



# Lambda Kappa Sigma

Elevating Women In Pharmacy

## COLLEGIATE & ALUMNI CHAPTER REPORTS

Fall 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)

The Alpha Chapter is excited to be back at school for a busy a year filled with recruitment and professional as well as social events. This semester, we're focusing our efforts on spreading the word about our organization, and getting closer as sisters. We started by attending the Activities Fair at our school and getting our name out there to our peers. We hosted our first recruitment event, "Decorating Cookies with the Sisters," which was a huge hit! In the upcoming months, we are planning a game night, ice skating and a speed dating event.



As a chapter, we're extremely excited to welcome new members and spread our love for LKS! Since we're also working on tightening our sisterhood bond, we have added more social events to our calendars and have created new team-building events. So far, we've had a paint night and got together to play Minute to Win It games. We're all looking forward to our next team building event, which is a scavenger hunt throughout Boston.



We celebrated Founder's Day with a pasta dinner, honoring our past and present chapter members. We were fortunate to welcome GCVP, Amanda Higgins, as a guest speaker during our Founder's Day celebration. She shared some awesome tips on the transition from student to professional.



# Delta

(University of Pittsburgh)

Delta Chapter participated in the annual Back to School Picnic within Pitt's School of Pharmacy.

At this event, where every school organization is represented, we were able to network with the new pharmacy students and talk to them about LKS. This event served as one of our recruitment events for the new school year. It was a huge success, allowing us to welcome 51 new members!

# Lambda

(University of Southern California)

Over the last few months, Lambda Chapter has focused a lot on women's health and sisterhood. At our annual Osteoporosis Training Workshop, we trained first year students how to screen and counsel participants at health fairs regarding bone health. So far, we've already screened and educated over 100 participants from the community! Since October is also Breast Cancer Awareness month, we held our annual Rock the Pink event where breast cancer survivors, researchers and support groups share their stories



with the students to raise awareness. Lastly, we have been able to grow stronger as a chapter through our various sisterhood social events. From Plant Nite to laser tag, we're all trying new things together and making the most out of pharmacy school.



# Nu

(Drake University)

Nu Chapter has had an exciting start to the school year. We had a very successful recruitment, resulting in 8 new members. And we are now a co-ed chapter! We have been implementing new fundraising ideas, such as selling donuts to pharmacy students before classes. We are getting ready for our Mr. Pharmacy event that will take place in November and are on our way to reaching our philanthropy goal for the year. We also recently created an Instagram account for our chapter and enjoy sharing chapter updates and photos with peers, family and friends. Our members enjoy our many sisterhood events, such as a letter-making event, a trip to the pumpkin patch, a bonfire at a corn maze and sister "hangout" nights. We also try to implement sisterhood activities into chapter meetings by having "themed" meetings. Some recent themes have been pajama party and Halloween night. Our chapter continues to prioritize scholarship through study tables with sisters as well. Nu Chapter is excited for upcoming events, and we are eager to continue to grow as a chapter and to work towards our chapter goals.

# Xi

(University of Rhode Island)

Our Potential New Member Recruitment Season is in full swing. Our PNM Committee has hosted many successful events and meetings to introduce PNMs to everything that LKS represents and strives to achieve. We started the year off in typical Xi Chapter fashion with our annual Ice Cream Social at Green Line Apothecary, owned by our fraternity advisors and LKS alumna Dr. Christina Procaccianti.

PNMs also got a taste for community service and professionalism. We spent a morning at one of our favorite local beaches for a “Beach Clean-Up” to show PNMs that giving back to the community can be fun! Our sisters have also been fundraising for American Cancer Society’s Making Strides Against Breast Cancer Walk and Crohn’s & Colitis Foundation’s Take Steps Walk. The Professional Committee put on a great game and presentation for PNMs and younger sisters to get them ready for pharmacy lab and work. We ended the night with our models on the runway for a “What (Not) to Wear Fashion Show”, showcasing their professional and not so professional outfits.

Later in October, we will be taking on URI’s Alumni and Family Weekend with a “Pharmacy Brunch” that the Social Media Committee will be organizing together with Kappa Psi.



# Omicron

(Wayne State University)

It has been a busy year for us so far, and it's shaping up to be one

of our best years yet! Strengthening our sisterhood remains one of our biggest goals each year. So this year we decided to hold a Summer Retreat. It was such a success that we look forward to holding a retreat in winter as well. We are also excited to have doubled last year’s recruitment numbers, and we will be welcoming 14 women into our sisterhood this November! We have also had huge success with one of our new fundraisers, Double Good Popcorn. We look forward to continuing our fundraising success with online t-shirt sales, Yankee Candle sales and our famous Taco Bar event. Another goal at Omicron Chapter is to include more professional events that would help our sisters realize and work toward their goals. This semester included an extremely interesting and informational seminar on pharmacy practice residencies, and we still have one on nuclear pharmacy coming soon! We continue to lead the pharmacy school in volunteering with a local metro-Detroit organization, Vista Maria, by holding an informational session for all student leaders within our college this semester.





# Pi

(Rutgers University)



The beginning of the semester has been busy for Pi Chapter, but we've really hit the ground running! We opened recruitment season with our annual Leaders in Rx event to show our dedication to the professional and personal development of our sisters. This event gathered Dr. Prianka Singh, a Lambda Kappa Sigma alumna currently working at Bristol-Myers Squibb, and current leaders from major pharmacy organizations at Rutgers to share their thoughts on leadership, how they achieved their position, and how their experiences influenced them academically and professionally. One of our recruitment events was a service project where we wrapped utensils for the Trenton Area Soup Kitchen. We had a great group of girls come out to meet us and are excited to welcome our new members as they go through orientation. In addition, there are currently 8 sisters signed up to participate in Rutgers University's Dance Marathon, and we're working hard to plan events to help reach our fundraising goal.

For October, we have been working with other organizations in the Rutgers School of Pharmacy to advocate for October as Opioid Addiction and Awareness Month. We have planned a month full of informational events, including a training and information session on the administration of Naloxone. On October 12th, several of our sisters attended a rally at Rutgers University featuring former Vice President Joe Biden to end sexual violence. We also had a sisterhood event at a pumpkin farm.



# Tau

(Duquesne University)



On September 15th, Tau Chapter held our annual Project HOPE Ball. We had both collegiate members and alumni members attend. We had raffle baskets and a 50/50 drawing to raise money and awareness for Project HOPE. We also participated at the JDRF (Juvenile Diabetes Research Foundation) Walk in Pittsburgh. We participated in honor of one of our professors who has a son diagnosed with Type 1 Diabetes.



# Phi

(Butler University)



We had our annual HOPE waLKS on September 30th. For the week leading up to the event, we had a table at the Starbucks on campus to raise awareness of Project HOPE. Instead of a simple walk, we posted different Project HOPE facts around campus landmarks. Participants had to find these questions determine the route and put them in the running for prizes! The event raised nearly \$450!

# Chi

(University of Washington)

This year, our chapter participated in a number of Seattle community and University of Washington program events. Members volunteered with West Side Baby to sort donated baby clothes, held a toiletries drive for Dignity for Divas (an organization that assembles toiletry kits for women experiencing homelessness) and held a booth at this year's Pharmer's Market. Chi Chapter looks forward to the upcoming year of events and involvement!

# Alpha Alpha

(Temple University)

To celebrate Founder's Day, we invited multiple alumni back to speak on a panel about their career and career path. They were all LKS members at Temple and all have amazing jobs! We have one Rutgers fellow, one Teva employee, one CVS pharmacist, one TUSP professor and 2 residents coming to speak! We are so excited because it is awesome to have such amazing connections within LKS. TUSP funded a trip to Salt Lake City, Utah, to attend the APhA Institute on Drug and Alcohol Dependencies. It was a very competitive application process and four out of 6 people chosen to attend were LKS sisters. We learned so much and were so proud to be there!

# Alpha Beta

(University of Connecticut)

We are looking forward to achieving our goals and continuing to promote women in pharmacy! At Convention, our chapter was honored to receive Collegiate Chapter of the Eastern Atlantic Region as well as Alumni Committee of the Year! We are so honored to have received these awards and hope to continue in making LKS proud! Our Project HOPE Committee hit the ground running planning our annual Hope waLKS 5k walk/run to support our philanthropy. It was our 6th annual race, and we had a great turn



out with over 70 registered walkers/runners. From this event alone, we raised over \$700 for Project HOPE! The committee is also focused on a couple more fundraising events, including a Krispy Kreme and Blaze pizza fundraiser. Last semester, we started meeting for dinners before chapter meetings to increase sister bonding. In the future, we'll invite potential new members, so we can get to know our newest lambs as well. Our Social Committee is focused on connecting with our brother fraternity,

Kappa Psi, in our annual "Battle of the Rx's" event, where we compete against each other in Minute to Win It style games.

# Alpha Zeta

(St. Louis College of Pharmacy)



In the past 6 months, Alpha Zeta Chapter has been very busy. Most recently, we welcomed 20 brand new baby lambs into our LKS family! They are all very excited about being part of LKS, and we cannot wait to watch them grow into amazing actives. We are in the middle of planning our fall Project HOPE fundraiser, Hoops for HOPE, which will now be in a real gym for the first time in years because our school has a brand-new building with a sparkling new gym. We will be having teams sign up for a 3-on-3 basketball tournament.



We have also recently paired up with Kappa Epsilon, the other all-female fraternity on campus, to host Ovarian Cancer week, where we hosted events raising awareness and fundraising for Ovarian Cancer. We are also continuing to volunteer at many places around the St. Louis community, including Project Downtown and Health Protection and Education Services. Up next for us is elections. We recently voted on adding a new position called Philanthropy Chair whose role will be organizing our Project HOPE fundraisers. This will allow us to hopefully add more events and raise more money for our incredible philanthropy.



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# Alpha Eta

(Long Island University)

For the month of October, our chapter has scheduled several days in which we take a cart throughout the entire school and help raise money for the American Cancer Society. The event is called Cart-On-Wheels Breast Cancer Fundraiser. During our first day, we raised \$92.85 in just 45-



minutes! This year our chapter gave out bids to 20 young women, and we currently have 19 PNMs going through the recruitment process. This is our highest number of PNMs in the past two years. It's a huge accomplishment and a credit to the level of involvement our sisters have displayed.





## Alpha Theta

(State University of New York at Buffalo)

Alpha Theta Chapter is proud to say that our recruitment week at the beginning of the semester was able to show case our dedication to service. In addition to raising \$81 during our Bowling for HOPE event, we took part in the annual PB&J food drive, making 122 lunch bags for the Buffalo City Mission. Lastly our new potential members raised over \$100 through a bake sale on campus.



## Alpha Iota

(Ferris State University)

Thanks to our outstanding Recruitment Chair and Co-Chair, Alpha Iota Chapter had a successful spring recruitment and welcomed five amazing new members. There are also another

eight girls who are just starting the potential new member process this fall. As a chapter, we have put a new emphasis on sisterhood events. Our most memorable sisterhood event from last semester was where each of the sisters were given a blank picture frame with a picture of themselves in it. The other sisters would then write nice comments about the sister to show appreciation.

This past semester we raised over \$100 for Project HOPE by selling snacks and drinks in the College of Pharmacy. We held our second annual Mr. Pharmacy Pageant to help raise money to send our sisters to Convention. We participated in Greek Week with the gentlemen of Phi Sigma Kappa and won the lip sync competition. As a chapter, we have continued volunteering with Adopt-A-Highway and at a local nursing home. Altogether, our sisters completed over 1,300 hours of community service, and we hope to keep expanding that number! We also participated in Relay for Life, where we raised over \$1,000 through donations and by selling fruit skewers, hair chalk and henna tattoos.



# Alpha Kappa

(University of Georgia)

Over the summer, we were the host chapter for the 2017 LKS Convention. We had 14 girls attend convention, and they all had an amazing time. It was an honor to host, and it was truly a great learning experience. Each of us got to know each other so much better and got to meet sisters from other schools. Also, we were awarded as the Southern Region Collegiate Chapter of the Year!



Another amazing thing happening for our chapter is how much our recruitment and member retention continues to grow! We had such a big turnout for our recruitment events this year and were able to hand out 53 bids to potential new members. This is a record-breaking number for our chapter! As our chapter grows, we retain more members in their third and fourth year at the college of pharmacy.



Our biggest philanthropy event for the fall semester is the In Their Shoes 10K which supports the Loran Smith Cancer Center for Cancer Support. Our team, "The Tumornators", raised over \$1,000, and we had 12 members complete the race, including our faculty advisor. To fundraise for this event, we have a bake sale and do "Flamingo Flocking", in which faculty members pay us to decorate each other's doors with all things pink. Each year the UGA College of Pharmacy holds a health fair, and this year our chapter is going to participate to help educate our fellow peers. The title of the presentation is "Nurture the Skin You are In", where we plan to incorporate our current Women's Health Initiative of skin cancer.



Each semester, our chapter works closely with the Athens Area Homeless Shelter and the Food Bank of Northeast Georgia. A couple weeks ago, members of our chapter gave presentations on "OTC Medications for Children" to a couple of the moms at the shelter. It was so popular that they have approached us for another presentation on "Women's Health and Contraception" for next semester. We are very excited to incorporate more women's health topic into our professional events.

With the semester winding down, we are currently working on brainstorming for a new philanthropy event for the spring semester. Our chapter has never hosted a big event to raise awareness and funds for Project HOPE, and we are very excited to start a new tradition.

# Alpha Mu

(University of Toledo)



Alpha Mu Chapter has begun the year with a lot of fantastic events! After attending Convention this past summer, many of our girls have found a renewed passion for LKS and our e-board has been working tirelessly at making this year the best we've ever had! Our recruitment chairs created a wonderful week of values based recruitment. We had four days of events, each focusing on the different Lambda Kappa Sigma core values. We are overjoyed by the success of recruitment, and we currently have 47 PNMs!



Our social chairs have gone above and beyond expectations by planning many events for all of our members. Our favorite was the trip to an apple orchard with PNMs. We are also volunteering with the Boys and Girls club of Toledo to teach the kids about medication safety and health topics. We also started promoting flu shots at four different Rite Aids in the area to promote flu vaccines in the community. To ensure each girl feels valued in such a large chapter, our historian has begun member spot-

lights on social media every Sunday night. The members look forward to seeing who will be the feature of these posts every week.

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# Alpha Nu

(University of Kentucky)



In August, we planned recruitment for the new Class of 2021 which included a Welcome Lunch, a meet and greet at The Other Bar, serving dinner at the Ronald McDonald House, and having dinner at Goodfellas Pizzeria. Our second and third year members were eager to welcome new lambs and participated in many of the recruitment events. At the Ronald McDonald House, our members and potential new members cooked and served dinner to families that stay at the Ronald McDonald House while their child undergoes medical care. It was a rewarding experience for our members and supported our core value of service. We passed out 45 bids this year with 18 new members accepting. We are excited to welcome them into our chapter! We had a beautiful Sunrise Ceremony at the university's arboretum, the executive board welcomed the new members to our chapter. September was National Ovarian Cancer Awareness Month, and we partnered with the Bluegrass Ovarian Cancer Support to hang teal bows around campus to raise awareness. We also extended our support through the College of Pharmacy by challenging each class to wear teal on a Friday to support ovarian cancer. The support from each class was outstanding!



# Alpha Xi

(University of the Pacific)

With the new school year starting, we have shifted our focus to recruitment. Our first pre-recruitment event was a Taco Night. We were able to meet a lot of new people and tell them all about Lambda Kappa Sigma. Additionally, our annual "Black and White" dance was a hit. We are ecstatic about the turn-out at all our events so far and are excited to host more! Hopefully our small family here at Alpha Xi will grow larger this school year!



The theme of Alpha Xi Chapter this year is "Expansion." We have been busy expanding our relationship with our alumni chapter as well as focusing on our professional development within the community. We started our very own newsletter for alumni, which highlights our chapter's current projects and documents the growth of our chapter.

With our annual Hygeia Health Fair every spring and our two Health Clinics at Angkor Pharmacy and Walgreens, we were able to provide over 200 free blood glucose, cholesterol, and blood pressure screenings to the immediate Stockton community. Witnessing the positive impact our chapter is making on the healthcare of the Stockton community, we decided to co-host another health fair out in San



Francisco.



With the open enrollment for Medicare just beginning, Alpha Xi decided to collaborate with University of the Pacific Medicare Part D class for our first ever LKS Medicare Health Fair in San Francisco on November 15th. With over 75 appointments, our chapter will be providing free Part D and Medication Therapy Management (MTM) counseling, where we help our beneficiaries enroll in the lowest cost part D plan for the upcoming year and look over their medications.

Alongside with Part D and MTM interventions, we will also be providing free health screenings.





## Alpha Omicron

(West Virginia University)

Our chapter participated in Project Linus, where we completed 6 blankets for our local children's hospital. Our chapter also had a taco social where we gathered, had some good food and some great laughs!



## Alpha Rho

(Northeastern University)

On September 24th, Alpha Rho Chapter participated in the Greater Boston Walk to End Alzheimer's. On the walk, sisters educated walkers about the TrialMatch Program, which is a clinical study matching service that connects people with Alzheimer's and healthy volunteers to local studies in which they may be eligible to participate. By participating, sisters learned about Alzheimer's and contributed to the advancement of Alzheimer's research and awareness.



## Alpha Sigma

(Texas Southern University)

We helped out during hurricane Harvey community assistance, also participated in Pharmacy weeks even at Ben Taub hospital. We help counsel patient on medication adherence, importance of healthy diet and weight loss recommendation.

# Alpha Phi

(Wilkes University)

Over the summer five of the Wilkes LKS Alpha Phi members completed National Internships. Erika Zarfoss (P3) at Johns Hopkins in Baltimore; Kacey Knapp (P3) at The Mayo Clinic in Rochester, Minnesota; Amanda Boyer (P3) and Taylor Hodle (P3) at Geisinger Danville in Danville, Pennsylvania; Mia Lussier (P2) at Geisinger in Forty-Fort, Pennsylvania. These internships offered a multitude of learning opportunities, including doing rounds with doctors, completing journal clubs, making CE presentations and presenting patient cases. These sisters grew their leadership skills with professional development series and gave back to the community by completing different service projects. The sister also used what they learned to help the Alpha Phi Chapter members grow both professionally and personally by giving presentations to the second-year pharmacy students about their internships in hopes to inspire more students to become leader's themselves and to apply for these internships.



The Alpha Phi chapter started off the semester with many successes. We introduced 9 new recruits into the chapter after a very eventful recruitment. During recruitment, there was an ice cream social where possible recruits and current members mingled and played board games. Other events for recruitment included an on-campus luau and a barbecue. The final event was the annual Toga Party. Orientation is currently taking place where the recruits and the returning members have history lessons and study hours. We have also had a few social events, including a trip to a Railriders Baseball game in Wilkes-Barre. The current members also look forward to the newly established monthly potluck where we celebrate the true meaning of sisterhood. On September 19th, a few members participated in Out of the Darkness Walk to raise suicide awareness. A blood drive was also held on Monday October 9th in collaboration with a local organization.

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# Alpha Chi

(Northeast Ohio Medical University)

Our most recent chapter projects include events to get to know new members before initiation, such as a game night and dinner out at a local Mexican restaurant. This is a new concept for our chapter...we wanted to make sure the new initiates feel welcomed and comfortable! We also wanted to give new members more time to bond with existing members before matching the Bigs and Littles. We are continuing to hold the Yankee Candle fundraiser, which raises money for our chapter and allows members to put a portion of the proceeds towards their dues. We are continuing our community service project of Caring for Kids this year. This is a program where we interact with kids in the local foster system while their parents undergo childcare training.



# Alpha Psi

(University of New England)

The lambs of Alpha Psi have been hard at work raising funds for Project HOPE. We raised over \$1,200 this past weekend at our HOPE waLKS and online fundraiser. Special thanks to our donors and supporters and to Amanda Peterson for her hard work and dedication in making the event a success. Our chapter has been working to promote sisterhood and philanthropy this semester and celebrated Founder's Day by providing free cider and donuts to the school.



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# Alpha Omega

(Sullivan University)

We have started new member meetings to prepare for initiation. We have begun to prepare for our school's Trunk or Treat booth and have also organized a silent auction to be held at Kentucky Board of Pharmacy's Legislative Day. We have held monthly Sister Dinners at local restaurants around Louisville to help us bond and get to know potential new and old members.

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# Beta Beta

(Western New England University)



We are busy focusing on recruitment and initiating our new sisters into the chapter. This has allowed us to become a close-knit group of sisters focused on spreading information about Project HOPE on the Western New England University Campus. We have had many bonding experiences such as off-campus outings. Since we are a small chapter, we have been working closely with other chapters such as holding a long-sleeve fundraiser that proudly display the LKS letters. We are excited to teach our new members about LKS and to keep the traditions alive.

# Alpha Alumni



Alpha Alumni Chapter has had a very active and successful 2017. In March, we celebrated Hygeia Day with our collegiate chapter by hosting a CE. There, alumna Jillian Dempsey discussed the creation and maintenance of a transitions of care program and provided insight into the importance of such programs. In April, we were excited to award scholarships to deserving collegiates at our annual joint Awards and Scholarships Luncheon held at MCPHS University. This year we were fortunate to be able to increase the monetary award of all scholarships to \$200.

After a busy couple of summer months, seven alumnae sisters attended convention. It was a very exciting year in Atlanta as we celebrated sister Christine Perry as she was awarded the Distinguished Service Citation for her lifelong loyalty and commitment to our beloved fraternity. "CMP" has truly positively influenced the lives of so many sisters, in Alpha Chapter and beyond, and therefore, it was important for us to be present as she received this award. We were also honored to be awarded Alumni Chapter of the Year along with Alpha Beta Chapter! Alpha Alumni continues to seek new ways to uphold the mission and core values of Lambda Kappa Sigma, so we are excited to see what the new year brings!

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# Chi Alumni

Last spring, we gathered applications and awarded the annual scholarship to Chi collegiate Keilani Fisher. We congratulated the graduating Chi P4s and had an informal dinner. Our fall meeting was held in September. We welcomed Jackie Ye (a 2016 graduate from Nu Chapter, who now works in Washington State) who drove 3 hours to join our meeting in the Seattle area. Michael VanLaanen (our chapter delegate at Convention and Western Region Supervisor) gave the highlights of Convention activities. We are currently planning our December meeting where we send cards to distant sisters and donate to food banks. We look forward to getting together with Chi collegiates, whose fall quarter at the University of Washington started in late September.



# Alpha Beta Alumni

It has been a busy few months for us, both professionally and personally. We had the opportunity to partake in a number of events this spring with our collegiate chapter, including a residency webinar and the P4 dinner. We reconvened at Convention this summer in Atlanta, where we celebrated receiving the Chapter of the Year award by donating money to the Educational Trust and to hurricane relief through the American Red Cross. We hope to donate more to both of these charitable organizations in the near future.

Montanna Paulhus, Kelsey Hutchinson and Christine Kubus are celebrating their recent engagements, and we wish them lots of happiness as they plan their upcoming nuptials. We are also excited for Robin Bogner, as she has welcomed her first grandchild into the world. Courtney Genovesi and Megan Mitchell were selected to present clinical pearls at CSHP's Catch the Wave Conference in November. We are excited to hear about the continued personal and professional accomplishments of our sisters throughout the year.

We kicked off the season by attending the collegiate chapter's annual HOPE waLKS 5K run/walk on the Storrs campus on September 23rd. Other joint alumni/collegiate events we are in the process of coordinating are the annual Homecoming tailgate on Saturday, October 21st and a T-shirt tie dyeing and BBQ event. We hope to see as many sisters at Midyear as possible!





# Chapter Report Submission Deadlines

**October 15**

**February 15**

Chapter reports should be  
submitted online at:

[lks.org/ChapterReportSubmission](https://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](mailto: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 1MB.
- 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](https://lks.org/ChapterReportSubmission)

Questions? Email [communications@lks.org](mailto:communications@lks.org).