



BLUE & GOLD TRIANGLE

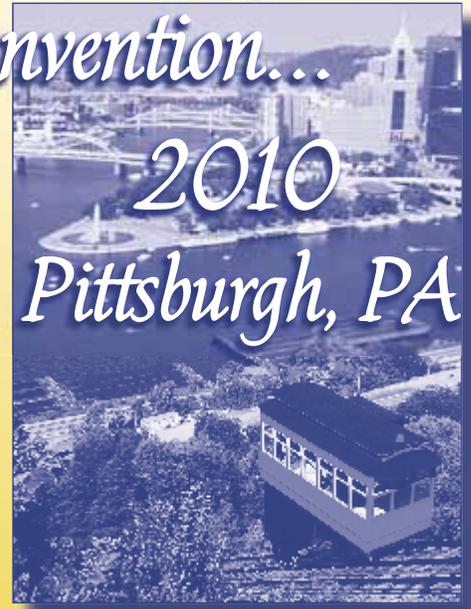


Lambda Kappa Sigma "Promoting the Profession of Pharmacy Since 1913"



Another Successful Convention...

All the details inside starting on page 6.



Curious about 2011? See info on page 8.



Alpha Collegiate and Alumni Efficiency Cup/Gavel Winners!



The Blue and Gold Triangle Of Lambda Kappa Sigma

Published by
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The mission of the Fraternity is to promote the profession of pharmacy among women and advance women within the profession by developing its members as individuals and leaders through the support of fellow members while encouraging a high standard of professional ethics and scholarship.

Publication
The Blue and Gold Triangle is the official publication of Lambda Kappa Sigma Pharmacy Fraternity and is published semi annually. It is distributed to all dues paid members, patrons, honorary members and numerous pharmacy schools and Greek organizations. Deadlines: February 15 and October 15. Postmaster: please send address changes to Lambda Kappa Sigma, PO Box 570, Muskego, WI 53150-0570. Printed in the USA.



LKS Grand President
Sharon Brown

Fall semester always follows close on the heels of our Convention. Our 41st Biennial Convention in Pittsburgh was another record setting event. With well over 200 attendees, the decisions made at this convention are a reflection of the dedication, pride, and commitment to progress that our members can support with pride and passion.

While several important decisions were made at the convention, I would like to focus on the decision to adopt the proposed Brand Platform, and specifically the Core Values, and the impact the adoption of these values will have on the future of Lambda Kappa Sigma.

I'd like you to take a moment and clear your mind of the seemingly millions of thoughts that cross the landscape of your consciousness, and settle in to think about Lambda Kappa Sigma. We are a sizable organization, with active chapters across the continent, and members around the world. We are a significant organization, impacting campuses and communities through our professional programs and community service projects. We are an organization in constant transition, with every generation represented amongst our members. Envision a wheel with six spokes, each one representing a Core Value: Sisterhood, Integrity, Leadership, Scholarship, Philanthropy, and Outreach. You and your chapter are at the center of the wheel, responsible for connecting each Core Value with the other five. The outside of the wheel is formed by the Fraternity Leadership, responsible for maintaining the balance necessary to keep each spoke strong. The spokes provide a critical connection between the Fraternity Leadership and you, the member. Without the center of the wheel, there can be no progress – the spokes become useless, lack purpose, and cause the wheel to collapse. The breakdown of a single spoke causes stress on all the other spokes, leads to inefficiency, and the eventual failure of the wheel to operate. Without the outside of the wheel, there is no balance, and no ability to keep or change direction in response to bumps in the road ahead. And what is my point? If the wheel gets larger, but the spokes stay the same in diameter, the wheel becomes fragile. In order for a larger wheel to continue to operate well, the spokes must be

reinforced to accommodate the additional stress of a larger wheel. In other words, our Core Values must be the perhaps the strongest element of our fraternal characteristics in order to continue to grow and move forward.

These Core Values are intended to guide our internal conduct as well as our relationships with those around us. If everyone focuses on bringing these Core Values to life with every Fraternity event, our success is guaranteed. I feel it is imperative that each and every member learn these Core Values and incorporate them into all Fraternity events. I also feel that each person may have their own personal definition for each of these values. I invite you to spend some time over the next few weeks to really learn how your members interpret these six words that will come to guide our future. Ask each member to define each of the Core Values and give an example of how your chapter either has demonstrated or will demonstrate a commitment to each value. Discuss the results of the survey and come up with a consensus definition for each value. You might even include these Core Values on your meeting agenda to discuss what actions have taken place to demonstrate a chapter commitment to these values. When making decisions about activities, ask the important questions that will help you evaluate the merit of the activity. Is the activity in alignment with the Core Values? Will participation strengthen any of the Core Values for your chapter as a whole? How will the activity benefit your members – even if it is a fundraising event for a charity or philanthropy?

I am excited about the decisions made by the Convention body, and applaud all who participated in the discussions held during the business sessions. I have a strong belief that the combined efforts of each chapter to utilize our Core Values as a guide for decision making and leadership activities will allow the creation of a stronger bond among all members. Strengthening these bonds is critical, and will become a greater challenge as we continue to grow and move forward with our mission. But challenges are simply opportunities in disguise. And I know our members – we never miss a great opportunity!

I'm looking forward to another great biennium and the opportunity to get to know even more of you on a more personal level. This is going to be a great ride – let's get the wheel rolling!

Fraternally yours,
Sharon C. Brown

Brand Platform

by Sharon Brown, Pharm D., Alpha Iota, Grand President

What is a brand platform? Several definitions can be found, but in general, a brand platform is a set of guidelines and statements that govern all aspects of a major brand. Elements of a brand platform include the mission, identity attributes, value proposition, and tagline.

The mission should state the purpose and driving philosophy of a brand in a clear, succinct, and compelling way. The identity attributes are words or phrases that describe the brand at its core. A value proposition differentiates a brand from its competition. And a tagline is a slogan or statement of the brand, and should be short, pithy, and smart.

Why has LKS adopted the concept of a brand platform at this time? AS LKS continues to grow, we are beginning the vital process of what I would call "Selected Standardization". This means reviewing Fraternity processes at the national as well as the local level, and ensuring that critical core processes and activities are aligned with the true intent of the Fraternity. Although each chapter may have – and in fact is encouraged to have – individual traditions, there are certain core processes that must be nearly identical across all chapters to ensure the continuity of the LKS "brand" throughout the organization.

We actually began this process with adoption of the Code of Conduct and the requirement that all members document a commitment to compliance by signing a copy and keeping it on file. A brand platform allows all members to contribute to increased recognition of LKS on a broader scale by repeated exposure of the elements of the brand platform during public events. Think of taglines you know ("Eat Fresh" – Subway; "What can Brown do for you?" – UPS). With enough exposure, people will begin to identify our chosen tagline with LKS. This increased recognition can lead to greater opportunities for expansion and outside support for Fraternity functions.

The following Brand Platform has been adopted:

Mission: Lambda Kappa Sigma is dedicated to the advancement of women in the profession of pharmacy

Core Values (Identity attributes): Sisterhood, Integrity, Leadership, Scholarship, Philanthropy, Outreach

Vision (value proposition): Lambda Kappa Sigma is the professional organization of choice for women in pharmacy

Tagline: Shaping the professionals of pharmacy

Lambda Kappa Sigma has a mission statement in the By-Laws, and the Brand Platform is not intended to replace that – any change in the mission statement requires a By-Laws change and a vote by the general membership. The mission as stated in the Brand Platform is simply a shorter, more concise version intended to fit with the concept of effective marketing of our recognized LKS brand.

Please take some time to consider how your chapter can begin to utilize the Brand Platform – or some of the individual elements of the platform – in your recruitment activities and communications. When the Brand Platform becomes second nature to each of us it will become a valuable marketing tool and a concise reminder of who we are and what we do every day.

Fraternally yours,
Sharon Brown



Reaching Across Five Decades

An Interview with Nancy Stevens Keen, Phi Chapter

by Avis J. Ericson, Chair, Trust Liaison Committee

In 2011 we will mark the anniversary of the very first LKS educational grant ever given. Knowing that fact set me to wondering “who received it, why, who selected her for this special honor, what has she been up to since then, where is she, wouldn’t it be fun to link-up with her and learn what she is all about at this juncture...” along with a host of other curiosities. It really didn’t take much digging to find this person and to learn the answers to the above questions – so let me share them with you.

During the 1958-1960 biennium, a Scholarship Committee was formed to review the possibility of creating a National Scholarship Award for LKS. Members of this committee were Margit Harrison (Chair), Harriet Lescauski, and Virginia Osol. In 1960 they presented a plan to the convention body to offer a \$200 scholarship annually to a deserving member in the upper classes based on scholarship and need. This was approved. The committee made chapters aware of the scholarship and encouraged applications. In 1961, the very first recipient was named and invited to attend the 1962 Golden Anniversary Convention in Boston. In the past five decades, over 350 LKS Educational Grants have been given, and the numbers just keep on growing thanks to the generous support of the LKS Educational Trust by our members and chapters.

During the 1960-61 academic year, the Phi Collegiate Advisor, Patricia Weinswig, took the Chapter President aside and suggested that she apply for this scholarship. She agreed to support the application with a letter of recommendation. The Chapter President agreed to apply and was both surprised and honored to learn several months later that she had been

selected. That young woman was Nancy E. Stevens (now Keen) a student in the third-year of the 5-year pharmacy degree program at Butler University’s College of Pharmacy. Nancy graduated in 1963 along with classmate Marcia Harms (and only 3 other women along with 40 men).

Nancy was invited to attend the Boston Convention. To stretch her dollars, she took a Greyhound bus from her home in Liberty, Indiana to the site. She remembers being at the Somerset Hotel and visiting historical attractions like Bunker Hill and the Old North Church. She met Grand President Julia Pishalski and was given her scholarship by Margit Harrison, the Scholarship Committee Chair. She even managed to hold on to her certificate all these years!

Nancy grew up on a small farm in the small town of Liberty, IN (east of Indianapolis near the Ohio border). She was good at science and determined to get a college education. She started work at age 15 and had a drug store job after school to earn money where she learned to appreciate the merits of pharmacy as a profession. At one point, someone told her that she could not become a pharmacist. With all of her confidence, she immediately replied “Don’t tell me I can’t do this!”

Nancy had her heart set on attending Butler University but others tried to persuade her to go to Purdue. Tuition at Butler was ~\$250/semester while Purdue’s was only ~\$80/semester. “Rich girls go to Butler” was also part of the push but Nancy was not to be pushed. For her, Purdue was just too big; Butler was small and had an excellent program and reputation plus they offered her an entering scholarship. Determination should be her middle name.

After graduation, Nancy worked in the Lobraico Pharmacy (owned by Adele Lowe’s father) and worked along side Adele for a year. She later went to work for Hook’s Drug and became a District Manager. After what she describes as “a very good career that made her happy”, Nancy retired in 2007 – for about six months. Armed with her skills and desire to keep busy, Nancy re-entered pharmacy on a part-time basis and continues in that role today. She also serves on the Hook’s Drug Foundation.

She and her husband Fred have one son and live in Greenfield, IN. She is making plans to attend the 2011 Convention in Detroit to mark the official 50th anniversary of her Craven grant. She provided a letter of greetings to be read at the Educational Trust Breakfast on July 31st in Pittsburgh.

With half of a century of hindsight, LKS can be very proud that Nancy Stevens Keen was chosen as our first Cora E. Craven educational grant recipient. Her enthusiasm and dedication to the profession makes us all proud.

If you would like information about the LKS Educational Trust and how to support this important work, please contact Avis J. Ericson, Pharm.D., Chair of the TLC, (702)566-0330 or (rxaje@embarq-mail.com or any other TLC member for more in-depth information and guidance. TLC Members: Gloria Bernstein (Des Moines, IA), Robin Bogner (Storrs, CT), Ruth Brown (Sea Isle City, NJ), Donna Dancer (Tavares, FL), Marilyn Haberle (St. Louis, MO), Marilyn Harris (Pittsburgh, PA), Barbara Hayes (Missouri City, TX), Nancy Horst (Shoreline, WA), Neil Leikach (Reisterstown, MD), and Christine Perry (Fairhaven, MA).

2010-2012 Women's Health Issue: Ovarian Cancer

by Dorathea Andrews, Pharm.D., BCPS,
Central Region Supervisor, Alpha Nu Alumni

Many of us know that October is National Breast Cancer Awareness Month and that the color pink and the pink ribbon are the universal signs of breast cancer. However, did you know that September is Ovarian Cancer Awareness Month and that the sign of ovarian cancer awareness is the teal ribbon? Well, now you do, and over the next two years, we will explore the many facets of ovarian cancer together.

Ovarian cancer accounts for three percent of all cancers in women. In the United States it is the ninth most common cancer among women and is the fifth leading cause of cancer-related death among women. These statistics alone make it the deadliest gynecologic cancer. The American Cancer Society estimates that in 2010 there will be 21,880 new cases diagnosed and 13,850 deaths. During 2003-

2007, the majority of patients diagnosed with ovarian cancer were aged 55 to 64, with the median age at diagnosis being 63. During this same time, the median age at death was 71. Caucasian women have a higher incidence and death rate of ovarian cancers than other races. However, African-American women have a lower five year survival rate than Caucasian women (36.8% vs. 45.4%). The overall 5-year and 10-year survival rate of ovarian cancer is 45.6% and 39%, respectively. Relative survival rate increases the sooner a woman is diagnosed. If the cancer is localized to the ovaries,

the overall 5-year relative survival rate is 93.5%. If the cancer has spread to the lymph nodes around the ovaries, the overall 5-year relative survival rate decreases to 73.4%. If the cancer has metastasized to other areas of the body, the overall 5-year relative survival rate decreases to an abysmal 27.6%. Luckily for women, the overall lifetime risk of developing ovarian cancer is 1.39% or in other words, 1 in 72 women will be diagnosed with ovarian cancer during their lifetime.

Over the next two years, we will learn more about screening and prevention of ovarian cancer, diagnosis and staging, the treatment options available to patients, clinical trials available to ovarian cancer patients and the main types of ovarian cancer. For more information on ovarian cancer, check out the website for the National Ovarian Cancer Alliance (www.ovariancancer.org) and the National Cancer Institute (www.cancer.gov).



LKS Convention 2010 ~ Building Bridges of Sisterhood ~

by Amanda Higgins, Alpha Chapter

This summer Delta, Tau and Tau Alumni Chapters hosted our 41st Biennial Convention in Pittsburgh, PA! Our days in the "City of Bridges" were amazing and full of Lamb for Life moments! From the moment I arrived, I was overwhelmed with the love and excitement that the sisters of Lambda Kappa Sigma have for each other! Everyone is so dedicated to this Fraternity, but we also know how to have tons of fun! Take a look at what happened at this summer's Convention!

Wednesday, July 28th

While most sisters were traveling near and far to get to Pittsburgh, some of our sisters were already in full swing! Grand Council was already hard at work as was the Trust Liaison Committee. Our chapter presidents met with each other and Grand Council to discuss Convention and get to know one another. As our alumni had dinner together, Delta and Tau chapter took the collegiates to Dave and Buster's! What a great way to start our time together!



Past Grand Presidents

Seated: Marilyn Harris, Sharon Brown, Jennifer Rhodes, Marilyn Haberle
 Standing: Donna Dancer, Patti Kienle, Ruth Brown, Nancy Horst, Christine Perry, Dixie Leikach

Thursday, July 29th

We started bright and early on Thursday morning with Continuing Education about Atrial Fibrillation by Judith Kristeller, PharmD. from Wilkes University. She educated us on new treatment options and challenged us to think about how we would treat our patients. Convention then officially kicked off at the Welcome Breakfast where we were greeted with amazing table decorations of bridges and LKS colors! We mingled with old friends and met new ones as well.

After breakfast, Susan Marshall gave a fantastic presentation called "Leadership Skills for What's Next". She taught us that critical thinking, decisiveness, clarity of communication, integrity of word and act, and consistency are the five fundamental skills that any leader should possess. She had us construct a journey line where we sketched the highs and lows of our life as well as what we learned from them. We got to share our story with another sister that we didn't know. This was an amaz-

ing way to connect with a fellow sister by hearing what they had gone

through in their life and how they had survived. Susan shared her story with us and showed us that our own story is key to growing as a person and a leader. The lessons we learn are crucial for connecting with people and getting our point of view across. This workshop will no doubt come in handy to everyone who attended!

After a short break, Linda Edgecomb presented a very inspiring keynote address entitled "Shift or Get Off the Pot!" As the title indicates, this woman was hilarious! Ms. Edgecomb challenged us to look at ourselves and see if we were being the best we could be. She told us that if we were telling stories of way back when, then we needed to get out and have fun! She then had us choose our favorite shape out of a square, triangle, squiggly and a circle. Each one of these shapes had a story behind it about what the person was like. To no surprise, I was a square and loved order and structure. Most sisters in the room were squiggles, which meant they loved to have fun!! It was hilarious to see who in the room picked what and see how it matched their personality perfectly!



Lifelong friends and alumni Jennifer Rhodes, Gloria Bernstein and Donna Horn.

Convention Continued

Later that night we enjoyed the Blue and Gold Dinner where we were treated to local Pittsburgh food. Sisters sang and put on skits and all sisters were dressed up proudly in our blue and gold. In true Christine Perry fashion, she showed her love for our Fraternity by wearing a blue wig!

Friday, July 30th

On Friday morning, Donna Horn, R.Ph., D.Ph. and Patricia Clancy Kienle, R.Ph. presented a CE entitled "Medication Reconciliation: An Important Safety Step". They showed us the issues within hospital and retail with medication reconciliation and how to possibly address this.

We then transitioned into meetings. Collegiates and alumni split up into their own conferences. The collegiates talked about how to effectively recruit new members to carry on our Fraternity. We heard from chapters about their successes and struggles and all shared ideas.

After our conference, we were treated to a delightful Awards Luncheon! It was great to see how accomplished our fellow sisters were! Lynn Harrelson received the Award of Merit and Gloria Bernstein was awarded the Distinguished Service Citation. The LKS/MERCK Vanguard Leadership Award was given to Stefanie Ferreri and the Distinguished Young Pharmacist Award was given to Debbie Pruss. It is truly an inspiration to see how amazing our alumni are, and they serve as a fantastic role model for us collegiates!



After lunch, Grand President Sharon Brown opened our first business session. We reviewed the proposals that we were to vote on and the chapter delegates gave their reports. Jenny Brandt, chair of the Project HOPE Committee, reported that in the past biennium, LKS raised more than \$19,000 for Project HOPE, including almost \$4,000 that specifically went toward relief efforts in Haiti. A representative from Project HOPE even came to thank us for our hard work! Our dedication to our philanthropy is something we should all be proud of!

That night, we all enjoyed a night out on the town! Delta and Tau chapters organized many activities for us including a boat tour of Pittsburgh and dinner at many famous restaurants in the area. Even though some of us were stuck on a broken down bus for a few hours, we all had a fabulous time exploring Pittsburgh!



Saturday, July 31st

With Convention more than half way over, it was exciting to see what our last day in Pittsburgh had in store for us! We had our Trust breakfast and auction where people were able to bid on amazing items in support of the Trust. Then, our Vanguard recipient Stefanie Ferreri, Pharm.D, CDE, FAPhA presented a CE on immunizations. This CE was very informative to all who attended, especially with



Bernie Heron wins a pharmacy antique at the Trust auction.

last year's H1N1 outbreak. After another short break, all were able to attend a joint alumni/collegiate conference. Collegiates were split up based on animal stickers on our name badges, so sisters from different chapters were mixed together. We rotated through different groups run by alumni that included residencies, integrating work and personal life, overcoming obstacles, and continuing to stay active in life outside of pharmacy. It never ceases to amaze me how wonderful our alumni are! Hearing their stories about how they overcame cancer, how they found their soul mate in pharmacy school, or how they still managed

to live a happy life despite tragedy are truly inspiring.

Later, Sharon Brown then opened our last business session of Convention. A proposal to make our biennial convention an annual convention passed. We also voted to limit the member orientation process to 12 weeks. Grand Council also presented a new brand platform that includes a shortened mission statement. Nu Chapter did a presentation

Convention Continued



on their latest event called HOPE WaLKS. They organized a walk to raise money for Project HOPE. Jenny Brandt commended the Nu Chapter on such an innovative idea and would love it if every chapter could participate in this event! Our new regional supervisors were announced and Sharon Brown called our final business session to a close.

With all the Fraternity business taken care of, it was time for our Final Banquet and Awards din-

ner. All the sisters were dressed in their finest and we all gathered to take a group photo. We ate a delicious dinner and anxiously awaited the awards ceremony! Congratulations to all the sisters for a job well done!

As Convention came to a close, I reflected back upon our theme, "Building Bridges of Sisterhood". The friendships that our sisters form never ceases to amaze me. It reminds me of the Girl Scout song that says, "make new friends but

keep the old, one is silver and the other's gold". I can't help but think of sisterhood when I hear this. We all have friends outside of LKS, but some of our oldest and dearest friends are LKS sisters. We can always rely on them and they will always be here for us no matter what. Sisterhood goes far beyond a friendship, we are a family. Our LKS family is gold. I look forward to seeing our family in Detroit for our 2011 Convention!!

2011 Annual Convention Details

Theme: **Putting YOU in the Driver's Seat**

Dates: **July 27-30th**

Location: **Detroit, MI**

Hosts: **LKS-Omicron, Wayne State Univ**

Hotel:

Westin Book Cadillac

Room Rates:

\$129 + tax (single-quad)

Registration Deadline:

June 30th



2010

AWARD RECIPIENTS

Distinguished Service Citation -
Gloria Bernstein

Award of Merit - Lynn Harrelson
Vanguard Award - Stefanie Ferreri
Distinguished Young Pharmacist -
Debbie Pruss

Efficiency Cup Award - Alpha
Efficiency Gavel Award -
Alpha Alumni

CA: Publications - Xi

CA: Service - Tau

CA: Loyalty - Tau

CA: Scholarship - Xi

CA: Professional - Xi

CA: Membership - Alpha Beta

CA: Leadership - Xi

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2010

CONVENTION FACTS

Hosts - Delta, Tau, Tau Alumni

Total Attendees - 212

Most Attendees - Alpha Collegiate

Change for HOPE

Donations: \$192.72

Trust Silent Auction - \$1553.00

Trust Live Auction - \$4560.00

Trust Memorial/Celebration -
\$2815.00

Fraternity Basket Raffle - \$970.00

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COLLEGIATE CHAPTER NEWS

ALPHA



Greetings from the Alpha Chapter here at the Massachusetts College of Pharmacy in Boston, Massachusetts. Summer has been sweet but short for certain, so we are hoping that we will be able to smoothly get into the run of things back at school. The Alpha sisters have been working hard to make this year really eventful. The sisters who attended Convention came back with great ideas that were all integrated into our plans of what we want to do for the rest of the year, and we all had a great time in Pittsburgh. We kicked off the beginning of the year, by having Dr. Patch Adams, a medical doctor, clown and social activist, who gave us a great presentation on how he believes that laughter, joy and creativity are integral parts of the healing process.

We are also participating in several community events in the Boston neighborhood, including the Breast Cancer Walk and the Light the Night Walk. The sisters have been hard at work promoting LKS to all the potential new members, and planning several social events such as jewelry parties and mocktail nights. We also had an area set up at the activities fair to continue the recruitment process, and the girls who were interested were able to see posters of the Alpha girls, as well as participate in celebrity Greek trivia to win candy and other small prizes. This was very successful and many girls signed up on our list so they would be able to continue coming to our events.

Our officers are working extra hard this year to keep the budget on track and have already had numerous successful fundraisers, such as Yankee Candle Sales and Drug Cards. We also had a very pleasurable Founder's Day, to which we invited Caryn Domenici, a past Alpha president, who shared her LKS experience and prepared us for the future ahead. Caryn told us of her experiences of working as a pharmacist at Brigham and Women's and how LKS helped her when she was unsure of what she wanted to do. Alpha chapter would like to thank Caryn for her time and the insights that were given that night.

It may seem like all business, but we know how to get loose too. The sisters have been planning things like a Pearl Party, and also planning the annual Halloween party with the brothers of Kappa Psi and Phi Delta Chi. Until we meet again, the sisters of Alpha Chapter would like to wish everyone a fabulous school year! We wish all the Lambs best success on everything they wish to achieve this year.

DELTA



The Delta Chapter of the University of Pittsburgh School of Pharmacy has had a successful summer and is looking forward to a fun-filled fall. From July 29th to the 31st, the Delta Chapter co-hosted the 41st biennial Convention in Pittsburgh, along with the Tau Chapter from Duquesne University. The event was a great success, and the Delta Chapter is pleased to have had the opportunity to play such a large role in planning this fraternity meeting. In early September, Pitt's APhA-ASP chapter held a back-to-school picnic/activities fair. At this event, sisters of the Delta Chapter hosted a "Survivor Challenge", in which students participated in feats that tested their strength, agility, and teamwork skills. This event allowed sisters to meet with new first-year students and collaborate with other organizations in the School of Pharmacy.

In order to allow current sisters to meet with prospective new members, chapter officers organized three recruitment events including a pizza lunch, an ice cream social, and a barbeque with the brothers of the Phi Delta Chi Fraternity. Due to the exceptional efforts put forth by the chapter's recruitment chairs, the Delta Chapter is pleased to welcome twenty new members to the Fraternity! The Pinning Ceremony marked the first event for the new members, and over the next month, annual events including a spaghetti dinner, scavenger hunt, and fall formal are planned for both new members and current sisters.

Delta Chapter service events that have taken place thus far this year include a blue and gold tie-dye fundraiser that was held to promote school spirit and raise funds for the American Cancer Society Relay for Life, and two bake sales to benefit Project HOPE. This fall, the Delta Chapter sisters organized the second annual "What Not to Wear" fashion show. This event featured pharmacy students and faculty members, who modeled both appropriate and inappropriate pharmacy school attire in order to help students select clothing that is suitable for the classroom, professional events, and interviews. The show received a large amount of positive feedback and raised a significant donation to benefit the American Heart Association. Delta sisters are also promoting Breast Cancer Awareness Month by wearing pink on every Friday in October and by encouraging school-wide participation in the Yoplait Save Lids to Save Lives program®.

As you can see, the Delta Chapter is comprised of busy and hard-working Lambs. We are all looking forward to our

upcoming scavenger hunt and Sweetheart Formal as well as to welcoming our twenty new sisters. We wish everyone a successful fall semester and wonderful upcoming holiday season!

EPSILON

Greetings friends! My name is David Kaland, and I am pleased to represent the Lambs here at the University of Maryland School of Pharmacy. I am excited to announce that our chapter has experienced its second straight year of growth and prosperity. We are welcoming 24 prospective new members into our orientation period. To accomplish this feat, we set up three recruitment events during September, which began with a barbeque, which we lovingly called Dinnerfest '10. It was our first event, and we owe its success to the Vice President of Membership, William "Todd" Baker, who hosted and organized the event. We also hosted a very successful Game Night, featuring Pictionary and the ever-popular Cranium. Lastly, we took a trip to Dave and Buster's, which admittedly was less successful due to the inconvenient schedule that week. No worries though, by then our recruits had made up their minds to join LKS.

As a group that always looks forward, we are now pleased to be moving on to orientation and initiation. So far, we are planning the traditional events like the Sunrise Ceremony and hope to have the initiation ceremony in mid-November. In addition, we are partnering once again with the Phi Lambda Sigma Leadership Fraternity to host a CV/Resume Workshop, we are partnering with the Student Section of the Maryland Public Health Association to host a bake sale during the HIV/AIDS awareness week in early December, and we are hoping to do Bone Density Screenings, details pending. This is shaping into a fantastic year for the Epsilon Chapter, and for Lambda Kappa Sigma! Best wishes to you all!

LAMBDA



After a few months of working hard, planning and putting on recruitment events, Lambda chapter is proud to announce that we have recruited 26 highly motivated pharmacy students to join our family! These are exceptional individuals who have come from all walks of life, and yet, they all find a common interest in our fraternity. We look forward to helping them serve our community and to grow personally and professionally as student pharmacists. Thanks to the collaborative efforts of board members, active members, and advisors, we held a successful series

COLLEGIATE CHAPTER NEWS Continued

of recruitment events. Following a fun barbeque at the first recruitment event, we had a blast at our second event at a local yogurt shop, where some of our fantastic alumni also came to help give advice to new student pharmacists. For our last event, we differed from tradition by introducing a Western theme dinner at the home of one of our advisors, Dr. Kathleen Johnson. The new theme was well-received by students, with everyone decked out in cowboy hats and boots! Following that, we held a warm Welcome Night dinner for the new members, where we brought back our traditional String Game to pair up new members with their Big Sibs. As we wrap up this recruitment period, we eagerly anticipate upcoming events, such as Founder's Day, Residency Workshop, Homecoming Alumni tailgate, alumni dinners, finance workshop, Holiday party, and more.

This past September, our chapter was honored to receive the Professional Project Award from the Professional Fraternity Association (PFA) for our past work in Women's Health. With the help of our two other advisors, Dr. Cynthia Lieu and Dr. Kathy Besinque, we continue our dedication to serving the community by participating in health fairs to screen and counsel patients on osteoporosis and educate individuals on emergency contraception and hormone therapy.

For this upcoming year, we plan to further increase our presence at the USC School of Pharmacy with workshops open to the whole school, fundraising events, and health fair participation. We also hope to strengthen the bonds among our members with more social events and an upcoming snowboarding retreat this winter break. We especially look forward to meeting all of you at the ASHP Midyear Convention in the neighboring city of Anaheim, California this year!

NU



Greetings from Nu Chapter! We finished last year strong with the first annual Hope WaLKS 5K race. We raised over \$1700 for Project Hope. It was a huge success and we are looking to improve the event for this upcoming year. Currently, we are attempting to have the race held on campus in April, 2011. During last spring, we also participated in a free health fair with other Drake pharmacy students and organizations. We were able to test blood pressure, blood glucose and cholesterol, bone density, and had a brown bag event. It was a great benefit to our community and helped us master our skills. We were

also able to paint our very own square for Drake Relays Street Painting.

Even with our rigorous course schedules and exams, we have had a very successful fall semester so far! Recruitment went smoothly and was filled with excitement. Potential new members could build their own sundae, decorate their own cupcakes, and recruitment finished with a very classy formal event. We happily welcomed 25 new members and are excited to have them join our sisterhood!

We are planning some great social events this semester including a corn maze, ice skating, and dinner with the President of Drake University. For Founder's Day, Marilyn Aldrich, the pharmacy director for Dahl's Foods, talked about resumes and interviews. Study tables continue to be a huge benefit to our sisters as we learn together. Our next fundraiser will include selling coupon books for Younker's and 100% of the profit goes to our organization. Every month we elect a member who has shown outstanding leadership and involvement in LKS and they are named "Lamb of the Month." We are looking forward to a simply splendid semester, and our chapter wishes the best of luck to our sisters everywhere! L4L

XI



Greetings from the lambs of Xi chapter at the University of Rhode Island! Our fall semester started off with a bang! We have been very busy since the Convention in Pittsburgh. Upon our return from summer each one of our members hit the ground running to make the start of the school year a success.

Our Potential New Member coordinators have been working very hard and we gave out over 50 bids! We held our annual Brickley's ice cream night, where we met the prospective PNM's for the first time. In addition we held a spaghetti dinner where we played "get to know you" games and had a delicious home cooked meal made by older sisters. We also had our own version of "speed dating" where sisters got to meet each of the PNMs. We are excited to welcome so many new girls this fall season!

Our members have also been enthusiastic about fundraising since our return. So far we have conducted a Yankee Candle sale, two bake sales, and started collecting donations for Project Hope. Coming up at the end of October is the annual "Making Strides Against Breast Cancer" walk for the American Cancer Society. Our girls have been working very hard collecting donations from family and friends alike, with a chapter goal of \$3000. Our pride committee

designed pink shirts for sisters and PNMs to wear at the event to show our support. The money raised from the sales of these shirts will go toward our goal.

Other upcoming events here at URI include sister bonding during Homecoming Weekend, a haunted hayride for Halloween, initiation, and our annual winter formal with Kappa Psi. As you can see, we love to keep our Lambs busy, busy, busy!

OMICRON

Greetings from the Omicron chapter! School is going strong, and we are excited for this year to be under way. Our chapter stayed in touch during the summer with a picnic, an online magazine sales fundraiser, and a community service event at a local health fair. At the health fair, our role included blood pressure screenings and discussion of informational flyers about medication disposal. To welcome the incoming P1 class, we co-hosted an ice cream social event with Kappa Psi after the P1 orientation in August. We then started the semester with a social dinner event at one of our chapter's favorite area restaurants, as well as a bake sale and a community service walk at the Detroit Zoo. To support the educational needs of our members, our chaplain held two review sessions for one of the more difficult P2 classes of the semester. As an ongoing community service event, we will be collecting Box Tops for Education throughout the year. We will collect the box tops at our monthly meetings, and will donate them to a local school.

Our recruitment lunch this year was a success, as we have 11 PNMs. We are excited to welcome new Lambs from the P1, P2, and P3 classes this year. New member orientation will be concluded in November, with our initiation ceremony planned for early January. We will be holding a bake sale and raffle for Pink Week, which we are holding October 25th through 29th. The proceeds of the bake sale and raffle will go to the Susan G. Komen Foundation. Additionally, several of our members participated in the American Cancer Society's 2010 Making Strides Against Breast Cancer walk on Belle Isle. We are looking forward to hosting the first Annual convention in Detroit in 2011, and we hope to see you all there!

PI



Greetings from Pi Chapter! As a new school year begins with rigorous course schedules and exams, we have completed several projects thus far and have many

COLLEGIATE CHAPTER NEWS Continued



more planned for the rest of the year. We've had a very successful fall semester so far! We started off with various fundraising events – in particular, working at Raceway Park and canning at several supermarkets. We also organized some recruitment events to help potential new members get to know the sisters better. Some of these events included Fondue Night, Pizza and Games Night, and Speed-Dating with the Sisters. We are proud to announce that we are in the process of recruiting three potential new members!

To help fellow students cope with the stresses of school and everyday life, we held an educational event called the De-Stress Factory in late September. A psychologist on campus was our professional speaker for the event; it was very informative to all that attended. We also participated in the Susan G. Komen Breast Cancer Walk in Jackson, NJ on October 3rd, and we helped out at our pharmacy school's Advocacy Month Kick-Off, where we presented a poster about the FDA. We also participated in another Policy and Advocacy Event, where we presented the topic of Medical Marijuana.

Among our top priorities for the remainder of this semester is our Professional Diabetes Event, in which we plan to inform the general public about the prevalent disease. We are also planning to volunteer at Monster Mash, a Rutgers sponsored event during which we will play games with children from the local community. We are also going to participate in the Big Chill Walk, which is a 5K walk that collects children's toys for the Red Cross, Salvation Army, and other local charities. We are also meeting up with alumni for brunch in November. We are looking forward to a wonderful, enjoyable semester. Warmest wishes to our fellow Lambs from Pi Chapter!

TAU



Greetings to everyone! The fall semester was very successful for Tau Chapter! The sisters eagerly participated in service, professional, and fundraising projects. Not only did we raffle off a Coach purse and gift card to raise funds for the semester, but we also did several projects such as a Halloween haunted house where we were able to raise money for our philanthropy, Project Hope. Fifteen girls participated in the haunted house where the program donated to the charity of our choice. The girls had a blast scaring people during the Halloween season.

Collaborating with our advisor, Dr. McConaha, the sisters have learned to use

some of the osteoporosis equipment, and assist her at screenings she hosts. The girls have participated in annual projects such as 'What is a Pharmacist,' 'The Germ Project,' blanket making for preemie babies, and participated in a campus-wide singing and acting performance known as Carnival. Socially, the girls have gone on bike trips, tree teas to various restaurants throughout the city, held our fall semi-formal, as well as hosted a 2nd Annual Pot Luck Thanksgiving dinner.

In an attempt to recruit quality members this semester and on, the sisters formed a Recruiting Committee to help get to know the lower classmen on campus and recruit girls year-long. This is helping the sisters get to know the girls and become friends before they "New Member." Tau Chapter welcomed fall new members who fit right into Lambda Kappa Sigma and excitedly helped make our semester a true success.

Along with Delta Chapter, Tau Chapter had the honor of co-hosting the Biennial Convention this past summer. We hope every one of you that attended had a fantastic time – thank you all for coming!

PHI

Hello, Lovely Lambs! The Phi Chapter of Lambda Kappa Sigma at Butler University in Indianapolis is excited to welcome 21 potential new members to our chapter this fall. The Lambs here are actively preparing for several community outreach projects including preparing meals at the Ronald McDonald House, serving at a student-run clinic, collecting t-shirts for Haiti and "Building a Bridge for Winding Ridge" Elementary School children by collecting toys, clothes, books and other necessities for the Christmas season. Bonding activities include a pottery night, a movie & game night, and bondage bowling with our bigs & lils. We expect to make a positive difference in the community and strengthen our bonds as a chapter, so we can carry out our goals and lift each other up more effectively. Here's to a great semester!

CHI

Greetings from the Lambs at the University of Washington! Chi Chapter is off to a busy start this year with a number of events, which allow current members and new recruits to come together and share in the camaraderie of the LKS sisterhood. Throughout October, we have multiple events planned. Kicking off the school year, we continued the tradition of teaming up with the fraternity Kappa Psi to host an event at a Mariners baseball game. As always, this event proved to be a huge success. The relaxed environment provided the perfect opportunity for members to meet the new recruits and to catch up with one another after the long summer. It was also a great way for the Lambs to foster our friendship with Kappa Psi members, strengthening our bonds with others in the profession. The following week, the Lambs

then reunited for Happy Hour at one of the local Mexican restaurants, which provided a more intimate setting for us to share the history and ideals of LKS with our new recruits.

Later on in the month, we plan to participate in a trivia competition where the members of LKS will be competing against other pharmacy student organizations. This event is particularly important to us since the proceeds from the event will be donated to the international textbook fund. We are also collecting pink Yoplait yogurt lids throughout October, which will benefit Susan G. Komen for the Cure. Capping off the month is perhaps one of our favorite events, Trick-or-treating for canned goods. In years past, this has turned out to be a very successful event and we are challenging ourselves to collect an even larger donation this year, which will be given to Northwest Harvest.

Moving into November, we look forward to initiating our new members. We are pleased to announce that there has been a large interest in LKS this year and we are excited for when we can fully welcome these recruits into the sisterhood. We hope that these new members will bring fresh ideas to the Chapter and a spirit to get involved. This year promises to be a great one for the Lambs of Chi Chapter and as always, we wish the best of luck to all our LKS sisters.

ALPHA ALPHA



Hello from your Philadelphia Lambs! Our Alpha Alpha chapter was lucky enough to start our year by sending three of our members to the Biennial LKS Convention in Pittsburgh this past August. They shared their experiences with us, and we found good ideas for fundraising and alumni recruitment useful to our chapter. We are very excited to have our new members begin their orientation process. Through recruitment activities, including information sessions, icebreakers, a bowling event and Phillies game barbeque, we have about 20-25 potential new members who are eager to join LKS. We participated in the Walk for Hope to support research for breast and gynecological cancers, which was a great, positive bonding opportunity for all of our prospective and current members.

We are excited to welcome James S. Ferris MD, a specialist in gynecologic oncology, to celebrate Founder's Day with us. He will be giving a lecture on ovarian cancer pathology, treatment and therapy to our school. So far this semester we have been busy with activities focused on Project HOPE and have recently held

a bake sale to raise money for this cause. We are in the process of planning a school mixer fundraising event where all proceeds will go towards Project HOPE. We are expecting a large turnout within our school and with the other professional schools on our campus.

In the upcoming months, the Alpha Alpha chapter is looking forward to some community outreach events. We are participating in Boo at the Zoo where we have the opportunity to hand out candy to trick-or-treaters at the Philadelphia Zoo. We have had great success with our involvement with the Philadelphia Cares Program in past semesters, so we are planning to continue our tradition of organizing a used clothing drive, as well as the Adopt a Family program. Through this program we are able to supply a local family with clothing, other necessities and gifts during the holiday season. We are looking forward to all our events this year and wish the best for all other chapters.

ALPHA BETA



Embarking on a new and exciting school year, Alpha Beta chapter has begun the Fall 2010 semester with many new faces as well as familiar ones, ready to bring to life the sisterhood and traditions of Lambda Kappa Sigma. With many exciting upcoming events, each committee is working hard to make this semester promising and fun. The Alpha Beta Lambs are excited to celebrate and support Breast Cancer Awareness Month by selling pink ribbons, whose proceeds will be donated to the Susan G. Komen Foundation during the Making Strides Walk for Breast Cancer in Hartford, CT, which the Lambs are looking forward to participating in.

The Community Service Committee wants to raise money for Project HOPE, an organization that provides health education, medicines, medical supplies and volunteer work in areas of need. They hope to raise this money by holding penny wars in the School of Pharmacy, and continuing with the community service spirit, the committee has also made plans to play bingo and visit with the senior citizens of the Mansfield Nursing and Rehabilitation Center. Lastly, the Community Service Committee would like to hold a canned foods drive, for donations to the local Willimantic Soup Kitchen.

The Fundraising Committee plans on designing and selling "School of Pharmacy" Sigg water bottles. They are also planning to hold another Yankee Candle Fundraiser this semester and are also currently planning a School of Pharmacy spelling bee for the spring semester.

ALPHA ZETA



The Sisters of the Alpha Zeta Chapter in St. Louis, MO were very excited to welcome twenty-four new Lambs this fall! This NMO class is one of the biggest classes we have gained in many years. For a fundraising event, we had a t-shirt sale at the beginning of the semester, which was pretty successful. We are hoping to do a bake sale later on in the semester for another fundraiser.

As a charity event, some of the sisters participated in the Second Wind Lung Walk. The money that is raised for the walk goes to adults and children who need lung transplants. Later on in the semester, we will help paint kids' faces during BooFest; this event is a Halloween festival for diabetic kids. The Sisters of Alpha Zeta always look forward to autumn when BooFest comes along.

In addition to fundraising and charity events, we have participated in many sisterhood events this semester. Since we live in St. Louis, the sisters of Alpha Zeta invited their fathers to a Cardinals game. Everyone had fun at the Cardinals game; it was a good way for the girls to spend time with their sisters, as well as hang out with their dads. The girls also went to a Haunted House because it was Halloween season. The sisters also invited the Little Brothers of Alpha Zeta, as well as unassociated girls, to go pumpkin picking since fall was approaching. After we picked the pumpkins, we went to a sister's house and carved the pumpkins.

ALPHA THETA



Greetings from the Alpha Theta Chapter at the University at Buffalo. Over the summer, four of our members attended the Biennial Convention in Pittsburgh. They had a lot of fun and got to meet our brothers and sisters in other chapters. It was an amazing experience and we eagerly await future opportunities to engage our fellow Lambs.

We kicked off the fall semester with our recruiting events, which included a BBQ, making sandwiches for the needy, and a game night/bonfire. We are in the midst of welcoming 20 potential new members. They have been doing a fantastic job organizing a bake sale, a corn maze outing, and even a mock fashion show where they demonstrated what our fraternity meant to them. Our Bigs and Littles gathered

on October 2nd at a local restaurant and bonded over some good food and desserts. We excitedly look forward to their initiation ceremony on the 22nd of October!

For the fall semester we have a lot of fun events planned. Recently we took part in the Diabetes Walk and are currently engaged in our Yankee Candle fundraiser. Coming up is our annual Halloween party, which has always been a blast and will be all the more awesome with the addition of our new Lambs. We are also planning a Holiday dinner that one of our faculty advisors has generously offered to host. Additionally, we are organizing an influenza clinic and working with Weinberg Campus, a local senior residence, to serve at their Thanksgiving dinner. This semester is looking to be a marvelous one that is sure to make some lovely memories. Here is Alpha Theta wishing everyone the best this year!

ALPHA IOTA



Greetings from the Alpha Iota chapter at Ferris State University! We have entered another very exciting semester. Five successful recruitment events planned around the campus for girls to come and learn about LKS brought us a number of wonderful new members to join our sisterhood, and we look forward to them officially joining the Fraternity and becoming Lambs for Life! Alpha Iota's fundraising for Project Hope continues with us selling snack items in the lounge at our College of Pharmacy. Over the past year, we've been continuing to volunteer at Metron, a local nursing home. The residents there seem to really appreciate the company, and we always get positive feedback from the workers; all of the sisters agree that we enjoy our experiences there.

This year we are even helping facilitate a haunted house put on by Metron. We have also been keeping up with the blood pressure screenings at our local Walgreen's Pharmacy. The girls volunteer their time for an hour every week to help remind local people to take an active role in their health care and stay healthy. We have also stayed active with volunteer work at the county recycling center for a few hours every Saturday morning, as well as the campus-sponsored Safe Ride every Friday and Saturday night; every semester, we also spend day making our community a brighter, cleaner place by our efforts through Adopt-A-Highway. Additionally this semester, our sisters will be traveling to Sandusky, Ohio on two weekends to take part in our major fundraiser of the year, working at Cedar Point. We give our best wishes to all the other chapters and hope everyone has a terrific semester!

COLLEGIATE CHAPTER NEWS Continued



ALPHA KAPPA

Greetings from the Alpha Kappa Chapter at the University of Georgia! Our chapter has been very busy re-organizing to center our activities around helping our community and raising awareness of our organization not only around the Pharmacy School, but throughout the University campus and the Athens area.

Many of our activities in LKS involve community service. One of our biggest community service events is a local Breast Cancer walk called "In Their Shoes." Last year we sponsored one walker and hosted a food and water station for the walkers and volunteers. This year, we will have four walkers and plan to raise over \$4,000 for the event. Fundraising for this event is year-round, including selling candy grams for Valentine's Day, T-shirts for the event, percentage nights around the community, and collecting Yoplait lids. Along with raising money for breast cancer awareness, the chapter participates in many other community service activities around Athens. Last year we provided meals for a local homeless shelter. Many girls got together to cook meals and desserts and then served them at the homeless shelter.

Additionally, our College of Pharmacy hosts a health fair every year called Dawgtoberfest. Every year we host a booth with information about breast cancer, screenings, and general information. This health fair is open to the public and helps us reach out to members of our community. In the spring, we plan to hold a 5K for Project Hope, the national Philanthropy, as well as participate in the spring multicultural health fair. In order to relieve our stress from pharmacy school, we host many sisterhood events and events with other organizations around campus. Our rush events and Lamb Pal events in the fall included making tie-dyed T-shirts, going on a scavenger hunt, and cooling down at an ice cream social! The events paid off with our largest orientation class of 51 new members! To kick off the spring semester, we held a retreat in Gatlinburg, TN. This is one of our favorite events and a great way to get to know all of our sisters! We also have a formal every year in the spring. This past year, our theme was "Alice In Wonderland" and everyone dressed up in character!

All of our events and fun would not be possible without the hard work of all of our officers and our faculty advisors. We would like to thank our advisors Shelley Hooks and Kalen Porter for all of their guidance and participation in our organization. We are looking forward to another wonderful year with our largest membership yet! Happy New Year!

ALPHA MU



Greeting from the ladies of Lambda Kappa Sigma-Alfa Mu Chapter of The University of Toledo! It has been a very busy school year for the ladies of Alpha Mu. First and foremost, we are excited to report that we have had the pleasure of taking a vast number of new members under our wings. We currently have so many soon-to-be members that some actives were given two little Lambies for Big/Little week. One of our biggest projects that is currently underway is Relay for Life. We participated in the event last year and hope to make a difference in the lives of those around us as we did last year. We look forward to raising as much money as possible via donations as well as bake sales. Friday October 22 we are supporting our brothers of Kappa Psi Pharmaceutical Fraternity in their annual Halloween Bash. This opportunity allows active members and the prospective new members of both Lambda Kappa Sigma and Kappa Psi to further connect with each other and establish strong bonds which allows us to better work within our communities as a team. We look forward to being active participants in bettering our community with events such as our annual participation in the Adopt-a-Family program which provides less fortunate families with Christmas gifts. This should be another great year and we are enthused to see what this year brings!

ALPHA NU



The fall semester is off to a great start for the lambs of the Alpha Nu Chapter of LKS at the University of Kentucky College of Pharmacy. During the second week of school, we held several recruitment events, including: pizza night, a cookout, bowling and a luau. We are proud to have 36 potential new members for this year! The new girls seem very active and excited about their potential LKS membership. We started the new member education process with our education co-chairs and expect each potential new member to pass a short quiz on the history of LKS before she is initiated. Our sunrise ceremony marked the middle of the initiation process for our new members and was held on a beautiful October morning.

Alpha Nu has also successfully completed Big/Little Week. Each new member was paired with a returning member as her "Big Sister". Each Little received small gifts, such as personally decorated clip boards and picture frames, throughout the week before their Big was revealed to them at the annual Big/Little night. The mem-

bers of Alpha Nu have also participated in sisterhood events such as a Founder's Day celebration and visiting a corn maze.

Later in the semester, our chapter will be participating in a reverse trick-or-treat service project and our annual inter-professional semi-formal, Mistletoe Mingle—this year we are inviting all 6 health care colleges here at UK. We are very excited about the initiation of all 36 potential new members at the beginning of November. The Alpha Nu Chapter looks forward to creating a lasting sisterhood between the new and returning members and our alumni as the year continues.

ALPHA XI



The sisters of Lambda Kappa Sigma Alpha Xi Chapter have been very busy with pre-rush events and other fun activities. First of all we would like to congratulate our five sisters, Aileen Auyeung, Preet Kaur, Jenny Nguyen, Jennifer Lee, and Tiffany Lorenzo, who have recently been accepted into the Thomas J. Long School of Pharmacy and Health Sciences. We all attended their white coat ceremony to show our support of their great accomplishments.

After white coat ceremony, the year got kicked off with our first pre-rush event themed family night. We welcomed in the potentials with fun games and food. The competition was fierce as we went head to head with each other. We tested our knowledge of trivia and also creativity as we played various board games. The second pre-rush event, dress your cupcake, was also very successful. We enjoyed a well-prepared spaghetti dinner and then decorated cupcakes for dessert. The sisters used their best decorating skills and all the desserts looked very festive for the fall season. While applying frosting and placing each sprinkle on with perfection, we spoke with all the potentials about anything and everything. The relaxed environment allowed all the sisters and potentials to talk freely about anything and everything. Pre-rush is always an exciting time for socializing and getting to know those who are interested in joining our chapter.

Besides the pre-rush events we also held our annual Black and White Affair. After a grueling round of midterms, the sisters were ready to have a stress free night of dancing. All guests dressed up in their best black and white attire and danced the night away. Both undergraduate students and graduate students attended, making

the turnout great. Daniel Ignacio played the top songs of the year and the energy was amazing. We cannot wait until this social event comes around again.

Although we do have lots of fun, the sisters always give time to do many professional events. We participated in various health fairs to educated people about the use of folic acid. Folic acid is a vital part of the daily diet, especially in women who are pregnant or intending to become pregnant. It is our goal to spread the word about folic acid and hopefully increase awareness about its importance.

Fall semester has started out with a bang and we know the rest of the year will bring many more exciting activities. The Alpha Xi chapter wishes everyone luck in their studies, and a fun and safe Halloween!

ALPHA PI



Greetings from the sisters of the Alpha Pi chapter at St. John's University! This past spring we welcomed four new wonderful women into our chapter. 14 of our sisters attended the biennial convention this summer, and brought back with them new ideas and high spirits about the new semester beginning. For recruitment, we tried out new events such as a BBQ, games night, and a Tie Dye event, all of which had a great turn out!

Recently, we volunteered at a blood drive, and participated in our school's University Service Day in conjunction with APhA's Operation Immunization to promote awareness and educate people about the influenza vaccination. We have been holding bake sales to fundraise for Project HOPE, the 2010 Alliance for Lupus Research Walk, and for Making Strides against Breast Cancer, which is an event we walk at annually. Another annual event that we are looking forward to participating in is called "Healthy Halloween" where we teach children about proper hygiene.

In our chapter, the sisters are always supporting each other and celebrating together, strengthening our bond as sisters. At this year's White Coat Convocation, Each third year sister was given a yellow chrysanthemum, a surprise arranged by the sixth year sisters to congratulate them as they transition into their professional years of pharmacy school. We are looking forward to a busy but exciting semester! Alpha Pi sends out our Lambs' love to sisters' everywhere!

ALPHA RHO



Greetings lambs from the Alpha Rho chapter at Northeastern University! This semester has gotten off to a great start. The sisters have done an excellent job promoting the fraternity on campus, and it looks like this will be a strong year for recruitment and growth. During the first week of October, a group of our sisters participated in the Making Strides against Breast Cancer Walk and another group assisted Phi Delta Chi in their annual Health Fair by hosting a table on issues in Women's Health.

We have plenty of events in the works for the fall including participation in a Service Day on October 16 and hosting a movie night with speaker on Parkinson's disease, for the entire college later in the semester. We also look to have a Halloween fundraiser to raise money for Project Hope, and the sisters will continue to volunteer at Hope Lodge, a "home away from home" for local cancer patients.

Earlier this fall, Alpha Rho collegiate also had a visit from Afton, a member of the new Alpha Rho alumni chapter. This visit gave current members a chance to meet with an alumna and see some of the ways to stay a Lamb for Life. As a collegiate chapter, we look to expand our alumni chapter and strengthen the bond between the two. With a great group of dedicated girls, we look forward to a successful semester and wish the same to all the other chapters!

ALPHA SIGMA



Greeting from Alpha Sigma! Alpha Sigma has started the year off strong with our traditional P1 survival workshop. This was our first step in our recruitment process. In the workshop we give professional insight into the field of pharmacy to our new incoming P1 while indirectly promoting our wonderful fraternity. This workshop allows us to talk about professionals in the profession, course load, good and bad study habits and much more. Most importantly we used this opportunity to represent and promote LKS. Our goal every month is to feature the health issues of women with an educational information poster. September's month was osteoporosis while October and November are

slated to be breast cancer and cervical cancer respectively.

The end of the month will be exciting as we will be hosting another one of Alpha Sigma's traditions having a breast cancer function. We will hand out breast cancer information packets and pink ribbons while serving light refreshments consisting of cookies and pink lemonade. Alpha Sigma will be pleased to spend Halloween eve at our local daycare on campus and ensure that the children have a safe Halloween with the help of our chapter by presenting them with a Halloween safety program. In closing we want to personally and formally thank Grand Chapter President Sharon Brown for attending our founder's day ceremony this year. It was a warm welcome to have her in attendance. It was truly an honor to us all to have her. She not only offered good advice to help strengthen our chapter but she also gave wonderful advice for the pharmacy profession and for that we Alpha Sigma are very thankful. The Lambs wish you all the best of luck in your studies this semester. Lambs for Life!!!!

ALPHA PHI

Fall greetings to our fellow lambs from the Alpha Phi chapter at Wilkes University! This summer we sent four members to convention in Pittsburgh, where all of our sisters had a great time! Our fall orientation is in full force. Currently, we have 11 orientees, and are very excited to expand our chapter, by making them official members in November. We have several ideas for fundraising this year, which should be put into action soon.

Our chapter has several professional and social events planned for this semester. We have already participated in the Lupus Loop, and plan to continue our Vials for Life campaign. Furthermore, our social events have included a sister dinner, game night, Ropes Course at our university to enhance our sisterly bond and In addition we are having a picnic at our Alumni advisor, Sandy Mullen's house. Presently, we have scheduled several other social events including a bowling night and Halloween movie night.

We anticipate on planning many other events for both the Spring and Fall semesters, and presumably will be very busy chapter this year. We hope all of the other chapters are doing well, and we wish everyone the best of luck throughout the fall semester.

ALPHA CHI

The 2010 academic year is off to a great start! Our chapter is becoming much more organized and established on the NEOUCOM campus. We have already had many events this year and are trying out our first formalized orientation process. We have 11 potential new members and we hope to initiate them at the end of October. During the 2009-2010 academic year, we hosted many new events around

campus, including an Etiquette Dinner, LKS Speaker Series, Susan G. Komen Race for the Cure, among many other events. Our Etiquette Dinner was quite a success! We had approximately 100 attendees, including students and faculty. The event consisted of a dinner guided by etiquette tips, followed by a fashion show starring the Alpha Chi Chapter (and some of our friends outside of LKS, too)!

The LKS Speaker Series was started in attempts to bring more womens' health

topics to lunchtime seminars. We had great attendance and discussions as a result of these seminars, and hope to expand on this project this year. We also for the first time participated in two Race for the Cures! Both were days full of fun, hope, and beautiful weather!

This year we have many new events planned. Because we are expanding we have organized committees to work on certain events throughout the year, including: a Hope WaLKS event (Thank you

Nu Chapter!), the 2nd annual Etiquette Dinner, continuing the LKS Speaker Series, and a variety of community services, including osteoporosis screenings. Last week we went to Sharon, PA, to help with a womens' health expo, where we took blood pressures, performed bone scans, and counseled patients on how to prevent osteoporosis! We are looking towards this year with excitement as our chapter continues to grow.

ALUMNI CHAPTER REPORTS

EPSILON ALUMNI



Epsilon Alumni chapter was well represented at the Convention in Pittsburgh. Keely, Jenny B, and Dixie all had a great time and enjoyed interacting with the Epsilon Collegiate students. Oct 30th will be our first in person alumni meeting for the fall. We will be planning our activities for the rest of the year and taking a picture to show everyone that we sometimes get together at non LKS international meetings!

Congratulations to Cherokee Layson-Wolf for being selected for the MD 2010 Seidman Innovative Practice award!

PHI ALUMNI



What a wonderful weekend for the Phi Alumni chapter of LKS. The weekend started with a party at the home of Petra Fippen to celebrate a visit from our President for Life Kathy Huff. Cupcakes and ice cream topped off a festive evening of fellowship and laughter. Those in attendance were Patti Lozano, Marcia Harms, Karen Roberts, Mandy Memken, Kathy Huff and Petra Fippen. The annual Butler Homecoming CE brought together more Phi alums including Merri Cascio, Janice Fiori, Bev Etherington, Jeanne VanTyle and Patty O'Shanessey. Dr. Mary Andritz took several Phi alums on a special tour of the new pharmacy building addition.

We would also like to acknowledge

the passing of Albert Lowe, our patron and widower of Adele Lowe, one of Phi's founders. This officially passes the baton to the next generation. May we bring forward the ideals of the past to the new era of Pharmacy with patient consultation and care.

CHI ALUMNI



Three Chi Collegiate members graduated in Spring 2010: Ellen Maddox, Kate Hammer, and Michele Gouker. All are doing ASHP residencies in the Pacific Northwest this year. They and several collegiates attended the annual spring dinner at the home of Jean MacLauchlan. Seniors were presented gifts from the alums. Joyce Tsai announced the scholarship winners at Senior Dinner. Scholarships were awarded to Kristina Johnson and Nicole Seward for \$250 each.

Nancy Horst attended the Convention in Pittsburgh. Our chapter received Second Honorable Mention for the Efficiency Gavel. Bob and Pat Tanac moved from their home of 50 years to retirement living at University House. Lisa Barr has a new job as Lead IV Pharmacist at Seattle Cancer Center Alliance. Alums met in October at the home of Joyce Tsai.

ALPHA NU ALUMNI

The Alpha Nu Alumni chapter had a great time at the 41st Biennial Convention in Pittsburgh. We want to send out a big THANK YOU to the Tau Collegiate chapter, the Delta Collegiate chapter and the Tau Alumni chapter. Their hospitality made this a memorable trip for the five Alpha Nu alumni members who were able to attend. We are very proud of Lynn

Harrelson for winning the 2010 Award of Merit. Yippee, Lynn! We are also especially glad that a former Alpha Nu sister, Avis Ericson, won our Uniquely Kentucky, which was overflowing with all sorts of Kentucky yummys. (Thanks to the Tau and Delta collegiates for going out and getting a second basket for all of our items! We didn't realize how overboard we went, until it was too late.)

The Alpha Nu Alumni came back with lots of ideas and can't wait to get started on some of them. We are working on a Dining to Donate event for Project HOPE and are also contemplating co-sponsoring a 5K walk for Project HOPE with the collegiate chapter. We are anxious to get involved in the recruitment, orientation and initiation of the new members of the collegiate chapter. We are also working hard on helping to find lost Lambs and thanks to the wonders of Facebook and Tiffany Self (she created our Alpha Nu alumni group page!), this is now a little easier to accomplish.

We also had a great time with Sharon during her time in Lexington, even though it was short. Dorathea Andrews gave Sharon a driving tour of the University of Kentucky campus and a walking tour of the new College of Pharmacy. We also got a deluxe tour of the beautiful lab area thanks to Shane McKinney, a pharmacy technician who works at the College.

ALPHA PHI ALUMNI

The Biennial Convention in Pittsburgh this past July allowed for the creation of the new Alpha Phi Alumni Chapter. The chapter would like to send a special thanks to Sandy Mullen, whose countless hours of work on bylaws and chapter organization made this possible. The chapter currently stands at 13 members, and plans on growing quickly once all alumni are informed of its existence. Members currently serving as officers include President - Sandy Mullen, Vice-President - Kristen Hartzell, Treasurer - Crystal Reib, Secretary - Mandy Himes, & Historian- Bill Harbester. The new alumni chapter has already hosted a BBQ for the collegiate chapter in October and is excited to plan many more events in the future.



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SCHEDULE OF DEADLINES & UPCOMING EVENTS

December 6

ASHP Midyear Meeting - San Diego
(LKS Member Event)

January 15

Announcement of Educational Grant
Recipients

February 15

Deadline for Spring Blue & Gold Triangle
submissions

March 15

Hygeia Day celebrated

March 24-25

Spring Grand Council Meeting
(in conjunction with APhA - Seattle)

March 25-28

APhA Meeting & Expo in Seattle, WA;
LKS Booth

March 26

LKS Member Dessert Reception
(in conjunction with APhA)

April 1

Deadline for the payment of
Alumni Dues

April 30

Deadline for nominations for the
following LKS awards:

Vanguard, Distinguished Young
Pharmacist, Advisor

June 1

Deadline for submitting all
financial obligations, initiation fees,
master member input sheets, officer
roster, Treasurer's report, and Annual
History report

June 30

Deadline for early bird registration for
LKS Convention

July 27-30

LKS Annual Convention – Detroit, MI