



# BLUE & GOLD TRIANGLE

LKS



FALL 2011

Lambda Kappa Sigma

"Promoting the Profession of Pharmacy Since 1913"

## 2011 LKS Annual Convention Detroit Michigan



A wonderful event..read all about the details inside starting on page 4.



Putting You In  
The Driver's Seat

LAMBDA KAPPA SIGMA  
Annual Convention July 27-30, 2011

DETROIT TIGERS

Comerica  
PARK

Detroit Tigers Welcome  
Lambda Kappa Sigma  
To Comerica Park 2011

## Crossing the Finish Line!



The Motor City Shows Off!



## The Blue and Gold Triangle Of Lambda Kappa Sigma

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

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**LKS Grand President**  
**Sharon Brown**

first ever annual convention of the fraternity.

I feel a great sense of pride in Omicron collegiate and Alpha Iota collegiate chapters, and the Omicron alumni members who so graciously and expertly served as our hosts. These amazing women showed us an insider's view of Detroit – a far different look at the city than what is portrayed in most news reports. Our visit included a wonderful dinner on the waterfront, a tour of the incredible Eugene Applebaum College of Pharmacy, and a fun evening at Comerica Park to see the Tigers beat the Angels. In addition, the first ever convention HOPE walk5K walking tour through Detroit was a great success!

The theme of the convention was "Putting You in the Driver's Seat", an obvious play on the automotive industry's influence on Detroit, but also a reflection of the intent of the fraternity leadership for the past several years. It has been my sincerest wish, supported by Grand Council, that each and every member of LKS will take ownership of the fraternity, participate fully on a local and national level, and make contributions of time and talents that will serve as the driving force for positive change in the coming years. This type of participation was fully evident in this year's convention, and some key decisions were made that will impact how chapters operate effectively immediately.

New membership classifications were voted into the Bylaws. These new classifications are New Member Candidate, Suspended, and Separated. Although membership in LKS is for life, active membership depends on compliance with the bylaws and meeting financial obligations to the fraternity – paying dues. Suspended and Separated members will not be able to participate in fraternity functions and are not eligible for member benefits such as educational grants and fraternity awards. These clear definitions for membership status relieve collegiate chapter leaders from trying to make decisions about members who fail to pay dues when assigned to rotations off campus, but still wish to participate in chapter functions. It also allows individuals to make informed decisions as to the consequences of failing to pay dues.

Another decision made by the voting convention body that is now a fraternity policy is the adoption of a standard color palette for LKS wearables. This issue has been under discussion for several years and has been placed into policy, effective this fall. The official color palette for LKS wearables is solid blue and solid gold. Backgrounds may be of white, blue, gold, gray, or black. Existing items that are not compliant with

Once again, Lambda Kappa Sigma experienced a great convention in Detroit in July. Please be sure to read the convention article in this issue to catch up on all the details of the fun, work, and recognitions that took place in Detroit during the 42nd meeting, but

this new palette are not affected by the new policy. However, any newly acquired items must comply with the new policy. Questions may be directed to Region Supervisors or any member of Grand Council, especially in regards to shirts worn for special events.

These changes introduced at Convention and supported by the convention body highlight the significance of ownership and participation, as well as attendance at Convention. Membership has its benefits and also has its responsibilities. Membership is for life, not just for when you are on campus. Show your pride in your membership by wearing the colors that represent LKS, thereby promoting our brand and improving our visibility.

I am also very pleased that the fraternity has undergone a successful financial review in keeping with best practices among fraternal organizations. And, perhaps the most significant accomplishment this year is the complete restatement of the LKS Educational Trust document. This process was a labor of love and a tight-rope dance to bring the document current with clear and understandable terminology, definitions, and direction without changing the original intent of the document. The LKS Educational Trust is essential to allow the continued provision of one of our greatest member benefits – educational grants. It is imperative that the operation of the Trust through the combined efforts of the Trust Liaison Committee and the oversight of the Grand Council meet the legal standards required to withstand scrutiny under any circumstances. We have achieved that goal.

All of these activities are part of a long-term strategic plan to position LKS as the professional organization of choice for women in pharmacy as we move into our second one hundred years of promoting women in our chosen profession. We face the same challenges other professional organizations face: increased operational costs, reduced financial resources, and over-committed, multi-tasking members. The key to our continued success is not in how we are similar to other professional organizations, but rather in how we are different from them.

We connect members – for a lifetime. We connect members from coast to coast. We connect members through our dedication to our mission, our vision, and our core values. We invest not only monetary dues, but emotional dues as well. These connections and investments warrant ownership and participation as a way of safeguarding what is important to us.

I challenge each collegiate member to take ownership in their chapter – serve as an officer, chairperson, or event coordinator. Participate in every event possible. Connect with your chapter members – old and new. Plan to attend Convention in 2012 and begin fundraising now. Prepare to be a decision maker – get into the driver's seat! The view is great when you're headed in the right direction!

Fraternally –  
**Sharon C. Brown, MS, RPh**  
Grand President



# Truly a Blue and GOLD Event!

by Avis J. Ericson, Pharm D., Trust Liaison Committee

If you have been out trekking in the hinterlands, you may not be aware that 2011 marks the GOLDEN Anniversary of the LKS Educational Grants Program. The very first award was given to Nancy Stevens Keen, Phi Alumni for her 1961 application. In the 50 years that have followed, a total of 367 grants have been given with a value approaching \$180,000.00. Over the years, grants have been named to honor loyal and illustrious LKS members -- Cora E. Craven, Mary Connolly Livingston, Norma Chipman Wells, Adele Lobraico Lowe, and Dr. B. Olive Cole. Since 1975 the "home" for our grants has been under the umbrella of the LKS Educational Trust.

During the traditional Educational Trust luncheon in Detroit, we took time to celebrate this milestone with a program and slide show. Trust Liaison Committee (TLC) members recounted important historical moments in the development of the Educational Grants program and Nancy Stevens Keen was presented with a Lamb figurine in honor of her being "the first".

Prior to Convention, members and especially past grant recipients were asked to comment on why they donate to the Trust, what value it brings to our members, and what it means to be a recipient. These comments formed the backbone of a great slide show. It is impossible to fully quote everyone in this brief article, but let us share a sense of what our sisters think and why they continue to make the Trust their "Charity of Choice".

Two key individuals put it this way:

*LKS founding member, Mary Connolly Livingston (Alpha) provided the initial gift to establish the LKS Educational Trust. At that time, she is quoted as follows: "I believe we should help women pharmacy students...I would like members... to know that one of the "Founders" still believes in the goals of Lambda Kappa Sigma."*

*Adele Lowe (Phi), past Grand President and one of the founders of the Trust asked us all to "give the Trust top priority with your donations; it benefits you and all the sisters of LKS who follow you."*

To paraphrase some of the "sound bites" from the slide show --

- The LKS grant provided me with financial assistance that I desperately needed and it also motivated me to improve my leadership skills and encourage others to become leaders.
- Donating to the Trust is an investment in the future of LKS and its members.
- LKS has been a very important component of my journey in education; I hope to be able to give back to LKS to repay all that has been given to me.
- At my first Convention, I witnessed the generosity of Alumni during the Trust auction; I vowed that I would give back one day with great enthusiasm.
- I support the Trust because I believe in encouraging scholarship, rewarding those who strive to balance school, work, professional organizations, family, and friends.
- The Trust Founders were passionate about establishing the means to support those pursuing their education. By supporting the Trust, I support the future of pharmacy and of LKS.
- I can think of no better definition of sisterhood than giving to the Trust and supporting the dreams and education of my sisters.
- I support the Trust because the Trust supported me.
- When it comes to educating pharmacists about their community obligations -- giving back is what it is all about.
- I feel like I am investing in future women leaders.
- Investing in the future of the Fraternity -- to my way of thinking, it's a smart investment!
- The Trust is on my "short list" of organizations that I support financially.
- The Trust remains for me an on-going pay-back precisely because it supports education relevant to my profession -- and it supports very real people that continue the traditions and values of my Fraternity.

Unequivocally the members all reflected on the importance of our Educational Grants program and provided moving testimony to the honor and excitement of being a grant recipient. All were grateful for the financial support to help alleviate the heavy burden of tuition, fee, books, and other expenses. Those that donate

their time, auction items, and monetary gifts see the importance of growing our assets in order to help more members more generously for many more years to come.

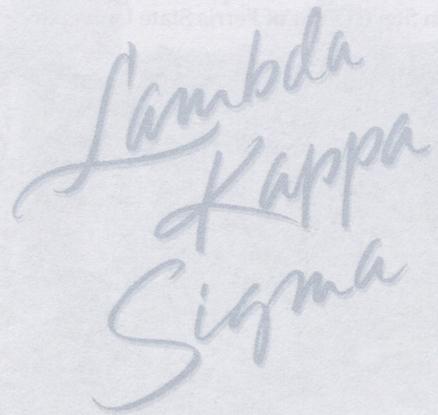
Your gifts in support of the Trust can take many forms including:

- Support of the Annual Fall Appeal,
- Use of our Memorials & Celebrations program,
- Participating in the auction by donating items and/or bidding on special treasures,
- Including the Trust in your long-range estate planning, and
- Participating in creative ways that chapters raise dollars ear-marked for the Trust.

Just how far will the next fifty years take us? Check in with the Trust in 2061 to see -- better yet, be a part of that future by being a part of the Trust's growth starting now.

We are currently working to identify and contact all past grant recipients. We would love to hear from you and know what where your personal and professional life paths have taken you. Don't be a stranger!

Questions, comments, or curiosities? Please contact Nancy Horst, TLC Chair or any TLC Member: Gloria Bernstein (Nu), Robin Bogner (Alpha Beta), Ruth Brown (Eta), Donna Dancer (Alpha Iota), Avis J. Ericson (Alpha Iota), Marilyn Haberle (Alpha Zeta), Marilyn Harris (Tau), Barbara Hayes (Alpha Sigma), Nancy Horst (Chi), Neil Leikach (Patron), and Christine Perry (Alpha).



# Roadmap for Success at the 2011 Annual Convention

by Sharon Brown, M.S., R.P.H., Grand President

Putting You in the Driver's Seat! That was the theme for the Lambda Kappa Sigma first ever Annual Convention in Detroit, held at the Westin Book Cadillac Hotel July 27 -30, 2011. The meeting was a tremendous success! Many thanks go to the Omicron collegiate chapter, the Alpha Iota collegiate chapter, and the Omicron alumni members who served as warm and gracious hostesses to all convention attendees. Let's take a look at what our road trip through Detroit was like.

Registration began at noon, and attendees were provided with the essentials for their travels: meeting program, event registration information, and LKS custom tote bags, complete with lots of the snacks and goodies that are a part of every road trip.

The President's Summit was held Wednesday afternoon. The president of all collegiate chapters or their designee was invited to this session to meet with LKS Grand President Sharon Brown and the other members of the Grand Council. There was no formal agenda, and the time was used to discuss issues the chapter presidents feel are critical to their success. Attendees were encouraged to participate in the exchange of ideas and experiences that can be utilized by other chapters in dealing with issues that are common to all chapters.

Following the summit, an optional continuing education program entitled "Medical Marijuana" was presented at Wayne State University. The official welcome reception was held at the Wayne State University Eugene Applebaum College of Pharmacy. The extensive art collection housed at the college provided a unique and fun backdrop for mixing, mingling, and a little competition to kick off the convention. Welcoming comments were provided from Dean Lloyd Young of the Eugene Applebaum College of Pharmacy and Health Sciences and Dr. Kim Hancock, representing Interim Dean Steve Durst of Ferris State University



Opportunities to network are always a favorite part of convention.

College of Pharmacy. A special recognition by the Detroit City Council was presented to Omicron Chapter. And GERALYNN SMITH was recognized for over 30 years of service to Lambda Kappa Sigma, Omicron Chapter. After the reception, the evening continued at either Andiamo's restaurant on the waterfront, or Diamond Jack's Boat Cruise. Late night visits to some of Detroit's hot spots, or refreshments and catching up conversations in the hotel lounge put an end to our first day in Detroit.

Like all road trips, the second day started with a chance to refuel and set the course for the day. The opening breakfast included the Keynote Address by Chris Barman, Vehicle Line executive for E-Line vehicles at Chrysler Group LLC. Chris shared a unique perspective in her presentation entitled "Managing and Leading through Challenging Times". She discussed challenges and opportunities that the auto maker faced, and the benefits derived from a new commitment to diversity. Chris was accompanied by many women who held various positions on her team, and also brought a new Charger and a Chrysler 300 to the hotel, providing a great photo op for the group to break up the morning!

The Professional Development program followed the keynote address. Four workshops were provided and repeated several times to allow members to make a pit stop at the sessions they wished to attend. "Taking a Look Under the Hood" was presented by Sandy Mullen, PharmD, BCPP and LKS Grand Secretary. "Keeping Your Eyes on the Road - Interviewing with Confidence" was presented by Sandra Taylor, MS, RPh, Director of Pharmacy at Oakwood Annapolis Hospital. "Your Personal Style Statement - Dress for Success" was presented by Jill Jordan, personal branding and imaging coach. And "Cruising with Leaders and Mapping a Course for Success" was presented by Beverly J. Schmoll, PT, PhD, FAPTA, Dean of the Judith Herb College of Education, Health Science and Human Service at the University of Toledo.

The workshops were followed by a business etiquette lunch. "Rules of the Road: Etiquette for Today's Professional"



Omicron Chapter hosts did a great job of "Putting You in the Driver's Seat."



Regional Supervisors Marina Fridman and Amanda Downes

was presented by Karen Katz, who walked us through the various courses of our meal with tips and guidelines on not only eating, but general conduct, leaving and returning to your table, cell phones, and other contemporary restaurant issues.

A Success Strategies workshop followed the etiquette lunch. Designed specifically for collegiate members, topics such as chapter management, rituals, recruitment, risk management, potential new member orientation, and region supervisor visits were discussed in detail. The session, conducted by GVPC Elicia Fauvel and the region supervisors, was a hands-on, interactive workshop. It provided an opportunity for chapter members to learn from fraternity leadership first hand.

The evening event was the annual Blue and Gold Dinner, which consisted of a fun meal, a comic emcee to host the evening activities, and a first ever Laugh Olympics, pitting 4 teams competing in silly events for laughable prizes and brag-



The first ever Laugh Olympics showcased the special, unique talents of members.

## 2011 Convention Continued



ging rights. Fun was had by all, and a few YouTube moments highlighted the evening!

Day 3 of our road trip to success began with a continental breakfast to top off the tank and shake out the cobwebs. A continuing education program entitled "Jail Time for a Medication Error – Lessons Learned" was presented by Patty Kienle, RPh, MPA, and Donna Horn, RPh, DPh in a command repeat performance based on last year's Medication Safety CE program. This presentation included a viewing of the video "Chasing Zero", which features Dennis Quaid, who provides a compelling account of his experience with a heparin error involving his newborn twins. Following a short break, members enjoyed an informal lunch while viewing several posters created by chapters to highlight events depicting one of the fraternity Core Values. Posters were judged with awards to be presented at the final banquet.

The first business of the convention followed lunch. During this session, the memorial service was conducted, officer and chapter reports were given, and certificates of recognition were awarded to each chapter who had made donations to Project HOPE. In addition, the B. Olive Cole Annual Leadership Lecture through the University of Maryland School of Pharmacy was announced by Past Grand President Dixie Leikach, and members were encouraged to contribute as chapters or individuals. Our closing event for the night was a trip to Comerica Park to watch the league-leading Detroit Tigers beat the California Angels – baseball, hot dogs, apple pie and LKS in the Motor City – a patriotic combination!

Saturday morning was a beautiful morning for the members of LKS to hold its first ever HOPE waLKS event during Convention. Thanks to Nu collegiate chapter, who held the first HOPE waLKS event and provided a roadmap to plan

this event, we were able to participate in a very successful 5K walking tour of the city of Detroit. Small groups left with tour guides in a staggered start from the hotel, stopped to fuel up in a nearby downtown park, and hit a re-fueling station halfway through the course. Our tour included a riverfront tour, a walk through the Renaissance Center, and a tour of Greek Town. Mary Beth O'Connell did a great job of co-ordinating the event with Project HOPE chair Jenny Brandt, the IO staff, and the members of Omicron chapter.

The LKS Educational Trust Luncheon and Auction followed the morning's walk. We celebrated the 50th Anniversary of the first educational grant with some remarks by recipient Nancy Stevens Keen, and learned about the history of the Trust, and then enjoyed the traditional animated, fun-filled, and financially rewarding Trust auction. Congratulations to those who took home these Trust treasures!

Saturday afternoon continued with the second business session, where Bylaws changes, types of memberships, and the brand platform and fraternity color palette were addressed. Ovarian cancer was announced as the 2012 Women's Health Issues topic. And the 2012 Convention site of San Diego was also announced.

The final banquet was the last leg of our road trip. A few hours of downtime allowed everyone to get 'tuned-up' for an elegant dinner and the presentation of awards. The 2011 LKS/Merck Vanguard Leadership Award was presented to Christine Perry, Past Grand President and Alpha Alumna. The 2011 Distinguished Young Pharmacist Award was presented to Kristen Fink, Tau alumna. The 2011 Advisor Award was presented to Judith Kristeller, Alpha Phi advisor. A new award, the Chrysanthemum Award, was presented to chapters who increased their membership through effective recruitment and retention efforts. Chrysanthemum



Carrie Molesa, Alpha Iota, is all smiles at the Convention.



The LKS Educational Trust auction was a great success.

Award winners for 10% growth in recruitment were Alpha, Xi, Alpha Beta, Alpha Alpha, Delta, Alpha Mu, Alpha Chi, Phi, Alpha Zeta, Alpha Omicron, Chi, and



The first annual HOPE waLKS surpassed the goal of raising \$5,000 for Project HOPE.

## 2011 Convention Continued

Alpha Xi. Chrysanthemum Award winners for 10% growth in retention were Alpha Beta, Alpha Pi, Epsilon, Alpha Mu, Alpha Chi, Phi, Alpha Zeta, Alpha Lambda, Alpha Kappa, and Chi. Finally, the Outstanding Collegiate Chapter Award went to Alpha Chapter, and the Outstanding Alumni Chapter went to Chi Alumni chapter.



Chapters were recognized for their generous support of the Educational Trust

Convention 2011 was a road trip with purpose. Attendees learned, laughed, maybe cried a little, and made many memories. And like any other road trip, lots of photos were taken as moments – be sure to check the website and view some of our Kodak – or perhaps Facebook – moments of Convention.

And make plans to attend the 2012 convention in San Diego in July!



The singing of the Fraternity Song and the Circle of Sisters was the formal end to the meeting.

Save  
The  
Date...



Christine M. Perry

It is a pleasure to share with all my sisters on what I have learned about leadership in my 25 years since entering pharmacy school. I have been thankful to hold leadership positions in local, state and national organizations over the years and have learned a lot from these experiences of what works and what doesn't. A leader can come in many different packages but all have a commonality in certain traits that characterize a good leader. Here are my thoughts on personal leadership.

### A VISION

I do believe that a good leader needs to have a vision or a philosophy. She needs to have a personal belief or a set of principles to guide the group to a successful outcome. A leader must be able to communicate her vision in terms that cause followers to buy into it. She must communicate clearly and passionately, as passion is contagious. Good leaders will often eschew personal gain in favor of seeing their vision become reality. A leader with vision has a clear, vivid picture of where to go, as well as a firm grasp on what success

looks like and how to achieve it. But it's not enough to have a vision; leaders must also share it and act upon it. Good leaders create a vision, articulate the vision, passionately own the vision and relentlessly drive it to completion. A good leader must have the discipline to work toward her vision single-mindedly, as well as to direct her actions and those of the team toward the goal. Action is the mark of a leader. A leader is always doing something in pursuit of the vision, inspiring others to do the same. Have a point of view and stand for something.

### INSPIRING

A good leader would appear to be one who is inspiring; that is to say that they inspire people to follow them and support their aims. Their inspiration inspires other people to achieve and bring about change.

When you think of some leaders you admire, you can see that they, themselves, may not be the greatest or most skillful in every area but it is their ability to lead others and to get others to produce or perform their best which makes for a good leader. It is their ability to get people to work together, to act as a team and to use their special skills for the benefit of a bigger purpose which distinguishes a good leader. Be positive and be encouraging.

### VALUE OTHERS

Leaders make other people produce their best, either as individuals or

collectively. A good leader makes other people feel valued and genuinely values their worth and their contributions. As well as having a vision, a good leader is also a 'people person'; they know how to influence people, how to win people over and how to make them feel valued. Magnanimity means giving credit where it is due. A magnanimous leader ensures that credit for successes is spread as widely as possible throughout the company. Conversely, a good leader takes personal responsibility for failures. This sort of reverse magnanimity helps other people feel good about themselves and draws the team closer together. To spread the fame and take the blame is a hallmark of effective leadership. Leaders with humility recognize that they are no better or worse than other members of the team. A humble leader is not self-effacing but rather tries to elevate everyone. Leaders with humility also understand that their status does not make them a god. Follow a centric leadership role.

### TAKES ACTION

A leader is a person who takes action, either directly or by encouraging and directing others. A leader is not a person who sits back and does nothing, a leader is not a person who waits for something to happen; unless waiting is what is required in order to prepare for acting at the correct moment.

## Personal Leadership Continued

### CONFIDENCE AND ASSERTIVENESS

A leader has confidence. They have confidence in themselves, they have confidence in their vision. Perhaps above all, they have confidence in other people and in their skills or abilities. They convey this confidence in their words and their actions and this confidence is distilled into those who work with them. Ultimately a leader creates change where change is needed but that change is often brought about by encouraging other people to see the value of the change and the necessity of that change. Often it is the skills and actions of other people that bring about the change rather than the particular actions of the leader. It is as if a good leader can identify and support those people who have the necessary skills to bring about the changes that are required. Assertiveness is not the same as aggressiveness. Rather, it is the ability to clearly state what one expects so that there will be no misunderstandings. A leader must be assertive to get the desired results. Along with assertiveness comes the responsibility to clearly understand what followers expect from their leader. Many leaders have difficulty striking the right amount of assertiveness. It seems that being underassertive or overassertive may be the most common weakness among aspiring leaders. I see this often from young leaders who want to be liked. Leaders with a fear of failure are often indecisive, defensive and less likely to spot opportunities because they're averse to risk. They find it hard to select goals for fear of choosing the wrong ones and wait too long to connect the dots in the external environment or to reposition the organization.

### INTEGRITY

Integrity is the integration of outward actions and inner values. A person of integrity is the same on the outside and on the inside. Such an individual can be trusted because she never veers from inner values, even when it might be expeditious to do so. A leader must have the trust of followers and therefore must display integrity. Honest dealings, predictable reactions, well-controlled emotions, and an absence of tantrums and harsh outbursts are all signs of integrity. A leader who is centered in integrity will be more approachable by followers.

### DEDICATION

Dedication means spending whatever time or energy is necessary to accomplish the task at hand. A leader inspires dedication by example, doing whatever it takes to complete the next step toward the vision. By setting an excellent example, leaders can show followers that there are no nine-to-five jobs on the team, only opportunities to achieve something great.

### DRIVE AND TENACITY

Some leaders have an inner motor that pushes them to get to the heart of an issue and find solutions. They drill for specific answers and don't give up until they get

them. Their high energy is infectious. They consistently drive their priorities through the organization. They are tenacious for the information they're missing and keep tweaking their mental models until they arrive at a positioning that works. But drive and tenacity can cause a leader to stick to a plan that isn't working or to outdated assumptions or an investment that is no longer promising. Be passionate and be authentic in everything that you do.

### OPENNESS

Openness means being able to listen to new ideas, even if they do not conform to the usual way of thinking. Good leaders are able to suspend judgment while listening to others' ideas, as well as accept new ways of doing things that someone else thought of. Openness builds mutual respect and trust between leaders and followers, and it also keeps the team well supplied with new ideas that can further its vision. The willingness to allow yourself to be influenced by other people and to share your ideas openly enhances the know-hows, while being psychologically closed can cause problems. Leaders who are psychologically open seek diverse opinions, so they see and hear more and factor a wider range of information into their decisions. Their openness permeates others, enhancing candor and communication. Those who are psychologically closed are secretive and afraid to test their ideas, often cloaking that fear under the guise of confidentiality. They're distant from the team and have no one outside to bounce ideas off or to provide information that counters their own beliefs. Being psychologically closed makes it particularly difficult to reposition oneself, because the leader lacks perspectives from diverse disciplines, functions and cultures.

### CREATIVITY

Creativity is the ability to think differently, to get outside of the box that constrains solutions. Creativity gives leaders the ability to see things that others have not seen and thus lead followers in new directions. However, don't forget to always keep it simple.

### FAIRNESS

Fairness means dealing with others consistently and justly. A leader must check all the facts and hear everyone out before passing judgment. She must avoid leaping to conclusions based on incomplete evidence. When people feel they that are being treated fairly, they reward a leader with loyalty and dedication.

### HUMOR

A sense of humor is vital to relieve tension and boredom, as well as to defuse hostility. Effective leaders know how to use humor to energize the team. Humor is a form of power that provides some control over the numerous situations. Simply put, humor fosters a good environment.

As a Board member of MPhA, I had a vision in my mind of what I wanted my Presidency to be when I stepped into that

role. I took the month before the installation and organized the organization so that on day 1 of my term we would be ready to go right out of the gate. For years most of the work was done by our EVP and the President with the Board submitting in their yays and nays at the Board meeting. I created a Leadership Orientation Manual, developed committees with detailed charges and a set a detail agenda for the year. At our first Board meeting I reviewed the Leadership Manual, shared my vision for the Association and expectations for the Board. I believe in transparency, everything needs to be communicated and shared. I also believe in robust conversation and then gaining consensus and making a decision. Everyone participates. I hold each member accountable and make sure there is follow thru.

My involvement with LKS and Alpha Chapter was the foundation for me to develop my skills and leadership style. It is among my sisters that I made those early mistakes in learning how to lead others and see the big picture. Over the years I have developed a skill to be able to solve problems, move the iceberg, resolve conflict, see the best in others while helping the team move forward as a unit. Offering creative solutions. I have always been a hard worker and what I lack in skill, grace or intelligence I always make up in the work. I have a tendency to outwork everyone in the room. And because of the amount of work I put in and the level of communication with the group, I have been lucky to also get more out of each person that I am working with. By finding the best in each person and asking for help the opportunity to accomplish ones goals is always attainable. In my LKS world we all win or lose as a team. Our success is forever tied to each other. Individual success comes from team success. Part of the LKS creed states "I believe that the happiness and success of my sister is as important as my own. Therefore I will seek in behalf of others the same things that I seek and ask for myself".

Christine Perry is the 2011 recipient of the Lambda Kappa Sigma Merck/Vanguard Leadership Award. This award is presented annually to an individual who sustained exemplary contributions in their area of "practice", in professional associations and/or regulatory bodies and in their community; demonstrated the unique qualities of service beyond self, influencing and helping others; or exhibited innovation, sought new challenges and demonstrated an entrepreneurial spirit.

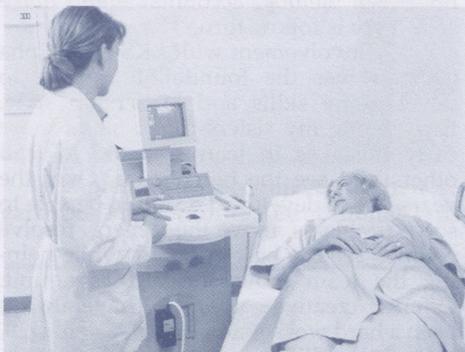
Christine, the Retail Talent Acquisition Account manager for the Shaws/Osco and ACME/Savon banners of SUPERVALU pharmacies, was recognized for her significant contributions to the Lambda Kappa Sigma and the pharmacy profession. She has served a number of leadership roles within the Fraternity, including Grand President, Faculty Advisor for the Alpha Chapter at MCPHS for 20 years and Alpha Alumni Chapter Secretary. She is also a member of APhA and Phi Lambda Sigma. Christine just completed her term as President of the Massachusetts Pharmacists Association.

## 2010-2012 WOMEN'S HEALTH ISSUE: DIAGNOSIS AND STAGING OF OVARIAN CANCER

by Dorathea Andrews, Pharm D., BCPS, WHI Committee Chair

In our first article, we covered the incidence and survival rates of ovarian cancer. In our second article, we covered the risk factors and symptoms of ovarian cancer. In our third article, we are going to outline the diagnosis and staging of ovarian cancer. In the fourth and final article of this series, we will discuss the treatment options for ovarian cancer.

Ovarian cancer is often diagnosed after many tests. The most common diagnostic tests for ovarian cancer are a pelvic exam, ultrasound, CA-125 blood test and a biopsy. The pelvic exam should be a part of every woman's annual gynecologic



exam. The pelvic exam is typically done during the same appointment as a Pap smear. A Pap smear does not test for ovarian cancer; it is typically used to diagnose cervical cancer. During a pelvic exam, your doctor will feel the ovaries and other nearby organs for lumps or other changes in their shape and size. Your doctor may also perform an ultrasound to ascertain the size, shape and configuration of the ovaries. The ultrasound provides a picture of the ovaries using sound waves. To get a better picture, your doctor may perform a trans-vaginal ultrasound. Other initial diagnostic tests include blood tests, such as the CA-125. CA-125 is a substance found on the surface of ovarian cancer cells and on some normal tissues, and normal levels are typically below 35 units per milliliter. An elevated CA-125 level is not used alone to diagnose ovarian cancer, but can be an indicator. The only true method to diagnose ovarian cancer is a biopsy. The biopsy is typically performed during an exploratory laparotomy. During this surgery, tissue and fluid from the pelvis and abdomen is removed and sent to a pathologist for the final diagnosis of ovarian cancer.

Staging of ovarian cancer may require further testing to determine if the cancer has spread. These tests could include a CT scan, an MRI or PET scan, chest x-ray, or colonoscopy. Stage I ovarian cancer is typically confined to one or both of the ovaries, but can be found on the surface of the ovaries or in the fluid collected from the abdomen. In Stage II ovarian cancer, the cancer has spread from one or both of the ovaries to other tissues in the pelvis. These tissues can include the fallopian tubes and uterus. In Stage II ovarian cancer, cancerous cells may also be found in the fluid collected from the abdomen. In Stage III ovarian cancer, the cancer has spread to tissues outside of the pelvis or to the lymph nodes located in the abdomen, and cancerous cells may be found on the outside of the liver. In Stage IV ovarian cancer, the cancer has spread into organs beyond the abdomen, such as the liver and lungs.

Just as a reminder, September is Ovarian Cancer Awareness month, so please support ovarian cancer research and wear your teal ribbon.

## THE LOST LAMB

by Amanda Downes, Pharm D., Regional Supervisor

Once upon an August in a land not so far away there was a new pharmacy student. This new pharmacy student was eager to get involved and participate in a pharmacy fraternity that promoted the profession of pharmacy and provided an opportunity to network and build new friendships. This new pharmacy student decided Lambda Kappa Sigma was the fairest pharmacy fraternity of them all and after completing the orientation process thus became an LKS Lamb. This Lamb actively participated in Chapter meetings and activities, attended annual conventions and became a Chapter officer. Then one day, just a few short years after joining the LKS flock the Lamb was required to travel to a distant land to complete a series of daunting tasks that included rotations, a residency, a first job, a marriage and a family. One day the Lamb emerged triumphant but realized something was missing...the rest of the LKS flock. The Lamb missed the LKS flock and in turn the LKS flock missed the Lamb.

This is a familiar story to many LKS members. Now, with your help Lambda Kappa Sigma can bring these lost Lambs

back to the flock. How are we going to give this story a happily ever after ending? ...With the Lost Lamb Recovery Project. The Lost Lamb Recovery Project consists of two phases. Phase 1: Lost Lambs (members with known bad addresses) to begin Fall 2011 and Phase 2: Stray Lambs (members with good addresses but have lost contact with LKS) to begin Spring 2012. Current estimates show there are approximately 8,000 Lost Lambs and 12,000 Stray Lambs.

How can your Chapter help? To begin Phase 1, any interested Chapters should contact the LKS international office (lks@lks.org) to request a list of chapter alumni who have known bad addresses. The Chapter can then research and report updated addresses and emails to the IO. After exhausting a Chapter's own alumni lists, a Chapter may work with an alumni list from either a non-participating or inactive Chapter.

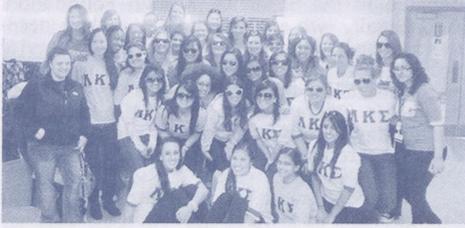
The return of Lost Lambs provides numerous benefits to both the Lamb and the LKS flock. If bringing the skills and talents of these Lost Lambs back to the LKS flock wasn't incentive enough, participating Chapters will receive in-house account

credit which can be applied for anything related to LKS meeting attendance. If chapters complete and return their list to the IO by Tuesday, January 31, 2012 in the format requested the following incentives will be earned: For every member that your chapter submits complete current contact information (specifically including updated name, address, phone number and email) we will automatically credit your chapter's convention account a total of \$1 per name. If you are able to submit partial information, your chapter account will be credited \$0.25 for each piece of info (address, telephone, email). If, after we contact the individual, they submit a dues payment, your chapter will receive an additional 30% (exclusive of insurance payments) of each member's renewing membership fee. So, if 10 members with completed contact information submit dues, your chapter earns \$310. The chapter accounts can be applied to future LKS meeting-related expenses for travel, lodging, registrations, etc.

As a former Lost Lamb, please help this story have a happily ever after ending and consider participating in this great project.

# COLLEGIATE CHAPTER NEWS

## Alpha Chapter



Greetings from the sisters of Alpha Chapter from the Massachusetts College of Pharmacy and Health Sciences here in Boston, Massachusetts! The sisters kicked off this year with a running start and have not slowed down since!

Those who attended convention came back with lots of important and exciting information to share! At convention, the sisters had an awesome time interacting with lambs around the nation, and said they became especially close with our neighbors, the lambs of Northeastern University! We were also the proud recipients of the Efficiency Cup and Chapter of the Year! Alpha got the cup and the Boston Bruins got one too!

Once school started, our annual retreat was held on September 11. The goals of our retreat included establishing realistic dates of when events and fundraisers would be held, so that the sisters would be informed well ahead and could plan accordingly as well as discussing our risk management plan and amendments that would be needed in our bylaws. Sisters came with creative and exciting ideas and the sisters left with the feeling that this year was going to be an awesome one!

In September we presented Ovarian Cancer as our Health Topic of the Month. In October we presented Breast Cancer and participated in Making Strides the walk for Breast Cancer. Throughout the month we have been selling pink ribbons to help raise money to donate to the Cancer Society. We will also be raising money for the Leukemia and Lymphoma foundation and participating in an annual event, Light the Night. The sisters of Alpha enjoy participating in Light the Night.

We started our recruitment process on September 15 with the participating in our school's activities fair. The sisters talked to interested girls about our beloved fraternity and many girls signed up on our email list! With this list members of our recruitment committee will email PNM's and meet with the girls on group and on the one on one level. This will allow us to really get to know the girls, and in turn let them get to know us. We raffled off a pair of Bruins Tickets and a Forever 21 Gift Card at Activities Fair as well. Our first official recruitment events will be a pumpkin painting activity held on October 19, 2011. We also will be participating in a "Meet the Greeks" event at MCPHS. Alpha, along with sisters of Alpha Zeta Omega, brothers of Phi Delta Chi and Kappa Psi, and members of Rho Chi and Phi Lambda Sigma will each have booths to discuss their respective organizations. After the meet and greet, a Bruins game will be shown for informal socializing.

Our Founders Day celebration was a special one this year as we inducted our new faculty advisor, Mattia Migliore into Lambda Kappa Sigma! We were grateful when Mattia approached us with an interest to be our advisor, and we cannot wait to not only call her an advisor, but also a sister!

The sisters of Alpha are also helping in planning the annual Halloween event with the IFC at school. We are planning a Dining for Women night as well as many fundraisers to help keep our chapter at working level! We wish everyone

a great rest of the semester and cannot wait to hear from you soon!

## Delta Chapter



The Delta Chapter of the University of Pittsburgh School of Pharmacy has had a summer of travel and is looking forward to a fun-filled fall. From July 27th to the 30th, six Delta Chapter sisters attended the 2011 annual convention in Detroit, Michigan. All sisters in attendance had a wonderful time and enjoyed the activities planned by the Omicron and Alpha Iota Chapters. In early September, Pitt's APhA-ASP chapter held a back-to-school picnic/activities fair. At this event, sisters of the Delta Chapter hosted a "White Coat Toilet Paper Challenge," where teams of students were asked to create a white coat for a classmate out of toilet paper. This event allowed sisters to meet with new first-year students and collaborate with other organizations in the School of Pharmacy.

In order to encourage current sisters to meet with prospective new members, chapter officers organized four recruitment events including a pizza lunch, an ice cream social, a Steelers game viewing, and a barbeque with the brothers of the Phi Delta Chi Fraternity. Due to the exceptional efforts put forth by the chapter's recruitment chairs, the Delta Chapter is pleased to welcome thirty-three new members to the fraternity! The Pinning Ceremony marked the first event for the new members, and over the next month, annual events including a spaghetti dinner, scavenger hunt, and fall Sweetheart Formal are planned for both new members and current sisters.

Delta Chapter service events thus far this year have focused on ovarian cancer awareness. This fall, the Delta Chapter sisters organized the third annual "What Not to Wear" fashion show. This event featured pharmacy students and faculty members who modeled both appropriate and inappropriate pharmacy school attire in order to help students select clothing that is suitable for the classroom, professional events, and interviews. A 50/50 raffle and bake sale were also held at the show, and all proceeds raised are being donated to the Ovarian Cancer Research Fund. Delta sisters also have held ice cream sundae and baked good sales throughout the school to raise funds for Project HOPE.

As you can see, the Delta Chapter is comprised of busy and hard-working Lambs. We are all looking forward to welcoming our thirty-three new sisters into the Fraternity. We wish everyone a successful fall semester and wonderful upcoming holiday season!

## Epsilon Chapter



The Epsilon chapter lambs have been hard at work recruiting a top notch set of baby lambs and planning all sorts of incredible activities this semester. Epsilon chapter's recruiting committee began strategizing over the summer to recruit more LKS sisters this year, aiming to recruit

new members from both the Rockville and Baltimore campuses. Recruitment started off in September with a competitive evening of fun at Game Night. This first event gave sisters at both campuses the opportunity to meet many new faces. Game Night was followed by a Scavenger Hunt/Pot Luck Dinner event in Baltimore in which sisters provided a wide variety of delicious foods and explained what it means to be a lamb for life. The third week of recruitment ended with the 'Lamb Prix' in which sisters and students raced around the Mario Kart race track. All of our recruiting committee's hard work and mindful planning culminated in Epsilon Chapter proudly announcing that we have 18 potential new members, 2 of whom are from the Baltimore campus.

In October, Epsilon chapter hosted our first ever "Vermonster Challenge," an ice cream eating contest and fundraiser for Project HOPE. Teams of five students or staff raced to consume 4 pounds of Ben & Jerry's ice cream with hot fudge, whipped cream and a multitude of cookie and candy toppings. The competition was open to the entire campus, and a wide range of students from different colleges participated. The winning team comprised of UMB nursing students polished off their bucket of treats in just three minutes and thirty-six seconds! Several of our sisters also took part, and in the end over three hundred dollars were raised for Project HOPE. Special thanks to Dixie and Neil Leikach for their support and guidance for this event.

We also participated in a local National Ovarian Cancer Coalition walk to help raise money to support LKS' Women's Health Issue for the Biennium. Our service chair Sunhee was able to recruit 15 members for our team, which raised \$660! We also look forward to taking part in the Light the Night Walk on October 22nd to support the Leukemia and Lymphoma Society. The Epsilon chapter sponsors an annual CV/Resume workshop in conjunction with Phi Lambda Sigma, which will be coming up in the first week of November. We are also very excited to have started a new program this year called Lunch with Lambs. A few times each semester we will recruit faculty members and LKS alumni for students to have lunch with. The events are open to all pharmacy students, although LKS members have priority registration. Our first two lunches (one at each of our two campuses) are coming up in the next few weeks.

## Lambda Chapter



Greetings from Lambda Chapter at the University of Southern California! We have had a great start to the fall semester! After months of hard work and planning, we are proud to welcome 31 highly motivated new members into our family! These are exceptional individuals with diverse backgrounds and interests, yet with a common goal to carry on the mission of LKS. This year's recruitment events were a huge success! We had a fun barbeque at a local park to meet and greet all potential members, followed by a poolside party at one of our New Member Coordinator's apartment. At each event, we played interactive games for everyone to get to know each other and bond. For our final recruitment event, we held a beach themed dinner at

the house of Dr. Kathleen Johnson, one of our faculty advisors. We also recently held a successful Welcome Night dinner, where the actives, alumni, and faculty advisors were able to welcome the new members into the LKS family. Everyone enjoyed some delicious Mediterranean food and had a great time meeting their new Big Sib.

Aside from recruitment events and celebrating our latest new member class, we have also started an "Active of the Month" award to honor the most dedicated active member, in order to encourage and reward involvement in our chapter. The first of many health fairs this year was also attended by many LKS actives, who coordinated the osteoporosis screening and education station. Due to the success of the events that have occurred thus far, we are very excited about our upcoming events, such as Founder's Day, Residency Workshop, Sunrise Ceremony, Homecoming Alumni Tailgate, Alumni Dinners, Holiday Party, and many more!

### Nu Chapter



Last semester ended very well for our chapter. We successfully held our HopeWaLKS event on campus. The 5K walk/run weaved through Drake's campus and we earned \$740 for Project Hope. We also held our formal dinner in May. It was a great time to spend with our sisters and eat a good meal. We had fun awards to give out to members that went above and beyond.

This semester has been going well so far. We have recently finished recruitment and are happy to welcome 12 girls to our chapter. Recruitment was successful with 2 wonderful evenings of fun activities like cupcake decorating and ended with a great formal event. We are excited for the rest of the semester.

We are looking forward to many things the reminder of this semester. We are excited for several sisterhoods including a well enjoyed trip to a corn maze. We are planning to have many speakers come to campus and grow as a sisterhood. We wish all the other chapters a wonderful semester as well.

### Xi Chapter



The Xi Lambs have been very busy starting the year off with a bang. During convention in Detroit this summer we gathered ideas on fundraising, chapter management, and sister bonding activities. Using what we learned from other chapters and alumni members we were able to come back to Rhode Island and hit the ground running ready for an awesome semester!

Our committee members wasted no time organizing events for our Xi sisters to participate in. The fundraising committee really stepped up to the plate and created iced coffee cups with the caffeine symbol on them to sell to the

whole College of Pharmacy. They were such a hit and already have to order more! Yankee Candle, our biggest fundraiser of the year, just wrapped up, so we are waiting for our chairs to crunch the numbers and calculate our profit! Also, from the first bake sale of the year we were able to raise enough money to donate to Massachusetts College of Pharmacy for the Centennial Convention! At the first meeting of each month the Professional committee introduces a new "topic of the month". September's topic was Ovarian Cancer, and at the end of the month some of the sisters participated in the Ovarian Cancer 5K run/walk in Providence, RI. This month they presented on Breast Cancer in honor of October being Breast Cancer Awareness Month. The pride committee and social committee have decided to plan a sister only bonding event one night out of the month. Applebee's for half priced appetizers and trivia seems to be the sisters' favorite choice. We try to show our Rhody Pride by attending URI home football games as a group, and we already have girls looking ahead to basketball season!

We can't forget to acknowledge one of our biggest accomplishments of the semester, and that is welcoming 62 potential new members into our chapter. All of the potential new members are so excited and ready to be involved in LKS. There have been numerous events for active sisters to get to know the potential new members including, Brickley's Ice Cream Night, Spaghetti Dinner, and Speed Dating to help all the girls pick out their bigs or littles. It is so great that our chapter keeps expanding, so that we can continue to participate in events that make our presence known on campus and throughout the local community.

As the semester goes on Xi Chapter will continue to be busy lambs. We have our Homecoming Pep Rally coming up where we will be cheering on our vice president, Liz Koczera, for 2011 Homecoming Queen. At the end of the month we will be participating in the annual Making Strides against Breast Cancer Walk in Providence, RI. We have a number of sister bonding events coming up, and we will be wrapping up the semester with Initiation and winter formal! Hope everyone else is having a great semester!

### Omicron Chapter



Greetings from the Omicron chapter at Wayne State University in Detroit! First of all, we would like to extend our thanks and appreciation to everyone who attended the Annual Convention here in Detroit this past July. We were honored to host the event, and were pleased to have the Alpha Iota Chapter from Ferris State University as our co-hosts. We hope that you enjoyed this event as much as we did!

We have organized several social events already this semester, including a bowling event and attending another Tiger's game along with members of Kappa Psi. We have also continued to have dinner outings at various restaurants and clubs in the city of Detroit. For fundraising, we once again held a Yankee Candle sale, and have bake sales planned throughout the semester. We also held a Jeans in Lab event, where P1 and P2 students in the Patient Care Labs donated \$5 to be able to wear jeans, rather than profes-

sional dress. The proceeds of this event will be donated to the Susan G. Komen Foundation. Additionally, we are making and selling decorated name badge reels. Our community service projects for the semester include serving dinner at the local Ronald McDonald House and gift boxes for Operation Christmas Child during the holidays. We were also very pleased to take donations received at Convention to the SAY Detroit Clinic.

Our recruitment lunch in early September brought us 11 potential new members. Our new Littles participated in the New Member Orienteer Induction ceremony, and they are progressing well through the Orientation period. They organized and ran a bake sale during our Pink Week, to raise money to donate to the Susan G. Komen Foundation. We will be holding the Sunrise Ceremony in late October, and our Initiation ceremony in early November.

### Pi Chapter



Greetings from Pi Chapter! Here at Rutgers, we are in the midst of a great start to a new semester. Our recruitment events included Fondue with the Sisters and Alumni, Mocktail Meet and Greet, and Speed Dating. During the same timeframe as recruitment week, we hosted a professional event called Rx Success 101, which aimed to provide freshmen with the resources to do well both in pharmacy school and in college in general. Skits were prepared to portray different scenarios, such as needing help with a class or getting involved within the pharmacy school. We invited one of the deans of the pharmacy school, as well as representatives from organizations such as the Learning Center and Career Services, to speak after each skit and provide the attendees with the tools that they needed for success. Rx Success 101 went extremely well, and a number of the attendees were interested in learning more about LKS afterward. We are happy to announce that we are in the process of recruiting five potential new members!

Service-wise, we have participated in events such as the Susan G. Komen walk for breast cancer and the Rutgers Scarlet Day of Service, where we gave back to the New Brunswick community. We also contributed to our pharmacy school's Advocacy Month Kick-off, where our poster on MTM won third place. Another activity that we are doing for Pharmacy Advocacy Month is a Diversity Workshop with SNPhA, where we will be discussing sensitive topics such as HIV populations and socioeconomic groups.

Our plans for the rest of the semester include participating in Monster Mash and organizing Dress to Impress. Monster Mash is a fun event intended to provide a safe trick-or-treating environment for the children of New Brunswick, while Dress to Impress is a charity event/fashion show to raise funds for Career Gear (a national nonprofit organization offering interview clothing and job counseling to those in need) while demonstrating how to dress professionally.

Among other plans, such as presenting posters at the Diabetes Step Out Walk in Bridgewater and participating in the Big Chill (a 5k run/walk to collect toys for children in need of gifts during the holiday season), we will be making time for some relaxation and fun as well. We

# COLLEGIATE CHAPTER NEWS Continued

have a Spa Day sister social planned, complete with facial masks and cucumbers. Also, as the holidays approach, we are hoping to organize a Thanksgiving potluck with our alumni.

The sisters of Pi Chapter are looking forward to a fun and successful semester. Warm wishes from New Jersey to our fellow lambs!

## Tau Chapter



Greetings from Tau Chapter! The fall semester was full of exciting events! The sisters participated in numerous service, professional and fundraising projects. The girls participated in annual projects including, 'What is a Pharmacist,' 'The Germ Project,' blanket making for premie babies, and a campus-wide singing and acting performance known as Carnival, our event won "Best Scenery!"

The website committee diligently worked on updating the website about Tau chapter. They updated all of the pictures on the website and added a chapter calendar. For social activities the sisters went to Tree Tea's together and bonded with one another over dinner, went kayaking, played in an intramural soccer team, went to the zoo and of course had a blast at Semi-Formal!

In attempt of recruiting more quality members, the Recruitment Committee held a picnic for potential new members. The sisters played corn hole, ate delicious food and mingled with girls that were thinking about joining. This helped our recruitment process greatly and Tau Chapter welcomed wonderful new members. This should be another great year and we wish our fellow sisters a wonderful semester!

## Phi Chapter



Hello from the Phi Chapter at Butler University! Even though it seems as if school just began, we have already accomplished and planned several events. We started out with three interest sessions that led to seventeen new members who will be initiated in November! After initiation, we will be having some bonding events for the whole chapter including the high ropes course on campus and cheering on our Bulldogs at a home game. Several members recently volunteered at an area food bank, and we are planning other philanthropy events such as preparing a meal at the Ronald McDonald House and our annual clothing drive, T-Shirts for Haiti. We are looking forward to a successful, fun-filled semester!

## Alpha Alpha Chapter



Greetings from the Alpha Alpha Chapter at Temple University in Philadelphia! We are happy to say that we started off the year by sending two sisters to the annual convention in Detroit. They had a great time making friends with other sisters from across the US (and Canada) and brought back a lot of good ideas for our chapter.

Our fall semester is off to a busy start. We have recently finished our recruitment events for the year and expect to begin our orientation period with about fifteen potential new lambs! Like previous years, we participated in the Walk for Hope, a 5K walk across the Benjamin Franklin Bridge. Our team raised several hundred dollars for the Walk, which benefits breast and gynecological cancer research. Our other successful recruitment events included an in-school pizza party, and along with our school's chapter of Kappa Psi, a barbeque for a Phillies game, and a Bowling Night.

In honor of Founder's Day, we will soon be welcoming Dr. Nancy Losben to Temple University to present a patient care-centered lecture on heart disease in women. Dr. Losben, a TUSP alum, is currently the Chief Quality Officer at Omnicare, a Fortune 500 company and leading provider of pharmaceutical care for the elderly, and is a former chair for the ASCP Foundation. We are excited to welcome Dr. Losben back to Temple and eager to hear what she has to say about heart disease, the number one killer of women in the United States.

Last year, we held a very successful fundraiser for Project HOPE – a mixer event which we invited our whole school to attend. Because we were able to raise so much money and had a great evening out with our fellow students, we will be holding this event again this year. We expect a large turnout and another fun night – we need those every once in a while with our hectic pharmacy school schedules! We also plan on having bake sales and other fundraisers to benefit Project HOPE and the LKS Educational Trust. Additionally, we will be participating in our school's Pharmacy Week along with other clubs and organizations at our school, presenting a booth about smoking cessation. We are organizing a chapter trip to the Eastern State Penitentiary, a historic prison in Philadelphia for their Halloween Haunted House, and we are planning to repeat our coat drive this winter to benefit local homeless in Philadelphia.

We are looking forward to the rest of our semester and to a successful orientation period welcoming new lambs into the fold! We wish a great school year to the other chapters as well.

## Chi Chapter



Greetings from the Chi Chapter from the University of Washington! It's been a busy past few months for the Lambs of the Chi Chapter. Between finishing off one school year, welcoming in new board members, and kicking off a new quarter, our chapter has been quite active.

The summer was a particularly fun time for us as we had a few chances to interact with Lambs from other chapters. We even made a trip to Vancouver, Canada to meet up with the Lambs from the University of British Columbia.

These Lambs were excellent hosts and it was great getting to forge friendships with other chapters of LKS. We're hoping to make this trip an annual tradition as it was great getting to meet and learn from other members of Lambda Kappa Sigma.

Later on in the summer, we were lucky enough to send two of our members to the annual LKS convention, thanks in large part to generous support from our alumni chapter. This trip proved to be hugely successful as these members got to better understand the history and ideals of Lambda Kappa Sigma. These lambs returned to the Chi chapter with a renewed spirit and a slew of new ideas, many of which we are hoping to implement this coming year.

Moving into October, the new school year is promising to be very exciting. We are currently in the process of recruiting new members, which is always a fun time for us as we get to meet new people and share in the camaraderie of Lambda Kappa Sigma. We started off the year with our annual trip to a Mariners baseball game. As always, this provided a fun, relaxed atmosphere where we were able to reconnect with old members and get to know the new recruits. We followed this up with a more formal chapter meeting where we talked to recruits about what it truly means to be a Lamb. In the following weeks, we have many more events planned—a potluck/social, Trivia Night benefiting an international pharmacy school, a trip to an improv show, trick-or-treating for canned goods, and culminating with our new member initiation.

The interest we've seen in Lambda Kappa Sigma this year has been overwhelming and we are excited at the prospect of initiating many new members into the Chi Chapter. As we are planning a wide range of new outreach and social events, the enthusiasm of these new members combined with the experience of our returning Lambs is sure to make this year a success.

We hope that the other chapters of Lambda Kappa Sigma have been off to as good of a start and look forward to hearing about the exciting activities the different chapters are involved in. Best of luck to you all!

## Alpha Beta Chapter



As the Connecticut leaves start to fall, Alpha Beta chapter is excited to welcome new Lambs to join our family as well as welcoming back our returning sisters! With a new school year ahead, each committee is working hard to make this semester a promising one for our chapter. One of our main goals is to reach out to more of our community and to continue our traditions while adding many new ones.

Already this year, the social committee has hosted a "Welcome Back" cookout with our brother fraternity, Kappa Psi, and a delicious pasta bar dinner with the chapter to kick off the school year. To support Ovarian Cancer awareness month, professional committee hosted a very informative lecture with Dr. Nelson from Yale New Haven hospital. A fellow sister also shared her battle with ovarian cancer and gave advice to students who are in a similar age group about prevention of the disease and about life in general. The community service commit-

tee has begun to collect pink Yoplait yogurt lids and plans to sell ribbons in an effort to raise money for breast cancer research and to raise awareness in our community.

Alpha Beta's social committee has many fun events planned to help our chapter bond as sisters and become closer with our new members. Some events that will be happening this semester include a "Pharmacy Night Out" to raise funds for Project HOPE, the painting of the infamous UConn rock, and sister-bonding ice skating. Along with hosting events such as a "Drug Safety" talk with one of our alumni sisters, the Alumni committee would like to focus on hosting social events to strengthen our bonds with our Alumni chapter. A homecoming football game cookout will be happening shortly and we are excited to celebrate this traditional weekend with our Alumni sisters! The two committees will be collaborating to host our annual Holiday party that we are hoping our Alumni chapter will be able to attend and enjoy the season with our chapter.

Along with starting to raise funds for breast cancer research, our community service committee is planning to help with other events in the area. Sisters will be volunteering with a Special Olympics program through registration, incentive distribution, and food set-up. A clothing drive is also planned for the week after Thanksgiving break, so students can collect old clothes over vacation that will then be donated to a local women's shelter. The committee will also be continuing our tradition of making cards for our veterans on Veteran's day.

The fundraising committee is making huge progress early in the semester, with many fundraisers already in the works. We are very excited to sell our UConn School of Pharmacy baseball caps, which we think will be a hit. Another new fundraiser, selling "Parent of a Future Pharmacist" t-shirts will be launched this semester. The fundraising committee is also planning to have a wrapping paper sale towards the holiday season.

The professional committee has also been off to an early start this semester, hosting the ovarian cancer awareness event mentioned earlier and a raffle to raise awareness of the disease as well. The committee is planning to raise awareness of mental illness and breast cancer this month by displaying informative posters in the school of pharmacy. In other news, the professional committee is very excited for our annual "Time Management" talk with a School of Pharmacy faculty member and LKS alumni, Dr. Fitzgerald.

Alpha Beta is very excited to continue to grow with the addition of over 20 new Lambs who we can't wait to bond with! We are also looking forward to growing closer as a chapter by creating more sisterhood bonding events and reaching out to our alumni! Lambs love from Alpha Beta chapter and best of luck this semester!

### Alpha Zeta Chapter



The Alpha Zeta chapter at St. Louis College of Pharmacy has had a busy fall semester so far! Our recruitment chair has done a wonderful job for us this year. She led us in organizing an afternoon of s'mores on our campus' quad with

the brothers of Lambda Chi Alpha, a barbeque for potential new members, and manning a stand to inform new students about LKS at our school's annual welcome-back fair! In addition to all this, she put together an incredible Recruitment Dinner for us at Favazza's restaurant, where we had an unprecedented turnout of over 100 girls. All of that hard work paid off big time on "Bid Drop Night" when we found out that we had thirty-five girls drop bid for LKS - the biggest Greek new member class on our campus and the Alpha Zeta chapters second largest NMO class ever. This puts our chapter at 98 active members!

We initiated our newest class of lambs on Friday, October 7. These thirty-five girls have more than proven that they'll make fantastic additions to the Alpha Zeta chapter. They've shown their dedication to the academic standards that are expected of Lambda Kappa Sigma members by making a point to come to study nights twice a week with their sisters. In addition to their academic diligence, they've represented our fraternity well on campus by snagging first place in fraternity acts at St. Louis College of Pharmacy's annual Variety Show with their skit depicting the Alpha Zeta chapter of LKS throughout its years here on campus. We had several sisterhood events over the course of the semester that allowed new members and past members to get to know one another more. Needless to say, we couldn't be prouder of our new members!

Our sisterhood committee has also hosted many exciting events this semester. We got to watch proudly this year as many of our sisters received their white coats in their White Coat Ceremony. Afterwards we had yellow chrysanthemums for each sister who was receiving her white coat. We also included our fathers in some of the LKS fun by inviting them to a Daddy-Daughter baseball game this fall at Busch Stadium to watch the St. Louis Cardinals play the Atlanta Braves. We've had lots of sisterhood movie nights: we went to the theater together to see *The Lion King*, watched *Bridesmaids* together, and plan on having a Halloween movie night soon! In addition to all this, we will be going pumpkin picking with the brothers of Lambda Chi Alpha and any unaffiliated girls who wish to attend later this month.

We are also very excited about the charity events that we have pioneered this semester. Some of our sisters participated in STL COP Cares, a program where STL COP students do work intended to better the St. Louis community for an afternoon. Several of our sisters also took the initiative to encourage students to get their flu shots by setting up and leading groups of STL COP students over to Barnes Jewish hospital, where flu shots were available for free to the community. Later this semester, we will also be hosting a charity event called "Hoops for HOPE" that will raise money for Project HOPE by having students compete as teams in fun activities using "hoops."

We wish all other chapters luck with all of their undertakings this semester!

### Alpha Eta Chapter



The Alpha Eta chapter has a lot going on this semester. We are currently orienting 18 Potential New Members. We hope to initiate them in January. We recently held our annual "What Not to Wear" Dean's Hour and put on a fashion show demonstrating what people should and shouldn't wear to rotations and interviews. This has become a very popular event on campus. Many people come out to enjoy the fashion show and the discussion. Our speaker was Princy Varghese, a sister who graduated on campus. She did a great job and was very entertaining. We plan to bring back many more alumni to our events this year. We are proud of them and want to learn from their success.

We had our first barbeque at one of the sister's homes. We had a great time and really bonded with each other and the PNMs. Our Founder's Day dinner was a great success. Many of the PNMs and sisters celebrated Founder's Day together by sharing a great meal and great laughs.

We held two bake sales, one for Project Hope and one for Making Strides against Breast Cancer. We held a breast cancer bracelet and pin sale to raise money for breast cancer research. Between the walk and the sale, we raised \$450 for the cause. We attended the Making Strides against Breast Cancer Walk on October 16, 2011.

We will hold our second Dean's Hour in November which will focus on ovarian cancer. We plan on having more Project Hope fundraisers and are trying to come up with unique ideas. Our Taco Night is also coming up. This will be the second year we all get together at a sister's house and make tacos together and get to know the new members.

Our goals for this year are to continue spreading the word about women's health issues, to recruit more sisters by holding one initiation per semester, and to attend this year's convention in San Diego. We also hope to hold events with our neighboring chapters in the spring. We are looking forward to a successful year!

### Alpha Theta Chapter



Greetings from Alpha Theta chapter from Buffalo, NY! This fall, we welcome 34 new member candidates, one of largest classes yet. We started the year with our annual events including a peanut-butter and jelly drive for the homeless and a bonfire by the creek. We are holding many popular activities this semester such as apple picking, followed by a candy apple fundraiser, and have bonded with our new members over laser tag and ice skating.

We plan to continue our tradition of volunteering to serve Thanksgiving dinner at our local senior assisted living facility as well as educate seniors about osteoporosis in our popular wellness clinic. We are participating in our local Heart Awareness and Diabetes Walk in collaboration with our school's APhA-ASP chapter. We are also reviving our shoe-box drive to collect toys for children this holiday season. We wish the best of luck to all chapters and look forward to another wonderful semester!

# COLLEGIATE CHAPTER NEWS Continued

## Alpha Iota Chapter



Greetings from the Alpha Iota chapter at Ferris State University! We have had an excellent start to this semester with eight welcoming rush events, including a luncheon, ice cream social, and bonfire. These and other recruitment events allow the potential new members to meet our girls and learn about the fraternity. This year we were also able to put a board up in the quad promoting our organization. As a result we have an astounding twenty three beautiful new sisters decide to join our chapter this semester. On October 14th, we had our Founder's Day as well as Ferris's Homecoming. Both events created a fantastic evening for the sisters of Alpha Iota chapter. This semester, we have continued our fundraising for Project Hope by selling snack items in the lounge at our College of Pharmacy. Planning has already started for our second annual college of pharmacy chili cook-off which was a huge success and raised a great deal of money for Project HOPE last year. We are also continuing our volunteer work at Metron, the local nursing home. The residents and staff there appreciate our involvement and the girls enjoy the time they spend helping out there. On Saturday mornings, you can always find some of our girls doing their part for the community and environment by volunteering at the county recycling center. In addition, we continue volunteering with the campus-sponsored Safe Ride, on the weekends. Our chapter looks forward to getting to know all our new sisters this semester with many sisterhood events being planned. Alpha Iota chapter gives our best wishes to all the other chapters and we hope that everyone has a fantastic rest of the semester!

## Alpha Kappa Chapter



Greetings from the Alpha Kappa Chapter at the University of Georgia! Our chapter has been very busy helping our community and raising awareness of our organization not only around the Pharmacy School, but throughout the University campus and the Athens area.

Many of our activities in LKS involve community service. One of our biggest community service events is supporting a half marathon

walk in honor of breast cancer. This walk is called "In Their Shoes," and it is sponsored by Athens Regional Foundation. This walk was held on October 15, 2011, and we had 7 amazing walkers while numerous LKS girls volunteered their time cheering on the walkers and providing refreshments on their journey to the finish line. Fundraising for the event is year round process and this year we held a bake sale, sold t-shirts for the event, and held a flamingo flock. With all of our fundraising we raised over 7,500 dollars for the cause. Along with raising money for breast cancer awareness, the chapter participates in many other community service activities around Athens. Last year, we provided meals for a local homeless shelter as well as donated our time at food banks. Our College of Pharmacy also holds a health fair in the fall called Dawgtoberfest. This health fair is an outreach for the Athens community to better inform them on different disease states as well as general health. In honor of our ties to breast cancer, our chapter hosts a booth with information on breast cancer, screening and general health information.

In order to relieve our stress from pharmacy school, we host many sisterhood events and events with other organizations around campus. This fall we have held many rush and Lamb pal events to teach about our fraternity and build sisterhood! This year we made tie-dyed t-shirts, went on a scavenger hunt around campus, and danced our way back into the 80's. Our events went extremely well this year, and we gained 32 amazing new girls! Each fall, LKS also teams up with our professional fraternity Kappa Psi to host tailgates and different themed parties. These parties allow us to get dressed up in Halloween costumes at the "Halloween party" or even bring out those old Christmas sweaters at our "Grinch party."

All of our events and fun would not be possible without the hard work of all of our officers and our faculty advisors. We would like to thank each and every one of them for all of their guidance and hard work to make our chapter a successful organization. We look forward to having a wonderful year at the University of Georgia.

## Alpha Lambda Chapter



Alpha Lambda at the University of British Columbia had a very busy start to the year. We began with CPR class and books sales for the entire faculty with a huge success. We participated during Clubs Night hosted by the UBC Pharmacy Undergraduate Society to introduce ourselves to new students. We provided a Subway Sandwich lunch and Pizza information session during recruitment week. As a result, we have over 20 new members joining and this is the largest intake ever in Alpha Lambda's history! We are currently planning our initiation night to welcome the new members. This year, we plan to do more social gathering with our members to bring everyone closer and we are planning to visit the Chi chapter sisters

at the University of Washington in Seattle. We also started planning our signature event, Manufacturers' Night, which will happen in March 14th, 2012. We hope for a productive and fun year which looks like it will be our best ever! Best wishes to all the other chapters from Canada!

## Alpha Mu Chapter

Greetings from the Alpha Mu Chapter from the University of Toledo! This semester has been a busy one for the Alpha Mu Lambies. We are excited to welcome our new members this year and look forward to getting to know them better as we head toward Big/Little week and activation. Currently, we have a caramel apple fundraiser going on, this is a new fundraiser for us and we are excited to see how it does. On October 28th the Alpha Mu ladies will be supporting our brothers of Kappa Psi Pharmaceutical Fraternity at their annual Halloween Bash. Also, with our Kappa Psi brothers we have started organizing our Relay for Life team and are working hard to raise as much money as possible through donations. Other community service activities we have planned for this semester include volunteering at a local women's shelter and participating in Adopt-a-Family. We are excited to see how the rest of this semester goes! Best of luck to everyone with the rest of fall semester!

## Alpha Nu Chapter



At the University of Kentucky College of Pharmacy, the Alpha Nu Chapter is excited about the upcoming school year. Since the beginning of the semester we have been busy using all of the valuable information our Second Vice President, Brittany Kidwell, brought back from the National Convention. We enjoyed a successful recruitment and are excited to have 48 bids accepted! Recruitment week gave potential new members multiple opportunities to get to know current members with events including a pizza dinner at local pizza pub, bowling, and a cook-out. During our recent Big/Little Week, each potential new member received a LKS water bottle, clip board, and picture frame decorated just from them by their "big." At Big/Little Night we played a game to reveal "bigs" and had dinner with our future sisters. We are looking forward to Initiation in November!

We began the year by setting some big goals for the chapter, mainly to significantly increase professional development and service opportunities for Chapter members. We have been working hard to meet these goals. We are excited about an upcoming service opportunity at the Shriners Hospital in Lexington called Reverse-Trick-or-Treat. Members are looking forward to a chance to wear Halloween costumes and pass-out candy to the children who are patients at the hospital. We are also looking forward to an opportunity to increase our professional skills with Suicide Prevention Training in November. In December, the Chapter hosts our annual Mistletoe Mingle Dance which gives students at all of the health professions colleges a chance to celebrate the upcoming holiday season.

## Alpha Xi Chapter



School has begun once again, and the sisters of Lambda Kappa Sigma are already busy with events for this upcoming semester. We began this year by welcoming eleven first year sisters to the Thomas J. Long School of Pharmacy and Health Sciences. After this celebration, the sisters began to prepare for the series of this semester's events. The sisters of Lambda Kappa Sigma began the year with various events alongside the other professional fraternities. These included the PFC barbeque and the pre-pharmacy fair, where we met new students and informed them about our fraternity. We had our first pre-rush event on September 12th. We cooled down with some ice cream, played a couple hilarious rounds of telephone charades, and mingled as the sisters got to know the new and returning Pacific students.

We also held our first fundraiser of the year. We raised funds for our chapter through T-shirt sales as well as through candy grams. This year, we sold over 600 candy grams! Stuffing them was definitely a chore, but it was an enjoyable one with fellow sisters around. On Friday, October 14, the sisters of Alpha Xi threw our annual Black and White Affair. Pacific students, undergraduate and graduate, swarmed to the courtyard where good food and music awaited them. It was definitely a great way to relieve some stress for the pharmacy students, seeing that this concluded their stressful midterm's week. The event pulled through and was a success through the sisters' hard work and dedication. We are now gearing into the middle of October where we look towards more pre-rush events as well as professional events. This is going to be an exciting year, but then again, when it is it not with great sisters around.

## Alpha Omicron Chapter



The Alpha Omicron Chapter sends its warmest regards to fellow Lambs. Alpha Omicron recently inducted 13 new members, bringing with them lots of new ideas and enthusiasm to our chapter. Induction was preceded by an Olive Garden dinner and followed by a Founder's Day celebration. In mid-April, our Relay for Life team placed first among the West Virginia University's schools and colleges on campus as the Platinum Team with the most donations. As a social gathering and community service event this fall, Alpha Omicron made blankets for Project Linus while enjoying tacos in a bag. Later this month, we will gather for a potluck, carve pumpkins for Halloween and make dog chew toys for the local animal shelter. One of our most exciting events occurs later in

November when LKS sponsors and hosts the Annual Vera Bradley Bingo, with all proceeds going to the American Cancer Society. Best wishes for a successful semester and may the spirit of LKS be with you in all your endeavors!

## Alpha Pi Chapter



Greetings from the Sisters of Alpha Pi Chapter! This last semester we welcomed ten wonderful new sisters to our chapter as fourteen of our sisters graduated! We offer them our congratulations and we wish them the best of luck in all their future endeavors. We have also reached the 50th anniversary of the founding of our chapter. We celebrated by having lunch with our alumni, which included some of the founding sisters. It was truly a great experience, where we received the opportunity to meet older sisters as well as share and create memories. Some of our sisters were able to attend the Detroit LKS convention, where they came back with wonderful and innovative ideas.

Since September is Ovarian Cancer Awareness Month, we tried a new fundraising idea. We gave people teal manicures to raise money for the Ovarian Cancer National Alliance. Following the theme of the month, a lecture on ovarian cancer was given by one of our alumni, Stephanie Alvarez, followed by a panel of ovarian cancer survivors, one of which was our very own alumni sister, Lisa Anzisi. It was very informative and successful. The seats were filled by our own sisters, alumni and collegiate, as well as other St. John's University students and faculty. For St. John's annual University Service Day, we went to a health fair in Brooklyn with some of the pharmacy faculty. It was very interactive; we got the opportunity to talk to patients about non-compliance and various issues regarding their medications. We also had the opportunity to learn a lot because there were presentations conducted by doctors in various fields of practice. Also this past October, our Regional Supervisor Marina Prgas came for a visit! We had a fun day filled with playing board games, doing arts and crafts and just spending the day with each other.

The White Coat ceremony, where fourteen of our sisters will be entering their professional year, is coming up on October 12th. Some of our upcoming events are our Breast Cancer Awareness Bake Sale on October 13th, as well as the Breast Cancer Walk on October 16th which we annually participate in. For Founder's Day we have planned with our alumni a CE/dinner, on October 14th, where the CE is about "Caring for Women with HIV Infection." Some of the professional events that we have coming up are a CPP "Speed Dating" event, on October 20th where we will be able to meet and learn from our Clinical Pharmacy Practice Faculty in a fun environment of "speed dating." We will also be participating in the "Healthy Halloween" celebration, where we will teach children about the importance of proper hygiene. We have a career center workshop and an Alumni Panel, where some of our alumni will come back and talk to us about life after pharmacy school, coming up in November. In addition we will participate in a Midnight Run, on November 2nd, to help feed the disadvantaged. We will be trying out a Hot Cocoa fundraiser in November as well.

In the midst of all these events we have been planning events with our sisters as well. Some of our social events include a movie night, a LKS Family Feud game with teams being the various orientation classes, our annual ice-skating trip, and an inter-chapter mixer. Also in the process of being produced is a chapter newsletter, which will help sisters that aren't able to be in contact as much, updated on our chapter. We are looking forward to a productive and fun semester. Alpha Pi wishes the best of luck to all our sisters and sends our Lamb's love to sisters everywhere!

## Alpha Phi Chapter



Fall greetings to our fellow lambs from the Alpha Phi chapter at Wilkes University! This summer we sent five members to the Annual Convention, where all of our sisters had a great time! Our Fall Orientation is in full swing, and we have incredibly enthusiastic recruits. Currently, we have 17 orientees, and our current sisters & brothers are very excited to almost double our chapter membership. These new students will become full-fledged lambs & rams this November. Our chapter has several ideas for fundraising this year, which are already underway. We are currently selling Gertrude Hawk Chocolate Bars & Blue Mountain Candles this Fall.

Alpha Phi Chapter has several professional and social events planned in the coming months. We have already participated in the Lupus Loop, and plan to continue our successful Vials for Life campaign. Furthermore, our social events have included Sunrise Service, a Mocktail Party, a Low Ropes Course at the University Gymnasium, and we had a fun-filled picnic at our Alumni advisor, Sandy Mullen's, house. Presently, we have scheduled several other social events including a Bowling Night and Halloween Party.

We are looking forward to more memorable events for both the Fall & Spring semesters, and presumably will be very busy chapter this year. We hope that all of the other chapters are having a successful Fall Semester as well, and we wish you the best of luck this year!

## Alpha Chi Chapter



The 2010-2011 school year proved to be an exciting time for the Alpha Chi chapter as we expanded our presence on and off campus. We hosted four speakers who focused on women's health issues and professionalism. Lambda Kappa Sigma organized a professional wear fashion show for the university's annual business etiquette dinner in February. The dinner was a great success with attendance almost doubling the previous year! We also participated in osteoporosis screenings and a brown bag event at NEOMED's "Body and Beyond" health

# COLLEGIATE CHAPTER NEWS Continued

fair in April. Our most rewarding event from the past school year was the First Annual Hope WaLKS (thank you again Nu chapter!) 5K walk/run held on campus. Despite the rainy weather, we had over 50 participants and raised \$1000 to donate to Project Hope!

The 2011 academic year is off to a fantastic start for our chapter! Through the past years of hard work, dedication, and leadership our group has become a well established and recognized organization on NEOMED's campus. Currently, we are in the midst of orientation for our seven new members.

Initiation of the Delta class is planned for November 3rd, with a pot luck chapter dinner afterward. Our speaker series, "Lunch taLKS" continues to be well attended and informative. Seminars will have two focuses this year; women's health issues and a "Balancing Work & Life" series. Our second annual Hope WaLKS event is planned for April 29, 2012. Our goal for the year is to increase our annual donation for Project Hope, which the whole chapter feels passionate about accomplishing. We had seven sisters participate in Cleveland's Race for the Cure, and are planning on continual participation in Race for the Cure events in Ohio and possibly Western Pennsylvania.

We are definitely excited about moving into this year with a strong, active, and expanding chapter. Lambs love! -Alpha Chi

## Alpha Rho Chapter



The sisters of Alpha Rho Chapter at Northeastern University are off to a fantastic start! The girls are very enthusiastic about another successful year, as we welcomed our great new advisor this fall. Together, we are busy planning many exciting activities to promote our fraternity both on campus and in local Boston communities. In early October, many of the sisters took part in the Making Strides Against Breast Cancer Walk, where we joined thousands of other enthusiastic people to honor those who have been affected by breast cancer. Not only was taking part in such a grand event awe inspiring, but it was great sister-bonding, as we all came together to support a wonderful cause.

Currently, we are preparing for our University's Annual Health Fair, where the sisters will host a table on Sleep Deprivation. With the school year well underway, we hope

to educate our peers on the importance of rest and sleep! The potential new members are also getting involved by hosting a table at the Health Fair on stress, another relatable topic. Also, we continued to educate ourselves about the profession of pharmacy by shadowing our new advisor in a local clinic. It was a great opportunity to expose the younger sisters to different areas within the profession. Later in the month, the older sisters will help out at the clinic's Brown Bag Event, where pharmacists and pharmacy students can review patients' medications and provide counseling right on the spot.

Although we have been busy with and community service events, we have hosted several social events to get to know the potential new members. We had brunches, home-cooked dinners, mocktails, sleepovers, and even decorated our campus rock to show our spirit! We hope to keep this great energy going in fulfilling our goals for a very fun and productive semester, and wish sisters everywhere the same!

*Lambda Kappa Sigma*

# ALUMNI CHAPTER REPORTS

## Alpha Alumni Chapter



Greetings from Boston! The Alpha Alumni have had a busy summer and fall so far, with 3 members attending this year's Convention in Detroit, and our very own Christine M. Perry bringing home the Vanguard Leadership Award. Region Supervisor, Marina Fridman and Elicia Fauvel, worked hard with the rest of the Region Supervisors at the successful collegiate workshop on Effective Chapter Management. We were very proud of our Collegiates for bringing home the Chapter of the Year Award!

Just this past week, Alpha Chapter celebrated its 98th birthday at LKS' origin, Mass College of Pharmacy! Not only was this a wonderful time to bond with our Collegiate girls, celebrate our Chapter and the Fraternity with our Founder's Day Ritual, but there was cake too! The group heard words of wisdom and leadership from Christine Perry, and we had some laughs! An exciting time at this year's Founder's Day was the induction of our newest Alumni member, Dr. Mattia Migliore, who also has taken the responsibility of becoming the girls Faculty Advisor!

As home of the 2013 Centennial Celebration, the Alpha Alumni's have been busy gearing up for the largest and most successful fundraising our Chapter has ever seen! In the next 2 years we hope to gain increased sponsorship to show all our Members the most exciting, LKS history filled, Sister bonding Convention to date! Arielle Bibeault, our Centennial Host Chapter Fundraising Chair has been hard at work these past few months!

Alpha Chapter wants to wish everyone a safe and happy holiday season! Hope to see you soon!

## Epsilon Alumni Chapter



After sending 3 members to Detroit, the Epsilon Alumni chapter has come back excited for a new year. They have already been busy supporting the recruitment efforts of the Epsilon Collegiate chapter. The alumni will also join the collegiates for their Founder's Day ceremony and are planning on joining them for Initiation as well. Planning is also ongoing for the B. Olive Cole lecture, which will take place on April 25, 2012. If you are interested in supporting the endowment for the lecture, please contact Dixie Leikach at finksburgrx@gmail.com.

## Chi Alumni Chapter



In May, the alums hosted Senior Dinner at Jean McLaughlan's home. Eight Chi Collegiate graduates were honored. Past Grand President Jennifer Rhodes made a special visit to Seattle to attend and congratulate the Chi Collegiate graduates. At the dinner, Joyce Tsai announced the recipients of the Chi Alumni Scholarship

Award. Johanna Thompson and Laura Knutzen Hoekstra were each awarded \$250 for their contributions to LKS. The photo was taken at the dinner.

Chi Alumni sponsored 2 Chi Collegiates to attend the 2011 Annual LKS Convention in Detroit. President Amanda DeJong and President-Elect Rachael Beardshear were able to attend the convention thanks to contributions from Chi Alums as well as the University of Washington School of Pharmacy.

We were thrilled to win the Outstanding Alumni Chapter of the Year in Detroit! A welcome surprise!

Chi Alumni acknowledged the 70th Anniversary of the Chi Collegiate chapter this year (founded April 20, 1941). The article "UW Lambda Kappa Sigma Chapter Marks Its 70th Year" highlighted the anniversary. in Dawg SCRipts, the University of Washington's School of Pharmacy Alumni Association's News publication.

Pat Tanac had surgery and is doing well.

We had our fall business meeting October 11, had Convention report from Nancy Horst, and are planning to attend the Chi Collegiate initiation ceremony in November. We are looking forward to our Holiday Party in December. We collect food and donations for a local food bank, and have a cookie exchange.

We are trying to get contact information of all Chi graduates so if you are a Chi graduate please email President Nancy Horst at nhorst5911@aol.com

## Omicron Alumni Chapter

Members from Omicron and Alpha Iota chapters hosted an organized and enjoyable meeting in Detroit. The alumni program at the pharmacy school was great plus the continuing education program on Medical Marijuana was current. Adding the Walk for Project Hope added another dimension to bring the sisters together and the opportunity to see some of Detroit up close and personal. Several Omicron Alums attended and were all impressed. Thank you all.



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## SCHEDULE OF DEADLINES & UPCOMING EVENTS

### January 15

Announcements of Educational Grant Recipients  
LKS Election Ballots mailed to dues paid alumni and collegiate chapters

### February 15

Deadline for Spring Blue & Gold Triangle submissions

### March 7-9

Spring Grand Council Meeting  
(in conjunction with APhA - New Orleans)

### March 9-12

APhA Meeting & Expo in New Orleans, LA; LKS Booth

### March 10

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 Annual Convention

### July 25-28

LKS Annual Convention - San Diego, CA