



# BLUE & GOLD TRIANGLE

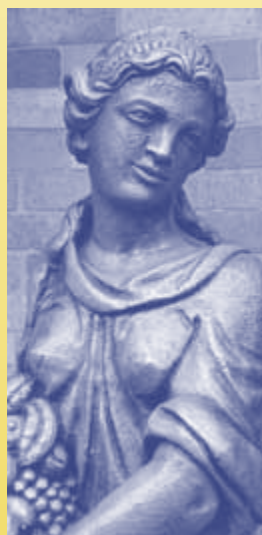
LKS



SPRING  
2010

*Lambda Kappa Sigma*

*"Promoting the Profession of Pharmacy Since 1913"*



*Join us for the Biennial Convention*

**at the Hyatt Regency Pittsburgh Int'l Airport**

Please see schedule and registration information on page 5!

## The Blue and Gold Triangle Of Lambda Kappa Sigma

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

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LKS Grand President  
**Sharon Brown**

## The Changing Face of Sisterhood

A new year – indeed, a new decade – is well underway for Lambda Kappa Sigma. Our fraternity has experienced a very successful fall semester in which some collegiate chapters have doubled in size. Much of this success can be attributed to the hard work of collegiate members who are successfully implementing the action plans developed during the Recruitment Boot Camp in Hartford. Kudos to those chapters who have begun the difficult and often unpopular process of changing the culture of their chapter to truly reflect the values of our professional fraternity. I am keenly aware that LKS has much work to do in the arena of culture change.

This brings me to the primary focus of this address – the changing face of sisterhood. It was very evident during the meeting in Hartford that not only do our collegiate chapters need to embrace a change in culture, but fraternity leadership and membership at all levels must truly embrace this culture change as well. Our membership must be addressed as “ladies and gentlemen”, “men and women”, “girls and guys” – or, if you’re from Texas, the non-gender specific term “y’all” serves quite well!

I am the first to admit that after over 30 years as a member, I have had difficulty adjusting my ingrained habits – and therefore vocabulary – to include the men of our fraternity. I make no excuses but only admit that I am human, and under the best of circumstances, change is difficult. And I am truly thankful to the young men who have so very gently reminded me on several occasions that the men of the fraternity are justifiably offended when the membership is addressed as “ladies” – a thoughtless behavior that I have been guilty of.

So I am suggesting we all think outside the box, remove the blinders, and learn a new language. Our challenge will be in preserving our time-honored traditions that celebrate our unique history as a women’s organization, while creating and celebrating new traditions that reflect our new diversity and the strengths and opportunities that accompany that diversity.

Every member initiated into Lambda Kappa Sigma is part of our sisterhood – yes, sisterhood. They are the men and women of our sisterhood. Sisterhood is a core value, one at the root of the creation of the fraternity, and one that can’t be sacrificed for a displaced belief in the strict interpretation of nomenclature. Perhaps Maya Angelou said it best: “I don’t believe an accident of birth make people sisters or brothers. It makes them siblings, gives them mutuality of parentage. Sisterhood and brotherhood is a condition people have to work at.” If you have a co-ed chapter, you may have mastered this. If not, I invite you to work at it – I am.

I also invite you to begin making plans to attend the Biennial Convention in Pittsburgh this summer. In addition to our leadership seminar, there is significant business to be conducted, such that no chapter will want to be without representation to make their opinions known and cast their vote.

Finally, once again this spring I will be attempting to contact each chapter president to get an update on the status of their chapter, and give them an opportunity for one on one discussion on any issues or questions they might have. I find the personal conversations very enjoyable, and agree with Robin Sharma that “The paradox of our weird world is that as we become more connected electronically, we become less connected emotionally.” In my opinion, these calls provide the opportunity for that emotional connection. I am nothing if not emotional about the success of this organization, and every member in it.

I look forward to seeing you in Pittsburgh to enjoy the hospitality of our host chapters, Delta and Tau. I encourage you to read through this issue of the Triangle for information on our Educational Trust grant recipients and the Trust, convention information, and more. And please feel free to contact me via e-mail or by phone – contact information is available through the International Office. You can count on me to respond.

*Esse Quam Videri!*

Sharon C. Brown, MS, RPh  
Grand President, Lambda Kappa Sigma

# The LKS Educational Trust

## A Perfect Fit for your Chapter Scholarship Funds

by Avis J. Ericson, PharmD, Chair, LKS Educational Trust Liaison Committee (contact at rxaje@embarqmail.com)

The LKS Educational Trust was established in 1975 to provide the funds for the fraternity's educational grants program. Currently, the general fund supplies the dollars for the Craven, Livingston, Lowe, Wells, and Cole Educational Grants. The Trust also includes the developing Haberle Fund. In addition, it houses five Chapter Funds (Alpha, Eta, Tau, Alpha Zeta, and Alpha Pi) in specially designated accounts that help those chapters handle and grow their scholarship programs.

All Collegiate and Alumni chapters, and all members of LKS are eligible to participate in the Trust and to establish and support Chapter Funds and other special accounts. Some advantages include:

- Larger audience to raise funds for scholarships;
- No worries about a chapter officer "forgetting" about an account or records being misplaced;
- No oversight by School's administration that may wish to manage your funds for a fee;
- Enhanced return on investment;
- Teaches lessons and values about philanthropy;
- Demonstrates your confidence in the Trust, a body that provides substantial benefits to our members.

### How can my chapter become a part of this program?

- Contact the TLC or the IO to make your wishes known;
- Designate a key person at the chapter;
- Work with the TLC to establish criteria, amounts, an awarding schedule and general plan for growth;
- Forward existing scholarship funds (or whatever your chapter can afford) to the Trust;
- Receive regular reports on your account balance indicating investment earnings and amounts disbursed;
- When a scholarship is needed, contact the TLC to obtain your check.

### What criteria are needed to start the process?

- Name of the Fund – Chapter name or in tribute to an individual or group;
- Initial funding amount and general plan for future investments;
- Amount of money to be budgeted for scholarship(s) each year;
- Date(s) of awarding(s);
- Criteria for selection of recipient(s);
- Any special instructions.

Criteria can be modified at any time to suit the fund and the growing needs of the chapter. Copies of criteria are maintained by the Chapter, the TLC, and the IO. The TLC is available to assist you in developing your game plan. Your faculty and/or fraternity advisor as well as alumni are also excellent resources.

### Is there a minimum amount to establish a fund?

A fund can be started with any amount. Funds can be held for a time to achieve growth if desired or you can begin to issue scholarships right away. TLC members are available to help guide the development of criteria and advise on fund-raising efforts as well as explain the details of how the fund works for you.

### How do I help the Trust and a Chapter Fund to grow?

Donations can be made to the Trust throughout the year as a response to the fund-raising appeal, an annual gift, in tribute to a special person, to celebrate a chapter anniversary or milestone, to express thanks for special favors, to honor incoming or out-going officers, etc. It is also a great way to mark celebratory events of members and friends, e.g. initiation, graduation, birthday, Christmas, engagements, weddings, or "just because".

Donations can be designated to go to the general fund (which pays for the Craven, Livingston, Lowe, Wells, and Cole grants every year), the developing Haberle Fund, and any existing or newly formed Chapter Funds. For donations to benefit your chapter specifically, you must have an established Chapter Fund in place within the Trust. Donations are sent directly to the LKS International Office. You will receive an acknowledgement letter from the Trust and the TLC Chair.

### What happens to the donated dollars during the year?

Your funds are invested along with all other Trust dollars and managed by a professionally trained and certified financial planner. The Trust Liaison Committee works closely with this individual to oversee the investments and to maximize the return and growth of funds. Earnings vary throughout the year depending on the growth of stocks, bonds, and other securities.

Best part – Your chapter does not need to worry about misplaced documents or unnecessary fees – and you are helping the Trust to grow. Your chapter will always know where your award dollars are; they

will not get "lost" as officers change or advisors come and go.

### How does the fund-raising part work?

It is part TLC and part Chapter. The TLC portion includes an appeal letter each Fall to raise money for all existing funds within the Trust. Your chapter's name will be added to the list of options so donors can choose how they want their dollars divided (e.g., some to the general fund, some to the Haberle Fund, and some to their chapter(s) of choice). Each year the TLC also sponsors events at our Conventions (auctions, raffles, tribute and memorial gifts along with other methods) that add to the coffers.

On the Chapter side, LKS Collegiates and Alumni may designate their donations or proceeds from fund-raising events to go specifically to your chapter's fund. Donations can be received and added to the account throughout the year – perhaps in tribute to special members and events – or whatever nudges members or the chapter to be philanthropic. Best of all, that philanthropy benefits your chapter and its members very directly.

### How do we thank donors for their generosity?

The IO and TLC have acknowledgement processes but each chapter must be sure to acknowledge receipt of donations. Thank you notes – perhaps with chapter news, events, announcement of award winners, etc., go a long way to insure donors know they have invested wisely – and provide better odds of repeat and regular gifts. You should also consider designating a chapter officer or committee with Chapter Trust Fund responsibilities. Awareness of the fund along with momentum and encouraging donations are keys to fund success and growth – and the more growth, the more scholarship dollars available.

**In conclusion** – Chapters as well as individuals are encouraged to consider this process of building the equity for their chapter's scholarship programs. Why not follow in the footsteps of other LKS chapters and see your chapter's name on the list of those who benefit from the power of combined dollars invested prudently? Wouldn't it be wonderful if all chapters accepted the challenge to "come on board" and create such funds now in anticipation of the 2013 100<sup>th</sup> anniversary of LKS and the 38<sup>th</sup> anniversary of the Educational Trust. Let's set a goal for "100% participation for the 100<sup>th</sup>!"



## Stages of Cervical Cancer

by Dorothea Andrews, Pharm.D., BCPS, Alpha Nu Alumni

After a patient is diagnosed with cervical cancer, the cancer must then be staged. Staging of the cancer helps to determine how advanced the cancer is, if it has spread to other parts of the body and the course of treatment for the patient (which will be covered in a future article). Cervical cancer can be staged as follows:

- Stage 0
- Stage I
- Stage II
- Stage III
- Stage IV

Stage 0, also known as carcinoma in situ, is when abnormal cells are found in the innermost lining of the cervix. The abnormal cells are not considered cancerous yet, but can become cancerous and spread to nearby tissues.

In Stage I cervical cancer, the cancer has formed and is found in the cervix only. Stage I cervical cancer can be further subdivided into stages IA and IB. In Stage IA, a very small amount of cancer is present in the tissue of the cervix and it can only be seen with the aid of a microscope. Stage IA cervical cancer can also be further subdivided into Stages IA1 and IA2, based on the amount of cancer present. This further subdivision is based on the size of the tumor. Stage IA1 cervical cancer is not more than three millimeters in

depth and not more than seven millimeters in width. Stage IA2 cervical cancer is more than three millimeters but not more than five millimeters deep, and not more than seven millimeters in width. Stage IB cervical cancer can be seen with the aid of a microscope and is more than five millimeters in depth or more than seven millimeters in width. Cervical cancer that can be seen without the aid of a microscope can also be Stage IB. For Stage IB cervical cancer that can be seen without the aid of a microscope, it can be further subdivided into Stages IB1 and IB2, based on the size of the tumor. Stage IB1 cervical cancer is not larger than four centimeters. Stage IB2 cervical cancer is larger than four centimeters. (As a reference, a sharp pencil point is about one millimeter, a new crayon point is about two millimeters and a new pencil eraser is about five millimeters.)

In Stage II cervical cancer, the cancer has spread beyond the cervix, but not to the pelvic wall, or it has spread to the lower third of the vagina. Stage II cervical cancer can also be further subdivided based on how far the cancer has spread, into stages IIB and IIB. In Stage IIA cervical cancer, the cancer has spread to the lower third of the vagina, but not to the tissues surrounding the uterus. In Stage IIB cervical cancer, the cancer has spread beyond the

cervix to the upper two thirds of the vagina and to the tissues surrounding the uterus.

In Stage III cervical cancer, the cancer has spread to the lower third of the vagina and may have spread to the pelvic wall and may have also caused a kidney to stop functioning. As before, Stage III can also be further subdivided based on how far the cancer has spread, into Stages IIIA and IIIB. Stage IIIA cervical cancer has spread to the lower third of the vagina, but not to the pelvic wall. Stage IIIB cervical cancer has spread to the pelvic wall and/or the tumor has become large enough to block the ureters. This blockage of the ureters can cause the kidneys to enlarge or stop working. In Stage IIIB, the cancer cells may also have spread to the lymph nodes in the pelvis.

In Stage IV cervical cancer, the cancer has spread to the bladder, rectum or other parts of the body. As before, Stage IV cervical cancer can be further subdivided into Stages IVA and IVB, based on where the cancer is found. Stage IVA cervical cancer has spread to the bladder or rectal wall and may have also spread to the pelvic lymph nodes. Stage IVB cervical cancer (the most serious) has spread beyond the pelvis and pelvic lymph nodes to other places in the body, such as the abdomen, liver, intestines or lungs.

# Lambda Kappa Sigma

## ~ Building Bridges of Sisterhood ~

### 41st Biennial Convention - July 28-31, 2010

#### Pittsburgh, Pennsylvania

Welcome to one of the country's most delightful surprises, and site of the 42nd Biennial Convention of Lambda Kappa Sigma! No longer the dirty steel town of old, Pittsburgh is now a true renaissance city. It is a city of modern cathedrals and Old World, neighborly charms, filled with high-tech companies, friendly faces, fun and adventure. Your convention hosts from Tau and Delta collegiate chapters and Tau alumni chapter are excited to welcome you to their home city. Come and take a closer look!

Pittsburgh is full of pleasing sights and attractions. From the National Aviary to the Andy Warhol Museum, to the Carnegie

Museums of Art & Natural History, Pittsburgh is home to some of the most noteworthy attractions around. Sports anyone? Home to the Steelers, the Pirates, and a multitude of other professional and semi-professional teams, the sports enthusiast will feel right at home here.

There are plenty of great restaurants to choose from in Pittsburgh. If you are looking for a great meal with a spectacular view of the city, look no further than Mt. Washington. On top of this former "Coal Hill," is a stunning view of downtown (especially beautiful at night) which was ranked by USA Today as the second best beautiful place in America. Tau Alumni



members will host LKS Convention alumni members for a special pre-meeting "alumni-only" dinner at one of the areas finest restaurants. Students will also enjoy a special pre-meeting night out, hosted by Tau and Delta collegiate chapters at Dave & Buster's.

No visit to Pittsburgh is complete without a ride on one of the restored 1800s inclines to the top of Mt. Washington - just across the river from downtown Pittsburgh. Convention attendees will have the opportunity to ride the incline and enjoy a "photo op at the top" on Friday evening. A city tour then free time to dine and enjoy Pittsburgh nightlife will follow.

The 41st Biennial Convention of Lambda Kappa Sigma will combine the best of Pittsburgh, beautiful, cost-effective and convenient hotel accommodations, and timely informative professional programming. From the official kick-off event on Thursday morning, to the official close of the Convention after the banquet on Saturday night, each moment will be memorable and life-changing. We hope to see you there!

### SCHEDULE OF EVENTS

#### Tuesday, July 27th

8:00am-6:00pm

Grand Council Meeting

#### Wednesday, July 28th

9:00am-11:00am

Grand Council Meeting

3:00pm-4:45pm

Summit: Chapter Presidents and Grand Council (Professional dress)

5:00pm-6:00pm

Welcome Reception for New Alumni (by invitation)

6:15pm

Alumni Dinner in Pittsburgh (Optional)

6:15pm

Student Event - Dave & Buster's (Optional)

#### Thursday, July 29th

8:30am-9:45am

Welcome Breakfast

10:00am-3:00pm

Leadership Program

3:30pm-5:00pm

General Session - Keynote Address

6:00pm-9:30pm

Blue & Gold Dinner

#### Friday, July 30th

7:30am

Continental Breakfast

8:00am - 8:50am

CE

9:00am-11:45am

Collegiate & Alumni Conferences

12:00pm-1:30pm

Awards Luncheon

1:45pm-5:00pm

BUSINESS SESSION

6:00pm-11:00pm

Pittsburgh tour and night on the town

#### Saturday, July 31st

8:00am-9:15am

Trust Breakfast

9:30am-11:00am

CE

11:15am-2:00pm

Joint Collegiate/Alumni Event; Lunch

2:15pm-4:30pm

BUSINESS SESSION

6:00pm-7pm

Past President's reception (by invitation)

7:00pm

Group Photo

7:30pm-9:30pm

Banquet and Program

#### Sunday

9:00am-1:00pm

Mandatory RS Training and Board Orientation



**We look forward to seeing you in Pittsburgh!**

To register and make your guest room reservations for the 2010 LKS Biennial Convention, please visit the LKS website at [www.lks.org](http://www.lks.org), or you may contact the LKS International Office at 800-LKS-1913.

# History of Lambda Kappa Sigma 1922-1928

## Adapted From The Golden History Book

In May 1922 the first Graduate Grand Council was organized and took over the management of the sorority until 1926, when the first convention of Lambda Kappa Sigma was held in Boston from August 6-10, 1926, and at which time a new Grand Council was elected to serve for the succeeding biennium. The first Grand Council which served from 1922-1926 was:

<b>Grand President</b>	<b>Annabel Carter Jones (Alpha)</b>
<b>Grand 1<sup>st</sup> Vice President</b>	<b>Bertha Sugden Tuttle (Alpha)</b>
<b>Grand 2<sup>nd</sup> Vice President</b>	<b>Katherine Graham (Iota)</b>
<b>Grand 3<sup>rd</sup> Vice President</b>	<b>Mildred Carlisle (Eta)</b>
<b>Grand 4<sup>th</sup> Vice President</b>	<b>Lorena Bigelow (Zeta)</b>
<b>Grand Secretary</b>	<b>Georgia H Moreland (Alpha)</b>
<b>Grand Treasurer</b>	<b>Jennie E. A. Thompson (Alpha)</b>
<b>Grand Auditor</b>	<b>Mabel E. Jennison (Alpha)</b>
<b>Members-at-large</b>	<b>Edna M. Follensby (Alpha)</b> <b>Ruth Davies Flaherty (Alpha)</b> <b>Anna M. MacKillop (Alpha)</b> <b>Ethel J. Heath (Alpha)</b>

This Council did a considerable amount of work of lasting value. First, they took the Constitution and By-Laws of 1919 with its amendments, thoroughly revised it, added a brief historical sketch at the end and had it reprinted. This was the edition of 1924. Second, they tackled the initiation ceremony. They did not write it. It came originally from Iota Chapter and was so beautiful that it was immediately accepted and took the place of the simple form we had used previously. Third, the installation service was written, and together with the initiation Ritual was printed in one booklet. Fourth, they devised the form of our charters. Fifth, they decided that a national convention must be held and prepared all the groundwork for that meeting which took place in Boston in August of 1926.

Just imagine how thrilled the delegates were who attended the First National Convention of Lambda Kappa Sigma in Boston. The year was 1926, before the days of streamlined transportation and airliners. Traveling from San Francisco, Oklahoma, and Illinois to Boston was distinctly an interesting adventure. Out of the eleven chapters chartered, there were five represented at this convention during August 6-9. These chapters were: Alpha, Gamma, Zeta, Theta and Iota. These delegates knew that there was a place for women in pharmacy, and that friendships with other women pharmacists could be an inspiration and lasting pleasure.

Contributing to the friendly interest of that first convention was a mimeographed bulletin of national sorority news which was prepared by the Alpha Chapter members. The visiting delegates were so thrilled hearing about other

members that they resolved to carry on the news bulletin, believing that it would unite members and chapters in a most delightful fashion. Up until 1926, Lambda Kappa Sigma existed as a national sorority with scarcely any contact between eastern and western chapters. The enthusiasm of these delegates ran high and the *Blue and Gold Triangle* was born and went into print annually as a result.

There was much business to take care of at this first national meeting. Some of the things discussed were incorporation of the sorority; recognition in Baird's Manual; the issuance of engraved membership certificates and record cards; convention expenses; traveling expenses of the national officers and the program of expansion. For entertainment, the hostesses took the conventioners to Nantaskett Beach, on a tour of ancient and modern Boston, Northshore, Marblehead and to see the glass flowers at Agassiz Museum.

The Grand Council elected to serve for the biennium 1926-1928 was:

<b>Grand President</b>	<b>Katharine Graham (Iota)</b>
<b>1<sup>st</sup> Vice President</b>	<b>Anna Bee Haller Webster (Gamma)</b>
<b>Editor</b>	
<b>2<sup>nd</sup> Vice President</b>	<b>Germaine Karel (Gamma)</b>
<b>Midwestern Supervisor</b>	
<b>3<sup>rd</sup> Vice President</b>	<b>Anna MacKillop (Alpha)</b>
<b>Eastern Supervisor</b>	
<b>4<sup>th</sup> Vice President</b>	<b>Belle Wenz Dirstine (Mu)</b>
<b>Western Supervisor</b>	
<b>Grand Secretary</b>	<b>Marietta C. Day (Gamma)</b>
<b>Grand Treasurer</b>	<b>Norma Falcon (Gamma)</b>
<b>Member at large 2yr</b>	<b>Mrs. Howard Newton (Theta)</b>
<b>Member at large 4yr</b>	<b>Mrs. David Johnson (Iota)</b>
<b>Member at large 6yr</b>	<b>Annabel Carter Jones (Alpha)</b>
<b>Grand Auditor</b>	<b>Mrs. Carson DeLon (Alpha)</b>

The newly elected Grand Council introduced many traditions during the biennium. They published in printed form the first *Blue and Gold Triangle*. This Grand Council introduced the ideas of observing Hygeia Day with a professional program and the universal observance of Founder's Day. The Grand Secretary had prepared a pledging ceremony which was presented at the following convention for adoption. Because of the growth of the sorority, a set of rules governing the admission requirements of new chapters was prepared and adopted. Final steps to complete incorporation were done on May 26, 1927, which was necessary to prevent any other body from using our name.



# History of Lambda Kappa Sigma 1922-1928

## Adapted From The Golden History Book

By 1926, the records disclose that there were eleven chapters chartered and two alumnae chapters functioning. The total membership reported was 537. During these years, the following chapters were added:

Nu Chapter was originally chartered at the Highland Park College of Pharmacy on April 24, 1925 by Lucille Winkler, who was president of Theta Chapter at that time. The charter members were: Ruth Ann Spry-president; Mildred Irwin-secretary; Zerilda Landon-treasurer; Mrs. Ethel M. Kagy and Mrs. Nelson Fletcher. On January 9, 1928 a new charter was issued because the college was transferred to the Des Moines College of Pharmacy. The charter members were Zerilda Landon, Ethel Kagy, Ruth Spry, Mildred Irwin, Ruth Galloway, Lula Barkley, Eva Blum and Hazel Espe.

Zeta Alumnae was the first alumnae chapter formed. It was organized on April 12, 1923 and carried the name of Alpha Alpha chapter until 1936. That year the names of the alumnae chapters were changed to correspond with their collegiate chapters by the addition of "alumnae" to it. The first officers of this chapter were President-Margaret Eckhoff, Vice President-Grace Levy, Secretary/Historian-Helen Haughton, Treasurer-Norma C. Wells, Directors: Clare Sheeby, Naomi Knowlton, Mrs. Bruce Philips.

Beta Alumnae formed in the fall of 1923 as Beta Beta (changed in 1936 to Beta Alumnae). The officers were President-Helene Radding, Vice President-Jane O'Neill, Secretary-Marion Denison, Treasurer-Margaret Ostrander, assisted by Ethel Rasmuson.

Xi Chapter was formed when the women of the class of 1927 at the Rhode Island College of Pharmacy came together in April 1927. Six members of Alpha visited the club and on June 22, 1927, installed the Xi Chapter of Lambda Kappa Sigma. Initiated were: Sallie Simons, Olga Chodorowska, Adelyn B. Pearce, Fernande Massicotte, Mrs. Charles Lynch, Blanche Garrett, Medline F. McCrary, Meryl Koisun, Lucie Hanley, Theodora DeAmicis, Isabelle Bisson, Eva Goulais, Genevieve Bolton, Jeanetter B. Greenberg, Anna L. Berlinsky, Ada A. Guerro and Violette A. Tanquay.

Alpha alumnae, the founder and original charter members of Alpha collegiate chapter continued working with the collegiate chapter until March 27, 1928, when they felt the need for a separate chapter and formed what was then called Gamma Gamma chapter (changed to Alpha Alumnae in 1936). In order to perpetuate itself, officers were elected: President-Cora Craven, Vice President-Mildred Follensby, Secretary/Treasurer-Gladys Driscoll.

Gamma Alumnae Chapter was formed on June 10, 1928, just prior to the time that Chicago entertained the second national convention of Lambda Kappa Sigma. The first officers elected were: President-Anna Bee Webster; Vice-President-Hattie Dyniewicz, Secretary/Treasurer-Barbara Hynes.

At the time the second biennial convention of Lambda Kappa Sigma was held in Chicago from June 21-25, 1928, there were 542 members initiated into the sorority in 13 chapters and 4 alumnae chapters, and the sorority was already 15 years old.

## Proposed Fraternity Bylaws Changes Vote to Take Place During the 2010 Biennial Convention

A brief overview of the proposed By-Laws changes to be voted on during the upcoming convention in Pittsburgh is as follows:

There are two issues that are of highest importance and will impact the By-Laws in many areas:

- To have an Annual Convention instead of Biennial Conventions and Regional Meetings;
- To clarify the formation of chapters and re-align related Articles and Sections.

There are also four other issues for consideration that are important but not as complex:

- Clarify issues related to initiation fee;
- Adjust language related to Convention Delegate Fee for host chapter(s) and newly formed chapter(s);
- Define the process for U. S. chapters to work with the IO for income tax reporting;
- Define minimum standards and expectations on new member orientation.

...Continued on page 14

# COLLEGIATE CHAPTER NEWS

## ALPHA



The sisters of Lambda Kappa Sigma Alpha Chapter would like to welcome you all to the New Year! We hope you had an enjoyable, relaxing holiday!

Upon our return to MCPHS for the spring semester, the Lambs of Alpha Chapter kept busy. In January we completed our recruitment process, hosting our last rush event. During recruitment we utilized many strategies acquired from our Regional Meeting this past summer. We had a great turnout and are in the midst of a successful orientation program!

We also kept busy with numerous professional events. Currently, our philanthropy Project HOPE is actively getting medical supplies to Haiti to help earthquake victims. LKS is fundraising to help with the Haitian project; MCPHS students and faculty were advised to contact any sister to donate to the cause. In February, the sisters spread awareness regarding cardiovascular disease and heart failure. A poster presentation was made and informational materials were distributed on campus. This program reminded our fellow classmates on today's prevalence of heart disease.

Also in February we held our annual professional event, Daffodil Days. The Daffodil is the first flower of spring, and it represents hope and courage for those fighting cancer. Similarly to "Light the Night", each sister was urged to meet a fundraising goal for the Daffodil bouquets sale; all proceeds were donated to the American Cancer Society.

Alpha Chapter is very excited about another annual professional event we planned for March, Hygeia Day, which will be held on Monday March 29th at 7pm; Professor Mattia Migliore will present an educational program about Parkinson's Disease to the MCPHS community, with CE credit available. Dr. Migliore is an assistant pharmacology professor at the School of Pharmacy and has a degree in Pharmacology and Toxicology.

After Spring Break, the sisters of Lambda Kappa Sigma are planning to be involved in "March Madness", a week devoted to fun activities and competition between Alpha Zeta

Omega, Phi Delta Chi, Kappa Psi and the student body. We will take part in an athletic event while raising money for Project HOPE.

Until next time, we wish all a happy new year and a successful spring semester! See you in Pittsburgh!

## DELTA



The Delta Chapter is happy to announce the addition of our twelve new sisters! Their induction occurred at the annual LKS/PDC Formal, which was held at the Pennsylvania Athletic Association in Oakland on Friday, November 6th.

In service news, we have been collecting greeting cards for St. Jude's Ranch for Children – the charity gives the children an opportunity for a fun craft project while recycling greeting cards for the following holiday season. Also, we are proud to announce that four LKS representatives will be participating in the American Cancer Society Relay for Life as part of the University of Pittsburgh School of Pharmacy team. As February is Heart Disease Awareness month, the sisters asked students and faculty to join us by wearing red every Friday to bring attention to the #1 killer of women today.

The Delta Chapter is busy planning for the biennial convention as we recently discussed event locations, fundraising ideas, centerpiece designs and favors with Tau Chapter. Besides being anxious to finalize convention details, we are looking forward to monthly sister movie nights, the LKS/PDC black and pink Valentine's Day party, and a powder puff game.

From all of us at Delta Chapter, we wish you best of luck with the rest of the semester. Lambs love.

## LAMBDA



Lambda Chapter was a proud host of Past Grand President Jennifer Rhodes in November, and we were happy to have her in attendance

at our general meeting as well as our Meet the Alumni dinner. We were able to break out in discussion groups with three faculty alumni, three local alumni and Mrs. Rhodes. Our new members were able to discuss career opportunities as well as opportunities to serve the fraternity while enjoying the small group atmosphere. With recruitment now past, our efforts have focused on professional development. Our chapter has undertaken several projects, including osteoporosis screenings at multiple health fairs, a Plan B certification workshop, and financial seminars, including an upcoming session on how to obtain and review your annual credit report. We have received requests from other chapters on both our calendar and t-shirt fundraisers efforts and have been happy to share our success. With the encouragement of our faculty advisers, a few chapter members will be presenting data from our osteoporosis screenings in San Antonio in March. We are encouraged by the enthusiasm of our new actives and hope to elect a new executive board in the coming weeks. We are excited for the biennial convention in Pittsburgh this summer and hope to see you there.

## NU



Hello Lambs! The Nu chapter is underway into a great spring semester! Our Fall 2009 activities included a trip to an apple orchard, our annual Sunrise Ceremony, and the initiation of 29 new Lambs! We definitely look forward to the contributions of our new and old members as we continue to re-establish our chapter on the Drake campus. We also celebrated Christmas with a dessert and game night!

We have an eventful spring semester planned with activities that include participating in Drake University's Relay for Life walk, a potluck dinner, and volunteering at Kids Fest. We celebrated Valentine's Day by selling wooden "Forever Roses" to benefit Project Hope and their work in Haiti. Students around campus were able to purchase flowers for friends



and they were delivered at the end of the week. We also have some exciting professional speakers lined up, including the director of the Iowa Pharmacy Association, Tom Temple. Another exciting annual event we look forward to is participating in the Drake Relays Parade. We are proud to display our chapter to the Des Moines community and hope this year to have actual baby lambs join us! Our weekly study tables have been a huge success and we have found how valuable it is to learn from one another. The spring semester will conclude with our annual Spring Formal and Awards Night in April. The Nu chapter wishes all the LKS chapters the best for 2010 year! Lamb's Love!

## XI



Hello, Sisters! After about five weeks of winter vacation, the Lambs of Xi chapter were back in action upon the start of the spring semester. At the end of January, we got together with Kappa Psi for our annual winter formal, which was a great night filled with lots of pictures, delicious food, and dancing! The spirit of giving didn't end with the holiday season either. At the beginning of February, our Community Service committee organized a night where sisters made about sixty Valentine kits for the children at Hasbro Children's Hospital in Providence, RI. We also gathered together on a wintery Sunday morning for our annual sister retreat, organized by our Pride committee, which brought us together for some sister bonding and LKS pride. We made tied-fleece blankets to donate to the pediatric cancer patients of Hasbro Children's Hospital as well.

The rest of our semester is going to be just as busy. Upcoming events that Xi will be involved in include a URI College of Pharmacy Chili Cook-off fundraiser for our school's new pharmacy building, the Relay for Life, monthly bake sale fundraisers, campus clean-ups, and a morning of manicures at a seniors' home close to campus. Our Professional committee is organizing our first annual "Red Dress Gala"—a benefit for the victims of the earthquake in Haiti, and a "Poison Prevention" presentation for local elementary school children. Once the snow melts, our chapter is also going to host a "Lamb Olympics," and will invite the Lambs from UCONN, Northeastern, and Massachusetts College of Pharmacy to visit and partake in the fun at the University of Rhode Island!

We are looking forward to Convention! See you in Pittsburgh!

## OMICRON

Greetings from the Omicron chapter in Detroit. We ended the fall semester on a high note. The Dress for Success event highlighted professional attire and behavior while providing a few laughs as our professors demonstrated over-the-top workplace "don'ts". Along with the event, the chapter donated several articles of clothing to a local organization in Detroit. During November and December members prepared and submitted a bid for the 2011 convention. Hopefully we will see everyone in Detroit in 2011! We finished off the semester with a secret Santa gift exchange. This activity provided a new way to bond with fellow members. Each person learned something new about each other as we tried to decipher which Lamb was our secret Santa.

As 2010 rolled in we started the new school year with renewed enthusiasm. The chapter held the initiation ceremony the first weekend of January. Everyone had a great time and the new Lambs provided several fun entertainment skits.

Following the disaster in Haiti, the chapter felt compelled to act. LKS members collected donations from classmates and raised just over \$300.00. The Omicron contribution pushed project HOPE over its \$3,000 goal!

"Go Red for Women" has been our focus for the month of February. We encouraged members and classmates to wear red on Friday 2/5, National Wear Red Day, to bring attention to cardiovascular disease in women. The following day LKS members provided a blood pressure screening clinic at a local independent pharmacy. Our members have also been busy completing community service training events. LKS worked collectively with other pharmacy organizations and was awarded a grant from Target to promote healthy living and screening events in local Detroit public schools. Along with community service, the chapter has been promoting academic achievement among its members by providing study sessions before exams.

We still have many events planned for the future. The Omicron chapter is looking forward to a productive semester and wishes all other chapters the best in their endeavors.

## PI



Greetings from Pi Chapter! As another semester begins with rigorous course schedules and exams, we have completed several projects thus far and have many more planned for the remaining year.

As we recall a very successful fall semester that includes participation in APhA MRM meeting at Rutgers, several walks, and inducting 4

new sisters, the sisters of Pi Chapter are already planning exciting new events. We have had a very busy spring semester so far, as we are currently working on organizing and putting together the final details of one of our largest events ever! We will be hosting a "Dress to Impress" informational and fashion show to raise funds and clothing donations for two non-profit organizations, Dress for Success and Career Gear. With several sites through New York and New Jersey, Dress for Success offers services designed to help disadvantaged women find jobs and remain employed by providing them with professional attire. Career Gear, based in New York, promotes the gainful employment and self-sufficiency of disadvantaged men who are actively seeking employment by not only providing necessary business attire but also providing interview counseling as well. This event will help inform the entire student body (not just pharmacy students) the do's and don'ts of acting and dressing professionally as we graduate and prepare ourselves to enter the workforce.

While we have been busy organizing this large event, we are still continuously promoting LKS and women in the profession of pharmacy for the rest of the semester. As usual, we plan on holding a series of bake sales to not only promote sister bonding as we bake but to fundraise and prepare for Convention as well. Since our adorable pharmacy-related coffee thermal mugs are in such high demand, we will continue to sell them to raise funds for not only our chapter use but for our other philanthropies, some of which include Relay for Life and the Lupus Walk in April. Another important event we are planning for is Rutgers Day, in which we will represent LKS through a showcase of creativity and school spirit by putting together a fun booth for the fair.

Hugs and kisses to our lovely fellow Lambs from Pi Chapter!

## TAU



Greetings from Pittsburgh! The New Year has already proven to have much in store for the sisters at Duquesne University. Tau Chapter is eagerly anticipating the arrival of our sisters from all the other chapters for the Biennial Convention here in our college "hometown!". We have now opened our enrollment to the freshmen and sophomore classes. Because of the greater emphasis of Lambda Kappa Sigma's

core values, new members and older sisters alike have continuously demonstrated their dedication to Tau Chapter.

A continuation from previous years is our project titled, "A Day in the Life of a Duquesne Pharmacy Student". We were able to show girls from several high schools what a typical day of pharmacy school consists of, and our lecture halls and lab facilities. A new professional project the Outreach committee developed during the fall 2009 semester was the "Germ Project," where some of the sisters performed a small skit to educate elementary students on the prevention of cold viruses and the flu, including H1N1.

The service chairs worked really hard to compile a variety of community service-based projects. We implemented a recruitment exercise with a fun twist; the sisters and new members made fleece-tie blankets for premie babies in January.

Don't think that Tau is all work and no play. The sisters are very adamant about expanding their horizons; whether it be attending a ballet at the local theater, the famous Andy Warhol museum of pop art downtown, or simply painting pottery at a studio together. These sisterhood events are what transform the sisters of Tau Chapter from scientific professionals to well-rounded individuals. Our Annual Senior Banquet and Formal will be held on March 27th, and the sisters will dance the night away while honoring their sixth year members. The girls built many fond memories with their ever-growing trees and also their new Tau friends.

## PHI



Greetings from the Phi Chapter at Butler University! The Indy Lambs finished a very successful annual clothing and shoe drive last semester for Haiti. It was a timely effort and we were proud of the overwhelming response we received from our campus, prior to the devastation. It was an incredible experience to help with rescue and relief efforts and to be able to partner up with local establishments. The Lambs of Phi Chapter are continually working to collect items to send over to Haiti.

We also started a fundraiser, "Build a Bridge for Winding Ridge" where we collected toys, clothes, books, and other gift items to bless deserving local elementary school children during the Christmas season. The school stated they had received more items than they had ever received in the past! This semester we plan on making Easter baskets for the Children at Reilly Hospital, volunteering at a Student-run Clinic,

and collecting toiletry items for a local women's shelter. We are excited to make a difference and touch the lives around us in a very tangible way! Here's to an amazing spring semester!

## CHI



October was a busy month for the Lambs of Chi chapter, as we had two large events taking place. First was our annual Thai Food dinner where we welcome in soon-to-be members by hosting a dinner and working on a fundraiser for the Susan G. Komen foundation. This year's fundraiser had to be a little different because of some new school regulations, but these Lambs were quick on their feet and decided to make small candy bags with pink ribbon pins on them.

Just before Halloween we participated in one of our favorite annual events, trick-or-treating for canned food for Northwest Harvest. Our officers passed out fliers a week before Halloween so folks would be expecting us. Then on October 29th we dressed up in costumes and went door to door collecting food. The event was hugely successful and we were able to collect several cars full of donations.

In mid-November the Lambs of Chi chapter gathered together for a study night at a local coffee shop. We held our initiation just after Thanksgiving and welcomed 9 new members on November 30th. Shortly thereafter we promoted attendance to an event for World AIDS Day organized by several student groups at the University of Washington. The keynote speaker was from BABES, a local Seattle organization that helps women and children living with HIV and AIDS.

Just after winter quarter finals, we had a white elephant gift exchange during happy hour at a local restaurant. It was a great opportunity to get together and share what we would be doing for the holidays, as many Lambs would be traveling to visit family and friends. A couple weeks after school was back in session, we had a potluck and discussed possibilities for our Valentine fundraiser. The members settled on handmade wrappers for chocolate bars. After taking orders from our classmates, we got together for another potluck and spent four hours cutting paper, stamping & embossing the wrappers and inserting classmates' personal messages into the Valentines packages. We had a ton of fun making these personal valentines and sold well over 200 bars. February also heralded Go Red for Women Day, for which we encouraged our classmates to wear red to raise aware-

ness that heart disease is the #1 killer of women. We also set up a donation page through the American Heart Association and invited friends, family and classmates to contribute.

February has been an exciting month for Chi chapter as we have had the honor of being visited by Past Grand President Jennifer Rhodes. While Jennifer was visiting our chapter, our collegiate and alumni chapters came together for a chocolate tasting at Chocopolis, a chocolate shop in Seattle. We learned a lot about chocolate, from how it gets from bean to bar to the best way to taste it, using all five senses. This was a great opportunity for all of our members to meet Jennifer and benefit from her enthusiasm, as well as to spend a great evening with our wonderful alumni chapter.

Our chapter looks forward to helping out with a health fair hosted at the Health Sciences building for visiting high school students later on in the spring, as well as our annual bingo night at a local retirement/assisted living facility. This has been a great year for the Chi chapter and we are excited to see what new opportunities unfold for our Lambs to promote the core values of Lambda Kappa Sigma.

## ALPHA ALPHA



At the end of the Fall semester we were very busy with finishing a successful NMO. The events and meetings held during orientation allowed the sisters and PNM's to learn a lot about each other. From icebreakers and sisterhood themed skits, to dinners and Lambs' nights out together we managed to form really great bonds. Alpha Alpha chapter is proud to welcome 18 new Lambs!!

Our chapter prides itself in being active in the community. This past holiday season, Alpha Alpha adopted a family in need through Philadelphia Cares. This year our family consisted of 1 adult and 8 children. Through the months of November and December we ran a gift drive for our family. We had the wonderful opportunity to meet the family and deliver the gifts ourselves. Our time, consideration, and effort was well worth it after we saw the excitement and happiness of the family! The family decided to wait and open the gifts on Christmas Day, and we were glad to help make their holiday season a special one! During the months of December and January, we held a clothing drive in which the entire Temple University School of Pharmacy (TUSP) community was invited to donate gently worn items until Feb 1st. We will soon be deliv-



# COLLEGIATE CHAPTER NEWS Continued



ering the donated items to a North Philadelphia non-profit organization called "Project Home," dedicated to helping those in need. Later this semester, with the brothers of Kappa Psi and Phi Delta Chi members, we plan on having our annual spring formal in which all proceeds are donated to Shriners Hospital for Children. The entire student body will be invited to attend a night filled with dinner and dancing!

In addition to our community service we have been involved in holding several professional events. In celebration of Founders Day, we were honored to have Dr. William Hughes, the Medical Director at Temple University Hospital Burn Center Unit, give a one hour lecture, called "Burned Baby Burned: Inpatient and Outpatient Burn Treatment," which was open to our entire school. Over 140 students and faculty members attended the lecture and pizza was served afterwards! In honor of Hygeia Day, we are anticipating a lecture scheduled for March 29th, by Dr. Clara S. Haignere, Ph.D. MPH MA. She will be discussing President Obama's health plan and how it will affect the world of pharmacy. We are all very excited to learn what the future of health care holds for us! We are currently working with our funds to send a few sisters to the APhA National Conference in D.C. in March. Last year, we were able to send 3 members to San Antonio, so we are hoping we can be as successful this year. We are also looking forward to a visit from Christine Perry! Although no dates have been set as of yet, we plan on inviting her to our school to present a Resume Building Workshop to TUSP students later this semester!

Socially, we are planning more Lambs night out events for the near future! Also, our annual Big/Little Paddle dinner where we bring all sisters together at a local restaurant to enjoy dinner and watch the Littles present their decorated paddles to their Bigs. In addition to all of our events this past semester, we are very proud to announce that Elaine D. Mackowiak, PhD, advisor to Alpha Alpha Chapter and an Alpha Alpha alumna, has written a textbook, "Essentials of Nonprescription Medications and Devices", published by Pharmaceutical Press.

We are proud of our accomplishments thus far and are looking forward to the rest of the spring semester! Alpha Alpha chapter wishes everyone lots of luck in their academic and LKS endeavors this semester! Lambs for Life!

## ALPHA BETA



Alpha Beta kicked off the semester at the annual Lock-In at the lovely home of Dr. Robin Bogner, where we shared a delicious meal, played games, and bonded as a Chapter. Most importantly, we got together to discuss and plan

our goals for the upcoming semester.

The Community Service Committee is focusing on helping our local community by volunteering at Mansfield Rehabilitation Center and other local organizations. The Chapter also will hold two Community Service fundraisers to support Project Hope and the people of Haiti.

The Professional Committee hopes to keep our new-found friendship with the girls at Grey Lodge Women's Shelter by creating gift baskets around the Easter holiday to bring to the shelter. The committee will hold a CV Workshop to celebrate Hygeia Day and an Interview Workshop geared towards Pre-Pharmacy students.

The Alumni Committee's main goal this semester is to inspire our Alumni Sisters to become involved in our Alumni Chapter. We also hope to reconnect with the Alumni with a Casino Night. The Social Committee is working to increase sister bonding by going out to dinner as a Chapter. We also hope to stay connected with Xi Chapter by planning a fun event with them.

The Fundraising Committee hopes to raise a lot of money this semester to help with all the exciting events we have planned with fundraisers such as a blanket sale, candy-gram sale on St. Patrick's Day, and Finals Care Packages, as well as helping to fund sisters who want to attend the Biennial Convention in Pittsburgh. We're looking forward to seeing all the Lambs there this summer!

## ALPHA ZETA



With the growing size of our fraternity, Alpha Zeta Chapter has been able to get more girls involved with the activities going on in the community. At the beginning of the winter semester, girls from LKS are participating in a walk sponsoring the Make-A-Wish Foundation at West County Mall. We will also be getting our exercise while helping the community by participating in Master the Met, which is a stair-climbing event to help raise money for the American Lung Association. In order to help raise some money for Master the Met and Project Hope, LKS is holding a bake sale, because it seems to be a big hit at our school. We are also making a gift basket for an auction for the Mary Ryder Home, which is a senior assisted living facility.

In addition to helping the community, we also participate in activities on campus. We are helping the residential leader to help raise awareness for domestic abuse by being involved with the Red Flag Campaign. We also participate in the Winter Olympiad that is held every winter during Homecoming season.

With a new school semester starting, it is a great opportunity to host recruitment events,

such as a night with the girls at the movie theater. And in order to strengthen our sisterhood bonds, we have events such as a movie night, going bowling, and our Spring Formal.

## ALPHA ETA



Greetings to everyone! The fall semester turned out to be very busy for the ladies of the Alpha Eta Chapter! We held our initiation ceremony in November, and we had a beautiful ceremony and a dinner following! All the members of the chapter welcomed the new sisters with a lot of love and pride. At the very beginning of the Spring Semester, we conducted a fundraiser alongside SNPHA (another pharmacy organization at LIU) to raise money for the disaster in Haiti. We conducted bake sales as well as asking the students in our classes for donations. The students and faculty of the pharmacy program at Long Island University were very supportive of our fundraiser. With their help, we were able to raise over \$ 1000. As a professional fraternity and with our mission in mind, we at the Alpha Eta chapter felt that it was our duty to do what was in our power to help. In addition to the Haiti fundraiser, we also are in the process of conducting another fundraiser for the family of one of our colleagues at the college. LIU will be holding a Game Night in order to raise money for the family and LKS is doing our best to help.

In addition to the fundraisers that we have conducted, we have held many social events. One of which was a gathering where we made shirts representing our chapter. We purchased plain shirts and decorated them with our colors. This activity allowed us to get to know the newer sisters. As the semester continues, we plan on having a pot luck dinner at one of our sister's apartments. At the end of the semester we plan on having our Annual Formal. This will be our third formal and we hope that this tradition will be continued throughout the years.

We plan on celebrating Hygeia Day by holding a professional event at our school. We will be having a Dean's Hour and we have invited a speaker from March of Dimes to come and speak to the students about premature babies. We are also planning on having another Dean's hour where alumni will be discussing information about fellowships.

It has always been our goal to be more known on campus and we are working very hard in order to achieve that goal. We plan on making this a successful semester and we are looking forward to our Formal and also the Biennial Convention in Pittsburgh.



## COLLEGIATE CHAPTER NEWS Continued

### ALPHA THETA



We had a fantastic fall semester with the addition of 26 new members. We love the energy that they have brought to our chapter, and we look forward to expanding LKS' presence and efforts in the Buffalo community. Two new fundraising activities for the chapter were added to our agenda: a Pharmacy Charms and Pins sale and a Poker Tournament. Both were very successful and might be added to our permanent lineup for fundraising. For service, we reached out to the Weinberg Campus community during Thanksgiving weekend. The year concluded with a wine and cheese party that was DJ'ed by one of our very own members, and with a wonderful dinner party at Dr. Gayle Brazeau's house.

Buffalo gets a lot of snow, but that does not hamper our fun. We went on a snowboarding trip at Holiday valley in the month of January. More trips like that are in the works. We recently had our annual Rose and Carnation sale to benefit Project Hope. The event coincided with a bake sale full of homemade goodies.

We look forward to our upcoming activities, which include Relay for Life, the sale of intern nametags, a mixer with Kappa Psi and Phi Delta Chi, a hypertension wellness clinic at Pendleton Center United Methodist Church, a barbeque held at a member's home, Hygeia Day, and more.

We wish the other chapters an enjoyable semester filled with meaningful activities.

### ALPHA IOTA



Greetings from the Alpha Iota chapter at Ferris State University! We have entered another very exciting semester with the continuing celebration of our school's 150th anniversary.

Four successful recruitment events brought us a number of wonderful new members to join our sisterhood & we look forward to them officially joining the Fraternity and becoming Lambs for Life! At the beginning of this new semester, we gathered as sisters for our annual Winter Formal, which was held at a beautiful hotel in Midland. Alpha Iota's fundraising for Project Hope continues with us selling snack items in the lounge at our College of Pharmacy. Over the past year, we've been continuing to volunteer at Metron, a local nursing home. The residents there seem to really appreciate the company, and we always get positive feedback from the workers; all of the sisters agree that we enjoy our experiences there. We have also been keeping up with the blood pressure screenings at our local Walgreen's Pharmacy. The girls volunteer their time for an hour every week to help remind local people to take an active role in their health care. We have also stayed active with volunteer work at the county recycling center for a few hours every Saturday morning, as well as the campus-sponsored Safe Ride every Friday and Saturday night; every semester, we also spend day making our community a brighter, cleaner place by our efforts through Adopt-A-Highway. Additionally this semester, Ferris puts on a city-wide spring cleaning campaign, which our girls all enthusiastically participate in. Our involvement in campus-wide activities paired with our volunteer efforts makes our chapter one of the six registered student organizations on campus with 5-star status, the highest ranking for RSOs. We give our best wishes to all the other chapters and hope everyone has a terrific semester!

### ALPHA KAPPA



After initiating 42 wonderful new girls in the fall, the Alpha Kappa chapter has gotten off to great start in the new year! In January, we went to the mountains for our annual winter retreat. We had a great time getting to know our sisters even better. Our main philanthropy is the local "In Their Shoes Breast Cancer Walk." We had one of our members actually participate in the walk while the rest of us cheered her and the other walkers along. Our fundraising committee has gotten a head start and already started to raise money for the walk in October. We sold candy-grams for Valentine's Day and are planning a Spring Fling with contests and games. Some other events we are planning this semester are a dinner for our big brothers, a spring formal, and fundraisers. We are hosting a speaker to celebrate Hygeia Day and will be participating in our College of Pharmacy's Relay for Life team. We will also be playing intramural softball as the "Killer Lambs."

### ALPHA LAMBDA



Greetings, fellow Lambs, from Vancouver, host city of the upcoming 2010 Winter Games! While our beautiful city is gearing up for the world to arrive, Alpha Lambda chapter members have been hard at work preparing for our biggest annual event, Manufacturer's Night. With 14 manufacturers confirmed, we are expecting upwards of 200 of our fellow pharmacy students to attend what is sure to be a night to remember.

This spring, we ran a successful first aid course for much of our faculty's first year class, and raised \$1200 from the funds. Our members also participated in a faculty-wide fundraiser to support relief efforts in Haiti. We are looking forward to more events and fundraisers in the coming months!

### ALPHA MU



Lambies at the University of Toledo's Alpha Mu chapter have had quite a year! Before leaving for Christmas break we had our annual formal event, which was a huge success. Faculty speakers, great food, dancing, and friends made the event a night to remember. We also had our annual Christmas party to wrap up the semester. With regards to community service, we participated in our annual adopt-a-family fundraiser and helped make one Toledo family's Christmas special. Spring events include Relay for Life, planning a Hygeia day event, and planning an event to raise money for Project HOPE. We are also planning on running mock interviews for those students seeking admittance into the professional division, with our brother fraternity Kappa Psi. We had a special visit from our regional supervisor, which was a treat, and we are excited to see what 2010 will bring!

### ALPHA NU



# COLLEGIATE CHAPTER NEWS Continued



Greetings from the sisters of Alpha Nu! We can't believe how quickly this school year has flown by, but we've been keeping busy with our service projects and social events.

During December, we sponsored 43 children through the AVOL Angel Tree program. AVOL is an organization that supports families who have a parent with HIV/AIDS. Our LKS chapter coordinated a college-wide effort to purchase gifts and stocking stuffers for these children to help make their Christmas a little brighter. We also hosted our annual Mistletoe Mingle, a semi-formal dance to which all pharmacy, medical, dental and physical therapy students were invited. In addition to having a record turnout at this year's event, we were able to have a date auction beforehand with the proceeds being donated to Project Hope.

This semester, we held our annual Valentines for Vets service project. A group of about 25 LKS members took homemade valentines to the VA Hospital and visited with several of the patients. Our February sisterhood event went right along with the same theme – we went to see the movie 'Valentine's Day' as a group at a local movie theater. Our chapter also hosts a Mardi Gras party each year, to which all the students in the college are invited. There was a great turnout for the event, and a good time was had by all watching fellow students sing karaoke.

The upcoming months hold opportunities for several more service and social events. We will be participating in a Women's Build with Habitat for Humanity later this spring, a project coordinated by our new members. Near the end of the semester we always hold our Parent-Member brunch, at which we transition our new officers and take the opportunity to show our parents what LKS is all about. In good Kentucky fashion, we will also hold an event at Keeneland, Lexington's venue for horse racing.

Alpha Nu has had a wonderful year, and we can't wait to see you all in Pittsburgh this summer!

## ALPHA XI



Though our Winter break was very relaxing, the ladies of Alpha Xi have gotten into school-mode to jump start our work for this semester. At the end of Fall semester, we celebrated Christmas playing White Elephant, a traditional event we hold every year. It was a good time to relax and end 2009 before we locked ourselves in a room studying all day and night with caffeine running through our veins. We are excited to start the New Member Orientation process, and are planning on welcoming a new orientation class of 10. Furthermore, we will be hosting

our annual Women's Health Week on campus. During this time, we will welcome speakers to our school to talk on subjects concerning Women's health, and we thank everyone who will help make this week a success. We wish all of our fellow Lambda Kappa Sigma chapters a good spring semester.

## ALPHA OMICRON



The Alpha Omicron chapter is gearing up for a great semester this spring. An alumni family-friendly picnic is currently in the works. Trips to the WOW factory to paint pottery, kayaking, and drive-in movies are among some of the social events being planned as well. Our professionalism chairs are hard at work collaborating with SSHP to conduct mock residency interviews and the Relay for Life chairs are holding a Vera Bradley bingo as a fundraiser for the event. Community service events for the semester include working with Habitat for Humanity, Meals on Wheels and the Rosenbaum House.

## ALPHA PI



Greetings from Alpha Pi! We are starting this new semester strong with our wonderful addition of nine new beautiful sisters, and great anticipation for the upcoming events here at St. John's University. We began our year with a Back to School Social in conjunction with other pharmacy organizations on campus to spread the word about our prospects for this new semester and for recruitment.

With the spring semester comes Relay for Life. We have been the top fundraisers for the past three consecutive years and aim to top our previous year's contribution. In efforts to reach our goal this year, we participated in St. John's Amazing Vincentian Race to raise money for Relay for Life. This event aimed to raise awareness about the importance of community service, which goes hand in hand with our objectives for Relay for Life. We will also be hosting fundraisers for Haiti relief effort and Project Hope. In addition, we will continue to

participate this semester in Midnight Runs to help feed the disadvantaged. The sisters of Alpha Pi are changing the dynamic of fundraising by incorporating new methods into our old ones so that we can give the most we can.

All of us here are very excited for this new semester's events and will also soon be welcoming eight new members. We wish all our sisters the best of luck!

## ALPHA RHO



The new year has inspired the Alpha Rho chapter to bring our sisterhood even closer with plans for our retreat this February. Since late fall, we have welcomed five new sisters and celebrated with Lambs' Night outings. They are great additions to our chapter and have proven to be active and amazing ladies. Plans for the semester include a Valentine's Day fundraiser to spread sweets and generous feelings on campus through a candy valentine sale. Volunteering to serve dinner at Rosie's Place, a shelter for poor and homeless women in Boston, is on the agenda and so is conducting a Relay For Life Fundraiser for cancer. We also plan to celebrate Hygeia Day with a presentation on HPV and cervical cancer to enlighten people on the aspects of the disease and the effects of research on innovations to prevent the spread of the virus.

Our philanthropy Project HOPE will also see attention from the coin drop drive at each meeting and another event that we will plan. Throughout the semester, our sisters have proven more commitment to sister bonding, despite hectic schedules, to have coffee dates to connect with each other. We look forward to strengthening our bonds and making our fundraisers and community service projects successful.

## ALPHA SIGMA



Greetings from the Alpha Sigma Chapter. We have started the spring semester off with one of our favorite seasons; recruitment and orientation! All the Lambs are actively preparing to welcome this year's prospects and guide them in their efforts to become members of LKS. We recently held an informational meeting and are preparing for another in the week to come. We



## COLLEGIATE CHAPTER NEWS Continued

are striving to have a successful intake this year as we have in the past.

In the months to come, Alpha Sigma will be working on a number of service projects around the community. In late February we will be participating in a fundraiser at the Toyota Center to benefit Project Hope and local charities, while in March we plan on conducting an educational event for cervical cancer. Our goal is to utilize an informational poster and distribute pamphlets to heighten awareness around our campus, as we strive to promote the importance of this particular health issue. The Lambs will collaborate with MD Anderson Cancer Center in an annual health fair and aid the Star of Hope Foundation in the soup kitchen early in April. The Alpha Sigma Chapter anticipates prom season, as it offers the opportunity to organize a formal wear drive for a charity called Project Cinderella, which provides evening wear for high school aged kids so they can participate in prom festivities. We are looking forward to all these events as well as a busy semester. We wish you all the best of luck for a successful spring.

*Lambda  
Kappa  
Sigma*

### ALPHA PHI



Hello to all of our sisters from the Alpha Phi chapter at Wilkes University! In fall we welcomed the addition of seven new members. We also had a wonderful visit from Anisa, our regional supervisor. We are off to a great start this semester and for the first time ever we are having a spring orientation. We are looking forward to the addition of these new members in March.

We have several social activities planned for the spring semester, including a bowling night, snow tubing, and our annual end of the year banquet and formal. To offset the costs of these events, we have already started our fundraising efforts, including selling Sheetz food coupons and our very popular flower bulb sale. We are also considering working a night at a local Coldstone Creamery to raise money. We already have a speaker planned for Hygeia Day to talk about cardiovascular disease in women. We are also planning to participate in the annual Relay for Life and various health fairs held on campus and at other local places around Wilkes-Barre. We have so much planned for this semester and are looking forward to being able to

share more details with everyone at Convention this summer. We hope to see everyone there!

### ALPHA CHI



The Alpha Chi chapter is proud to have expanded its chapter with an additional nine members this year, making us have a total of 22 members! We have continued our Valentine's Day candy vial sale this year and are in the process of planning an Etiquette Dinner, along with a Professional Dress Fashion Show. This will help the students of our school become aware of what and what not to wear in professional settings. We have started to have guest speakers come in and talk about various topics related to women and pharmacy. At the end of February, we are having a talk on women and heart disease, and for Hygeia Day, we are planning a lecture on Hormone Replacement Therapy, which we are all very excited about. We are also in the process of planning for our Project Hope fundraiser, which will take place in the spring. We would like to extend a thank you to Stephanie Mrozek, former President of Tau Chapter in Pittsburgh, for helping us organize earlier in the year and giving us many tips and ideas to help improve our chapter!

## Proposed Fraternity Bylaws ...Continued from page 7

Each of these six issues are spelled out and referenced by Article and Section number(s) in materials made available for review by members on the Fraternity's website at [www.lks.org](http://www.lks.org). Included is the document "Overview of Proposals" which briefly describes the issues, identifies the benefits of the proposed change and clarifies the impact it would have on the membership. Pages 4 and beyond give full detail of actual wording changes. A third document "In-Depth Background" describes the complex issues of ACPE accreditation and why certain terms were chosen for this part.

The current By-Laws are also posted on the LKS website.

All chapters and members in good standing have a vote in this process, and it is very important that everyone be prepared to participate in the process, and bring your vote to the floor at convention. Any questions, concerns, and requests for additional information or explanation can be addressed to the Rules & By-Laws committee members. They are: Chair Avis Ericson ([rxaje@embarqmail.com](mailto:rxaje@embarqmail.com)), Mary Gear ([mgrear2000@yahoo.com](mailto:mgrear2000@yahoo.com)), Nancy Horst ([nhorst5911@aol.com](mailto:nhorst5911@aol.com)), Patti Lozano ([buick8@comcast.net](mailto:buick8@comcast.net)), and Christine Perry ([cmperryrph@aol.com](mailto:cmperryrph@aol.com)). You can also contact Sharon Brown, Grand President, or other members of Grand Council at any time.

Thank you in advance for your participation in this important process.





# ALUMNI CHAPTER REPORTS



## ALPHA ALUMNI



We had an exciting Founder's Day this year on October 6, 2009 at MCP. Our alumni speaker Dee Adams was excellent and entertained all of the collegiates and alumni with stories about MCP and LKS during her student years. A wonderful potluck dinner was served.

Our most recent Alpha Alumni Newsletter contained information on our Women's Health Issue Cervical Cancer along with updates on the Alumni Chapter and alumni in the news.

Hygeia Day will be held on March 29 this year. The topic of the presentation is Parkinson's Disease. Dinner will be served for our sisters and attendees.

We have numerous fundraisers planned for the 100th Convention and both the collegiate and alumni are actively working towards the grand celebration of the founding of our sisterhood.

We wish all our sisters a wonderful spring and look forward to seeing you in Pittsburgh.

## EPSILON ALUMNI

Greetings from Epsilon Alumni Chapter in Baltimore! News is short and sweet from the chapter. Katharine (McGrath) Kinsman was married this past October. Congratulations to her and her husband! President Keely Ireland will be participating in Eagleman this June, which is a half Ironman distance triathlon; good luck, Keely! Also, Keely is now working as a Health Insurance Specialist on Medicare Part D Drug Policy for the Centers for Medicare & Medicaid Services (and loves it!). She will also be speaking at the APhA Annual Meeting in Washington, DC in March, and will hopefully reconnect with many members there! We're hoping to get together with the collegiate chapter this semester for an organized activity and looking forward to seeing many of our LKS friends in Pittsburgh this summer!

## TAU ALUMNI

Greetings from the North Pole... I mean, Pittsburgh. This has been an especially wintry season. Our snowfall in the month of February alone has exceeded 39 inches. Needless to say, it has been difficult to get around. Our Monday night meetings have been hampered as a result. Punxatawney Phil, our local groundhog, predicts only six more weeks of winter, so things should be looking up soon.

The year ended with a great Christmas party held on the Duquesne University campus. We had a large attendance of collegiates that magnified the Christmas cheer. A picnic-style din-

ner was enjoyed by all. The Rosetta Manzione Scholarship was proudly awarded that evening to Stephanie Mrozek - a well-deserving collegiate. We ended the evening with a friendly race to see who could unwrap their Christmas presents first ... while wearing oven mitts!

The new year started with the wheels turning in preparation for the upcoming Convention in Pittsburgh. Both collegiate and alumni groups are working to ensure that convention-goers get the full flavor of the city. Everyone has such great ideas to share - it will be hard to decide on events.

On a sad note, our alumni group has lost two special members ... Gerry Manzione in November and Anne Keiser in February. Gerry and Anne were both 50-year members and were very active in our local group. The Tau Alums are very fortunate to have had such dedicated members for such a long time. They will be missed.

## PHI ALUMNI



Hello from Phi Alumni. We attended the Collegiate initiation in November 2009, and we hosted an evening meal at the home of Petra Fippen with 8 Collegiate and 6 Alumni in attendance. We had a February meeting with Linda Bray, Karen Roberts, Merri Cascio, Patti Lozano, Petra Fippen and Marcia Harms (picture enclosed).

Our members have had a few accomplishments. Petra Fippen was appointed by Gov. Mitch Daniels to the Indiana Medicaid Drug Utilization Review Board. Linda Bray, '67 is retired from the family pharmacy and is now enjoying her 7 grandchildren. Karen Robert retired from Eli Lilly & Co. December 31, 2009.

We are very pleased to have Patti Lozano join us. Patti recently earned board certification in oncology, BCOP.

We also had a few losses this year. We lost our last two charter members of Phi Collegiate and Phi Alumnae when Rosalene (Freije) Hider and Lucille Kavanagh passed away this year. We have celebrated their lives with donations to the Educational Trust.

## CHI ALUMNI



Chi Alumni have stayed in touch in all kinds of places and ways this past 6 months. Susan Lakey, Faculty Advisor and Collegiate Liaison, hosted Initiation for 8 new members at her home in November. We held our annual Holiday Cookie Exchange-Food Donation in December. Joyce Tsai's family met in Costa Rica for hiking in the tropics and relaxing on the beaches. Linda Rupnick has taken up painting while wintering on the Gulf Shores in Alabama. Linda Story is living in Andorra, though she comes back to Seattle to work at Bartell's twice a year. Lisa Barr found lost lamb Connie Shafer at a University of Washington CE event. Pat Tanac's grandson, Nathan, and Ina Jenkins' granddaughter, Quinn, were both members of the same wedding party on February 7th. Chi Alumni and Chi Collegiate enjoyed a chocolate tasting event February 9th at Chocopolis. Jennifer Rhodes, Past Grand President, was present and it was very nice to visit with her. Three Past Grand Presidents were in attendance, including Pat Tanac and Nancy Horst. We are excited about the LKS sweatshirts the Chi Collegiate are getting for us! This spring we will host a dinner for Chi graduates and plan for Convention!

## ALPHA NU ALUMNI



The Alpha Nu Alumni chapter enjoyed welcoming all the new members of Alpha Nu Collegiate chapter at their initiation in November. Ginny and Andy France also welcomed another little lamb, their son, Thomas, into our fold on December 30, 2009. We are so excited for their growing family. We've not been able to meet much due to the weather. While we have not had the extreme amounts of snow as our sisters on the East coast have, I don't think we can remember having this much snow in a long time. We can't wait for the weather to warm up, and we really can't wait to see everyone at Convention in Pittsburgh!



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## SCHEDULE OF DEADLINES & EVENTS

### March 11-12<sup>th</sup>

LKS Spring Grand Council Meeting –  
Washington, DC

### March 13<sup>th</sup>

LKS Member Dessert Reception –  
Washington, DC

### March 13-15<sup>th</sup>

APhA Annual Meeting & Exposition –  
Washington, DC  
Visit the LKS booth!

### March 15<sup>th</sup> Hygeia Day

Celebrated by presentation of a professional  
program open to the public

### April 1<sup>st</sup>

Deadline for Payment of Alumni Dues

### April 30<sup>th</sup>

LKS Award Nominations Deadline

### May 1<sup>st</sup>

Deadline for submitting Chapter  
Convention Report & Slides;  
Chapter Delegate Credentials

### June 1<sup>st</sup>

Deadline for submitting all  
financial obligations, initiation fees,  
Master Member Input Sheets,  
Officer Roster, Treasurer's Report  
and Annual History report

### June 30<sup>th</sup>

Deadline for early registration –  
LKS Biennial Convention

### July 28-31<sup>st</sup>

LKS Biennial Convention –  
Pittsburgh, PA

### October 15<sup>th</sup>

Deadline for submission of  
Chapter Reports and photos for  
the LKS Blue & Gold Triangle

### November 1<sup>st</sup>

Deadline for submission of  
Educational Grant Applications,  
Chapter Dues with Membership  
Rosters