

Lambda Kappa Sigma



COLLEGIATE & ALUMNI CHAPTER REPORTS

Winter 2017

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 very excited planning our new events for the semester, including our first Women's Health Initiative. Our Professional Chair Sierra Ferreira thought skin cancer was a fitting topic since it's the Women's Health topic for biennium. The speakers at our event are from the Melanoma Foundation of New England, a non-profit organization that provides information, advocacy and support for melanoma patients and caregivers. These volunteers will discuss the damag-

ing effects of the sun, the importance of sunscreen and prevention methods. The Melanoma Foundation will also provide facial scanners to help identify the areas most impacted by the sun. Attendees at the event can also take the "Your Skin Is In" pledge, promising to stay faithful in the use of sunscreen and other ways to prevent skin damage from the sun. One of our newest lambs from the Fall 2016 class, Amanda Maldonado, is shadowing Sierra and helped a lot with the planning. She also made the flyer for the event. We will host our First Annual Women's Health Initiative very soon and are really excited to see the turnout for this new event!



The contestants and co-chairs gather around this year's Dr. Salk Hall winner after a close competition. But the title remains in the School of Pharmacy!

Delta

University of Pittsburgh

This January, Delta Chapter held their Dr. Salk Hall male beauty pageant between the schools of pharmacy and dental medicine. The men battle it out in multiple rounds including talent, a group dance, and interview questions evaluated by a panel of faculty judges. This event comes highly anticipated for the students as they cheer on their favorite contestants to win the crown.

The guys not only compete to win the esteemed title but to donate a portion of the proceeds to their charity of choice. The profits from admissions, bake sale and raffle baskets are totaled and split between the winner's charity and Lambda Kappa Sigma's philanthropy, Project HOPE.

This year's night was met with impressive talents, a healthy dose of pharmacy and dental jokes, and a lot of laughs. Delta Chapter was proud to raise over \$1,500 and hopes to continue to grow this event in future years.

Lambda

University of Southern California

We are pleased to announce the initiation of six new members to the LKS family and can't wait to show them what our chapter has to offer!

This semester, we held a number of events that allowed our members to learn, grow and network while still having fun. During the residency application period,

we held a CV/Verbal Skills Workshop and Interview/Verbal Skills Workshop to prepare our P3 and P4 members for upcoming applications and interviews.

We also hosted our first Faculty Coffee Hour event that was open to all pharmacy students and gave them a chance to talk to faculty members in a casual and inviting setting, complete with coffee and pastries! In addition, we had a total of three alumni dinners (and counting) to bring our Lambda members and alumni together.



Our great basketball team!

Our osteoporosis project has been going strong, with three health fair screenings, a contraception workshop, a bone marrow drive, and a “Rock the Pink” breast cancer awareness event. We screened over 250 participants for osteoporosis and plan to reach even more members of the community in our four upcoming health fairs.

For Hygeia Day, we are honored to have our LKS faculty advisor, Dr. Cynthia Lieu, lead a workshop on the topic of endometriosis. Lastly, we participated in the first annual USC School of Pharmacy basketball tournament, raising money for a medical mission trip to Romania. Our team of eight had an unforgettable experience representing our fraternity and battling it out against other great teams!



Members of Nu Chapter at Winter Initiation

Nu

Drake University

Nu Chapter is starting off the semester strong. We just had a successful spring recruitment and are excited to get to know our new members better! This semester we are planning many sisterhood events. Our intramurals teams have been growing, and we have expanded to also playing in the inner tube water polo, which is definitely a chapter favorite. Along with that, we have a basketball and indoor soccer team that compete against the social sororities on campus.

Just like last semester, we will be hosting a fundraiser at Panera Bread. It was one of our most successful fundraisers last semester, and we plan on continuing this one every semester. We are also continuing to sell

Yonker’s coupon books at the local malls to help broaden our community involvement.

We are currently planning a panel with a past Nu Chapter member who is currently a resident to hear about her experiences. Since we have a lot of younger members, many are excited to hear a first-hand account about residencies. Most importantly, our chapter has begun planning our big philanthropy event of the year—HOPE waLKS. We currently have our committees all set up, have our logo designed and are working hard to start advertising so we can make this the best HOPE waLKS we’ve ever had!

Xi

University of Rhode Island



Sisters created the vision boards.

We started off our semester by making vision boards with our chapter to create goals for 2017. It was a great experience to have each committee make an individual board, and then being able to combine them into one large vision board for our chapter. It's inspiring to see what all of our sisters want to contribute to our chapter this year.

We also have many exciting events planned for this semester to look forward to. Our first event coming up at the end of February is Gala. This year's Gala is very important to all of the sisters of Xi Chapter because it is being held in memory of John Paolucci, the father of our sister Elizabeth Paolucci, who passed almost a year ago to cancer. The Paolucci family selected St. Jude's Children's Hospital for this year's Gala charity. Dr. Brian Seyboth, who is a Pediatric Hematology/Oncology Specialist at Memorial Sloan Kettering Cancer Center, will be presenting "New Chemo On the Block: Supportive Care for Unique Agents". The University of Rhode Island College of Pharmacy is sponsoring Dr. Seyboth's presentation for CE credit. This is a new addition to our Gala event so we are thankful for the support from the university. Everyone in Xi Chapter is very excited for Gala, and we are proud of the Professional Committee for all their hard work.

The Community Service Committee will be putting together our HOPE waLKS event for March. We always love being able to support Project HOPE, and it is a great way to get our community involved in our 5k. The committee has also been hard at work this semester collecting box tops for local schools and making Valentine's Day goodie bags for children at Hasbro Children's Hospital. Our sisters are very excited for this semester and all it has to offer!



Members shown with Valentine's Day kits or Hasbro Children's Hospital.

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Omicron

Wayne State University

Our chapter has worked hard this year on recruiting and strengthening our new member recruitment process. We held numerous events, such as movie nights and a Detroit Tigers game, which allowed potential new members to interact with current members. After initiating 7 new women into our chapter, we are striving to improve the interactions among members. We have created 5 new committees including scholarship, community service, professionalism, fundraising and the Vista Maria committees. The purpose of these committees is to encourage members to become more active within the chapter. We are hopeful that by creating these committees, our active members are inspired to participate more within Lambda Kappa Sigma. One event we held was our annual holiday party. This is a great event that allows our members to get to know each other as well as our chapter advisor in a non-academic setting. Other events include a Painting with a Twist fundraiser, Valentine's Day candy gram fundraiser and Yankee candle fundraiser. Future events we are excited for include our Naloxone in the Community presentation on Hygeia Day (which is approved as continuing education credit), an alumni brunch in April and our annual P4 dinner. We continue to improve our chapter through encouraging active participation as the end of the year approaches.



2016 Initiation at the Detroit Yacht Club



Painting with a Twist fundraiser

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Pi

Rutgers University

Pi Chapter hosted our annual Rx rotations professional event to give students an insight into what to expect on rotations, as well as the do's and don'ts. The panel included preceptors and current P4 LKS students and a question-and-answer portion.



Pi Chapter sisters had an incredi-bowl time getting together before the start of the spring semester!

We have been focusing on internal growth and sister development. A lot of the events aim to generate a closer bond amongst sisters. We had a team run in the annual Big Chill 5k last winter. We also hosted a bowling social event at the beginning of this semester to welcome everyone back. We also have fundraised over \$3,000 for the Embrace Kids Foundation for Dance Marathon through canning, bake sales, apparel designs, etc.



At our first spring rush event, sisters and potential new members wrote their goals and aspirations for 2017 on strips of paper, which were then folded into cute little origami stars! The stars were then put in jars and transformed into keychains, so they can be worn as a constant (and adorable) reminder to “reach for the stars.”



Tau

Duquesne University

We have been keeping busy with various service projects, sisterhood events, recruitment and professional projects. Some of the service projects that we have completed this far include serving food at the Ronald McDonald House, making chemo care packs for area hospitals and donating blood.

We started this semester off with a professional project where created a bulletin board in the pharmacy

building that we filled with decorations and facts for American Heart Month. Some members are researching bipolar disorder for *The Sigma*, our chapter's publication. We also had our “Meet the Greeks” event, where each of the pharmacy organizations set up tables and tri-boards with information about what each organization is about. We successfully recruited 33 potential new members!



Some of our lambs with homemade lotion from lab!

Phi

Butler University

After last semester's grades were revealed, we congratulated 19 lambs for achieving a 3.5 GPA or higher. We are hoping to keep these high GPAs by hosting several academic workshops. One that is already in the works is a blood pressure workshop to help our members feel prepared for the future.

Beyond academics, we have scheduled several other events. Our Social Media Secretary, Kate Roels, is planning on hosting a seminar about how social media can help or hurt you in the workplace and when applying for jobs.

We are hoping that through this seminar, all of our members will learn about the importance of utilizing social media but in an effective, professional manner. We also have

some social events scheduled, including a board game night and a Butler basketball game.

Vice President Kelsa Benzing is in the process of organizing a guest speaker and dinner for Hygeia Day. We are extremely excited for this tradition and look forward to learning more from an experienced professional.

Chi

University of Washington

We have had a wonderful quarter for fundraising. Our chapter has fundraising rights to the Valentine's Day holiday, and we decided to do a fun spin on traditional Valen-

tine's Day grams. This year, we sold "love ferns" for people to give to their special someone as a personal indoor plant. We also did "Cocoas for Two" so recipients could take a break with someone and have two cups of cocoa and several candies. We ended up selling over 50 grams.



Members of Alpha Alpha Chapter attended a Project HOPE fundraiser.

Alpha Alpha

Temple University

We are proud to announce that we welcomed 13 new members into our chapter this year. They are all wonderful women of pharmacy and will be valuable contributing members. We also had a sister paint night organized by some PY2s. Many members attended and thought it was a great way to encourage sister bonding. It will probably become a regular event. Around the holidays, we did the Adopt a Family program, and many families were grateful for the monetary and gift donations all of the sisters contributed. Our most successful fundraising event this year was when we raised \$511 for Project HOPE.



Alpha Beta fall recruitment

Alpha Beta

University of Connecticut

We reunited as a family at our annual “Lock In” event, where we started off the semester planning numerous events and fundraisers to help support our community. Among these plans were ideas to raise money for Project HOPE and to spread awareness for our philanthropy.

Aside from planning, we were able to catch up with one another while feasting on pizza and goodies. Our sisters spread the love this Valentine’s Day by hand-making cards for patients at a local hospital, doing a Candy Gram fundraiser and having a Secret Valentine candy gift swap.

We are also excited to announce that we have 27 sisters signed up to participate in UConn’s annual HuskyTHON event, an 18-hour dance marathon. The girls will dance the night away with other campus organization members and children that have received help through the Connecticut Children’s Medical Center. The money raised by our fraternity will go towards buying new medical equipment for the hospital.

To focus on professionalism, we will be hosting a Naloxone seminar for Hygeia Day. To prepare for Pharmacy School interviews, which are right around the corner, we’re hosting mock interviews for our pre-pharm sisters.

We are on the lookout for new lambs to welcome into



New membership educators and current sisters posing with UCONN school mascot, Jonathan the Husky, holding the 2015 LKS Chapter of the Year award at the 2017 Spring Involvement

our sisterhood as we start our second spring recruitment. To increase Lamb Love, we will be having weekly bonding activities and hosting multi-chapter events.

Alpha Zeta

St. Louis College of Pharmacy

Our 29 newly initiated lambs have been learning how to be great active members by participating in our chapter's service and professional events, as well as bonding at sisterhood events.

In November, we hosted a picture frame decorating event for potential new members. The girls even made



Here are our potential new members ice skating with the sisters of LKS and the brothers of AZO.

pairing with male fraternities on campus to increase the attendance of our recruitment events!)

Last fall, our service chair,



Each year, we raise money to donate to Hoops for HOPE.

their own "Mannequin Challenge" with our actives!

This semester, we paired with Alpha Zeta Omega and took potential new members ice skating. (We love

Molly Kallal, hosted our annual Hoops for HOPE, which included teams competing in various games for prizes. Despite our gym being under construction and unavailable for use the past three years, LKS girls make it work!

Our newly elected service chair, Haley Gegelman, is working on many amazing service events coming up this semester, such as our first ever campus-wide donut eating competition and our third annual Mr. STLCOP pageant.

For professional events, we had alumni Nicole Lombardo come speak to the whole chapter about interviewing skills. We also continued our monthly visits to Health Protection and Education Services, where we provided health services to people in the community.

Our sisterhood events have included a trip to a country line dancing club called "Wild Country" in addition to a fun painting night, where our sisters got to hang out and master their crafting skills. We are looking forward to all the wonderful things we have planned for this semester!



Sisters of Alpha Zeta chapter donated toys to a local children's hospital during the holiday season.

Alpha Eta

Long Island University

This past December, Alpha Eta has raised \$300 for Toys for Tots during our Photos with Santa Day. We also raised money for breast cancer. This month, we are having an event, where sisters will teach each other about important women's health topics. We will be inviting our advisors and faculty to this as well.

Alpha Theta

State University of New York at Buffalo

In the fall of 2016, Alpha Theta worked together with the resident advisors, specifically Joseph Newey, at Goodyear Hall on UB South Campus to present our third annual health fair, "Fall Back on Track."

The purpose of this wellness clinic was to educate our student body on topics such as sexual health, skin cancer, immunizations and more.

To accomplish this feat, we invited several organizations from our school of pharmacy, including APhA,

SNPha, SCCP, SSHP and SPGO (Student Pharmacists for Global Outreach). We were also able to collaborate with UB School of Dental Medicine, the Multicultural Nursing Student Association, and our sister chapter of Beta Alpha at D'Youville.

Together, we were able to educate over 50 residents on health and well-being! Special Thanks to Dr. Irene Reilly, Dr. Edward Russak, Dr. Charlene Meyer, Dr. Emily Leppien and Dr. Victoria Belousova.



Alpha Iota at our Fall 2016 Lamb Night

Alpha Iota

Ferris State University

Thanks to our outstanding Recruitment Chair and Co-Chair, Alpha Iota Chapter had a very successful fall recruitment and welcomed 13 new members. There are also another five girls who are just starting the potential new member process. We are planning our second annual Mr. Pharmacy Pageant, which was a major success last year. The money raised will go towards convention and

Project HOPE. This past semester, we raised over \$250 for Project HOPE by selling snacks and drinks in the College of Pharmacy. Also, we just hosted our annual Chili Cook Off fundraiser, with nine people/organizations making chili. Our chapter had two sets of girls make chili, and they took home 1st and 2nd place! (Kappa Psi came in 3rd.) As a chapter, we have continued volunteering with Adopt-A-Highway and at a local nursing home. Altogether, a total of over 500 community service hours were completed, and we hope to keep expanding that number!

Alpha Kappa

University of Georgia

We are hosting our biennial Girl Scouts event on February 25, 2017! This event is a great time for sisters to get involved and help young Girl Scouts earn their first aid badge. We set up this event with different stations, involving making your own first aid kit, preparing your own hand sanitizer (with the help of our lab coordinator), and touring the school. We also have first responders come out and speak to the girls and have them bring a fire truck and ambulance. We love this event and hope that other chapters can incorporate into their schedules.



Members of Alpha Kappa Chapter pose with Scouts from the 2015 Girl Scouts event. A similar event is planned for February 2017.



Alpha Mu 2016 Initiation

Alpha Mu

University of Toledo

We began our spring semester by successfully hosting two of our annual Girl Scout events. These events help brownie and junior level Girl Scout troops receive their first aid badge in the course of one day. This year, over 60 girls were able to participate in events ranging from first aid to fire safety.

We are also excited for a new event partnering with the University of Toledo's Eberly Center. The center helps to further professionalism of underprivileged women by providing free professional clothes for work and interviews. The chapter is holding a competition with our

members to see which groups of girls can create the most professional outfit within a budget. The outfits will be modeled in a fashion show for Alpha Mu members, explaining the importance of professional dress within the pharmacy profession. All outfits will be donated to the Eberly Center.

Lastly, Alpha Mu is excited to announce that our Yankee Candle fundraiser was able to raise over \$700 dollars for Project HOPE, making our total donations \$1,300 for the fall semester. We hope this semester we are able to raise even more!



Members attending a fun night at Painting with a Twist!



Chapter officers at the HOPE Gala fundraiser for Project HOPE

Alpha Nu

University of Kentucky

In December, our chapter teamed up with the Student National Pharmacists Association (SNPhA) at UK for our AVOL tree. Students and staff from the college select a name of a child from the tree and fill a stocking full of around \$20 worth of items. We just had our Valentine's for Vets event, where we hand-made Valentine's Day cards and delivered them to the VA Medical Center. These are always two of our favorite service events!

In January, we started the semester with a fun night of sisterhood at Painting with a Twist. We had one of our favorite social events of the year, HOPE Gala. Students from all of the healthcare colleges at UK were invited to an evening of fun and dancing. We were able to raise money and donate close to \$1,000 to Project HOPE!

Additionally, we had our Wine and Cheese Night, where we enjoyed an evening of socializing. We are looking forward to more social events coming up, including Get Air Lex, Dine with Dr. Taylor, and our annual Spring Brunch. Elections for new positions for the 2017-2018 year will be coming up in March, and we will have formal transitions for the new officers at the Spring Brunch in April.

Alpha Xi

University of the Pacific

Recruitment season has officially ended, and we are looking to add 10 young, bright, outstanding individuals to our family! We cannot wait to see what they bring to our organization and are thrilled to call them brothers and sisters in due time. At the event, we had the biggest alumni turnout in our organization's history, and we can only hope to not only sustain, but build upon this relationship even further.

Throughout the past semester, we've collaborated with our university's Kappa Psi to bring forth more outreach opportunities to our members. We've established an Am-Care Health Clinic that offers free blood glucose, cholesterol and blood pressure screenings to the immediate Stockton community. In combination with our weekly Walgreens Health Clinic, we've not only opened up new experiences for our young members but have also become a bigger presence in our community.

Coming up on March 4, we will be hosting our Second Annual Project HOPE event. As successful as last year's event was, we only hope to outdo ourselves. Finally, on April 30, we will be hosting our annual Hygeia Health Fair.



Recruitment event

Alpha Omicron

West Virginia University

Recruitment, although low in number this year, was a ton of fun for both the old and new members. The new members jumped right on in and helped us with a variety of community service events. Project Linus and Valentine's for Vets were our two biggest community service events this year.

Our chapter has always been very successful with raising money for Relay for Life every year, and we started out the school year with our semi-annual Vera Bradley Bingo. Our Relay attempts continue on in the next couple months as we prepare for another Bingo and getting our school relay team together for the big event!



Returning members participate in recruitment activities at the beginning of the school year.



Project Linus community service activity



Sisters came together to make Bala bracelets on the first day of school.

Alpha Pi

St. John's University

To kick off this semester, Alpha Pi has put a focus on professional development. On the first day of classes, we started off with an event focused on human trafficking awareness with our alumni Dr. Kristin Cheng and Dr. Jackie Mullakary. We got together as a chapter and made Bala bead bracelets, where all proceeds go towards building an angel house to support women who were rescued. We were glad to find an innovative way to support women around the world and had a great time with one another in the process.

We ended January with the beginning of our recruitment for this semester. Our wonderful sisters, Jen and

Maisha, have done an incredible job planning our calendar and have some great events set up. So far, we have had our first two informational events where we explain what LKS stands for and how it has changed our lives. It's always a great time to socialize with interested pharmacy girls! We simply cannot wait to see what this semester holds for us and are really looking forward to the rest of our recruitment events.

Also, we have started our planning for fundraising. We had our first winter bake sale as well as our first pre-order sale as a jump-start our fundraising efforts for Relay for Life. Each year, our team is the highest fundraiser, consistently earning about \$17,000! We hope to exceed that goal this year and are excited to see our progress as the semesters goes on.



Members volunteered at the RACE Cancer 5k in Cambridge on Super Bowl Sunday. We helped direct traffic and cheered on the runners all along the course.

Alpha Rho

Northeastern University

We've had a busy start to the semester with several philanthropy and professional events. On MLK day, sisters volunteered to paint artwork to donate to Habitat for Hu-

manity as part of Northeastern's Day of Values. Over the Super Bowl weekend (Go Pats!), members helped out at the RACE Cancer 5k in Cambridge.

We hosted an event called Tale of Two Cities to give professors a chance to talk about their experiences as pharmacists in a clinical setting and to help students distinguish between clinical pharmacy and ambulatory care.

To give the younger sisters a chance to ask about internship experiences and prepare for upcoming interviews, a panel of older members was organized to share tips and knowledge in combination with an interview workshop.

In March, we will have a Zumba fundraiser for Project HOPE, featuring one of our own members as an instructor. Later this semester, we will be collaborating with NU-Tells to educate Northeastern employees on the basics of refilling and picking up prescriptions from the pharmacy and on questions they can ask healthcare professionals in order to take an active role in their healthcare. It will be a great chance to get involved in the campus community and answer questions in a small setting for people who are not as comfortable speaking English.

Our committees are hard at work to put together and finalize other collaborations for the coming months!

Alpha Sigma

Texas Southern University

Our chapter has kept its positive energy focused in recruiting members for spring 2017. The biggest contribution in the fall was made by Chapter President An Alvarez who spent time off rotation to reach out to her fellow underclassmen, making sure her presence was seen by attending classes and announcing the presence of our chapter. This was helpful in recruitment as her positive energy sparked interest in members who wanted to learn more about what LKS has to offer.

A meeting in December with alumni to come up with a plan for recruitment led to an early dinner invite to potential interested members. The dinner was such a success and led to more interested students attending an early interest lunch meeting on campus.

As community service seems to be one of our main priorities, we would like to ensure our community is well fed and clothed by donating socks to the Star of Hope and canned goods to the local food bank.

We look forward to a positive recruitment this spring and plan to invite alumni to all events. This motivation will hopefully lead to an alumni chapter in Texas!





Alpha Phi participated in the annual Alcohol Awareness Walk held at Wilkes University.

Alpha Phi

Wilkes University

This fall was a success with regards to recruitment. Amongst the excitement, an ice cream social was held as well as the annual Toga Party. Another event that was held was the Alpha Phi Amazing Race, where the teams of Bigs and Littles raced around Wilkes University campus. Every year at Wilkes University, Alpha Phi participates in The Alcohol Awareness Walk. Our chapter also held the Annual Turkey Tea Event in November. All



Alpha Phi Initiation

profits were donated to the local Salvation Army. At this event, guests were treated to a catered turkey dinner and a collection of homemade desserts. Alpha Phi also had the opportunity to have a Mentoring Conference Call with our alumni chapter, where sisters got to ask questions and pair up with some alumni. To end the semester, the sisters of Alpha Phi held our annual Christmas Party and also colored 250 Christmas Cards to donate to the local Backpack Project.

Alpha Chi

Northeast Ohio Medical University

We recently held an event at the Wellness Center on campus as part of the national Script Your Future Campaign to raise awareness about the importance of medication adherence. In December, sisters helped package

medications for a professor to take with him on a mission trip to Honduras.

We have a busy spring semester planned. In March, we will be holding an informational table on women's health at a local health fair. In April, we will be hosting a 5k to raise money for Project HOPE and having an Easter chocolate sale as a fundraiser.



Alpha Psi lambs share the same taste in ugly sweaters!

Alpha Psi

University of New England

Our chapter ended the fall semester with an Ugly Sweater Day to raise money for our local charity, Crossroads. We learned that a lot of our lambs have the same taste in ugly sweaters!

We adopted a three-year-old boy for the Adopt-A-Child program and had a cookie swap party while we wrapped his presents.

We recently just finished up recruitment week in which we welcomed potential pledges with Chipotle and a fun meet-and-greet. We rounded out recruitment week with an interfraternity night at a trampoline park. We are excited to welcome our four new pledges for this coming year.

Beta Alpha

D'Youville College of Pharmacy

We held an on-campus community service event for the students of a local after-school program. The event focused on poison prevention and was geared to youths 12 years and under.



The Valentine's Day Chocolate Sucker Sale is always a success.

We spoke about ways to avoid poison exposures and highlighted how everyday household items could potentially be dangerous. We also explained when it was appropriate to call 911 and the Poison Control Center. We integrated various games into the presentation, which included identification of a poison among other common similar looking substances.



Members of Beta Alpha conduct a poison prevention workshop for local youth.

We also had a "look-a-like candy vs. drugs" game, where the students had to identify which was candy and which was a drug. We believe the event was very effective in educating the students. The kids loved the interactive aspect of the presentation, and we had great feedback from their counselors as well as our faculty members. We also held our fourth annual Chocolate Suckers Sale this semester. Students and faculty within the School of Pharmacy could buy and send chocolate suckers to each other. Sales occurred for four days during the week prior to Valentine's Day and were delivered on the morning of Valentine's

Day. This event is highly anticipated each year, making the day joyful while generating some funds for our chapter!

Beta Beta

Western New England University

Since October, Beta Beta Chapter has been working very hard to become closer as sisters and work together to build up our reputation at Western New England University.

Because we are a small chapter, we have been focusing on recruitment and have become closer as sisters while doing so. We have had many bonding events, such as the end-of-semester dinner, multiple game nights and Coldstone Creamery outings.

We also designed our winter bulletin board with important information about LKS and Project HOPE. We want to spread the word about Project HOPE and its benefits worldwide.

Through these efforts, we were able to come together as a small intimate group and spend time together outside of class. We gained one new member and are excited to take her under our wings and continue the LKS traditions at Western New England.



Beta Beta members created a bulletin board to not only raise

Alpha Alumni

For Alpha Alumni Chapter, the fall and winter seasons have been filled with lots of goal setting and sisterhood activities.

We were excited to share a new format to the latest edition of our alumni chapter newsletter, which documented milestones for sisters and included an update from the Alpha collegiates and GVPC Amanda Higgins, and featured profiles of independent businesses run by our own sisters. This newsletter received positive feedback at our first monthly meeting.

That's right—we have decided to initiate monthly meetings on the last Monday of every month as a way to connect in real time and discuss chapter business! We are eager to also incorporate professional development components. Our first meeting in January was filled with discussion and brainstorming as we worked on goal

setting for the new year.

In early February, we gathered for our annual Yankee swap. We were so fortunate to have been joined by two dedicated fifty-plus year members: Pat Pentleton and Judy McCarthy. Sharing a delicious brunch and passing around and opening gifts really enforced our purpose for increasing our chapter activities. We also decided to increase our scholarship awards for collegiate sisters this year!

Other goals we have include continuing to raise money, participate in joint collegiate events, such as Health Topic of the month, and possibly volunteer in Boston. We hope the new year has started well for all lambs, and look forwarding to seeing everyone in Atlanta (Lamblanta)!

Omicron Alumni

The Omicron Alumni Chapter held a meeting on Founder's Day in October 2016. The most recent activities are to continue to increase membership by strengthening relations with P4 graduating lambs. We reinstated the Omicron alumni scholarship to award to one collegiate member per year beginning in January 2017.

We are working with the collegiate chapter to develop a speed dating mentor activity and an annual leadership series. Our upcoming events include supporting the collegiate chapter for a Hygeia Day CE presentation they are organizing and also our annual alumni/collegiate brunch in April.

Tau Alumni



Steph Mrozek, Missy Krause and Christina Inteso attend Tau's annual HOPE Ball.

Tau Alumni Chapter enjoyed fun fall events with Tau collegiate chapter, including an informal dinner at Penn Brewery. Several Tau alums attended Tau's annual HOPE Ball, including Gayle Cotchen, Stephanie Mrozek and Missy Krause. Sister and Northeastern Region Supervisor, Christina Inteso, joined us for the celebration.

We are delighted that our own Stephanie Mrozek is now serving as Mid-Atlantic Region Supervisor...go Steph! We are planning for a spring brunch where collegiates and alumni can get together and celebrate sisterhood.

Chi Alumni

We had the fall meeting in October. In December, we met at Michael VanLaanen's new home to re-elect officers, send holiday cards to distant sisters and exchange holiday goodies. Michael is our liaison with Chi Collegiate (and the Western Region Supervisor) and gave us

information on their activities. Our next meeting will be in April to plan the annual spring dinner for Chi graduates and to distribute applications for our collegiate scholarship. We wish everyone a good spring, summer and Convention!

Alpha Beta Alumni

Happy New Year from Alpha Beta Alumni Chapter! Congratulations to our fellow sisters Marina (Grgas) Trefethen and Corey (Scheer) Laskey on their recent marriages! We are excited to welcome a new husky to the UConn family with the birth of Alumni Chapter Treasurer Marissa Salvo's first son. We are so happy for all of you and wish you nothing but happiness in the future!

We finished last year by collaborating with our collegiate chapter to organize two professional events--our annual CV and P4 rotations talks. Our CV talk was given by alumni sister and UConn Director of Professional Pharmacy Development, Dr. Jill Fitzgerald. She provided P3 students with excellent advice regarding how to condense and improve their CV as well as how to target the content toward the avenue of pharmacy they are looking to enter.

During our P4 rotations talk, P4 sisters came to campus to discuss rotations they have completed and what to expect when choosing between different sites and provide tips for success.

For the upcoming semester, we are working with our collegiate chapter to plan an event where alumni sisters can call in over video chat and answer questions/talk about where they are in their pharmacy careers. We hope this opportunity will help our future pharmacists as they make this exciting transition!

Lastly, we are continuing to encourage informal social gatherings within the alumni chapter to increase retention among our members.



Alumni sisters Ashley Warning and Courtney DesJardins reconnect at a bridal shower luncheon.

Alpha Zeta Alumni

Since convention, our chapter has had one formal meeting together. We called this meeting "on the road" and met in Springfield, Illinois, where we hoped we could involve more members that do not live close to the St. Louis area anymore. We met and discussed our

chapter, and we went to lunch together afterwards.

Currently, our chapter is planning on online fundraiser for Project HOPE. We also continue to volunteer with collegiate students at a local monthly health outreach program.

Alpha Phi Alumni

Alpha Phi Alumni Chapter hosted the Life After Pharmacy School discussion with the collegiate chapter on December 1st. Since our alumni are spread throughout the country, we coordinated a conference call with our collegiate chapter sisters at Wilkes University. We had a great turnout from both collegiate and alumni members. Alumni were asked to share their journey from pharmacy school to where they are practicing today,

and our collegiate members were more than welcome to ask many questions! We hope to use this call to guide our sisters and develop an official mentoring program.

The mentoring program is in the works and will pair collegiate and alumni members in order to provide our collegiate chapter with support as they move through pharmacy school and pursue their dream careers.

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:

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.
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- 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.