

LKS



Collegiate Newsletter of ΑΚΣ International

Fall 2008

Volume XVI Issue 2

Edited by Dr. Elicia Rae Fauvel, Pharm.D

It is an honor and a privilege to assume my responsibilities on the LKS Grand Council as Grand Vice President for Collegiates. After completing one term as Region 2 Supervisor, I was installed as the GVPC during the Convention in Savannah, Georgia, on August 9th. I follow in the footsteps of a long line of great women, and it is at this time that I would like to say thank you to my predecessor, fellow Lamb for Life, Dr. Kara Lee Shirley.

I welcome you all as we usher in a new Biennium for our Fraternity. For those of you who attended Convention this August, there were many changes and updates set in motion for LKS. I encourage the Chapter Delegates to share with the members of your chapter everything you learned and every memory you made during this important LKS event.

One of the biggest changes was the redistribution of regions. The number system is gone! All that time, learning the groups of Chapters in each region from the Member Manual, will have to be re-learned. But don't worry, change can be a good thing! The redistribution of the regions will only make it easier for each chapter to receive the attention it deserves and the support it needs. It will also make chapter visitations more expeditious – these visits are critical to the success of your chapter and the overall success of the Fraternity.

We also were challenged to “Buy In, or Get Out” during David Stollman’s keynote address. David helped us to see how society views our “letters” but more importantly, how we view them, and how we can educate others about the value of Greek letter organizations. He spoke about our core values: friendship, service, leadership and scholarship – the things we stand for and what makes us *sisters* – not just acquaintances. Understanding and incorporating these core values into every aspect of our Chapter will ultimately take us from Good to Great.

Finally, we adopted our own Code of Conduct – a tangible resource to instill in each member the core values of our Fraternity. Look for more information about the LKS Code of Conduct with your Fall Packet materials.

I am excited about the adventure ahead and I’m hoping that each of you will join me as we take our chapters, and our Fraternity, from Good to Great! At times it will be challenging, but anything worth having requires hard work and dedication!

Fraternally yours,
Elicia Rae Fauvel, Pharm.D.



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.



Attendees of the 40th Biennial Convention- August 6-10, 2008

Highlights from this years Convention: Something to Talk About!

Campus Speak: Buy In or Get Out!

Presented by David Stollman

David led a motivating presentation on the importance of challenging our chapters to embrace only the best members and get rid of the rest. His inspirational speech showed us that our core values should be unified throughout; friendship, service, leadership, and scholarship.

Campus Speak: Recruitment Boot Camp (a sneak preview!)

Presented by David Stollman

David offered time to those collegiate members who attended Convention a highlighted program on the challenges of recruitment. It's not just about increasing numbers in your chapter, but getting those members that the chapter feels will make the biggest impact. He educated the members on branding vs. advertising. We want to make LKS a brand name, like Pepsi or Coca Cola. The 5 aspects needed to create a brand: **Message** worth being heard; **Simplicity** in that message; **Consistency** of the message; **Repetition** of the message through various mediums; **Integrity** of the message.

He went over the '10 Steps of Recruitment Success' to improve every chapters success rate; having one person in charge; posting a 'wish list'; bid discussions at every meeting; posted goals; skills training; including recruitment throughout the year; having written expectations for ALL members; having positive and negative incentives; having measurable membership eligibility standards; having a team based organizational structure. Putting these steps into action for the new fall semester will help keep the recruitment process organized, as well as help the chapter keep their goal of retaining members for a lifetime! Finally, members were shown the '5 Step Model of Recruitment': Step 1. Meet Them; Step 2. Make Them Your Friend; Step 3. Introduce Them to Your Friends; Step 4. Introduce Them to Your Organization; Step 5. ASK THEM TO JOIN!!! Using the 5 Step Model of

Recruitment will help get the members you want to have with you in this lifelong journey of sisterhood!!



David Stollman
For more information
Contact CAMPUSPEAK
(303) 745- 5545
info@campuspeak.com

*Don't Worry!!
If you missed out on it,
CAMPUSPEAK
Will Be Back!!*

Lambda Kappa Sigma: Code of Conduct:

I believe in the sacred sovereignty of my sister over her own life. Therefore, I will not trespass on her domain, or seek domination over her ideas or conduct in any way.

-from the LKS Creed, written by Ruth Davies Flaherty

The Fraternity has put together a Code of Conduct that all members of Lambda Kappa Sigma shall follow. The Code was put together to keep the Creed and Mission of Lambda Kappa Sigma at the forefront of everything we do. Members attending Convention were all given a copy to bring back and report to their chapters at the first meeting. At this first meeting, all members of the chapter must review the document and the chapter must retain a signed copy of every member in its Chapter Files as well as send a copy to their Regional Supervisor and to the International Office.

This Code was put together with the Fraternity's best interests at heart. As the Fraternity has progressed as well as the expectations of the Professional Pharmacy Fraternities, we found it necessary to re-educate our members on their duties and responsibilities to the Fraternity. Please review the policy and forward any questions to your Regional Supervisors and the Grand Council if required.

Dinner at the Crab Shack and The Lady & Sons Restaurant

Both Collegiate and Alumni alike were treated to two very different but equally memory making dining experiences! While the Collegiates hit the 'beach' and cracked open some crab shells, the Alumni got some down home Southern cooking with enough butter to put us all on Lipitor! Gators and Paula Deen, both a southern staple!



Haunted Tours and Those Southern Bells!

Did you know that Savannah was the third most haunted city in the States? I, until I went on my very own Haunted Tour Bus ride through Historic Savannah, complete with hand held fans and Southern Bells! Anywhere you go, you can hear a tale of a haunting, a murder, and a loved one scorn... and if you were like some of our braver lambs... you may have even gotten a picture that made you look twice and ask yourself, maybe we're not alone! Our thanks to the Alpha Kappa Lambs for getting us all back safe and sound and making us feel welcomed!!



The Boat Rocking Blue and Gold Dinner!

This was the event to be at! An authentic paddle-wheel steamboat to cruise around Savannah! Chapters brought out their bests with skits and songs that showed how much fun we can all have when we're together. We were treated with some fine Southern cooking, buffet style, and a DJ that had us line dancing, salsa dancing, conga lining and sweating to the best dance moves our Collegiates had to offer! Hosted by the infamous Ruth and Patty, they kept the boat rockin' until the sun set! The highlight may have been when some of our newly elected Regional Supervisors parodied some of our lovely Grand Council Members... 'Dually noted' of course!



Donations, Donations, Donations!

Biennial Convention Donations to SAFE Shelter

Each year, collegiate and alumni members of LKS bring items to the Biennial Convention to donate to a local shelter or center in need. This year, the Alpha Kappa chapter chose SAFE (Savannah Area Family Emergency) Shelter. The purpose of SAFE Shelter is to reduce the level of domestic violence in Chatham County and offer services to deal with the effects of domestic violence when it occurs. To do this, SAFE Shelter will provide temporary shelter and services to victims of domestic violence. All of the services provided by the shelter rely entirely on donations. Our chapter was so

proud of the items that other chapters gave from around the country. We have been in contact with the shelter since March about the donations they would receive from convention. The shelter volunteers gave a list of items they needed most, and LKS came through with beyond what they initially asked for. Box after box of items were collected and loaded into a van to go to the drop off site. The shelter volunteers were overwhelmed with gratitude at the generosity of the LKS collegiates and alumni.

Thank you to everyone who brought items for donations. Everything was graciously accepted and will be given to people who need it most.



Thank you! Alpha Kappa

The New Geography of LKS

Forget what you read in your Member Manual. Grand Council has re-arranged the map of LKS to better serve the needs of its collegiate members and the newly appointed Supervisors! Your assignment for the Grand Vice President of Collegiates is to go to your first meeting and assign a sister to become your Chapter's Regional Liaison. This sister will correspond with the other Liaisons of their region to discuss issues, ideas, and hopefully, a closer bond with each other! **Please submit the name and contact information to your Regional Supervisor by the end of September.**

New England Region

Marina Grgas

Alpha
Alpha Beta
Alpha Rho
Xi
Alpha Pi

Southern Region

Lisa Rodriguez

Alpha Sigma
Alpha Kappa
Alpha Nu
Alpha Omicron

Central Region

Charity Dorothea

Andrews
Alpha Iota
Omicron
Phi
Alpha Zeta
Nu

Mid-Atlantic Region

Anisa Nurbhai

Epsilon
Pi
Alpha Alpha
Alpha Phi
Alpha Eta

North Eastern Region

Stephanie Guzman

Tau
Delta
Alpha Theta
Alpha Mu

Western Region

Kathy Huff

Alpha Lambda
Chi
Alpha Xi
Lambda



Getting to Know Your Regional Supervisors

I'd like to give you a little "who's who" on some of your new (and returning) members of Grand Council. Stayed tune for future editions!!

New England Region: Marina Grgas

Marina.Grgas@gmail.com

Cell 917-704-3601...

Work: 860-545-7890

DOB: 7/4/84.

200 Regan Road 30D, Vernon, CT 06066



My name is Marina Grgas. I went to the University of Connecticut School of Pharmacy and graduated this year! I'm originally from Whitestone, NY and I orientated into the Alpha Beta Chapter in November 2002. I'm currently employed as Psychiatric Pharmacy Resident @ The Institute of Living, Hartford CT, Adjunct Clinical Faculty member at the University of Connecticut School of Pharmacy... and Stop & Shop Per Diem Pharmacist

A fun fact about me is that my last name really only has one vowel! I had my own Lamb for Life moment on the last day of the Savannah convention, my flight back to NY was cancelled and I spent the night at the Hyatt with 3 Alpha sisters. Over dinner with one of the Alpha girls, Mina, we found out that we are both from Queens (she's from Bayside which is literally a 15 minute walk from my house) and she went to St. Mel's School for kindergarten... the same school I went to from kindergarten to 8th grade!

Central Region: C. Dorothea Andrews

doratheandrews@gmail.com

Cell phone: (859) 539-4342

Work phone: (859) 323-5641

Birthday: 8-20-76



*Pictured
With
Glenna
Reynolds*

My name is Charity Dorothea Andrews. I am now entering my second term as a Regional Supervisor for Lambda Kappa Sigma! I went to the University of Kentucky where I received Bachelors in Science, biology and Pharm.D. An active member of the Alpha Nu Alumni, I was initiated into LKS in 2001! I am currently a clinical staff pharmacist for the University of Kentucky.

I'm a Mommy to a beautiful puppy named Josh, aka Josh Josh to his family and friends and 4 kitties, named Gremlin, B.T., Trixie and Timber aka Tim, the kitten and Cowboy. My boys are all black cats that have been rescued (and no I am not a witch :)) and the Princess Trixie is a Siamese mix and has the blue eyes that cross when she is happy and the mouth of a Siamese to boot. Aunt to 2 beautiful kids, Gracyn, 2, and Jackson (who is due to arrive at any moment)

Like so many of the other alumni, I, too, have many Lamb moments. Although, I would have to say my moment would revolve around my first Convention. That is where I meet Glenna Reynolds for the first time and we became fast friends. I know that I personally look forward to every Regional Meeting and Convention because I know that I will get to see Glenna and all of my other fabulous sisters.

Southern Region: Lisa Rodriguez

LisaMRodriguez@gmail.com

Cell 401-580-8011

Birthday 7-1-1984

My name is Lisa Rodriguez. I was born, raised, and educated in the little state of Rhode Island. I am a recent graduate of the University of Rhode Island College of Pharmacy and currently work as a pharmacist for Osco Pharmacy in Shaw's Supermarkets. During the fall of 2002 I joined the Xi collegiate chapter in Kingston, RI. I quickly became involved by serving as the new member coordinator, chapter president for two years, and submitting articles for the Blue and Gold Triangle. I also received an Educational Trust grant, the Ruth Davies Flaherty Service Award, and helped my chapter finally bring the Efficiency Cup to URI!



Outside of pharmacy, I enjoy traveling and I am VERY excited to be visiting the Southern Region! I love to eat, sing karaoke-style, play golf, go kayaking, and hanging out with my friends, family, and two long-haired Chihuahuas. If you have not already met me at any of the last six conventions, you will learn that I am very enthusiastic about LKS. In these conventions I have expressed my enthusiasm via song, rap, and skits. Please friend me on Facebook, drop me an email, or give me a call. I would love to get to know you and answer any of your questions regarding school, life, or LKS!

Western Region: Kathy Huff

Huffstates2@msn.com

Home Phone 480-986-0713

Kathy Huff came to LKS as an alumni initiate in the mid 80's. A 1977 Butler University graduate with a BS, Kathy was invited to affiliate with the Phi Alum chapter to help prepare for the 1986 Biennial convention in Indianapolis. Attending the 1985 Regional meeting in Des Moines was a great intro to international LKS hooking up with her Lamb for Life friends Gloria Bernstein and Donna Dancer. Kathy worked at Indiana University Hospital upon graduation and helped establish the inpatient pharmacy at Riley Children's hospital. Her husband, Tim, returned to school in 1979 and Kathy spent time in Terre Haute, IN at Union Hospital where Jenny Huff was born. Returning to Indianapolis in 1981 allowed Kathy to return to Riley Hospital where she worked the third shift for the next 20 years. Kathy and Tim now live in Mesa, AZ where Kathy is a Walgreens staff pharmacist. She likes to read and travel, enjoys time with her grandson Jason and is looking forward to her chapter visit adventures.



The Final Banquet!

The final evening came quickly for us Lambs. We thanked those members of Grand Council who had served us with dignity and respect over the past Biennium and welcomed our newest Officers into the new Biennium. We congratulated each other for another Biennium well done. We said good bye to old friends and made new relationships with sisters we may never have met before. We had more Lamb for Life moments, a slide show that highlighted only the best of us (and the funniest at times!). A time to reflect and dream of what may be for our future, but most importantly, a time to celebrate those Chapters that have worked the Lambie tales off over the past Biennium. Awards and recognitions were given to the Collegiate Chapters that exemplified what being in LKS is all about. Congrats to all the Recipients of the Chapter Achievement Awards!! The Efficiency Gavel was presented to Alpha Alumni and the Efficiency Cup was presented to... XI CHAPTER!! Please read below the journey this chapter went through to obtain the Cup!

Xi Chapter at the University of Rhode Island is none other than ecstatic at finally bringing home the Efficiency Cup for the first time ever. We have been the runner up before and have come so close, but this biennium we finally did it! We feel that winning the Efficiency Cup is a culmination of the hard work and dedication of Xi sisters past and present and we are proud to present the Cup to the College of Pharmacy at the start of the semester.

There are many, many sisters whose efforts have contributed to the Efficiency Cup, but I will highlight a few of our biggest contributors. Marissa Salvo, vice president for the past two years, has been instrumental in working with the committee chairs to coordinate all that our Chapter participates in. She has coordinated our supervisor visit and developed a good relationship between our Chapter and our Regional Supervisor. Stephanie Kruk, our Parliamentarian for the past two years, has given our Chapter structure according to Robert's Rules of Order and developed a successful points system to foster sister participation.

In the past two years, the number of Xi sisters has nearly doubled. This past year, Rebecca Davis and Kayla Smith, Potential New Member Coordinators, recruited and initiated 49 new sisters. The previous year, Natalie Jacques and Vasudha Gupta, Potential New Member Coordinators, recruited and initiated 27 girls. With so many sisters, we have achieved success in community service, headed by Amanda Watkins and Sandra Rodak, and professional events, led by Rebecca Davis and Casey Johnson. We have also been successful in fundraising, which was headed by Amanda Downing for the past two years. Our LKS pride has been lead by Natalie Jacques, Steph Hattoy, and Lindsey Lemke. These are just a few of the sisters who have made a contribution to the success of Xi Chapter.

Thank you to all those who have contributed to this award and we, as Xi sisters, couldn't be prouder. All of our hard work has paid off and we will continue to work hard in the years to come. We are excited for our upcoming year and have many new ideas in the works for our Chapter!

Submitted by Rebecca Davis- Xi Collegiate



Members of Xi Collegiate Chapter
Efficiency Cup Winners - 2008

Lamb for Life



Is it in Ewe?