

*Blue & Gold*

Spring 2019

# TRIANGLE



**02** Future Cooperation with  
Other Pharmacy Greeks

**06** Women's  
Reproductive Health



**IN MEMORIAM**

## Remembering Past Grand President **Pat Tanac**

March 2, 1922 to December 3, 2018

## Lamb for Life

# “Make the most of every opportunity presented to you.”



Tiffany Self Vicars grew up in Cave City, Kentucky, encouraged by her mother to pursue a health related career. Tiffany considered becoming a veterinarian, anesthesiologist, or pharmacist. Luckily for LKS, she knew she couldn't euthanize animals, and she enjoys her sleep too much for the medical school option. She was always fascinated by the medication bottles on the shelf and how the pharmacist knew everything about them. Tiffany graduated from a private school in Arkansas with a BS in biology before attending the University of Kentucky.

Tiffany joined Lambda Kappa Sigma, Nu Chapter, 18 years ago after her involvement in a sorority during undergrad. She hoped to have a similar experience with an all female organization once she entered pharmacy school. A favorite memory is her Big/Little Night when each Big Sister was revealed when Little Sisters walked around a circle with a candle until their big sister blew it out.

As a consultant pharmacist Tiffany has worked at the same long-term care pharmacy for 12 years, providing clinical pharmacy services to patients in nursing homes in Kentucky and Indiana. Had pharmacy not been her calling, Tiffany would be spending her time traveling with her family publishing a travel blog. Her

favorite place to travel is Ireland, where she and her husband Mike honeymooned and visited again for their first anniversary. They're hoping to make an annual trip, maybe even with Foof (Ruth Brown) one day!

Tiffany lives in Louisville, Kentucky, with Mike and their adorable son Aiden. She met Mike on a blind date in August of 2014 and they became engaged less than four months later. During rare moments to herself Tiffany enjoys reading, knitting, cooking, and crafting. Although she never became a veterinarian, she is an animal lover and has a Beagle named Kingston and two spoiled cats named Spirit and Shimmer. She also has a tattoo with a great story behind it!

**“Being a Lamb is a lifelong experience and the bonds of friendship and sisterhood have been some of the most important relationships in my life.”**

Tiffany has never settled for less than she wanted or expected. Advice for a collegiate LKS member? “Make the most of every opportunity presented to you, especially attending conventions, meeting members from other chapters, serving on committees, and running for office, either at the collegiate or national level. It's true that being a Lamb is a lifelong

experience and the bonds of friendship and sisterhood have been some of the most important relationships in my life.” **AKS**

Know a Lamb for Life? We'd love to feature her in an upcoming issue. Please email [lkshq@lks.org](mailto:lkshq@lks.org) to tell us about this special person who deserves recognition.



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Pat Tanac, distinguished alumni, Past Grand President, and 74 year member of Lambda Kappa sigma, passed away on December 3, 2018. Pat is remembered here for her service, unwavering dedication, and a lifetime of contributions to LKS.



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### THE BLUE & GOLD TRIANGLE OF LAMBDA KAPPA SIGMA

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#### MISSION STATEMENT

Lambda Kappa Sigma provides lifelong opportunities for women in pharmacy through professional excellence and personal growth.

#### CORE VALUES

In addition to the Code of Ethics, Lambda Kappa Sigma is guided by professionalism and the Core Values of Integrity, Leadership, Scholarship, Service and Sisterhood.

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## President's Address

# Future Cooperation with Other Pharmacy Greeks

### GREETINGS!

After what has seemed like an unending winter, spring is arriving! I'm always excited by spring, as it brings back warmer weather, spring breaks, and the inevitable ending of the school year. For collegiate sisters, the end of the school year brings so many activities — a summer off, a summer internship, the beginning of rotations or residency, graduation — all equally exciting. For alumni of all ages, the end of the academic year can be just as exciting, or even just another day on the calendar. Whether it means kids out of school, new students on rotation in your workplace, or a long yearned for vacation — enjoy the summer.

Since we chatted last fall, I've had so many wonderful experiences on behalf of LKS. I attended the ASHP Midyear in Anaheim in December. I had the honor of meeting so many of you at our booth in the exhibit hall. It was especially fun taking pictures with you and learning about why you have chosen LKS. Several Past Grand Presidents of LKS stopped by too. I'm always inspired by their leadership and vision that has helped LKS become the fantastic organization that exists today.

You may recall that one of the goals of my presidency was to convene a summit of leaders of other Pharmacy Greeks. In Anaheim, groundwork was laid for beginning such a meeting. After a wonderful breakfast meeting (an hour and a half!), we agreed to meet again. By the time that you read this, we will have met for the second time, laying groundwork for future cooperation. Joint cooperation and activities will be a big part of our future. After spending time with these other remarkable leaders, I have further affirmed these friendships and our need to work together. We may seem like rivals, but we all have the same goal ... to promote pharmacists and pharmacy!

The APhA meeting in Seattle was another chance to connect with sisters. I absolutely love hearing your stories and



**“One of the goals of my presidency was to convene a summit of leaders of other Pharmacy Greeks ... By the time that you read this, we will have met for the second time, laying groundwork for future cooperation. Joint cooperation and activities will be a big part of our future.”**

seeing your enthusiasm for LKS. I'm so honored to be your Grand President and to have these opportunities to meet my sisters!

I'm also so very excited about our upcoming Convention in Milwaukee. Past Grand President Sandy Mullen and Director of Member Services Erin Rogala, along with the Convention Committee, have been working exceptionally hard to prepare an outstanding experience for us. Summer weather in Milwaukee is fantastic too, especially along the shores

of Lake Michigan. Our convention hotel, the Milwaukee Hilton, is within walking distance of many of the activities that you will want to see and do. Having visited Milwaukee twice last summer, I can personally say that this is a very fun and welcoming city!

Getting to Convention for the first time is really key for our sisters. I was initiated in 1979, but didn't attend Convention until 1982 in Pittsburgh. It was a truly memorable event — I met many LKS “greats” there, and made friendships that have lasted a lifetime. I enjoyed it so much that I have only missed one Convention since then! I hope that you will attend too ... and be a “lifer” like me! My other goal for my presidency was to establish a convention schedule and establish regular programming, so we can maximize our time together. We've got a great start, so be watching for future announcements.

Lastly, I'd like to share a photo with you of another pharmacy sister. At left, I'm pictured with Erin Lingenfelter, the Grand President-Elect of Kappa Epsilon. We met in Anaheim at ASHP. We found that we have so much in common! We support pharmacists and pharmacy, pharmacy student initiatives, alumni and collegiates ... and we assist our members through every phase of their careers. We pledged to keep in touch with each other and seek ways that our organizations can support each other. Sometimes it may feel like we're kind of alone out there, but after meeting people like Erin, I'm sure that we're not.

Thank you for allowing me the honor of serving as your Grand President. It is a lot of work, and can be both exhilarating and exhausting, but it is truly my privilege.

Lamb Love to all of you!

Chris Grass  
Grand President  
grandpresident@lks.org



**"I attended the ASHP Midyear in Anaheim in December. I had the honor of meeting so many of you at our booth in the exhibit hall. It was especially fun taking pictures with you and learning about why you have chosen LKS."**

**– Chris Grass, Lambda Kappa Sigma Grand President**





ISTOCK/RON THOMAS

# LKS 2019 National Convention

Milwaukee, Wisconsin | July 31 - August 3, 2019

The location for the annual LKS National Convention is key. LKS conventions have taken members to cities known for their beauty and historic significance, while showcasing the diverse and unique qualities that make you glad you came. Sports fans, foodies and nature lovers alike experience something “post worthy” in the new and interesting cities where LKS conventions have been hosted, and the 2019 event in Milwaukee, Wisconsin, will not disappoint.

### Pre-Convention Tour

Some of the highlights you will experience while you are in Milwaukee include an optional pre-convention “tour day” on Wednesday. For a nominal fee, participants will board a coach bus in the morning which will take them to the first Milwaukee landmark, the Harley Davidson Museum. This unique venue will showcase the history of this iconic brand that has charmed an adventurous spirit for over a century! For LKS visitors, a special tour has been cued up that will showcase the history of women and their love for “hogs” (nickname for the famous Harley motorcycle). Following the tour you will

have the opportunity to view a vast collection of famous motorcycles from films such as: Easy Rider, Captain America, Terminator, Indiana Jones, Aquaman, and more.

The second stop during the tour (for lunch) will be the Milwaukee Public Market where you will experience Milwaukee’s most unique downtown food destination! Bursting with unique, high quality selections of artisan ethnic products, and freshly-made prepared foods, you’re sure to enjoy shopping the independent merchants of the Milwaukee Public Market. Eat in the Market’s second floor Palm Garden or take your purchases home with you to be enjoyed. Whatever your taste or craving – the



Join the LKS pre-convention excursion to visit the Harley-Davidson Museum®, a first-class experience that will have you talking about your Museum visit for years to come!



after your tour if 21 or older with valid ID. (soda and water available for those under 21). Commemorate your experience with a custom tour photo or one of many great items in our Girl In The Moon Brewery Shop. We look forward to seeing you for your Miller Time experience soon. CHEERS!

### Dinner Cruise and HOPE waLKS

Additional opportunities to experience all that Milwaukee has to offer include a Friday evening casual dinner cruise and a Saturday morning HOPE waLKS event. There will also be plenty of free time in the evenings to go out on the town to enjoy live music, sample the city's famous "cheese curds" and enjoy the summer nightlife in Wisconsin.

### Chapter Management, Personal and Professional Development

Attendance at the LKS National Convention is a long standing tradition for student and alumni members who seek to gain knowledge in chapter management and personal and professional development. And consistently, LKS delivers on the promise of relevant content delivered to a high standard.

Official Convention

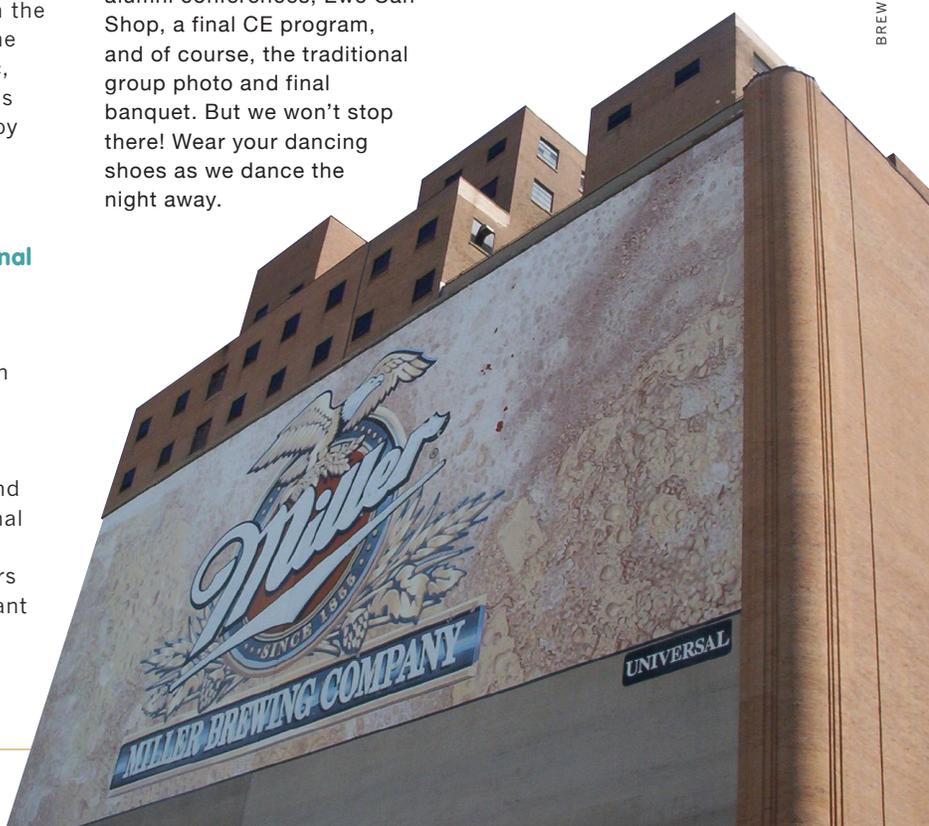
programming kicks off with the Welcome Reception on Wednesday night. And after a fun day of touring the city, it will be great to settle in back at the hotel and connect with friends old and new, and enjoy some food, fun and fellowship in true Milwaukee style. Thursday will include our keynote speaker, Kim Novak, followed by CE programming, and end with the Blue & Gold Dinner. Wear your LKS letters and be prepared for a great evening! Friday includes the morning Leadership Program, round table discussions, the Awards Luncheon and evening social event. Saturday features HOPE waLKS, collegiate/ alumni conferences, Ewe Can Shop, a final CE program, and of course, the traditional group photo and final banquet. But we won't stop there! Wear your dancing shoes as we dance the night away.

Programming and location are great reasons to come to the LKS National Convention, but the reason sisters come back year after year is because of the people! Your LKS sisters are your professional network and your personal lifeline. The connections you make during convention will be your next career, your future travel companions, your trusted advisors. Come make new connections with us during the 2019 LKS National Convention in Milwaukee. We look forward to seeing you there! **AKΣ**

.....  
 Visit [lks.org/Convention19](http://lks.org/Convention19) for all the latest.

Milwaukee Public Market has something to satisfy your appetite!

The final stop during the tour will be the famous Miller Brewery. The Miller Brewery Tour offers a 1 hour indoor/outdoor guided walking tour of Miller Valley, home to over 155 years of brewing history. Experience everything from Fredrick Miller's arrival in Milwaukee to the high-speed production lines used today. Our tour features a wide screen introductory video and stops in Packaging, Distribution, the Brew House and our Historic Caves. Every great tour ends with hospitality and ours is no exception. Enjoy three ice-cold beer samples at the Bavarian-Style Miller Inn



The 2019-2020 Women's Health Issues Topic:

# Women's Reproductive Health

by Sharon C. Brown, MS, RPh



EACH BIENNIUM, LAMBDA KAPPA SIGMA chooses an issue or a health concern facing women to be the Women's Health Issue for two years. The intent of the Women's Health Issue is to join forces and focus efforts on education and a call to action regarding the chosen topic on campuses and in communities where LKS has a presence. As healthcare professionals — and as perhaps the healthcare practitioner most accessible to the public — pharmacists are uniquely positioned to positively impact knowledge and behavior related to health issues facing women of all ages today.

Interestingly, women's reproductive health has moved front and center in the public eye recently as a political tidal wave develops over the rights of women vs. the rights of the unborn or newly born. While members are encouraged to engage in constructive conversations and healthy debate on these topics, such arguments are beyond scope of this publication. The purpose of the series of articles to be provided in the *Blue and Gold Triangle* is to provide evidence-based information on chosen topics that present challenges to the reproductive health and well-being of women of all ages. In doing so, members may be motivated to create programs and to participate in activities that can positively influence the reproductive health, and therefore the lives and well-being, of women in the communities in which we live.

The Centers for Disease Control

and Prevention website entitled Reproductive Health (<http://www.womenshealth.gov/health-topics/>) lists the following topics as top priorities:

## Endometriosis

While many people think endometriosis is an inflammation of the lining of the uterus, it is actually much more complicated than that. Endometriosis is a condition in which the kind of tissue that normally lines the uterus grows somewhere else: on the ovaries, behind the uterus, even on the bowels or bladder. Pain, infertility, and very heavy periods usually occur as a result.

**The purpose of the series of articles to be provided in the *Blue and Gold Triangle* is to provide evidence-based information on chosen topics that present challenges to the reproductive health and well-being of women of all ages.**

## Uterine Fibroids

Uterine fibroids are composed of muscle cells and other tissues, and grow in and around the wall of the uterus. They are the most common noncancerous tumor in women of childbearing age. Some women are nonsymptomatic, while others experience pain, vaginal bleeding and reproductive problems.

## Gynecologic Cancer

The CDC lists five main gynecologic cancers: Cervical, Ovarian, Uterine, Vaginal, and Vulvar. Each of the cancers listed starts in a woman's reproductive organs.

## Sexually Transmitted Diseases (STDs)

There are more than 20 types of sexually transmitted diseases caused by bacteria, parasites, and viruses. Although STDs affect both men and women, the health problems they cause are often more severe for women.

## Sexual Violence

Sexual Violence, defined as sexual activity where consent is not obtained or freely given, primarily victimizes women. The goal in impacting sexual violence is to stop it before it begins.

## HIV/AIDS

Women who are infected with HIV or who develop AIDS usually get it through sexual activity with a male infected partner, or by sharing needles with an infected person. Women of minority races are the most affected group.

## Interstitial Cystitis

Interstitial cystitis is a chronic bladder condition with inflamed or irritated bladder walls, resulting in scarring and stiffening of the bladder. Symptoms may include abdominal pain, discomfort, pelvic pressure, and a number of other abdominal issues.

## Polycystic Ovary Syndrome (PCOS)

PCOS occurs when a woman produces more male hormones than normal. One result is the development of cysts on the ovaries. Infertility, pelvic pain and acne are some of the more common symptoms of PCOS.

The Women's Health Issues Committee will be selecting the topics and providing future articles for this series in upcoming *Blue and Gold Triangle* issues. If you have a specific issue you would like to see highlighted in an upcoming issue, contact the LKS Headquarters and have your suggestion forwarded to the committee. **AKZ**

# Celebrate April!



**IN THE UNITED STATES, APRIL** is a month full of conflicts. Cold, rainy and dreary part of the month, sunny, warm, and a trigger to the growing season the last half of the month. But LKS and April have some interesting things in common!

April is named after the Greek Goddess Aphrodite, and LKS is an organization grounded in Greek mythology.

People born from April 1 — 19 are under the sign of Aries, the Ram. A ram is a male sheep — sheep are adult lambs!

One of April's flowers is the Daisy, and stands for innocence, loyal love, and purity. Where do we see those words used in our organization?

SO! Let's celebrate some of the other special activities associated with April!

**WORLD AUTISM MONTH:** The Autism Speaks is an organization dedicated to promoting solutions for the needs of individuals with autism and their families through advocacy and support. They invite you — and our friends and neighbors — to come together to pledge to go Blue to increase global understanding and acceptance of people with autism. On April 2, you are invited to “Light It Up Blue”. Wear Blue, take a selfie, and share on social media with a comment about autism.

**NATIONAL GARDEN MONTH:** You don't need an acre of land to enjoy gardening — just grab a pot, a plant, and a porch or windowsill. Gardening has been proven to ease stress and make people happier (unless your squirrels are smarter than you, which is my downfall!)

**NATIONAL POETRY MONTH:** National Poetry Month is the largest literary celebration in the world. You can sign up for Poem-a-day and read a poem each morning or buy a book of poetry. If you are asked to give a reflection (as I am at work meetings) choose a poem.

**NATIONAL VOLUNTEER WEEK (APRIL 7-13):** Celebrate the impact of volunteer service and the power of volunteers to build stronger, more resilient communities. As a member of LKS, you are already a volunteer and a mentor. If time allows, or your passion drives you, find other ways to volunteer — at church, at schools, at pet shelters, at community events, at hospitals. The opportunities are limitless, as are the benefits you reap, not in cash rewards, but in the feeling you get when you walk away from performing a service that is rewarding beyond words. **AKΣ**

IN MEMORIAM

# Remembering Past Grand President Pat Tanac

Eileen Patricia Hornall "Pat" Tanac  
March 2, 1922 to December 3, 2018

*By Nancy Horst, Past Grand President,  
Chi Alumni Chapter President*

*Contributions and Photo Research by  
Christine Perry, Past Grand President*

**PAT TANAC WAS AN ENTHUSIASTIC AND DEDICATED SISTER** of Lambda Kappa Sigma from the time of her initiation into Chi Chapter in 1942 until last year, 76 years!

Pat grew up in a small town east of Seattle, with two sisters, and entered the University of Washington School of Pharmacy in 1941, graduating in 1945. She met a pharmacy student there who became her husband, Robert (Bob) Tanac. Because these were the years of World War II, Bob left to serve in the US Army for two years. He was discharged in 1945 and then completed his pharmacy studies, graduating in 1947. Pat and Bob were married February 24, 1946. They had two children, Joyce, who also became a pharmacist at UW and joined Chi Chapter, and Wesley, a teacher. Eventually 4 grandchildren and 3 great-grandchildren came along. (Pat's full biography/obituary was published in the recent LKS Alumni News). Her professional practice was in community pharmacy.

In 1949 Pat was a charter member of Chi Alumni Chapter which started with 10 women. She always maintained contact with those ladies, and made it a point to meet and become acquainted with all the initiates of Chi Collegiate chapter for many decades. Pat kept a notebook for addresses and phone numbers of Chi members, and kept

in touch with them after graduation, even when they moved out of the Seattle area. She would receive numerous Christmas cards and would share the news at alumni chapter meetings. As she became involved in the international Fraternity, she kept us informed about activities and projects, and encouraged us to attend Conventions. Because of that, many Chi Alumni served as Western



Region Supervisors (Shirley Cavanaugh, Jean Hansen McLaughlan, Sylvia Richstad, Rosemary Fox, Cathi Boyle, Patricia Landers, Donna Fujii, Linda Kvare Story, and currently, Michael VanLaanen). Marilyn Palmer was a Grand Vice President from 1958-1960, and Nancy Horst served as Grand Treasurer, Grand Secretary, Grand President, and Trust Liaison Committee Chair between 1982 and 2014. Pat's enthusiasm, influence and mentoring has resulted in a considerable legacy of LKS officers.

Pat attended the 1954 Convention and got to know Grand Council Members who saw her leadership potential. She was appointed Western Region Supervisor for the 1956-58 biennium, and was elected Grand Secretary in 1958, serving until 1966 when she became Grand President for two terms, then Honorary Advisor until 1982. As Grand President, Pat visited many chapters at her own expense, and the value of Grand Council officers being visible and helpful at local chapters evolved into the policy of biennial visits by supervisors, as is now a primary LKS activity. Also, during those years Pat became very close friends with GPs Julia Pishalski and Adele Lowe, and was involved with them in setting up the Educational Trust and serving on the Trust Liaison Committee for several terms. She attended many Conventions and got to know hundreds of LKS sisters! Pat was always friendly and sincerely interested in people.

In 1984 another Convention was held in Seattle, and at that time Pat received the Distinguished Service Citation, and Bob was named a Patron of Lambda Kappa Sigma. A note about Bob: he always supported Pat in her activities for LKS, attended quite a few Conventions, helped the Chi Alums in many ways, drove Pat

to meetings in the later years, and is a beloved friend of all of us.

Pat was the secretary of Chi Alumni for many years, and chapter archivist by choice. When she and Bob moved from their big house to senior living at University House, she gave me several big boxes with scrapbooks of photos and memorabilia, volumes of Blue and Gold Triangles from the very earliest years of publication, notebooks of chapter minutes and other chapter files, a lot of important history to keep for the chapter. She hosted many chapter meetings as well.

Pat and Bob were also active in the Washington State Pharmacy Association for over 50 years, and involved with the University of Washington School of Pharmacy Alumni Association, receiving its Outstanding Service Award in 1995. They mentored pharmacy students doing Geriatric rotations at University House for a number of years.

A Memorial Service was held for Pat on December 8 at University House. Bob and Joyce Tanac Schroeder made a special request that Pat's LKS activity and history be part of the service. Chi Alum member Joyce Tsai wrote and presented a beautiful tribute, incorporating themes of both the Purple and Gold of the University of Washington, and the Blue and Gold of Lambda Kappa Sigma, honoring Pat's "successful life, incredible friendship and sisterhood, grace, goodness and golden heart." Most of the local members of Chi Alumni attended the service and shared our memories of Pat and gave condolences to Bob, Joyce and other members of the Tanac family. The Grand Council and HQ sent a lovely large bouquet to the service, featuring yellow chrysanthemums, of course. The alumni chapter made a donation to the LKS Educational Trust Adele Lowe Grant Fund in Pat's memory.

Pat was a cherished sister of Chi Alumni, and of many other LKS members. Pat gave many years of time and energy to LKS, to our local chapters and to Grand Council and the Educational Trust. She was an exemplary Lamb, whose dedication, service and contributions to the Fraternity will always be a treasured part of the history of Lambda Kappa Sigma. **AKΣ**



## Condolences

Following are some quotes from LKS members, received after notice of Pat's obituary.

**"I am greatly saddened by her passing. She was a support and inspiration to me as a collegiate, and a bearer of much of our local LKS spirit."**

— Michael Van Laanen, Chi Alum

**"LKS was Pat's passion. I am so fortunate to have been invited by her into LKS. The Chi lambs have shared their stories with each other professionally and otherwise, which has enriched my life."**

— Elizabeth Fuchs, Chi Alum

**"The service was a wonderful remembrance of Pat's accomplishments and the number of people that her life had touched. She will always hold a special place in my heart. Joyce, your LKS remembrance was very eloquent and well spoken."**

— Lynette Scott, Chi Alum

**"We will always remember Pat's dedication to LKS."**

— Lisa Barr, Chi Alum

**"Pat's love of the Fraternity was so amazing, as was her leadership. She was a mentor to so many of us."**

— Mary Gear, PGP

**"Pat and I spent some great times together. Please extend my sympathy to all who will be missing Pat's presence with them."**

— Marilyn Haberle, PGP

**"Pat and I corresponded over the years via letter, she was a wonderful letter writer. Through my work with the archives she gifted me one-of-a-kind photos of Ethel J Heath and Willette Cheever that she had. Pat was one of the best Grand Secretaries that LKS ever had. I told her how appreciative I was of all her minutes, notes and correspondences because now over 50yrs later it is a valuable resource to LKS. She was amazing and greatly missed"**

— Christine Perry, PGP

**"My heart is sad this morning, and also grateful for having known Pat Tanac."**

— Jennifer Rhodes, PGP



# Sisterhood

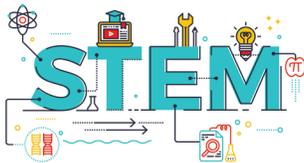


## Serving Our Communities: Alpha XI and the Medicare Health Fair

Members of Alpha Xi Chapter (University of the Pacific) hosted the Annual Medicare Health fair in San Francisco. Held during Medicare Open enrollment season, members provide assistance to beneficiaries for Medicare Part D enrollment and provide Medication Therapy Management intervention. Health screening stations are available in addition to Medicare program assistance.

Over the past ten years, it is estimated that beneficiaries attending the fair have saved up to 5 million dollars through proper enrollment and guidance on how to access additional government programs to lower out-of-pocket prescription medication costs.

## Leadership: Nu Chapter Leading the Way for Young Women in Science



Nu Chapter (Drake University) participated in the Girls in Science Day in Des Moines at the Science Center of Iowa. The event is designed to encourage elementary and middle-school aged girls to pursue

careers in STEM. Attendees visit booths set up to display various aspects of science, from pharmacy to engineering. The girls are also given an opportunity to participate in workshops and experiments. Nu Chapter members serve as role models and give a face to the profession of pharmacy to attendees at this event, and are able to positively impact young girls who may be reluctant to pursue a future in the STEM arena. Nu Chapter had been looking for ways to display professionalism in the community, and this has certainly provided that opportunity.

## Supporting Our Philanthropy: The Tau Chapter E-board Challenge

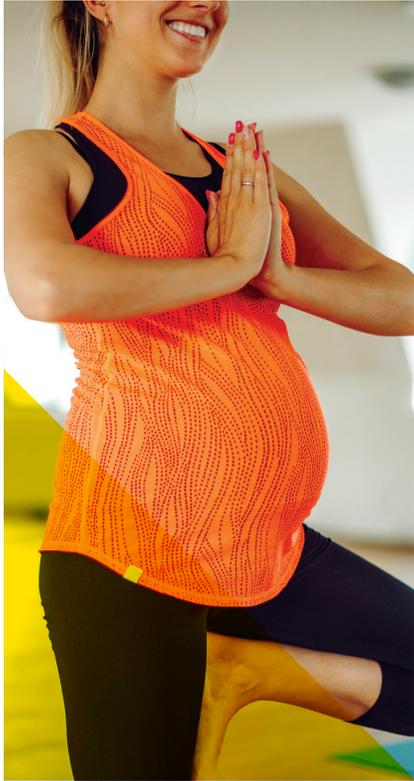
At the start of the fall semester at their annual retreat, the members of the Executive Board of Tau Chapter (Duquesne University) issued an ultimate challenge to chapter members: Raise \$5,000 for Project HOPE. This represented a significant increase over any past donations — but the members were up for the challenge, rolled up their sleeves, and got to work!

They planned new fundraising events, and used the city's addiction to sports and canvassed at Pirates, Penguins, and Steelers games. They also held a very successful luncheon for sisters, their family members, faculty, and alumni.

As funds began to build, the enthusiasm grew, and unity among members strengthened through the pursuit of a common and meaningful goal.

By the end of the fall semester, Tau Chapter had raised \$4,841! And they are looking forward to surpassing their annual goal as they continue to fundraise in the spring. Way to go, Tau!





ISTOCK: EVA KATALIN



ISTOCK: PSEUDODAEEMON

## Impacting Lives: Alpha Beta dances the Night Away at HuskyTHON

Alpha Beta Chapter (University of Connecticut) participates in HuskyTHON each year, dancing from 6pm through the night until 12 noon the following day.

One of the largest school-wide events on the campus, the year-long fundraising initiative benefits the Connecticut Children’s Medical Center.

Ally is the LKS Miracle Child and has been for 5 years. She says of Alpha Beta sisters “It is truly amazing how everyone can come together not only to raise money to benefit kids like me, but to impact a 14-year old girl’s life so much in 18 hours! LKS makes me feel like there is no such thing as impossible.” Way to get your groove on for a good reason, Alpha Beta!



## Promoting Our Women’s Health Issue: Alpha Phi in Action

The members of Alpha Phi Chapter (Wilkes University) are taking on the LKS mission of promoting Women’s Health Issues with the 2019 topic of Reproductive Health.

Chapter members presented a poster on birth control methods during the fall semester. In addition, they are planning a pregnancy education and yoga event at the local YMCA.

Creating opportunities to share our Women’s Health Issues with community members and organizations is a great way to demonstrate the LKS Service Core Value.



## Sisterhood: Alpha Pi Chapter is Elevating Women in Pharmacy in a Big Way

Elevating Women in Pharmacy — Alpha Pi Chapter (St. John’s University) took this to heart when 20 sisters attended the annual Pharmacists Society of the State of New York (PSSNY) Midwinter Conference in Albany, New York.

Based on recommendations from past attendees about the benefits of attendance at this professional event, the largest group of collegiate chapter members to attend as a group headed upstate for continuing education, networking opportunities, and a fun sisterhood bonding dinner at a local restaurant where sisters from 2nd year through 5th year were able to catch up and create some unique memories.

No better way to demonstrate professionalism than to show up en masse and participate in a professional meeting. Kudos, Alpha Pi!

# Project HOPE



## 55 Years of Partnership

### LKS and Project HOPE Celebrate the First 55 Years as Partners

by Sharon C. Brown, RPh

**THIS YEAR MARKS THE 55TH YEAR** that Project HOPE is recognized as the chosen philanthropy of Lambda Kappa Sigma. During this time, LKS has raised close to a quarter of a million dollars for Project HOPE, and perhaps even more as individual donations made through the Project Hope general donations page are not credited to LKS. Kudos to the members of LKS for their support of this amazing humanitarian organization with worldwide outreach and educational programs dedicated to empowering people to improve their lives, uplift their communities, and build a solid

foundation for future generations.

Recent issues of the Blue and Gold Triangle have focused on the work Project HOPE does close to home, especially their role in recovery efforts after Hurricanes Harvey, Irma, Maria, and Michael. Currently, Project HOPE is deploying medical teams in the border regions in Colombia as thousands of Venezuelans cross into Colombia every day to escape the civil unrest, food and medicine shortages, and the inflation that is spiraling out of control, making even basic goods and services unaffordable to the citizens of Venezuela.

To help ease the burden of health

workers in the border areas, Project HOPE deployed a team of general practitioner physicians to two health outposts in Villa del Rosario, Colombia. The team is working at two clinics near the eastern border with Venezuela, assisting local health workers who are overwhelmed by the influx of patients. Because of the collapse of government services in Venezuela, even basic healthcare services have been denied to most of its citizens. And despite the hard work of the medical professional and volunteers, the sudden massive increase in patients at the border is stretching regional hospitals to their limits. Many of these patients are facing health complications that are difficult to treat at local clinics — and especially for expectant women. Healthcare workers have expressed concern that many women, often in their second or third trimester, have had no prenatal care or routine maternal check-ups for the entirety of the pregnancy. Project HOPE is working to bring additional general practitioners to the outposts which will allow an additional 32 consultations per day, reducing the numbers of nearly 60 patients per day that currently have to be turned away. By offering reinforcements to the medical professionals on the frontlines of the crisis, Project HOPE aims to help resolve a situation that experts believe is the worst humanitarian disaster in the western hemisphere.

Project HOPE proudly reports that 94% of all expended resources supports programs, while 6% supports administration and fundraising expenses. Every dollar donated has the potential to directly impact the lives of individuals and families in crisis throughout the world. Donate generously through your chapter's fundraising activities or use this giving link: [www.projecthope.org/lks](http://www.projecthope.org/lks). **AKΣ**

## A Bit of Our History

**IN 1984, LAMBDA KAPPA SIGMA TOOK** a leadership role in the planning of an international conference on women in pharmacy, held in London, England June 21-27, 1987. The International Leadership Symposium: The Role of Women in Pharmacy had over 200 representatives from 18 countries in attendance, and provided a forum for the exchange of ideas and information in a “think-tank” environment. This symposium provided the impetus for a series of luncheons and symposia at the Federation of International Pharmaceutique Congresses (FIP).

The Symposium also inspired the establishment of the Merck Vanguard Leadership Award. The result of the collaboration of Mary Grear, LKS President Patty Kienle, and Merck’s Paul Baumgartner, this award is presented annually to a distinguished alumni to “honor women in pharmacy who have excelled in sustained exemplary practice or entrepreneurial endeavors, in their influence on the profession of pharmacy, and through their leadership ability in the professional setting and community.” Mary Jo Reilly was the first recipient of the award in 1989, with a total of 30 LKS sisters honored with the award since then. **AKΣ**



# Awarding Excellence in Leadership

**The LKS/Merck & Co. Vanguard  
Leadership Award celebrates 30 years**



## LAMBDA KAPPA SIGMA

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# Calendar Updates



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MAY 30, 2019

### **Application Deadline for Convention Travel Grants**

[www.lks.org/Convention19/  
TravelGrant](http://www.lks.org/Convention19/TravelGrant)

JUNE 30, 2019

### **Early-bird Convention Registration Ends**

[www.lks.org/Convention19/  
Registration](http://www.lks.org/Convention19/Registration)

JULY 9, 2019

### **Last Day for Discounted Hotel Room Rate**

[www.lks.org/Convention19/  
Hotel](http://www.lks.org/Convention19/Hotel)

JULY 17, 2018

### **Online Convention Registration Closes**

[www.lks.org/Convention18/  
Registration](http://www.lks.org/Convention18/Registration)

JULY 31-AUGUST 3, 2019

### **2019 LKS Annual Convention**

Milwaukee WI

You don't want to miss it!

[Visit \[lks.org/Convention19\]\(http://www.lks.org/Convention19\)](http://www.lks.org/Convention19)  
for all the latest.