



BLUE & GOLD TRIANGLE

LKS

SPRING
2011

Lambda Kappa Sigma

"Promoting the Profession of Pharmacy Since 1913"

Putting You In
The Driver's Seat



LAMBDA KAPPA SIGMA
Annual Convention July 27-30, 2011



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beautiful and historic
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(details on page 3 and at www.LKS.org)



The Blue and Gold Triangle Of Lambda Kappa Sigma

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Lambda Kappa Sigma Fraternity
P.O. Box 570
Muskego, WI 53150-0570
800-LKS-1913
lks@lks.org

Editor
Christine Perry
Editorial Advisory Committee
Nancy Horst-Chair
Christine Perry
Diane Mulvey-Shehata

Contributors
Sharon Brown, Avis Ericson
Christine Perry, Dorathea Andrews

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Member
Professional Fraternity Association
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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.

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LKS Grand President
Sharon Brown

Greetings, members of Lambda Kappa Sigma!
In recent weeks I have been caring for my mom, who had an abdominal aortic aneurysm repaired. The procedure in the past would have required major open surgery and a minimum hospital stay of 7 days. Today, however, advancements in technology required only two small incisions and an overnight stay in the hospital. She was home with us the next morning and recovering comfortably. The impact that medical advancement had on my mom's care and the overall outcome of her procedure got me to thinking: the medical profession is advancing at lightning speed, but what about our Fraternity? Are we keeping up, catching up, or falling behind?

Our founders were trailblazers. They were pioneers who saw a need and an opportunity to cultivate professional aptitude and leadership skills among women in pharmacy at a time when it was needed most. Their vision for the future of women pharmacists is fulfilled - even surpassed - by the members of this Fraternity. LKS women are exceptional practitioners, teachers and leaders, representing every possible arena of pharmacy practice! So what changes had to occur for LKS to get to where we are now from our humble beginning nearly 100 years ago?

With the exception of expansion, the Fraternity advanced as much in the past 15 years as it did in the first 85 years. This can be attributed partially to advancements in technology. The internet, cell phones and other "smart" devices, in addition to social networks, have afforded more timely communications with members, distance learning opportunities, virtual meetings and immediate access to information. Members of LKS are more connected than ever, fostering a broader sense of sisterhood and a network of literally thousands.

But technology alone isn't what got us here. The efforts of loyal members and fiercely dedicated Fraternity leaders have driven the growth and success of LKS. I feel a sense of pride beyond words for what this organization has accomplished. But we still have some significant changes to make to get to where we want to be when we start our next 100 years.

First, the Fraternity has adopted and now needs to embrace our brand platform. The brand platform, composed of our mission, vision, core values and tagline, is critical in creating an identity uniquely our own, one

that distinguishes LKS from all other fraternities. Every LKS event across the continent provides an opportunity to display our brand platform. Repeated promotion of our brand will drive national recognition of our support for community service and philanthropic activities, and fuel growth and future expansion efforts.

Next, we voted to conduct the business of the Fraternity during annual, rather than biennial, conventions. The first Annual Convention of Lambda Kappa Sigma will be held this summer in Detroit and will include a full-blown, action-packed, thought provoking and timely program. We are on track to move forward into our second century of excellence, and we need annual meetings to keep pace with the needs of our membership as they launch and further their careers. Annual meetings obviously increase the opportunity for face-to-face, personal interaction among our membership. It also serves to force the Fraternity to operate efficiently and to plan and respond to issues in a timely manner.

Another change is the expectation that each and every chapter will participate in the Fraternity's democratic process through attendance at Convention. Participation in the last several conventions has been outstanding! Chapter leaders are planning ahead, and Grand Council is working closely with all chapters to eliminate financial barriers that prohibit delegates from attending. Chapters are demonstrating that they understand that membership not only has its privileges, it also has its obligations. Anyone who may doubt the power of participation is invited to stand at the podium in Detroit and take a look around the room. It's a humbling experience.

Also underway is our new Risk Management Program. You have heard a lot about this lately, mostly as it relates to the Fraternity's transition to a new insurance company and an associated increase in premiums that have affected us all. But the Risk Management program is much more than insurance and it certainly isn't new. Legal proceedings against Greek organizations first surfaced in the mid-1980's, and have dramatically increased in the litigious society we live in. What may seem to be a rushed attempt to start a new program is actually an effort to mitigate risk to the Fraternity and its members. It is the right thing to do, and in this instance, we have some catching up to do in order to protect that which is precious to us.

Behind the scenes, the Fraternity is also undergoing a full financial and legal review. Routine financial analysis by an outside accounting firm is standard operating procedure and a best practice among non-profit organizations, including professional fraternities.



2011 LKS ANNUAL CONVENTION

Preliminary Schedule (subject to change)

Tuesday, July 26th

8:00am-4:00pm Grand Council Meeting

Wednesday, July 27th

9:00am-11:00am Grand Council Meeting
 12:00pm-5:00pm Registration/Office
 3:00pm-4:30pm Summit: Chapter Presidents & Grand Council
 5:30pm-7:30pm Welcome Reception at Wayne State University
 7:45pm Alumni Dinner at Adiamo's (Optional)
 7:45pm Student Dinner/Event (Optional)

Thursday, July 28th

7:00am-5:00pm Registration/Office
 8:00am-9:45am Welcome Breakfast & Keynote
 10:00am-12:15pm Leadership Program
 12:30pm-2:00pm Etiquette Lunch
 2:15pm-5:00pm Success Strategies Workshop
 6:00pm-9:30pm Blue & Gold Dinner & Entertainment

Friday, July 29th

8:00am-4:00pm Registration/Office
 8:30am-11:45am Professional Programming
 12:00pm-1:30pm Lunch and Chapter Poster Presentations
 1:45pm-3:30pm Business Session #1
 6:00pm-10:00pm Group Offsite Event - Tiger's Baseball Game!

Saturday, July 30th

8:00am-11:00am HOPE waLKS - 5K Wayne State
 12:30pm-2:15pm Educational Trust Luncheon
 2:30pm-4:30pm Business Session #2
 6:00pm-7:00pm Past President's reception (by invitation)
 7:00pm Group Photo
 7:30pm-9:30pm Final Banquet & Awards Program (Individual/Chapter Awards)

nities. Additionally, it is the fiduciary responsibility of the elected leadership to effectively manage financial resources and report back to the membership with clarity and accuracy. Many professional Greek organizations also retain legal counsel for the purpose of reviewing contracts, licensing and trademark agreements, and providing the occasional legal opinion as needed. Though LKS has had a flawless record over the past 100 years, the Fraternity is taking the responsible approach to seek a proactive review of all legal documents to comply with Federal and state law, and maintain sound legal footing.

While some of these changes may seem mundane, they are crucial components of our future success. Once in place, we will have a stable foundation upon which we can continue to build a meaningful future for the Fraternity and its members. I am eager to get these key components completed; I am equally eager to unleash the creativity of the next generation of Fraternity leaders as you take us to places we can only imagine today!

Change is eminent - in our Fraternity, our profession and in our society - and Lambda Kappa Sigma has kept up with innumerable changes over our 100-year history. The challenge with change today is that the pace has quickened; what was "keeping up" yesterday is "catching up" today and it is only going to surge forward with greater intensity. To remain relevant in the next century, Lambda Kappa Sigma must spring to action with a recognizable brand, and operate the Fraternity as a streamlined, sleek and efficient model, crafted in best practices and fine-tuned to industry standards. These fundamentals are the key to our survival and our future prosperity in the wake of current and future change.

But I think we can do better! Let's not simply face eminent change, let's embrace it with poise, grace, vision and unquestionably high standards, and an unleashed spirit of adventure as we drive toward the future of LKS!

I sincerely hope you can make it to Detroit in July. We have many new, exciting, and fun events planned in an effort to keep the meeting fresh! Plan to come early - you won't want to miss your GC on the softball field! And be ready to fasten your seatbelt for the first ever LKS Laugh Olympics! Look for more detailed information to learn how we will be "Putting you in the driver's seat" at this meeting.

Fraternally,
 Sharon Brown, MS, RPh
 Grand President, Lambda Kappa Sigma

The Power of George...

(and Abe, and Alex, and Andy ...and all those other guys who have faces on our money).

by Avis J. Ericson, Pharm.D., Chair, LKS Educational Trust

The year was 1963 but it seems like only yesterday that the Alpha Omega Chapter of LKS was chartered. Students, faculty, and administration at the Lake Kappatini School of Pharmacy (LKSoP) were delighted to have such a professional organization on campus. Alpha Omega members quickly established key leadership roles on campus and were very visible in their work for the fraternity, as well as the campus and local community.

Looking ahead to 2013, the chapter members realized that a milestone 50th anniversary was coming soon – and so was the 100th anniversary of the founding of LKS. Planning began for a party – but also to have a major scholarship fund drive to benefit the chapter. Tuition costs were approaching \$25,000 per year plus living expenses and books. That is a hefty amount. Even with student loans and summer jobs, it still put a burden on students and their families.

Over the years, several members had received educational grants from the LKS Educational Trust but the chapter realized the need for even more scholarship dollars to ease the financial burden. And they knew it was important to have their own Chapter Fund in the Trust that could produce self-sustaining scholarships for their members with minimal worry for them.

Set a goal

The goal was a **BHAG** (Big Hair Audacious Goal – see the book “Good to Great” by Jim Collins). Could they possibly raise \$50,000 – a thousand for each year since chartering – to generously fund an Alpha Omega Chapter Fund within the Trust? This amount would produce at least two \$1,000 scholarships every year without invading the principal and give them a wonderful base for future growth.

Two and a half years to goal seemed like a long time but all knew that time would fly. Only 30 months to raise \$50,000 seemed overwhelming – until the chapter and its supporters began to crunch some numbers and consider the process. Mounting such an effort in combination with the upcoming major anniversaries of the chapter and fraternity made the timing ideal.

Identify the audience and know where to find them

The early years saw an average of 10 chapter members graduate each year from 1963 to 1985; then enrollment of women at LKSoP increased and there were, on average, 25 graduates each year to the present.

That projected a total number of chapter alumni by 2013 of 1,125 plus an estimated chapter membership of 75 for a grand total of 1,200 initiates.

Chapter records, plus input from the LKS International Office, LKSoP Alumni Office, the State Pharmaceutical Associations, and State Board of Pharmacy should help them find most, if not all initiates. On-line searches could also help.

Develop a plan and initiate the Process

With the help of alumni, chapter advisors, and the LKS Educational Trust Liaison Committee, the chapter began to develop a plan that would make their goals a reality.

An organized process of contact via letter, phone, as well as personal visits would be done to solidify and expand the list of contacts and spur interest in the project. Such contact would require follow-up as well as profuse acknowledgements of all information and gifts received.

Divide and Conquer

Thirty months is about 900 days. Take a few off for good behavior and you have 800-850 days to raise ~\$60 dollars per day – still seems pretty lofty. But, divide that by all the members andwhere did I put that calculator?!

If every current chapter member tracked 15 alumni members (1,125 divided by 75) as their “special friends”, the burden would become manageable. Add to that some key alumni from each decade that are willing to make contacts, and the seemingly impossible becomes possible.

Know the prospective donors and supporters

Alpha Omega alumni had remained very loyal to the chapter and LKS with several achieving Grand Council offices (Regional Supervisors, Grand Treasurer, Grand Secretary, Grand Vice President, and two Grand Presidents). In addition, several were part of the Trust Liaison Committee that supervised educational grants and many had served the fraternity as committee members. It was a loyal and active bunch with a soft spot in their heart for LKSoP – and Kappatini too.

In addition, members were confident that they could raise more dollars by doing special fund-raising events, soliciting faculty and administration of LKSoP, approaching local businesses, and seeking other “friends” of the chapter. Perhaps they could even auction off the secret

“Kappatini” recipe as a grand prize (with a requirement for secrecy). They began to dream **BIG**.

The spring and summer of 2011 were the targets to begin making contacts. The chapter advisor was able to convince the Dean to provide a room to centralize the project – along with a few computers, supplies, postage, and phones – even some modest salaries. Administration realized the value of the project – not only for the chapter but for the school as a whole. And what great publicity there could be both during the project as well as leading up to the 50th anniversary party!

Burning questions remain as the two year project begins to unfold:

- Will the chapter find its past members in large numbers?
- Will alumni be receptive and enthusiastic about the project?
- Will members dig deep and be generous in their support?
- Will some alumni be moved to provide major donations and include this Chapter Fund in their wills and trusts?
- What problems and triumphs are on the horizon?
- Can they reach their goal even before 2013?
- Can they exceed their goal --- by how much?
- Who receives the very first grant from the Alpha Omega Chapter Fund?

So many questions and only ~850 or so days to see what unfolds. Stay tuned! Perhaps your chapter would like to follow in the Alpha Omega footsteps.....

If this process appeals to your chapter, please contact Avis J. Ericson, Pharm.D., Chair of the TLC (702)566-0330 or (rxaje@embarqmail.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 (Reistertown, MD), and Christine Perry (Fairhaven, MA).

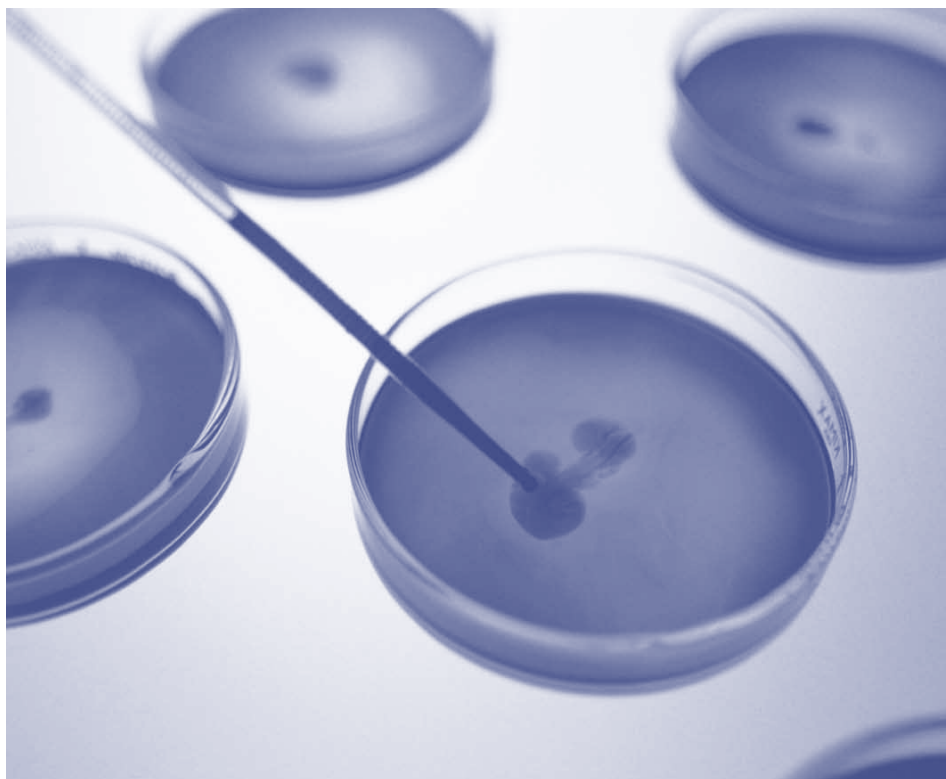
2010-2012 Women's Health Issue: Ovarian Cancer: What are the Risk Factors and Symptoms?

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

LKS

Physicians cannot always explain why one woman develops ovarian cancer and why another woman does not. However, we, as healthcare professionals, do realize that certain risk factors make it more likely that one woman versus another is more likely to develop ovarian cancer. As healthcare professionals, ovarian cancer is a particularly daunting foe because its early symptoms are extremely difficult to detect. In this article, we will discuss the potential risk factors and symptoms of ovarian cancer.

Risk factors are traits or characteristics that put a person at an increased risk of developing a particular disease. The following are risk factors a woman may have that increase her chance of developing ovarian cancer: a family history of cancer, a mother, daughter or sister with ovarian cancer, a family or personal history of breast, uterus, colon or rectum cancer. This is especially true if several women in her family have had breast or ovarian cancer, especially at a young age or have inherited gene mutations, such as BRCA1 and BRCA2. Another genetic risk factor is a family history of hereditary nonpolyposis colorectal cancer (HNPCC). HNPCC puts a woman at an increased risk of endometrial, colon, ovarian and stomach cancer. Other risk factors that increase a woman's chance of developing ovarian cancer include the following: age over 55, if the woman has never been pregnant, and potentially the use of hormone replacement therapy. Some studies have suggested that women who used estrogen alone as hormone replacement therapy for 10 years or more are at an increased risk of develop-



ing ovarian cancer versus those women who used estrogen plus progesterone as hormone replacement therapy. As important as these risk factors are in identifying potential ovarian cancer patients, having one or more risk factors does not guarantee that a woman will develop ovarian cancer.

Ovarian cancer is very deceptive in its symptoms. This is especially true in early ovarian cancer because it may not cause the woman to experience obvious symptoms. The most common symptoms of ovarian cancer as it grows are pressure or pain in the abdomen, pelvis, back or legs, a swollen or bloated abdomen, nausea, indigestion, gas, constipation, diarrhea and extreme fatigue. Less common symptoms include shortness of breath, the feeling of needing to urinate frequently, and unusual vaginal bleeding, which may include heavy periods or bleeding

after menopause. However, these symptoms are very vague and can be due to other causes. Therefore, a physician is needed to make the final diagnosis.

In the next article, we will discuss more about making a diagnosis and the staging of ovarian cancer.



2010 Lambda Kappa Sigma Award Winners

by Christine Perry, R.Ph., Alpha Alumni, Past Grand President

Each year Lambda Kappa Sigma presents awards to members who have distinguished themselves through excellence in practice, leadership, service and professional achievement.

The following sisters were honored at the 2010 Annual Convention in Pittsburgh.



2010 Award of Merit:
Lynn Harrelson

The Award of Merit is given for academic achievement, professional advancement, community service, organizational work or commercial endeavor. Lynn Harrelson is a tireless, devoted worker for pharmacy. Her leadership with the Alpha Nu Chapter of Lambda Kappa Sigma as a collegiate and alumni was outstanding. Lynn played a key role in the establishment of the Kentucky Renaissance Pharmacy Museum in Lexington. She currently serves as the Development Director for the Museum, is on the Board of Directors and

established a web site and newsletter for the Museum.

Lynn graduated with her Bachelor's Degree in Pharmacy from the University of Kentucky College of Pharmacy in 1973. After three years as a pharmacist at Wagner's Pharmacy, Harrelson served in management positions with several major health care companies and long-term care facilities from 1978 to 2005. During this time tenure, she was assigned to take compounded prescriptions to elderly patients and was appalled by the number of prescriptions many patients were taking. An opportunity to improve elderly patients' pharmaceutical care came when she joined health-maintenance organization HealthCare of Louisville Inc., where she helped set up the company's pharmacy-consultations program. She became its director of pharmacy services and held similar positions at Christian Church Homes of Kentucky's Louisville campus, D & R Pharmaceutical Services Inc., Humana Inc. and other organizations in Kentucky.

In 1990, Lynn joined a consulting services company to serve a variety of health care institutions. But she was concerned about the lack of supervision given to seniors living at home who don't get consulting. She piloted several programs to address the issue but none of them developed. In the end, she "got tired

of knocking myself out for somebody else's dream."

In 2004, Lynn established her own company, Senior Pharmacy Solutions, a prescription drug consulting company she founded in 2004. Lynn's husband encouraged her to start Senior Pharmacy Solutions. The service provides patients and their caregivers with a personalized plan to address their individual needs, based on a comprehensive clinical review of medications and health concerns. Senior Pharmacy Solutions patients live at home or in assisted-living facilities, and there is no minimum age requirement. Her youngest patient is 23. Lynn visits patients' homes, pharmacies and doctors to gather information on their health and medications. She then provides patients and caregivers with a detailed action plan and monitors the plan for 90 days.

Lynn's life has been devoted to health care and compassion for the community at large. When Hurricane Katrina struck, she mobilized forces in Jefferson County, KY to care for refugees with everything from clothing to household goods and apartments.

Lynn's professional accomplishments and activities through the years are many. We congratulate her as a recipient of the Award of Merit.




2010 Distinguished Service Citation: Gloria Bernstein

Gloria Bernstein graduated from Drake University in Des Moines, IA in 1978 with a Bachelor of Science degree in pharmacy. After graduation, Gloria joined

Hy-Vee, Inc. in Des Moines, IA. Hy-Vee is a Midwestern grocery chain with approximately 220 food and drug stores with 175 pharmacies located in eight states. Gloria is a pharmacy manager and has been employed with Hy-Vee for 30 years. She is certified in asthma care and NABP certified in diabetes management. Gloria is currently the coordinator for the Hy-Vee Des Moines area pharmacy managers. This group meets bi-monthly to share ideas and to discuss current issues including new drugs, drug therapy and disease state management. Gloria has coordinated diabetes seminars with physicians and pharmaceutical companies, set up screening with Stroke Detection Plus and has worked with the American Heart Association regarding the Go Red Program. In addition, Gloria is a preceptor for Drake University College of Pharmacy Externship Program and has numerous student interns at her pharmacy.

Gloria is an active member of the Central Iowa Pharmacists Association and Lambda Kappa Sigma. Gloria was initiated into Nu Chapter in 1975, and has served with

distinction as a member of Grand Council for 8 years as Midwestern Regional Supervisor from 1978-1984 and Alumni Supervisor. She is currently the Fraternity Advisor for Nu Chapter. Over the years Gloria has served on several committees and notably as a long time member of the Budget and Finance Committee and Nominating Committee. Gloria is currently a member of the Trust Liaison Committee. Since initiation she has missed only one regional meeting and has attended all conventions.

Gloria fully embodies the essence of Lambda Kappa Sigma. She has a deep felt passion for LKS and her sisters. She is a dedicated fundraiser and supporter of the Trust and all Fraternity activities. Her record of attending 19 Conventions and Regional Meetings is superior. Gloria has distinguished herself as a member and shown outstanding dedication, service and loyalty to Lambda Kappa Sigma.





**2010 LKS/Merck Vanguard Leadership Award:
Stefanie Ferreri**

Stefanie Ferreri graduated from the University of Connecticut with a BS in Pharmacy in 1997 and received her Pharm D from Campbell University in 2000. She did a pharmacy practice residency in hospital pharmacy at the UCONN health center and a community pharmacy practice residency with Campbell University. Stefanie is a Clinical Associate Professor, Division of Pharmacy Practice and Experiential Education, School of Pharmacy, University of North Carolina at Chapel Hill, and

director of UNC's Community Pharmacy Residency Program. Stefanie also finds time once a week to maintain her community pharmacy practice at a local health care center near UNC. Working in a local pharmacy offers far more to Stefanie than dispensing medicine; it means developing relationships with patients.

In teaching four graduate-level pharmacy courses and helping to place UNC pharmacy graduates in one-year postdoctoral training programs at pharmacies across North Carolina, Stefanie is eager to pass her passion on to the next generation of pharmacists. She is passionate about mentoring students and residents and watching their careers grow. It is why she went into pharmacy, to help others. Stefanie feels that helping others is more than finding the right drug for the right person. It's about helping students advance in their education, helping residents become leaders in their profession and helping patients take care of themselves.

Stefanie's accomplishments are many, and knowledge of her personal approach to life as a pharmacist, wife and mother provide an even more compelling case for her to receive this award. Stefanie models professional behavior that embodies clinical expertise, professional collaboration, and dedication to patient care. She has achieved a level of clinical practice in the community

setting that is difficult if not impossible to achieve under even the best circumstances.

Stefanie is a member of Alpha Beta Chapter and held numerous offices as a collegiate and attended many conventions and regional meetings. She has served on Grand Council as Region 6 Supervisor and Grand Secretary, and as the Chair of the Women's Health Issues Committee. Her commitment to patients has been recognized by her peers with two top pharmacy honors – Community Pharmacist of the Year from the N.C. Association of Pharmacists and Distinguished Young Pharmacist of the Year from Lambda Kappa Sigma.

Her leadership and service to the profession are many. Stefanie is active with the American Pharmacists Association where she served as Chair, APPM Clinical Pharmacotherapeutic Practice Section, 2008-2010, Member-at-Large, APPM Clinical/Pharmacotherapeutic Section, 2006-2008, Section Editor, Handbook of Nonprescription Drugs, 2007-present, Research Gap Analysis Task Force, 2006-2008 and Media Advisor, 2003-present. For the North Carolina Association of Pharmacists Association she is a Member of the Residency and Education Committees and Member-at-Large, Board of Directors, 2008-2010.



**2010 Distinguished Young Pharmacy Award:
Debbie Pruss**

The Distinguished Young Pharmacist Award is given to a member in the first ten years of pharmacy practice, to recognize excellence in professional practice, community service, organizational and Fraternity involvement and other leadership achievements. One cannot think of a better example of a young pharmacist that goes above and beyond the call of duty to help her patients than Dr. Debra Pruss. Debbie left her home state of Pennsylvania to pursue a community practice residency with the University of North Carolina at Chapel Hill and Kerr Drug. Once her residency was completed, Debbie stayed on with Kerr

Drug and became the clinical coordinator of a busy Kerr Drug site in Raleigh, NC.

Debbie has a focus on diabetes, and provides extensive one on one and small group patient education through Kerr Drug's series of American Diabetes Association approved classes. The patients respond extremely well to her outgoing and compassionate manner, and this response shows in the improvement of their clinical monitoring parameters, knowledge of their disease state, and overall quality of life. Many patients come in outside of their regularly scheduled appointment times to ask Debbie a question or share a new lab value with her, and she always makes time in her busy schedule to answer their questions or congratulate them on their improvement.

Medication therapy management is another passion that Debbie pursues with equal energy. She provides these services through several third party payers and always manages to create a valuable patient interaction, even in the most trying circumstances. Debbie is often required to travel to other Kerr Drug stores in NC, hours away from her own practice site, and provide face to face MTM services to patients who she has never met in a setting that she has never visited. Even with these barriers, the patients receive a quality encounter and many of Debbie's recommendations are accepted by physicians. These recommendations include cost saving alternatives, eliminating drug interactions, or optimizing dosing, among others. She always has

the best interest of the patient in mind and is not afraid to recommend changes to improve their therapy and outcomes. She was recently interviewed by the media about her interactions with patients regarding MTM and she used this attention to ensure that all eligible individuals seek the benefits to which they are entitled.

Debbie is also an active immunizing pharmacist and she precepts student pharmacists and a community resident at her practice site. She is dedicated to advancing patient care and teaching future pharmacists to do the same. She is an excellent role model and has been honored as Preceptor of the Year in an Outpatient Setting in 2009 by the University of North Carolina Wake AHEC. In her short career she has also received an incentive grant in 2007 from the American Pharmacists Association Foundation for her research in blood glucose meters and Medicare prescription requirements. She has presented her research findings nationally and has also been published in the April 2007 edition of JAPHA. Debbie was also honored in 2008 as a recipient of Pharmacy Today's One-to-One Patient Counseling Recognition Program, for her dedication to patient care. Debbie is involved in APHA, North Carolina Association of Pharmacists and the National Community Pharmacists Association. She exemplifies the qualities that a recipient of the Distinguished Young Pharmacist of the Year should have.

The Ingredients for Effective Leadership

by Christine Perry, R.Ph., Alpha Alumni, Past Grand President

Leadership is the ability and skill to put your plans into action and make your team take part in them wholeheartedly and ecstatically. It is the ability to get other people to do that which they would rather not, without hesitation. Like any other skill, it can also be learned and can be improved with practice.

Being an effective leader requires the combination of many elements. The recipe for successful leadership begins with the acronym PROFESS, which provides the leader with the ingredients of being *professional*, *responsible*, *optimistic* (positive), *flexible*, *ethical*, *strong-minded* (decisive), and *supportive*.

Professional leaders set the example by “cultivating the culture” of the workplace with the goal of enhancing innovation by recognizing the need for and providing continuous training to employees. They also promote, understand, and embrace diversity, using it as a vehicle to enhance processes, while encouraging participation from all employees.

A *responsible* leader accepts accountability for organizational goals and objectives, fair criticism for unproductive processes, and shares acknowledgment for successes. This ingredient of leadership also encourages open communications and suggestions, does not hesitate to adopt new effective ideas, and is proactive in responding to concerns.



Leaders that are *optimistic* have an established vocabulary of positive assertions that motivate subordinates with the willingness to overcome barriers. Empowering others through an open communication system of brainstorming, along with rewarding innovative solutions, enable a leader with this ingredient to create a positive, encouraging, and innovative work environment.

In an effort to make work easier and more comfortable, a *flexible* leader must strive to create a positive work environment, listen, and encourage the solicitation of new ideas. Understanding the importance of possessing the element of flexibility will provide a leader with the ability to respond appropriately during situations involving the conflicting needs of the organization, employee, and/or customer.

Personal accountability is an intrinsic trait that constitutes an *ethical* leader. They possess trademark attributes that represent adherence to the letter, spirit of rules and regulations, consistency to their word, and exercise of the principles associated with integrity, honesty, and fairness in the pursuit of organizational goals and objectives. Further, the ethical leader leads by example because of being candid, unbiased, and willing to reevaluate or change their position when evidence suggests that. Leaders grounded with a foundation of ethics, “say what they mean and mean what they say”, generally evidenced by their uncompromised integrity, demonstrated trust, approach to overcoming barriers, and success in achieving goals and objectives.

Strong-minded (decisive) leaders frequently demonstrate their decision-making persistence after analyzing the risks, costs, and benefits from a pool of possible choices. Leaders that possess this ingredient often advocate doing what is right, even if it is not always expedient. In addition, the strong-minded leader is generally seen

as effortlessly trying to improve a situation, even if there may be competing priorities. Decisions by leaders with this characteristic are typically made through reasoned judgment, rather than an emotional reaction.

A *supportive* leader is enthusiastic and regularly familiar with issues and details within the workplace. Their involvement increases the impact of setting and meeting goals and the personal work ethic of the team members, which encourages productivity. The supportive leader relies heavily on information, and provides a calm, level-headed approach to decision-making.

Leaders learn timing and many of the qualities of leadership strategies through trial and error, failure, and by applying the lessons learned as a result of each failure, they hone their leadership skills. Leaders know that failure is not fatal and failure is not a personal indictment of their character, in fact it is just the opposite. If you are afraid to fail you will not act, and if you will not act, you will not be called a leader. Leadership strategies take an infinite variety of forms, one for every leader. Each of us is different and to be an effective leader we need to know who we are, be comfortable being ourselves, understand our motives, and our character - flaws and all.

A leader’s skill in discovering the ability of others is a test of true leadership. Possessing the PROFESS ingredients is challenging, but necessary in the recipe for a leader’s success. Obtaining an extended knowledge and understanding of others, maximizing employee strengths, identifying areas for improvement, having the willingness to solicit input and feedback, and demonstrating respect for the opinions of others, results in increased input and the opportunity for solutions, which are the elements a leader needs to PROFESS in order to be successful.

COLLEGIATE CHAPTER NEWS



ALPHA



Greetings from the Alpha Chapter here at the Massachusetts College of Pharmacy and Health Sciences in chilly Boston, MA. Our school year had a wintery start but that did not stop the Alpha girls from fulfilling what needed to be done during the semester for Lambda Kappa Sigma.

We started with some great professional events, including the rotation panel, where the entire school was able to come and learn about sixth year rotations at the College. Also we have hosted daffodil days, in which we sell flowers for the American Cancer Society and a lot of the flowers sold are donated to the Children's Hospital across the street. Another big part of the semester is helping the new orientees transition into sisters of Lambda Kappa Sigma.

The orientees learned the history and traditions of the Fraternity which helped them become great sisters who would be able to keep Lambda Kappa Sigma the fraternity as it is. We also have a lot of exciting things coming up that we do with the other fraternities at school, including Greek Week. During this week we will also be raising money through penny wars for Project HOPE. This year's competition is going to be held in March. Many of the sisters have been working really hard at booking a venue and trying to make this one of the most memorable functions of the school year; we will participate in games throughout the week and also will be able to attend the party to celebrate its end. Other than that we have been slowly raising money for the centennial and other events and hoping we can get through another semester of pharmacy school.

The spring semester is always the busiest time of the year, with four months of school, spring break and the new sisters coming in; the Alpha Chapter always has a lot on their hands. As always we are looking forward to seeing all of the sisters at Convention in Detroit this summer!

DELTA



The Delta Chapter of the University of Pittsburgh School Of Pharmacy has had a busy winter and is looking forward to the appearance of the first days of spring. In December, Delta sisters held their annual holiday party/gift

exchange at the Spaghetti Warehouse restaurant. Additionally, the Delta Chapter adopted two families in need for the holidays, and using a combination of treasury funds and sister donations, was able to provide clothing, household items, and toys for the children to each family. The gifts were greatly appreciated by their recipients, and we were pleased to have been able to brighten the holidays of these less fortunate individuals.

Delta sisters are in the midst of holding a series of four bake sales at the School of Pharmacy whose proceeds will benefit Project HOPE. Throughout this semester, sisters have also been regularly volunteering at an underserved clinic in Pittsburgh as part of a heart health project to promote the current Dean's Theme of Cardiovascular Health. The project involves speaking with patients about topics such as smoking cessation, healthy diets, and regular exercise, and sisters are also currently selling Red Dress pins to raise awareness for heart disease among women.

At the end of March, the Delta Chapter will hold its annual Hygeia Day event. At this informative luncheon, students will have the opportunity to listen to a presentation on eating disorders by an expert from the University of Pittsburgh Medical Center. We are looking forward to this event, as well as to the end-of-the-year dinner which will be held at the end of April. In the meantime, Delta girls will be busy volunteering at family centers in the Pittsburgh area, including the Ronald McDonald House, and wrapping up another wonderful year. We wish everyone a successful conclusion to the semester and a fantastic summer!

EPSILON



Greetings, lambs! For those of you who don't know the Epsilon Chapter, we are at the University of Maryland School of Pharmacy. Quite a lot has happened since the last time I checked in with you all. We held a fundraiser in which we sold capsule-shaped flash drives to the student body, with great success. We also collaborated with APHA-ASP to donate asthma safe Teddy Bears from the Build-A-Bear Workshop to pediatric asthma patients at the University of Maryland Medical System. During HIV/AIDS week in early December, we held a bake sale and donated all the proceeds to the pediatric AIDS unit at the University of Maryland Medical System. Additionally, we collaborated with Phi Lambda Sigma to host a CV writing workshop, sponsored by our good friends at Shopper's Pharmacy.

This semester, we established committees of motivated Lambs to handle professional, fundraising, social, and service matters. We discussed items of business including participating in a 5K Walk in Washington DC to End Violence Against Women, Hygeia Day lecture and events, our RS official visit, and we are excited to say we have challenged the Kappa Psi brothers to a

Laser Tag match. They have foolishly accepted our challenge and we are looking forward to our inevitable victory. Best wishes to you all in your spring semester endeavors!

LAMBDA



In the past few months, USC Lambda chapter has achieved many outstanding accomplishments. In December, we came together for an amazing holiday party at our alumni Lisa Lum's house. Along with great food and games, we bonded over a fun white elephant gift exchange. We also organized a successful fundraising period that included selling Porto's pastries and boba drinks to our classmates and a dinner at Souplantation where 20% went to LKS. Throughout the semester, we put on several professional workshops that were open to the whole school, including a birth control workshop, financial workshop, and board certification workshop, which attracted many students. We look forward to continuing to offer meaningful and informative workshops to help student pharmacists develop professionally. We are also pleased to announce that the abstract put together by our health fair coordinators was accepted by the 9th International Symposium on Osteoporosis, where they will present a poster on the osteoporosis risk assessment of minorities using heel ultrasound. In January, we officially inducted 25 enthusiastic new active members into our chapter. We look to these new members to take on future leadership roles and to continue to strengthen the Lambda chapter!

NU



Hello, fellow Lambs! Best wishes for the new year and new semester! Nu Chapter had a great end to our fall semester as we welcomed 25 new Lambs with our Initiation ceremony and dinner. We celebrated Christmas with an afternoon gathering at the University President's home. President Maxwell and his wife were very welcoming and eager to hear about our Drake pharmacy experiences. We were even given an impromptu jazz concert!

COLLEGIATE CHAPTER NEWS Continued

We are well underway with our spring semester activities! We performed bone density screenings and shared osteoporosis information at a college-wide health fair located at a local mall in February. We also sold wooden roses around Valentine's Day to raise money for Project HOPE. We will be participating in the Drake University Relay for Life in March. April will keep us busy with Drake Relays events, including the annual Street Painting and Parade, where we are able to display our organization to the University, alumni, and local community. We will be participating in a 12-hour Dance Marathon to raise money for high school education for Belize students. We also look forward to reuniting with alumni during the college's first ever All-Pharmacy Reunion, taking place April 29-30. We are currently hard at work preparing for our 2nd annual Hope waLKS 5k run/walk event on April 9th. We are very excited to hold the event on campus this year; the route weaves throughout campus, beginning and ending in the Drake stadium. We wish other chapters the best of luck as you host your own HOPE waLKS events this semester!

XI



Hello, Lambs! A lot has happened for the Lambs of Xi chapter over the last few months. Our fall semester was full of achievements. In October, 85 PNMs and sisters took part in the American Cancer Society's Making Strides against Breast Cancer Walk at Roger Williams Park. Together our chapter was able to raise over \$2000. Also, we are pleased to welcome many new members to our chapter! Initiation took place on a rainy November evening as we inducted 48 new sisters with our candlelit ceremony. After the ritual, we shared a delicious dinner and then danced the night away at Rhino Bar in Newport, where the professional, fundraising, and social committees collaborated to hold a fundraiser for Project HOPE.

As the holiday season approached, our chapter adopted three families from a Rhode Island family shelter. Sisters, along with our College of Pharmacy's students, faculty, and staff, collected everything that the families wished for, including toys, jackets, games, and gift certificates. Our final event of the fall semester was our annual winter formal with Kappa Psi. Almost 200 people came out for a night of food, fun, dancing, and friends. It was a great way to end the semester!

Winter break came and went and before we knew it we were back at URI for our first meeting of the spring semester. Though the semester has barely begun, our chapter has big plans. Past Grand President Christine Perry will be visiting us in late February and soon after we will be hosting our second annual Red Dress Gala, an event where all the money raised will benefit the American Heart Association in honor of National Heart Month. Looking to the future, our chapter has a sister retreat, spring banquet, and spring formal with Kappa Psi to look forward to!

OMICRON



Greetings from the Omicron Chapter! We have been keeping busy with many activities in the past months, both related and unrelated to planning for Convention. In October, several of our members participated in a fundraising event at Cedar Point, in Ohio. We also held a bake sale in October, the proceeds of which went to the Susan G. Komen for the Cure. Our fundraising activities continued in November with a Yankee Candle sale and another bake sale. For community service, several of our members participated in cholesterol screening clinics with the Wayne State chapter of APhA-ASP. In December, our chapter participated in a local Adopt-a-Family charity. We donated gifts and funds towards a holiday dinner for a 9-year-old boy and his family. We also held a Secret Santa gift exchange, which provided a fun way to bond with our new members. We all learned something new about each other as we tried to decipher the clues as to the identity of our secret Santa.

We welcomed the new semester along with the New Year in January. The first event for our chapter was our initiation ceremony, held in early January. We welcomed 9 new members. Social events so far this semester have centered on activities in the city of Detroit. We have had dinner at several restaurants close to the convention venue, plus an evening of ice skating at an outside rink in downtown Detroit. Several members assembled spring gift baskets for patients at Children's Hospital of Michigan as a community service project. For fundraising, we have several bake sales scheduled for this semester. Additionally, we have been busy preparing for hosting the first Annual Convention in Detroit this July. Our chapter is very excited to be hosting the convention, and we look forward to seeing you here in Detroit in July!

PI



Greetings from Pi Chapter! As another semester begins with rigorous course schedules and exams, we have completed several projects thus far and have many more planned for the remaining year. We've had a very successful spring semester so far! We are proud to announce that we are currently in the process of recruiting five potential new members, and in early February, we participated in the Martin Luther King Day of Service event, where some of us painted rooms at a group home, created dental packages for children in South America, went to a nursing home and spent time with senior citizens, and helped clean the local library. We are also in the process of creating some fundraising events to help our chapter and prepare for Relay for Life later on in the semester, and Convention in the summer. Besides our usual working at Raceway Park and canning at several supermarkets, we are looking into working at

the Rutgers Half Marathon in mid-April for additional funds. We are also looking into creating themed wristbands to sell both at school and at Convention.

Among our top priorities for the remainder of the semester is The Working Woman: A Balancing Act event, in which we plan to have several women working in different settings of the pharmacy profession speak to Rutgers students about their lives (essentially, how they strive to balance their work and home lives). We are co-hosting this event with the professional engineering sorority on campus, Phi Sigma Rho; they will be providing several women engineers as speakers, too. Besides this important event, we are also going to participate in Rutgers Day with other pharmacy organizations on campus; we hope to help educate the general public on the importance of the pharmacist's role in the healthcare system. We are looking forward to a wonderful, enjoyable semester. Warmest wishes to our fellow lambs from Pi Chapter!

TAU



Greetings from Tau Chapter! With a new semester and the hopes of warmer weather coming our way in this blustery town, the sisters eagerly got down to business at Duquesne University. The Recruitment Committee, our newest committee, was in search for quality new members, as well as collaborating with the university's Greek Life recruiting office for fresh ideas. The sisters have invited new members to join us for activities such as blanket making for premie babies and an old fashioned board game night.

Our professional committees are working diligently on projects like "What is a Pharmacist," (a presentation to high school juniors and seniors about the profession of pharmacy), a brown bag event, and worked with our advisor, Dr. McConaha, on Osteoporosis screenings. This year, a top priority has been fundraising for our organization, and with the help of the sisters came up with many great ideas like a nacho sale in the living learning center on campus, a pancake sale, pharmacy school decals, and Yankee Candles.

Trying something brand new, the service chairs opted out of how we usually raise money for the Make a Wish Foundation and sold Valentine's Day themed Candygrams, where people at the pharmacy school were able to purchase a candy bar and personalize a message to their recipient. On Valentine's Day, the Candygrams were delivered and the sisters were delighted by all the positive responses! The girls also participated in several walks over the semester, visited at a local women's shelter and soup kitchen, as well as donated many items such as prom attire and clothes.

The sisters at Tau always like to try new things, so Formal this year was held on the Gateway Clipper Fleet, and the girls enjoyed music and dancing the entire night! Other social activities the girls participated in were a ski trip, pottery painting, and a movie night.

COLLEGIATE CHAPTER NEWS Continued



PHI



The ladies of the Phi chapter are already hitting the ground running and have a full semester ahead. At the beginning of February, we had a pizza night and watched the Bulldog's basketball game together for a social event. We are looking to possibly go ice skating at the nearby State Fairgrounds. We are currently planning a campus-wide fundraiser selling Butler shorts for men and women. Our philanthropy events for this semester include Easter baskets for the children of Riley Hospital for Children in Indianapolis as well as collecting toiletries for a local women's clinic. For our March meeting, we are having a financial aid speaker come and talk to us about the best way to manage our student loans now and in the future. One of our goals for this semester is to have more casual events, such as going out to dinner together as well as possible movie nights. Our last big event for the semester will be a college-wide Medicine Ball that all the pharmacy organizations have been planning since the fall. With our busy schedules, we are looking forward to a great semester!

CHI



Greetings from the Lambs of the University of Washington! The Chi Chapter started the fall with numerous events, which brought together both old and new members. October was a particularly busy time for the Chi Chapter. We had a few social outings, namely our annual LKS-Kappa Psi trip to the Mariners baseball game and an LKS Happy Hour event at a local Mexican restaurant. As expected, these events proved to be fun ways for us to get to know our new recruits, reconnect with past and current members, and mingle with other students in the pharmacy profession.

Later on that month, the Lambs of the Chi Chapter participated in a trivia competition where we competed against other student pharmacy organizations. The purpose of the competition was to raise money to donate to the international textbook fund and the event ended up being a huge success. The Chi chapter is extremely proud to have been involved in this event, which raised enough money to send 18 pharmacy textbooks to students in Uganda! Continuing with this fundraising spirit, the Chi chapter also collected pink Yoplait yogurt lids throughout October to benefit Susan G. Komen for the Cure.

Finishing off October, we continued our tradition of going trick-or-treating for canned goods. Dressing up in our best Halloween costumes, we went door-to-door collecting canned goods and other non-perishable items. Thanks to generous neighbors, we collected a large supply of goods, which were donated to Northwest Harvest, a local food bank. After such a busy month, we were excited for November to finally come around so that we could officially initiate our new LKS members. This year we were lucky enough to welcome 13 new members! For our small Seattle chapter, we were extremely excited by the interest shown in Lambda Kappa Sigma this year and hope that the Chi Chapter will continue to grow in the years to come.

Moving into the New Year, we've tried to keep our momentum going. On February 4th, we celebrated the national Go Red for Women Day by encouraging our fellow students to wear red to promote awareness about cardiovascular disease in women. Then a few weeks later, the Lambs met up to prepare candy grams, which were a huge hit as our Valentine's Day fundraiser. In the spring, we plan to continue the tradition of hosting a Bingo night at the Hearthstone retirement center, an event which has proven to be as much fun for us as it is for the residents of the center. We also will be putting together more social outings, such as a tour of a chocolate factory, to further strengthen the bond amongst our LKS members. We are excited about all the opportunities this year has to offer and hope that the other chapters of Lambda Kappa Sigma are enjoying as much success as we are.

ALPHA ALPHA



Greetings, fellow Lambs! Temple University's Alpha Alpha chapter is proud to announce the introduction of 21 new members! This fall's orientation period was very successful in building strong bonds between current sisters and our new inductees. Our holiday Adopt-a-Family project was extremely rewarding for us at the conclusion of the fall semester. We held a gift drive for clothing, toys and store gift cards for a family of ten. A few of our LKS sisters were able to personally deliver these items to the very excited family. Their recounts of this incredibly positive experience were very moving. During the same season, we held our annual school-wide coat drive. The gently worn coats were donated to Project HOME, a local organization that gives to those in need in the community surrounding Temple.

We are currently getting a team together for participation in Relay for Life this upcoming March to help support the American Cancer Society. Many of our sisters have participated in the event previously, so we look forward to the fun experience it will be. We are excited to hold our upcoming Spring Formal in collaboration with Temple's Kappa Psi and Phi Delta Chi members, where we will forward all proceeds towards Shriner's Hospital for Children. This event was a huge success in previous years and we look forward to the large turnout and

donation this will provide for this important cause. Additionally we will be holding a social at a local restaurant to raise funds to donate to Project HOPE in the near future. We attempted this social last semester and it proved to be a fun time to unite pharmacy with other professional schools on our campus, while raising an impressive amount for Project HOPE. We are thankful for our school and our generous sisters who have allowed these events to be enormous accomplishments for our group.

We are pleased to welcome the visit from our Regional Supervisor, Nicole Cammarata, this semester with a "Lamb's Luncheon"! We appreciate the time she will be setting aside for us and anticipate helpful feedback from her. We will be celebrating Hygeia Day this year by hosting a lecture to help promote the profession of pharmacy with our entire school, while keeping this as an opportunity to gain awareness within our school of LKS's focus on advancing women in our field. We are hopeful that we will be able to send a handful of selected members to the 42nd LKS Convention in Detroit this summer. This has always been a memorable event for those who attended and we value the suggestions participants have brought home to our chapter.

This year marks changes for our chapter in many ways. We voted as a group to amend our existing bylaws so that they were up to date. We are hoping that these changes will keep our and future members' activities in accordance with the Fraternity bylaws. Our most exciting plan for this semester is to begin an Alpha Alpha Alumni chapter. We are confident that by reaching out to past members through connections with our current members we will be able to start this promising group. We look forward to encouraging all graduating sisters to join and ideally keep this reactivated chapter strong for generations to come. Finally, we have been doing a lot of fundraising and we are eager to have a composite picture of our sisters taken to show our pride for this organization. Many of the other professional organizations at Temple hang their composite in the school and we would like to partake in this tradition. We expect that with these changes we can keep LKS strong for future sisters at Temple University.

We will continue the strong bonds of friendship we have formed by hosting a "Lamb's Nights Out" where we encourage all sisters to relax and enjoy time away from school together. We will also be holding a potluck dinner for our newest sisters to present homemade paddles to their Big Sisters. This event is always a favorite for our chapter and everyone is already eagerly arranging the details. We wish the best for all the other chapters and good luck in this spring semester!

ALPHA BETA



Spring 2011 brings in a new and exciting semester for the Lambs of Alpha Beta Chapter. As the Connecticut snow begins to finally melt, we are planning many fun springtime events to encourage sisterhood bonding and uphold the ideals of Lambda Kappa Sigma. We have many goals to achieve and each committee is working hard to form new ideas and plans for the semester. The Professional Committee wants

to spread awareness about current events and information happening within healthcare and medicine. For the month of February they have created a display case in UConn's student union to exhibit Women's Heart Health. They plan on continuing this awareness for a different health related issue monthly. They are also in hopes of planning a Pre-Pharmacy Interviewing Seminar to prepare our little Lambs as well as any Pre-Pharmacy student for their admission interview.

Coming up with new ways to keep in touch with our alumni members, the Alumni Committee has planned an event for April, in hopes of reconnecting with our alumni on a more personal level. In conjunction with the event, they also plan on sending out personalized notes and cards to keep Alumni more included and involved with the current sisters. They are also going to continue sending out Alumni Newsletters, and arranging a residency talk as well as a P4 Year responsibilities talk. The Community Service Committee has many new ideas that will certainly raise money for Project HOPE and continue the LKS tradition of helping and creating awareness for others. This semester they want to raise money for Hope for Haiti, by holding a raffle and awareness table set up at the student union. The Alpha Beta Lambs made personalized Valentine's Day cards which the Community Service Committee organized and sent to veterans. They are also in hopes of creating more community outreach opportunities for our chapter such as volunteering at our local soup kitchen. They are most excited for and planned to participate in the annual Pharmacy Fun Run.

The Fundraising committee plans on raising money by selling and creating finals care packages and School of Pharmacy Livestrong bracelets. They also want to continue with our Yankee Candle fundraiser and Penny Wars. Some new ideas they have are to participate in the Pharmacy School Spelling Bee, Tie-Dye-Day in the spring and hold another raffle such as guessing Professor Baby Pictures. Currently planning some fun and exciting ways to encourage sisterhood bonding, the Social Committee is arranging a chapter dinner in March for the sisters to unwind from the many exams of Pharmacy School and to learn more about each other, especially the newer Lambs. With all the events planned, this semester should be truly fulfilling and busy, but it will inspire us to all to work together. The Lambs of Alpha Beta Chapter are excited for all of our goals to be accomplished and hope that this is a wonderful semester for the LKS traditions to be upheld and that there is plenty of fun experiences for sisterhood bonding.

ALPHA ZETA



Greetings from the sisters of the Alpha Zeta Chapter in St. Louis, MO! We were very excited to start off this semester with an ice-skating recruitment event. We went to a local ice-skating rink in Forest Park and enjoyed spending some time with our sisters as well as potential

new members. Our new recruitment committee has been working hard to get quality girls interested in the ideals behind Lambda Kappa Sigma as well as to provide fun activities for any girls interested in joining LKS. We are doing a Valentine's Day movie night in the hopes of recruiting some new members for next year's NMO class tonight! Later on in the semester, we are hosting a Mani/Pedi night for girls interested in getting to know some members of Alpha Zeta Chapter of LKS and get some pretty nails in the process!

In the line of charity, we recently held a "Hearts for HOPE" fundraiser. We decided to do a Valentine's Day themed fundraiser, giving students the opportunity to send their peers boxes of Sweethearts, with the proceeds going towards Project HOPE. Later in the semester, we are planning to host a "Women's Health Week," raising awareness for major women's health issues. Each day of the week will have activities and learning opportunities associated with one of the major women's health issues today (namely heart disease, cancer, stroke, COPD, and Alzheimer's Disease). We plan to donate all funds raised during this event. In addition to this, many sisters are participating in a local Relay for Life event. Each sister will raise at least \$100 to benefit the American Cancer Society in hopes of finding a cure. Some of our sisters are in the process of going through Habitat for Humanity training so they can help to build housing for the less fortunate later on in the semester.

Our sisterhood committee has started planning our Formal Dance for the year, a time we use to get together with our sisters and give us a chance to dress up and let loose a little! This committee also has a Mother/Daughter Brunch and Daddy/Daughter baseball game in the works. We also have a team of sisters that are participating in our school's annual Homecoming Olympiad events, which include a pie eating contest, chili cook-off, tug-of-war competition, pyramid building competition, and an array of Minute to Win It games. Although we have a busy semester ahead, we look forward to spending time with our sisters and getting to know potential new sisters. We wish all the other Lambda Kappa Sigma chapters luck with all their endeavors this semester!

ALPHA ETA



A Lambie hello from New York! The Alpha Eta chapter has blossomed over the past year. We welcomed 14 new girls in the 2010 Fall semester. We had our 3rd annual "What Not to Wear" Dean's Hour, which was conducted by our own beloved Dean of Student Affairs, Dean Cicero. We focused on which attires are accepted and which were not in the professional world for women. We even had a small fashion show, where each girl who took part in the show, walked around the room and strutted their stuff! It was a success. For our next "What Not to Wear" Dean's Hour, we are going include which attires are appropriate for men to

wear in a professional setting.

During October, National Breast Cancer Month, we took part in the annual 3 mile Prospect Park Breast Cancer walk in Brooklyn. It was a success! Also, during this time we found out that one of our advisors was diagnosed with lymphoma, so we had a bake sale and raised over 200 dollars and donated it to her charity. We also raised money for our Educational Trust and Project HOPE through our bake sales. We also joined forces with our Campus Chaplain, Father Charlie Keeney, and took part in a canned food drive for Thanksgiving and a Toy Drive for Christmas. We had a Dean's Hour to help break the ice between the new orientees and the sisters. We also had Taco Night at a member's house, where we all got to know each other and bonded.

We started off our Spring semester with the initiation of 14 new sisters. We are looking forward to a fresh new semester full of fun, philanthropy, and bonding. We have planned a Valentine's Day Bake Sale, Heart Month Dean's Hour, March of Dimes Dean's Hour, pot luck, hoping to meet with our local chapters, and will join with Father Charlie for more philanthropic work. Also, we have our annual formal coming up in May, and have opened up the invitation to any LKS sister who will be around! Last but not least, we would like to wish every one a successful, wonderful, and productive semester! Good Luck. PS. Thank you to every chapter that sent us Holiday day cards! We loved it!

ALPHA THETA



A big hello to everyone from Alpha Theta Chapter at the University of Buffalo! We had a wonderful Fall semester, welcoming 20 new members. It has been great having them as a part of LKS and we look forward to making new memories together. Our Yankee Candle and Pins/Charm sales last semester were a success. We just had our annual Valentine's Day flower and sweets sale, which brought a little extra joy and sugar to brighten the day. Other fundraisers we are planning include a name tag sale and a poker tournament.

Over Winter Break a number of our members in the NYC area met up with our sisters from St. Johns. We bonded over an evening of food and ice skating. It was an excellent opportunity to meet with another Chapter and we hope to have more such events in the future. To take advantage of all the snow we have gotten, we started the semester off with a ski and snowboarding trip to Holiday Valley. Future events on the horizon include a Wine and Cheese Party, ice skating and a hike to the Eternal Flame Falls. We have also organized and are conducting several Wellness Clinics at a local Walgreen's, focused on offering the public free blood pressure readings and information on hypertension. The major service event coming up is Relay for Life. We are currently planning our booth and putting together a team. All together, this is looking to be a busy and productive semester. Here is us wishing our sister Chapters the best in the coming months!

COLLEGIATE CHAPTER NEWS Continued



ALPHA IOTA

Greetings from the Alpha Iota chapter at Ferris State University! We have had a great start to this semester with five charming rush events, including a murder-mystery dinner, allowing the potential new members to meet our girls and learn about the Fraternity. As a result, we have five beautiful new sisters joining our chapter this semester. On January 22nd, we had our Winter Formal in Traverse City, which was of course a fantastic evening and we got to see a number of our alumni come visit. This semester, we have continued fundraising for Project HOPE by selling snack items in the lounge at our College of Pharmacy. In addition, we hosted our first annual college of pharmacy chili cook-off, which was a huge success and raised a great deal of money for Project HOPE. We are also continuing our volunteer work at Metron, a local nursing home. The residents and staff there appreciate our involvement and the girls enjoy the time they spend helping out there. Our time is also spent at the local Walgreen's Pharmacy where we reach out to the community to help remind people to stay healthy by taking their blood pressure readings and talking to them about what those numbers actually mean for their health. On Saturday mornings, you can always find some of our girls doing their part for the community and environment by volunteering at the county recycling center. In addition, we help with perhaps what is the most fun volunteer activity, the campus-sponsored Safe Ride, on the weekends. Our chapter looks forward to our yearly Alumni Picnic on May 14th. Alpha Iota chapter gives our best wishes to all the other chapters and we hope that everyone has a fantastic rest of the semester!

ALPHA KAPPA



After initiating 51 wonderful new girls in the fall, the Alpha Kappa chapter has gotten off to great start in the new year! In January, we went to Asheville, NC for our annual winter retreat. We had a great time getting to know our sisters, visiting the Biltmore, and going skiing. Our fall philanthropy is the local "In Their Shoes Breast Cancer Walk." The 2012 walk has been scheduled for October and our planning committee is already working to prepare for next year's walk. We are currently selling college of pharmacy sweatshirts as our spring fundraiser and we're planning PIG OUT for Project HOPE as our spring philanthropy, which is a 4 day stretch of percentage nights at local Athens restaurants to benefit Project HOPE. Some other events we are planning this semester are a dinner for our big brothers, a spring formal, and parent's weekend. We are hosting a speaker to celebrate Hygieia Day and will be participating in our College of Pharmacy's Relay for Life team.

ALPHA LAMBDA



Greetings from the Alpha Lambda chapter in Vancouver! We ended the last fall semester by celebrating with a wonderful Christmas Turnover dinner for our members. With great food, secret Santa and bonding with fellow Lambs, we made the event a night to remember. We started the new year with new ideas and plenty of energy. The goal for our chapter this year is to have more social and charity events to bring all the Alpha Lambda members closer together! We have already had our first group volunteering activity in a soup kitchen in downtown Vancouver last winter. In February, we had a bowling social that fundraised for one of our members to participate in the Ride to Conquer Cancer for the BC cancer agency.

Because we are from the great white north, an ice skating social is a must, eh? We had a fantastic time this February at UBC's Thunderbird Arena, the venue used for several men's and women's ice hockey games at the Vancouver 2010 Winter Olympics. Since last fall, we have been working hard to prepare for our annual Manufacturers' Night in March. This year we are expecting 21 manufacturers to attend! Right now, we are busy putting in the last touches and making every detail perfect to welcome the students, the faculty and the manufacturers to this event. A great portion of the money generated from this will go towards charity. More social events and fundraisers are being planned for the next few months. We are looking forward to an outstanding year!

ALPHA MU

Greetings to all of our fellow sisters! My name is Yasmin Parker and I am delighted to represent the ladies of Alpha Mu Chapter here at The University of Toledo. It has been a very busy school year and we simply cannot believe how fast fall semester has flown. We had a fantastic time at Formal which was held at the Hilton Hotel on our very own Health Science Campus. Upon resuming school after Christmas break, we enjoyed our annual Winter Celebration filled with food, fun, and friends. We recently participated in Relay for life and are happy to report that the Lambies of Alpha Mu chapter raised over \$1500 for the cause, coming in third out of 47 teams. I would like to extend a special thanks to our Relay for Life team coordinator Rachel Dalton for all of the hard work she put in to ensure that the event was a success and that our chapter made a real difference. With respect to fundraising, we plan to end the year with various bake sales as well our annual peanut butter egg sale. Additionally, our Project HOPE fundraiser is currently in the works and we anticipate it will be a great experience as well as a great way to give back.

ALPHA NU



Greetings from the Alpha Nu chapter at the University of Kentucky! We can't believe there are only a few months left in this school year. This year has flown by for our sisters who have been busy with service projects and social events. In December, Alpha Nu sponsored 47 children through the AVOL Angel Tree program. AVOL helps provide aid for families in which a parent has HIV/AIDS. Our chapter organized a college-wide effort to provide small gifts, or "stocking stuffers" for these children. We also hosted our annual Mistletoe Mingle formal event in December. We changed venues for the event this year, and we had a great turnout! This event was health-college wide, and included attendees from the medical, dentistry, physician's assistant and physical therapy programs.

Each year, Alpha Nu sends a group of first-year professional sisters to the local VA hospital to visit with the veterans and give them valentines. This annual project, named Valentines for Vets, was a success this year, with about 15 girls attending. Our chapter is looking forward to several more events in the remaining months of the semester! We will be hosting a Mardi Gras party for the entire College of Pharmacy at the beginning of March. Elections for the upcoming 2011-2012 year will be held within the next month, and the officers will be formally transitioned into their new roles at our annual Parent-Member Brunch in April. Alpha Nu has had a great year so far, and we are excited to see everyone in Detroit this summer!

ALPHA XI



The sisters of LKS are hard at work studying for midterms. Although the pressure is on, all the sisters have still found time to have fun. Our three rushes were a great success! This is the most potentials that have come out to rush for our fraternity in a while. The sisters were very excited and the atmosphere at each rush event was great. Our first rush was an evening of cookies, brownies, cakes and more sweets. We started off doing what girls do best, socializing. Talking about anything under the sun, we tried to get to know our potentials. After an introduction from our amazing rush chairs, Jen Lee and Tiff Chu, we played some fun icebreakers. The first was going around in the circle and describing yourself with one word. The game really got the ball rolling and we led into

another icebreaker where we were given random subjects to talk about for five minutes. We got some interesting responses. Whoever could come up with the most creative responses won.

The As Seen on TV theme for rush #2 was a hit. We worked on team building activities. The first fun game was to name your favorite As Seen on TV item and act it out to the rest of the group. The shake weight, bump it, and magic bullet were just a few that brought laughs from all the sisters and potentials. We then played a newspaper scavenger hunt. The game got pretty heated as sisters tore the articles and ran up to give them to the judges. The sisters came out in their best dresses ready to mingle with the potentials at our third rush event, a wine and cheese party. We all met many great girls, which could really contribute to LKS. Hopefully we will be seeing a great pledge class in the future. Some alumni came out to reconnect with the sisters and meet the potentials. It was great to bring together the veterans and possible new members.

ALPHA OMICRON



Greetings to all! Our Alpha Omicron chapter is working hard to coordinate the Relay for Life for our pharmacy school. This event is a time to celebrate the lives of people who have battled cancer, remember loved ones lost, and fight back against the disease. Our pharmacy school has been the top team in fundraising for over 5 years at our event. This year's event will take place on April 15 at 7 pm at our track.

We have been doing various activities to raise money including bingo, restaurant fundraisers, and selling yearbooks. We had Vera Bradley Bingo last fall that was advertised and open to the public. Seventy-seven students, their family members and friends, and some general public came. People bought 20 cards for \$20 to play. Then additional cards were sold at \$1 a piece during the game. One Vera Bradley purse was given away as the prize for the first person who got a bingo for each game. We also raffled off a Vera Bradley cosmetic case, and had baked goods and drinks available. Furthermore, we had a container set up for donations. We made a little over \$1,000 at this event. In addition, we had a night at Applebee's where fellow students, faculty, and staff brought in a flyer and 15% of their bill was given to our fund. We had about 135 people get involved with this event and we made about \$250. Future planned fundraising for this event involves selling Sarris pretzels and t-shirts. We will also be having one more Vera Bradley Bingo on April 3rd at our school. We hope to be the top fundraiser again this year!

On another note, we have been busy doing other activities as well. Recently, we made Valentine's Day cards to be given to residents of an assisted living facility. This event gave us a chance to show our creativity and it was very fun! We called the whole thing a Pink Party. We also had food and desserts that were pink/Valentine's day themed. On top of all of this, we have also had our annual Christmas party, went ice-skating, and cooked dinner at our

local Ronald McDonald house. Some of our plans for the rest of the semester include going to the Children's Hospital, the local WOW factory to make pottery, and cook dinner at the Rosenbaum House.

ALPHA PI



Greetings from Alpha Pi in New York City! We are starting this new semester off with the addition of five wonderful new sisters, Lena Shiu, Maryam Azam, Laura Ryan, Zinnia Yu, and Xzavia Mason. Over winter break we organized a get-together with our fellow Alpha Eta, Alpha Theta, and Pi Chapters which included dinner at Times Square and ice skating at Bryant Park. We also reconvened at another mixer with our sisters at Pi chapter by taking a trip to Rutgers. In addition to branching out, we have been serving our community by serving food and providing as well as receiving company at St. Nick's Men's shelter and going out to provide food and exchange conversation with those without homes in NYC during Midnight Run. With the upcoming spring semester comes our Relay for Life Fundraiser to raise funds for the awareness, prevention, treatment, and research of cancer. All of us here are very excited for the upcoming events, and look forward to welcoming more outstanding potential new members. We send Lambs Love to all of our sisters!

ALPHA RHO



Greetings from Alpha Rho! We can't believe how fast time is flying in Boston, especially since it's been cold and snowy all winter. We're excited for Spring though and all the volunteering, social and professional events that the semester will hold! Last December, we welcomed lots of new sisters into our chapter. They did a great job during the semester and really showed that they were going to be a great addition to the Fraternity. They raised money for Project HOPE and our chapter, and gave some kids a wonderful afternoon at the Boston Medical Center Halloween-Town Fair.

We started off the semester by volunteering at the AstraZeneca Hope Lodge, a place where people with cancer can stay while receiving treatment. It was really moving to hear their stories, and we were glad to brighten their cold winter day with hot chocolate and home made valentines. We also worked at Rosie's Place, a shelter for poor and homeless women in Boston. In the next few months we will be working with the Relay for Life and raising money to help people with cancer. Hygeia Day is also coming up and we look forward to raising awareness for ovarian cancer within our school and around our campus. Alpha Rho has also been doing fun sister events with karaoke or brunches on the

weekends. It's always fun to have the sisters get together outside of class when we can relax and have fun before going back to studying. We still have a lot more in store for the semester with more sister bonding and community service. We look forward to seeing everyone in Detroit at the annual convention!

ALPHA SIGMA

Regardless of the many challenges, Alpha Sigma seems to always overcome them. New Year, new pharmacy curriculum, new challenges, and we are ready for them all. Our recruitment process this year will be a little different from our previous years in terms of time and location due to our campus split. Our P2 are now on our campus located in the Texas Medical Center, while P3 are on both campuses and P1 are on the main campus. It's difficult for us to come together when we are on the same campus, let alone different ones, but no worries here because Alpha Sigma will rise to the occasion. We still plan on this being the best recruitment year possible.

We recently had our first interest meeting for prospective Lambs, which was a great success and has us all eager and excited for what our New Year holds. Alpha Sigma is ready for this year's orientation process. This upcoming semester we plan on having various events like Earth Day, a middle school function, and breakfast with Lambs, March of Dimes and our annual awards banquet. So until next time, Lambs, we'll see you ladies in Detroit.

ALPHA PHI



Spring Greetings, fellow Lambs, from the Alpha Phi Chapter at Wilkes University! Alpha Phi had a very eventful fall semester, and we are proud to announce that we welcomed the addition of eleven new members to our chapter this fall. We ended the semester on a high note by holding our annual Turkey Tea, which included a lot of food, fun, as well as a tremendous amount of monetary and toy donations for Toys for Tots.

So far we are off to a great start this spring semester. We have already held two social activities, which included an ice cream social at a local dairy farm, and bingo night for the entire School of Pharmacy here at Wilkes. We are looking forward to planning several more social activities, including bowling night and our annual end of the year banquet and formal. In addition, we are going to hold two fundraisers this semester. We decided to sell Sheetz coupons again, as well as homemade pierogies from a local bakery. Our chapter plans to continue our ongoing Vials for Life campaign and participate in the annual health fair held at Wilkes University. For Hygeia Day, we are going to have a speaker come in and discuss a Women's Health Issue. With everything that we have planned, we hope that this semester will be busy and productive. We are looking forward to being able to share more details with everyone at Convention this summer. We hope to see everyone there!

COLLEGIATE CHAPTER NEWS Continued



ALPHA CHI



Greetings to our fellow Lambs from Alpha Chi Chapter! This fall we welcomed 10 new members into our chapter. This past semester has been the best one yet. Alpha Chi chapter

was lucky to have two additional new advisors, one of which is an LKS alumni. We have had two very successful fundraisers, which included of selling tickets for baskets of pharmacy books and a karaoke night for Project HOPE. We have continued our Seminar speaker series by inviting Dr. Jessica Boss, who talked to us about Palliative Care. A few of our members raised awareness about prescription drug abuse to local high school students through an interactive presentation and jeopardy game. The presentation was well accepted and we have been welcomed back for May. For our community service this semester, we went to MedWish in Cleveland to help sort medical supplies. These medical supplies were typically donated by hospitals and shipped to areas in need like Haiti. We also

held a canned food drive for a local shelter and collected over 150 canned foods.

This spring we will welcome Dr. Rebecca Taylor, Dr. Stacy Schneider, and Dr. Sara Dugan to speak for us as well! We will also be involved in the 2nd annual Etiquette Dinner, at which we plan and put on a fashion show--students model the "do's" and "don't's" of professional dress! Last year this event was a great success and we hope for another great turn out this year as well. We are looking forward to hosting our first annual HOPE waLKS 5K at the beginning of May! We look forward to a very busy, fun, and successful spring semester. As our chapter continues to grow and bond, we wish all the chapters the best of luck!

ALUMNI CHAPTER REPORTS

ALPHA ALUMNI



Alpha Alumni Chapter will be celebrating Hygeia Day on March 24 at MCP. Our speaker will be Professor Philip Wizwer, who is an expert in geriatric pharmacy and will speak about Alzheimer's Disease.

Numerous alumni members were installed as officers in the Massachusetts Pharmacists Association at their Awards and Installation Banquet held in September 2010: Christine Perry, President, Anne McDonnell, Chairman of the Board and Kathy McTernan, Vice President. Also at the Banquet, Alpha Alumni member Donna Horn was presented with the Bowl of Hygeia Award. Congratulations to all!!!

We are currently fundraising for the centennial in 2013 in Boston. Our items for sale in Pittsburgh were such a big hit, we are planning on having our tote bags, blankets and jewelry for sale again in Detroit. We encourage all sisters to block some time out of your schedule in the summer of 2013 to come home to Boston. It will be a celebration and gala that the Fraternity has never seen before. We have been slathering on our anti aging cream so we won't look a day over 100!!!

Finally, Christine Perry, who has served as the Fraternity Advisor for Alpha Chapter since 1991 will be retiring on April 16, 2011 from her role to focus on the Centennial and pass the blue and gold baton to the next Advisor. For the past 20 years she has served with honor and distinction, coached and advised, cheered and supported the collegiates of Alpha Chapter. We thank her for her service and dedication to Alpha Chapter.

EPSILON ALUMNI

Hello from Epsilon Alumni chapter! Hold on to your hats...we had another live meeting! On a roll now! Keely, Jenny, Nicole, and Dixie met at the Olive Grove restaurant in Linthicum, Maryland. Plans were begun for our first alumni Hygeia Day celebration, with an invitation to be extended to the collegiate chapter to join us. Also discussed were the upcoming dues deadline, insurance increase, upcoming elections and the progress of the B.Olive Cole Leadership Lecture.

Speaking of that! Dixie met with Dean Edington of the University of Maryland Baltimore School of Pharmacy recently and plans are underway for the first lecture to be held in March of 2012. This lecture will be focused on leadership development and will be broadcast live and then posted on the University of Maryland SOP website after the lecture. A planning committee is being formed to start work on this important and exciting adventure. Our members are excited about joining our fellow Lambs in Detroit this summer!

TAU ALUMNI

Tau Alumni ended 2010 with a Christmas party on the Duquesne University campus. It was a fun evening spent with both collegiate and alumni members, reminiscing about the recent Convention, playing Christmas Bingo, trivia games and eating a picnic dinner complete with hamburgers and watermelon... just wishing it was warmer! The alumni were proud to present the Manzione Scholarship to Shaina Bernard, an energetic and extremely deserving collegiate, at the Christmas party. If you attended the Convention this past summer, then you saw Shaina in action. Her energy and organization skills are unsurpassed!

Speaking of being proud, Tau Alumni are also beaming from the accomplishments of one of their own. Donna Hazel was presented the 2010 Pharmacist of the Year Award by the Pennsylvania Pharmacists Association (PPA). She also received the 2010 George H. Searight Memorial Award from the Pennsylvania Pharmacists Association for the work that she's done with PPA and the Allegheny County Pharmacists Association as president. Join the Tau Alums in congratulating Donna for this recognition. Congratulations are also in order for a Tau Alum who recently tied the knot ... Karen Hayes Christy. The beginning of 2011 brings cold temperatures, snow and planning for our annual raffle ticket sale. Our beloved groundhog, Punxatawney Phil, indicates that warm

weather is on the way... which is the perfect time to sell chances for a Nordstrom's gift card... and perk up the Spring wardrobe!

CHI ALUMNI

In November we attended the Chi Collegiate initiation at Susan Lakey's house and furnished gifts to the 13 new members and refreshments for all. At the December meeting, we brought food or money contributions for a local food bank, signed Christmas cards for sisters who are far away, and had a cookie exchange. In March we planned for our Spring dinner, where we honor Chi's 2011 graduates, and for Convention. We are looking forward to seeing lots of sisters at the upcoming APhA meeting in Seattle. Pat and Bob Tanac (Past Grand President and Patron) celebrated their 65th wedding anniversary in February.

ALPHA PHI ALUMNI

The Alpha Phi alumni chapter is excited to be planning its first official meeting. The meeting will be taking place in Seattle, WA in conjunction with the APhA Convention due to several alumni attending the meeting. A few of the alumni have welcomed the new collegiate members by hosting a BBQ and attending a recent meeting and dinner. The chapter members are excited to be planning upcoming projects and activities. The chapter is also looking forward to Convention in Detroit.

ALPHA RHO ALUMNI

Greetings from the Alpha Rho Alumni Chapter! After several years of anticipation and planning, we are up and running and looking to grow our numbers. While our locations vary across the east coast, we successfully communicated via email this year. We would like to recognize Vrinda Bhat, Maria Ousterhout and Sara Smith for completing residencies/fellowships this past year. Additionally, Christina Procaccianti continues to be involved as the Fraternity Advisor for Xi Chapter. Now that more of our members have completed residency and fellowship training, we are ready to become more involved and develop our chapter. Our short term goals include creating a Facebook page for our Alumni Members and encouraging at least 2 Alumni Members to attend Convention in Detroit this July. We hope to see you in Detroit!



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SCHEDULE OF DEADLINES & UPCOMING EVENTS

April 1

Alumni Dues due to the IO

April 30

Deadline for nominations for LKS awards:
Distinguished Young Pharmacist of the
Year, Merck Vanguard Leadership Award
and Advisor Award

June 1

Deadline for submitting all
financial obligations, initiation fees,
master member input sheets for
graduates, officer roster and annual
history report

June 30

Early-Bird Registration Deadline for
LKS Annual Convention

July 27-30

LKS Annual Convention – Detroit, MI

September 15

Deadline to send in updated officer roster
to the IO

October 14

Founder's Day

October 15

Deadline for Blue and Gold Triangle
articles and chapter news

Nov 1

Deadline for Educational Grant
Applications, collegiate dues and
convention delegate fee