa Sigma. We look forward to being of service to you. Call Michelle Berrier, Executive Director or Stacy Kwast, Administrative Assistant - anytime.

Joan E. Rogala
President & CEO, Alpha Resources

December 1994

To the Sisterhood of Lambda Kappa Sigma:

Rarely are we given the opportunity to make a significant contribution to a worthy mission and to the future. During this seasonal time of giving, the 1994-95 Campaign For Progress gives us that opportunity. In supporting this timely endeavor, those loyal to our historic organization will play a major role in securing the future for the hundreds of diverse women pharmacists and students who will serve as the future leaders of our profession.

As the annual appeal to fund the day-to-day operations of our Fraternity, the 1994-95 Campaign for Progress furthers our mission to support women in pharmacy through the following fraternity-sponsored activities and programs: Annual Grants and Scholarships, Women's Health Programs/Video, Leadership Development, Regional and International Conventions, Women in Pharmacy Directory, Local Community Service.

Recently, Lambda Kappa Sigma has been met with some very challenging times. In the past, our fraternity received generous support from pharmaceutical companies to augment our worthwhile endeavors. Changes in our nation's healthcare system, however, have severely diminished this support.

Annual dues alone can not sustain the operations of Lambda Kappa Sigma, that is why your additional contribution to the 1994-95 Campaign for Progress is so critical. Send your contribution TODAY in the amount of \$300, \$200 or even \$100 to help secure the future of our fraternity. Participate at any level, but please do participate.

The education and support of women in pharmacy must be our highest priority. Our Fraternity is a unique entity which supports a very special group of professionals and students who, with the right help now, will be the leaders of our profession in the future. No investment can be more attractive. Please send your generous gift TODAY!

Sincerely,

Nancy Horst

Nancy N. Horst
Grand President

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