



Lambda Kappa Sigma Pharmacy Fraternity Newsletter *Fall Edition*



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October 2014

Dear Joan,

Greetings from your new Grand Vice President for Collegiates!

Welcome back to school and to a new year for Lambda Kappa Sigma! I am excited for the opportunity to work with each and every collegiate chapter in my role as Grand Vice President for Collegiates (GVPC). I hope you all enjoyed your summer breaks and are already off to a great start and productive semester.

Quick Links



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I thoroughly enjoyed working with our collegiate chapters over the past four years as a Southern Region Supervisor. Thanks to my past experience, I can fully appreciate the challenges and opportunities that face our chapters today. As GVPC, I will work closely with the Region Supervisors to provide you with resources and ideas to keep you updated, engaged, committed and excited about LKS events and activities in your professional lives.

Thank you to everyone who attended this summer's convention in sunny Naples. I hope you enjoyed the collegiate conference and went home with some great ideas for chapter events and projects. If you took away any ideas from the collegiate conference and implemented them within your chapter, please let me know. I would love to hear about it so you can be featured in the next edition of LinKS. We hope that you will make plans to attend the 2015 Convention in St. Louis from July 29 through August 1. Save the date

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LinKS is sent via email to
dues-paid collegiate members.
Please notify
Headquarters with address
changes.

Contact Headquarters

Office:

Lambda Kappa Sigma
Joan E. Rogala, Exec Director
P.O. Box 570
Muskego WI
53150-0570

www.lks.org lks@lks.org

Please forward this newsletter
to LKS members who are not
on our mailing list!

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Lambda Kappa Pharmacy
Fraternity.

LKS uses Constant
Contact as the primary
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If you select to
Unsubscribe from our
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address will be
automatically removed
from all future email
communications from the
fraternity including
newsletters,
announcements,
convention information
and special invitations.

LKS Contacts

**Grand Vice President
for Collegiates**
Afton Wagner

Regional

now and stay tuned for more information.

The changing leaves of fall bring a time for reflection and change (along with pumpkin spice lattes). You are likely bringing back successful projects and events from the past along with new ideas from Convention to your fall list of activities. As you plan and complete new and recurring professional and community service events and projects for the fall semester, take the time to reflect and learn from your successes and your letdowns. What went well? What could have gone better? What would you do differently next time to achieve the results you desired, such as attracting more attendees at a presentation or engaging more LKS volunteers? Reflection is a necessary component of the learning process and should be implemented to ensure continuous improvement and better outcomes for your events and projects. Remember, as famed educator John Dewey once said, "We do not learn from experience... we learn from reflecting on experience."

Finally, I would like to recognize and thank my predecessor, Marina Grgas, for her dedication to LKS and its collegiate chapters in her role as GVPC. As a past Southern Region Supervisor, I admired her leadership and commitment to our chapters and would not be in this position if it were not for her support.

I hope you all enjoy this Fall Edition of LinKS. Feel free to email me at afton.m.wagner@gmail.com about suggestions for future LinKS publications.

Fraternally,



Afton Y. Wagner
Afton Y. Wagner, PharmD
Grand Vice President for Collegiates
LAMB 4 LIFE

2014 Collegiate Chapters of the Year



Chapter and Regional Chapter of the Year Awards are awarded to chapters based on specific scoring criteria such as chapter management, submission of materials to Headquarters Office, participation in professional and outreach programs, promotion of scholarship and leadership, and attendance at Convention.

Supervisors

New England
Justine Dickson

Eastern Atlantic
Amanda Higgins

Northeastern
Christina Inteso

Mid-Atlantic
Melissa O'Brien

Northern Lakes
Nathaniel Ngo

Midwestern
Kaitlyn Harnden

Southern
Arielle Bibeault

Western
Nicole Lombardo

International Office
Executive Director

Joan Rogala, IOM, CAE

Collegiate chapters were awarded for their efforts at the 2014 Convention in Naples this summer for their outstanding achievement over the 2013- 2014 school year.

And the winners were...

LAMBDA KAPPA SIGMA CHAPTER OF THE YEAR

1. Alpha Beta
2. Omicron
3. Lambda

LAMBDA KAPPA SIGMA REGIONAL CHAPTERS OF THE YEAR

- New England: Alpha Beta
- Northeastern: Tau
- Mid-Atlantic: Alpha Phi
- Central: Omicron
- Southern: Alpha Nu
- Western: Lambda

Congratulations to all! Chapter of the Year scores continue to be outstanding from year to year, and all chapters should be commended for their effort. Keep up the great work! Please know that your Region Supervisors and GVPC are always here to help you achieve your chapter goals!

Blue & Gold Triangle Submissions Due October 15!

It's time for you to share with your LKS sisters the successes your chapter has accomplished over summer and during the early part of the fall semester by submitting an article (225 words max.) and photo to the *Blue & Gold Triangle*.



Your on-time submissions for the *Blue & Gold Triangle* count towards your Chapter of the Year score, so make sure to submit by the deadline of October 15 to ensure maximum points.

New this year, all articles and photos are to be submitted online. **Click here** for the online form. (You can also find the online submission form by clicking on "Blue and Gold submission deadline" under the calendar of events on the www.lks.org Home page.) When prompted, enter user name "ethelheath@lks.org" and password "lamb1913".

Please email me at afton.m.wagner@gmail.com with questions. We look forward to receiving your submissions!

Risk Management and the Code of Conduct

Lambda Kappa Sigma adopted a Risk Management program in

2008 to protect our members and our Fraternity. Through this program, LKS has taken a strong stance against hazing, drugs and alcohol. A [Code of Conduct](#) was created, and each member is required to read and sign it.

In addition, LKS has implemented an event-planning approval process for overnight and weekend chapter events, as well as events that are held greater than 40 miles from the campus. If your chapter wishes to plan such an event, please submit a petition and an [**event planning form**](#) to the Grand Council 30 days prior to the date of the event.

Please contact your [**Region Supervisor**](#) if you have any questions regarding Risk Management and/or the Code of Conduct.

2015 Convention

Stay tuned for more information regarding the 2015 Lambda Kappa Sigma Annual Convention, which will be held in St. Louis from July 29 through August 1!



**2014 Lambda Kappa Sigma
Convention in Naples, FL**

LKS Trivia

It is time to resume LKS Trivia for 2014-2015! In each edition of LinkS, I will post one trivia question. The first 5 collegiates who answer the question correctly will win a prize! (Sorry, you cannot win more than once a year.) Just email your answer to me at [**afton.m.wagner@gmail.com**](mailto:afton.m.wagner@gmail.com).



Here is the question...

On September 13, 2014, the newest chapter of LKS was chartered. What is the name of this chapter and what school are they from?

Chapter Management

Visit lks.org to meet the Grand Council Officers and Region Supervisors.



The [Officer Portal section](#) of the website has been recently updated with information for

Lambda Kappa Sigma Pharmacy Fraternity Chapter members.
Please check back regularly for updates and clarifications.

Communications

Every chapter must maintain communication with their Region Supervisor, Grand Vice President for Collegiates and Headquarters Office. Your Region Supervisor should have communicated with you what their expectations are, what reports you need to send and what important deadlines are coming up. Please be sure to review all of the Headquarters Office deadlines and ensure all deadlines are met.

Feel free to email me at afton.m.wagner@gmail.com or your Region Supervisor with any questions. We are here to help!

Professional Development

Learn more about inviting a professional speaker to your chapter [in this article](#) written by Eastern Atlantic Region Supervisor, Amanda Higgins.

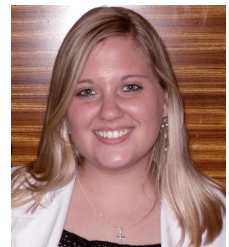
If you wish to contribute articles pertaining to Professional Development, please email your article to me at afton.m.wagner@gmail.com.

Region Supervisor Spotlight

Meet Amanda Higgins, Eastern Atlantic Region Supervisor

Name:

Amanda Elizabeth Higgins



Company, Position, Job Description:

Walgreens Pharmacy, Pharmacy Manager. I manage a high-volume 24-hour store in an urban area next to Yale New Haven Hospital. We specialize in HIV, acute care, hospital discharge and travel health/immunizations. I am also the MTM Lead for my district, supervising all pharmacies with their MTM programs and providing tips and guidance for improvement.

What was your chapter of initiation and/or alumni chapter?

I was initiated into Alpha Beta at University of Connecticut in spring 2006 and transferred to Alpha at Massachusetts College of Pharmacy in 2009. I am currently an Alpha Alumni.

How has LKS contributed to your leadership skills and experience?

LKS has shaped me as a leader. I have had many opportunities to lead in different ways that have taught me different leadership styles. I am so grateful for the many leadership

development workshops I've attended through LKS that have taught me how I can better myself as a leader.

List any LKS positions held or committees that you have been a part of as an alumni member.

Vice President of Alpha Alumni

Project HOPE Committee

What is the biggest challenge you have faced as a pharmacist and how did you overcome it?

My biggest challenge was when I just got licensed and placed in a store that has a reputation for being extremely stressful and dysfunctional. Then an opportunity came up to be manager. Everyone said I was crazy for taking this store over. It had been struggling for 10 years, and about 6 pharmacy managers before me could not turn it around. I knew I was young and inexperienced and didn't know a whole lot about being a manager. But I also knew that I was a hard worker, determined and had a passion for helping people. I decided to try, and it hasn't been easy. But what has pulled me through has been a combination of many things. I have always had hope that eventually this hard work will pay off in the long run. I have relied on my mentors and sisters to give me advice and teach me about what they have learned over their career. I celebrate the tiny victories, knowing Rome was not built in a day. But these small accomplishments we achieve everyday are progress. Finally, I always try to take a step back and look at the big picture. When you are stuck in the day-to-day, it's hard to see that you are making a difference. But by looking at how far you have come, it gives you a sense of accomplishment and drives you to keep moving forward.

What is your greatest source of inspiration?

I draw inspiration from a lot of things. Recently, I started an inspiration journal. I fill it with inspirational quotes, lyrics, bible verses, proverbs and pictures of people whom I admire. I also have vision boards in my journal, which are magazine clippings of pictures and words that bring together a visual representation of what you want out of life. When I'm having a rough day, I come home and flip through my inspiration journal to find something that speaks to me. I always find something that gives me the drive to get up the next morning to tackle my challenges. It has been such a great tool. Some of my friends have tried it and loved it!

Reminders

- October 14th: Founder's Day observed
- October 15th: Blue & Gold Triangle chapter report submission deadline

- November 1st: Deadline for chapter dues/membership renewal fees

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