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**Collegiate Newsletter of AKΣ International**

**Fall 2009**

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**Edited by Elicia Rae Fauvel, Pharm. D**

Greetings Lambs!

It's back to school for everyone, summer is over and the leaves are starting to change already. LKS is also starting some changes as well! Over the summer, many of you attended the 2009 Regional Meeting in Hartford, Connecticut. Personally speaking, I had a blast! This was one of our best meetings in years with such a high amount of our members attending that it gave us a glimpse of what we can see in our future!

Prior to the start of the meeting, 2 members of each Chapter attended the Recruitment Boot camp which was an amazing success. The members worked extremely hard and put in long hours to help better their Chapters. In their groups they worked on aligning their chapters, branding their chapters and creating a formal recruitment plan. They looked at the values, vision and mission that LKS is taking on, and put it towards their own chapters. They used SWOT analysis (Strength, Weakness, Opportunity, Threats) to determine how to move forward, get rid of dead weight, and become the best Chapters they can become. I would like to thank our Alumni members that facilitated these groups: Past Grand Presidents, Christine M. Perry and Dixie Leikach, and Regional Supervisors Kathy Huff and Marina Grgas. Your members that had attended this very fun and informative boot camp will be sharing with you all and hopefully we can all start working towards enacting change in our chapters to become the best we can!

Two of the highlights of the meeting for me personally were the Collegiate Programming and the Joint Collegiate and Alumni Programming! At the Collegiate Programming each Chapter created a Poster highlighting their Chapters achievements in Professional, Social, Fundraising and Sisterhood. Members were asked questions about some of their most successful events and how they make them happen.

Some of the great ideas we heard from the Chapters were: Hosting Pre-pharmacy seminars for students around campus, utilizing display cases within the school of pharmacy to make awareness to diseases or drug treatments, adopting a family during the holidays, Dress for

Success, Relay for Life, charity dances, and having mixers with other chapters in your area. We also discussed the good and bad terminology that is still floating around. As a reminder, Chapters should avoid terms such as 'pledging', 'hazing', 'rush', 'sorority' and 'pledge'. These terms send a message that we are not a professional pharmacy fraternity. Good terminology would include 'new member orientation', 'recruitment', 'Fraternity', and 'Potential New Member (PNM)'.

Finally, after hearing that the Members wanted to know more about Grand Council, we took the LinkS "Spotlight on Alumni" and spun it into "Spotlight on the Grand Council" and invited Grand Vice President for Development, LuShawna Lawson, who discussed the how's, whys, and where's that encompass trying to start new Chapters and re-activate Chapters that had gone inactive. She discussed how some schools are better to start Chapters in and why some are not (sorry, Hawaii!). Our next position to discuss was the of Past Grand President and our Recruitment Boot camp Facilitators once again pulled through for us. Dixie Leikach and Christine M. Perry spoke about your duties once you 'pass the torch' so to speak. It was great to see the passion and fun they have in being a part of LKS!! Our final position was that of Grand President and our current GP Sharon Brown spoke to the group about her duties and the vision of the Fraternity. She also spoke about the importance of the Fraternity adopting our new Brand Platform which will help unite all of the Chapters and help make Lambda Kappa Sigma a household name in the Pharmacy world!

To close out the Collegiate Programming we invited the Chapters to submit and appeal to host a future meeting for the years 2011. Any Chapters interested may send in a portfolio and what we need is 3 hotel choices, their commitment level, and off site activities that are available in the area. The Alpha Beta girls did such an amazing job in appealing to have the Regional Meeting in Hartford to planning activities and assisting with events. A BIG thank you goes out to all of them!

At the Joint Collegiate and Alumni Programming, we brought back our round tables and gave the members an opportunity to hear about the "Life Lessons" that we all experience. Sisters were able to learn about post graduation situations including, starting over in a new place, staying active with your Alumni/Collegiate Chapters, Motherhood, different career paths, and balancing everything on your plate. Walking around we heard amazing questions and even more amazing answers from our Alumni who participated.

Now some of the non-meeting events were probably the highlights of everyone's weekend! The elegant dinner cruise aboard the Lady Katherine had everyone dolled up we were able to have a wonderful night full of surprises, including an introduction to the Grand Presidents awards (a surprise to everyone!). The other highlight was the Blue and Gold Dinner where yours truly got

to host. I want to thank all the Chapters that had the courage to go and perform. We were treated to a view into Willette McKeever OVERACHiever's knowledge of Recruitment Boot camp, some "stomp" style dancing from the Alpha Sigma girls, a Lamb in a Box, and more singing from the Chapters! The annual auction got heated, but always fun and the Regional and Alumni basket raffle winners were picked. DJ Jay started the night off right with dancing that lasted well into the night, and if you stayed until the end you got to see us dance to Beyonce, Michael, Aretha, and more!

All in all it was one of the best Regional Meetings I've attended and I hope that everyone who did attend felt the same way! Who knows what next year will bring

Fraternally Yours,  
*Elicia Rae Fauvel*



*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.*



## Some Reminders from the International Office

**CHAPTER OFFICER ROSTER** - If you have recently held elections, please forward the contact information for the new officers to the LKS International Office and your Regional Supervisor as soon as possible. Please consider emailing the information from the form so that we can process the updates quickly.

**2009 EDUCATIONAL GRANT APPLICATIONS** - Application forms and instructions were forwarded to chapter presidents and advisors electronically in mid-September. There have been some revisions to the program and the forms, so please note the changes and do not use applications/instructions from past years. Every student member is encouraged to apply! There should be a minimum of at least one applicant per chapter to reach our goal of 100% chapter participation. The postmark deadline for all submissions is no later than **November 1, 2009**. Good luck!

**CHAPTER DUES STATEMENTS AND MEMBER ROSTERS** - All dues information, statements and membership rosters will be forwarded electronically to chapter presidents, treasurers and advisors before the end of September. International dues for returning student members remain at \$60/member and are payable to the International Office postmarked no later than **November 1st**. Chapters will also be required to pay 1/2 of their Convention Delegate Fee (\$350/Biennium or \$175 per year) and are asked to consider voluntary contributions to the LKS Educational Trust and Project HOPE are at this time.

**MEMBER MANUALS** - There is still a limited supply of the 2004-2006 edition of the LKS Member Manual (this is the most recent edition) currently on hand at the LKS International Office. If you would like to place an order for copies to make available to your Fall 2009 new members, please order only what you need (just send an email to [lks@lks.org](mailto:lks@lks.org) - there is no charge for the 2004-2006 edition of the Member Manual). We are currently in the process of revising the Member Manuals, but no new edition will be available until the current stock has been exhausted.

**NEW MEMBER PROCESSING/FALL 2009 NEW INITIATES** - To expedite the processing of your Fall 2009 New Initiates, please include the following as your "New Member Processing" submission:

- 1.) Master Member Input Sheets (MMIS) - one for each new member
- 2.) Initiation Fees - \$75 per new member
- 3.) A completed Initiation Certificate Order Form. Please forward these materials under separate cover no later than 2 weeks following the scheduled initiation date.

# 2009 EDUCATIONAL GRANT PROGRAM

**DEADLINE - POSTMARKED NO LATER THAN NOVEMBER 2, 2009\***

Lambda Kappa Sigma Pharmacy Fraternity has established the Cora E. Craven, Norma Wells Loyalty, Mary Connolly Livingston and the Adele Lowe Leadership Grant in the amounts of \$1000 each. Grant applications and related documents must be submitted to the LKS International Office postmarked no later than November 1st each year (*\*since November 1st falls on a Sunday, applications with a November 2nd postmark will be accepted*). It is the responsibility of the applicant to assure that all necessary forms and accompanying documents have been forwarded to the International Office by this postmark deadline.

The recipients of the grants will be notified by January 15 of the year following the application. Both B.S. and Pharm.D. students who are members in good standing of LKS are eligible to apply for these educational grants. All LKS members are encouraged to apply for an Educational Grant as this is one of the benefits of your membership in Lambda Kappa Sigma.

Questions about the Educational Grants Program? Contact the LKS IO at: [lks@lks.org](mailto:lks@lks.org).

## **Lambda Kappa Sigma Educational Grants**

Each biennium, members of the Trust Liaison Committee determine the number and amount of Educational grants that will be awarded each year. The incoming Grand President appoints a separate Educational Grants Committee which serves to review grant applications and determine recipients. This Committee may also suggest modifications to scoring guidelines, criteria, and application forms in order to enhance the selection process. Application Forms and recommendation Forms are provided to chapters and individual members by the International Office. The postmark deadline for grant applications is November 1st of each year with grant recipients notified by January 15th. At the discretion of the committee, grants may be withheld if there are insufficient qualified applicants; the decision of the committee is final. Recipients of grants must rank in the upper half of their class academically and present evidence of financial need. In addition, they must be collegiate or alumnae members in good standing with Lambda Kappa Sigma. The International Office will verify current dues-paid status prior to grant release.

Craven, Wells, Livingston, and Lowe grants are available to Collegiate or Alumnae members enrolled in a licensure eligible pharmacy degree program. In the U.S., the Pharm.D. degree is the only qualifying program within those Schools or Colleges of Pharmacy recognized by the Accreditation Council on Pharmacy Education (ACPE). B. Olive Cole grants for graduate work must be completed at a regionally accredited institution. International programs must have accrediting certification by a unit of that country comparable to ACPE or U.S. regional standards.

Grants available to Collegiate or Alumnae members pursuing a licensure eligible pharmacy degree include:

- **Cora E. Craven Educational Grants**
- **Norma Chipman Wells Loyalty Grant**
- **Mary Connolly Livingston Educational Grant**
- **Adele Lobraico Lowe Leadership Grant**

#### **Grant Application Submission – All Grants**

The following must be submitted for the grant application to be complete:

1. A completed application form that addresses the above issues.
2. Two completed Recommendation Forms (available from the International Office) sent directly by the recommenders to the LKS International Office.

#### **For Pharm.D. Students (Craven, Wells, Livingston, Lowe grants):**

1. The completed application form is given to the Primary recommender and sent directly to the IO with the completed recommendation form.
2. The primary recommendation is from the LKS Chapter Fraternity or Faculty Advisor, applicant's Academic Advisor, or Dean of Students.
3. The secondary recommendation may also come from the above individuals or be provided by LKS Alumnae members, the Internship Supervisor, or a Pharmacy faculty member.
4. References will not be accepted from another student or student LKS member or someone not directly related to the fraternity or academia

#### **For graduate program applicants (Dr. B. Olive Cole grant)**

1. The completed application form is given to the Primary recommender and sent directly to the IO with the completed recommendation form.
2. The primary recommendation is from the LKS Chapter Fraternity or Faculty Advisor (if available), applicant's Academic Advisor, Graduate Program Director or Committee Member, Research Advisor, Dean, or Dean of Students.
3. The secondary recommendation may also come from the above individuals or be provided by LKS Alumnae members or a Pharmacy faculty member.
4. References will not be accepted from another student or student LKS member or someone not directly related to the fraternity or academia

3. A completed Publicity Information Sheet (available from the International Office).
4. A recent photograph to be used for publication (black & white or color, 5"x7" or smaller; photo cannot be returned).

Provide all information according to the directions on the forms provided. Please type responses or write legibly and clearly; illegible writing cannot be considered. Applications must be postmarked/mailed to the LKS International Office no later than November 1st at the address specified on the forms. Forms that are faxed must be replaced by original documents sent via postal service. The names of grant recipients are announced in the Spring issue of The Blue & Gold Triangle. In addition, the Dean and Chapter President of the respective School of Pharmacy and LKS Chapter are also notified

# Quick Look at Endometrial Cancer

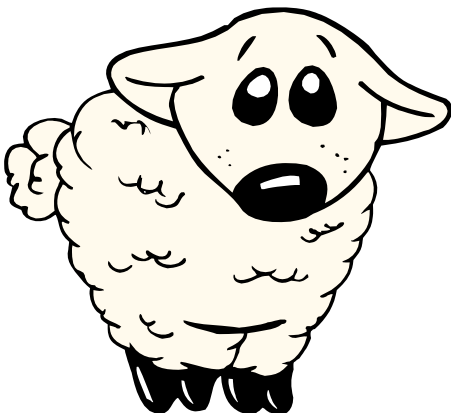
Submitted by members of the Alpha Collegiate Chapter

Endometrial Cancer is cancer of the endometrium or lining of the uterus. The uterus has two linings, the inner layer being the endometrium. Endometrial Cancer is a common cancer among women that can easily be treated if diagnosed quickly. Every woman should be aware of the risk factors as well as the signs and symptoms so that they can protect themselves.

There are many risk factors among women for endometrial cancer. Women over age fifty are more at risk. Endometrial Cancer was most common in whites and African Americans. High levels of estrogen are also shown to be a major risk factor. High estrogen levels can be attributed to high blood pressure, being overweight and taking estrogen replacements without progestin. Birth control pills which contain progestin and estrogen are shown to lower the risk of endometrial cancer. Women who experience their first period before the age of twelve or going through menopause after the age of fifty are also at risk. Using Tamoxifen and having never been pregnant are factors for endometrial cancer as well.

Symptoms include abnormal vaginal bleeding, difficult or painful urination, pain during intercourse, and pain in the pelvic area. A woman who reports any of these symptoms should consult with her doctor. A doctor can perform a pelvic exam, Pap test, transvaginal ultrasound or biopsy to give a proper diagnosis.

Most women with endometrial cancer are treated by radiation therapy and chemotherapy. Most of the time a hysterectomy is performed in which they remove the uterus, fallopian tubes and ovaries. Some women may also be treated with progestin to balance out the increased estrogen levels. Following treatment, women should have regular checkups with their doctor to ensure their health.



*Lamb for Life*

*Is It in Ewe?*