



BLUE & GOLD TRIANGLE

LKS

FALL 2009

Lambda Kappa Sigma

"Promoting the Profession of Pharmacy Since 1913"



Thanks For
Joining us!

See You in
Pittsburgh!
AB

Photos from the Regional Meeting – Summer 2009 Hartford, Connecticut
(see related article pages 6-7)



**The Blue and Gold Triangle Of
Lambda Kappa Sigma**

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**LKS Grand President
Sharon Brown**

**The Pleasures – and
Pitfalls – of Luck**

Lambda Kappa Sigma is coming out of one of the most successful regional meetings we have ever had, thanks to the support of incredible alumni, eager and motivated collegiate chapters, and the participation of all the individuals who attended the meeting. The success of the meeting was the result of untold hours of planning, communicating, and preparing to meet the needs of all of our membership. Attending a professional meeting and leaving with a feeling of accomplishment and renewed pride and motivation isn't simply the result of "luck". It takes a lot of hard work on the part of many individuals to set the stage for success.

But what about those hard working organizations and individuals who never quite achieve success? Despite what they consider their best efforts and diligence, success eludes them. Or perhaps, they just aren't lucky enough to succeed.

It has been said that luck is when preparedness meets opportunity. Since the regional meeting, I have traveled for three professional events and have spent considerable time reflecting on success and the element of luck.

First, I attended the Pharmacy Purchasing Network conference in Las Vegas. As luck would have it, Patricia Kienle, LKS alumni member, Past Grand President, and a current member of the LKS Educational Trust, was a late addition to the speakers for the program. Not knowing she was there, I was lucky enough to cross paths with her. She was on her way to the program registration desk, I was on my way to the fitness center. She could have registered earlier, I could have worked out later...was it luck? Despite our mutually busy schedules, we were able to briefly discuss the Hartford meeting, and lay tentative plans for her participation in a CE program for the LKS convention in Pittsburgh.

While attending the Professional Fraternity Association meeting in Tampa, I met the marketing manager for another local hotel and mentioned to her that, as luck would have it, I would be staying in her property for another meeting later that month. On the evening of my arrival to her hotel to attend the Health Connect Partners meeting, I was pleasantly surprised when a tray of wine and cheese arrived at my room with a nice card from the marketing manager.

At the close of the HCP meeting, during an informal lunch, I sat at a table with a nice couple from St. Augustine. I mentioned that I would be in Pittsburgh the following summer, and I discovered that the woman I was speaking to, who is the director of pharmacy at a hospital in St. Augustine, is a Duquesne graduate who was a lost lamb – who is no longer lost!! She even mentioned that she had just recently noticed her member pin in her jewelry box and was wondering what to do with it! I recommended she wear it while she attended the convention in Pittsburgh.

I was lucky in each and every situation, and proud to represent LKS. But I have to wonder... what if for every lucky encounter, there are even more encounters that I miss, because I just don't catch the signals, don't recognize the opportunity? Reflecting on my recent experiences, I must say I believe luck IS where preparedness meets opportunity.

So my question to each of you is – do you want to get lucky?

Because luck is everywhere if you are prepared to meet your opportunities.

What opportunities? *Opportunities for recruitment.* Do you wear your letters on campus with pride? Do you discuss activities you have participated in with non-members? Do you have a bulletin board to post photos, awards, and recognitions for fellow students and faculty to see? *Opportunities for philanthropy and outreach.* There are SO many communities and individuals who suffer from our current economic downturn. Do you have time or talents that can be put to use to make a difference in your community? On your campus? Have you made plans to create an enduring and routinely conducted fund raiser for our philanthropy, Project HOPE? *Opportunities for leadership and integrity.* Do you wait for others to initiate a project, or do you see a need and take action? Do you lead by example? Do you embrace and act on the motto of *Esse Quam Videri? Opportunities for sisterhood.* Do you open your eyes – and hearts – to the good qualities in each of your members and potential new members? Do you find ways to allow their strengths to complement the combined skills and talents of your chapter? *Opportunities for scholarship.* Do you work together to balance school work, social activities, and professional projects? Are you and the members of your chapter truly engaged in scholarly activities? Do you support the LKS Educational Trust, and do you take advantage of the grants it offers?

Achievements in each of these areas – areas that are gaining recognition as Core Values – are not a coincidence. There is great pleasure in being prepared to take advantage of an opportunity when it presents itself. But you have to keep your eyes, your mind, and your heart open. The pitfall is in scurrying so fast through the routine required elements of your day that you never recognize and grasp the opportunity. It's rarely easy to convert opportunity to achievement. In fact, Thomas Edison said *"The reason a lot of people do not recognize opportunity is because it usually goes around wearing overalls, looking like hard work."* I know there is goodness, motivation, desire, and enthusiasm at the heart of each and every chapter, and each and every member of LKS. Look up every day, and open your arms to the opportunities that await you.

For an interesting perspective on opportunity, you might pick up a copy of *"Live 1000 Years, Have the Time of Your Life"* by Giovanni Livera – it's a very easy read. If you are musically inclined, take to heart the lyrics of *"If Today Was Your Last Day"* by Nickelback.

During the fall semester, I will be contacting each collegiate chapter once again, just keeping the lines of communication open. I will be most interested to hear about all the opportunities our members are prepared to take advantage of. I will also be in touch with alumni members to provide them with opportunities to engage in fraternity operations as we plan for our convention in Pittsburgh.

I hope each of you were able to celebrate Founder's Day with your chapter, or even a few close friends. How lucky we are that the visionary women who founded this fraternity took the opportunity to create a legacy of sisterhood and professionalism. Keep an eye out for information about LKS activities at ASHP and APhA in the coming months. And remember, the Grand Council works for you – let us know what we can do to improve your opportunities for success!

Fraternally yours,

Sharon C. Brown, MS, RPh
Grand President

Living With Autism: The Effects on Motherhood

by Marina Grgas, PharmD, Alpha Beta, and Suzanna Lopez Arnone, PharmD, Lambda

Pervasive developmental disorders (PDD), also known as Autism Spectrum Disorders (ASD), are disorders characterized by impaired social interactions and communication skills. These include Autism, Asperger's Syndrome, Rett Syndrome and Childhood Disintegrative Disorder. Autism affects 1 in 150 children today, more common than childhood cancers, juvenile diabetes and pediatric AIDS. According to the U.S. government, the prevalence of autism is increasing by 10-17% annually, which can be accounted for by improved diagnosis and environmental influences. Autism is more prevalent in boys, affecting 1 in 94 boys. Diagnostic criteria for autism include impairment in social interaction, impairment in communication and restricted repetitive and stereotyped patterns of behavior or interests (refer to the Diagnostic and Statistical Manual of Mental Disorders-Fourth Edition for full diagnostic criteria). The cause of autism has yet to be determined, although several hypotheses have been entertained, including impaired immune systems and childhood vaccinations. Treatment options for autism include various psychotherapies, behavioral therapies and medications. The only FDA approved medication for irritability associated with autistic disorder is Risperdal (risperidone).

Autism is a diagnosis that not only affects the child, but the entire family. Several studies have examined the psychosocial impacts of developmental disorders on the child and the family. Most studies focus on mothers, because despite other family members being caregivers, mothers still tend to have primary child care responsibilities, and thus, face many of the challenges associated with their child's disability. It is well established that mothers of children with special needs are at greater risk of experiencing more stress than mothers of typically developed children. Specifically, mothers of children with ASD have higher rates of anxiety and depressive symptoms, poorer coping skills and lower psychological well-being compared to mothers of children with Down syndrome, fragile X syndrome and cerebral palsy. In a study by Abbeduto et al., 33% of mothers with autistic children have clinical depression, compared to 18.2% and 10.3% of mothers of children with fragile X syndrome and Down syndrome, respectively. Psychological distress can be attributed to lower levels of social support, a greater social understanding and acceptance of other developmental disorders and a less optimistic view of their child's behaviors. Since ASD research is still early in its development and the future for autistic children is uncertain, parents are often left with tremendous amount of stress and worry. Secondly, autism is diagnosed based on behavior, not genetics, leaving parents concerned about the validity of the diagnosis. Also, with Down syndrome for example, the diagnosis is made soon after birth, allowing parents to begin adapting to their child's condition. In contrast, autistic symptoms present between 1-3 years of age. The needs of an autistic child are so great that parents often forget to take care of themselves. Parents do not allow themselves time to relax, cry or even think because taking care of a child with autism is overwhelming. Caring for a special needs child can interfere with married life, which is why divorce rates are higher among couples with autistic children. These stressors have a detrimental effect on a mother's physical and mental health. Therefore, mothers are the only individuals who can truly understand what it is like living with autism.

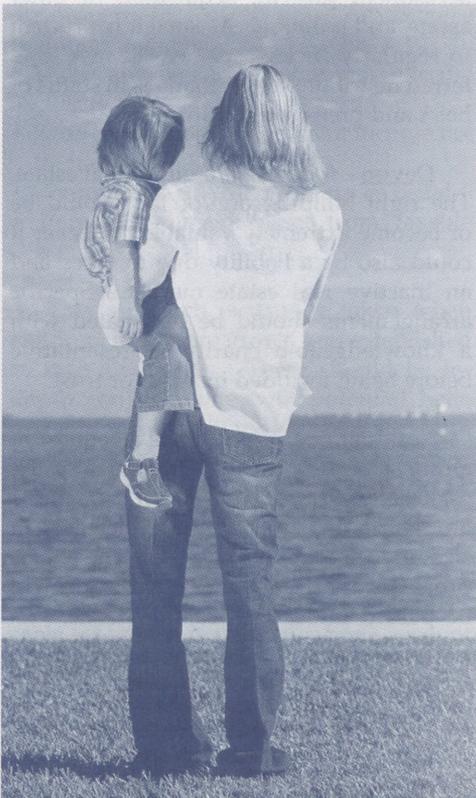
There is little to facilitate the preparation for parenthood yet alone raising a child with ASD. Upon diagnosis, there is an instantaneous sadness, a sense of loss, insecurity and discouraging prospect for the child's future. During this whirlwind of emotions, a mother is more susceptible to experiencing the grieving process, particularly, thoughts of anger, guilt, and denial. Guilt ensues as though the mother is somehow responsible for the child's condition. A mother may have many sleepless nights, crying spells and feel disconnected from the family including their spouse. They may also isolate themselves from other families with typical developing children and other social settings which may draw attention to their child and, may chose not to discuss the diagnosis, other than within the immediate family. These feelings and social isolation may be the precursors to a highly anxious and depressive state.

As a result of the uniqueness of each child, there are multiple interventions which parents must sort through. These may include special diets, nutritional supplementation, therapy (e.g., speech and language, occupational, physical, applied behavioral analysis) and other unconventional treatment. The countless physician visits and specialist assessments can take a toll on the family both financially and emotionally. Often times, health insurance companies will not provide coverage for autism-related care. The burden then becomes that of the parents.

Healthcare providers, including the pharmacy community, must respond to the needs of autistic children and their families by achieving a better understanding and promote awareness of their circumstances.

Please visit the following for additional information on autism-related resources: www.talkaboutcuringautism.org, www.autism-society.org, www.autismspeaks.org

Abbeduto L, Seltzer MM, Shattuck P, et al. Psychological well-being and coping in mothers of youths with autism, down syndrome, or fragile X syndrome. *American Journal of Mental Retardation*. 2004;109(3):237-254.





Meaningful Giving – A Seminar for Budding Philanthropists

Submitted by Avis J. Ericson, Pharm.D.,
Chair LKS Educational Trust Liaison Committee

Autumn is upon us. This is always a busy time for the Fraternity, the Educational Trust, Collegiate and Alumni Chapters, ourselves and our families. It is a time when we traditionally reflect on our good fortune and celebrate our respective national Thanksgiving Days. November 13th also encourages our generous spirit as the official National Philanthropy Day.

Within LKS we celebrate Founders Day and marvel at the determination of Ethel J. Heath and our eight founding members. If only they could see how LKS has grown in these 96 years! The LKS Educational Trust also celebrated its 34th birthday. On October 3, 1975 the formal agreements were executed that solidified the dream of perpetuating the funding of educational grants, research, and other educational pursuits. Hundreds of LKS members have benefited from this Trust and its Grants program; hundreds more will benefit in the future as the Trust grows.

Every year, the LKS Educational Trust solicits your donations to help fund and grow the financial base that allows grants to increase in number and amount. Alumni who donate are motivated by generosity, belief in the importance of pharmacy education, a desire to help ease the financial burden, and, quite often, in recognition of the grant they received years earlier. Collegiates also support this program with similar convictions through chapter and individual gifts knowing that they are helping themselves and fellow members achieve goals. These are truly "gifts that keep on giving".

The dollars that began the Trust and allow it to fund its grants – and help it to grow – have come from LKS members in amounts both modest and generous. Some have come in response to the yearly Trust appeal, others from spontaneous acts of unselfish charity. Most donors are very consistent in their response because they have elevated the Trust to their "Charity of Choice".

If you were at the Regional Meeting in Hartford, you may have attended a special seminar sponsored by the Trust: "Meaningful Giving – A Seminar for Budding Philanthropists", presented by Alan E. Adams. This session attempted to put a framework around individual philanthropy and also demonstrate several unique methods to expand your generos-

ity. For those who attended, here is a reminder of key issues; for those unable to attend, here is a synopsis of the event.

What is Planned Giving?

Historically, the term "planned giving" has been reserved for charitable gifts with some element of deferment. In practice the term can be applied to any charitable gift that requires the donor's thoughtful reflection about the gift's timing, amount, purpose or method. A more narrow definition would say that this is a giving process that requires professional planning assistance. Typically the gift is planned during the donor's lifetime and becomes available to the charity at a future date such as upon the death of the donor or their survivor, or on a specific date.

It is obvious that some charitable giving really doesn't require much forethought: coins tossed into the Red Kettle, the purchase of Girl Scout Cookies, a church collection plate, a gift to the March of Dimes, sponsoring a walk or run to benefit one health-related cause or another. Other causes, particularly annual fund campaigns, can turn into virtually "giving by rote". But should they? And what about capital campaigns? Will my support help make a difference? Is the gift revocable or irrevocable? Here is some food for thought before writing that check.

Basic Questions to Consider

- Is this organization's mission something in which I truly believe?
- If this appeal benefits a general fund, how much goes to a charitable purpose?
- How important is my support of operations?
- Do I have the option to specify the use of my gift?
- Do I have a choice of assets to apply?
- Is the timing flexible?
- How will my gift be recognized?
- Other

Structured Gift Planning Techniques

These include six main possibilities each with advantages, disadvantages, and variations peculiar to the type.

1. Gifts by Will or Trust
2. Retained Life Estate Gift
3. Bank Account in Trust
4. Giving through Life Insurance
5. Charitable Gift Annuity

6. Charitable Lead Trust

Gifts by Will or Trust

Bequests and trust distributions are the most common and flexible form of estate planning. Listed below are several ways in which they can be accomplished:

Specific Bequest – The bequest of a specific item which is distinguishable from all other items, for example, "my collection of mortars and pestles" "my oriental rug," "1,000 shares of General Electric Stock". An advantage of this type is that during the estate's distribution, specific bequests are satisfied first.

General Bequest - A bequest of property that is similar to other items of the same kind, usually cash. When a will or trust is distributed, general bequests are satisfied second. When there is not sufficient cash to meet the general bequests, some or all of the estate's remainder may be sold to raise the necessary cash.

A specific bequest to your "Charity of Choice" is more likely to be beneficial than a general bequest depending on the assets available. It is also important to note that the exact size of an estate is always in flux depending on the real estate market, investment growth, acquisition of other assets, and inflation. As such it is prudent to regularly review "net worth" v/v preferred distribution and changes in status of heirs and preferred charities.

Devise - A devise is a gift of real estate. The right building and/or land could be or become extremely valuable; however it could also be a liability due to taxes and an inactive real estate market. Specific arrangements should be negotiated with a knowledgeable charity representative before being included in a will or trust.

Residual Bequest – This is a bequest of all, or a portion, of the remainder of the estate after specific and general bequests are distributed. If the estate increases in size after execution of the will, the excess property, appreciation, or other assets will be passed under the residue clause. As such, the charity could see a substantial increase over what was originally expected.

Meaningful Giving (Continued)

Contingent Bequest – This is a bequest which takes effect only if the primary intention cannot be met or if the original beneficiary predeceases the donor. This might be the establishment of a scholarship program with specific intent or instructions which the beneficiary is unable or unwilling to satisfy. Such details are best negotiated while the donor is able to participate in making needed changes. If the LKS Educational Trust is a beneficiary, it is comforting to know that it will continue to exist beyond our own mortal years.

Percentage Bequest – This method relies on establishing percentages (5%, 10%, 50%, etc.) of the assets or the residue of assets. Under such a bequest, it is reasonably assured that the charity will receive some amount, regardless of the estate's size.

Charities can be named in several bequest categories depending on donor wishes. For example, one might make a specific and general bequest of items or dollars and then also include the group as a receiver of "residuals".

Retained Life Estate Gift

An increasingly popular estate planning device is a gift of real estate with a retained life interest. Simply put, a donor can contribute a personal residence (second home or vacation home will qualify) to the charity and continue to occupy or use the property for their lifetime. Advantages to donor include:

- Makes an irrevocable commitment to the charity
- Receives a significant current income tax deduction
- Continues to use the property as usual
- Removes a major asset from taxable estate.

This approach is usually taken when children, if any, are grown and established in their own lives. There should be in-depth conversations with potential heirs to avoid misunderstandings and also with the charity's officers to reach clear understanding as to how the property is to be used after the donor's death.

Bank Account in Trust

An uncomplicated way to make a revocable estate gift is to open a bank account in trust for the desired charity. The person who opens the account has the right to close the account and may use the pro-

ceeds for themselves. The donor can also, from time to time, add to, or withdraw from, the account. All income earned by the trust account belongs to the donor and is taxable. Any amount remaining in the account at the time of the donor's death automatically goes to the charity.

There is no administrative red tape and the arrangement is exempt from probate. For the person who wants to make a charitable gift at death but does not want to change a will, the bank trust account may be a very good answer.

Giving through Life Insurance

The house is paid off. The kids are out of college and doing well. The IRAs will cover the future. That life insurance policy in the drawer is not nearly as important as it was when you bought it. An untold number of potential charitable gifts of insurance lie languishing in desk drawers throughout the country.

There are several ways to put an obsolete insurance policy to work. Some examples are:

- Simply name the charity as designated beneficiary (no tax deduction possible)
- Receive a tax deduction by making the charity the beneficiary and owner.
- If the policy is not paid up, the donor can enjoy a tax deduction if they continue to pay premiums either directly to the insurance company or through the charity.

There may be some complexities in establishing the value of certain insurance gifts; therefore it is always advisable to consult your financial or insurance advisor.

The final two methods are charitable giving devices for people who want to explore a different approach to estate planning. They typically require the services of a knowledgeable and qualified advisor or financial planner along with advance planning in conjunction with the charity.

Charitable Gift Annuity - An Income Stream for Life

- The donor transfers money or securities to a qualifying charity. In exchange the charitable organization issues a contract obligating it to pay a fixed amount annually to the donor (and a survivor, if desired) for life. The amount paid is determined by the annuitant(s)' age

at the time of the gift. (Minimum age requirements may apply.)

- The donor receives a tax deduction for the amount transferred. In addition, a large portion of each annuity payment is tax-free for several years. The tax-free amount is also determined by the annuitant(s)' age.
- When the annuity is for two lives the rate of return is slightly lower than for a single life because the payment period is longer.
- Once made, the agreement is irrevocable; the gifted amount cannot be increased. However, there is no limit to the number of additional contracts that can be issued.

Charitable Lead Trust

Most of us have a general idea of how Charitable Remainder Trusts operate:

- A donor establishes a trust and funds it with an irrevocable gift;
- The donor enjoys a substantial tax deduction;
- The donor receives a stream of income from the trust, usually for life;
- Upon the donor's death the trust's remainder goes to one or more designated charities.

Here is one that is just the opposite; it's called a Charitable Lead Trust. Here's how it works:

- A donor establishes a trust and funds it with securities, cash, insurance, or other assets;
- The donor receives a substantial tax deduction;
- The donor names a charity – or multiple charities - to benefit from the trust;
- The charity receives an income stream for a fixed time,
- When the fixed period ends the original gift goes back to the donor or heirs.

How's that for a new approach to a familiar theme?

Since there are many variables to be considered those interested in learning more should consult their financial planner or let any of the LKS Educational Trust's officers know of their interest. Members of the Trust Liaison Committee can be reached through the TLC Chair, Avis J. Ericson, Pharm.D. or the LKS International Office.

The Hart and Soul of Lambda Kappa Sigma...

By: Jennifer Rhodes R.Ph., MBA, Rho, Past Grand President

If you attended this year's Regional Meeting and were asked to describe the meeting in just one word, what would it be? For me, that word is *commitment*. This commitment to Lambda Kappa Sigma and to each other resonated through every meeting and every conversation in Hartford, Connecticut.

Commitment in Numbers

With the largest attendance ever achieved for any LKS meeting, over 160 members participated in what can be described as a stellar program produced by the Alpha Beta collegiate chapter, the Grand Council, and the International Office. The attendees represented 23 collegiate chapters, 5 alumni chapters, and 12 other initiated chapter origins (those alumni members without a current alumni chapter affiliation, whom we lovingly refer to as "alumni at large" – hey, that's me).

Commitment in Recruiting Members: Recruitment Boot Camp

While the Regional Meeting did not begin until Friday afternoon, more than 60 collegiate chapter officers and members arrived by Wednesday afternoon to participate in a Recruitment Boot Camp (RBC). Developed and facilitated by CAMPUSPEAK, this program is an intensive course intended to assist chapters in recruiting the best members. The program took concepts from tried and true methods and was personalized for LKS.

Continuing on the theme introduced at the 2008 Biennial Convention in Savannah, participants from 21 chapters spent Wednesday evening through midday Friday exploring the meaning, benefits, and responsibilities of fraternal membership. They networked, played games, and worked to solve problems. The concept of individual chapter identity while being a member of a larger organization was explored.

All the RBC activities culminated in plans for this year's recruitment efforts on the college campuses. These plans were tied to the identity of the international fraternity and tailored to the needs of the individual chapter. These chapter recruitment plans will be utilized by the chapters during their 2009-2010 recruitment events.

Working alongside the CAMPUSPEAK representatives were 4 dedicated alumni

members of LKS: Marina Grgas, Kathy Huff, Dixie Leikach, and Christine Perry. These ladies assisted with the facilitation of the program and, as key members of LKS, will undoubtedly use the skills learned to benefit local collegiate chapters in the future.

Many alumni members helped financially to sponsor this program. Near the end of the program, each collegiate participant took part in writing thank you notes to these alumni for their financial support. I must say, I truly appreciated receiving a hand-written note for the support I provided!

Commitment to Life-Long Friendships: Alumni-Only Outing!

On Thursday evening, all alumni not busy with RBC were invited to Storrs, CT, for a tour of the University of Connecticut School of Pharmacy. Dinner at the home of Robin Bogner followed. Robin designed and oversaw the construction of her new home, and it was a treat to see it in person! Conversations flowed from vacations; kids; students; successes; set-backs; service on Grand Council (past, present and future); recollections of LKS Educational Trust efforts. It was a great night to enjoy each other's company. Thank you, Robin, for being the *alumni* "hostess with the mostest"!

Commitment to Life-Long Learning: Pharmacy Continuing Education

As RBC continued on Friday morning, the general meeting attendees enjoyed time to reconnect and learn a few things along the way. Robert Rapp, PharmD, FCCP, presented a continuing education program entitled "Therapeutic Challenges in the Therapeutic Management of MRSA". He challenged each of us to take an active role in infectious disease prevention in our workplace and home through simple steps. Dr. Rapp also highlighted professional opportunities for students and practicing pharmacists regarding communicable disease prevention, such as membership on Infection Control or Infectious Disease committees in a hospital or health system.

Commitment to Society: The Philanthropist Next Door

Philanthropy opportunities were presented by our good friend Alan Adams.

He gave us insight into how each of us as individuals can become a philanthropist. We may not see ourselves able to give to the extent of a Bill Gates, yet every choice for giving identifies us, as we are described through our actions. Alan offered ways that, with a little planning, we could achieve our goals for giving of our treasures and talents.

Commitment to the LKS Strategic Organizational Plan

With RBC over, all meeting attendees were finally together, at the opening luncheon! Grand President Sharon Brown welcomed everyone. She was joined by the *collegiate* "hostess with the mostest" Justine Dickson, Alpha Beta collegiate chapter meeting coordinator. While the meeting was just getting started, we knew that we were in for a treat, from all the effort she and the entire Alpha Beta chapter had shown in just the first few hours of the meeting.

Sharon introduced a proposed brand platform for LKS. The brand platform concept was approved by Grand Council to be presented to the convention body in 2010 for official adoption by the fraternity. Sharon explained that the brand platform provides additional structure to our thought process regarding the identity of LKS for each member, advisor, officer, and chapter, and also to those who are just becoming familiar with our fraternity. It provides additional focus toward, and understanding of, the fraternity's Strategic Organizational Plan. Sharon encouraged everyone to actively read it and to consider the message imparted in the following words: "*Lambda Kappa Sigma is dedicated to the advancement of women in the profession of pharmacy*" ... "*Lambda Kappa Sigma is the organization of choice for women in pharmacy*" ... "*Sisterhood, Integrity, Leadership, Scholarship, Philanthropy, Outreach*" ... "*Shaping the professionals of pharmacy*"

Commitment to Networking

The opening lunch was followed by separate collegiate and alumni programs. While the collegiate members shared their chapters' triumphs, challenges, and ideas through posters and conversation, the alumni caught up on personal events and then did some planning for the future. It's funny how the alumni never get too far from the topic of Centennial Celebration these days!

The Hart and Soul (Continued)

Friday evening's scheduled events concluded with a dinner cruise on the Connecticut River, aboard the Lady Katharine, named for Katharine Hepburn – did you know she was born in Hartford? The word *elegance* appropriately described this soiree! There were surprises for some of the chapters, as Sharon Brown presented special recognition awards to chapters for notable efforts during the first year of this biennium.

Newly installed Alpha Chi collegiate chapter, at the Northeastern Ohio Universities Colleges of Medicine and Pharmacy, received its charter. Four members were in attendance to accept this acknowledgment. In addition, the Alpha Rho alumni chapter was officially presented with its charter.

Commitment to Scholarship: Educational Trust Breakfast

On Saturday morning, Avis Ericson, Trust Liaison Committee (TLC) Chairperson, presided over a breakfast celebrating our commitment to scholarship. Other committee members in attendance were Gloria Bernstein, Ruth Brown, Donna Dancer, Neil Leikach, and Christine Perry. Avis spoke to the Educational Trust's long history of providing educational grants to worthy LKS members. Past educational grant winners in attendance were recognized, offering further testament to the quality practitioners that have received support provided by our Trust donations and the work of the TLC.

Commitment to Women's Health

A CE program entitled "Prevention, Diagnosis, and Treatment of Cardiovascular Disease in Women" ushered in our commitment to consider changes in our personal and professional practices regarding staying "heart-healthy". Judith Kristeller, PharmD, BCPS, discussed ways that we, as pharmacists and pharmacy students, can impact our personal and our patients' lives regarding the risks of cardiovascular disease. Life changes and medications were discussed.

Commitment to Each Other and the Future

In a joint alumni/collegiate program, selected alumni members teamed up to facilitate round-table discussions on a variety of life choice topics: "When I Grow Up", "Coping with a Move", "Married Life", "Motherhood", "Full Plate", "Staying

Active", and "Unbeaten Path". Collegiate members had opportunities to glean pearls of wisdom from alumni who either had experienced or are currently living one of these topics.

Commitment to Leadership - Award Luncheon

Also on Saturday, Awards Committee member Sandy Mullen presided over the Awards Luncheon that spotlighted the three awards bestowed on worthy alumni members this year.

First, Carrie Molesa was selected as the 2009 Distinguished Young Pharmacist. Carrie was nominated for this award by a previous award winner, Creaque Charles, and introduced at the luncheon by LuShawna Lawson. Carrie was unable to be with us, and we all sent her our best wishes.

Next, Ginger Scott received the 2009 Advisor Award, for her work as the faculty advisor of the Alpha Omicron chapter at the University of West Virginia. She was introduced by Alpha Omicron collegiate chapter president Stephanie Field. Ginger shared with the luncheon attendees her career path and her great joy in this recognition, and credited her mother (who was also in attendance) for much of her dedication to mentoring the members of Alpha Omicron collegiate chapter.

Finally, Robin Bogner was introduced as the 2009 Merck Vanguard Leadership Award recipient. Nominated by Marilyn Harris for personifying a pharmacy leader through her active roles as an educator, researcher, active alumni member, Robin was introduced at the luncheon by Alpha Beta collegiate member Justine Dickson. Robin took a few moments to impart on the group her thoughts about leadership and her chosen career path in pharmaceutical research and academia.

Following the luncheon, Shannon Skousgaard, Ph.D., presented the meeting's keynote address. As a teacher and consultant on the topics of leadership and ethics, Dr. Skousgaard engaged the audience by stressing the ethical responsibility each of us has as a member of society, as a professional, and likewise the responsibilities placed on organizations such as LKS. Although lunch was over, Dr. Skousgaard's presentation resulted in more "food for thought" for those in attendance.

Commitment to Fun: Blue and Gold Dinner

An evening of celebration was at hand,

as meeting attendees sported LKS attire at what has become an annual tradition: The Blue and Gold Dinner. Complete with a DJ, the buffet dinner provided an informal way for the group to unwind on this last night in Hartford. Grand Vice President for Collegiates Elicia Fauvel served as our MC for the evening. The Regional Supervisors presided over "Lamb Feud", where groups of LKS members competed in a "Family Feud"-style game where the questions were LKS-specific. In the end, the winners were representative from the Central Region, but truly the winners were all of us!

Many chapters showed off talents in skits and song, and a group picture was taken before the evening culminated in more dancing to music provided by the DJ.

Commitment to the Future: See you in Pittsburgh!

On Sunday morning, as people prepared to return home, a continental breakfast offered time for additional connections as we bade farewell until our next meeting. During breakfast, attendees were treated to a slide show presentation of many of the meeting's activities.

Alpha Beta collegiate chapter rocked our world, if only for a weekend, and the 2009 Regional Meeting will be remembered for a long time to come! You will not want to miss our next meeting, in Pittsburgh, Pennsylvania, next summer. The members of Delta collegiate, Tau collegiate, and Tau alumni chapters look forward to showing us a great time at the 2010 Biennial Convention!

Commitment to Sleep?

According to many studies, we should spend approximately one-third of our life sleeping, as it regenerates our bodies and minds for the work ahead. So, what about a commitment to sleep? Well, this reporter is not certain that anyone got close to even 7 hours of sleep each night while in Hartford. With the excitement of seeing people for the first time in months or years, making new LKS friends from all parts of the United States, and the opportunity to hang out in the Hospitality suite that was in full swing every evening with games, movies and snacks, I would guess that many people caught up on sleep on the airplane, as I did on my way back home.

ALPHA



Greetings from the sisters of Alpha Chapter from the Massachusetts College of Pharmacy and Health Sciences! The ladies are back for another productive and fun filled school year! This summer, 25 sisters attended our Regional Meeting in Hartford, CT. We met many amazing sisters from around the nation and had numerous networking opportunities with Lambs in various sectors of the pharmacy field. This was a great opportunity to learn new fundraising, member recruitment and chapter improvement techniques. We were also the proud recipients of the Sisterhood Award!

In September we kicked off the school year lending a helping hand by being part of "Welcome Week" and participating in move-in day. As a reward for all our hard work moving in new students, we got to see the Blue Man Group perform at The Charles Playhouse! The show was really fun and provided a good opportunity to mingle with new students. Treating our hardworking faculty, we held a Welcome Back Faculty Luncheon on September 8th.

To begin our recruitment process, Alpha Chapter participated in the annual MCPHS activities fair. Our booth featured a variety of activities, one of them being City of Boston trivia with the opportunity to win fun prizes! We also had a sign up list for interested students to receive more information about recruitment. To get to know potential new members, we toured Quincy Market with incoming students and held a Welcome Back BBQ as well as a "Mocktail" Party, we had a great turnout at all events and are looking forward to a successful recruitment this year!

This fall, Alpha Chapter is supporting the Leukemia and Lymphoma Society by fundraising. To help raise awareness, the sisters will be participating in Light the Night Walk hosted by the society on October 15th. We have been very successful in fundraising towards a cure and are currently way past our goal! Good job, Alpha! Also, on October 11th, 20 sisters attended the "Making Strides for Breast Cancer" Walk in which we collaborated with Alpha Rho Chapter from Northeastern University.

Alpha Chapter is counting the days till our annual Halloween party on October 30th, held with other fraternities in IFC! The party will celebrate the end of our annual Greek Week, during which Lambda Kappa Sigma will compete with other fraternities on campus in physical and mental challenges, such as the dodge ball tournament, pie eating, trivia with faculty, what not to wear fashion show, among many others! We will be raising money towards Project HOPE in the process.

As you can see, we are very busy Lambs this semester! We wish everyone a healthy and productive school year and a joyful holiday season.

DELTA



It is only a few weeks into school and the sisters of the Delta Chapter already have a full schedule of events for the fall semester. In early September, APhA-ASP held a back to school picnic/activities fair, and LKS hosted the "Survivor Challenge" where teams of sisters, students, and faculty, including the Dean of the School, participated in three competitions testing their strength, speed and teamwork. The event was a great success since the sisters were able to meet the new students and to build camaraderie among the various organizations of the University of Pittsburgh School of Pharmacy.

Our officers planned a variety of informational and social events for the recruitment period to introduce prospective members to our fraternity. We held 4 recruitment events: a free pizza lunch with the sisters, the LKS/PDC barbeque, a luau themed ice cream party, and a movie night. Due to the phenomenal efforts of our recruitment co-chairs, the Delta Chapter would like to welcome the twelve new members to LKS!

In addition to the recruitment events, the sisters organized various service projects, which kicked off with the Project Hope bake sale held on Wednesday, September 16th. The event was a huge success with generous donations from the School, and we will be continuing our monthly bake sales to benefit the worthy cause. Also, the sisters focused on the importance of clean communities by participating in the "Adopt-a-block" program in Oakland. In addition to bringing awareness to Breast Cancer Awareness Month by wearing pink every Friday during the month of October, LKS sold pink ribbon pins to students, faculty and staff to benefit the Susan G. Komen Breast Cancer Foundation. Lastly, the Delta Chapter is getting involved with the Greater Pittsburgh Community Food Bank to help gather food and funds and to volunteer at soup kitchens to feed Pittsburgh families.

In more news, we, the Delta Chapter, are looking forward to co-hosting next year's LKS biennial Convention in Pittsburgh with Tau Chapter of Duquesne! We will be working hard to make the convention a memorable experience and to introduce the sisters to our amazing city.

EPSILON



Hello, everyone. My name is Justin Constantino and I am the president of the Epsilon Chapter here in Maryland. Together

with my treasurer, Jake Wesley, and vice president, Amber Todd, we started off this fall semester as the only three active Lambs on this campus. Going into our school's Fraternity Rush Kick-off, the three of us would occasionally hear from our colleagues and nay-sayers that our chapter was going to die off this year because we simply didn't have enough members. Little did they know that what we currently lacked in quantity, we made up for in copious amounts of quality. We set up two new rush events, the LKS Picnic and the LKS Dance-off, and once the smoke cleared and all was said and done, we had more than 20 new members ready to join the cause to promote women in the field of pharmacy. A new era in the Epsilon Chapter has begun.

Currently, our members are making their presence known on campus. One of our new members single handedly organized a CV/Resume Workshop with Phi Lambda Sigma Leadership Society for students on campus to attend. Our vice president is organizing a holiday gift drive, aka the LKS Holiday Bonanza, in which we'll be preparing little gift bundles for less fortunate families around the area. A few of us donated money and participated in the Step Out diabetes walk held in Washington, DC by the American Diabetes Association. Don't think that we've forgot about baking! We'll be throwing a Halloween party in which we'll be selling baked goods to raise money for our organization and we will also work with the student section of the Maryland Public Health Association to help raise money that will go towards AIDS research by selling more of our famous baked goods.

With the majority of the school year ahead of us, we're all really excited to see where the Epsilon Chapter will go and how we'll develop. We would like to give a special thanks to Phi Delta Chi and Kappa Psi for helping us during the rush process. I am confident that our chapter will continue to be successful and I am truly proud to be president of this incredible group. To all the other chapters out there, good luck with the fall semester and be on the look-out for our holiday postcards!

LAMBDA

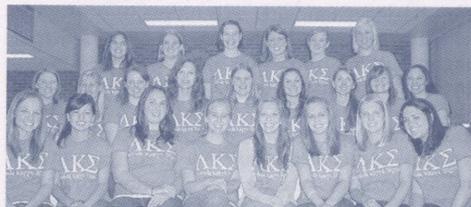


The Lambda chapter has found itself with a mixed blessing of recruiting more new members than active members. This will lead to an interesting dynamic as we look to foster big/little sibling relationships and move forward with the orientation of this year's new members. Thanks primarily to an enthusiastic executive board and our vocal actives, we look forward to this challenge and feel we are up to the task. In addition, we are endeavoring to reconnect with our alumni. We hope to re-activate our alumni chapter. Our Facebook group (Lambda Kappa Sigma at USC) is expanding and we are using it as a method of announcing our events to alumni and our actives away on rotations. Unlike previous years, we've had an excellent turn-out of our otherwise invisible fourth years who have been so supportive of our recruitment events this year. We are also trying to use some

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of the advice received at Recruitment Bootcamp to enhance our recruitment for next year. We currently have three events that will be open to non-LKS students in an effort to show non-fraternity affiliated students some of the benefits of membership and to get them excited about joining us next year.

NU



Nu Chapter at Drake University has had a very busy start to the year. We began the year by selling our wooden "Forever Roses," during the White Coat Ceremony which raised money for Project HOPE. Recruitment was a huge success! On November 20th we will be initiating 29 new members. We have participated in a Diabetes Walk, Susan G. Komen Race for the Cure, and are planning on participating in the Living History Farms Race (LHF Race). The LHF Race, a fundraiser for the museum itself, is a 7-mile cross-country race through fields and streams and over hay-bales where people dress up in costumes. We are going to dress up as lambs and be lead through the treacherous terrain by a Little Bo Peep.

To celebrate Founder's Day, we had a local pharmacist come in and give a presentation and hold a round-table discussion on "Raising a Family While Being a Pharmacist", where we had over 150 people attend. In addition, we are going to be having our members on rotations come in and hold round-table discussions regarding the pros and cons of their experiences. In addition, we hold LKS Study Tables every Wednesday, various dinners for members, and are getting excited to celebrate the Sunrise Ceremony. Our members are excited to be back and we wish everyone an awesome year!!

XI



Greetings, Sisters, from Kingston, Rhode Island! After an exciting regional meeting in Hartford this summer, the Xi delegates presented the rest of the chapter with the President's Choice Award for Philanthropy at the first meeting. With lots of enthusiasm, the sisters wasted no time in discussing goals, forming committees, and planning events for the semester.

September was kicked off with a couple of fund-raising events that included a bake sale in our pharmacy building and a Yankee Candle sale. Several community service and philanthropic events also followed, such as volunteering at the Rhode Island Kidney Walk in the pouring rain, and hosting a successful "Wii Bowl-A-Thon" to raise money for the Ronald

McDonald House in Providence, RI. As for health awareness, Xi sisters coordinated a booth in the campus Union, and educated university students about ovarian cancer.

For October, the Xi sisters are working on a goal of raising over \$3000 for the "Making Strides Against Breast Cancer" walk that is just around the corner. The professional committee designed pink shirts for sisters and pharmacy students to wear in support of our efforts, and they were huge hit! Wearing LKS colors, Xi also just celebrated Founder's Day with the traditional ceremony along with pizza and cake!

In addition, Xi's recruitment efforts have been successful. There has been a lot of attendance amongst sisters and interested individuals at events including a sister-hosted spaghetti dinner, ice cream night, and at URI's homecoming rally. About 40 girls are very eager to join our chapter! The chapter plans on keeping just as busy as the semester progresses. With upcoming events such as a haunted hayride, leadership workshop, initiation, Thanksgiving food drive, and our annual winter formal with Kappa Psi, there is a lot keeping us in Xi very engaged!

OMICRON



The Omicron chapter has had a great start to the year. We kicked off the recruitment process by a "pizza with the Lambs" party, where potential new members were invited to have pizza, meet current LKS members, and receive some general information regarding the fraternity. We currently have 13 potential new members (PNMs). The chapter hosted its annual pink week where all members and PNMs were encouraged to wear pink. This drew attention to Breast Cancer Awareness month. During Pink week two fundraisers were conducted, a "jeans in lab" day (professional dress is usually required) and a pink week bake sale. Overall the chapter raised \$332. All of the proceeds will be donated to the Susan G. Komen Foundation for breast cancer research. LKS members also teamed up with the current P1 class and participated in the American Cancer Society's 2009 Making Strides Against Breast Cancer walk on Saturday October 11th, held on Belle Isle.

There are two major events coming up for the Omicron chapter. To support the core values of leadership, community service, and sisterhood we developed a PNM project. LKS members will be creating Halloween baskets to be given out at the local Children's Hospital. Instead of candy, the baskets will have activities such as games, coloring books, cards, etc. The PNM are in charge of running the event. This activity allows the PNMs to understand what being a member of Lambda Kappa Sigma entails. The other major event of the semester will also be in October. We are hosting a Dress for Success event for the Eugene Applebaum College of Pharmacy and Health Sciences. The event will include a fashion show of dos and don'ts of proper profes-

sional dress in the workplace. The faculty will be modeling the fashion faux pas and the students will be modeling the appropriate attire. Along with the professional event the chapter will be collecting gently used professional clothing once a week for about a month and will be making a donation to a local organization that provides professional attire to disadvantaged Detroit citizens. To wrap up the Dress for Success event we are having an etiquette dinner in late November or early December. During the dinner a professional will teach all the participants the proper way to eat a meal, focusing on how to behave during a lunch or dinner interview.

Everyone within the Omicron chapter is very excited about our upcoming events. We are looking forward to initiating the new LKS members into our chapter in January. We have had a very successful start to the new school year and hope the forward momentum continues. We are always looking for ways to build on our core values and develop our chapter.

PI



Greetings from Pi Chapter! As the school year begins with rigorous course schedules and exams, we have completed several projects thus far and have many more planned for the remaining year.

We have had a very successful fall semester so far! We started off by holding a series of bake sale fundraisers the first week of school, as we are recognized for our famous Oreo truffles. Besides bake sales, we also organized some recruitment events that not only promoted sister bonding but also allowed prospective orientees get to know the sisters much better. Some of these events included fondue night, pizza and games night, and arts and crafts night. While we are in the process of recruiting 5 new orientees, we have participated in several other events such as the Susan G. Komen Breast Cancer walk in Jackson, NJ. In addition, we have attended a sister dining etiquette dinner, which not only provided us with good food, but taught us to practice good dining etiquette skills. Also, together, we attended a yoga class together to de-stress from studying. A good time was had by all!

While we have been busy organizing those past events, we are still sure to look into the future to ensure that we are continuously promoting LKS and women in the profession of pharmacy for the rest of the semester. Among one of our top priorities this semester is our professional rotation roundtable event, by which several alumni sisters will share their experiences on rotation and/or experiences after graduation. They will provide advice on how to choose the rotations that best suit each individual and how to develop your resume to attain that ulti-

mate dream job of ours. In the meantime, we will be completing additional fundraising by selling very cute, pharmacy-related coffee thermals. Additionally, we will be co-sponsoring a volleyball tournament with the Women's Health Professions Foundation. All proceeds will go to Robert Wood Johnson Hospital. Among other service projects planned that include the Big Chill Walk which is a 5K run/walk that collects toys for the Red Cross and Salvation Army among other local charities to provide children in need with gifts for the holiday season, we are sure to make time for some relaxation and fun in between. We have an ice skating and dinner social get-together in NYC planned with Alpha Pi Chapter and Alpha Eta Chapter as it becomes a little colder. Later in the semester, we are also meeting up with our distinguished alumni for a night out in the town and dinner.

The sisters of Pi Chapter are looking forward to a prosperous and fun semester. Warmest wishes to our lovely fellow Lambs from Pi Chapter!

TAU



Hello from Pittsburgh, PA. Our chapter has already been busy with a multitude of pharmacy events as well as social excursions this year. We have inducted thirteen new members this semester, and our spring 2009 new member class has already stepped up to take leadership roles.

To jumpstart the year we went to see the Rascal Flatts concert, a night filled with fun and sister bonding! Even though it was tough having to start school, being able to see all the sisters together again after a long summer makes it all worth it. We participated in the JDRF walk this year, helping the Pharmacy school raise almost seven thousand dollars. LKS made a donation through a breakfast bake sale that raised ninety-two dollars.

We participated in the Pharmacy school carnival with a limbo game, and entered a delicious chili into the heartburn chili cook-off at the same event. Our girls worked hard over the month of September to put together a skit for the school's annual Carnival show. We were paired with the Knights of Columbus and together we produced a show that parodied the Brady Bunch. During Carnival we were able to raise around three hundred dollars through a funnel cake and pepperoni roll sale.

Two trips to the soup kitchen are in the near future as well as a trip to a women's homeless shelter to have a night of nail painting. Our girls will be able to go to local high schools to discuss the position of a pharmacist in the community with the presentation "What is a Pharmacist." Many of the high schools are excited to have us back again this year. We made blankets for the local hospital; these will be distributed to the premature babies to help support the parents in their tough time.

Our chapter had an exciting tour of Pittsburgh on bicycles in September and will later tour Pittsburgh's art with the ballet "Jekyll and Hyde." We are looking forward to seeing everyone in Pittsburgh for Convention 2010.

PHI



The women of the Phi Chapter just completed a successful recruitment and are excited about the 19 new members joining our sisterhood. We recently welcomed our regional supervisor to campus in September, and concluded a successful "I <3 BU" t-shirt fundraiser open to all Butler students. Other upcoming fundraisers include selling concessions at a basketball game, preparing a meal for the families at our local Ronald McDonald House at Riley Children's Hospital in Indianapolis, and our annual T-shirts for Haiti Drive. We are also still looking forward to sister bonding outings like a pottery night and winter holiday party.

CHI



The Lambs of the Chi Chapter finished off the school year with one of our favorite events, a Bingo night at the Hearthstone, a local retirement center. We baked goodies, hosted bingo and enjoyed some great company for the evening. This event is always a huge success -- not only do we get to engage in a fun evening, but these residents have a lot to offer to us, as well. Getting to know these members of our community is always a very enriching experience.

Over the summer our members got together for a tour of the Theo Chocolate Factory. It is one of the only organic, fair trade, bean-to-bar chocolate factories in the United States. This event was a lot of fun -- we learned a lot about where chocolate comes from, how it is made and about fair trade AND we got to enjoy quite a few samples!

We were happy to send one of our members to the Recruitment Boot Camp and he came back with some great ideas! We are currently in the process of making blue and gold LKS sweat-shirts for our members in an effort to brand our organization as well as to promote unity. Our officers have spent a lot of time planning some great events this summer and we are excited to kick off the upcoming academic year.

October is going to be a busy month for us. On the first of October we hosted a joint event with Kappa Psi at a local Mariners baseball game. The event was a huge success as many members and prospective members of both organizations mingled together and enjoyed one

of the last Mariners games of the season. As a school, we have been striving to promote activities where various groups in pharmacy can come together for a common cause. We will be participating in another such event in the middle of the month -- the Lambs of LKS will be competing against other University of Washington School of Pharmacy organizations in a trivia competition, in which the proceeds go towards textbooks for pharmacy students in Ethiopia.

Throughout October we are also participating in national Breast Cancer Awareness month by creating pink ribbon pins and treat bags to sell to our university community. Encouraging students to wear the pins on their lab coats while at work or on backpacks while at school will promote awareness; we are also donating our profits to the Susan G. Komen For the Cure. We will close out October with our annual Trick-or-Treat for Canned Food to benefit Northwest Harvest and then get ready for initiation in November!

We look forward to working together as a professional fraternity to promote integrity, leadership, scholarship, philanthropy and outreach. There are many interested prospective members this year and we are excited to grow, to make new friends and to make a difference in our community.

ALPHA ALPHA



The 2009 fall semester has been exciting so far and all of the Alpha Alpha members are very busy with preparations for a productive year. A big contributor to our semester was having two of our members attend Recruitment Boot Camp and the Regional Meeting in Hartford this past August. The Recruitment information learned was shared with our chapter and efforts have been successful! We held seven recruitment events, some of which include in school information sessions with get-to-know-you games and icebreakers. Also we arranged tickets for a Philadelphia Phillies game, sponsored a bowling event, and participated in the Walk for Hope in the fight against Breast Cancer, to reach out to potential members. Through our efforts, we have approximately 15-20 potential new members interested in LKS!

Our current members are staying busy with recruitment as well as keeping up with our annual events. We recently held a bake sale fundraiser to raise money for Project HOPE. To celebrate Founder's Day this month, we are in the midst of scheduling a speaker from the American Burn Association to present a lecture to TUSP students on burns, burn care, and burn prevention from a pharmacist's point of view. Members are looking forward to upcoming events such as new member orientation which will begin at the end of October.

Later this fall, we plan on holding a clothing drive to donate gently worn items to a local

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church as well as adopting a family through the Philadelphia Cares Program as we have in past seasons. This holiday season we hope to provide a local family in need with toys, clothing, toiletries, and other gifts from the help of our members. For the spring, we are looking forward to a visit from Christine Perry! She will be presenting a Resume Building Workshop to TUSP students. We will invite another speaker open to our entire school in honor of Hygeia day. With the brothers of Kappa Psi and Phi Delta Chi members, we plan on having our annual spring formal where all of the proceeds are donated to Shriners Hospital for Children. Planning our Lambs night out to bring all of our sisters together is something we are all looking forward to.

Our members are continuously presenting new ideas to the executive board, so we are anticipating what else is to come in our future! We are very excited to continue the fun filled year ahead of us and wish all other chapters the same.

ALPHA BETA



With fond memories of hosting the Regional Meeting in Hartford, CT still fresh in our minds, Alpha Beta chapter has kicked off the Fall 2009 semester with a refreshed sense of what being a Lamb for Life is all about! Keeping in mind all the lessons learned at the Regional Meeting this past August, the Alpha Beta Lambs have plenty of plans lined up for the upcoming semester. Throughout the Regional Meeting weekend, chapters donated items to the Gray Lodge Women's Shelter in Hartford. Alpha Beta would like to continue helping the ladies at Gray Lodge through awareness presentations made by the Professional Committee and donating items for the holidays organized by the Community Service Committee.

The Community Service Committee is also reaching out to other members of our community by spending a few afternoons playing bingo with the ladies and gentlemen at Mansfield Rehabilitation Center. Community Service's main focus of the semester is Breast Cancer Awareness Month. Throughout the month of October, the committee will be selling pink ribbon cutouts to display in the School of Pharmacy building—all proceeds of which will go to the Susan G. Komen Foundation. Funds raised from the ribbon sales will be donated during the Making Strides Walk for Breast Cancer in Hartford on October 18th.

The Fundraising Committee is busy planning a Faculty and Student Leaders Baby Picture contest, where faculty and students at the School of Pharmacy would look at a board full of baby pictures and pay to guess which one of their professors, students, or colleagues is in each picture. The person with the most guesses correct will win a prize!

The Professional Committee is in the process of arranging various presentations meant to assist and inform the chapter, the School of Pharmacy, and the entire UConn community. These include continuing to help Pre-Pharmacy students plan their future careers with the Pre-Pharmacy Seminar, learning proper etiquette during an Etiquette Presentation, and finding the perfect professional outfit to impress colleagues during an "Ann Taylor" Night. The Professional Committee also plans to hold a Time Management Presentation and Luncheon presented by LKS Alumna and UConn School of Pharmacy Faculty member, Dr. Jill Fitzgerald.

The Alumni Committee is also planning fun events to stay in touch with our Alumni Lambs. The committee is holding an Alumni Dessert Reception on October 21st and planning a get-together of Alpha Beta collegiates and LKS alumni at a UConn soccer game. The Alumni Committee also hopes to invite P4's to share their experiences on rotations.

Even more fun Lamb for Life moments are in the works according to the Social Committee. The committee's main focus currently is the "Pharmacy Night Out" social, which raises money for Project HOPE and provides a fun night for the Pharmacy students to socialize and bond. The Social Committee also hopes to hold a lot of sister bonding events, such as chapter dinners, nature walks to watch the leaves change, and possibly a visit from Sandy Mullen, our past regional supervisor. In the meantime, the membership educators have been spending time throughout the semester with our 21 potential new members and using the lessons learned from Recruitment Boot Camp, which will hopefully gather a great flock of new Lambs for us to get to know!

ALPHA ZETA



During spring 2009, Alpha Zeta Chapter of the St. Louis College of Pharmacy participated in numerous philanthropic activities. Some of these events included volunteering at an STL food bank, and at an Earth Day celebration in Forest Park, and raising money for and participating in Master the Met (climbing over 40 flights of stairs for lung cancer). Over the summer, we volunteered at Habitat for Humanity to help build houses for those in need.

LKS Alpha Zeta also hosted sisterhood events to ensure bonding and unity. These included a formal dance in April, basketball and volleyball intramural teams, a mother-daughter brunch, a garage sale with some LKS alumni, and an LKS float trip over the summer to stay in touch.

We hosted a few recruitment events to meet potential new members such as a Jimmy Buffettville themed gathering with appetizers, conversation, and dancing, also a TV night viewing some of the popular Monday night shows with LKS girls, and a finals food night to provide a study break before the end of the semester.

A new school year started this August, which provided Alpha Zeta with new opportunities for philanthropy and new member initiation. This August also brought our LKS advisor and alumna, Dr. Julie Murphy, a baby girl. We have just finished our NMO period and initiated 20 new wonderful girls into our chapter. We are excited about expanding again this year, as each year we seem to grow significantly larger. So far this semester we have hosted a bake sale with profit for Project Hope, volunteered at STLCOP Cares (working a children's carnival and walking for children's cancer), walking and raising money for Second Wind Lung Association, and this month will be volunteering at STLCOP BooFest (a Halloween festival for underprivileged children with Diabetes). We will host a canned food drive for the STL food bank around Thanksgiving, participate in the Army care package donations in November, and donate Christmas presents to families in need for the Angel Tree.

ALPHA ETA



The Alpha Eta chapter has grown tremendously over the past few years. We welcomed 22 girls in the 2008 fall semester. This past August, 10 of our ladies attended the Regional Meeting in Connecticut. This semester we have had many events already and are orienting our interested members currently. We held our second annual "What Not To Wear Deans Hour." This event focuses on the importance of dressing professionally to clerkships and other professional events.

October is National Breast Cancer Month and we are currently in the process of raising money for Breast Cancer. Our chapter will be participating in a Breast Cancer Walk on October 18, 2009 in Prospect Park, Brooklyn. Our chapter has successfully raised over 300 dollars for the American Cancer Society and we are continuing to do so. In order to honor this month, we also had another Dean's Hour "Breast Cancer Awareness." Along with our professional events, we had a Pot Luck Dinner at one of the sister's houses. This pot luck gave us the chance to get to know some of the new orientees. We plan having a Halloween Bake Sale, Bowling Night, as well as other social events.

This semester has been very successful already and we look forward to a wonderful semester ahead. This past summer one of our sister's friends was diagnosed with Acute Lymphoblastic Leukemia and his family and friends are working very hard to find a bone marrow match for him. In order to help him find a match, we conducted a drive "Swab for Sam," and we had a tremendous turn out of people who donated. We hope for the best

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for Sam and hope that he will be able to find a match so he can continue to experience his life. Overall, we look forward to this upcoming year and we are planning on expanding our chapter and making it more known on campus.

ALPHA THETA



Greetings from the Alpha Theta Chapter at the University at Buffalo. This past summer, five of our members attended the Regional Meeting at Hartford, CT and had a wonderful time meeting with our fellow sisters from other chapters across the country. They learned a lot and gained much insight as to how to make our chapter better for future sisters.

Since August, we have been very busy with many activities, one of which was recruitment. We started our recruitment events with a barbeque, which unfortunately was rained out, but we quickly overcame this hitch. Our subsequent events, which included a Rock Band game night, an ice cream social, a PB&J drive, etc., were more successful and garnered the interests of 26 new members. They are currently in the process of becoming new Lambs, and we look forward to welcoming them into our chapter. On September 30th, new and old members met with their respective Bigs and Littles and bonded over some delicious desserts. The fun does not stop here though; just last week, we enjoyed some quality karaoke time with one another.

We recently participated in an Out of the Darkness Walk for Suicide Prevention and in our local Linda Yalem Safety Run. Soon we will partake in Step Up for Diabetes. Our Yankee Candle Fundraiser also started this month.

We will be having our annual Halloween party in one of our member's houses in a few weeks. This has always been a highlight of our Fall semester as we cannot predict what creative costumes our members will wear. An award will be given to the best costume. Our new members are also in the process of brainstorming and planning fundraising, service, and social events for the chapter. There is much to look forward to.

Our chapter wishes everyone well.

ALPHA IOTA



Greetings from the Alpha Iota chapter at Ferris State University! We have had a very exciting beginning of the school year, celebrating the 150th anniversary of our school's founding. Four successful recruitment events brought us a number of wonderful new members to join our sisterhood & we look forward to them officially joining the fraternity and becoming Lambs for Life! Earlier this summer, we held our annual chapter reunion picnic at Hemlock Park in Big Rapids. It is always a great opportunity to mix the alumni and present members of Alpha Iota. We also sent three sisters to the Regional Meeting in Hartford, CT., where we were extremely honored to receive the President's Choice Award for Outstanding Chapter!

Over the past year, we've been continuing to volunteer at Metron, a local nursing home. The residents there seem to really appreciate the company, and we always get positive feedback from the workers; all of the sisters agree that we enjoy our experiences there. We have also been keeping up with the blood pressure screenings at our local Walgreen's Pharmacy. The girls volunteer their time for an hour every week to help remind local people to take an active role in their health care. We have also stayed active with volunteer work at the county recycling center for a few hours every Saturday morning, as well as the campus-sponsored Safe Ride every Friday and Saturday night. Our involvement in campus-wide activities paired with our volunteer efforts made our chapter one of the six registered student organizations on campus with 5-star status, the highest ranking for RSOs. Alpha Iota's fundraising for Project Hope continues with us selling snack items in the lounge at our College of Pharmacy. Our major fundraiser of the year will be taking place in mid-October, when our sisters work at Cedar Point in Sandusky, Ohio, for the weekend. The funds we raise will be put toward sisterhood activities for the semester, as well as our annual Winter Formal. We give our best wishes to all the other chapters and hope everyone has a terrific semester!!!

ALPHA KAPPA



Greetings fellow lambs! The Alpha Kappa chapter has gotten off to a great start this semester. After returning from the wonderfully

hosted meeting in Hartford, we began planning our recruitment events. The first week back at school, we gave a slide show presentation to all of the new pharmacy students to promote LKS and generate interest. For our recruitment events, we had an ice cream social, a scavenger hunt with items located all over our large campus, and a Lamb Luau. We also hosted two "Lamb Pal" events, which gives the current members a good opportunity to get to know the new members. The first event included "get to know you" games, and the second event was our own version of Lamb Olympics. We are looking forward to initiating some extraordinary new girls!

As philanthropy is very important to us, we gave our time to several organizations. Last spring, we participated in Project Cinderella, which collects gently used prom dresses and donates them to underprivileged girls so they are able to attend their prom. We collected over 100 dresses and donated them to local high school girls. We also helped raise money for the UGA College of Pharmacy's Relay for Life team. Right now, we are busy raising money for the annual In Their Shoes Breast Cancer Walk. This is a 13.1 mile walk in Athens to support the Loren Smith Cancer Center, which provides services free of charge to cancer patients. We are holding a Fall Festival with some fun events planned, including the "In Her Shoes" race. Guys are sponsored and race around the pharmacy school in high heels - all to raise money and awareness for breast cancer. It also gives them a peek into the lives of women and the abuse our feet take on a daily basis! On the day of the actual walk, we will have a pit stop to pass out food and water to the walkers as well as cheering them on their way to the finish line.

To promote the profession of pharmacy, we hosted speakers both last spring and this fall where they spoke about careers in different areas of pharmacy. We also have a booth at the College of Pharmacy's campus-wide health fair promoting breast cancer awareness.

In order to relieve the stress of pharmacy school, we took some time out and had some fun. We had a formal last spring in downtown Athens and hosted themed parties with Kappa Psi. We also participate in intramural flag football as the "Killer Lambs."

The ladies of Alpha Kappa would like to extend a big thank you to our regional supervisor, Lisa Rodriguez, for risking her life in the torrential floods in Georgia to visit our chapter. We were happy to show her some southern hospitality and had a great visit.

ALPHA LAMBDA

University of British Columbia

Greeting from the Alpha Lambda Chapter, the only Canadian chapter, from Vancouver, British Columbia! This fall has been a whirlwind for us, with many rush events, ranging from information sessions to barbeque and ice cream socials. We are thrilled to be welcoming 15 new members to our growing chapter!

We were also very lucky to have Jennifer Rhodes, LKS Past Grand President, do a chapter visit, during which she worked with us in exploring ideas to grow and connect with other chapters.

In terms of our projects, we are in the midst of planning our annual Manufacturer's Night in March, an event for which we invite manufac-

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turers to share their latest innovations with all UBC Pharmacy students. For fundraising, we have been selling Kermit the Frog-themed pins for the local Variety Club, as well as drug reference books and Halloween goblins (candy-filled vials!) for other charities. We are very much looking forward to a successful and action-packed year!

ALPHA MU



The Alpha Mu Chapter at The University of Toledo has had an outstanding turnout with respect to recruitment. We currently have 19 new members who are going to make fantastic additions to our sisterhood. We held numerous events in order to get to know our new Lambies including a barbeque, "speed dating" session, suckers and gum week, and enjoyed homecoming festivities together, just to name a few! We will be celebrating their final step into transition into our fraternity on November 8, 2009 during the initiation ceremony. Following the ceremony, we will have a group dinner at a local restaurant.

We are all very excited about this year and really look forward to continuing to strengthen our bonds as sisters as well as our ties with our community. On September 27th we had some of our sisters participate in Race for the Cure and money was collected for the cause. Earlier this semester we had a welcome back barbeque with Kappa Psi which was also lots of fun. We are currently planning our formal for November 7th and look forward to faculty and alumni speakers that will make presentations during the event. Alpha Mu Chapter is also participating in The University of Toledo's Pharmacy Month. We are running a pill I.D. contest and look forward to planning more events during the year!

ALPHA NU



Greetings from the sisters of Alpha Nu! We came back to Kentucky with great ideas from this year's Regional Meeting in Hartford and have been busy ever since. Recruitment week was a great success with activities including a pizza night at a popular campus pizzeria, bowling, a cookout at a local park, and a luau-themed party with the brothers of Kappa Psi. We have welcomed 36 new women into our chapter and

are focusing on our newly revamped member education program throughout the next couple of weeks. This year's Initiation is planned for November 5th, and will bring our total membership to 88 future pharmacists. We are also excited to welcome our new Faculty Advisor, Dr. Stacy Taylor, who is a UK alumna and was involved with LKS while in school.

Alpha Nu is looking forward to an eventful year full of service, social and sisterhood events. We celebrated Founder's Day on October 6th by conducting the LKS Founder's Day ceremony, followed by a Game Night. Other events that are in the works for this year are our annual Reverse Trick-or-Treat, a Thanksgiving Dinner, a Mardi Gras Party, and a Mexican Fiesta. The event we are most known for at our College, though, is our annual Mistletoe Mingle, a semi-formal dance held in downtown Lexington in December. We look forward to welcoming all College of Pharmacy students, as well as students from other health professions schools at UK to this event.

The Alpha Nu chapter is hard at work, and we are looking forward to a successful and fun-filled year! Good luck to everyone, and we look forward to seeing you in Pittsburgh next summer!

ALPHA XI



The ladies of Alpha Xi Chapter have been diligently working hard to kick off the Fall 2009 semester. Though only through one round of midterms into school, there have been numerous amounts of events planned, including professional events as well as socials. First, our most important event that occurred this year was our 50th birthday. This past September marked 50 years of the Alpha Xi Chapter. Our family is still growing strong, 50 years and counting. We held a birthday celebration of our chapter in Stockton on campus. There we shared many memories with past alumni that decided to come and bonded over old traditions. It was truly a day to remember. We also celebrated some of our sisters who have been accepted into pharmacy school by watching them receive their white coats.

In addition, we participated in some walks and health fairs that were put on in the Stockton community by various organizations. We helped conduct health screenings and also helped other organizations with their health fairs. It has been a short but very eventful start of the fall semester.

These events were a great way to start the school year and we hope that the rest of the Lambda Kappa Sigma chapters have a good and exciting new year.

ALPHA OMICRON



Greetings from the sisters of the Alpha Omicron Chapter at West Virginia University! We have had a great start to the new school year and everyone is very excited about upcoming activities.

We hosted an informal meeting, made dog chew toys to donate to a local shelter, and had an ice cream social, which was deemed "Lounging with the Lambs," in order to promote the organization to new and current students. The event was very successful as we inducted 12 new Lambs into our chapter.

This semester is shaping up to be a good one for the Lambs at WVU. Our social chair planned a trip to the Valley Worlds of Fun in Fairmont, where bowling and laser tag was enjoyed by all that attended. A trip to the WOW Factory in Morgantown is planned for the near future where our Lambs will be able to show off their artistic sides by creating pottery. Halloween and Christmas parties are also being planned.

A new program that is being started up this semester is Secret Lambs. Each sister of our chapter drew a name of another sister at our last general meeting and they will keep the same Secret Lamb throughout the school year. Each Lamb will provide support to their Secret Lamb in the form of cards and small gifts throughout the year. We have also planned on picking Bigs and Littles for this year. We would like to continue both of these programs in the years to come.

Our Community Service co-chairs also have many activities planned for the upcoming months. We will be participating in Light the Night on October 10. On October 15, we will be celebrating Founder's Day, followed by making blankets for the Linus Project. A bake sale is being planned for late October to raise money for breast cancer research. Later in the semester we will be making shoeboxes for Appalachian Outreach. Appalachian Outreach provides shoeboxes filled with personal hygiene and small gifts to individuals who don't have the resources to obtain these items every Christmas season.

Our Chapter also has several activities lined up to promote professionalism at WVU this semester. We are teaming up with the WVU chapter of ASP to host a breast cancer lecture featuring Dr. Newton on October 15 for Pharmacy Month as well as Breast Cancer Awareness Month. We also plan on teaming up with the WVU chapter of SSHP to host mock residency interviews for students who plan on attending Midyear in Las Vegas, NV.

The Alpha Omicron Chapter is very excited about the many events and activities planned for the upcoming semester. We are also very happy to welcome our new sisters. Best wishes to all other chapters of Lambda Kappa Sigma, have a wonderful year!

ALPHA PI



Greetings from sisters of Alpha Pi Chapter! First of all, congratulations to our sisters that just graduated in May 2009, and especially to Sister Deanna Scinto and Sister Katherine Han for winning the Blue and Gold Award. We are so proud of you and wish you the best! This past summer, five collegiate sisters attended the Regional Meeting in Hartford, CT and came back with innovative ideas about the recruitment process and events for the year. Last semester, seven beautiful sisters joined our chapter and in a few weeks, we will be welcoming eleven more new members.

We are so excited to start the school year despite our very busy schedules. Right before school started, we were active in helping welcome freshmen at St. John's Fest. Recently, we participated in our school's University Service Day in conjunction with APhA's Operation Immunization to promote awareness and to encourage people to get flu vaccines in the five boroughs and Nassau County. We also participated in a Midnight Run where our sisters went to several sites in Manhattan to hand out sandwiches and juice boxes to the less fortunate. We will be holding several bake sales to fundraise for our philanthropy group, Project Hope, and for Making Strides against Breast Cancer, an event we participate in annually to help raise awareness about the disease and money to promote research. On October 29th, we will be participating in the "Healthy Halloween" event, where we read books and teach children about proper hygiene. We will also begin raising money for Relay for Life, our biggest event of the year, where we will aim to be the top fundraising team for the fourth consecutive year here at St. John's University.

We also have several professional events planned for this semester, including an Interview and CV Workshop and a Residency/Fellowship Showcase taught by our alumni sisters, and a stress reliever workshop just in time for midterm week. However, we're not all about work; we love spending time with our sisters. Some social events include a potluck dinner with alumni sisters, our traditional ice-skating trip at Bryant Park, and a trip to the city to meet with local chapters. We are looking forward to an awesome semester, and our chapter wishes the best of luck to our sisters everywhere!

ALPHA RHO



Greetings, Lambs! It's fall again and change is in the air. Kicking off the year and hard at work with promoting the chapter on campus, the board members are helping recruitment period to be successful, and we've had a great turn out with new members. Once again, we participated in the Making Strides Against Breast Cancer walk held along the beautiful Charles River, but this year, we teamed up with the MCPHS chapter to fully engage with another chapter's sisters. On October 8th, we will participate in the annual Northeastern University RxPo promoting our role on campus as pharmacy educators and women in pharmacy.

More new member orientation meetings have brought us even closer this semester. Our traditional Mocktail Night was a fantastic event that led us to learn about each other and connect to girls of different years and experiences. On October 13th, we intend to participate in Phi Delta Chi's annual talent. In the near future, we will be hosting more Lamb bonding nights and get-togethers for charity. Some events planned out would be a Treat Halloween fundraiser and a "Thanksgiving Dinner" which involves exchanging traditional Thanksgiving foods for toiletries and donations of supplies and goods to battered women's homes in Boston. More upcoming events include a movie-showing night that raises money from popcorn and candy for Project Hope, a knitting night for the homeless, and also a visit to Hope Lodge, a cancer retreat for patients. With enough inspiration and commitment, we should make LKS a model professional fraternity on campus.

This should be a sensational and productive semester and we look forward to spending it with our new members!

ALPHA SIGMA



Greetings from Alpha Sigma. We welcomed 13 new sisters to our chapter last spring and are looking forward to a productive year. In August, four of our sisters attended the Regional Meeting in Hartford and returned with several ideas to reinforce our chapter's activities and growth potential. During the meeting, our chapter was gratified to receive the President's Choice Award for Integrity. We were very pleased and are continuing in our efforts to maintain this recognition. Alpha Sigma kicked off the school year with a Social/Pinning Ceremony during which new initiates received their pins, certificates, and membership cards. The event was well attended and

set the stage for a spirited and energetic semester. Our first event was the P1 Survival Tips Workshop, a service project geared towards preparing the freshman class of 2013 for the pharmacy program. We gave pointers, answered questions and distributed study aids to those who attended. It was very well received and a success overall. For fundraisers, our chapter has had continued success with various pharmacy related t-shirt sales. Our upcoming fundraisers include a barbeque sandwich lunch sale, business card sale, and staffing booths for games or shows at a local stadium. In late September we were honored by a visit from our Regional Supervisor, Lisa Rodriguez. She shared a wealth of information that will help us manage and expand our chapter in the upcoming year and we enjoyed her visit very much. Thanks, Lisa!

October is an active month for the Alpha Sigma Chapter. In support of Breast Cancer Awareness month, we participated in the Susan G. Komen Race for the Cure. Additionally, we promoted breast cancer awareness by displaying an informative poster in our pharmacy building for the remainder of the month. We distributed pink ribbons and brochures containing relevant breast cancer information at our concession table where pink lemonade and cookies were available for a small contribution. Our chapter is excited to observe and celebrate Founders Day as it has become an endearing occasion that strengthens our collective sense of sisterhood. Towards the end of the month we will host a "Welcome Home Lambs" social for our alums during homecoming week. In November we will conduct a food drive for the Houston Area Women's Center and will host a themed party in order to raise funds for Project Hope. We are very enthusiastic about the plans we've made for this fall and hope that the year brings good things to our chapter and yours. Wishing you all the best in your endeavors!

ALPHA PHI



Fall greetings from the Alpha Phi Chapter at Wilkes University, Wilkes-Barre, Pennsylvania! We have been very productive Lambs so far this year. In August, our chapter sent 12 members to the Regional Meeting in Hartford. Everyone had a great time and returned to school very excited to share new ideas from other chapters. We have already started raising funds for the school year by selling the very popular Gertrude Hawk candy bars and Blue Mountain candles. We have also been selling our professional dress down day cards with all proceeds going towards Project Hope.

We have 7 orientees this semester and we are excited for all of them to become official members at the end of the orientation period in November. We participated in the Alzheimer's Walk in September and will be participating in the Lupus Loop walk and Alcohol Awareness walk in the upcoming weeks. Although we have been extremely busy with fundraising and professional events, we have also held

COLLEGIATE CHAPTER NEWS Continued

several social events including a picnic, bowling night, a Twister tournament, and a movie night. Additionally, we helped to host a reception for Wilkes LKS alumni in which we were able to meet former LKS members and see what they did as a chapter. We still have many events coming up and have already started plans for the spring semester. We wish everyone the best of luck as the fall semester progresses and finals approach.

ALPHA CHI

Northeastern Ohio Universities College of Medicine opened their pharmacy school in 2007. Its groundbreaking curriculum puts medicine and pharmacy students in class side by side to learn how to work together in the healthcare profession. Students come from all over Ohio and even various states in the U.S. to attend NEOUCOM. For many of us it was the first time we would be going out of our comfort zone, meeting all new friends, and learning how to cope with the hectic life of professional school and all the hurdles which we were encountered

with. When I first arrived at pharmacy school, I was overwhelmed. There were many opportunities to make friends and meet faculty who will have an impact on the rest of our lives. There was something missing, however. In Lambda Kappa Sigma, we found what we were looking for.

Attending a new pharmacy school meant many opportunities for leadership. NEOUCOP was able to start the typical student organizations such as APhA, SSHP, and However, my friends and I were looking for something more. We wanted an organization not only dedicated to the profession of pharmacy, but an organization that would help us develop into knowledgeable healthcare professionals with strong leadership skills. We wanted an organization with members who found importance in professionalism, academics, and friendships. After much research, we discovered that Lambda Kappa Sigma was the organization of choice. Lambda Kappa Sigma's values aligned with our own. When we inquired Grand President Sharon about the possibility of starting a chapter,

her enthusiasm provided us much encouragement to continue the pursuit of establishing LKS at NEOUCOP.

We tried to create the presence of LKS at NEOUCOP with various fundraisers such as a Christmas cookie decorating contest, Halloween costume contest, and selling candy in prescription vials. We promoted academics through our study tables and created stronger bonds through bowling nights. We reached out to our community by participating in a health fair.

We were lucky enough to have some members attend the national conference in Hartford, CT to meet our many wonderful sisters.

As our chapter continues to grow, we hope to incorporate more professional activities and provide more leadership opportunities to our members as well. We still have a lot to learn... As a chapter at a new school, we have the opportunity to shape future pharmacy students into great healthcare professionals, but more preferably great sisters of Lambda Kappa Sigma.

ALUMNI CHAPTER REPORTS

ALPHA ALUMNI



The 2009 Regional Meeting was held in Hartford, CT the weekend of August 7-9 at the Hartford Hilton Hotel. Alpha Alumni members Elicia Fauvel (GVPC), Liz Levitin, Arielle Bibeault and Christine Perry attended the event along with 22 collegiates. We had a blast! This was one of our best meetings in years with so many of our members attending that it gave us a glimpse of what we can see in our future! Prior to the start of the meeting, 4 members of Alpha Chapter attended the Recruitment Boot camp and worked extremely hard and put in long hours to help better their chapter. Christine Perry, Past Grand President, served as one of the facilitators for the program.

We all had a great time on the elegant dinner cruise aboard the Lady Katherine, including an introduction to the Grand Presidents awards (Alpha Collegiate won the Sisterhood Award)! The other highlight was the Blue and Gold Dinner. All in all it was one of the best Regional Meetings we've attended. Thanks, Alpha Beta!

Founder's Day was held on Tuesday, October 6 at MCP. We had a great turnout to hear Dee Adams, Alpha legend, Past President of Alpha and Alpha Alumni along with serving on Grand Council. Dee had great stories to share about LKS, Ruth Flaherty, Alpha Chapter and MCP. The collegiates were thrilled with Dee as our alumni speaker!

Four members of Alpha Alumni Chapter were sworn in as officers of the Massachusetts Pharmacists Association. Anne McDonald as President, Christine Perry as President-Elect, Kathy McTernan as Past President and Karen Ryle as Academy Governor of Health System. The installation took place at the MPhA Banquet at the New England Pharmacist Convention on

Oct 1 at Mohegan Sun. Congratulations to all our sisters for taking a leadership role in pharmacy.

The planning has begun for the 100th Centennial Convention in Boston. We have set up committees and put together charges for each. If you are interested in serving on a committee please let Convention Chair Christine Perry know at cmperryrph@aol.com.

EPSILON ALUMNI

The Epsilon Alumni chapter is having a great fall so far. Vice President Jenny Brandt and Secretary/Treasurer Dixie Leikach attended the Regional Meeting in Hartford, Connecticut and had a great time meeting with all of the Lambs! President Keely Ireland ran in the Baltimore Marathon in October and did a great job! We are so proud of her! Dixie has been communicating with the Epsilon Collegiate chapter and also with the University of Maryland School of Pharmacy about an exciting B.Olive Cole naming opportunity, so stay tuned for more information, as you know she will be sharing that soon! Plans for an actual alumni get together are in the works so reports on our success will have to wait until spring!

TAU ALUMNI

Fall is a busy time for Tau Alumni. We start to plan for our annual raffle ticket sale that helps to provide for the Rosetta Manzione Scholarship that we award each year. In addition, we look forward to reviewing the scholarship applications from the collegiates and selecting a recipient. It is a great way for the alumni to see just how much our collegiates are involved and what they have accomplished.

Christmas is in the near future, so planning our annual collegiate/alumni party is in the works. In the past, this event has been graciously hosted in the homes of Marilyn Harris and Gerry Manzione. More recently, we have held it on Duquesne University's campus. Regardless of the location, it is always a nice event that brings together both collegiate and alumni. Tau Alumni still meet at The Olive Garden because of its centralized location and good food. We're very happy to welcome a few new members, Erin McCann and Melissa Scherer, and look forward to their contributions.

We are very pleased to be able to help the collegiate groups (Tau and Delta) host the upcoming Biennial Convention in Pittsburgh. It was great for the alumni to have the opportunity to meet with Joan Rogala from the International Office about Convention planning. With collaboration from our group of seasoned Pittsburghers, we will have no trouble finding activities to keep the convention-goers busy. We look forward to showing off our city!

CHI ALUMNI

Chi Alumni gathered in September after a long and beautiful summer in Washington. Lisa Barr got her son, Alex, off to college. Nancy Horst will be aboard a cruise ship on the Atlantic coast soon. Pat Tanac had visitors from Slovakia. Linda Rupnick has taken over the duties of Chi Alumni Treasurer. Joyce Tsai got an Inano and loaded it with Lexi-Comp. Judy Williams is singing in the nationally renowned choir, Seattle Pro Musica. The Chi Collegiates graciously thanked us for the Senior Dinner hosted by Jean McLauchlan last spring. Seven collegiates and 9 alumni attended. We gave gifts to the graduating seniors and 2 scholarships to student members. Plans for the next few months include helping with Chi Collegiate initiation and a December meeting with donations to a food bank and cookie exchange.

ALPHA NU ALUMNI

Not much has happened this fall here in the Bluegrass...other than lots of rain and cold temperatures. We are excited to announce that two of our Lambs are expecting new lambs of their own. Ginny France and her husband are expecting their second child at the beginning of December. Alyson Hamilton and her husband are expecting twins (a boy and a girl!) anytime now. We also heard that the Alpha Nu collegiates had an excellent recruitment this fall... so that means lots of alumni members for us in the future!!! Doratheia Andrews, Central Region Supervisor, wants to send a shout out to all her chapters. She is so proud of them, especially since they won Lambie Feud in Hartford. Go Central Region!! Can't wait to see all our sisters in Pittsburgh.



LAMBDA KAPPA SIGMA DEADLINES & UPCOMING EVENTS ~ 2010

December 8, 2009 ASHP Mid-Year



BLUE & GOLD TRIANGLE

January 15	Announcement of Educational Grant Recipients
February 15	Deadline for Spring Blue & Gold Triangle submissions
March 11	Spring Grand Council Meeting (in conjunction with APhA)
March 12-16	APhA Meeting & Expo in Washington, DC; LKS Booth
March 13	LKS Member Dessert Reception (in conjunction with APhA)
March 15	Hygeia Day celebrated
April 1	Deadline for the payment of Alumni Dues
April 30	Deadline for nominations for the following LKS awards: Vanguard, Distinguished Young Pharmacist, Distinguished Service, Award of Merit
June 1	Deadline for submitting all financial obligations, initiation fees, master member input sheets, officer roster, Treasurer's report, and Annual History report
June 30	Deadline for early bird registration for LKS Biennial Convention
July 28-31	LKS Biennial Convention - Pittsburgh, PA



LAMBDA KAPPA SIGMA PHARMACY FRATERNITY

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