

LinkS

Collegiate Newsletter of AKΣ International

SPRING 2009

VOLUME XVII Issue 4

Edited by Elicia Rae Fauvel, Pharm. D

Greetings, Lambs, and congratulations on another year well done! With finals and rotations just around the corner, give yourselves a pat on the back, you deserve it! I, along with the rest of the Grand Council, want to wish you all good luck on your final examinations and starting your rotations.

To all of the graduating sisters, a warm welcome into the next chapter in your career, life, LKS and your Alumni Chapter! Don't forget your first year of Alumni dues is free (yes free!), but please don't forget your Alumni Chapter and the lambs you may be leaving behind, they'll miss you!

As you are planning for your Final Banquets and award ceremonies, please recognize the members of your Chapter that work hard at making your chapter the best it can be! Congratulations to all the Ethel J. Heath Key recipients and winners of the Ruth Davies Flaherty Award!

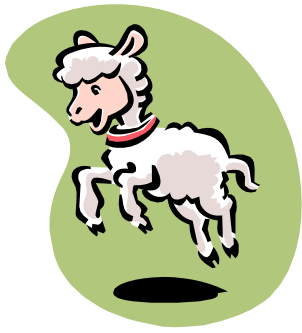
Please take the time to thank your Faculty and Fraternity Advisors for all their dedication to your chapters and the guidance and leadership they bestow throughout the year! They are a wonderful group of women and I would personally like to thank them as well!

Now many of you have had the opportunity to meet with your Regional Supervisors and based on their feedback, you have all done outstanding jobs! For those who have not decided upon a meeting time, please contact your Supervisors to plan something over the next few months.

To those who attended APhA meeting, it was great to catch up with you at our Dessert Reception and at the LKS booth in the Expo! Don't forget to bring the Regional Meeting Registration forms to your next meeting (a schedule and registration form are included in this issue of LinkS). I hope to see you all there!!

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.



Lambda Kappa Sigma Regional Meeting Hartford, Connecticut

Calling all Lambs!!



Now's the time to start planning your next LKS adventure!! This August, Grand Council and the sisters of the Alpha Beta Chapter welcome you to Hartford, Connecticut to share in some fun, education, and as always, memories in the making.

This meeting will be full of great opportunities to network, catch up with old friends, and meet new ones! For those of you who attended this past Convention in Savannah, you know that the Lambs of LKS know how to have a good time! So spend the weekend with us, you know you want to!

This summer, you will have the opportunity to partake in a worthwhile Alumni/Collegiate Conference where the theme is 'Life Lessons', each Chapter will be able to highlight (and show-off) some of their most successful professional projects in a poster presentation that will be displayed throughout the meeting, a walk down memory lane and the anticipation of our Centennial Celebration in 2013, and a virtual 'Spotlight on Alumni ~ Grand Council Edition'. For a twist on the raffle prizes, baskets will be created by each Region, with each Chapter donating to the overall theme of the basket!

Life's Lessons from a Lambs Point of View How LKS can help you find your right path in Life

- What do I want to be when I grow up?

The struggle between Residency, Clinical, Retail, Independent, and More

-There's No Place Like Home, There's No Place Like Home, There's No Place Like Home!

When the Ultimate job is not the ultimate address

Finding Lambs in your area

-Married With Children

From planning, the bills, and everything else

-Fill It to the Brim

When your resume looks like the next great American novel

-The Ties that Bind

Staying involved with your Chapter during rotations, residencies and as Alumni

Alumni members who will be facilitating the joint Alumni/Collegiate Conference will be supplying individual write ups on their journeys with LKS and Life! Collegiates are asked to review prior to attending the conference.

And the Lucky Ticket Number is....
What's Up for Grabs at this year's Collegiate Raffle!



New England Region: "There's No Crying in Baseball!"

Boys aren't the only ones that like to hang out and watch their favorite Sports Teams, and New England has every sport worth watching! This basket will feature a Lambs guide to getting through the playoffs, rivalries, and tail-gates for the avid sports fan!

Mid-Atlantic Region: "A Mind is a Terrible Thing to Waste"

A little stress relief for those all nighters that Pharmacy school puts you through! Study breaks are what we all live for!

North Eastern Region: "A Girls Night In"

You don't need to hit the town to get all dolled up with your girls! A Mary Kay makeover, mani's, pedi's, some Lia Sophia jewelry, and a chick flick or two are some of the ingredients that make it more fun to stay in sometimes!

Central Region: "You Feel a Little Tense"

Enjoying a relaxing day at the spa is what every Lamb needs! Candles, lotions, face masks galore! Rejuvenation is key in this fast paced world!

Southern Region: "Life is Like a Box of Chocolates, You never know what you're going to get"

Sometimes Chocolate will make it all go away!

Western Region: "California Dreaming on such a Winter Day!"

Not all of us can enjoy the sunshine all year round, so let's bring it to everyone! Sunglasses, lotion, flip flops, a great book and the sounds of the ocean to throw your cares away!

Baskets will be supplied by members of the Grand Council. Chapters are asked to donate at least one item to contribute to their Regions basket. Please coordinate with the President or Regional Liaisons from each Chapter in your Region to have the most creative and fun basket! Members attending the Recruitment Boot camp are asked to bring the donated items to the Regional Meeting.

As a reminder, Lambda Kappa Sigma's Code of Conduct promotes professionalism, so please do not donate any items that may be questionable ☺ If you have any questions, please do not hesitate to contact your Regional Supervisor!

Lambda Kappa Sigma Educational Trust **How to Make an Investment that REALLY Pays Off!!**

Dear LKS Members,

In these times of economic uncertainty, one thing remains true – the LKS Educational Trust continues to meet its commitment to provide educational grants to deserving members. The Trust was established in 1974 to support the academic growth and scholarship of its members. Your individual and collective contributions to the Trust pay considerable and tangible dividends in that each grant helps to offset the rapidly escalating costs of members' pharmacy education. Over the past 35 years, grants awarded by the Trust have helped hundreds of members achieve their educational and leadership goals.

When I was a student, the Cora E. Craven Educational Grant helped me to pay my tuition and purchase books. I then pursued an advanced degree in pharmacology and began a career in academia. Today I have the great fortune to serve as dean of the College of Pharmacy and Health Sciences at Texas Southern University. I can say without hesitation that LKS and the LKS Educational Trust played a significant role in my personal and professional development. Because of such experiences, I have remained an active alumni member of LKS and give my time, talents, and treasure to help guide the efforts of the Trust.

To keep the Trust alive and growing for the benefit current and future LKS members, we depend on a combination of donations and prudent investments. Our Collegiate and Alumni chapters, Alumni-at-Large, and friends of LKS give generously every year to the Trust. Convention raffles and auctions, along with yearly fund-raising efforts by the Trust Liaison Committee make our educational grants program possible. Many chapters have special fund-raising efforts earmarked for the Trust.

As you and your chapter plan and execute fund raising efforts for the remainder of the year, please considering having a special fund raiser for the Trust or designating a portion of the proceeds from a major fund raiser to the Trust. You can also make a personal contribution to the Trust in any amount; no gift is too small.

According to Trust data from our 2008 appeal, donations from 18 of our Collegiate Chapters totaled \$1,525. We commend these chapters for their generous giving and we encourage all chapters to contribute to the Trust in 2009. As a reminder, the Trust supports the following six \$1,000.00 grants available to Pharm.D. students:

Cora E. Craven Educational Grants (3)

One grant is designed for students in graduate programs; it is also for \$1,000.00:

Mary Connolly Livingston Educational Grant

Dr. B. Olive Cole Graduate Educational Grant.

Norma Chipman Wells Loyalty Grant

Adele Lobraico Lowe Leadership Grant.

Other grants are in various stages of development.

In January of 2009, the Trust awarded 7 \$1,000.00 educational grants based on applications made in the Fall of 2008.

Recipients are as follows:

- *Cora E. Craven Educational Grants were awarded to Julie Hull of Alpha Omicron, Amanda Frezza of Alpha, and Julie Lauffenburger of Delta;*
- *Mary Connolly Livingston Educational Grant was awarded to Amanda Memken of Phi;*
- *Norma Chipman Wells Loyalty Grant was awarded to Marissa Salvo of Xi;*

- Adele Lobraico Lowe Leadership Grant was awarded to Corissa Mathis of Alpha Sigma; and
- Dr. B. Olive Cole Graduate Educational Grant was awarded to Rebecca Davis of Xi.

We congratulate the 2008 grant recipients and we strongly encourage you to apply for the 2009-10 program. Applications are due to the International Office no later than November 1st. The IO will remind chapters of this deadline but be sure to note it on your calendar; application forms can be accessed on the LKS website.

In closing, please remember that our collective support of the LKS Educational Trust is a powerful expression of faith in the Fraternity and its commitment to helping LKS members attain their educational goals. Your dollars invested in the Trust pay real dividends for yourself and fellow members. No better investment could be made than one that supports and encourages the fullest expression of the human and professional potential of our members.

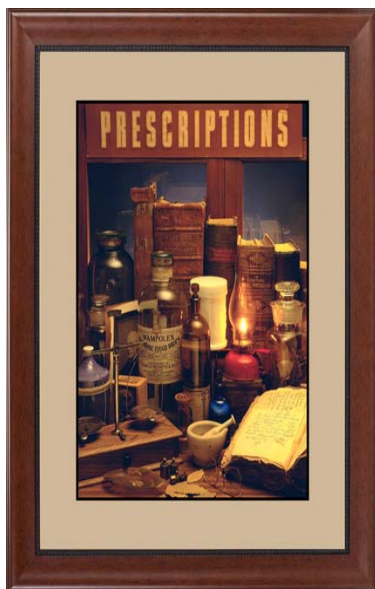
Fraternally,

Barbara E. Hayes, PhD

Member, Trust Liaison Committee

Apothecary Images Inc. and Mr. Phil McCarthy generously provided posters to the Lambda Kappa Sigma Educational Trust. A Portion of the proceeds of sale will go to support the LKS Educational Grants program.

During APhA, we were able to purchase two distinctive posters at the LKS booth and Dessert Reception through Avis J. Ericson, Pharm.D., Chair, LKS Educational Trust Liaison Committee. If you, or someone you know, are interested in purchasing one of the distinct prints, please contact Avis at rxaje@embarqmail.com to complete your order.





*A Day in the Life**
Submitted by the Sisters of the Tau Chapter
Pittsburgh, PA

In recent times, the term professionalism has had numerous connotations. Some believe it is the job performed by an individual that establishes him or herself as a professional. Others believe that professionalism is based solely on appearance and the way an individual carries him or herself. Meanwhile, professionalism is actually a compilation of the aforementioned. The term is defined in the dictionary as the conduct, aim, or qualities that characterize or mark a profession. It is extremely pertinent to be well-rounded professionally, especially when it comes to a healthcare related career. Not only do you represent yourself and the knowledge you possess, but you also stand for your employer and all others involved in your line of work. Therefore, it is very important that professionalism be implemented at a young age in order to promise a future with unlimited success. In fact, implementing professionalism in individuals starting as early as high school would be beneficial in order to provide information as to what will be expected of each student in any field of practice.

This practice is actually being carried out within the Tau Chapter at Duquesne University in Pittsburgh, PA. Through a program entitled, "A Day in the Life of a Pharmacy Student", local

high school students interested in becoming a pharmacist are invited to spend a day on campus with members of Tau Chapter. Each student is given the opportunity to attend lectures, labs, recitations, and special presentations offered by the sisters. In this way, the high school students are introduced to the professionalism displayed within the classroom and within the organization as a whole. High school students are typically unaware of proper behavior for a classroom setting in a professional institution. Through this activity, these students are welcomed into a professional setting with no expectations, and are given the chance to learn how to respond to such situations. It is an enlightening experience for both the high school students and the sisters involved in the program. Through cooperation with the university and faculty, the program is becoming more successful as the years pass.

The feedback received from the students involved has been very positive. Many students do not know what happens during a typical day at a University. This is where the sisters step in and give each student the chance to ask any questions they may possess. In this manner, the students get a straight answer from individuals who are actually going through the pharmacy school program in a

professional institution. The questions range from why pharmacy school is a good choice to what dorm is the best to reside in. In fact, many find it hard to believe that one is not required to remain on campus all day, which is the atmosphere they are exposed to in high school. At the end of the day, a lot of the students find themselves wanting to come back. They get to leave campus possessing knowledge of how everything works, and are more prepared as to what will be expected of them in the future, whether they attend Duquesne University or another educational establishment.

In the future, we hope to include any high school student interested in attending college, and not just those intending to major in pharmacy. In this way, the sisters could help prepare a number of high school students for their journey into professionalism! Hopefully, we will be able to have several different dates for the event in order to accommodate more students. Professionalism is a full time job, and it is very important that students know what is expected of them from the very beginning. Through programs like, "A Day in the Life of a Pharmacy Student", high school students are able to get a jump start for the long road that lies before them.

**Members of Tau Chapter submitted above article for publication in the most recent Glue and Gold Triangle. We thank them for their dedication to professionalism.*

A Lambs Guide to Robert's Rules of Order

A few Pointers to have your meetings run as smoothly as possible

Agenda ensures that important business is covered and discussions are on topic.

Motions are proposals for action, beginning with, "I move we..."

A **Second** is required for the motion to be discussed.

Amendments may be made to most motions if they improve the intent or clarify the original motion.

Tabling lays the motion aside.

Calling the Question refers to ending the discussion and voting on the motion.

Voting is the official action after discussion to adopt, amend, kill or table the motion.

Minutes protect the organization by recording the time and location of the meeting, participants, and the outcome of the motions. They are not a place to record conversations, assignments, reports, etc.

Quorum is number of directors required to conduct business.

Recommended: "ABC's of Parliamentary Procedure" 800-477-4776



A Few Reminders!!

April 30th:

Award nomination deadline.
Don't forget your Fraternity
and Faculty Advisors!

June 1st:

Annual History Report due

June 15th:

Collegiate Statistics Report
due to Grand Council & R.S.

June 30th:

Regional Meeting Early Bird
Registration Deadline

August 5-7th:

Recruitment Boot camp
All Chapters are asked to
send 2 members.

August 7-9th:

Regional Meeting, Hartford
Connecticut

LAMBDA KAPPA SIGMA

2009 REGIONAL MEETING - HARTFORD, CONNECTICUT

August 7-9, 2009*

**Pre-Meeting Recruitment Boot Camp Program - August 5-7, 2009*

Wednesday, August 5th - Pre-Meeting Program

8:00am - 5:00pm	Grand Council Meeting
8:30am - 4:30pm	Registration for RBC Facilitators & Participants
9:00am - 3:00pm	Recruitment Boot Camp: Training for Facilitators
5:00pm - 10:00pm	Recruitment Boot Camp: Kickoff, Program, Small Groups

Thursday, August 6th - Pre-Meeting Program

8:00am - 10:00pm	Recruitment Boot Camp: Program and Small Groups
3:00pm - 5:00pm	Regional Meeting Registration
Evening	Pre-Meeting: Optional Student/Alumni Activities

Friday, August 7th

7:30am - 5:00pm	Regional Meeting Registration
8:00am - 11:00am	Recruitment Boot Camp: Final Program & Wrap Up
8:00am - 8:30am	Continental Breakfast
8:30am - 10:00am	CE: Cardiovascular Disease in Women
10:15am - 11:45am	Educational Trust Retreat
12:00pm - 1:45pm	Opening Luncheon & Regional Meeting Kickoff
2:00pm - 4:00pm	Collegiate and Alumni Programming
5:30pm - 10:00pm	Off-Site Activity/Dinner (all attendees)

Saturday, August 8th

8:00am - 9:00am	Educational Trust - Continental Breakfast
9:15am - 10:45am	CE - Therapeutic Management of MRSA
11:00am - 12:45pm	Joint Alumni/Collegiate Program
1:00pm - 2:30pm	Awards Luncheon
2:45pm - 4:00pm	General Session
4:00pm	FREE TIME
6:00pm	Group Photo & Blue/Gold Dinner

Sunday, August 9th

9:00am - 10:30am	Breakfast, Raffle, Auction & Sendoff
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Lambda Kappa Sigma Pharmacy Fraternity 2009 Regional Meeting

Hartford Hilton Hotel – Hartford, Connecticut
August 7-9, 2009*

*Students - Pre-Meeting Recruitment Boot Camp – August 5-7, 2009

REGISTRATION FORM

Return to: Lambda Kappa Sigma PO Box 570 Muskego WI 53150-0570 Fax: 262-679-4558

Name _____

Chapter _____ Collegiate/Alumni

Mailing Address _____

Best Telephone (_____) _____

City/State/Zip _____

Email Address: _____

REGISTRATION FEES & PAYMENT INFO:

Early-Bird Registration, postmarked on or before June 30, 2009:

Alumni - \$260 _____ Student - \$260 _____

Regular Registration, postmarked on or after July 1, 2009:

Alumni - \$275 _____ Student - \$275 _____

(Early-bird and Regular Registration Fees include printed materials, CE, workshops, meals, breaks, and Friday night off-site activity during the 2009 Regional Meeting, beginning Friday morning through Sunday. Fee does not include travel, lodging or Recruitment Boot Camp Program.)

Recruitment Boot Camp (RBC) Fee:

There is a required minimum of 2 students per chapter for this event; limited additional openings are available on a first-come, first-serve basis.

Recruitment Boot Camp Fee \$150/person _____

(Recruitment Boot Camp Fee includes all RBC program materials, meals, breaks, etc. from Wednesday evening through the program conclusion on Friday morning, August 7th. Fee does not include travel or lodging.)

Total Payment Enclosed: \$ _____

Check enclosed (made payable to Lambda Kappa Sigma)

Visa MasterCard Expiration: ____/____

Visa/MC Number: _____

Signature: _____

HOTEL RESERVATIONS:

Alumni and Students – All alumni and student attendees must reserve hotel accommodations through the LKS International Office. All room reservations will require a credit card to guarantee and will only be confirmed once a paid meeting registration has been received.

Hotel Reservation Request:

Date/Time of Arrival: _____

Date/Time of Departure: _____

What rooming arrangements would you prefer?

Single - \$142/nt + tax Triple - \$48/nt + tax
 Double - \$71/nt + tax Quad - \$36/nt + tax

Would you like assistance finding room mate(s)?

Yes! Please help me find room mate(s) up to the preferred rooming arrangement indicated above.
 I already have room mates. Their full names and chapter designations are listed on back of this form.
 I do not wish to have a room mate and will pay the full single rate for my hotel accommodations.

Please use the following Visa or MasterCard number to guarantee my reservation (cancellations accepted up to 24 hours prior to date of arrival):

Card Number: _____

Expiration: ____/____

EMERGENCY INFORMATION:

Emergency Contact: _____ Phone: (_____) _____

State any dietary needs or restrictions: _____

"I hereby release Lambda Kappa Sigma, its officers, directors and employees from any and all claims, damages and liabilities incurred by me or on my behalf during the 2009 Regional Meeting, including but not limited to bodily injury, host liquor liability and contractual liability."

Signature: _____ Date: _____