

Lambda Kappa Sigma



COLLEGIATE & ALUMNI CHAPTER REPORTS

Fall 2016

Chapters are required to submit a chapter report on October 15 and February 15.

On-time submissions count toward scoring for the Chapter of the Year Award.

Chapters discussing outstanding events may be featured in a future *Blue & Gold Triangle*. See the last page for more details.

Alpha

Massachusetts College of Pharmacy

Alpha Chapter has been hard at work recruiting new sisters. We decided to have recruitment during both semesters instead of just the spring semester. Our first recruitment event was an ice cream social called "Scooping Up The Best", where sisters socialized with PNMs and told them what LKS is all about. Another recruitment event we had was a "Pink Party" during the month of October to support Breast Cancer Awareness. The PNMs wore pink to show their support while the sisters showed their presentation on the subject so girls could learn more about the disease. We also enjoyed

some pink frosted cupcakes! We're distributing bids very soon, and we feel like we have a great group of PNMs that will make our chapter stronger!

We've also had some fundraising and professional events. We hosted a pancake breakfast at a local restaurant to raise money for Project HOPE, and we're hosting a fundraiser at Uno's restaurant to raise money for Light the Night. (I think by now you can see the sisters at Alpha Chapter are all about the food!) Our sisters also volunteered with several other clubs to host our annual flu shot clinics with one of our alumnae, Christine Perry. We have much more planned for the semester, and we can't wait to see what the PNMs can contribute once they officially become sisters of Lambda Kappa Sigma.



Nu Chapter members attend the World Food Festival in Des Moines, Iowa.

For sisterhood events, our members have been getting more involved with intramurals, with a volleyball team, as well as a inner-tube water polo team. We have also visited the World Food Festival in downtown Des Moines. With the beautiful fall weather we're having, we will be going to a corn maze and bonfire this upcoming week.

Professionally, some members attended IPA's College Night to get to know other professionals and students in the area. We are also in the process of organizing an alumni-student mixer to meet past Nu Chapter members, as well as a P4 rotation panel for students to hear first accounts of different rotation experiences.

Nu

Drake University

Nu Chapter had a successful fall recruitment, and our new members have fit right in. With October being Breast Cancer Awareness Month, we are busy preparing our annual change drive, where the winning professor will wear a pink ensemble to class for an entire day. Also, a group of our members has made a team for Race for the Cure and will be participating at the end of October.

We will be holding a fundraiser at Panera Bread, with a portion of all sales going to Project HOPE. We are also starting a new philanthropy event, Mr. Pharmacy, which will be a pharmacy talent show. All proceeds will be going to Project HOPE.

Xi

University of Rhode Island

Our Potential New Member Coordinators have been hard at work recruiting new lambs for our chapter. This year, we held our annual ice cream social at Green Line Apothecary, an independent pharmacy with a soda fountain and ice cream parlor owned and operated by our advisor,

Christina Procaccianti. At our annual "What Not To Wear" fashion show put on by the Professional Committee, the potential new members learned the importance of wearing appropriate clothes to make a great first impression at professional events.



What Not to Wear Event



Beach clean up at Scarborough Beach with potential new members of X Chapter.

The Community Service Committee put on a successful beach cleanup for the potential new members to learn how Xi Chapter is always looking for ways to give back to our community. The committee also organized for our chapter to volunteer at this year's Crohn's and Colitis Foundation of America walk in Providence. Sisters will be roadside cheerleaders and running activities for children.

We are especially excited to be helping out our own Xi alum, Dee Dee Branchaud, who fights Crohn's disease herself and who helps organize the event every year.

The Fundraising Committee held our second successful volleyball tournament, and the Pride Committee has been organizing a Paint Night.

Omicron

Wayne State University



We are working on improving and perfecting the Vista Maria outreach community service opportunity. Last year, it was started and numerous presentations were given to underserved women to better educate them and prepare them for their future. This year, we would like to improve the presentations and the relationship within the Vista Maria outreach service program.

Along with community service events, we have created a new program that encourages members to get more involved within the organization while maintaining good scholarship achievements within their pharmacy curriculum. Lastly, we are developing new fundraising events (such as an Alex and Ani bracelet event) to raise more awareness for Project HOPE.

Runner-up Chapter of the Year and winners of the Core Values Poster Competition at the 2016 LKS Annual Convention



2015 Initiation Ceremony

Pi

Rutgers University

The theme of our chapter this year is “Growth” because we only have little over 20 active members. We held a retreat on September 5 to generate excitement and prep for the upcoming semester. One of the first activities included goal setting. Sisters were asked what they wanted to achieve this year (more sisters at the Dance Marathon, better fundraising for convention, etc.) Then, sisters were asked how we could achieve those goals. The overarching answer was everyone contributing—each sister living up to her potential. We also want every sister to grow this year in her own right. As part of our Make It Happen! initiative, each sister wrote down a goal she wanted to accomplish through LKS. Also at retreat, we produced fall recruitment photos to symbolize that other sisters of LKS will always have your back while you fulfill your goals and grow as a member, pharmacist and person.



At their retreat, Pi Chapter members took recruitment photos.



Pi Chapter held a creative “Ba-Goals” breakfast event.

Our chapter co-sponsored an anti-hazing vigil on September 22 and needed a sister to speak at the vigil. Through our initiative, we knew that a goal of one sister was to become better at public speaking, and so she was asked to speak at the vigil.

On September 8, we held our annual Leaders in Rx event to inform students on how to be a great leader and to let them know the different leadership opportunities that pharmacy school offers. Our distinguished guest speaker was Dr. Ijeoma Nwosu, who is also a Pi Chapter alumni. The panel consisted of presidents from different organizations, two of whom are current sisters of our chapter and are the current presidents and president-elect of Phi Lambda Sigma and APhA respectively.

On September 20, Pi Chapter hosted a recruitment event called “Ba-Goals”. At this breakfast event where bagels (Ba-Goals!) were served, potential new members meet alumni and current sisters and learned about their successes.



For National Pharmacists Month, Pi sisters present a self-care booth.

Tau

Duquesne University

Our chapter is happy to announce the addition of 21 new members this semester! Members will be competing against other Greek organizations in a carnival fundraiser and have produced a short show called Around the World.

We have had various service events this semester, including volunteering at a blood drive. For our professional event, members are conducting research on the most common OTC medications in order to present to the public for National Pharmacist Month. HOPE Ball is our annual fundraising event, which was held on the Gateway Clipper. We raised approximately \$1,200, which we are putting towards our goal of \$4,000 to be donated to Project HOPE this spring.

Phi

Butler University

With the new year in full swing, the Phi Chapter Lambs have been busier than ever! The Recruitment Committee hosted the annual Mexican Fiesta and a new meeting surprise: cupcakes! Interested members were able to discuss the Fraternity with current members over delicious food and interactive games. This year's ice breaker game revolved around M&Ms. It helped connect new and interested members before they moving into more serious conversations about sisterhood, philanthropy and pharmacy. At the end of the recruitment process, we welcomed 20 new members. A highlight: Phi Chapter gained its first male member!

On Founder's Day, we gathered to take a few group pictures in front of our iconic Butler Bulldog statue. This gave us the opportunity to appreciate the Fraternity's history.

This year, we have decided to include more philanthropy and social events during the first semester in order



Phi Lambs pose in front of the iconic Butler Bulldog.

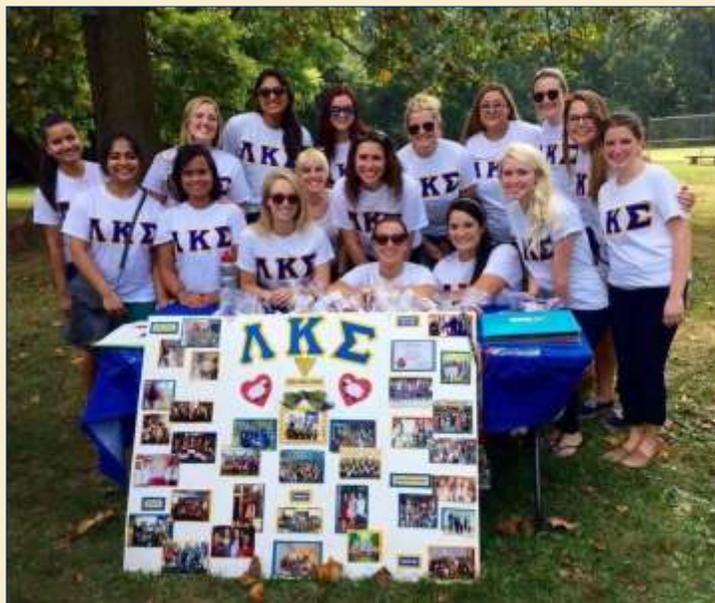
to connect members with each other and the community. On October 29, we will be hosting our annual HOPE waLKS event. Later in the semester, we will be volunteering at the local Ronald McDonald House.

Chi

University of Washington

This year got off to a great start for Chi Chapter by having great booth attendance at the University of Washington School of Pharmacy's organization fair called Pharmed's

Market. Our first event for current members and interested students was also a success. We hosted a game night where potential new members could interact with current members in a casual setting while having lots of fun. Finally, our current members gathered for a movie night to catch up and talk about the upcoming quarter's events.



Current sisters meeting interested girls at the Welcome Back BBQ

Alpha Alpha

Temple University

This semester has been off to a great start for us, and there are 17 girls interested in joining. Attendance was high at our welcome back BBQ, a bowling event with Kappa Psi, icebreakers with current sisters, and a sister potluck. We are looking forward to getting to know all of the potential new members!

We are proud to announce that we were able to raise \$440 for the Out of the Darkness Walk, which supports suicide awareness through donations and bake sale fundraisers. We are looking forward to see if we can top this amount with our Project HOPE fundraiser in November!

We also had a successful turnout at our Giving Back to Temple event in September where we informed and educated many patients.

We have many upcoming IPPE events and bake sale fundraisers during this semester, along with crafting events at Shriners' Children Hospital and Nemours.



Alpha Beta alumni and collegiate sisters at the annual UConn Football tailgate

Alpha Beta

University of Connecticut

We started off the school year with our first officer retreat for the incoming and outgoing officers, which was full of great ideas for the growth of our chapter. We are excited to have hosted our annual HOPE walkS event. Friends, family, fellow sisters and alums were there to support our philanthropy. In addition, alumni and current sisters attended the UConn football game and alumni tailgate.

We had so much fun catching up with graduated sisters, and some of our alumni got to meet our new member class.

Our new member educators have been hard at work, and we are overjoyed to invite 27 potential lambs into our chapter. The semester ahead is filled with fun and rewarding activities like the Battle of the RxS (where we go head to head in a series of mini games with Kappa Psi), a corn maze trip for Halloween and our “How to Get into Pharmacy School” presentation, which is open to all students.

Alpha Zeta

St. Louis College of Pharmacy

Last spring, one of our most noteworthy accomplishments was hosting our second annual Mr. STLCOP male beauty pageant event. The event raised awareness about Project HOPE, as well as over \$800 for the foundation. The event was very successful with 12 participants and over 200 people in the audience.

This fall, we hosted two very successful recruitment events and launched a recruitment video. Potential new members completed a service project where they raised over \$900 for Project HOPE and an outreach project where they volunteered at a local ovarian cancer awareness 5K. They also performed in the school’s annual variety show event, taking third place in the Fraternity category! We were able to welcome 29 awesome new members into our chapter!



Alpha Zeta members pose after filming a recruitment video.

Alpha Eta

Long Island University

Our most noteworthy chapter activities have been the work we have done for Breast Cancer Awareness. On October 16th, we participated in the Making Strides for Breast Cancer Walk at Jones Beach in Long Island and raised over \$600 just by simply sharing our team page with family. We also hosted a Professional Development Program on October 19th and had our faculty advisor, Dr. Brooke Fidler, talk about breast cancer self-monitoring and how surviving lymphoma puts her at a greater risk of breast cancer. We also had the pleasure of hosting an in-class Pharmacy Interview Workshop, where we discussed how to properly prepare for an interview. The event also featured a fashion show of what to wear and what not to wear to an interview.



Alpha Eta sisters at the Making Strides walk



Members of Alpha Theta participate in the Spring Into Health, a health fair held for local senior citizens.

Alpha Theta

State University of New York at Buffalo

Spring into Health is an annual inter-professional health fair that we hold for senior citizens residing at Weinberg Campus retirement society in Buffalo. We educated about 70 people on the chronic conditions most pertinent to them (such as cholesterol, osteoporosis, arthritis, stroke prevention, chronic kidney disease, spiritual

wellness, global health, blood pressure, diabetes, dental care and gingivitis).

Students were able to use an ultrasound machine to scan bone mineral density for the citizens while educating them on osteoporosis. For the health fair, we partnered with Student Society of Health Systems Pharmacy (SSHP), National Community Pharmacists Association (NCPA), Student College of Clinical Pharmacy (SCCP), Christian Pharmacists Fellowship National (CPFI), APHA, SNPhA, Student Pharmacists for Global Outreach (SPGO) and UB School of Dental Medicine.



Alpha Iota members gather for their Spring 2015 retreat.

Alpha Iota

Ferris State University

At the 2016 LKS Annual Convention in Scranton, we were very excited to have earned the Chapter of the Year Award, as well as a first place Chrysanthemum Award for member recruitment.

We worked very hard throughout the year to go above and beyond, so these awards were greatly appreciated by all members of Alpha Iota Chapter. We continue to set our sights on awards such as these in the future!

We created a new fundraiser for Project HOPE that involved the student body in an exciting way. This fundraiser allows male pharmacy students to partake in a pageant where they show off their pharmacy skills, such as counting capsules and answering pharmacy-related questions. We named this event the Mr. Pharmacy pageant. It was a huge success, and we plan on continuing with this fundraiser again!

Most recently, our chapter has been working on planning an event focusing on women's health. We are look-



Alpha Iota sisters attend the 2016 LKS Annual Convention in Scranton.

ing to collaborate with the health center here on campus. We have also been working on our annual application and interviewing program for the pre-pharmacy students.

Alpha Kappa

University of Georgia



Alpha Kappa sisters attend a self-defense class.

As part of our chapter's Women's Health initiative, we hosted a self-defense program with the help of one of our professors, Dr. Tackett. As women, it is extremely important to be self-aware, and this program was just the place to learn how to do that! We also hosted an information session, where Dr. Vitale (a professional program coordinator for the school) discussed how to make our professional profiles on LinkedIn look their best. This event was open to the pharmacy school, and there was a great turnout.

Alpha Mu

The University of Toledo

We are currently trying to increase awareness about LKS both on campus and in our community. We have been attending activity fairs and speaking with pharmacy students on LKS's positive impact. Within our community, we have created a new partnership with the Boys and Girls club of Toledo to create more interactive activities for youth.

A special event we have coming up is our annual Fall Formal Event. This collaboration with other pharmacy organizations is a celebration of the pharmacy profession.

It also provides a chance for students to interact with each other as well as faculty.

This fall focused on creating new ties with potential new members and strengthening our current sisterhood ties. We have hosted several events (such as a craft night and cookout) where interested members met active members. Also, we have new social events, group study sessions and painting courses, to bring current sisters together. We would like to thank our Regional Supervisor Tracee Abrams for her support and advice!



Alpha Mu's first Fall 2016 meeting



University of Kentucky College of Pharmacy students wear teal as part of the Teal Day challenge.

Alpha Nu

University of Kentucky

For the past several years, Alpha Nu has partnered with the Bluegrass Ovarian Cancer Support Group in September to spread ovarian cancer awareness.

This year, members hung up teal bows around the University of Kentucky's Markey Cancer Center. We also had a Wear Teal Day challenge, where we encouraged all pharmacy students to wear teal to classes. We had almost 180 students participate, and the winning class received donuts provided by Alpha Nu.



Alpha Nu members hang teal bows on campus.

Alpha Xi

University of the Pacific

With the first set of midterms and our first pre-recruitment behind our backs, we are now focusing on finishing the semester strong and staying hopeful for the upcoming recruitment season. Aside from maintaining a strong relationship with our alumni chapter, we're fortifying our efforts to make Project HOPE even more successful than last year.

At our first-ever annual Professional Pharmacy Fraternity Council's Olympics, Alpha Xi sisters put up some fierce competition. We didn't take home the trophy (of vials), but we definitely met some new people!



Alpha Xi participated in the Professional Pharmacy Fraternity Council's Olympics.

Alpha Omicron

West Virginia University

Our chapter is in charge of the WVU School of Pharmacy Relay for Life team. To raise money, we hold multiple fundraisers, such as bake sales, restaurant night and our biggest event—Vera Bradley Bingo. We acquire around 20 Vera Bradley items, ranging from computer cases to

purses to suitcases. Then we play bingo, offer raffles and have concessions. We promote the event by sending emails to students, creating flyers to put up around the town and informing people who have attended in the past. Normally, we have about 50-75 people attend and raise a large amount of money. Another activity we did recently was make blankets for Project Linus. The kids at Children's Hospital were very excited to receive their blankets!



Alpha Omicron's members for 2016-2017



Alpha Pi collegiate and alumni members come together Breast/Ovarian Cancer Awareness Night.

Alpha Pi

St. John's University

We kicked off our semester with a variety of different events. In September, we held our first fall-themed bake sale for Project HOPE. Also, our chapter held a collegiate-alumni networking event with a focus on residencies and fellowships. We were very excited, as always, to meet with our wonderful alumni and gain priceless tips and advice from them.

With help from our inspiring alumna and cancer survivor, Lisa Anzisi, and our gracious host, Bright Pink, we held our annual Breast/Ovarian Cancer Awareness Night at the end of September. Wearing teal, we sisters of Alpha Pi came together to learn about the health risks that

we face as women and about how to prevent cancer by becoming familiar with our own bodies. Bright Pink provided us an educational presentation by teaching us the signs, symptoms and statistics of breast and ovarian cancer. We also had the honor of listening to three cancer survivors who were brave enough to share their personal stories with us. Current collegiate sisters left this event with invaluable and life-saving strategies. We also gained the motivation to become their own healthcare advocates, while training to become advocates for their future patients. It is our goal to continue promoting women's health issues.

Alpha Rho

Northeastern University

After receiving the Chrysanthemum Award for chapter growth, we were excited to hold a new series of recruitment events. In September, we displayed a video at the Pharmacy Fraternities on Campus information session to showcase our chapter as well as LKS. We later held a craft night, where potential new members (PNMs) spent time with current members while decorating stemless glass-

ware. We also encouraged PNMs to attend a school-wide portfolio event hosted by our chapter that featured Dr. Stephanie Sibicky, an LKS alumni and Northeastern faculty member, who spoke about geriatric care, post-graduate residency and general tips for college and interviews. That same week, we chatted with PNMs at a bubble tea fundraiser and at a game night. We hope to induct eight new members by the end of orientation.

In October, our chapter participated in the Step Out Walk to Stop Diabetes in collaboration with the Student National Pharmaceutical Association. At the Bouve health

fair, we presented posters on types of skin cancer as well as on types of diabetes. Later we will host a portfolio event on the topic of prescription drug awareness. In the

coming months, we plan to collaborate more with other pharmacy organizations on campus.



Alpha Rho sisters and PNMs gather to learn about residency and geriatric care.

Alpha Phi

Wilkes University

Alpha Phi had a busy Spring semester in 2016. We started by holding a pancake breakfast with ticket sales dedicated to our yearly Project HOPE donation. The chapter also held a substance abuse discussion where students talked about the current issues pharmacists face when dispensing potentially addicting prescription medications. The discussion was headed by Alpha Phi members, and it was great to see the variety of perspectives our students had on the topic. Hygeia Day was celebrated with the annual Girl Scout Badge program. Members helped teach local Girl Scouts about Epi-pen use, outdoor safety and how to wrap ACE bandages. The girls had an excellent time and went home with not only their First Aid Badge but with mini first aid kits.

This past summer, our chapter hosted the LKS Annual Convention. We are grateful to have had the opportunity and had a great time!

This coming semester we are looking forward to growing our chapter with the addition of new members and will be participating in the university's Alcohol Awareness Walk. We will also be continuing our annual Turkey Tea tradition to raise donations for the local Salvation Army.



Members recognize 2015 Hygeia Day by aiding Girl Scouts.



Alpha Phi Chapter hosted the 2016 LKS Annual Convention.

Alpha Chi

Northeast Ohio Medical University

In August, members of our chapter volunteered at the NEOMED Annual Golf Classic, which raised over \$10,000 for student scholarships. In October, we initiated 10 new

sisters. We also sponsored a joint speaker event with the NEOMED Student Society of Health-Systems Pharmacists chapter. An ED pharmacist and two of his residents spoke about the role of the pharmacist in the ED and also about residency preparation. In November, we will be holding a business etiquette dinner.



Alpha Psi's 2015 Spring Initiation Ceremony

Alpha Psi

University of New England

With newly elected officers, including new president Casey Hutchinson, and the biggest initiation ceremony our chapter has ever seen, spring was an eventful time. We had a social gathering in August at Muse paint bar, where we painted the beautiful fall scenery that surrounds us in the Northeast.

Our then Philanthropy Chair (and now Vice President) Kiana DiBiase did an outstanding job coordinating a HOPE waLKS event. Our fundraising chair, Mariah Da-

mon, and member Jessie Allen set up a bake sale at the walk for extra donation opportunities. We worked diligently to get our whole campus involved, and one of our sisters, Sujin An, filmed and edited a powerful advertisement for the event with several members of our chapter.

We have a dress down day in the works to support one of our philanthropies, and many exciting get-togethers are being planned.

Beta Alpha

D'Youville College of Pharmacy

This month Beta Alpha Chapter participated in the American Cancer Society's Making Strides Against Breast Cancer Fundraiser. Our chapter set a fundraising goal of \$250. We posted our Making Strides team page on our chapter's Facebook page.

Also, sisters also posted the page on individual pages to garner more support. We held a 50/50 raffle on campus, which was a great success and raised a majority of the proceeds. Our chapter was delighted to exceed our goal and raise \$313! The walk took place on October 15th and was a fun event for all sisters in attendance. We are thankful for all the support!

Beta Alpha sisters participate in Making Stride's Against Breast Cancer and raised over \$300.



Beta Beta

Western New England University

We participated in a spa day with Grayson House, the local assisted living home, and did facials and painted our nails with the residents. We had a great time plan-

ning for recruitment at our summer retreat, which was a cook-out in Forest Park. For students coming into the pharmacy program, we have hosted an introduction to our organization as well as a question and answer session. We are looking forward to welcoming new members to our chapter.



Alpha Alumni Chapter's 2016 Awards Luncheon

Alpha Alumni

Alpha Alumni Chapter hopes sisters had a wonderful summer season full of fun and sisterhood development. As spring became summer, we celebrated the Class of 2016 and welcomed them into the Alumni Chapter. Several of our alumni sisters joined the collegiate lambs in Scranton for another fabulous convention. We were very excited to celebrate alumni sister Donna Horn as recipient of the Distinguished Service Citation Award! Donna truly serves as a role model to our chapter and

the collegiate chapter, so it was a proud moment to see Donna's service recognized! Convention also provided us inspiration to revamp and increase our alumni activity as well as collaborate with the collegiate chapter. Sister Christine Perry has been busy making trendy Lambda Kappa Sigma necklaces...Definitely reach out to her if you want to proudly wear LKS with all of your wardrobe. It was also a pleasure to have Regional Supervisor Justine Dickson join us at our Founder's Day Celebration with the students. We wish the sisters of Lambda Kappa Sigma a wonderful holiday season and look forward to hearing from everyone!



Alpha Beta alumni and collegiate sisters show off their matching letters at the Blue & Gold Dinner at the 2016 LKS Annual Convention in Scranton.

Alpha Beta Alumni

We are excited to be celebrating love this season. Congratulations to Corey Scheer on her recent marriage! In addition, we are excited to celebrate the upcoming nuptials of Ashley Warning and Courtney DesJardins. We are so happy for all of you and wish you nothing but happiness in the future!

Marissa Salvo has been enjoying life as a new mom. She and husband Seth welcomed their first child Cooper on October 2, 2015!

On Saturday October 8th, we met up with our collegiate chapter at the annual UConn Football Homecoming game, where the collegiate chapter hosted a traditional tailgate with great friends, food and fun!

Our mentor/mentee program is officially in the works. We are matching our P3 and P4 sisters with an alumni member who shares an interest in a similar pharmacy career path, geographic location and hobbies. We hope this opportunity will help our future pharmacists as they make this exciting transition!

Our chapter is planning an informal social gathering where we each bring a non-dues paying sister who we still have close connections with through personal and professional venues. The hope is to reconnect and recruit past sisters. Lastly, we will be visiting the UConn campus for the collegiate chapter's residency preparation Q&A.

Alpha Pi Alumni

We have been working closely with the Alpha Pi collegiate chapter to promote the message that we are their lambs for life. We've been excited to coordinate and participate in a flurry of events!

We started the year off with successful collegiate-alumni roundtable discussions about postgraduate education. We then worked with students to host our third annual joint Bright Pink & Ovarian Cancer Survivor Presentation, where alumni Lisa Anzisi shared her survivor story.

For the second year in a row, alumni sponsored white coats for 3rd year lambs at St. John's University, College of Pharmacy and Health Sciences and were able to pin them during the October ceremony. It was such a pleasure welcoming and showing the students our support as they embark on their professional years!

We are continuing to increase communication with our alumni by sending frequent email updates regarding alumni and collegiate chapter activities, as well as promoting professional and community service events. We look forward to increasing participation from our new graduate alumni over the coming year.



2016 White Coat Ceremony

Alpha Phi Alumni

The Alpha Phi Alumni Chapter had a great time working with the collegiate chapter and hosting the 2016 LKS Annual Convention in Scranton this past July. We hope that everyone had a great time!

Chapter Report Submission Deadlines

October 15

February 15

Chapter reports should be
submitted online at:
lks.org/ChapterReportSubmission

Your on-time submission counts
toward scoring for the Chapter of the
Year Award presented at each
Convention.



Get Published in the *Blue & Gold Triangle!*

The editors of the *Blue & Gold Triangle* will review all chapter report submissions and feature the best stories in future publications.

So make sure your report highlights your chapter's biggest and best events as well as stories about outstanding members.

Tell Us About Your Chapter's

Successes & Outstanding
Members All Year Long!

You don't need to wait for the chapter report submission deadline to tell Headquarters what your chapter is up to.

Any time throughout the year, you can let us know of your chapter's events or inspirational members by emailing:

communications@lks.org.

We Need Your High-Quality Photos!

When submitting photos, please try to send the highest quality/largest size image possible so that they can be used in print publications as well as online. Please follow the guidelines below.

TIP: Not sure how big your photo is? Hover your cursor over the image icon on your computer. Right click and select Properties. Click the Details tab.

- 300 dpi.
- At least 1800 x 1200 pixels.
- Before taking photos with your camera, change your settings to the highest-quality setting.
- Do not distort the image by applying photo filters or effects.
- Do not attempt to increase the size of an existing image using filters or software. This will not improve the quality or make it appropriate for printing.
- When exporting the image off of your camera, be sure to select the Actual Size option.
- Submit the photo(s) to HQ through the form at: lks.org/ChapterReportSubmission

Questions? Email communications@lks.org.