



# Lambda Kappa Sigma

Elevating Women In Pharmacy

## Alumni Initiate Guide

# Welcome to Lambda Kappa Sigma!

Lambda Kappa Sigma (LKS) Professional Pharmacy Fraternity was founded in 1913 to promote the profession of pharmacy among women. To this day, we have not strayed from that founding principal, continuing our mission with our Core Values (Integrity, Leadership, Scholarship, Service and Sisterhood). We are glad that you have chosen to be part of our sisterhood and to elevate women in pharmacy!

Most sisters in Lambda Kappa Sigma were initiated while they were student pharmacists. However, we do not have a chapter on the campus of every pharmacy school, and some women did not have the opportunity to join LKS as students. So, we offer an Alumni Initiate Membership. We have many outstanding members who choose to enter Lambda Kappa Sigma through this avenue.

Because you are important to us, we want to be sure that you know as much about our Fraternity as possible. Inside this booklet, you will find a brief history of LKS, information about our current activities, a bit about our governance and answers to some frequently asked questions. If you still have questions after reading this booklet, please contact the Grand Vice President for Alumni or any other Grand Council member.

Congratulations on choosing Lambda Kappa Sigma! You are now a Lamb for Life!

## Lambda Kappa Sigma Mission and Core Values

Lambda Kappa Sigma is the professional organization of choice for women in pharmacy. Since 1913, LKS has grown to more than 25,000 initiated members with 49 collegiate and 38 alumni chapters chartered.

The Fraternity provides lifelong opportunities for women in pharmacy through professional achievements and personal growth. LKS provides a variety of educational programs with an **emphasis placed on Women's Health Issues.**

We have also adopted these Core Values, which guide everything we do:

- Integrity
- Leadership
- Scholarship
- Service
- Sisterhood

You can read more about these at [www.lks.org](http://www.lks.org) and in the Member Manual.

# **Lambda Kappa Sigma – A Brief History**

In 1913, Lambda Kappa Sigma was founded by Ethel J. Heath, the librarian at the Massachusetts College of Pharmacy, along with eight women students.

When Ethel J. Heath left the Medford Public Library to become the librarian of MCP, she found no organization among the women which provided social contacts. So, she organized a little club on October 14, 1913, which grew to become Lambda Kappa Sigma.

In the fall of 1915, it was no longer possible to meet for a weekly luncheon, so the club voted to become an open society to which all girls in attendance at MCP should belong. Officers were elected and definite records of procedures were kept. Meanings were given to the Greek letters. It was also voted upon in 1916 to have a motto, a flower, colors and a badge (which are still in use today).

In the fall of 1916, new members were initiated and a constitution and bylaws were adopted. A council was elected as well. This council of Alpha Chapter conducted the national affairs until May 1922. The first national convention was held in Boston in 1926 and was hosted by Alpha Chapter.

# **Lambda Kappa Sigma Philanthropy**

Our chapters, both collegiate and alumni, are involved in many projects, especially those philanthropies and issues which are dear to us.

**In the 1960's we selected Project HOPE as our philanthropy.** Project HOPE was chosen because it is international in scope (like us), they utilize pharmacists in their work and they are involved in the healthcare of women and children all over the globe. We have a long and fruitful partnership with Project HOPE, raising many thousands of dollars for them since the initiation of our relationship. Some of our members have even served on Project HOPE missions!

Lambda Kappa Sigma established an Educational Trust in 1974. Because of the generosity of so many, we can offer scholarships to our members, both at the undergraduate and graduate levels.

**Each biennium, a Women's Health Issues topic is selected.** Our chapters are encouraged to promote this selection and plan programming around the topic for Hygeia Day. Recent topics have included breast cancer, ovarian cancer, diabetes, migraines, heart disease and skin cancer.

LKS is involved in many other projects, many of which have special importance or significance for our local chapters. LKS chapters are very involved in the communities where they are located.

# Lambda Kappa Sigma Governance

Every two years, Grand Council elections are held and Region Supervisors are appointed. The Grand Council is the governing board of Lambda Kappa Sigma. In addition, Region Supervisors are appointed to assist the Grand Council with oversight of the collegiate chapters. These leaders are accessible to all LKS members.

Grand Council includes:

- Grand President
- Grand Vice President for Alumni
- Grand Vice President for Collegiates
- Grand Vice President for Development
- Grand Secretary
- Grand Treasurer
- Past Grand President. (This officer is the immediate Past Grand President and is not voted on by the membership.)
- Region Supervisors for each of the 8 regions (These members are non-voting members.)

The governance for local chapter's is based on the chapter's needs and bylaws.

LKS is governed by a set of bylaws and policy and procedures, which are reviewed annually. Bylaws changes are due each December to the Bylaws Committee, presented to the membership in March and voted on at Convention.

# Frequently Asked Questions

*Q: Aren't fraternities for men? Why isn't LKS a sorority?*

A: We are a professional organization. All Greek professional organizations are considered fraternities.

*Q: I am a member of another pharmacy fraternity. Can I join LKS?*

A: Our bylaws prohibit membership in more than one pharmacy fraternity. The exceptions are Phi Lambda Sigma and Rho Chi, both of which have very specific conditions for their membership. Social sorority and fraternity membership are not affected.

*Q: Do you have official colors?*

A: Our colors are Columbia Blue and Old Gold.

*Q: What is the motto of LKS?*

A: "Esse Quam Videri" (To Be, Rather Than to Seem to Be).

*Q: What is the official flower?*

A: The yellow chrysanthemum. Its importance is revealed during the Initiation Ceremony.

*Q: Why are all of you so fond of lambs?*

A: Lambs are our mascot (from the *Lambda* part of our name)!

*Q: How much are dues?*

A: Information about dues can be obtained from the Headquarters. The amount, though generally stable for many years at a time, can vary. Your dues payment also includes a charge for insurance, covering the Fraternity's liability.

*Q: Do you have Conventions?*

A: Yes, Convention is held each year, usually in late July or early August. The location varies from year to year. We also may meet informally for member receptions at major pharmacy meetings and expositions. There are many opportunities for members to meet!

*Q: What publications do you have?*

A: Our flagship publication is the *Blue & Gold Triangle*, which is published on our website and available in print. We also publish an Alumni Newsletter and LinKS, which is a newsletter focused on our student members.

*Q: I live in a city that has an alumni chapter, but it is not the chapter that I was initiated in? Can I join that chapter?*

A: Alumni can affiliate with any chapter they choose, according to their needs. Although not typical, alumni could affiliate with more than one alumni chapter if they wanted to, especially if that alumni member relocates often. You would need to pay dues to each local chapter as they are assessed.

*Q: What is the meaning of the Greek letters?*

A: Each letter in our name has a meaning. These are revealed during the Initiation Ceremony.

*Q: Does the Fraternity have jewelry or other items available for purchase?*A: Our official pin is called a badge. It is worn only by members on the inner-most visible piece of clothing over the heart. For example, the pin is never worn on a jacket, such as on a lapel. We hold our badge in very high esteem. It is never worn with shorts or denim, only with professional or business casual clothing. Other items for purchase are available through the Shop LKS link at [www.lks.org](http://www.lks.org).

*Q: Do you have a Member Manual so I know where to look up information?*

A: Yes, the Member Manual (along with other useful information) can be found in the Chapter Resources link on [www.lks.org](http://www.lks.org).

*Q: What is a Lost Lamb? A Stray Lamb?*

A: Although these are not official member designations, you will hear us speak of these two types of members. Lost Lambs are those members who are not currently active. We are always interested in finding ways to encourage these members to become active again. Stray Lambs are those alumni members who do not have an official **“home” chapter**. They are officially designated as Members-at-Large and may become delegates at Convention. Member-at-Large delegates are elected at Convention by means of an alumni caucus.

# Alumni Initiate Quiz

Although taking this quiz is not mandatory for membership in Lambda Kappa Sigma, you are encouraged to take this quiz to assist you in learning about our Fraternity. It's an open book quiz, and you can even consult other alumni members about the answers. It's all in fun and designed to help you get to know us!

1. Lambda Kappa Sigma was founded by Ethel J. Heath at the Massachusetts College of Pharmacy in 1913. True or False?
2. What are the official colors of Lambda Kappa Sigma?
3. **Who are the "Stray Lambs"? Do they get to vote at Convention?**
4. What is the flagship publication of Lambda Kappa Sigma?
5. Can you be a member of more than one pharmacy fraternity?
6. What is the motto of Lambda Kappa Sigma?
7. What are the meanings of the letters Lambda, Kappa and Sigma?
8. What does the Educational Trust do?
9. Where is the Lambda Kappa Sigma badge worn?
10. When and where are Conventions held?

## Answers to Quiz Answers

1. True.
2. Columbia Blue and Old Gold.
3. Stray Lambs are alumni members without a home chapter. They can be elected as delegates-at-large through the alumni caucus at Convention.
4. Our main publication is the *Blue & Gold Triangle*.
5. You can only be a member of one professional pharmacy fraternity, with the exceptions of Phi Lambda Sigma (leadership) and Rho Chi (scholarship).
6. **The motto of Lambda Kappa Sigma is “Esse Quam Videri” (To Be, Rather Than to Seem to Be).**
7. The meanings of the letters Lambda, Kappa and Sigma are revealed during the Initiation Ceremony and are never written where the public can see them.
8. The Educational Trust raises money for scholarships and other educational programs. Upon recommendation of the Trust, LKS awards scholarships to members.
9. The badge is worn over the heart on the inner-most piece of visible clothing.
10. A Convention is held every year in varying locations.