



# BLUE & GOLD TRIANGLE

LKS

SPRING  
2013

*Lambda Kappa Sigma*

*"Promoting the Profession of Pharmacy Since 1913"*

## *Lambda Kappa Sigma*



1913-2013  
Celebrating 100 Years  
of Women in Pharmacy

### 2013 Convention ~ Join us in Boston

Learning To Lead ~ Page 7 • Boston ~ Page 8 • WHI: Diabetes ~ Page 9

## The Blue and Gold Triangle Of Lambda Kappa Sigma

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

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

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**LKS Grand President**  
**Jenny Brandt**

As we begin the Centennial  
Celebration of Lambda Kappa Sigma,  
it is the perfect time to reflect on  
our past, while we continue to look  
towards the future. When Ethel J.  
Heath and the founders of the Lambda  
Kappa Society first met in 1913, they  
had no idea what LKS would become.  
In a time when women were not even  
allowed to vote, these women saw a  
future, a future when women could  
be equals to their male counterparts.  
Through their leadership and support  
of one another, the founders planted  
the roots of the organization Lambda  
Kappa Sigma would become.

Leadership is a word that is over-  
used in today's society. Truth be told,  
there are very few true leaders. Leaders  
are by definition visionaries, always  
looking for creative solutions that can  
solve problems and advance their  
group. Leaders push the boundaries  
and see an issue in a broader context,  
doing what is best for the group rather  
than themselves. Most importantly,  
leaders must effectively communicate  
their vision to others and gain buy-in.  
Our founders were the embodiment  
of leaders. These women were looking  
for a way to provide support to one  
another so that they could succeed in  
a man's profession. They creatively  
solved the problem by starting a lun-  
cheon club. This small luncheon club  
has grown into an organization that  
has helped to support and develop  
thousands of young pharmacists.

A few people are lucky enough to  
be born leaders. The good news is that  
leaders can be developed, something  
LKS has been doing for 100 years. The  
experiences we gain help to do this.

We are given a chance to lead in a  
"safe environment". Even if we are not  
a President, we still lead. By partici-  
pating, assisting your leader, setting  
an example, and being willing to do  
what others are not, any member of a  
group can be a leader. Sometimes, this  
means taking the path less travelled if  
it is best for the organization. As part  
of a group, we learn just how impor-  
tant effective communication is and  
participating in the group can help  
us hone those skills. Being a member  
of Lambda Kappa Sigma also helps  
us expand our circle of acquaintanc-  
es. These acquaintances can help us  
exert influence and share our vision.  
Without Lambda Kappa Sigma, few of  
us would have become the leaders we  
are today.

Part of a leader's role is to help  
develop future leaders. After all, no  
one is in a role forever. If you are lucky  
enough to be in an official leadership  
role, you can certainly have an impact  
on the development of others. First,  
you must realize that a leadership  
team is more effective than just one  
leader. This means that you must del-  
egate. A leader will allow others to try,  
and do so with support, not interfer-  
ence and micromanaging. Even if the  
person fails, a leader will help by using  
it as a teaching experience. People  
learn by doing. A leader will also uti-  
lize the strengths of their followers to  
their advantage. A leader recognizes  
their own weaknesses and surrounds  
themselves with those that can fill  
those voids. This also means that the  
leader must recognize the strengths of  
those around them. A leader must also  
model the behavior they desire and  
acknowledge and reward the group's  
successes.

Becoming a leader is a difficult  
journey that unfortunately takes time.  
You must learn by trial and error. I  
think we can all agree that this is easier  
to do among a group of allies all reach-  
ing for the same goal. This is the role  
that Lambda Kappa Sigma can play,  
which was the vision of our founders  
100 years ago.

**Jenny Brandt**  
Grand President

# The Educational Trust, Spring 2013

## by Nancy Horst, Chair, Trust Liaison Committee

The central purpose of the Lambda Kappa Sigma Educational Trust is to provide grants to our student members to help in financing their pharmacy education. Eight grants of \$1000 each were announced in January. Winners of Cora E. Craven grants were Deborah Bourquin (Omicron), Beth Moore (Alpha Nu) and Alexandra Rouse (Epsilon). Maggie Ladlie (Alpha Zeta) received the Mary Connolly Livingston grant, Courtney DesJardins (Xi) the Norma Wells Loyalty grant, and Emily Fisher (Omicron) got the Adele Lowe Leadership grant. The first Marilyn and Joe E. Haberle grant went to Jillian Dempsey (Alpha). The B. Olive Cole Graduate Study award went to Courtney Barnas at the University of Rhode Island. Congratulations to all these loyal sisters! And many thanks to the Educational Grants Committee—Carrie Molesa, Chair, Patti Lozano and Marijo Kraisinger for their hard work in screening all the applications and determining the winners.

We were saddened to learn of Avis Ericson's death in December. She had been a member of the TLC for many years and served as Chair from 2008-2011. She also served as Grand Secretary for 8 years, Grand Vice President for Collegiates, Honorary Advisor, and received the Award of Merit in 2006.

The annual fall appeal for 2012 has raised about \$12,000 so far. Thank you very much, if you have already contributed. If you haven't yet, please send in your check to the International Office as soon as possible. You can also donate online through the LKS website. If you belong to a chapter that has an individual chapter fund within the Trust (Alpha, Eta, Tau, Alpha Zeta, Alpha Pi), you can designate your gift to go there, or to the general Trust fund, or to a specific named grant. Your loyalty and support of the Trust are much appreciated.

Another way to raise funds for the Trust is the annual auction at Convention. There will be both a silent auction and a traditional one at the Trust luncheon on Saturday. Please be looking for items you can bring to Convention for the auction, such as LKS and pharmacy memorabilia and other items of interest, and email Nancy Horst at [nhorst5911@aol.com](mailto:nhorst5911@aol.com) with the details.

Generous bids brought in over \$7,000 last year in San Diego. It would be great to equal or exceed that next July in Boston. All of the Trust Liaison Committee members are looking forward to a fantastic 100th anniversary Convention. Thank you again for all your donations, past and present! We will see you in Boston!



2013  
Mary Connolly  
Livingston Grant  
Maggie Ladlie  
(Alpha Zeta)



2013  
Norma Wells  
Loyalty Grant  
Courtney  
DesJardins (Xi)



2013  
Cora E. Craven  
Grant  
Deborah  
Bourquin  
(Omicron)



2013  
Adele Lowe  
Leadership Grant  
Emily Fisher  
(Omicron)



2013  
Cora E. Craven  
Grant  
Beth Moore  
(Alpha Nu)



2013  
Marilyn and Joe E.  
Haberle Grant  
Jillian Dempsey  
(Alpha)



2013  
Cora E. Craven  
Grant  
Alexandra  
Rouse  
(Epsilon)



2013  
Dr. B. Olive Cole  
Grant  
Courtney Barnas  
(Xi) at the  
University of  
Rhode Island

**Our apology...** In the fall issue of the Triangle, we printed the names of our generous contributors to the LKS Educational Trust and inadvertently omitted the name of a long-time Trust supporter, Nancy Lyon. Thank you, Nancy, for your loyalty and continued support of the Trust!

## Grand Presidents' Reflections On Lambda Kappa Sigma

As Lambda Kappa Sigma approaches the 100th anniversary of its founding on October 14, 2013, we asked the women who have led LKS as Grand Presidents to reflect on the Fraternity during their term of office. Each is playing a key role in the centennial on the Fraternity's Centennial Committee and serving as ambassadors for the Fraternity during the centennial. When you meet and greet them in Boston, take the opportunity to network with them and gain knowledge from their leadership experiences.

### Patricia Tanac, Chi, GP 1966-1970

Serving the Fraternity for two terms as Grand President was rewarding. One of my goals was to visit many of our Chapters during my terms in office. I visited 39 Chapters in our 5 Regions at that time. The Chapters were very responsive and appreciated a visit from a Grand officer of our Fraternity.

During the 20th Biennial Convention, Lambda Kappa Sigma Sorority became officially Lambda Kappa Sigma Fraternity to conform with the Professional Panhellenic Association. Also at the Convention it was voted that Chapter Delegates would be reimbursed for their airfare to Biennial Conventions.

Attending the Professional Panhellenic Association Convention in Florida was the highlight. Julia Pishalski, our past Grand President, presided over the meeting. 450 Fraternity women were present. It was an Honor and very fulfilling to be President of Lambda Kappa Sigma Fraternity.

### Marilyn Haberle, Alpha Zeta, GP 1974-1978

As GP and throughout my LKS membership, it has been my privilege to interact with many distinguished people. I met some of you as students, and then I had the joy of watching you grow and blossom into leaders of our profession. I represented our Fraternity at PPA, IRAC, and then PFA meetings. I represented LKS at the 200th Anniversary of the American Fraternity system in 1976 at Williamsburg, Virginia. These associations and interactions all helped me to serve our Fraternity a little better.

There were some challenges. I was overwhelmed when I met with immediate Past GP, Adele Lowe, to discuss the best way to transfer Fraternity materials from her home to my home. We decided that we needed a new system. At the 1975 interim GC meeting it was decided that we would purchase a four drawer file cabinet to store the Fraternity records at the NIC headquarters in Indianapolis, Indiana. They offered us this solution to our dilemma for \$1 per year. As we sorted through the letters and documents, we found the original Articles of Incorporation. With

legal guidance we were able to reinstate that document.

Then there was the Title IX situation. I may be the only GP to have been hanged in effigy at one of our campus sites. Some of our chapters were threatened with expulsion because we were considered to be non-compliant with the Title IX guidelines. We sought legal counsel and applied for a special exemption from the Department of Education. We never received an answer to our petition, but as long as it was pending, our chapters were safe.

### Judith Riffie, Alpha Omicron, GP 1978-1982

The four years of my presidency were distinguished by the attention and energy given by the Grand Council to the repercussions to the Lambda Kappa Sigma membership by passage of Title IX of the Education Amendments.

In 2012 we celebrated forty years of Title IX. Many people are unaware of the legislative activity brought about by this law. On June 23, 1972, Title IX of the Education Amendments was enacted by Congress and was signed into law by Richard Nixon. The sponsors of Title IX were Birch Bayh (Senate) and Edith Green (House of Representatives). The overall aim of Title IX was to prohibit sex discrimination in any educational program or activity receiving any type of federal financial aid.

The "fallout" from the passage of Title IX in terms of potential effects on the membership of LKS was quite significant. Our professional fraternity was created to promote the profession of pharmacy among women and to advance women within the profession, and by tradition had been limited to a female membership. The obvious question was whether or not this tradition could continue or would we be forced to change to a coeducational membership by the tenants of Title IX?

Of particular interest to the Grand Council was that listed at the time of the passage of the law were some exceptions. Among the exceptions to Title IX was a notation that the potentially far-reaching effects of the law "shall not apply to the membership practices of social fraternities and sororities which are exempt from taxation under 501(a) of Title 26". LKS retained an attorney to explore the opportunity for our fraternity to be included under this exemption, or any other legal pathway by which our organization might be included as an exception. Meanwhile, an immense number of challenges to the requirements of Title IX were formulated. In 1976 the NCAA even challenged the legality of Title IX. Virtually all of the efforts were unsuccessful, whether offered by congressional representatives or senators; the results were that the proposals "died in committee" or were rejected by vote.

July 21, 1978 was the deadline for high schools and colleges to comply with Title

IX athletics requirements. At this point, our attorney advised Grand Council that the opportunities for obtaining an exemption from the requirements of Title IX for organizations such as LKS were growing dim. In spite of the fact that our chapters did not directly receive federal funding, the fact was that most of them were recognized by their universities as "official campus organizations". Virtually all colleges and universities, whether public or private, in some shape or form do receive federal funding, and therefore the connection to an entity which does receive federal money was undeniable for most of our chapters.

In 1980, the Department of Education was established and given oversight of Title IX through the Office for Civil Rights (OCR). The administration and regulation of Title IX through the OCR resulted in a much more complicated scenario for interpretation of the law. Eventually, concerned about the undetermined extent of legal fees for the purpose of achieving an end that was seemingly now unattainable, the Grand Council of LKS made the decision to open LKS membership to both men and women.

Of particular interest now is my current perspective: Title IX has achieved opportunities for women to participate and excel in activities previously relatively inaccessible to them. It seems somewhat ironic that as an organization founded to advance women within the profession of pharmacy, our attention forty years ago was so focused on our membership selection process. LKS remains a vibrant organization with the continued purpose of developing its members as leaders and individuals while encouraging a high standard of professional ethics and scholarship. Our continued force within our profession is ever bright, and we are grateful that the experiences of our past have been effective in shaping our future.

### Mary Grear, Alpha Zeta, GP 1982-1984

Serving as the Grand President of LKS during a period of growth and organization was indeed a privilege. During my tenure from 1982-84 we continued the work of organizing and formalizing an international office for the Fraternity. We also established the position of Executive Director and I was honored to serve LKS as the first Executive Director from 1984-1994. Locating alumni and expanding our database was ongoing and computerized. We worked closely with Gloria Francke, Honorary Member, and the APhA Office of Women's Affairs, and became one of the key organizing groups for the first International Symposium on Women in Pharmacy that would be held in London in 1987. We also worked with women physicians at the National Institutes of Health to encourage testing of medications in representative populations including women,



## Reflections (continued)



children and the elderly. Educational programming was focused on women's health as we reached out to encourage alumni members to remain active in the Fraternity. Work continued with the Professional Fraternity Association, and I was again privileged to serve as PFA Secretary (82-84), following in the footsteps of Frances Curran who had served PFA as Secretary and Marilyn Haberle who had served as PFA President.

The first annual fundraising program began with the "Campaign for Progress" in 1983. This successful campaign coupled with an intense effort to revitalize alumni support and interest unveiled a new era of alumni participation in Lambda Kappa Sigma. The Association Management Leadership Program began in 1986 which I supervised as Executive Director. The program was designed to bring a student to the International Office to complete a summer internship in association management. Susan Zetzel (Phi) became the first summer intern. In 1988, the program was enhanced through funding from the Merck Company Foundation. Jacqueline Mele (Pi) was chosen to fill the position in 1988; Rhonda Lawson (Alpha Zeta) 1989, Christine Perry (Alpha) 1990, Nicole Berthune (Xi) 1991, and Christine Simpkins (Xi) 1992.

### Patricia Kienle, Eta, GP 1984-1988

LKS has always been an evolutionary organization, and the 1984-1988 years were no different. We changed from running the Fraternity as a cottage group (out of our homes) to establishment of an International Office with an Executive Director. Of course, we still depend on the generous time and efforts of Grand Council and committee chairs and members; that is the essence of our Fraternity.

Two watershed consensus conferences in pharmacy, "Pharmacy in the 21st Century" and "Directions for Clinical Practice", provided opportunities for our growing number of members to serve in more prominent leadership positions. Even as the percentage of women pharmacist graduates grew (though not yet the majority), we recognized that we needed to remove gender references from our bylaws, which was done in 1988. LKS started new publications to target our members, including LinkS, new member brochures, and an alumni directory. We started our successful Women's Health Initiatives, which provides information and opportunities to improve specific health issues common to women.

The end of my presidential years culminated in the 75th Anniversary Convention in 1988. It served as a catalyst to bring together many sisters who had only limited contact with LKS since their graduation. Many remain very active members today. Let's hope that the same spark will occur as we look forward to 100 years of our Fraternity.

### Ruth Brown, Eta, GP 1988-1990

As a student at PCPS, now the University of the Sciences, I made a decision to join LKS because of the friendships I had developed with my classmates and with some upper class members as well. Those friendships continue to this day. Once I made the decision to become an LKS sister, I met an interesting individual who probably had the greatest influence on me with respect to my involvement in the Fraternity. That individual, of course, would be the iconic Frances Curran. Mrs. Curran (I never did get used to calling her "Frances") loved LKS. It was she who, long before the era of technology, ran the Fraternity virtually singlehandedly from her dining room using lots of paper, index cards, shoe boxes, or whatever it took. It was she who coached, prodded, and led me right into Grand Council service. I have never regretted any minute of that service.

Even though I had served Grand Council in a variety of capacities, the thought of becoming Grand President was still a bit overwhelming. However, with the support of Mary Gear as our Executive Director, and Patti Kienle, my GP predecessor and dear friend, I was able to survive. It was a lot of work and responsibility but I truly did enjoy my term of office.

Two events stand out for me. The first came on the very night of my installation at our 75th anniversary Convention in Boston. As is our tradition, a gavel is passed from president to president. Instead of my friend Patti passing the symbol of our highest office, I had the honor of being presented the gavel by another of our Fraternity icons, past Grand President Norma Wells. Norma and her sister Clara, native Californians from a historical family who were charter members of Zeta chapter, donated the gavel made of California redwood to our Fraternity. It seems like a small gesture but it is truly a moment that I will never forget.

The second memory comes from one of my last official duties as Grand President. At our Convention in Lexington I had the pleasure of initiating members from our chapter in Japan. They were so excited; their enthusiasm was palpable! Watching them grin from ear to ear even though I'm sure they were having difficulty understanding the words was an absolute joy!! I still have and treasure the gifts they gave me that day.

Joining LKS as a freshman, I was in it for the whole college experience. Never did I dream that my involvement would take the path that it did. Forty-fours later I'm still here and hope to be so for many years to come.

### Marilyn F. Harris, Tau, GP 1990-1992

For the first time we had a student repre-



sentative, Christine Perry, as a full voting member of Grand Council. Since we still had four regional meetings in the year between Biennial Conventions, Mary Gear, Executive Director, and GC developed a traveling program that would be substantially the same at all four meetings. During my biennium I attended the FIP in Washington D.C. and initiated into LKS seven outstanding women pharmacists, including our first Japanese sister; installed the Washington Metro Alumni; travelled to the northwest to present the 50th year certificate to Chi Chapter; with Jennifer Rhodes, Regional Supervisor, visited Alpha Lambda; and installed the Omega Alumni Chapter.

The most notable by-laws change at the Biennial Convention in Charleston SC was to change convention voting for Grand Council members to a mail ballot starting the next biennium. The long and difficult discussion deciding how to proportion the votes so that alumni and collegiate members would be equally weighted ended in a tie vote. I voted against the motion. WOW! That night we had our "fun" night but no one was happy with me and I felt like the "bad guy". At the following business meeting a new motion, although a bit complex, gave both collegiate and alumni members an equal representation in the voting process. That formula for the mail ballot for Grand Council officers is the one we use today. In the years since I have enjoyed our growth and seen some of those seeds we planted grow, mature and become part of LKS.

### Donna Dancer, Alpha Iota, GP 1992-1994

I am so honored to have served as Grand President of Lambda Kappa Sigma. My work situation allowed me to be able to attend all the Regional Meetings held the Biennium, along with other pharmacy meetings; so I was able to see members across the country. A majority of my time as Grand President was spent with the "business of the Fraternity." Our first Executive Director Mary Gear had resigned her position. She continued to manage our International Office, but we had other staff members as our ED. Gear and Associates were also ending their contract with LKS at the end of the biennium. I lead the search for new our new Executive Director. I was proud to recommend Joan Rogala and Alpha Management to Lambda Kappa Sigma as she continues to work with us today.

### Nancy Horst, Chi, GP 1994-1998

My LKS experience with the International Fraternity started in 1976, including numerous committees, terms as Grand Treasurer and Grand Secretary and 10 Conventions. I had worked with and learned from many



dedicated officers and members. There were two major challenges to be met in my first term.

The first was the change in the administration of the Fraternity. The Grand Council hired a professional management firm in 1994, Alpha Resources, Joan Rogala, CEO, and her staff. We quickly established a rapport and developed processes and procedures to operate the Fraternity, and they are still our administrative entity, 18+ years later.

The second challenge was raising funds from our members in 1995, to retire an accumulated outstanding debt of \$50,000. Joan advised the Grand Council on how to appeal to the membership, and Marilyn Harris chaired the Debt Retirement Campaign. In about 4 months enough generous donations came in to pay off the debt! The Grand Council was so gratified by the enthusiastic response of our sisters, and successive Grand Councils have worked diligently to keep the Fraternity on a sound financial footing ever since.

I have been a member of LKS since 1959 and continue to be active in Fraternity affairs. I am currently Chair of the Trust Liaison Committee and the Bylaws Committee, a member of other committees, and president of Chi Alumni Chapter. I look forward to seeing everyone at Convention in Boston!

## **Christine Perry, Alpha, GP 1998-2004**

It was in 1988 at the Boston Convention, sitting in my delegate seat during the first business session, that I looked up at Grand President, Patty Kienle, and decided I too wanted to be Grand President. That goal became a reality in 1998 when I accepted the oath of office. As Grand President I brought a focus on chapter development, Fraternity and chapter operations, policy and procedures, a passion for sisterhood and membership benefits. I began my term in 1998 by revising the committee charges and appointing a diverse group of sisters to serve on them. The make-up of GC was revised with the addition of the GVPD and a new mission statement was adopted in 1998. Growth during my term included two new chapters chartered and two reactivated. Accomplishments included the establishment of the Adele Lowe Leadership Grant, the Educational Trust Luncheon being added to the convention program for the first time, and in 1990 the Fraternity developed a newly designed letterhead, new rush brochure and a membership directory.

As we began the new millennium, LKS rolled out a new chapter achievement awards program. In 2002, a Networking Breakfast was added to the convention agenda to provide the membership the opportunity to explore various career options and develop professional contacts with LKS members who are leaders in their

field. The Centennial Celebration Club was established to raise support for our 100th. It is hard to believe now, but I was the first Grand President to use email as the primary mode of communication with GC and the membership, along with the web site created during the 2000-2002 biennium. Our Women's Health Issue committee produced a program on Migraines and sent a CD Rom to each chapter to use for local presentations.

As we approach our 100th Anniversary, sisterhood and promoting women in pharmacy remain the foundation of our organization while the support of our membership, both financially and actively, is the key to Lambda Kappa Sigma's success and future.

## **Dixie Leikach, Epsilon, GP 2004-2006**

My term as Grand President came immediately after the 2004 International Convention in Baltimore, during which I chaired the host chapter activities. It was an exciting time to be coming into the presidency, as it was left in stable financial position and operations were at a high after six years of Grand President Christine Perry. I had a great Grand Council to work with and experience was not an issue during my term. I had made it clear coming in that I would only serve two years and set up my hopeful successor before going into the starting gate. What I found was that two years is not much time to get everything done!

My major accomplishments were the continuation and building of leadership development programs during our Conventions and at the time, Regionals. This is a comment I have heard repeatedly from many members that LKS Conventions are attended because the programming and continuing education are **UNLIKE** anything else you get at the other pharmacy meetings. LKS alumni have the expertise to be teaching leadership skills to our members. The conversation concerning moving from a Regional meeting every other year to an annual Convention began during my term and was obviously a long conversation! The Marilyn and Joe Haberle Grant was approved by Grand Council during my term. Our chapters continued to get stronger and our supervisors were increasingly able to complete their visitations. The challenges that I encountered were few and include all of the above accomplishments! My term as Grand President ended at the 2006 International Convention in Vegas! What could be a better place to celebrate!

## **Jennifer Rhodes, Rho, GP 2006-2008**

We don't always know when we will be called to serve. After 6 years as Grand Treasurer, I retired from Grand Council service in

1998. Then, when appointed as Western Region Supervisor in 2002, I was once again staring at the potential of holding a higher office.

At the start of my term as Grand President, I received from Avis Ericson a copy of the Jim Collins book, *From Good to Great*. I gave a copy to all members of my Grand Council. The book spoke to me about how teamwork, when effective and well-aligned with the mission and goals of an organization, can enhance the work of that organization. My personal goal became to further the work of the Fraternity through effective committees, by enabling more individuals to be involved in Fraternity work.

Of course, there is only so much that the person at the top can shepherd. My term as Grand President witnessed the loss within our chapter ranks of two storied chapters, Beta Collegiate and Eta Collegiate. Loss brought learning for the Fraternity. With Eta Collegiate chapter, the learning was that a college climate will often dictate the fate of a chapter on a college campus.

For Beta Collegiate chapter, charges of hazing and breaking college rules regarding recruitment activities led to a 5-year suspension of the chapter from the Albany College of Pharmacy, and the expulsion of many members from LKS. As a result, LKS developed a more robust risk management program, and LKS members adopted a statement on Core Values, by which all members attest to live.

## **Sharon Brown, Alpha Iota, GP 2008-2012**

Thoughts of my tenure as Grand President of Lambda Kappa Sigma always bring to life feelings of tremendous responsibility, incredible pride, and an unmatched sense of humility. Responsibility, because I feel the Grand President ultimately owns each and every activity of the members of the Fraternity. Pride, because I was constantly awed by the creativity, loyalty, commitment, and determination of members of every generation I had the privilege of meeting and interacting with. And humility, because I repeatedly witnessed the extraordinary accomplishments of members who were willing to do whatever it took – time, money, out-of-the-box strategies – to make their chapter, their Fraternity, successful, making me wonder if I was truly deserving of their faith in me. These amazing members did not only what was asked of them, but more, and did it with true LKS style. I am most proud that during my four years of service, collegiate members were given the opportunity to increase their active participation in Fraternity operations, especially in regards to direct communication with Grand Council members, and convention planning and hosting. I consider my service to LKS a true highlight of my career.

# Learning to Lead

## By Ruth Brown, Eta, Past Grand President and 2012 Vanguard Recipient

The Lambda Kappa Sigma/Merck Vanguard Leadership Award is presented annually to an individual who has sustained exemplary contributions in their area of practice, in professional associations and/or regulatory bodies and in their community; demonstrated the unique qualities of service beyond self, influencing and helping others; or exhibited innovation, sought new challenges and demonstrated an entrepreneurial spirit.

Ruth Brown is the 2012 recipient of the Vanguard Award and shares her thoughts on what it takes to be a good leader. By no means does she consider herself an expert on the topic, but she strongly believes that **leadership** signifies the act of making a difference. Ruth shares with us some lessons she's learned over the years.



- First and foremost – **IT'S NOT ALL ABOUT YOU!** Every new or potential leader must examine his or her motives for getting into the game in the first place. Leadership is much more about giving than getting. If you aspire to lead, you must first examine your heart and your motives, then ask yourself "am I here to serve or be served?"
  - **ALWAYS HAVE A CLEAR VISION** and stay focused on it. Always know where you are going. Make it clear to everyone in your organization what you intend to do. Be able to explain yourself but always believe in yourself. If you know where you are going then others will follow.
  - **BE PASSIONATE.** You must be totally dedicated to and believe wholeheartedly in your mission.
  - **BE COMMITTED.** Be prepared to see it through to the end. If YOU are fully committed, the people around you will respond and be motivated towards a common goal.
  - **LEAD BY EXAMPLE.** Don't be afraid to get your hands dirty! Never ask someone to do a job you would never do yourself. REMEMBER: It's all about teamwork. Motivate and empower others. Foster collaboration. If you work together, you'll get there faster and in better shape!
  - **BUILD MUTUAL TRUST.** Be trustworthy, for trust is the basis for EVERY relationship you will ever have. Let your team members know where they stand with you at all times. Be **FAIR**. Be **CONSISTENT** in all your dealings. Never make promises you can't or won't keep. **STAND BY ONE ANOTHER.** Care about your teammates. If you build a trust with the folks around you, they are more likely to give THEIR best.
  - **"SPREAD THE FAME AND TAKE THE BLAME":** Give credit where credit is due and spread that credit as widely as possible. Celebrate your teams' successes but YOU, as the team leader, must be fully prepared to take personal responsibility for the failures.
  - **HAVE INTEGRITY. ALWAYS** do the honest thing! Be honest and forthright in your communications at all times.
  - **REMAIN OPEN.** Learn to listen. Be open to new ideas and the opinions of others. The "My way or the high-way" philosophy inspires NO ONE!
  - **BELIEVE IN YOURSELF.** Have confidence in your abilities but also recognize the point where confidence can become arrogance. IT'S A FINE LINE – A line you NEVER want to cross.
  - **HAVE THE CONFIDENCE TO SAY "I DON'T KNOW!"** THAT is a powerful skill.
  - **DON'T THROW TANTRUMS!!** Outbursts accomplish nothing.
  - And lastly, above all, **HAVE A SENSE OF HUMOR!!!** Humor can alleviate boredom and tension – it'll get you through the tough times!!
- In conclusion, leadership, like life, is about learning and growing –
- Learn from the mistakes of others.
  - Learn from **YOUR** mistakes (and you will make mistakes!)
  - Learn something new **EVERY** day
- As managers and leaders we ALWAYS have much to learn.

## Come Home To Boston

by Christine Perry, Alpha, Past Grand President and Convention Chairman

It is exciting to think that almost 100 years ago Lambda Kappa Sigma was founded by Ethel J Heath, who was the librarian of the Massachusetts College of Pharmacy, along with 8 women students: Annabel Carter Jones, Mary Connolly Livingston, Emma MacDonnell Cronin, Willette McKeever Cheever, Mary Durgin Loveland, Alice G Coleman, Margaret M Curran and Rosemond A Guinn.



Join us at the Sheraton Hotel in  
Boston, Massachusetts  
July 25-27, 2013

Register now for the LKS  
Centennial Celebration Convention  
in Boston, Massachusetts, where  
LKS members from across North  
America will gather to celebrate 100  
years of Women in Pharmacy.

We hope to see you at this  
once-in-a-lifetime event!  
Register online at [www.lks.org](http://www.lks.org)



When Ethel J Heath left the Medford Public Library to become the librarian of MCP, she found no organization among the women which provided social contacts, so she organized a little club which grew to become Lambda Kappa Sigma. It was her counsel that inspired the charter members to band together for fellowship and sociability. It was her courage and confidence that helped the Grand Council in its early years. It was her spirit and resolution that established Lambda Kappa Sigma for future generations

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

In the fall of 1916 new members were initiated and a constitution and by-laws were adopted, and a council was elected. The council of Alpha Chapter conducted the national affairs until May 1922. The first national convention was held in Boston in 1926, hosted by Alpha Chapter. Since then Alpha has hosted the Silver Anniversary Convention in 1938, the Golden in 1962, the Diamond Jubilee in 1988, and now the Centennial in 2013.

The Fraternity has selected the Sheraton Boston Hotel in the heart of Boston's Back Bay. The hotel sits within walking distance of Fenway Park, Newbury Street and Boston Common. If you are looking for endless shopping, dining and entertainment, the Hotel is adjacent to over 150 shops and restaurants at the Prudential Center and Copley Place Mall, where you will be able to find the perfect outfit and

shoes to wear to the Final Gala. For those of you interested in making this visit to Boston also an extended vacation, you will find many opportunities in one of the most historic cities in the country. The Fraternity has identified pre-convention tours or you can set out on foot and do your own sight seeing by walking the Freedom Trail, visiting Faneuil Hall, JFK Library, or just sit back and relax as you take a cruise of the Harbor.

The Fraternity has planned another excellent convention program. There will be time for us to have fun, to work, to learn something new, and of course to celebrate. We are excited that the Welcoming Reception will be held at MCP, where you will have a chance to learn more about the founding of LKS and walk in the shoes of our founders. The history and artifacts related to the founding of LKS will all be on display. For fun, the Fraternity has planned a lobster bake. For work, our collegiate and alumni conferences along with the business sessions will allow us to continue to prosper. We will learn new leadership skills at the Networking and Professional Development Luncheons, and the Final Gala, a black tie event, will be the grandest celebration LKS has ever seen. It will certainly be one for the record books. You can see all the details and register for the centennial at the web site [www.lks.org](http://www.lks.org).

Alphas are known to be passionate about LKS, sisterhood, pharmacy and leaders in the profession. We have spent close to 10 years planning, fundraising and collaborating to host the centennial. We have so much to celebrate and can promise that this will be the greatest Convention of all time. The stars over Boston Harbor are beginning to sparkle as we anticipate one of the largest assemblies of women pharmacists. On behalf of all the members of Alpha Chapter, we invite you to COME HOME TO BOSTON!!!!

# DIABETES MELLITUS: TYPE MATTERS

by Keshelle Lockman, PharmD, Candidate, Class of 2013, Epsilon Chapter

Diabetes has a tremendous impact on public health in terms of both morbidity and mortality. Diabetes is classified as Type 1, Type 2, and gestational diabetes mellitus. Furthermore, a diagnosis of prediabetes confers an increased risk for the development of Type 2 diabetes. Each form of diabetes differs in prevalence, etiology, and treatment.<sup>1</sup>

Five to ten percent of all individuals with diabetes have Type 1 (T1DM). Type 1 diabetes is an autoimmune disease in which autoantibodies destroy the insulin-producing beta cells of the pancreas. The triggers for this process remain unknown, but it is hypothesized that viruses and environmental factors play a role. While two copies of certain human leukocyte antigen (HLA) genotypes confer a higher risk for T1DM, only 10% of those diagnosed have a family history of diabetes.<sup>2</sup> Signs and symptoms of T1DM appear when 80-90% of all beta cells are destroyed. For this reason, a patient often presents initially with diabetic ketoacidosis, an acidotic crisis caused by high blood sugar. Because there is complete destruction of pancreatic beta cell function, individuals with T1DM require insulin from its onset.<sup>3</sup>

Type 2 diabetes (T2DM) is the most common type of diabetes, accounting for 90-95% of all cases. The multifaceted etiology of T2DM involves insulin resistance and/or eventual loss of beta cell function. In early stages of T2DM, cells do not efficiently take up and store glucose in the presence of insulin. The liver subsequently makes and releases more glucose and the pancreas increases insulin production. Eventually, beta cells lose function. Patients are diagnosed anywhere along the continuum of this disease. Many patients do not present with symptoms; however, some may complain of increased thirst, hunger, and/or frequent urination. Initially oral medications are used to manage T2DM; however, with time, oral medications become less effective and patients may require insulin. Identifying risk factors for T2DM guides screening and early detection and treatment (Table 1).<sup>1</sup>

Gestational diabetes is likely caused by interference of maternal hormones with maternal insulin action, causing insulin resistance.<sup>4</sup> Uncontrolled gestational diabetes exposes a baby to higher amounts of glucose than needed. Subsequently, the baby makes more insulin and stores excess glucose as fat, leading to an increased birth-weight. Women with GDM are at

increased risk for preeclampsia and delivery by Caesarean section. In order to prevent delivery complications, the American Diabetes Association suggests ruling out undiagnosed preexisting T2DM at the first prenatal visit of pregnant women with risk factors for T2DM (Table 1).<sup>1</sup> Regardless of risk factors, all pregnant women are screened using a glucose tolerance test at 24-28 weeks gestation. A woman with GDM may control blood sugar with lifestyle modifications alone or require medication therapy. Most women with GDM return to normal glucose metabolism in the postnatal period; however, GDM does confer a 40-60% increased risk of T2DM within 5-10 years.<sup>3</sup> Therefore, women with a history of GDM should undergo diabetes screening at least every 3 years.<sup>1</sup>

Prediabetes is diagnosed when the fasting blood glucose, hemoglobin A1c, or the 2 hour oral glucose tolerance test values are above normal, yet below the diagnostic cut point (Table 2).<sup>1</sup> Patients with prediabetes have a 50% chance of developing Type 2 diabetes, unless risk factors are modified.<sup>3</sup> The Diabetes Prevention Program (DPP) showed that lifestyle changes or use of the oral antidiabetic agent, metformin, reduced progression to Type 2 diabetes by 58% and 31%, respectively.<sup>1,3</sup>

The American Diabetes Association (ADA) recommends that patients with prediabetes reduce body weight by 7% and exercise 150 minutes per week, with no more than 2 consecutive days in between exercise sessions. Metformin therapy can also be considered for prediabetes patients. Additionally, all prediabetes patients should be screened and treated for hypertension and dyslipidemia.<sup>1</sup> In the case of prediabetes, an ounce of prevention really is worth a pound of cure!

Stay tuned to the BGT for our next segment on pharmacological and nonpharmacological measures for managing diabetes. In the meantime, we hope you begin taking an active role in educating your patients about diabetes risk factors and explaining the differences between types of diabetes!

1. Standards of Medical Care in Diabetes--2013. Diabetes Care. 2013;36 Suppl 1:S11-66.
2. Frequently Asked Questions - Diabetes Mellitus. Available at: [http://www.jdrf.org/index.cfm?page\\_id=103442](http://www.jdrf.org/index.cfm?page_id=103442). Accessed 1/14/2013.
3. Diabetes Overview - National Diabetes Information Clearinghouse. Available at: <http://diabetes.niddk.nih.gov/dm/pubs/overview/index.aspx>. Accessed 1/14/2013.
4. Gestational Diabetes - National Diabetes Information Clearinghouse. Available at: <http://diabetes.niddk.nih.gov/dm/pubs/gestational/>. Accessed 1/20/2013.

Table 1: Risk Factors for Diabetes<sup>1,4</sup>

Risk Factors for Type 2 and GDM:	Additional Risk Factors for Type 2:
<ul style="list-style-type: none"> <li>• BMI <sup>3</sup> 25 kg/m<sup>2</sup></li> <li>• Family history in a first degree relative</li> <li>• Ethnicity (African American, Latino, Native American, Asian American, Pacific Islander)</li> <li>• Polycystic ovarian syndrome</li> <li>• History of GDM or birth to a baby weighing &gt; 9 pounds</li> <li>• Prediabetes</li> </ul>	<ul style="list-style-type: none"> <li>• Age &gt; 45 years</li> <li>• Physical inactivity</li> <li>• Hypertension</li> <li>• HDL &lt; 35 mg/dL or triglycerides &gt; 250 mg/dL</li> <li>• History of cardiovascular disease</li> <li>• Conditions associated with insulin resistance, such as acanthosis nigricans</li> </ul>

Table 2: Diabetes Diagnostic Criteria<sup>1</sup>

	A1C	FPG	75 g load oral glucose tolerance test (OGTT)
Type 1 or Type 2 Diabetes*	≥ 6.5%	≥ 126 mg/dL	≥ 200 mg/dL
Prediabetes	5.7-6.4%	100-125 mg/dL	140-199 mg/dL
Gestational Diabetes (at 24-48 weeks gestation)	Not applicable	≥ 92 mg/dL	≥ 180 mg/dL at 1 hr ≥ 153 mg/dL at 2 hr

\*T1DM and T2DM can also be diagnosed if a random blood glucose is > 200 mg/dL in addition to signs and symptoms of hyperglycemia.

## COLLEGIATE CHAPTER NEWS

### ALPHA



With a crazy winter by our side, the Alpha sisters remain busy Lambs! Continuing fundraising efforts and planning for Centennial, in addition to recruiting active and dedicated pharmacy students as potential new members, has been our primary focus over the past couple of months. From the middle of August to the very end of January, Alpha has been working hard at the New England Patriot NFL games at Gillette Stadium in Foxboro, Massachusetts. With full collegiate participation, Alpha has successfully worked fourteen football games as well as two additional playoff games in a concentrated effort to fundraise for the upcoming Centennial in Boston. Whether it was the scorching heat, freezing cold, or the stressful nights before our exams, we teamed up and took turns volunteering at the stadium. Although it was extremely exhausting, the money we raised for centennial was definitely worth it! We are well on our way to our \$16,000 budget!!

Just before the Lambs left Boston for Thanksgiving break, we held a speed dating new member recruitment event at Massachusetts College of Pharmacy and Health Sciences. This event was definitely the most creative and successful potential new member recruitment event this year, as it allowed each sister to chat with a variety of girls at a more personal level. The event enabled us to educate interested girls on the core values of Lambda Kappa Sigma. Individual sister testimonials allowed current sisters to reveal how LKS has benefited them, not only professionally, but on an individual level as well. A week later, MCPHS and IFC collaborated to plan an Inter-fraternity Council Leadership Greek Summit. Lambda Kappa Sigma, Phi Delta Chi, Kappa Psi, and Alpha Zeta Omega fraternity members gathered together with the Dean and the Director of Campus Student Life/Leadership to discuss the strengths, benefits, and potential risks associated with joining a Greek organization. During the summit, the four fraternities also participated in several group-building activities that allowed us all to unite in working towards a common cause. It proved to be an excellent bonding experience and a great end the first semester! Following winter break, we held our final recruitment pizza party event on campus. We were excited to have over forty interested Potential New Members!

Before we knew it, February was here and our orientation month began. The orientees will spend four weeks learning about the Fraternity traditions and history, bonding with the current collegiate sisters/alumni, and gaining an understanding of the Fraternity's focus on professionalism and sisterhood. The orientees seem to be benefiting a great deal from the weekly professional days where they are encouraged to learn about specific prescription medications. In addition to becoming familiar with drugs, the orientees attended a rotation panel where six of our sixth year sisters shared their positive and negative experiences with regard to their clinical rotations. This not only benefited the first and

second year Potential New Members, but also the third, fourth, and fifth year Alpha collegiates who are preparing themselves for similar experiences in the future. At the end of February, Lambda Kappa Sigma's Alpha Chapter hopes to initiate sixteen new members into the Fraternity. We are proud to say that the new members will be well prepared to be active sisters during one of the most important years in LKS history!

Along with fundraising, orientation, and maintaining our professional events, Alpha Chapter became involved with Headbands of Hope with the help of one of our own devoted sisters, Elizabeth DiLeo. Elizabeth has been a representative for Headbands of Hope in the Boston area since the commencement of the academic year, and has successfully sold over 140 headbands around the city. One dollar from every purchased headband is donated to St. Baldrick's Hospital, an institution highly involved with childhood cancer research. These headbands are not only ornamental pieces of fabric, but also symbols of strength, hope and comfort. Alpha is very fortunate to be involved in this program, and words cannot explain the smile these headbands have brought to many kids' faces, who have spent hours upon days receiving chemotherapy/radiation treatment at Boston's Children's Hospital.

Alpha is extremely excited to be hosting the Centennial in Boston this summer, and we have worked hard to help organize a fabulous meeting. We have collaborated with our alumni members and the International Office to help make the 100th celebration a huge success! Enjoy the rest of your spring semester and prepare yourselves for an eventful time in Boston this July. Hope to see everyone there, and Happy 100th Anniversary to all of you amazing Lambs!

### EPSILON



Greetings from Epsilon Chapter! We had an exciting and eventful fall semester. We were happy to welcome 11 new members to our small family that further expanded across our unique dual-campus. We had success raising money for our chapter and charities through our annual Yankee Candle sale, monthly bake sales, and holiday Santa gram sale.

We continued to foster professional development with our annual CV/Resume Workshop with Phi Lambda Sigma (PLS) and our hit monthly event, Lunch with Lambs. Lunch with Lambs is an opportunity for a small group of students to have an intimate brownbag lunch with a faculty member to gain insight and promote professional growth through a laid-back platform. We also joined forces with Rho Chi to prepare study material and review sessions for our first-year pharmacy students in particularly challenging courses. Furthermore, we were excited to introduce the Internship Student Panel, which was well-received by many students eager to learn about how to attain a highly sought after internship position.

We were eager to commence our events in support of Lambda Kappa Sigma's women's

health issue, diabetes. We kicked-off by collaborating with American Public Health Association (APHA) and D.C. Metro Student Pharmacists Association (DSPA) to raise money through participation in the annual Step Out: Walk to Stop Diabetes. Additionally, many of our members have registered with BeeWell for Life, a fundraising website where the points members earn by engaging in fitness activities is matched with donations to a charity, the American Diabetes Association (ADA) and/or Women Heart. Additionally, we are extremely enthusiastic to participate in the ADA's signature fundraising cycling event, Tour de Cure, in the spring to further raise and promote awareness about our health focus. Last but not least, we worked with many of the school's other student organizations to educate about and promote medication adherence for the Script Your Future campaign.

### NU



Greetings from the Lambs of Nu Chapter at Drake University; we are excited to get our spring semester started with the new members that were officially initiated into LKS at the end of the fall semester. They have been very involved and are a great addition to our chapter. They are always willing to volunteer and help promote LKS on campus. We have started this semester with revising our goals and getting ready to work and promote women in pharmacy.

Last semester we had many fun sisterhood events, such as attending volleyball games, group exercise classes, movie nights, Thanksgiving potluck with the other fraternities, and many other events. We were able to raise money by cleaning at the Buc's hockey games, selling Younker's coupon books, selling scrubs, and holiday candy graham. We had many members run in Race for the Cure, attend Phi Delta Chi's Up 'Till Dawn event, and put on fundraisers for Project HOPE to show our Philanthropy in the Fall Semester. We had a couple great speakers come to campus to teach us about diabetes, and our advisor spoke to us about her LKS experience during her time at school. We ended the semester with a white elephant gift exchange for our Christmas party. It is always fun.

This spring Philanthropy activities will be our focus as we take on preparing for our annual HOPE WaLKS event. It will be coming up at the beginning of May. We have many events in place to raise money to the event a success. We started at the end of fall semester by holding a letter writing morning where members sealed letters that were sent to local businesses to get sponsors to help with some of the cost.

Spring semester should be exciting as we have many sisterhood events in the works with attending basketball games, ice skating, and a Spring Retreat. We have added a Vice President of Alumni Affairs this year and we are hoping to reconnect with them as well as see them at Drake University's annual Drake Relays at the end of April. We have also been presented with the opportunity to work with the Chrysalis Foundation to do an after school program where

# COLLEGIATE CHAPTER NEWS Continued



we will be doing many OTC and other pharmacy presentations to at risk girls in the community, but also just being role models and showing them that they can be professionals as well. We are looking forward to making this a LKS tradition and also looking forward to a great spring semester. Best of luck to all chapters; let's make this a great spring semester for LKS.

## XI



Welcome back to a brand new and exciting semester! We have certainly jumped back into the swing of things with many events and meetings; we have a lot in store for this upcoming semester. With such a productive past semester, from the fundraising that we were able to do with Yankee Candle and the Breast Cancer Walk to all the wonderful 67 new girls that we initiated into Xi chapter (who are in the picture above), we certainly have high expectations for what is to come in the next few months.

Xi chapter Fundraising committee started off the semester with a bang with their Valentine's Day Bake sale to support Heart Health. Soon after, the College of Pharmacy hosted the annual Chili Cook-off where we were represented by Leah Walsh and Alicia Palombo in "A Little Kick of Sass." In the Chili Cook-off LKS won the prize for best tablescapes! In addition to all the creative juices flowing in the kitchen, the juices were also flowing with ideas for Xi Chapter's "Script Your Future" Project. This year, we are teaming up with a Nutrition group on campus in order to teach others about high blood pressure. We will inform individuals about the importance of medication adherence, healthy diets, and other useful information they may need to control their blood pressure. We will be taking blood pressure and BMI, which is a great interactive learning experience for all the sisters involved here at Xi chapter.

We have been working hard this semester to promote sister bonding. Pride committee has been diligent about planning Lamb's Night Out, where we all go out to dinner or some sort of fun event like bowling, in order to spend time together and bond. It is a fabulous way to get in some relaxation after a stressful week and to simply get to know one another better. Our Alumni committee has made huge strides in reaching out to alumni. Whether it is sending them a simple "Happy Birthday" card or "Congratulations," these girls have been working hard to ensure that our past LKS members know that we appreciate them.

In the next few weeks, we have a lot to look forward to! Our Professional committee's Red Dress Gala is coming up, during which we get the opportunity to dress up, bond with each other (and the UCONN chapter!) as well as raise money for our charity of the year, diabetes. We also are looking forward to a visit from Alpha chapter's Christine Perry, who will be giving an educational seminar on CV and resume writing. It seems like we have a lot on our plates, but with a lot of perseverance, teamwork and sisterhood, we can handle anything! We are looking forward to seeing you all in Boston this year!

## OMICRON



Greetings from the Omicron Chapter at Wayne State University! We are pleased to announce that we initiated 10 new Lambs to our family! We are excited for these new members to continue to strengthen the Omicron chapter as they take on future leadership roles.

Our chapter stayed busy during December with Noel Night, Operation Child Christmas boxes, and Game Night in Canada. We have organized several social events already this semester, including ice skating in Detroit. Upcoming social events include bowling night with Kappa Psi, Painting with a Twist, Game Night and Restaurant Week in Detroit. This year monthly Professionalism seminars were added, featuring a different topic each month. The Professional Seminars have been successful with an overwhelming response. January's Professional Seminar topic was Residency programs, while February's Professional Seminar focused on loans and saving money, featuring a Financial Planner. The fundraising chair has worked diligently to make this a very profitable year. In October, we sold Yankee candles and raised over \$1,500. Jeans in Lab Fundraising event was held at the end of February, with all the proceeds donated to Project HOPE. Additionally, we are continuing to make and sell decorated name badge reels, which has been a huge success! For community service, we collected and delivered Valentine baskets to Children's Hospital of Michigan. We are looking forward to a visit from our regional supervisor for Hygeia Day!

We give our best wishes to other chapters and hope everyone has a great semester! Can't wait to see our fellow LKS sisters in Boston this summer!

## PI

The sisters of Pi chapter finished last year with an eventful semester. Over the winter months, we hosted a Rotation Roundtables Professional Event. The sixth years came back to share their experiences in hospital, industry, nuclear, clinical, and retail pharmacy. We even had sisters who had rotations at the Food and Drug Administration and Indian Health Services sites and it was interesting to hear everyone's unique perspectives. The event was also a great opportunity for us to catch up with our soon-to-be alumni.

We started the semester with recruitment and continued with planning events for this semester. For Valentine's Day we held a Condoms fundraiser to celebrate National AIDS Awareness Day and to help raise money for Dance Marathon, one of the service events. Dance Marathon is a charity for children with cancer. At the event sisters stay awake for 36 hours to symbolize that cancer is progressive.

Our main focus for the spring is to have a fundraiser for Project HOPE. We will collaborate with other pharmacy organizations to hold a dining etiquette event. This is something new we are trying for the semester as an alternative to our previous springtime professional events such as A Balancing Act and Dress to Impress. We hope to have many LKS alumni help facilitate the event.

To round out the semester, we are looking forward to socials with sisters, AZO and PDC. Some venues include Atlantic City and New York City. Last year our chapter had a movie night and we plan to do something similar for this semester. We also will have a sister social hosted by our potential new members. The sisters of Pi chapter are excited to see the outcomes of this semester!

## TAU



Greetings from the Tau Chapter at Duquesne University! With the start of the new semester, the Tau Chapter has a new Executive Board ready to get started with all the new ideas planned for the semester. In January, the sisters came together for our first retreat, where we collaborated to come up with events and goals we wanted to achieve this year. It was also a great time to bond as sisters and flip through the old scrapbooks of Tau Chapter. Our Chapter also voted on new Bylaw changes, by installing three new Committee Heads: Project HOPE, Fundraising, and Social. This month we inducted 32 new members, our largest class to date; we are so blessed to have so many new sisters join LKS.

In February, we had a wonderful dinner hosted by the Tau Alumni. It was a night filled with bouts of laughter, Valentine's Day themed games and the best part of all, sister bonding. At our chapter meeting the day before Valentine's Day, we had a secret Valentine gift exchange, which was filled with cheer from the sisters for their gifts! The week before spring break the sisters promoted our philanthropy by having a Project HOPE week, selling nautical themed bracelets and sand cups and the profits were donated to Project HOPE. In March, we celebrated Hygeia Day with a banquet of food and a speaker to teach us about health topics. We will celebrate the start of spring, dancing the night away at Formal in April, held at the Omni William Penn Hotel in downtown Pittsburgh. The sisters of Tau Chapter wish everyone a wonderful end to the semester and can't wait to see everyone at the Centennial Convention in Boston this summer!

## PHI



Greetings from Phi Chapter at Butler University! We ended last semester with several exciting events, including initiation and an ice cream social event. December saw our annual clothing drive for T-Shirts for Haiti which was again very successful. In January, several members went to help out at a local food bank. This is a project we have helped with before, and one that we hope to continue in the future. We are also getting ready to prepare and serve dinner at the Ronald McDonald House, as well as support our campus's Relay for Life in April.

This semester, we have already held several social events. We have attended a few games at Hinkle Fieldhouse together to cheer on our Bulldogs. There was also a joint outing to SkyZone with the other pharmacy fraternities on campus, and we hope to be able to do more with them in the future. We will celebrate Hygeia Day this year with speakers from IU Health coming to give a talk entitled "Cooperative Care: An Interdisciplinary Approach to Health Care." We are excited to welcome them to campus to share their experiences with us and other members of the university.

We will cap off our semester in April with an End of the Year Banquet that will recognize the graduating P4's and the P3's that are leaving to go on rotations. Alumni will also be invited to this celebration. We are excited about all of our events this semester and wish the other chapters success in their endeavors!

## ALPHA BETA



Hi from Alpha Beta Chapter at UConn! After a long winter break and lots of snow, we are excited to get the semester rolling with our 26 newly initiated members. Last semester, we held our very own HOPE WaLKS at our UConn campus. We exceeded our goals by raising over \$1,000 for Project HOPE, and we are excited to see how much money we can raise next year! To raise breast cancer awareness, we sold ribbons to the community, and our LKS quarter zip sweatshirt fundraiser was a huge hit with our sisters.

As part of this year's health initiative, we plan to celebrate Hygeia Day with a diabetes presentation from our alumni member, Dr. Salvo. Later in the semester, our Alumni Chapter has

volunteered to visit UConn and give a presentation entitled "Life After Graduation," followed by a dinner with our Collegiate Chapter. Our professional committee plans to collaborate with UConn Health Services to educate our sisters on suicide prevention. Also, we are hosting practice interviews for our pre-pharmacy sisters who are applying to the School of Pharmacy.

In honor of Valentine's Day, we made and sent cards to patients at a local hospital, and we are planning to make baby blankets to donate to the Connecticut Children's Medical Center. Our community service committee also hopes to begin volunteering at a local children's library where our sisters could foster a love of books by reading to groups of children. Fundraising committee plans to order tank tops with the phrase "Our Sisterhood mAKEs Us Stronger," using a design that one of our sisters created, so we can proudly represent LKS on and off campus.

Our social committee will continue weekly pasta bar dinners in order to spend quality time visiting with our fellow sisters, and we also plan to hold another scavenger hunt with the other Greek organizations in the School of Pharmacy. On behalf of Alpha Beta Chapter, we wish you all a happy and safe semester with your sisters!

## ALPHA ZETA

We started off the semester with ice skating and hot chocolate and it was a very successful event! We are currently planning many events for spring semester, including Project HOPE. We are planning fundraisers for Hearts for Hope and Because of Ezra. We will also have a number of sisters participating in Master the Met, the Fight for Air Climb. Entry fee proceeds go to the American Lung Association, and participants race up 40 flights of stairs (which equals out to about a mile). We are also joining with a bunch of organizations on campus for a professional fashion show. This will allow students an opportunity to see what acceptable professional dress is and what is not.

In addition to all of our fundraising for charity events, we are also planning a number of sisterhood events. These include movies, a Blues game, Wine and Cheese night and, of course, Formal! We already had a VERY successful Pinterest party, where each sister brought a dish that she found on Pinterest, so we could all try them out and swap recipes! There are also a number of girls who are wanting to become more active together; they are organizing teams to participate in the Color Run, Dirty Girl Mud Run, Warrior Dash, and even Tough Mudder! We also look forward to our visit from Region Supervisor Stephanie Mrozek, when she will get to know us all and see how we're doing. This coming semester proves to be a very busy one, but it will be filled with exciting events and support from our fellow sisters!

## ALPHA ETA

The Alpha Eta Chapter at Long Island University is continuing our progress from the Fall semester in expanding our chapter. Over winter break, we showed our altruistic side by helping out with Habitat for Humanity in Staten Island, which was one of the places that was devastated after Hurricane Sandy. In addition, we had a get together with sisters from other chapters such as Rutgers (Pi) and St. John's (Alpha Pi). We hope to have more meet-

ups in the future to get to know you all!

We will finally be having our initiation for the potential new members this month, which we are super excited about. This means much needed bonding time with the new girls and current sisters. We had our annual Valentine's Day bake sale where we sell flowers and candy-filled, personalized medication vials and personally deliver them within each class. Finally, we plan to have at least one dean's hour this semester that will focus on awareness of important women's health issues. The remainder of the semester will be focused on becoming closer with the newly initiated sisters and promoting LKS for the following year.

## ALPHA THETA



Hello from the sisters in Alpha Theta chapter in Buffalo, NY!! During the 2012 holiday season, our sisters happily fulfilled the wish-lists of two patients in Hospice Buffalo through their Adopt-a-Family program. Some of our sisters also participated in Phi Lambda Sigma Buffalo Chapter's health fair in January where we educated patients about osteoporosis while offering free samples of calcium-rich foods and free bone density scans. We plan on having a health fair of our own in March at Weinberg campus, a local senior residence community in Buffalo! Our hearts are set on Relay for Life this year and will start fundraising for our team soon! For Hygeia Day, our chapter is working with a local drug representative from Merck to put together a presentation that teaches our sisters more about HPV and the Gardasil vaccine.

For Valentine's Day, we had our annual flower and message-in-capsule sale! We are even offered delivery within the building this year! Some new fundraisers we are having this year are our very first LKS Game Night (LAN/Console party) and 007 themed "License to Pill" Shirt Sale! The design has already been chosen and we are very excited to see how well they sell. We are also offering our annual intern badge sale for our school since PIs will be earning their intern permits soon.

Buffalo is well-known for the snow, so we decided to go skiing and snow-tubing for a day. Don't worry, nobody was injured and everybody had a lot of fun! Our other social activities for the semester include an indoor rock climbing event, a movie night, a hiking trip to Eternal Flame Falls and our annual Wine and Cheese night! As the semester ends, we look forward to our Recognition Dinner and end-of-the-year BBQ. Time sure flies by when we're having fun. We hope all of our sisters are enjoying 2013!!!

## ALPHA IOTA



Greetings from the Alpha Iota chapter at Ferris State University! We have had a great start to the spring semester with several different recruitment events, including an informational luncheon, a dessert night, and a bring your own bag event. These recruitment events allowed the potential new members to meet our girls and learn more about the Fraternity. As a result, four wonderful women will be joining our chapter this semester. On February 8, we had our first Winter Retreat at CranHill ranch. It was a wonderful evening that included sisterhood bonding activities amongst the Alpha Iota members and several alumni members that were able to attend. Fundraising for Project HOPE continues and our third annual College of Pharmacy chili cook-off was a huge success and we were able to raise \$391 for Project HOPE. Our chapter continues to uphold our high standard of service in the Big Rapids community by volunteering at the local nursing home, the local recycling center, and Safe Ride, a service offered by the University. Planning continues for events such as Hygeia Day, Parent's Day, and our annual alumni picnic. Alpha Iota chapter gives our best wishes to all other chapters and we hope that everyone has a fantastic rest of the semester!

## ALPHA KAPPA

Greetings from the Lambs of Alpha Kappa chapter at the University of Georgia! The sisters of Alpha Kappa have been off to a busy to start in 2013. Our chapter is excited to integrate some new activities this year along with our traditional favorites, all focusing on community service in and around the Athens, GA area.

This past month we held our 2nd annual "Cupid Shuffle 5K" to raise money and awareness for our national philanthropy, Project HOPE. We had 30 runners and walkers this year and we raised over \$400! The members of Alpha Kappa are looking forward to the success of this event for many years to come. Additionally, we have established a relationship with the Athens Area Homeless Shelter where we serve dinner once monthly. The warm meal we prepare goes directly to women and their children of our community. Our sisters also recently volunteered at a local nursing home where we helped with their bingo night. We also plan on participating in UGA's annual multicultural health fair in April.

To celebrate the New Year, we went on a weekend retreat to Savannah, Georgia. It was a fun filled weekend that was a great bonding experience to get to know all of our sisters,

especially our new Lamb babies. Alpha Kappa's spring formal theme this year is "Shake Your Tail Feather." The sisters are looking forward to getting dressed up and shaking our tail feathers! Later this spring we will be hosting a Parent's Weekend to show our parents exactly what LKS is about and to spend time with them on our beloved campus. Finally, in celebration of Hygeia Day, we are excited to be hosting a speaker who is also a University of Georgia LKS alumni member.

All of our events would not be possible without the hard work of all of our officers and our faculty advisors. We would like to thank each and every one of them for all of their guidance and hard work to make our chapter a successful organization. We look forward to having a wonderful year at the University of Georgia and celebrating 100 years of women in pharmacy in 2013!

## ALPHA MU



Hello from the Alpha Mu Chapter from the University of Toledo! As we have gotten back into the swing of things for this semester we have been very busy. We held one of our largest service projects to date last month. Our service chair, Sarah Breen, had been hard at work planning this event for 4 months! On January 26 we helped over 60 Girl Scouts earn their First Aid badges. They participated in a 6-station event. Each station taught them something about first aid or health, they were: the pharmacist, the doctor, the nurse, the firefighter, check/call/care, and common injuries. The girls loved the event and we had a blast doing it with them! Sarah Breen was even recognized as the Student of the Month for the College of Pharmacy and Pharmaceutical Science here at the University of Toledo! We also want to give a huge shout-out to Marina, our regional supervisor, for her donation to make this event possible! We appreciated that so much!! We are looking forward to The UT Big Event next month. This is a campus wide community service day. We are also getting very excited for convention this summer. And can't wait to meet sisters from other chapters! Good Luck to everyone with the rest of this semester!

## ALPHA NU



Greetings from the Alpha Nu chapter at the University Of Kentucky College Of Pharmacy! We had a successful Fall semester and the Spring is already off to a great start for our chapter. On January 18th, we held our largest social and fundraising event of the year, Mistletoe Mingle. We invited students from the other UK health colleges to attend this inter-professional semi-formal dance and we even had P3 pharmacy student DJ the event! LKS sisters and everyone who attended enjoyed a fun night of dancing and getting to know each other. We are also looking forward to hanging out with our sisters for a movie night at the end of February and a post-exam wine and cheese night in March.

We are very excited about the service projects that we have been able to accomplish this year. In December, we partnered with UK's Student National Pharmacists Association to sponsor an AVOL (AIDS Volunteers, Inc.) tree with the names of children in need on it. We collected 60 toy-filled stockings from volunteers and raised over \$350 to purchase stockings for children whose names weren't yet taken. In February, we made valentines and delivered them to patients at the VA hospital for our Valentines for Veterans event.

Over the past six months, we have also been volunteering at the Room at the Inn, a shelter for homeless men here in Lexington that operates from November through March every year. Here, we provide health screenings to men who are staying at the shelter and may otherwise not receive health monitoring. Each visit, Alpha Nu members take between 10 to 20 blood pressure readings, which are tracked so that those at risk for hypertension can be identified and potentially have treatment started. Additionally, members administered 5 flu shots during the month of January, doubling the amount of men in the shelter who had received flu shots this year! We are excited to continue providing health screenings and immunizations at the Room at the Inn shelter.

We will be celebrating Hygeia day by setting up an ovarian cancer informational booth at the College of Pharmacy to educate our peers. Finally, we plan to finish the semester with our annual parent and member brunch in April. The brunch is open to all chapter members and will feature a talk given by an Alpha Nu alumnus sharing her experience with LKS, pharmacy school, and her current residency. We are looking forward to having a great end to the school year and seeing you all in Boston for Convention this Summer!

## ALPHA OMICRON

Greetings from the LKS sisters of the Alpha Omicron chapter at the West Virginia University School of Pharmacy! We are looking forward to a year full of service, friendship, and fun. Whether raising money for a charity event or taking a social trip with all our sisters, the

Lambs at WVU know how to have a good time!

Alpha Omicron works diligently to represent Lambda Kappa Sigma and be the best fraternity possible. To outline the spring semester, our officers held a spring retreat to evaluate goals and make future plans. One major objective from this meeting was to focus on alumni involvement. This spring, we hope to accomplish this at our Bowl of Hygeia event, where we will provide dinner and host a lecturer on a Women's Health topic. Alumni will be invited in an LKS Alpha Omicron newsletter which will also include pictures and chapter updates. Another goal we hope to achieve this semester is to send sisters to Annual Convention in Boston! At our next general meeting, sisters who attended last year's Annual Convention will give a presentation on their experience and will emphasize all the benefits of attending. In addition, we decided to start a new tradition of choosing a "Lamb of the Month" each month to recognize a sister who displays outstanding service to Alpha Omicron chapter.

Since our last update, the Alpha Omicron chapter has enjoyed taking a break from school work to help serve our community. Last semester, LKS attended the Morgantown Mall Health Expo in the fall and presented a board on osteoporosis. We also raised over \$200 for Project HOPE by holding bake sales on campus. One of Alpha Omicron's biggest community service events is quickly approaching! Every year, LKS leads the WVU School of Pharmacy team to participate in Relay for Life. This year, we hope to raise over \$6,000 for the April event. To do this, our chapter held a Vera Bradley Bingo event and bake sales last semester. This semester, another bingo event is planned in addition to a Dining to Donate event at Applebee's and a t-shirt fundraiser. Other community service events from this semester included cooking dinner for families with loved ones in the hospital at the Rosenbaum Family House. We also collected comfy socks for nursing home residents during our "Socks for Seniors" event. Future service projects include making Easter baskets for the WVU Children's Hospital and holding a cell phone drive for domestic violence victims.

In addition to community service activities, the Lambs at WVU enjoy taking part in many social events. Since the fall update, Alpha Omicron held the annual Christmas party at our advisor Dr. Scott's house. We welcomed Southern Regional Supervisor Afton Wagner and took part in the tradition of decorating Dr. Scott's Christmas tree. This semester we went ice skating for what has become an annual "Lambs on Ice" event. For Valentine's Day, our sisters held the annual LKS Pink Party where we had dessert and made Valentine's greeting cards for nursing home residents. Future events include dinner and bowling for St. Patrick's Day and a trip to the Wow Factory to make pottery. We are also planning to take a trip to Washington, DC for the Cherry Blossom Festival Parade in April.

As you can see, the Alpha Omicron Lambs are hard at work and will continue to serve our community while strengthening our sisterhood. We can't wait for what the rest of the spring has in store. We wish all other chapters a very successful semester and invite fellow sisters to visit WVU Lambda Kappa Sigma on Facebook for more photos of all events!

## ALPHA PI



Greetings from the Sisters of the Alpha Pi Chapter! We started this new semester with the addition of seven bright and strong sisters. We are excited that they can join us on our journey in advancing our goals, dreams, and principles as women in pharmacy. This past winter, we had our first Winter Formal with Phi Delta Chi - everyone had a blast! Also, we had dinner at Ruby Tuesday's with the Sisters from the Alpha Eta Chapter. In the past few weeks, we have participated in the Activities Fair, held a Potluck dinner, had a relaxing Spa Night, and hosted a Valentine's Day Rose and Bake Sale.

We began planning fundraisers for Relay for Life, a campus wide event that we look forward to every spring. We have been the top fundraisers for the past six years and became a national fundraising team last year! We hope to do the same this year by hosting a CE dinner, where there will also be raffles and prizes. All proceeds from this event will go to Relay for Life.

This semester, we will have a Lamb's Social in which sisters will gather together to have fun! We are also planning an event for Hygeia Day and will be opening it up to the university. We hope to learn from each other and to share our knowledge as health care professionals. In addition, we are in the midst of planning a "Dress for Success" workshop with APHA, in which students will walk down an aisle with professional wear, to contrast to the faculty members who will be in casual wear. Sisters are also excited to go on their first Midnight Run for this semester. On this particular night, we will be gathering together to make sandwiches and snacks and then traveling to the city to provide food to the homeless. In addition, we are planning a domestic violence lecture and Letter-Making Day. We are looking forward to a productive and fun semester. Alpha Pi wishes the best of luck to all our sisters and sends our Lamb's love to sisters everywhere!

## ALPHA RHO



Greetings from under the snow! Hope those affected by Blizzard Nemo is recovering as fast as our Alpha Rho chapter is! Time is flying so fast; however, our chapter is in full swing for the spring semester with all the social, volunteering, and professional events planned. Last December, we wrapped up the semester by welcoming new sisters. They have done a great job in putting together a fantastic poster on over the counter medicine and flu symptoms for the annual Health fair and raised money with a California Pizza Kitchen fundraiser.

We have begun this semester with a movie night which helped the older girls learn and mingle more with all the new sisters. Other social events planned for this semester include our annual Formal with Phi Delta Chi where the sisters will be able to enjoy a night out to meet and greet. Furthermore, we plan to go ice-skating with the LKS sisters from MCPHS to meet sisters from the college next door! We plan to work with Boston Cares this semester, a volunteer organization, which allows sisters to go around the Boston community and aid in various projects.

Furthermore, we plan to hold a number of professional events, including a Jeopardy game show for Hygeia Day where the sisters will refresh their knowledge. We plan to shadow our advisor, Dr. Reid, at her ambulatory care unit. Finally Northeastern Alumni will be stopping by to not only share their COOP experiences, but also their APPE experiences.

One exciting event we are anxiously waiting for is the convention that will be in our city of Boston this year! We are in the works of planning for it but cannot wait to see you all there!



## LKS 100-YEAR ANNIVERSARY BOOK

The long-awaited 100-Year Anniversary Book of Lambda Kappa Sigma Pharmacy Fraternity is a hard-cover "coffee table" book which chronicles the history of our beloved Fraternity from its MCP beginnings in the early 1900's through the present day. It is a meaningful keep-sake and relevant testimony to the contributions to pharmacy by LKS women throughout history.

And now, you can reserve your personal, or chapter, copy of this limited-edition book. Call 800-LKS-1913 to place your order or order online at [www.lks.org](http://www.lks.org). The 100-Year Anniversary Book will be available for pickup during the LKS Centennial Celebration Convention in Boston, July 24-27, 2013.

# ALUMNI CHAPTER REPORTS

## ALPHA ALUMNI



Guess who found Nemo??-Boston! The Alpha Lambs have been emerging from the blizzard of 2013, but the snow has not slowed us down one bit! Over the holidays and into the brisk winter season, many of our Alumni have been working hard in continuing the efforts in bringing you the best and brightest Centennial Celebration. Progress has been made with the History and Archives Committee (we have pictures of Ethel!), the Hospitality Committee (tours, clam bakes, and shopping!), and the Final Banquet (find your best threads because this will be the most elegant banquet we Lambs have seen in 100 years!) Our fundraising efforts continue with Alumni-phone-a-thons, gift card sales, and auctions at our many events this semester. Christine Perry and all the Alpha Lambs urge all Chapters to aid in the Centennial Celebration with your own fundraising efforts.

Our Alumni have been quite busy increasing the alumni-collegiate bond. The annual collegiate Chapter retreat was held in January with Alumni President and Fraternity Advisor, Elicia Fauvel DeParolesa, and together, we planned multiple events. During the month of February, the Collegiates went through the Orientation Process with their PNMs, while many Alumni have visited with the girls and have become Preceptors. The most successful Alumni and Collegiate event this month was our first combined Health Topic of the Month, held at CVS Pharmacy with Preceptor Elicia Fauvel DeParolesa, in which 5 of our collegiate members presented Congestive Heart Failure to the pharmacy's many patients. It was a great learning experience and is now a monthly event we will share with the Chapter! Also coming this month is our Annual Alumni sponsored New Member brunch and Centennial Meeting, giving the newest members a chance to get to know the Alumni and network with us.

As the snow begins to melt and the tulips begin to bloom on the Boston Commons, we are planning for our celebration of Hygeia Day and our Final Banquet. We will be celebrating our own 100 years, so it will be a very near and dear to the heart banquet for our Alumni. The momentum is building, our excitement is uncontrollable, and we just can't wait to

bring you all back home to Boston!

## EPSILON ALUMNI

Greetings from Epsilon Alumni Chapter! We have all kept very busy with our personal activities and LKS committees. Jenny Brandt is settling into her position as Grand President, which takes up much of her free time. Dixie Leikach has been working with fellow Past Grand Presidents Jennifer Rhodes and Christine Perry to plan a fabulous Convention this July! In fact, Dixie, Jenny, Jennifer, and Christine recently met at Dixie's Ocean City MD home for a weekend to plan the special touches and programs that will make this convention so special as we celebrate 100 years of sisterhood. We all hope that you will be able to attend the Convention in Boston and celebrate with us.

With all of this activity - we were still able to have an alumni-collegiate activity! The alumni members invited the fourth year students from the Baltimore and Shady Grove campuses to join us for a day of pottery painting and glass designing. It was a humorous occasion to watch pharmacists and soon to be pharmacists explore their more creative side. Especially when the pottery lady told us it didn't need to be perfect...HA! Sure it does! Dixie of course, picked the biggest item they had; so Jenny had to help her finish in time. It was a present for Neil - a large RAVENS snowman!! It took so much out of us, we headed to the local wine bar afterwards, where a couple of the fourth year students joined us. The day was a lot of fun and hopefully encouraging to the graduating students that they are Lambs for Life and will remain active with LKS after graduation. We have also had many alumni members attend the Epsilon collegiate chapter general body meetings, either at the Shady Grove campus or via internet at the Baltimore campus. The collegiate chapter is doing a great job with recruitment and programming and we are excited to keep working with them to reach their goals.

Dues collection time is soon and we have a lot of new local Lambs at the new nearby pharmacy schools in Maryland now, so we are looking forward to growing and expanding our chapter base and maybe even working with one or two new campuses for new collegiate chapters. Stay tuned!

## CHI ALUMNI

We had a meeting in December for routine business and also wrote holiday cards to far away sisters, donated food and money to a local food bank, and exchanged cookies and other goodies. We will meet in March to plan the annual May dinner to honor the graduating Chi collegiates, and award scholarships to undergraduates.

In November, the Washington State

Pharmacy Association held its Annual Meeting. Among the award winners were several Chi Alums. E. Michelle Valentine, Alpha Omicron and Chi Affiliate, was presented the Bowl of Hygeia, which recognizes her dedication to pharmacy and contributions to community affairs. Michelle has worked in almost every area of pharmacy including Indian Health Service, community, hospital and clinics, consulting, and has been an externship coordinator at the University Of Washington School of Pharmacy. She has served on numerous county and state professional association boards as well as a county Drug Abuse Council, Snohomish County Medical Auxiliary, and the League of Women Voters. Other board service includes The American Institute on the History of Pharmacy, the Washington Drug Use Review Committee, the Washington State Pharmacy Foundation and the local Diabetes Association. Michelle was the LKS Vanguard recipient in 1991.

Beverly Schaefer, Chi 1970, was recognized as Pharmacist of the Year. Bev co-owns and operates Katterman's Sand Point Pharmacy in Seattle. She was the 2007 National Community Pharmacist Association (NCPA) Pharmacist of the Year and holds an appointment at the University of Washington as a Clinical Professor. Bev is also active in several state and local professional associations. She mentors pharmacy students on site as well as serves as an advisor for student projects like the NCPA Student business competition.

Chi members receiving "50 Year Pharmacist Certificates" were: Adele Drawbaugh, Janet Eltz, and Nancy Horst, as well as Sandra Harkema, Mu chapter, Chi Affiliate.

## ALPHA BETA ALUMNI

The Alpha Beta Alumni chapter is holding steady at 17 active members. Geographically, we are spread out across the east, but, thanks to technology, we remain a close chapter. Last year we set a goal to host a professional program for the collegiate chapter and we are happy to report that event will happen this semester! The collegiate chapter has invited us to discuss life after pharmacy school, from deciding a career path to relocating for a job. We value the importance of staying in touch with the collegiate chapter and will hopefully plan more events with them in the future. We created an Alpha Beta Collegiate Convention Fund, to help cover the registration cost for one collegiate. We will be continuing that tradition this summer! We are very excited to celebrate LKS' 100th birthday this summer- see ya'll in Boston!



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## SCHEDULE OF DEADLINES & UPCOMING EVENTS

**April 1** Alumni Membership Renewal – Dues Payment Deadline

**April 15** Deadline for submitting all financial obligations, initiation fees, MMIS forms for graduating members, Chapter Officer Roster, Annual History Report, Chapter Financial Report.

**April 30** Nomination deadline for all LKS Awards: Award of Merit, Distinguished Service Citation, Pharmacists Mutual Distinguished Young Pharmacist Award, Merck Vanguard Leadership Award and Advisor Award

**May 15** Convention Delegate Credentials Submission Deadline; Chapter Convention Report deadline

**June 1** Early-Bird Registration Deadline for LKS Centennial Celebration Convention

**June 15** Pre-registration cutoff date for LKS Centennial Celebration Convention

**July 15** Registration cancellations – last day for refund

**July 25-27** LKS Centennial Celebration Convention – Boston, MA

**Sept 15** Deadline to send in updated officer roster to Headquarters Office

**October 14** Founder's Day

**October 15** Deadline for Blue and Gold Triangle articles and chapter news

**November 1** Deadline for Educational Grant Applications, collegiate dues and convention delegate fee