



BLUE & GOLD TRIANGLE

LKS



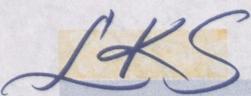
FALL
2006

Lambda Kappa Sigma

"Promoting the Profession of Pharmacy Since 1913"



**Collegiate and Alumni Members Gather in
Las Vegas, Nevada, for the 39th Biennial
Convention of Lambda Kappa Sigma
August 9-13, 2006**



The Blue and Gold Triangle Of Lambda Kappa Sigma

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Mission

The mission of the Fraternity is to promote the profession of pharmacy among women and advance women within the profession by developing its members as individuals and leaders through the support of fellow members while encouraging a high standard of professional ethics and scholarship.

Publication

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**LKS
Grand
President
Jennifer
Rhodes**

Celebrating and Remembering

Since the Biennial Convention in Las Vegas, my first few months as Grand President have been a coordinated mix of personal, professional and fraternity activities. I have cherished the times that I have been able to sit back, relax for a moment, reflect on past accomplishments, and look forward to what the next day would bring. Before I knew it, Summer had given way to Fall.

In the span of two months, we celebrated nine family birthdays. We prepared for our son's first day at middle school, his first foray into tackle football, his continued work in Boy Scouts, and his music. We celebrated as an extended family another year of my mom remaining cancer-free; remembered an aunt who lost her battle with cancer; celebrated the life of my mom's cousin who lost her battle with breast cancer. I canned pickles, peaches, applesauce, and tomatoes. We readied the garden and yard for the winter. While we celebrated milestones as a family and individually, we remembered the past when reflecting on those no longer with us. While there was a celebration of the summer bounty, there

was also anticipation of and preparation for the future.

For LKS, I must first mention the successful meeting we had in Las Vegas. What a rush! You can read about the convention in this issue of the Blue and Gold Triangle. Secondly, I have just completed the 2006-2008 committee assignments. One of my goals during my term in office is to increase the work of our committees. Effective committee work actively engages the Grand Council in the projects that the fraternity membership considers important. I look forward to the progress within the individual committees as well as ways that committees may work together. This Fall, I celebrate the committees, their volunteer members, and the possibilities of each committee's work.

Fall has also given me reason to pause. One year ago, we were reading about the aftermath of Hurricane Katrina and other natural disasters, and how members of LKS volunteered through relief agencies or work groups to provide essential societal functions. In the midst of disaster, there was a celebration of the human spirit.

This fall, our Alpha Nu chapter suffered the loss of a member as a result of a local natural disaster. We mourn their loss and that of Lauren's family, and we know that their loss is our loss. We will remember, we will celebrate when we can, and we will look to the future.

Welcome to a new season, a new school year, and all the possibilities! Take time to remember and to celebrate with one another.



2006-2008 Grand Council

Creaque Charles, Pharm. D.

2006 Lambda Kappa Sigma Young Pharmacist of the Year Award



Pharmacy Leader
Creaque Charles, Pharm D.

Lambda Kappa Sigma is pleased to recognize Creaque Charles, Pharm D. with the 2006 Young Pharmacist of the Year Award and share with you the reasons why she is a leader within the profession. Creaque graduated from Texas Southern University in 2000 with a Doctor of Pharmacy Degree. Immediately following graduation she did an ASHP accredited pharmacy practice residency at St. Claire Medical Center in Kentucky. During this residency her experiences included providing decentralized clinical pharmacokinetic services to patients with various disease states, calculated heparin doses for patients as per pharmacy protocol and determined antibiotic regimens via Capsil pharmacokinetic program. She monitored patients' daily pain manage-

ment, responded to cardiac emergencies and generated monthly reports for Pharmacy and Therapeutics meetings which included-voluntary and nonvoluntary adverse drug reactions. After completing her residency she returned to Texas and accepted a position as a staff pharmacist at the University of Texas Medical Branch in Galveston. A year later at UTMB, Creaque became the Geriatric Clinical Pharmacy Specialist. In this role her responsibilities included actively participating in daily interdisciplinary team rounds, providing discharge patient/caregiver medication teaching, teaching students (medical, physician assistant, and pharmacy) and precepting pharmacy students and residents. She performs monthly quality assurance audits in clinics, detects and reports Adverse Drug Events and presents at Geriatric Fellow's conference. On a daily basis Creaque reviews patient medication records and updates as necessary, evaluates patient's drug therapy for drug-drug/food-drug/drug-allergy interactions and therapeutic duplications. Additionally, she works as a consultant for medical staff including physicians, nurse practitioners, occupational and physical therapists, and nursing staff. She has published over 9 articles,

presented numerous programs on Diabetes, Adverse Drug Events, Pain Management and has just co-authored a chapter on "Medications and Lab Values for Gerontological Nursing: Competencies for Care." Creaque is a registered pharmacist in Texas and is also a per diem pharmacist for Target. She is certified in Geriatric Pharmacy, First Aid and CPR.

As a member of Lambda Kappa Sigma, Creaque is a loyal sister. She was initiated into the Alpha Sigma Chapter at Texas Southern University in 1998. As a collegiate she served the chapter as Treasurer and has been a member of Grand Council for 4 years as Region 6 Supervisor. She is the recipient of a Cora E Craven Educational Grant, TSU Excellence in Achievement Award and is an Emerging Leader at UTMB. In addition, Creaque is a member of ASHP, AGS and ASCP.

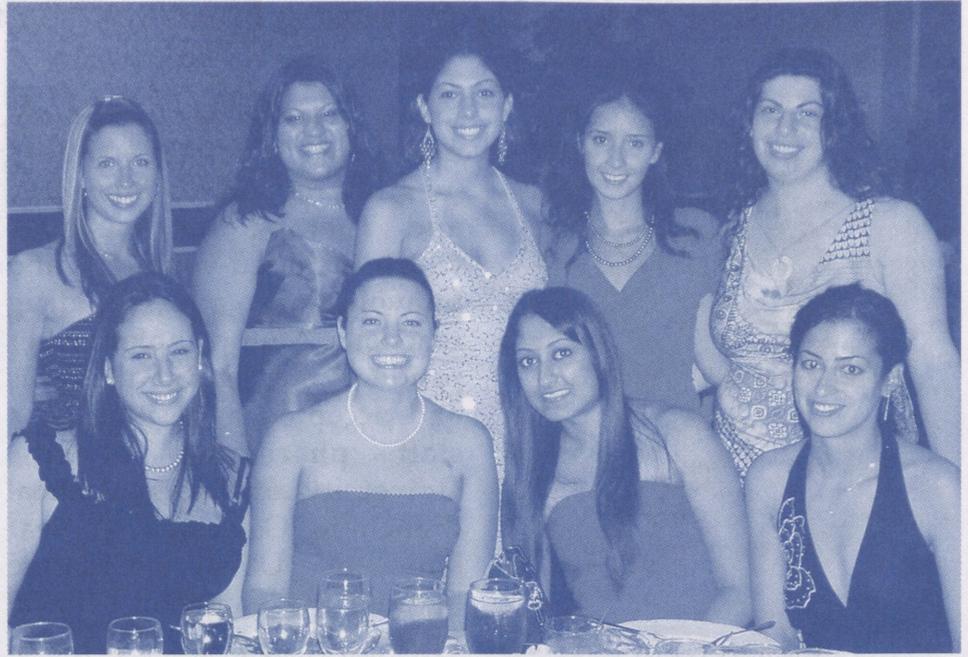
Creaque's leadership qualities, teamwork and dedication to the profession of pharmacy have been demonstrated beyond all expectations. Her professional achievements are impressive. All the members of Lambda Kappa Sigma salute Creaque Charles as the recipient of the Lambda Kappa Sigma Young Pharmacist of the Year for 2006.

WE ARE ALL WINNERS!

By Lisa M. Rodriguez - Xi Chapter

What happens in Vegas, stays in Vegas... We could say that, but not only would we not have an article for the Traingle, we also wouldn't be able to boast about the great things we accomplished and the fun times we shared at the meeting this summer. Las Vegas was such a great place for a convention. The Las Vegas strip had the entertainment, shopping, and night life to please all and the cozy Palace Station Hotel, just seconds away, was a grand place to hold the convention. The 39th Biennial Convention was only a little while ago, but our memories are still fresh as if it happened just yesterday.

The convention started off with a huge Las Vegas-style welcoming celebration – if the famous Welcome to Las Vegas sign wasn't enough of a welcome for you. We were able to enjoy some appetizers while catching up with sisters we haven't seen since school got out in May or since the meeting in Lexington, KY. With our play money we brushed up on our winning skills with an LKS Casino Night. We played all



Efficiency Cup Winners – Members of Alpha Pi Chapter at St. John's University

the table games - from craps and roulette to blackjack and Texas Hold'em. Some sisters scored big that night, but at the end we were all winners.

On the first full day of the convention, we shared a great opening breakfast. We were welcomed by Grand President Dixie Leikach and Renee Coffman, the Dean of Southern Nevada College of Pharmacy. Immediately following breakfast, we were inspired by our keynote speaker, Mr. Jack

London, who shared with us the "21 Keys to Your Success." Among these 21 keys included learning how to step outside of our safety nets, focus on our strengths, forget about our failures, look ahead, work as a team, and take personal responsibility for all of our actions and words.

Next we got down to business. We began our first business session by reciting the Fraternity prayer, listening to the national anthems, and paying our respects to those sisters and patrons who have passed away during the past biennium. We then listened to committee and Grand Council member reports. The collegiate chapter reports were also shared which provided lots of new ideas for events for other chapters to try during the upcoming school year.



Stephanie Ferreri, Jenny Brandt, LuShawna Dulin, Becky Garrett and Patron Jim Garrett.

One of the most valuable moments of the entire convention was the Awards Luncheon where Lambda Kappa Sigma honored four of the greatest and inspiring women in pharmacy today. Dr. Creaque Charles received the award for Distinguished Young Pharmacist of the Year. She is a Clinical Practice Specialist in Geriatrics. The Merck/Vanguard Leadership Award was presented by Dave Miller to Donna Cestone who was the 2004-2005 President of the New Jersey Pharmacist Association and is the Manager of Drug Safety for Pfizer. LKS proudly presented the Award of Merit to Avis Ericson, who is currently the Dean of Loma Linda College of Pharmacy and is an active member of several professional organizations outside of LKS. She reminded us that we, too, can be successful once we can realize that with passion and determination we can grow from "Good to Great." Finally, the Distinguished Service Citation was given to Nancy Horst. Nancy devoted over 40 years to LKS and served as an officer at both the local and national levels. Nancy's words were motivational for those younger sisters in attendance who wish to strive to be a sister just like her. Lambda Kappa Sigma is proud to have honored such inspiring women in pharmacy and is blessed to have them in our hearts.

Following the Awards Luncheon, we attended a CE program entitled "Influenza Update and Vaccine for Older Adults" presented by Stefanie Ferreri. This CE allowed us to review the adult immunization schedule, go over some new changes, discuss vaccine preventable illness, and learn about the status of the avian flu.

The collegiate and alumni members then split up to hold their workshops. The collegiate members discussed hazing, binge drinking, and their consequences; the LKS Summary of Insurance Coverages, the Fraternity alcohol policy, and liability issues; and chapter management. The alumni discussed the Educational Trust, 100th Convention plans and ways to mentor and get more alumni involved.

Day three started off with a continental breakfast followed



Dixie Leikach and Mary Grear

by a CE entitled "New and Future Therapies for Type 2 Diabetes." This was presented by Dr. Lenore Coleman who definitely showed a love and passion for her job. She discussed the important role of pharmacists as educators for this disease which affects more and more Americans annually. Dr. Coleman also discussed new treatment strategies as well as new treatment options under development in the aid in managing Type 2 Diabetes.

Then we had our second business session in which Grand Secretary Ferreri presented the Strategic



Petra, Avis, Anisa, Jennifer, Stefanie, Donna, Gloria and Kathy pose for a photo at the Final Banquet

Organizational Plan for 2006-2008 and Grand Treasurer Sharon Brown presented our budget for the new biennium. It was recommended that there be a dues increase this biennium to take into account inflation over the last decade. The funds generated from this increase will be placed into a reserve fund. As a result of this recommendation, this would increase annual alumni dues to \$90, graduate student/retired member dues to \$70, new initiate dues to \$75, and collegiate dues to \$60.

After a break for lunch, the collegiates gathered again to discuss more matters regarding chapter management. This conference was especially useful for sisters who plan on serving as an officer in the future. The Regional Supervisors and Grand Vice President for Collegiates discussed the various duties of each of the officers in a chapter's executive board; they discussed tips for smooth officer transition, as well as entertained questions



TLC member Gloria Berstein models a lamb robe up for auction.

and suggestions from the entire group. Meanwhile, the alumni shared another conference and an exclusive CE program on Deep-Vein Thrombosis. Finally, all sisters gathered once again for a CE program presented by Mary Grear. This interactive program was entitled, "CPD: Building a

Professional Toolbox" which discussed what continuing professional development was and strategies for creating personal CPD cycles.

The Blue and Gold Dinner which ended our day had to be one of the most memorable events of the convention. First, we were entertained by mentalist Jon Stetson with his psychic abilities and humor. The second wave of entertainment came from our own collegiate sisters. Several chapters participated by wearing colorful t-shirts, singing songs, performing skits, rapping, and performing hand stands. Who knew that by the end of the night we would be dancing the Conga line?

The networking breakfast was a great way to begin our



Phi Chapter Collegiates

THANK YOU

last day of convention. Several LKS alumni proudly shared their experiences in their areas of pharmacy practice. Gloria Bernstein, Sharon Brown, Creaque Charles, Avis Ericson, Mary Grear, Nancy Horst, and Tiffany Self shared their professional experiences from college to today including what they do during a typical day at work, and experiences with leadership, management, and mentoring. After twenty minutes or so, sisters traveled from table to table to meet these speakers and ask questions of them. This has always been a convention highlight for all.

The last CE program of the convention was presented by Jenny Brandt. It was entitled, "Update in Infectious Disease: Community and Institutional Treatment Challenges." Her focuses were to give an overview of issues involving the treatment of ID, antibiotic therapies, newer antibiotics on the market and in development, as well as discussing

how the Surviving Sepsis Campaign's principles can be incorporated into daily practice.

Another highly anticipated event was the LKS Educational Trust Luncheon and Auction. At the luncheon, the Trust Liaison Committee presented its accomplishments in the last biennium in raising funds for Fraternity scholarships. Recipients of these scholarships were honored at this luncheon as well.

Following the lunch and report, the TLC hosted an auction of several memorable LKS items, pharmacy antiques and other pieces of art. This auction raised several thousand dollars for the LKS Educational Trust.

The final business session started off with a review of both the alumni and collegiate conferences throughout the convention. The Regional Supervisors for the 2006-2008 biennium were announced and include: Sandy Mullen (Region 1), Elicia Fauvel (Region 2),



Omicron Collegiates

Glenna Reynolds (Region 3), Doratheia Andrews (Region 4), Carrie Molessa (Region 5), Creaque Charles (Region 6), Annie Fulton (Region 7), and LuShawna Dulin (Alumni Supervisor). Gloria Bernstein, Christine Perry, and Nancy Horst were elected to serve on the Nominating Committee with Dixie Leikach, as the Chair. The Memorials and Resolutions Committee Report was presented by Kathy Huff, Robin Bogner, and Donna Dancer. The Grand Council recommended maintaining Project Hope as the official philanthropy of Lambda Kappa Sigma and that the women's health issue for the new biennium is Systemic Lupus Erythematosus. Tiffany Self announced that \$5740 had been raised for the Educational Trust at the Educational Trust Luncheon Raffle and a portion of that money was dedicated to the Haberle grant. Other announcements included the reactivation of the Xi Alumni Chapter and making the Medicines in My Home a professional project of LKS.



Alpha Beta collegiates enjoy the Opening Reception Casino Night

Before the reception and final banquet, all sisters gathered together for a group photo. It was quite a feat for all of us to work together to fit in that photo. Everyone looked gorgeous and we let everyone in the Palace Station Hotel know that we "brought sexy back." The reception and dinner was both elegant and fun. Sisters had a blast celebrating both a great convention as well as a great biennium. Several chapters received awards for their achievements in Publications, Scholarship, Community Service, Loyalty, and Chapter Recruitment and Retention. The Alpha Pi Chapter at St. Johns University won this biennium's Efficiency Cup and the Efficiency Gavel was awarded to Alpha Alumni. Finally, we said farewell to the outgoing Grand Council and proudly welcomed our new council for a great biennium to come.

**JOIN US
NEXT SUMMER
FOR THE
2007
REGIONAL
MEETING IN
PHILADELPHIA**



Alpha Eta Collegiates



Ginny France, Alpha Nu Alumna, shows off her auction win.



Alpha Collegiates

The Trust Liaison Committee Says THANK YOU

By Donna Dancer, TLC member

The 2004-2006 biennium investments increased significantly due to an increase in donations and a favorable market. The total funds raised by the annual appeal in the last biennium increased about 12% over the previous biennium. The second year of the biennium there was an encouraging increase in the number of donors. This increase allowed us to make a small step toward our much mentioned goal of more and larger grants. The TLC at their biennial meeting voted unanimously to increase the eight professional degree grants to \$750 per grant. The Olive B. Cole graduate grant for a MS or PhD student will remain the same at \$1000. The committee will continue to monitor the fund and make necessary investment adjustments as the market dictates.

The new Marilyn and Joe Haberle Grant special appeal was mailed during the last biennium. A total of \$7000 was raised in the first phase. This new grant will honor one of our past Grand Presidents, TLC chair, and Distinguished Service Citation winner, Marilyn Haberle, and her late husband and LKS Patron, Joe E. Haberle, for their many contributions to the pharmacy profession and the Fraternity, and their dedication to the LKS Trust. Once the base for the award has been established, a grant will be awarded each year to a deserving student and LKS member who embodies the spirit of loyalty and stewardship that have made Marilyn and Joe our dear friends and dedicated supporters.

If you have not donated to this special fund, consider making a donation or an additional donation if you have already made one to honor this LKS couple, and to help the Trust make available another grant to a deserving collegiate. The follow-up phase to accumulate funds for this grant will be mailings to targeted groups, and collegiate chapter special fundraisers. Of course individual donations will be greatly appreciated at any time.



Marilyn and Joe Haberle

Four years ago, Marilyn Haberle challenged the collegiates to raise \$1000 collectively each year for 5 years. She would match up to \$5000 for the five years. The last biennium the collegiates contributed just over \$3200. The 22 chapters who donated to the Trust were recognized at the Trust luncheon in Las Vegas with certificates. Alpha Mu, the chapter which made the largest donation, received a special gift from

TLC chair Marilyn Harris: a ceramic piggy bank suitably engraved! Marilyn Haberle will generously continue her challenge for the 2006-2007 year. Chapter contributions can be sent with dues or at any time during the year. Chapters, make this the year to start a new tradition with a separate fundraiser for the Trust. At the next convention all chapters who donate to the Trust will again be recognized and the largest donor will receive a special recognition.

Fund raising at the biennial meetings has been an important source of funds for the Trust. The auction established several conventions ago has had a impact. Thank you, to all who bid on items as well as those who donated items to be auctioned. The raffle has also assisted with our efforts to raise funds. Over \$5000 was raised with these efforts during convention.

Alumni, collegiates and friends, thank you for your generous support. The Trust will grow and flourish with this support to leave a continuing legacy for future generations of LKS members.



Statistics about Lupus

By Stefanie Ferreri, PharmD, CDE and WHI Chair

The weather is a little cooler, football season is in full swing and Lupus Awareness Month is here. October is Lupus Awareness Month. I realize many of you will read the Blue and Gold Triangle after this month has passed, but LKS members can still raise awareness of this disease in our communities.

I encourage all members to visit the Lupus Foundation of America website (www.lupus.org) to see the great, free resources available to the general public. There are handouts, brochures, posters, pins and many other items available for your chapters to use at health fairs on your campus.

As part of the awareness campaign I encourage all chapters and members to collect local donations and send them to the Lupus Foundation. This money will be put towards research for new and better treatments and hopefully a cure. I truly believe that we will find a cure and one day people will not suffer from this disease anymore. If your chapter has difficulty raising money, then I encourage you to increase awareness by wearing a purple Lupus Awareness bracelet or a purple pin on your lab coat. Both of these are available on the Lupus Foundation website. Even if you cannot contribute financially you can still contribute to increasing public awareness by wearing the bracelet and helping spread the word!

In this edition of the Blue and Gold Triangle I would like to share some statistics about lupus. Future articles will focus on the different forms of lupus, drug therapy, and complications from the disease.

CASES OF LUPUS

The Lupus Foundation of America estimates that approximately 1,500,000 Americans have a form of lupus.

Although lupus can strike men and women of all ages, 90% of individuals diagnosed with the disease are women, and 80% of those afflicted with systemic lupus develop it between the ages of 15 and 45.

Approximately 70% of lupus cases are systemic. In about 50% of these cases, a major organ will be affected.

Discoid lupus accounts for approximately 10% of all cases.

In approximately 10% of all lupus cases, individuals will have symptoms and signs of more than one connective tissue disease, including lupus. A physician may use the term "overlap syndrome" or "mixed connective tissue

disease" to describe the illness.

20% of people with lupus will have a close relative (parent or sibling) who already has lupus or may develop lupus.

About 5% of the children born to individuals with lupus will develop the illness.

Lupus is two to three times more prevalent among people of color, including African Americans, Hispanics, Asians, and Native Americans.

It is difficult to determine the annual number of new lupus cases, or the number of individuals who die from health complications of the disease. However, the idea that lupus is generally a fatal disease is one of the gravest misconceptions about the illness.

While some people do die from lupus, most people with the disease will go on to live a normal life span. The U.S. Centers for Disease Control and Prevention issued a report in May 2002 which indicated that deaths attributed to lupus increased over a 20-year period, particularly among African American women ages 45-64. However, it is not clear if the rise is the result of an actual increase in lupus mortality or better identification and reporting of deaths due to complications of the disease.

ECONOMIC IMPACT

Several studies suggest that the annual average cost to provide medical treatment for a person with lupus is between \$6,000 and \$10,000. For some people with lupus, however, medical costs may exceed several thousand dollars every month.

According to a Lupus Foundation of America membership survey, one in four patients receives their health care through a government-sponsored program, such as Medicare or Medicaid.

Two of three lupus patients reported a complete or partial loss of their income because they are unable to work.

One in three has been temporarily disabled by the disease, and one in four currently receive disability payments.

AWARENESS

While lupus is a widespread disease, awareness of the disease lags behind many other illnesses.

In a nationwide poll of 1,000 adults conducted for the Lupus Foundation of America, 38% said they are somewhat or very familiar with lupus, while 39% have only heard of the name of the disease and

22% have never heard of lupus.

In another survey, only four of ten young adults ages 18-24 claimed to be aware of lupus, even though the disease often strikes during the childbearing years.

While 65% of respondents to this survey claimed awareness of lupus, only 20% could offer accurate basic information about the disease.

DIAGNOSIS AND TREATMENT

A survey of Lupus Foundation of America members suggests that more than half of those afflicted with lupus suffered at least four years, and saw three or more doctors before obtaining a correct diagnosis of lupus.

Nearly half of the survey participants (49%) received their diagnosis of lupus after being examined by a rheumatologist, a medical specialist who treats diseases of the connective tissue.

Four of ten lupus patients are treated by three or more doctors, and take six or more medications to treat symptoms of the disease.

OTHER AUTOIMMUNE DISEASES

One of three patients responding to the LFA membership survey reported they had another autoimmune disease in addition to lupus, and almost half had another family member afflicted with an autoimmune disease.

Autoimmune diseases like lupus often run in families.

COPING

Most lupus patients reported that they are coping well with lupus (78%), and that other family members are understanding and supportive (72%).

People with lupus named other family members (84%) and friends (72%) as their primary support network.

The survey participants cited pain (65%), lifestyle changes (61%), and emotional problems associated with lupus (50%) as the most difficult factors for coping with lupus.

As chair of the Women's Health Issues Committee, I hope that all chapters will raise awareness of the disease among the general population. Please share your success stories with me throughout the next two years. I would love to have feedback and feature it in our publications and at the Regional meeting next summer. Send stories to me at the following email address: ferreri@email.unc.edu

HISTORY OF THE BLUE AND GOLD TRIANGLE CELEBRATING 80 YEARS 1926-2006

By Christine Perry, Past Grand President and Alpha Alumna

The very first issue of the Blue and Gold Triangle was a mimeographed 16 page issue containing news from the biennial convention in 1926, chapter reports and membership data. The sheets were devoted to the many How to's and Topics for discussion at the next Convention. The first bit of news was very well put together by Nellie J Moore, Alpha, and a 1925 graduate of the Massachusetts College of Pharmacy.

The second issue of the Triangle printed in 1927 is the first officially bound book. In it the following statement signified how the sisters felt when they established the Triangle. "We hope the Blue and Gold Triangle will be the alchemist which shall make for us, the lasting happiness of Friendship with our fellow workmen. A common interest in the Science of Pharmacy brought us together. Since the word, science means literally, to know, we have begun with that word to know one another." There is quite a bit of fraternal history in the second issue. The Editor-in-Chief was Anna Bee Haller; Assistant Editor, Barbara Hynes and Advertising manager, Alice T Haller. Advisory was Ethel J Heath, Mariette C. Day and Katherine Graham. These ambitious ladies put every bit of official information into these first issues, yet informing each chapter of the other's activities and news kept chapter interest and involvement a top priority. They acknowledged our Founders. A special paragraph with a "thank you" to Cora Craven for designing our official seal sometime around 1919 was featured. Incorporation was considered first in importance of the work accomplished during the 1926-1928 biennium. This was to be done so that "no other group could organize and use our name". Other items of interest included: the mention of the engraved membership certificates which were first issued during the 1926-1928 biennium, and the problem of having record cards printed in duplicate so the Grand Secretary would have one copy and the chapter the other. This second issue consisted of 48 pages.

A significant growth in chapters was taking place, and alumni chapters were forming perhaps quicker than the others. Every chapter seemed to be looking forward to forming an alumni chapter of its own, thus providing the Triangle with more news and professional articles pertinent to the discoveries of the day. Scientific papers were printed on Liver Extract and Insulin. Articles began to appear about the many roles for the woman pharmacist. Each chapter began sending articles of interest to the pharmacist thus expanding the scope of the Triangle. Soon there were more and more pictures, advertisements, and the publication of some pledge papers.

In 1926 the Grand Chapter, Alpha, mimeographed the first issue of the TRIANGLE.

There were only about 50 copies made, and the members attending the first biennial convention in Boston that year were the possessors of those copies.

At the second biennial convention held in Chicago in 1928, the Blue and Gold Triangle Endowment Fund Plan was adopted. It stated that, "each member of Lambda Kappa Sigma shall pay \$10.00 for a life subscription to the Triangle. This fund shall be invested in trust fund securities. The interest derived from this fund is to be used for the annual publication of the Blue and Gold Triangle." Thus the first real drive to make the Blue and Gold Triangle self supporting was to start in March 1931 urging all members to get behind this effort and subscribe. Their plea read: "Just five years ago in 1926 the Grand Chapter, Alpha, mimeographed the first issue of the TRIANGLE. There were only about 50 copies made, and the members attending the first biennial convention in Boston that year are the possessors of those copies. Everyone attending the convention

received a lot of enthusiasm and pep from that issue and decided that the members who stayed at home would enjoy reading the sorority news and accordingly voted to make the Blue and Gold Triangle an annual publication. Without funds but with courage and enthusiasm the issues of 1927, 1928, and 1929 were printed, each with financial difficulties. The first two issues were almost paid for themselves and the third issue did, all three hundred copies being sold, which was quite an achievement." The Triangle was then secure enough to become a quarterly publication. The 1928 and 1929 issues consisted of 64 pages each.

Eleanor C. Bigelow was Editor-in-Chief in 1928. In 1930, Barbara Hynes took over this duty and the Triangle became a quarterly publication at \$1.00 a year, being published in October, December, March and May. Barbara put on a new cover and published eight issues by 1932. At the Convention in 1932, it was felt that the office of Grand Editor should be established by Grand Council rather than having the 1st Vice President be responsible for it. In 1936, the cover was once again changed and remained the same until 1942.

The first picture and write-up of a new "Baby Chapter" appeared in the December 1938 issue. The issue was dedicated to that chapter, Phi. 1938 was also the year of the Silver Anniversary of LKS and convention in Boston. The Triangle highlighted the excitement of the Convention which brought out the songs, memorable ceremonies and a dance recital by members of the Willette M. McKeever studio.

With the ever increasing number of women pharmacists graduating, the Triangle was the source of information and encouragement to them. Articles appeared telling them of the opportunities available in the many fields of pharmacy. There was research, teaching, hospital and medical work waiting for them. Graduate study was for the asking.

In the 1940's the Triangles were becoming bigger in size from more contributions from the chapters. A Chit

Chat column was added. The cover of the Triangle took on a new look in 1942. The dark and light blue color with the shiny mortar on the front really stood out. The November 1941 issue was dedicated to our new chapter, Chi, and was the last one published with Barbara Hynes Collins as Editor-in-Chief. There were no Triangles published from November 1941-November 1943 during World War II. In 1943, Virginia Osol took over as Managing Editor with help from various "Guest Editors". The next few issues focused on "war issues" and were quite professional with articles on sulfa and penicillin coming into the picture as new wonder drugs. Chapter reports took on a serious side with no mention of activities which were previously held in conjunction with the Kappa Psi or Phi Delta Chi brothers. Reports were coming in from sisters who had joined the Armed Forces to "fill the vacancies" so badly needed by Uncle Sam. Mary Swisher Perkins wrote of her experiences as Pharmacist's mate 2/c with the WAVE and Lt Kay Burlingame gave us the facts of the WAC. Other articles urged women to participate in the politics of their country. In 1946 Ethel J Heath Scholarship key winners became a regular feature in the Triangle.

Starting with the fall issue in 1952, Amelia DeDominicis became the new Editor of the Triangle. By the mid fifties chapter articles focused on activities and parties with a purpose. Their card parties, coffee hours, Christmas parties became charitable functions. Articles and photos were printed in the Triangle from newspaper articles in the cities from where the ladies came. It seems that there was a sudden discovery of women as pharmacists by everyone except the ladies themselves. The papers were publishing these pleasing articles about women in Hospital Pharmacy, in Scientific Research, Teaching and Retail Pharmacy. During this period every issue of the Triangle had a half page ad encouraging our members to alert the public to be checked regularly for Cancer. The American Cancer Society who provided this ad along with information thanked us for our participation. The Pap Smear became a much talked

about necessary check for women. In 1952, it was voted to incorporate the price of a subscription with the dues and thus assure a greater volume. The \$5.00 Triangle chapter assessment was raised in 1954 to \$10.00 and the Endowment Fund was eliminated.

In the 1960's the Triangle was printed three times a year as a spring, fall and winter issue. Each issue featured deadlines, publication details, Grand President Message, Convention or Regional highlights, EJH Key recipients, chapter reports, chapter directory, articles important to women in pharmacy and an ad from Balfour Company on the back cover. Each issue in the 1960's had a yellow cover with blue printing. Ursula Biermacher became the Editor in the spring of 1963, followed by Donna Michael Luchtman in the spring of 1964. The Fall Issue in 1963 was dedicated to Alpha Chapter on the fiftieth anniversary of our founding and published with a white cover with gold printing.

The Triangle took on a new look in the February of 1973 as a newspaper. The features remained the same with a President's corner, articles recognizing award winners, Meet Your Grand Council, Convention and Regional news, chapter articles, chapter directory, EJH Key recipients and featured articles. Each issue featured our Living Charter Members: Emma McDonnell Cronin, Anabel Carter Jones and Mary Connolly Livingston. Pamela Elhers was the Grand Editor from 1972-1980.

Sue Corkum Folger took over as Grand Editor in 1980 and served until 1984. At that time, the Triangle took on the look of a magazine that continues today. The duties of the Grand Editor were transferred to the newly created International Office and position of Executive Director. Mary Gear, our first Executive Director, served as Editor from 1984-1994. New features in the Triangle in the 1980's include listing Education Trust Donors, Alumni in the News, articles on outstanding women in pharmacy and articles on women's health. During the 1980's the Triangle was published three times a year in April, October and December.

Beginning in 1994 due to budgetary constraints the Triangle became a bi-

yearly publication with publication dates of February and October of each year. Grand Council also made the difficult decision to now only send the Triangle to active members, changing the life subscription policy to the Triangle established in 1928. Michelle Berrier and Kara Steinke, Executive Directors served as Editors from 1994-1998. In 1998, Nancy Horst became editor and the Triangle featured Convention and Regional information, Presidents Message, Fraternity Award winners, IO update, and collegiate and alumni chapter reports. The biennial women's health issue topic was featured in each issue of the Triangle.

In 2004, Christine Perry took over as editor of the Blue and Gold Triangle. The Triangle expanded to a twenty page magazine allowing for articles on LKS leaders, Women's Health Issues, Educational Trust, alumni profiles, history articles along with the standard President's report, deadlines, meeting information and chapter reports.

For over eighty years the Blue and Gold Triangle has won numerous awards but most importantly has allowed the sisters of Lambda Kappa Sigma to connect with each other while sharing information important to women in pharmacy. Throughout the years, the Blue and Gold Triangle has served as our signature communication piece and continually met the wishes of our sisters in 1926.

EDITORS

1926	Anna Bee Haller Webster
1928	Eleanor Cleveland Bigelow
1930	Barbara Hynes Collins
1932	Ethel Herdlicka
1934	Barbara Hynes Collins
1943	Virginia Osol
1952	Amelia DeDominicis
1962	Ursula Biermacher
1964	Donna Michael Luchtman
1972	Pamela Ehlers
1980	Sue Corkum Folger
1984	Mary Gear
1994	Michelle Berrier
1996	Kara Steinke
1998	Nancy Horst
2004	Christine Perry

ALPHA CHAPTER

Massachusetts College of Pharmacy



The sisters of the Alpha chapter would like to wish all returning students back for wonderful school year. The summer months certainly flew by, so we sincerely hope that all will transition well into the upcoming academic year.

Since our last article, Alpha chapter embraced eighteen new sisters at the end of our orientation month in February. We are all excited about our new additions. Per our traditions, we also threw our annual End of the Year Party. Admission was two dollars per patron, with all proceeds going to Project Hope. While it was hard to say goodbye, Alpha graduated three sisters who are now members of the Alpha Alumni Chapter: Elicia Fauvel, Nicole Peek and Kelly Cowan. We are all so proud of Elicia who is now the Region 2 Supervisor!!!

During the summer, 30 sisters attended our biennial convention in Las Vegas, Nevada. At our convention, we learned about advances in the pharmacy profession, and our new Women's Health Issue, which is Lupus. The convention also gave us the ability to interact with LKS sisters from all over the world and learn ways to strengthen and improve our chapter as we discussed the diversity amongst the other chapters. Some ideas that Alpha has adopted are attendance raffles, serving cake at one weekly meeting per month in celebration of sisters' birthdays, as well as having chocolate fondue parties! It was a pleasure to meet all of the other chapters in Vegas, and thank you for sharing your wonderful ideas.

We also started off the school year running during Welcome Week when we took the new students to a local Coldstone Creamery. We also held a booth during the Activities Fair at MCPHS. This gives Alpha the opportunity to start the recruitment process. At our booth, we had a variety of activities themed upon carnival games. We had painted wood cut outs where once patrons placed their head through the hole, they looked like pharmacists. We also had a sign up list so that interested

students could receive information about recruitment. Since the beginning of the school year, we have also attended the Light the Night Walk in Boston that raises money for the Leukemia and Lymphoma Society, as well as holding a Faculty Luncheon for those who work so hard on our campus. The sisters of Alpha chapter have also already started looking for their old witches' hats, face paint and vampire teeth as our annual Halloween party with the brothers from Kappa Psi is planned.

Until we meet again, on behalf of all the sisters of Alpha chapter, have a safe, healthy and productive school year. We wish you all the best.

BETA CHAPTER

Albany College of Pharmacy



Hello sisters! The sisters of Beta chapter had a great summer and we ended it with a bang at our Annual End of Summer Barbeque. To kick off the school year, we had our Welcome Back party for the school. This year it was cowboy themed – yee haw! It was a great time and it gave us all a chance to meet the incoming freshmen and catch up with all those friends we hadn't seen in 3 long months.

Once school started, we had our Name Tag sale, one of our biggest fundraisers. We are also having a bake sale later this month. In addition, many of our sisters participated in Albany's Heart Walk on October 14th. We also had some sisters participate in Albany's Breast Cancer walk the following day on the 15th. Later in the semester we will begin working on our new, but now annual, AIDS teeter-totter-a-thon. Last year to raise money for AIDS, we held a 24 hour event in which sisters were sponsored to keep a teeter totter going for the duration. We raised close to 1200 dollars and were even on the local news! No date planned yet, but we are looking into late November or early December.

We are also very excited to have had 11 girls in the second year class sign up to rush for our chapter. We look forward to getting to know them better, and welcoming them into Lambda Kappa Sigma.

Finally, our chapter will be holding our Founder's Day celebration in Central Valley, New York, where we will spend the

day shopping and the night having some good laughs reminiscing about old times. The year is off to a great start and we are looking forward to another busy, productive and fun year!

DELTA CHAPTER

University of Pittsburgh

The sisters of the Delta Chapter have been extremely busy so far this fall, with new member recruitment and numerous service and fundraising projects in full swing.

First and foremost, we would like to welcome each and every one of our 25 new members to our Chapter! Our Pinning Ceremony was held on Wednesday, October 4th, during which everyone enjoyed a pleasant, relaxing evening mingling over some delectable cake and other refreshments. We are so excited to have such an enthusiastic group of girls join our organization—now the real fun can begin!

In keeping with the spirit of both current and future sisters becoming more acquainted with one another, an "Italian Family Dinner" was held on Thursday, October 12th. We all had the opportunity to band together and prepare an Italian potluck dinner, which included everything from salad and pasta to pizza and desserts. Many thanks to the officers who both hosted this event and supplied the food! This was a very successful event that we hope will become an annual tradition in our Chapter.

In addition to new member activities, the sisters of the Delta Chapter have been busy planning many service projects this fall, which kicked off with the Walk to Cure Diabetes held on Saturday, September 16th. Thank you to the many sisters who participated and showed their support, despite having a Pitt game immediately following!

October, as Breast Cancer Awareness Month, has been jam-packed with LKS-sponsored service projects. Pink clothing and ribbons are worn by the sisters every Friday of the month to show our support for this very worthy cause. In addition, donation cans are passed around each of the classes every Friday, the proceeds of which go to the Susan G. Komen Breast Cancer Foundation. Our Chapter also had a strong presence at the 2006 Pittsburgh Heart Walk sponsored by the American Heart Association, held on Saturday, October 7th at PNC Park. A good number of sisters came out on that cold fall Saturday morning for some great exercise and heart-healthy snacks, which allowed

us to do something beneficial for our own hearts while supporting advances in cardiovascular disease prevention and treatment. Thank you to all who participated!

On Wednesday, October 11th, the LKS sisters of the Delta Chapter here at the University of Pittsburgh participated in a joint Founder's Day Ceremony with the sisters of the Tau Chapter downtown at Duquesne University. The sisters were further able to socialize during the "movie night" immediately following the ceremony.

Various fundraising projects are also underway this fall, including the annual LKS pharmacy school logo clothing sale, which is just in time for the holiday season! Several sisters and our fellow classmates have shown their support for our Chapter by choosing from a wide variety of Pitt Pharmacy apparel, including t-shirts, sweatshirts, sweatpants, shorts, and even a tote bag. In addition, the sisters are sponsoring a Yankee Candle Sale, which features several specialty holiday items.

From all of our sisters, have a safe and happy Halloween, and stay tuned for the latest news from the Delta Chapter!

EPSILON CHAPTER University of Maryland



Hi from the sisters of the Epsilon chapter of the University of Maryland! We are excited to share some of our past successes and upcoming events with you. Last spring, some of the sisters took a day trip to New York City. We had a lot of fun walking all around the city and visiting various attractions like the Empire State Building and Bryant Park. We hope to return again this coming spring!

Recruitment was a fun and exciting time for our chapter this year as we added fourteen new members! We held several events to introduce ourselves to the new students, such as Mary Kay Night and Dessert Indulgence. After signing day, we held our annual new member Lamb's Luncheon. On October 13th, we initiated our new lambs, and the ceremony was followed by a delicious dinner in Little Italy.

This fall we have a number of events planned by our professionalism, social,

service, and fundraising committees. One professionalism event that we have planned so far is an etiquette dinner hosted by our previous Grand President Dixie Leikach and directed by Dr. Cynthia Boyle, who has helped us with this event in past years. Dixie has graciously invited us to hold the dinner at her home. The sisters are very excited to be able to get to know some of the alumni members at this upcoming event.

Our fundraising committee has been working hard to plan many events for this fall and spring. We will, of course, be bringing back our popular bake sales this year. It seems that many of our classmates love to buy our delicious baked goods, especially during exams! We also have a Yankee Candle sale and Santa grams planned for this fall, as well as many other fundraising events.

The social committee is working on coordinating many fun events such as ice skating, a haunted hayride for Halloween, and perhaps a trip to the Maryland Renaissance Festival.

As far as service events go, we have planned another clothing drive for a local women's shelter for this winter, as last year's proved to be a huge success. We are also participating in a school-wide event this Halloween called Diabetic Halloween. The University of Maryland School of Pharmacy will be inviting some local, inner-city elementary school students to our school for activities, such as face-painting and pumpkin painting. Each organization at our school will be involved and will have their own booth with a fun activity planned for the kids. We will also have trick-or-treating at the professors' offices, and they will be handing out sugar-free candy to the kids. I'm sure it will be an enjoyable and rewarding service event! The Epsilon chapter wishes all of you a wonderful and successful year!

LAMBDA CHAPTER

University of Southern California

It's only October and yet so many wonderful things have occurred for the Lambda chapter at the University of Southern California. The board has worked tremendously hard to bring the actives and new members a semester full of social activities, professional workshops, and health fairs. Tina Wong was the first of over 60 members to receive the "member of the month" award. She was gracious enough to substitute study time for incredible effort put into increasing membership through advertisements, posters, and her presence at every event.

Thank you, Tina.

This semester started off with a bang! We provided organization tabling and an information session to give students an idea of what LKS is all about. Genie and Niven, new member coordinators, delighted us with their strategy of recruitment: Boba picnic, Luau at Dr. Johnson's, and Cattle Union happy hour. These are just a few of the many wonderful activities that were planned for actives and potential new members. Many of the board members were amazed at the number of actives that attended, which portrayed our strong support for one another. With all of our hard work we recruited an astonishing 28 new members, all of which I admire very much and welcome them as my sisters.

This past summer Lillian, head of finance, put together a wall calendar that raised well over \$2000 in funds for our chapter. The donations came from corporations such as Kaiser Permanente, CVS pharmacy, and restaurants within the Los Angeles area. Thank you, Lillian. Besides raising funds for our chapter, Lillian has brought us several finance workshops; one of them informed us of identity theft and how to go about preventing it from happening to us.

With so much stress and worries that come along with pharmacy school, it's nice to have someone there to plan social events and Mira has done just that. She planned the "Welcome Night" (the pin ceremony) that had a great turn out and big siblings were matched up with little siblings to provide extra support for the new members. Besides planning for the pin ceremony, Mira has more events planned for the semester: the Holiday Party and "The Lion King" production showing in Hollywood. Over the summer Mira wanted us to become more of a family so she planned a trip out to see a Dodgers game and a late night TV show with Jay Leno.

A huge aspect of being a Lambda is providing service for your community and our members do just that by participating in local health fairs organized by our school. Leigh and Melissa are in charge of the professional aspect of LKS and they have been hard at work putting together training sessions and workshops to prepare us for the health fairs. The two upcoming health fairs will inform the public about osteoporosis and hormone replacement therapy. Training sessions were put on by our chapter advisors, Dr. Cynthia Lieu and Dr. Kathy Besinque. Thank you for putting in tremendous

COLLEGIATE CHAPTER NEWS Continued

time and effort to help improve our counseling skills and techniques. Another upcoming event is the Residency workshop, which will incorporate our alumni in a group effort to inform members about their field of practice.

Being in touch with our alumni is very important for networking skills and social gatherings. Linda Wong, Alumni Chair, has reached out to several of our alumni by putting together and distributing the "Lambda Letter" biannual newsletter. Thank you, Linda. Another upcoming workshop is "Manners for Success", which is a business etiquette workshop that will help us with the basic skills necessary to function at business events. The workshop will cover topics such as how to dress, eat, and interact when attending conferences or business meetings.

Just a few days ago, one of our own passed on and her legacy will be with us forever. I will never forget the day when I met Dr. Terri Weissman two years ago at an alumni dinner. She was so kind and friendly and I am pleased to have had the opportunity to meet her and get to know the kind of woman she was, so inspirational. She will be missed by all her sisters.

XI CHAPTER

University of Rhode Island

Hello from the sisters of Xi Chapter at the University of Rhode Island! The sisters who attended the Biennial Convention in Las Vegas, Nevada, have so many great experiences to share. They came back with great news and encouraged even more sisters to go to the Regional Meeting next summer.

The semester is set into full gear and we are rolling right along! There are so many fun activities Xi Chapter has planned for the semester. Our main focus for the fall semester is the recruitment and initiation of new members into our chapter. We had a recruitment period where we encouraged others to join our organization and had a great turnout. There are about 25 girls who are eager to join Lambda Kappa Sigma! At one of the first meetings for potential new members, a beautiful PowerPoint program with pictures based on what LKS is all about was presented. Numerous activities have been planned to get to know our new friends even better. Events that we have done so far include an Ice Cream Social, a spaghetti dinner, and we even made caramel apples one night! Not everything we do involves food of course;

there are plans to go bowling, carve pumpkins, and maybe even go on a haunted hay ride around Halloween; very fun fall festivities before it gets too cold to go outside!

Also, we are in the midst of a Yankee Candle fundraiser and many more are to come our way. Our chapter will also be teaming up with other URI College of Pharmacy organizations and participating in the American Cancer Society's "Making Strides Against Breast Cancer Walk" at Roger Williams park. We are raising money for this wonderful cause and hope to collect even more donations than last year. We will also be running a clothes drive towards the end of the semester and take an opportunity to help those who are in need in the local area.

It is so wonderful to see such motivated committees this semester in Xi Chapter and all the sisters are so happy to be involved. We are also having a Founder's Day Ceremony to celebrate the origin of Lambda Kappa Sigma. At the end of the semester, it is traditional to have a formal for the initiation of our new members. Our brother fraternity, Kappa Psi, is involved with this as well. It is a great cap-off to the end of the semester and it still is an opportunity to meet more people in the college of pharmacy. We certainly have a great year ahead of us and all the sisters at Xi Chapter would like to wish the best of luck to all other LKS chapters. Hope you all have a great year! Lamb's Love.

PI CHAPTER

Rutgers



Greetings, fellow lambs! Pi chapter is psyched to be back at work planning for a brand new semester! Early this summer we managed to fundraise for our upcoming RUSH events and other activities by working at Raceway Park. As a result, we were able to send more of our sisters out to the recent Convention in Las Vegas, which, by the way, was amazing! In addition the fundraiser helped cover the cost of our RUSH events. Our RUSH events for this semester included Chocolate Fondue and Info Session, Creping with the Sisters, Sex and the City and Cosmos, and last but not least, Dinner by Invite at

Bubba Gump in New York City with the sisters of Long Island University and St. John's University. All of the events were successful and offered a great way for us to interact and spend quality time with possible orientees and other sisters too. Currently, we are orienting five new girls!

We also volunteered our time at the Ronald McDonald House where we cooked a hearty meal for the residents of the house. The residents are usually parents or relatives of children that are in the hospital. We were then given a grand tour of the brightly adorned and theme conscious rooms and an introduction into the history of the house and the organization. Overall, it was a fantastic experience, and we would come back to cook in a heartbeat. We also completed our professional project, which involved a program to inform students about how to deal with stress and anxiety. This involved a poster presentation along with goody bags filled to the brim with stress balls, green tea and de-stress mix CDs and pamphlets filled with information. So far, that's all we've been up to. We can't wait to hear how everyone else is doing!

TAU CHAPTER

Duquesne University

Greetings from Tau at Duquesne University located in Pittsburgh! During the month of September, we held several recruitment events, and now have fifteen new members eager to be inducted into Lambda Kappa Sigma. We will be celebrating their mid-new membership with an outing to play putt-putt golf. On October 11th we will be having our Founder's Day ceremony coupled with Big/ Little Day. This year we invited Delta Chapter from the University of Pittsburgh to celebrate the special day. After the ceremony, we plan to have a movie night to relax with our sisters.

Our executive board has been busy brainstorming new ideas for a successful semester. In September, we joined other Duquesne pharmacy organizations at a leadership retreat to strengthen our teamwork skills. We have many service projects planned for this semester. We have already participated in the Walk for Diabetes that was held at the Pittsburgh Zoo. Every week, two sisters will volunteer at Mercy Hospital's Pediatric Playroom and also we will be helping to hold a Halloween Party for the children. December is our month to celebrate the birthdays at Myriam's, a local women's shelter. We will be making birthday bags filled with goodies and will be providing

a cake for the party.

Professionally, we will be raising awareness of Lupus this semester. We will also be traveling to various local high schools to present the program "What is a Pharmacist?" and to elementary schools to present "Medicines in my Home." We will be holding a variety of fundraisers this semester including a Christmas candy sale, a t-shirt sale, and of course Walking Taco, where we sell tacos in a snack bag in the lobby of a dormitory.

With all the projects that we do, we always leave enough time to have fun. This semester we will be visiting Fright Night held at Kennywood Park, a nearby amusement park. Also, we will be taking a night off from school in November to relax with our fellow sisters at Family Tree Tea. All the sisters are very excited for our annual semi-formal, which will be held November 11th at Mitchell's in downtown Pittsburgh.

The sisters of Tau wish a wonderful Fall semester to all of the other chapters of LKS.

OMICRON CHAPTER Wayne State University



The Omicron Chapter members are full of ideas and enthusiasm this year. It seems that with each year, we become more active and more visible within our college and amongst other organizations. One of our most passionate goals this year is fundraising and increasing awareness for Project Hope and a few of our favorite causes. October is Breast Cancer Awareness month and we used this as a great start for the school year. By encouraging the college to wear pink proudly and introducing "Passionately Pink for a Cure" week, students and faculty became informed on how they can contribute to finding a cure.

LKS Omicron, along with Wayne State University's APhA-ASP chapter and the gentlemen of Kappa Psi, will also be holding a benefit for the American Heart Association. With the generosity of a local restaurant, five percent from the profits made that night will be donated to the American Heart Association. In addition, Omicron will be holding events promoting Project Hope and Lupus this year.

Furthermore, increasing sisterhood and alumni relations is an aspiration of

Omicron chapter. With ideas brought back from our biennial convention, we hope to implement more events to enhance the bond amongst sisters and reconnect our collegiate and alumni members.

ALPHA BETA CHAPTER University of Connecticut

Greetings from the sisters of Alpha Beta Chapter at the University of Connecticut! While 13 of our girls were still recovering from an unforgettable time at the biennial convention in Las Vegas, we began a very exciting and eventful semester here at UConn. During the first few weeks of school we began recruiting girls to join our chapter through an informational pizza party and slide show, ice cream social, and a "dinner with the sisters" at our brand new food court in the Student Union! Our new hot pink LKS shirts were perfect for the dinner because all the girls could find us easily! Towards the end of September, we were ecstatic to induct 25 new lambs, and we already have a list started of girls that want to join in the spring!

Our Community Service Committee is planning to do the "Meds in My Home" program at local middle schools during the latter part of the semester. Throughout the month of October, we are staffing a table at the Pharmacy building nearly every day selling pink paper ribbons and bracelets to raise funds for the Susan G. Komen Breast Cancer Foundation and to raise breast cancer awareness. The ribbons will be put on string and hung throughout the atrium of the building and down the staircases. We are also collecting the pink Yoplait lids from yogurt containers to send away to the Yoplait Company, who donates 10 cents per lid received.

The Social Committee is also planning to co-sponsor a social with the other pharmacy fraternities for the beginning of November which is open to all pharmacy students and faculty.

The Alumni Committee held a very successful event at the UConn vs. Army football game. A fantastic handful of Alumni members of LKS came to the game and joined us in tailgating prior to the kick-off along with tons of laughter.

The fundraising committee is helping us with our Yankee Candle sales which have been extremely successful in the past, as well as our yearly "Overstock Sale" where we sell left over fundraising items such as tote bags, mugs, and t-shirts at reduced or package prices. The

Professional Committee has also been extremely busy with the Health Fair put on by the University in October. Here we set up a display board and answered student's questions about Lupus and Plan B.

Aside from our hard work and studying, our main goal this year is developing our bonds and strengthening our sisterhood. We plan on possibly having movie nights, decorating the doors of new inductees, or even a "Speed Dating" session with the new girls to help them meet each of the current sisters.

Hopefully everyone had a great time in Vegas and we wish that every chapter has a very fun and successful semester! Lamb's Love, Alpha Beta

ALPHA ZETA

St Louis College of Pharmacy

The Alpha Zeta Chapter at the St. Louis College of Pharmacy just completed an exciting NMOing period by inducting another group of 15 girls for the second year in a row! The girls began their road to sisterhood by attending the LKS smoker on September 8th at Guido's Italian Restaurant with the night ending in entertainment enjoyed by all! Two weeks into the NMOing process, the new girls finally learned of their big sister through a Big Sis/Little Sis Sunrise breakfast, which was held at the Bevo Mill in St. Louis. Also during the second week, the NMO's became actively involved in a community service project by organizing a children's book and toy drive and donated everything they collected to St. Louis Children's Hospital. They also held a Krispy Kreme doughnut sale as well as designed their own t-shirt to sell as a fundraiser. They sold over one hundred shirts! Through these activities and the NMOing experience as a whole, the new girls really bonded as sisters and worked together so that all 15 NMO's became inducted on Lamb Night!!

ALPHA ETA

Long Island University

We are the Alpha Eta chapter. We are the newly reactivated chapter from Long Island University. We donated \$100.00 to Project Hope by doing a lot of bake sales. We raised money for the Multiple Sclerosis Society by hosting an event at Club Boudoir. For Hygeia Day we held a lecture on Post-Partum Depression. We all had a great time at the Las Vegas Convention. We have been working diligently to recruit new LKS sisters as soon as school started in September. We have recruited 20 new

COLLEGIATE CHAPTER NEWS Continued

initiates for this year and currently have 24 sisters, who consist mostly of 6th year students. We held many pizza socials over September to recruit and get to know the new soon to be sisters and for them to get to know us.

For Pharmacy Month, LKS sisters of LIU and the LIU APHA chapter joined forces to go to the Good Morning America show. We were interviewed by Sam Champion and got to tell a little bit about the Pharmacy profession, which aired on October 5th. We raised \$464.00 for Making Strides Against Breast Cancer, which we sisters walked on October 15th. We are hosting a Dress For Success Fashion Show at the end of October. We will be having a Halloween gram sale to raise funds for charities and for the chapter. We are looking to go out into our community to sponsor awareness about Women's health issues in the spring.

ALPHA IOTA

Ferris State University

Greetings from the Alpha Iota chapter at Ferris State University! For recruitment this fall we exclusively recruited girls that were in Pharmacy school. We wanted girls that were serious about pharmacy and we liked the fact that they had some college experience under their belts. At our first event we had pizza and talked about the activities and community service we do and about us in general. The second event was a cookout and went into more detail about the recruiting process.

Last semester we started to volunteer at a local nursing home. We played bingo, did manicures, served hot chocolate and helped where needed. It was a great experience and we are continuing to volunteer at this establishment. We do blood pressure screening at the local Walgreen's Pharmacy for an hour every week, volunteer at the recycling center every Saturday morning and Safe Ride every Friday and Saturday night. This semester we participated in Relay for Life and Take Back the Night, which deals with stopping the violence against women. We are planning to have a Halloween and Christmas party for the local underprivileged children. We have lunch, make cookies, watch a movie and do arts and crafts.

We give our best wishes to other chapters and hope everyone has a wonderful and productive semester.

ALPHA KAPPA CHAPTER

University of Georgia

Greetings from Georgia!! I hope everyone's recruitment has gone well and the school year is getting off to a good start. The Alpha Kappa chapter has been exceptionally busy this year and we are very excited about our upcoming events!

This fall has been jam-packed with LKS activities! The recruitment events included an ice cream social and a cook-out. Then we got to know the 1st year girls with three lamb pal events: a catered Olive Garden dinner for bid day, trivia night, and a movie night. We are looking forward to Big Sis/Lil Sis night and are expecting about 30 new sisters at initiation!

Alpha Kappa is working really hard to help organize and run a first annual breast cancer walk for the Loran Smith Foundation called "In Their Shoes." We are really involved in preparing for the walk, will have a team walking the half marathon, and will be running one of the first aid stands during the walk. We are also raising money for the walk, the Big John Foundation, and Project Hope by selling name tags, t-shirts, coupon books, and bracelets. To increase our involvement with the college, we will host a speaker for Founder's Day and provide cake and punch for the students and teachers. At the school's annual health fair, Dawgtoberfest, LKS will be educating the public about breast cancer and the importance of self breast exams.

In Georgia, we really love sports and one of our most exciting events this fall has been flag football. The Killer Lambs were undefeated in the regular season, and we hope to kick booty in the tournament coming up. Another exciting event was the Brave's date night where we went to Atlanta to watch the baseball game.

Lastly, we would like to thank everyone who made Las Vegas the best week ever!! Alpha Kappa sent 14 girls to the convention and we really enjoyed meeting the lovely LKS ladies from around the country. The convention really got all of us excited about the next national convention we will be hosting in sunny Savannah Georgia...can't wait to see you all again soon!!!

ALPHA MU CHAPTER

University of Toledo

Greetings from the Alpha Mu Chapter at the University of Toledo! This has been a very busy semester. Almost as

soon as classes began so did our pledging process. Our induction ceremony brought us 19 new lambs, increasing our total membership to 45. So far this year we have attended the annual KY/LKS barbeque, participated in the Race for the Cure, have begun our annual Yankee Candle sale, and our new members started a new fundraiser selling caramel apples and chocolate pretzels.

In the next few weeks our new members will carve pumpkins for the Ronald McDonald House for their philanthropy project. Halloween will bring us our candy vial sale and a party with our brother fraternity Kappa Psi. We are also very excited because this year marks our 50th anniversary here at the University of Toledo! Also coming up in November is our annual formal dinner dance with the brothers of Kappa Psi. This year is looking to be a very exciting year, and we hope the same goes for the rest of the chapters!

ALPHA NU CHAPTER

University of Kentucky

Two of the Alpha Nu lambs, Stephanie Lemaster and Laura Chinn, attended the National Convention in Las Vegas. They had a wonderful time meeting new people and seeing the different activities in which other chapters participated. The Alpha Nu chapter was extremely excited to receive Honorable Mention in the Loyalty Category at the Awards Dinner.

Recruitment week was held during the last week of August. Over 60 potential new members attended at least one of our events, which included a Pizza Luncheon, Dessert Night, Casino Night, Bowling with Kappa Psi, and a Luau. Thirty-four girls accepted a bid and will be initiated as new members in November.

Big/Lil week was held the 25th through the 28th of September, concluding with Big/Lil Night, where each girl discovered the identity of her Big Sister. Different gifts were given to the Littles each day, including a COP key chain, chocolate lamb sucker, hand decorated candy bowl, T-Shirt, and picture frame.

Upcoming events this semester will include Reverse Trick-or-Treat, Initiation, Founder's Day, Thanksgiving Dinner, and Mistletoe Mingle. We also have several social events planned, including a Mexican Fiesta and Fondue Party, which are great ways to get to know new members. We're looking forward to another fun and exciting year here in Lexington, KY!

ALPHA XI University of the Pacific



More than half way into the fall semester, Alpha Xi from the University of the Pacific has been very involved with professional programs on campus, giving back to the community by volunteering and representing our profession. Thus far, our members have participated in American Heart Association's "Heart Walk," American Diabetes Association's "Walk for Diabetes," and will walk in the upcoming American Cancer Society's "Making Strides Against Breast Cancer" in Sacramento. We feel that our profession revolves around our community and we must give what we can and inform people about a healthy lifestyle.

Alpha Xi is the biggest it has been in a long time with more than 50 members. One of our goals this year is to get into contact and make new ties with our alumni. This past year we started our 1st Alumni dinner in hopes to restore old connections and get more support for our chapter.

Looking ahead to the future of LKS, we have 2 more pre-rush events this semester. Our first pre-rush event was a Hawaiian Luau, which had a great turnout. Pharmacy and pre-pharmacy students came and joined us for food and games and to learn more about our fraternity and our members.

Alpha Xi also has many social activities planned for our members this year such as upcoming bowling nights, a retreat with the USC LKS chapter, and also our annual Black and White Affair in the new year.

ALPHA PI St John's University



As the proud winners of this year's Efficiency Cup, the Alpha Pi chapter is motivated and inspired to reach out to society and recognize their desires. In the fall of 2006, we have been very patriotic and enthusiastic in contributing to women's health. We also had the great opportunity to represent our profession on national television!

Soldiers have been protecting our nation, and our fraternity wanted to recognize and appreciate their efforts by raising money to support them and give them reminders of home. In the month of September a drop box was set up in front of St. Albert's Hall for all students to drop off magazines, books, movies, or any necessary goods that would remind the troops of home. A bake sale was also held to raise additional money for the troops.

October is Breast Cancer month. The Alpha Pi chapter has set up a team to participate in the Annual Breast Cancer Walk on October 15th. Many of the sisters came together to bake cupcakes and cookies and sold them outside of the dean's office. It was a very successful fundraiser, and we raised almost \$300!

October is also Pharmacy month. Many of the girls went to the Today Show on NBC to represent the future health professionals of America. We woke up at 5am and stood in line with our lab coats on to represent St. John's. Not only were we able to meet celebrities (Jessica Simpson, Dane Cook, Meredith Vieira, Andy Dick, and the rest of the hosts on the Today Show), but we were also able send out the message that we will improve lives one day at a time.

The Alpha Pi chapter has been working very hard to help other organizations and individuals. Not only are we trying to make a difference in other people's lives but we are attempting to create an even stronger sisterhood than ever. By participating in these events together, we all have become so much closer and more unified. We are trying to work together as sisters and a team to fulfill the criteria of the Efficiency Cup!

ALPHA RHO CHAPTER Northeastern University



For the last month and a half our chapter, Alpha Rho, has been very busy planning events and holding fundraising activities. Our main goal this semester was to have a smooth and enjoyable new member education induction period. One of the most successful events we have held so far this year was the annual mocktail night. All of the new members and many of the sisters attended this event held at vice president Sara Smith's apartment. Everyone donned their little black dresses while appetizers, mocktails, and desserts were served. This was a great way for the new members to meet the sisters and for the sisters to get to know the new members.

As for professional events, many of our sisters took part in the Light the Night Walk on September 28, at the Boston Common. The event was to raise awareness for leukemia and lymphoma. In addition, our sisters participated in the Making Strides Breast Cancer Walk on October 15. Our chapter raised over one thousand dollars for cancer research.

We are also looking forward to many upcoming events. Our big fundraiser, selling Yankee Candles, has started and we also plan to sell sweatshirts to the pharmacy classes. We are also very busy planning the first annual Pharmacy Semi-Formal opened to all Northeastern pharmacy students. With the money we raise from selling tickets we will donate all the profit to our philanthropy cause, Project Hope.

As you can see, the sisters of the Alpha Rho chapter are dedicated to our cause and are working exceptionally hard to make this year exciting, eventful, and productive.

ALPHA SIGMA CHAPTER Texas Southern University



Greetings, fellow "lambs", from the Alpha Sigma chapter at Texas Southern University College of Pharmacy and Health Sciences. We were delighted to have met so many other lambs during the Biennial Convention in Las Vegas! Three of our members attended and had an excellent experience. Now that we have returned, we are excited about the new school year and have many events planned ahead.

COLLEGIATE CHAPTER NEWS Continued

In August, we were able to mingle with the new P1 Class during orientation and gained their interest in LKS. In September, we held a breakfast taco sale and held a Pizza Meet and Greet where we celebrated our big sister Creaque Charles' Birthday! We also attended and raised funds for the Susan G. Komen Race for the Cure. We have much more planned ahead including: a joint bake sale and breast cancer awareness event, Halloween Safety tips at a local day care, the Diabetes Walk, a Thanksgiving can food drive competition and a Christmas Social! We would like to continue to share our pictures and news throughout the year to each of you via our newly established website: <http://lksalphasigma.bravehost.com/>. Alpha Sigma sends out much love to all our fellow sisters and chapters for the new school year!

ALPHA PHI Wilkes University

Although the school year is new, the Lambda Kappa Sigma Alpha Phi chapter has already been busy with activities. Over the summer our president, Michelle Whitmire, attended the national conference in Las Vegas. She returned to us with new ideas for our chapter this upcoming school year. Since the beginning of classes the Alpha Phi chapter has been busy. We are very excited to welcome 7 new faces as our fall orientation begins: Ashley Frantz, Jenna Sampson, Shelley Procopio, Kim Hassinger, Oanh Nguyen, Kristi Burke, and Christine Durdach. The new orientees are energetic and eager to get involved.

Alpha Phi chapter started the school year by recruiting new members at the university's annual Club Day. We've also had several events where the new members and the sisters have really gotten a chance to get to know each other. These

events included a night of bowling, karaoke and a weekend cookout. We've also been busy taking part in and planning upcoming Professional events. We recently participated in a Light the Night Walk to help raise money and awareness for leukemia, and a local Alzheimer's walk. We also will be walking together as a chapter in the Alcohol Awareness walk that Wilkes University sponsors every year. Coming up we will be collecting donations for Toys for Tots, and adopting a local family for Christmas.

As far as fundraising goes, we have already had a Burger Burn at the local Sam's Club and are currently selling Gertrude Hawk candy bars. Later in the semester, we will be selling Pocono Mountain candles. Even though it is early in the school year, Alpha Phi chapter has already been very busy and involved, and we're looking forward to keeping it that way for the rest of the year!!

ALUMNI CHAPTER REPORTS

CHI ALUMNI REPORT Seattle, WA

On the occasion of Chi Alumni Spring dinner in May at Linda Rupnick's home, Yvonne Hewitt '07 was presented with a \$200 Scholarship. Elyse Tung and Kathleen Thornton received Honorable Mention Certificates.

We congratulate Susan Lakey '02 upon being recruited for the Position of Pharmacy Educator by the U of W - Hearthstone Care Service and Pharmacy Education by Co-chair Dr. Joy Plein, Chi Alum. The Hearthstone is a large senior care housing and care facility in Seattle. Susan will be in the office two days each week to offer aid to the residents about medications and general health. She will work closely with the nursing personnel. Susan is Faculty/Fraternity Advisor to Chi Collegiate's.

Pat Shigihara moved her dental office to a new location and also moved her residence to the Broadview area in Seattle.

We look forward to Collegiate Initiation in November.

Happy Holidays to all!

Pat Tanac, Secretary

ALPHA ALUMNI CHAPTER Boston, MA

The Final Banquet was held on April 13, 2006 at the Holiday Inn in Brookline. Alumni and Collegiates had a great time together celebrating another successful year. The following awards were given out at the event:

Ruth Davies Flaherty Award (A)
Christine Perry

Elsie Gassiraro Scholarship
Nicole Peek

Rosetta Hassan Scholarship
Kimberly Lindstrom

Alpha Presidents Scholarship
Emily Starenchak

Alpha Leadership Scholarship
Marina Fridman

Christine M Perry Scholarship
Elicia Fauvel

Alpha Collegiate Scholarship
Emily Starenchak

Alpha Sisterhood Scholarship
Emily Starenchak

Ruth Davies Flaherty Award (C)
Renee Sawyer

Lamb of the Year Award
Rebecca Lemus

The collegiates also installed their officers and presented the 18 new initiates with their badges and certificates.

The new Alpha Alumni Officers were installed for the 2006-2008 term:

President	Kathy McTernan
Vice President	Anne McDonnell
Treasurer	Jane Charron
Secretary	Christine Perry
Historian	Pat Pentleton

Alumni President, Kathy McTernan and Collegiate President, Arielle Bibeault addressed the sisters. The Banquet concluded with the closing circle.

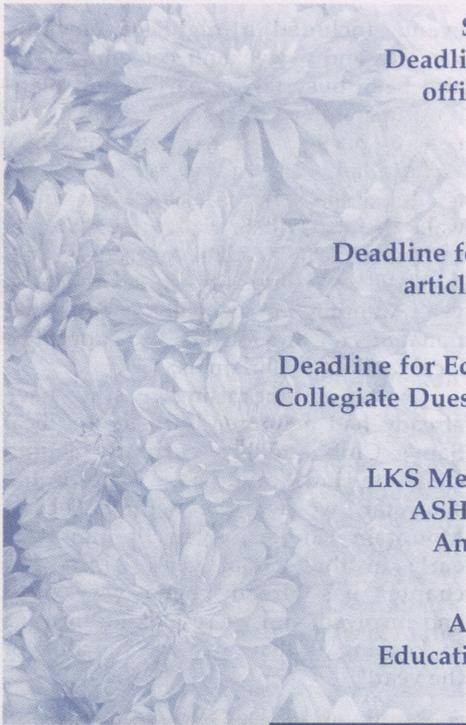
We had a great time attending the Convention this summer in Las Vegas. We have been celebrating over winning the Efficiency Cup. We would like to congratulate Elicia Fauvel who is now a member of Grand Council as Region 2 Supervisor, and thanks to Christine Perry who retired from Grand Council after 16 years of service.

Founder's Day was celebrated at MCP on October 12 with our Collegiates. Alumni Chapter President Kathy McTernan was the alumni speaker and shared her insights and career advice with our sisters. Kathy was a big hit with the collegiates and a definite role model.

We have recently revised the Alpha Alumni Newsletter. If you are not receiving a copy, please let us know and we will put you on the mailing list.



LKS Deadlines & Upcoming Events



SEPTEMBER 15
Deadline to send in updated officer roster to the IO

OCTOBER 14
Founder's Day

OCTOBER 15
Deadline for Blue and Gold Triangle articles and chapter news

NOVEMBER 1
Deadline for Educational Grant Applications, Collegiate Dues and Convention Delegate Fee

DECEMBER 4
LKS Member Desert Reception
ASHP Midyear Meeting
Anaheim, California

JANUARY 15
Announcement of Educational Grant Recipients

FEBRUARY 15
Deadline for Blue & Gold Triangle articles and chapter news

MARCH 15
Hygeia Day celebrated by presenting a professional program open to the public

MARCH 16-19
APhA Annual Meeting
Atlanta, Georgia

APRIL 1
Deadline for the payment of Alumni Dues

APRIL 30
Deadline for nominations for the following LKS awards:
Advisor Award, Vanguard, Distinguished Young Pharmacist

BLUE & GOLD TRIANGLE

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