

The Bond

Connecting Kappa Epsilon members

{Fall 2011}

Kappa Epsilon Transitions

48th National Convention Wrap-up

Alumni Couples

KE Home and Abroad



{PRESIDENT'S CORNER}

Kappa Epsilon in Transition

Dear Members and friends of Kappa Epsilon,

Welcome to the new biennium of Kappa Epsilon and the Fall issue of The Bond! I hope that you are still carrying the excitement of the 2011 National Convention and that your KE spirit is burning bright. I'm sure that those of you who were in attendance will agree that we shared some great information, made new friends and reconnected with familiar faces. Convention attendees raised over \$_____ towards – our biggest amount yet! Thank you to Nancy Stankiewicz, our Executive Director, Elizabeth Kort, Immediate Past-President, our Convention Chair Cathy Cantini, and all those in atten-

dance for your hard work, participation, and enthusiasm.

For the 2011-2013 biennium we will all be experiencing many transitions. Our collegiate members will be graduating, beginning their pharmacy careers, and traveling down new paths. Our alumni will be continuing to strive for excellence in both their professional and personal lives. Our Grand Council is welcoming new officers and eventually a new Executive Director. In order for our transitions to be smooth and successful, teamwork and continued commitment are essential. Through the many changes we will all go through over the next biennium we must

remember to keep KE as a cornerstone. While transitions in our lives are constantly happening, KE and all of its members will be there to support each other. You'll find a variety of ways to uphold your commitment and support Kappa Epsilon as you read through this issue.

It is truly an honor and a privilege to serve as your Grand Council President this biennium, and I look forward to working with each of you!

In the Bond,

Erika Cortes



Erika Cortes
Grand Council President

Grand Council Officers 2011 – 2013 Biennium

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{TABLE OF CONTENTS}



4-15 48th National Convention Wrap-Up

Did you miss all of the action in Phoenix? Here's your chance to catch up on convention happenings, see member photos, and have the first look at your new Grand Council and Foundation Officers!

Photo credits: Erin Lingenfelter (Psi)

Thank you!

Fall issue contributors: Morgan McCormick (Xi), Erika Cortes (Kappa), Melissa Chudow (Kappa), Joy Siting Zhao (Pi), Rita Cincoski Rost (Alpha), Laurin Ballowe (Beta Epsilon), Becky Millard (Alpha), Brittany Payeur (Alpha), Elizabeth Alford (Lambda), Melissa Cotterman (Lambda).

Want to get involved? Deadline for submissions for the Spring 2011 issue is January 15th, 2012.

E-mail kefrat@aol.com

Also:

The Grab Bag
Don't miss these quick tips for chapter management and involvement..... 16

My KE Story.....
Rita Rost shares her KE story, 65 years and counting! 17

KE Home and Abroad
Kappa Epsilon members around the country are honored with these awards. 19

Alumni Affairs
Brand new section devoted to our Alumni 21

Collegiate Updates
See what KE chapters are doing nationally to impress us! 24

In Every Issue

President's Corner 2

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Articles and pictures should be sent to the KE Executive Office, 7700 Shawnee Mission Parkway #201, Overland Park, KS 66202-3057 or to kefrat@aol.com.

The mission of Kappa Epsilon is to empower its members to achieve personal and professional fulfillment by developing their confidence, self-esteem, interpersonal skills, and leadership vision, and to represent the interest of the membership to health care professionals and the community at large.

{CONVENTION WRAP UP}

KE Spirit Burning Brightly

Wrap up of Kappa Epsilon's 48th National Convention held on July 20-23, 2011

Kappa Epsilon Fraternity held the 48th National Convention at the Arizona Biltmore, Phoenix, Arizona. The convention theme was 'The KE Spirit Burns Bright in Phoenix' and Kappa Epsilon members definitely let their spirits burn brighter than the Phoenix sun!

Wednesday

Members arrived at the beautiful Arizona Biltmore Resort & Spa in Phoenix and were welcomed at the registration table by members of the Sigma chapter. Our Executive Director, Nancy Stankiewicz, led the welcoming session. All attendees at convention received orientation to the fun events and meeting details were given.

Grand Council started off the 48th convention with a blast with the KE Spirit Welcome Dinner! Attendees were treated to the Kappa Epsilon Foundation's rendition of "Thriller", several chapters performed songs and shared their chapter traditions, and the 90th Anniversary quilt was

unveiled. Metta Lou Henderson (Sigma) delivered a presentation on the history of Kappa Epsilon and women in pharmacy to celebrate our 90th birthday! The quilt was put on display for the duration of convention for everyone to see the hard work and dedication that the chapters put in to develop their pieces of the quilt.

Thursday

Convention attendees started the morning by enjoying a breakfast and continuing education session on "Safely Compounding Quality Medications," presented by Linda F. McElhiney, PharmD, RPh, FIACP, FASHP. Just after breakfast, the first of three business sessions were held. Business sessions are a crucial part of convention since this is the one opportunity each biennium for the Fraternity to convene as a delegation, receive updates from Fraternity leaders, elect officers, and make decisions that will impact the Fraternity in the coming biennia.



{CONVENTION WRAP}



Elizabeth Kort, Grand President presided over the business session, and after calling the 48th National Convention to order, the convention chair, Cathy Cantini led all of the Grand Chapter in its opening ritual and creed. Grand President, Elizabeth Kort gave her Biennium address and The Grand Council, Executive Director, and National Committee Chairs delivered their Biennium Reports.

By this time, the **Marketplace** was open between sessions and members used their breaks to peruse the merchandise including creative T-shirts and tote bags. Many members took advantage of the raffle to benefit the Foundation, buying tickets and hoping to win their favorite prize.

Chapter Management Workshop for Collegiates and Advisors was led by Executive Director, Nancy Stankiewicz. This workshop was designed to answer frequently asked questions, organize chapter responsibilities, and provide an outline of activity for each month of the biennium. Immediately following this session, Marc Mores from James R. Favor Company, held a **Risk Management Workshop**. In today's litigious society, risk management is an important practice for all members of Kappa Epsilon. This session focused on The Risk Management Process and how our insurance program and risk management policies have been carefully designed to protect and secure the future of Kappa Epsilon. This session was not only informative but also eye-opening to the importance of having insurance as a Fraternity.



Thursday's **Luncheon** was hosted by the **Kappa Epsilon Foundation** and conducted by Foundation President, Denise Schultz. Recognition was given to all those that donated to the Foundation as an Order of the Rose, Order of the Scroll, Order of the Pearl, or Order of the Diamond.



Following the luncheon, the collegiates attended the Collegiate Workshop led by Alissa Lockwood, Vice-President of Collegiate Development, while alumni and advisors attended a breakout session led by Elena Santayana, Vice President of Alumni Development. The **Collegiate Workshop** provided plenty of time for open forum, discussion and collaboration between all collegiate members. Main topics of discussion in the **Advisor and Alumni Workshop** included activities and struggles of alumni chapters and methods to improve communication and collaboration between alumni and collegiate members and Grand Council. After the workshops, a special **Memorial Service**, led by Elizabeth Kort, Grand President, was held to honor



fellow Kappa Epsilon members who had passed away. This was a very emotional and meaningful service that reminded each and every one of us why we love Kappa Epsilon and the bonds it creates.

To finish off the evening we were very privileged to experience the “Circle of Life” cultural dance and music by a **5-time world champion hoop dancer**, Derrick Suwaima Davis. Derrick, accompanied by a singer/drummer, shared his culture through song, dance, storytelling, music, and drumming. Just when we thought it was over, Derrick recruited everyone in the room to participate in a cultural dance! This unforgettable performance was enjoyed by all.

Friday

Bright and early Friday morning, we were welcomed again with a continental breakfast and another informative CE presentation, “**New Drugs**” led by Dan Hussar, Ph.D. The second business session (Part 1) of the convention consisted of discussing and voting on bylaw amendments as well as our upcoming budget for the 2011-2013. As a result of the

increase in insurance premiums it was decided and approved by Grand Delegation that collegiate dues would be increased in order to cover our increase in insurance fees.

Following the business session, we were treated to more food and enjoyed a delicious brunch. Part 2 of the second business session was held, and Grand Chapter elected the Grand Council Officers for the 2011-2011 biennium.

Following elections, Maggie Hitzeman, VP of member recruitment, held the **Recruitment Workshop**. The recruitment workshop was a chance for members from each chapter to discuss recruiting issues in an open forum. The collegiate members had an opportunity to ask one another questions about recruiting and share events that they have found to be successful. While, this was going on, the alumni headed over to the Wright’s Platform Bar at the Biltmore for a **special tea and social sponsored by Women’s International Pharmacy**. This event was filled with reminiscing and reconnecting of alumni and alumni on rotations along with delicious desserts and yummy gelatos. The rest of the evening was free time for alumni and collegiates. There were shuttles on standby ready to take someone to either a fun sports bar or a more relaxing restaurant. This year, members of the new elected Grand Council and the Foundation members enjoyed dinner at Donovan’s, a premier steakhouse. This dinner was the first of hopefully many, cross-functional events to discuss how to bridge the gap between the Grand Council and the Foundation members in order to reach a common goal for Kappa Epsilon. The brainstorming that was discussed at this dinner was not only innovative, but it set the tone for the next 2 years and where this fraternity is heading. Exciting progress and great memories emerged from yet another day!

Saturday

Kappa Epsilon awoke to the last day of convention with a great breakfast and CE presentation by Sal Bottiglieri, PharmD, on “**A Spectrum of Care in Metastatic Breast Cancer**.” Following the CE the Fraternity held its first

{CONVENTION WRAP UP}

break out session for committees at convention. Members that were interested in various committees met and volunteered to start out a productive biennium. Following the break out session the last business session was held and Grand President Elizabeth Kort gave her final address and closing remarks. Kappa Epsilon members then reflected on their lifelong commitment to the Fraternity we all love in the **Closing and Rededication Ceremony**. Lunch was held in the Gold Room of the Biltmore where we also enjoyed a presentation by Dr. Theodore Tong. Following this pleasant lunch, Elena Santayana, VP Alumni Development, held the **Collegiate and Alumni Workshop**. This workshop provided an opportunity to network with fellow convention attendees and to discuss ways to strengthen bonds between collegiate and alumni members.

Dr. Paula Witt-Enderby served as Mistress of Ceremonies for the **Awards Banquet**, recapping an amazing convention, and the dedication of Grand Council. The

evening was filled with celebration of our accomplishments and memories of our past biennium with the Awards Ceremony. As the 2009-2011 biennium drew to a close our new Grand Council Officers were inducted. To close the 48th National Convention, Erika Cortes, 2011-2013 Grand President, addressed convention attendees, leaving each of us with a sense of accomplishment and challenging all members to remain committed, shining examples of Kappa Epsilon in the new biennium. After the induction of the new members and close of convention, Elizabeth Kort surprised Nancy Stankiewicz, our beloved Executive Director, with a special slideshow and farewell gift from all of Kappa Epsilon for **her commitment of 13 years to this fraternity**.

The 48th National Convention was truly a great success where fond memories and reconnections were made by all. We hope to see you again in two years at the 49th National Convention in beautiful Richmond, Virginia.



L to R: Metta Lou Henderson, Daryl Hendrix, Lisa Barletta, Petra Schultz, Lisa Beregi, Denise Schultz

{CONVENTION WRAP UP}

Biennium Awards



Petra Schultz (l) and Erika Cortez (r) presenting the Linda Rodgers Memorial Award to Lisa Beregi

Linda Rodgers Memorial Award

Lisa Beregi, Alpha Delta, Alumnus

2009-2010 Awards Presented

Outstanding Chapter

Alpha Rho

Outstanding Chapter-Honorable Mention

Omega

Outstanding New Member Recruitment

Beta

Outstanding New Member Recruitment-Honorable Mention

Lambda

Outstanding Advisor

Lynne Mascarella, Sigma

2010-2011 Awards Presented

Outstanding Chapter

Alpha Phi

Outstanding Chapter-Honorable Mention

Psi

Outstanding New Member Recruitment

Tau

Outstanding New Member Recruitment-Honorable Mention

Alpha Delta

Outstanding Advisor

Angela Hill, Alpha Xi

2009-2011 Biennium

Continued Excellence

Alpha Delta

National Project/Breast Cencer

Psi

National Project/PharmCORP

Omega

National Project/PharmCORP-Honorable Mention

Sigma

Alumni Outreach

Kappa

Outstanding Alumni Chapter

Sigma

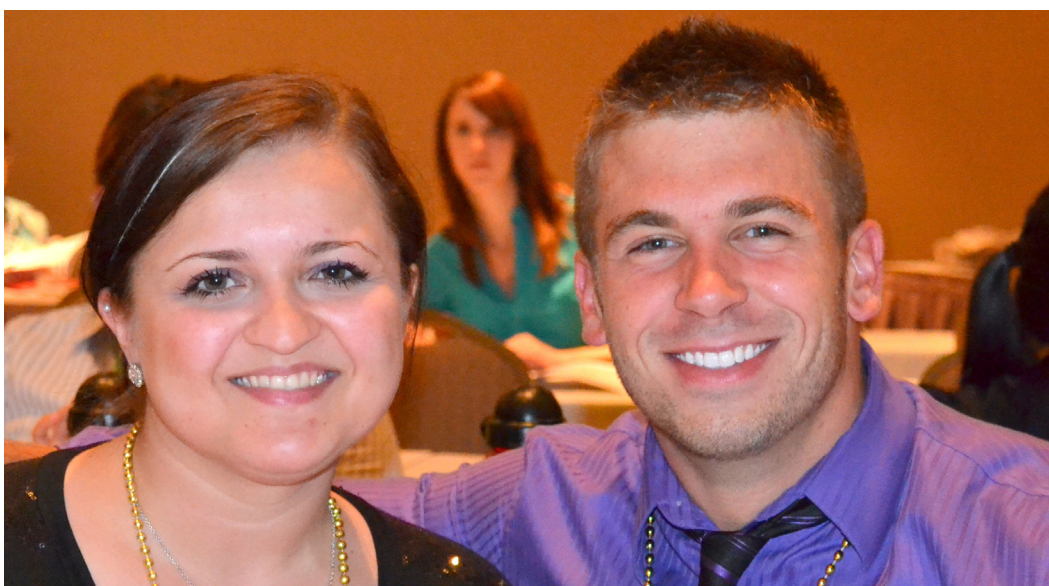
Spirit of Service Award

Alpha Pi

Unicorn Award

Linda Byers, Pi

{CONVENTION SIGHTINGS}



{CONVENTION SIGHTINGS}



{CONVENTION SIGHTINGS}



Meet Grand Council

for the 2011-2013 biennium

President: Erika Cortes grew up in Miami, Florida and graduated the University of Florida in Gainesville with a Doctor of Pharmacy degree in 2005. She completed a pharmacy practice residency at Baptist Hospital of Miami/ Nova Southeastern University. Erika is a clinical pharmacist in the Emergency Department at Baptist Hospital of Miami. Erika served at a collegiate level as chapter president, new member educator, and delegate to the 2003 National Convention. In 2004, she received the Linda T. Rogers Memorial Award. Nationally, she has served as Vice President of Alumni Development for two terms and President-Elect. When not working, Erika enjoys spending time with her family and friends. She loves traveling, exercising, shopping, cooking, and cheering on the GATORS. She is the Grand Council Officer connection for Kappa, Alpha Delta, Alpha Psi, Beta Beta, and Beta Iota.

President-Elect: Alissa Lockwood is originally from Denver, Colorado, but spent most of her youth in Knoxville, Tennessee. She received her bachelor's degree in Biomedical Engineering at the University of Tennessee (GO VOLS!!) and her Doctor of Pharmacy degree from Mercer University Southern School of Pharmacy in 2007. Alissa completed a pharmacy practice residency and a PGY2 specialty residency in critical care at Grady Health System in Atlanta, Georgia. Alissa is currently a critical care clinical pharmacy specialist at Parkland Health and Hospital System in Dallas, Texas. Alissa served on a collegiate level as pledge publicist, chapter social chair, and 1st vice president. Nationally, she has served as Vice President of Membership Recruitment and two terms as Vice President of Collegiate Development. Alissa enjoys sports, snowboarding, traveling, live music, socializing with friends, and spending time with family. She is the Grand Council Officer connection for Xi, Sigma, Upsilon, Alpha Chi, and Beta Theta.



L to R: Sara Snow, Elena Santayana, Nancy Stankiewicz, Erika Cortes, Amanda Walls, Elizabeth Kort, Erin Lingenfelter, Anne Rafidi, Chelsea Shields

Vice President of Alumni Development: Erin Lingenfelter, is a born and raised Buckeye living in Salt Lake City, UT. She is an initiate of the Psi chapter and earned her Doctor of Pharmacy degree from Ohio Northern University in 2005. She went on to complete her PGY-1 pharmacy practice residency at Borgess Medical Center and a PGY-2 specialty residency in Critical Care at the University of Utah. She is a clinical pharmacist in the emergency department at the University of Utah. Erin has held the collegiate offices of new member educator, president, and delegate to the 2003 convention. Nationally, she has served as National Project Committee Chair, Secretary, and two terms as Vice President of Communications. This past year she received USHP's Best Practices Award along with her fellow ED Pharmacists at University of Utah. Erin enjoys downhill and cross country skiing in the Wasatch, attending cooking classes, and travelling Southeast Asia. Recently her goldendoodle, Cleveland, decided to become a therapy canine in the Burn Unit and is undergoing intensive training. She is the Grand Council Officer connection for Delta, Chi, Psi, Alpha Nu, and Beta Zeta.

Vice President of Collegiate Development: Sara Snow is an initiate of the Alpha Chi chapter and earned her Doctor of Pharmacy degree in 2007 and a

{CONVENTION WRAP-UP}

Masters in Business Administration in 2009 from Shenandoah University. Sara currently resides in Boston, Massachusetts where she works in Regulatory Affairs at Biogen Idec. Nationally, she has served as a member of the National Project Committee. In her free time, Sara enjoys traveling, exploring New England, and spending time with family and friends. Sara also enjoys attending Boston Red Sox baseball games at Fenway Park. She is the Grand Council Officer connection for Alpha Beta, Alpha Gamma, Alpha Epsilon, and Alpha Theta.

Vice President of Membership Recruitment: Amanda Walls is a Tau Chapter initiate and currently attends the Medical College of Virginia/Virginia Commonwealth University School of Pharmacy. Her leadership roles in the Tau Chapter include Skate for the Cure Fundraising Committee, President Elect, President, and delegate to the 2011 convention. She works as a Pharmacy Intern at Wal-Mart Pharmacy and in her free time she enjoys whitewater rafting, hiking, fishing, dancing, and shopping. She also loves spending time with family, friends, and her boyfriend of six years, Cable. She is the Grand Council Officer connection for Beta, Alpha Beta, Beta Delta, and Beta Eta.

Vice President of Financial Development: Elena Santayana graduated from the University of Florida College of Pharmacy - St. Petersburg in 2007. Elena initiated into the Alpha Omega and served as chapter president and alumni liaison. Following graduation, Elena completed a PGY-1 pharmacy residency at Tampa General Hospital and a Critical Care Specialty Residency at University of Illinois Medical Center in Chicago. She has served on Grand Council as Secretary and Vice-president of Alumni Development. Currently, Elena is a clinical specialist practicing in the Neurosciences ICU at the University of Chicago Medical Center. She enjoys spending time with her husband, Ricky, as well as her family and friends whenever possible – usually over good food or a Gator football game. She is the Grand Council Officer connection for Mu, Pi, Tau, and Omega.

Vice President of Communications: Chelsea Shields attended Virginia Commonwealth University in Richmond, VA for her Bachelors degree in Chemistry

and Biology. She attended Shenandoah University in Winchester, VA and graduated with a Doctor of Pharmacy degree in 2011. She works as a community pharmacist at CVS pharmacy in Chatham, Virginia. When not working, Chelsea enjoys spending time with her family and friends, traveling, and remaining connected to the international pharmacy community through Federation of International Pharmacists. She is the Grand Council Officer connection for Lambda, Alpha Lambda, Alpha Rho, and Beta Epsilon.

Secretary: Anne Rafidi grew up in Jacksonville, FL. She received her Doctorate of Pharmacy from the University of Florida in 2005. Anne served at the collegiate level on the new member team and as Social Co-Chair. Anne is currently on the Parish Council at St. George Orthodox church and is an active member of the Ramallah-American Club of Jacksonville. Anne has been with CVS for 12 years and is currently the Pharmacy Supervisor for the Gainesville district. In her spare time, Anne likes to shop, hang out with friends, mix music, and cheer on the Gators!!! She is the Grand Council Officer connection for Alpha Xi, Alpha Omicron, Alpha Omega, Beta Alpha, and Beta Gamma.

Immediate Past- President: Elizabeth Kort was initiated as a charter member of the Alpha Phi Chapter at Duquesne University, Pittsburgh, PA, in 1999. She received her Doctor of Pharmacy and certificate of Pharmacy Management from Duquesne University in 2004. Elizabeth currently resides in Owings Mills, MD and enjoys her position as Divisional Wellness Coordinator and staff pharmacist for Wegmans Pharmacy in Hunt Valley, MD. Her leadership roles in Alpha Phi included Prospective New Member Educator, President, Past-President, and the delegate to the 2001 National Convention. Nationally, she has served as Vice President of Membership Recruitment, Vice President of Collegiate Development, President-Elect, and President. In her free time, Elizabeth enjoys traveling, spending time with friends and family, live music, reading, and cooking. She is an active member of the Maryland Pharmacists Association and the MPhA Professional Development Committee, and was recently awarded the Maryland Distinguished Young Pharmacist of the Year Award for 2011. She is the Grand Council Officer connection for Alpha, Omicron, Alpha Pi, and Alpha Phi.



Meet the Foundation for the 2011-2013 biennium

The Kappa Epsilon Foundation was incorporated in Indiana on May 21, 1992. It received its final public charity status from the Internal Revenue Service (IRS) as a 501(c)(3) organization in 1997, following an IRS review of three years of Foundation records.

The purpose of the Foundation is to establish, foster, and promote scholarships, educational programs, and research projects in the field of pharmacy. The Foundation provides funding for the Zada M. Cooper Scholarships and the Linda Rodgers Memorial Award. In addition, Educational Grants may be requested through the Foundation to provide individual Kappa Epsilon members or chapters incentive money for innovative projects in the profession of pharmacy.

L to R: Elizabeth Kort, Sherrill Brown, Melanie Bienemann, Lisa Beregi, Nancy Stankiewicz, Cathy Cantini, Renee Ference, Marianne Billeter

Give to KE today

In a continuing effort to provide financial stability and perpetual support for Kappa Epsilon Fraternity and the Kappa Epsilon Foundation, please consider making a donation to one or both of these entities. Let us speak with one voice, in strategy and purpose, and share our resources to promote the future of Kappa Epsilon.

My gift to the Fraternity is \$_____ My gift to the Foundation is \$_____

Gifts to the Foundation are tax-deductible.

Please make checks payable to Kappa Epsilon Fraternity and/or Kappa Epsilon Foundation or pay by credit card:

Mastercard/Visa #:_____ Exp:_____

Name:_____

Street, City, State, Zip: _____

Send form to: Kappa Epsilon, 7700 Shawnee Mission Pkwy, #201 Overland Park, KS 66202

{FOUNDATION CONTRIBUTORS}

The purpose of the Kappa Epsilon Foundation is to establish, foster and promote scholarship, educational programs and research projects in the field of pharmacy. During the 2009-2011 biennium, the Foundation funded over \$33,000 to Kappa Epsilon members, chapters and the Fraternity via scholarships, grant approvals and program assistance support. The Order of the Rose Ceremony honors those members and chapters who have made contributions to the Foundation over the past biennium.



Newly awarded Foundation contributors

Order of the Rose (up to \$100) Mary Burch (Mu), Jennifer Holf (Omega), Donna Hohman (Epsilon), Ronika Jackson (Alpha Nu), Susan Mogen (Chi), Nancy Naeve (Theta), LeNitra Oliver (Alpha Xi), Mary Ann Pfeiffer (Iota), Jamie Sanders (Alpha Omicron), Beth Ann Toalston (Psi), Mary Beth Versgrove (Gamma)
Order of the Scroll (\$101-\$999) Amelia Bennett (Epsilon), Jeanie Brown (Mu), Brianne Dempsey (Alpha Phi), Brenda Drake (Pi), Jacque Griffith (Alpha Kappa), Alice Gay Harlowe (Kappa), Janet Henglefeldt (Sigma), Karen Lundholm (Alpha), Julie Nelson (Xi), Teresa Neumann (Pi), Nancy Stankiewicz (Exec Dir), Rebecca Wong (Sigma)
Order of the Pearl (\$1000-\$5000) Teresa Dowling (Omicron), Jane Hammock (Pi), Gail Jensen (Chi), Cameron Lindsey (Omega), Jenna Meglio (Alpha Tau), Mary Ellen Mitchell (Omicron), Dorothy Wolfe (Gamma)
Order of the Diamond (exceeding \$5000) Marianne Billeter (Pi), Denise Schultz (Zeta)

Sustaining Foundation Contributors

Order of the Rose (up to \$100) Courtney Anderson (Psi), JoLaine Draugalis (Sigma), Mary Alice Schassberger (Pi)
Order of the Scroll (\$101-\$999) Robbie Aamot (Chi), Teresa Anderson (Chi), Elise Ash (Mu), Lisa Barletta (Omicron), Susie Bartlemay (Xi), Mary Cady (Omega), Sharon Denton (Mu), Rosemary Dulac (Alpha), Sabrina Edgeman (Alpha Beta), Renee Ference (Alpha Phi), Sloan Fleming (Alpha Lambda), Karen Golden (Iota), Donna Heffner (Omicron), Metta Lou Henderson (Sigma), DDaryl Hendrix (Lambda), Pamela Henry (Psi), Sandra Hughes (Pi), Suzanne Hussar (Omicron), Kristin Ignacio (Alpha Tau), Patricia Jehrling (Pi), Michelle Johnson (Alpha), Margaret Kelly (Chi), Michelle Kimutis (Kappa), Stephanie Kline (Alpha Epsilon), Ann Kunsch (Psi), Ruth Luhnnow (Mu), Lucinda Maine (Phi), Martha Mazak (Psi), Linda Mihm (Alpha Iota), Linda Sunny Munger (Sigma), Hazel Pipkin (Xi), Ellen Ritz (Alpha Omicron), Rita Rost (Alpha), Rosalie Sagraves (Epsilon), Petra Schultz (Kappa), Dorothy Segerstrom (Sigma), Sara Seng (Kappa), Nancy Smith (Psi), Vivian Stokes (Pi), Chandra Wilcox (Alpha Xi), Jeanette Yingling-Kantzer (Rho)
Order of the Pearl (\$1000-\$5000) Melanie Bienemann (Gamma), Cathy Cantini (Sigma), Marion Crowell (Alpha Lambda), Leslie Gardner (Pi), Mary Losey (Pi), Maureen Savisky (Alpha Delta), Evelyn Timmons (Sigma)
Order of the Diamond (exceeding \$5000) Carolyn Eisenbart (Gamma), Margaret Haehl (Pi)

Chapters Contributing During the 2009-2011 Biennium

Beta, Chi, Lambda, Omicron, Alpha Delta, Alpha Gamma, Alpha Epsilon, Alpha Phi, Beta Gamma, Beta Zeta, Phoenix Alumni Chapter

Need to break in those new running shoes?



1. Run for Fun!

Create a new tradition at your school. Dress up for no reason and have a Zombies versus Humans race (humans get a ten minute head start). Or host an "Amazing Race" themed run and get lots of cultural influence from other students in your college! Be unpredictable...text out the start of the run at the first snow of the year!

2. Run for health

Everyone getting the fall and winter blues? Organize exercise groups together at different levels and help encourage each other to keep

3. Run for service

There are a hundred different walks and runs out there. Pick one that your chapter identifies with or has a personal connection to the cause.

- Ovarian Cancer Walk and 5K in Raleigh, NC (Alpha Rho)
- Making Strides Against Breast Cancer in Minneapolis, MN (Alpha)
- Juvenile Diabetes Research Foundations Walk to Cure Diabetes in Little Rock, AR (Alpha Theta)

Alumni Alert! KE for Life...here's how!

1. Vacation can't come soon enough? Get tan with our KE Alumni aboard the Carnival Freedom April 21st-29th, 2012. Can you feel the sun of Grand Turk, Dominican Republic, Curacao, and Aruba yet? See Alumni Affairs on page 22 of this issue has all the information waiting for you!
2. The Alumni Interest Committee is back in action! Contact Erin Lingenfelter, VP Alumni Development (erin.lingenfelter@gmail.com) today if you have questions, comments, or want to join!

Recruiting ideas ringing with creativity

1. Lambda and Alpha chapters both hold Speed Dating with KE events for prospective members come and meet current members in a speed dating atmosphere
2. Alpha Delta co-hosts Kappapalooza with Kappa Psi and it provides an informal introduction to pharmacy fraternity life



Grand Council received requests from members for a pin they could wear on their lab coats at work and on rotations to show their **KE pride**. The result is this handsome red KE pin that is now available for sale from the KE Office. **Sold in sets of five pins for \$30 (S&H included)**, get your pin now and share four with your fellow KE's! Contact the KE office to purchase.

Rita Rost shares 65 years with KE

Rita Cincoski Rost, Alpha Chapter, Omega Chapter Founder



In 1946 at the University of Minnesota, College of Pharmacy, I was initiated by Alpha Chapter and still have my certificate signed by Louise Hunkins, Alpha, Grand President and Minnie Myers, Beta, Grand Secretary. I still treasure my ruby and pearl pin with my name and date of initiation engraved on the back.

Because of WWII, national conventions were cancelled, but in 1947, the convention was organized at Zeta Chapter at the University of Wisconsin and the following year at Epsilon Chapter at Ohio State. I was our chapter president and a delegate to both conventions. Being present at those conventions opened my eyes to the importance of interacting with our sisters from other Schools of Pharmacy. We learned so much.

Pharmacy School was much different then. In my undergraduate years, we identified 300 crude drugs and learned their active ingredients and uses; we made suppositories;

we made gallons of Saponated Solution of Creosol (Lysol look-alike) and compounded jars of Zinc Oxide Ointment. We then welcomed graduation and passed State Boards. In the professional world at last, I worked in a fine professional pharmacy in a Medical Arts Building in St. Paul. We did much compounding, including eye drops filtered into a dropper bottle without a concern of being suedno hood, no autoclave. After marrying, I then moved to Kansas City, Missouri where my husband was to be Professor of Medicinal Chemistry for 37 years at the University of Kansas City, School of Pharmacy which, 7 years later, became the University of Missouri at Kansas City.

I took a leave of absence from practicing pharmacy to rear three daughters (not a pharmacist among them!). During that time I had the pleasure of meeting Marjorie Coghill, a former Grand President, who asked me to investigate the possibility of establishing a KE chapter at the University

{My KE Story}

“During my 65 years, I never forgot KE...It must have been the Bond that became established without my even knowing it.

enthusiastic and on April 12, 1958, Omega Chapter was chartered. We struggled with small numbers but we inched forward during the fifteen years I was advisor and made a name for ourselves in the Pharmacy School. One of the charter members was President of the Missouri Pharmaceutical Association and also served on the State Board. One year the only members of Rho Chi were three KE's. Another early member, after pharmacy and family, returned to medical school, fulfilling her dream. Evelyn Suffacool wrote the KE Creed which was presented and adopted at the national convention at Alpha Chapter in 1959.

I soon returned to my profession and entered the field of Long Term Care where I managed a licensed pharmacy in a 200 bed facility. During those years, I started computer profiles and unit dose, did In-service, made rounds with the physicians and joined the School of Pharmacy in a continuing education seminar that toured the state. And this was all before the advent of clinical pharmacy and the aid of computer software highlighting vital information for the dispensing pharmacist.

In the 70's, Dr. Beverly Sandmann (Psi) joined the faculty and agreed to be advisor. She took the chapter to new heights in the chal-

lenge of offering Drug Information to high schools in the city. The number of women had increased too and anything was possible! Other wonderful KE's stepped into the advisor's role over the years and Omega Chapter grew to many more men and women in 2011.

During my 65 years, I never forgot KE. I kept in touch with many KE's and attended many Founder's Day observances.....was even a speaker at several. At one of those Founder's Day luncheons, an undergraduate asked me how I could still be so passionate about KE. It must have been the Bond that became established without my even knowing it.

If you would like to share your "KE Story", please contact the VP of Communications or email your story to KEfrat@aol.com.

{KE Home and Abroad}

Kappa Epsilon Home & Abroad

Be the Match, a national marrow donor program, shows that over 10,000 patients are awaiting a bone marrow transplant, but only half will receive one. Many patients wait much longer than they hoped because finding a match is very difficult. It's even harder for patients with extensive ethnic diversity in their heritage. Here is one story of a Kappa Epsilon who chose to step up and make a difference in one person's life.

Julie Kennerly, my KE big sister, inspired me to sign up for the "Be the Match Registry" as she had recently matched and donated bone marrow (peripheral blood stem cells, or PBSCs) to a patient. After joining the registry in the spring of my first year of pharmacy school, I would have never imagined I'd be a match just two short years later.

In March 2011, I was contacted and told that I was a match for 66 year-old male with acute myeloid leukemia (AML). I was very excited, despite learning about countless blood tests, paperwork, and how I had a 1 in 12 chance in being a perfect match. After rigorous



Elizabeth Alford (Lambda) tells of her experience as a bone marrow donor.

{CONTINUED}

blood work to rule out CMV, HSV, HIV, EBV, and many other viruses, less than two weeks later, I found out I was a definite match! A full physical and more blood tests later, I reported to the UNC Cancer Hospital to receive my first of five subcutaneous injections of filgrastim. Because these injections promote the bone marrow's production of WBCs, I did have some bone pain, but never anything that 600 mg of ibuprofen couldn't handle!

My donation began bright and early on May 23rd, less than two months after the initial phone call, at Wake Forest Baptist Hospital. The typical apheresis process is much like platelet donation -- there is an "in" and "out" for your blood, typically one in each arm. My line was placed that morning and I was in the apheresis center by noon. My initial labs showed that the five days of filgrastim had worked; my white count was 25! In order to obtain enough PBSCs, the apheresis machine would need to run about 24 liters of blood total (i.e., all 4 L of my blood would need to be cycled 6 times).

After a 2-day process, my cells were ready to be delivered to the patient that afternoon. After receiving my cells, I'm happy to report that the patient went home from the hospital just 28 days post-transplant! I received the most kind and beautiful thank you card from the patient and his family about a month after he was able to go home with reports that he is doing well.

If given the chance to do this again, I would not hesitate to do so. The process itself was painless, and the fatigue post-donation wasn't unbearable. Plus, cancer hospital nurses really know how to take care of their patients and made sure that I had plenty of snacks, including Krispy Kreme doughnuts! It was more than worth it to me to know that I had saved someone's life and given them the chance to live a cancer-free life. ~Elizabeth Alford (Lambda)

If you want to make a difference, sign up today as a potential donor by visiting <http://www.marrow.org/JOIN/>.

“After receiving my cells, I’m happy to report that the patient went home from the hospital just 28 days post-transplant!”

More Bone Marrow Donation Facts

- Myth: All marrow donations require surgery.
- Fact: The majority of donations do not involve surgery. Today, the patient's doctor most often requests a peripheral blood stem cell (PBSC) donation, which is non-surgical experience.
- Only 28% of the marrow registry members are of diverse racial or ethnic heritage.
- 70% of patients do not have a match within their own family.
- Only 4 of 10 patient will receive the marrow transplant that they need to survive.

KE Couples

These couples are especially unique KE members because of their own special KE Bond.

We asked Lisa and Ben Barletta to tell us a little about how they met and how KE has been a part of their lives over the years. Here is their story.

Lisa and Ben met over 33 years ago when they were sophomores in high school...."we both were very active in the band and loved music in general and as luck would have it, he was visiting his relatives that lived in my hometown, and well, as they say, the rest is history."

Lisa was initiated into the Omicron Chapter in 1982 and quickly after graduation became involved at a national level. Ben traveled and participated in many visitations throughout those years with Lisa. Their favorite memory was when they ran out of gas on their way to Boston to do the Alpha Tau visitation!!!

KE has been lucky to be part of many special times in Ben and Lisa's lives. The 1993 convention in Austin was especially memorable as Grand Council and KE friends hosted a bridal shower for Lisa in the President's suite at the Marriott!



Lisa and Ben Barletta

{Alumni Affairs}

At the National Convention in 1995, Lisa was elected president, but she likes to say that KE really got CO-PRESIDENTS. Emailing was a new concept and Ben would help with reviewing and responding to emails. Ben was also instrumental in getting KE's first website up and running prior to the 1997 convention in St. Louis. Lisa tells us, "Ben helped me with every correspondence, convention planning, speech writing, you name it...Ben did it."

Ben loves conventions and loves being surrounded by so many attentive collegiates and alumni! Many of them are his Facebook friends and he continues to be connected between the bienniums. The Barletta's most memorable convention was in 2001 in Philadelphia, where Ben was honored to become an Associate Member! He was blown away and to this day, he lights up when he digs out his pin to wear to an event. He has developed a very close bond with his two fellow Associate Members, Nancy and Jim Stankiewicz. They have this very special connection and the Barletta's consider Nancy and Jim family as they do many of their KE friends.

Nancy and Jim Stankiewicz are a major part of all our KE lives. Now that Nancy is retiring, we asked Nancy about how she thinks their relationship with the fraternity will change?

"Leaving KE will be a dramatic change for me. I've been connected with so many of you and the personal relationships will be sorely missed. I'm sad thinking about it as I've enjoyed working with and for all of you throughout

these years. Jim and I plan to make an appearance at the 2013 Convention in Richmond to renew many of those bonds. There is always such vitality ricocheting about and we are both energized by the evident passion for KE and the lighthearted laughter."

We also asked the Stankiewicz's if they had any advice for the younger KE couples on how to keep the KE light burning?

"We believe when something has value and meaning it is inevitable that one's support shouldn't waiver. Friendships are born of a common passage, many are lifelong, even when interrupted by time, circumstance, and geography. Our advice is, carry on, soldier on, lead on."



Nancy and Jim Stankiewicz

“Ben was honored to become an associate member! He was blown away and to this day, he lights up when he digs out his pin to wear to and event!”

{Alumni Affairs}

Our youngest KE couple, Rachael Mead and Andrew Cook are both members of the Sigma Chapter. They recently enjoyed celebrating their engagement and are currently completing their rotation year. We asked them how being a “KE Couple” has made them a better team and how they plan on keeping KE a part of their life together?

“Working with one another in KE has given us a great experience. We keep each other motivated to participate in KE events, share our passion for KE with others, and have created wonderful memories together. We both have enjoyed our experience as a part of the KE family and feel that this is a lifelong commitment. We both plan on keeping in touch with our chapter members, as well as extending our friendship to members from other regions. We would like to continue to attend the KE national conferences and can’t wait for our first KE cruise!”



Rachael Mead and Andrew Cook

2012 Alumni Cruise

Are you ready for another exciting vacation with your Kappa Epsilon family? All alumnae members are welcome, as are their spouses or significant others. Coming on your own and need help finding a roommate? Please contact Denise Schultz (denise.schultz@comcast.net) to help find you a roommate if available.

As usual, KE Cruises are a great mix of together and on your own time! As a group, we usually meet on board the ship for the sail-away and departure drinks and get together and have dinners as a family around 7pm. Day excursions are planned on your own and several e-mails will be sent out to coordinate efforts of people wanting to take the same excursions.

All aboard the Carnival Freedom: Saturday, April 21 – Sunday, April 29

Ports of Call: Grand Turk, Dominican Republic, Curacao, and Aruba
Room rates (double occupancy) range from \$980 to \$1400. Travel insurance, pier transfers and airfare are additional. The above rates are subject to change and availability at time of booking. Please be advised that at this time there are no past passenger or over age 55 rates available for this sailing.

For more details, please contact Terry Loy, Master Cruise Counselor, at All Aboard Cruise Center at (972) 262-4638 / (866) 510-8256. When contacting Terry, ask for the KE Cruise.

{CHAPTER UPDATES}

Collegiate Excitement coming out of Convention

Alpha~University of Minnesota

The Alpha chapter began the 2010-2011 year with a bit of a deficit in members: we only had TWO! Thankfully, we managed to build that membership back up and currently have TEN members going into this year.

Last year we held bake sales, participated in walks (Making Strides Against Breast Cancer and the Give Thanks Walk for St Jude Children's Hospital with Kappa Psi), held our annual Bingo tournament, and made Breast Cancer Care Packages for those receiving treatment at the nearby Masonic Lodge. We hope to begin some new traditions this fall with the addition of a holiday Giving Tree and other new events.

A successful pilot project that we began this summer included participating in the College of Pharmacy booth at the Minnesota State Fair - we premiered specially designed medication cards and holders made to help people keep track of their medications. Inspired by the experiences of a KE member who works in an emergency room and needed more specific information than the patient could often give, the entire card is small enough to fit easily into a wallet or purse. Approximately 500 fairgoers stopped by our table, and a significant number expressed genuine interest in the idea. Some even took extras home for their mother, husband, or group home residents. We hope to be at the fair with this new project again next year.

~Becky Millard & Brittany Payeur



Alpha chapter members

Chapter Assignments for the Spring Issue of The Bond

Spring 2011 Issue Chapter Assignments due January 15th, 2012: Rho, Sigma, Tau, Upsilon, Chi, Psi, Omega, Alpha Beta, Alpha Lambda, Indiana Alumni

{CHAPTER UPDATES}

Kappa~University of Florida

Gators Chomp into Breast Cancer! In the last year, the Kappa Chapter of KE at UF has worked hard both within our college and in our community to promote women in pharmacy along with overall wellness. Some of the service events we hosted included breast cancer awareness booths, helping

at a center for disabled children, hosting a faculty breakfast, and raising over \$2,000 for Susan G. Komen for the Cure at our annual Bowling for a Cure event. We enjoyed multiple socials throughout the year, with events ranging from dinners out with professors and faculty to running a 5K to-

gether. Three members went to the Annual Convention this past summer in Phoenix and brought back valuable information from the National Board, as well as funny stories and new friendships. We've worked alongside the Gamma Sigma Chapter of Kappa Psi here at UF for service events as well as social events. In Fall of 2011, we welcomed 38 potential new members from the College of Pharmacy class of 2015, so this year is sure to be a busy one as well! ~ Melissa Chudow

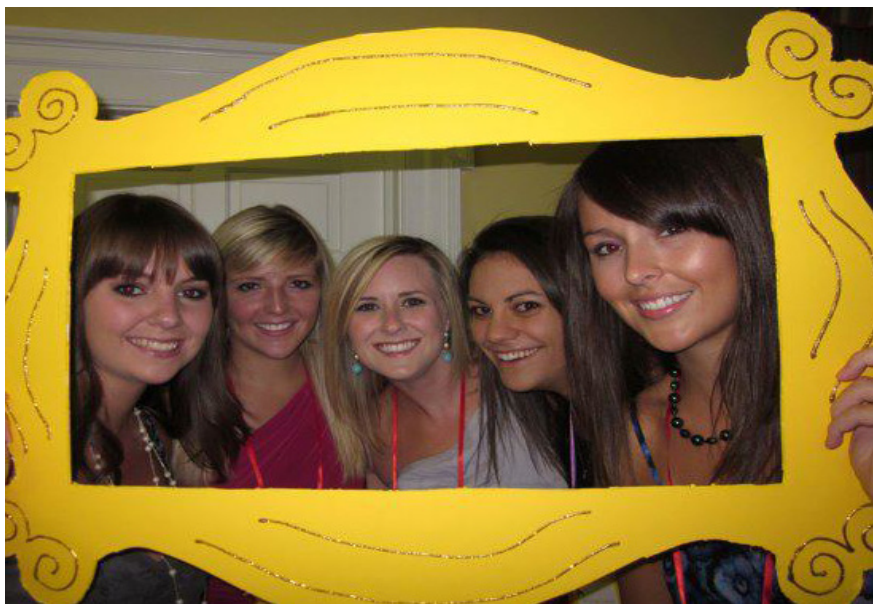


Kappa Chapter taking their signature "chomp" out of breast cancer

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{CHAPTER UPDATES}



Lambda Chapter ladies posing for a perfect picture

Lambda~University of North Carolina

Our recruitment process culminated with our final event on Friday, September 9th in which we provided Hors d'oeuvres and desserts at the Institute of Pharmacy in Chapel Hill, North Carolina. We had a picture taking booth, mocktails, and wonderful conversation as we socialized with members and potential

new members. We were thrilled that 46 potential new members accepted our invitation to join Kappa Epsilon.

Our Breast Cancer committee has been working hard to prepare events for the remainder of the year. Their numerous events include the Making Strides 5K that will be held in Raleigh, North Carolina. We have set a goal of \$1000 to raise

for this event. In addition we are planning our own 5K for the spring. We are continuing our annual 'Cocktail for a Cure' event in which we hold a social event and all donations will go to support Breast Cancer. This has always been a popular event and we expect many pharmacy students to join us in supporting our cause.

PY4 Sarah Johannes had a unique opportunity this May to travel to Ecuador as a part of the Hollingsworth Scholar Program. She worked with other health professionals within the health care system in the developing nation. Living with host families and taking Spanish classes helped her to improve her language skills. Johannes spent two weeks in the capital city of Quito and two weeks in the smaller coastal city of Salinas. Even though she claims it was daunting at first to be in a country where English is not the primary

language, she and her fellow students quickly learned how to get around the city. Johannes really enjoyed the opportunity to learn firsthand about the health-care and public health challenges in a developing nation. She feels that if possible, every pharmacy student should take advantage of an opportunity to travel abroad and learn about a health care system outside the US.



Sarah Johannes in Ecuador

Chapter Assignments for the Spring Issue of The Bond

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{CHAPTER UPDATES}

Omicron~ Philadelphia College of Pharmacy

The Omicron chapter did not waste any time once they got back to school this fall! The first week of school we held a “mocktail” event with Sigma Phi Zeta. This event allowed students a chance to meet with the Career Services Department and the Philadelphia College of Pharmacy faculty.

The Omicron chapter has been keeping busy by getting ready for Breast Cancer week. This annual event kicked off Sunday, October 2nd with the Making Strides Against Breast Cancer walk. All money raised went to the Susan G. Komen Breast Cancer Foundation. Breast Cancer week has always had a great turnout, and we hope

to have continued success. Last year Dr. Weiss, an oncologist from Lankenau Medical Center and the founder of BreastCancer.org, gave a lecture about breast cancer and its correlations to women’s environmental surroundings. We were thrilled to have her return on October 11th for another lecture. Other events of Breast Cancer week included a bra-decorating contest and a “Knock Out Breast Cancer” kickboxing class taught by a fourth year KE, Justine Campo! The week was fun and educational for all who attended.

Omicron also hosts events in the spring to raise money for the Susan G. Komen foundation. Every spring the university hosts Student Appreciation Day where KE holds its “Sweethearts” event. The Omicron chapter gathers



Omicron Chapter showing off their colors

the sweetest girls around by having fraternities and the general freshmen population vote. These girls then carry cans for donations for one hour of student appreciation day. Last year the girls raised over 300 dollars.

Last but not least, recruiting! The Omicron chapter has had successful membership recruitment the past three years and hopes to invite

many students to become new members this year. Fall rush events will include a fiesta themed snack night and a bracelet making party!

KE’s Omicron chapter has been flourishing and hopes that all chapters nationwide can continue to unite women in pharmacy for years to come! ~Veronica Zafonte

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Kappa Epsilon Fraternity – Alumni Dues Invoice 2012

KE Executive Office • 7700 Shawnee Mission Parkway, Suite 201 • Overland Park, Kansas 66202

Phone: 913-262-2749 • Fax: 913-432-9040 • E-mail: kefrat@aol.com • Web: www.kappaepsilon.org

When you were initiated into Kappa Epsilon you made a life-long commitment to promote the values of KE. That special commitment works both ways; KE is committed to you as well. By sharing the information that is relevant to your life, it enables the Executive Office to keep you informed about the profession, draw upon your professional expertise, provide a bank of resources for continuing education, and guard the names and addresses of you and your fellow colleagues. We thank you for your dedication and continued support of KE!

List preferred title Alumni Chapter

Name

Address

City State Zip

E-Mail Telephone

Chapter of Initiation Graduation Year

Date of Birth Name of Spouse

Name and address of Employer:

Does your Employer match donations? ☐ Yes ☐ No Type

1) Are you willing to share your expertise by being part of a speaker bureau or writing an article for the Bond? Speaker's Bureau? ☐ Yes ☐ No Bond article? ☐ Yes ☐ No

Area of expertise:

2) Would you be interested in serving as Alumni Liaison between Chapters and Grand Council? ☐ Yes ☐ No

3) Tell us what is new in your life! Indicate if we can share or publish this information.

☐ Yes ☐ No

Alumni Member Dues \$

\$47 Alum on Rotation; \$60 the first year after graduation; \$75 second year after graduation; and \$85 thereafter. 100% of the dues amount is deductible as a business expense.

KE Fraternity - optional gift \$

This is an optional, non tax deductible gift to the operating fund of the Fraternity. This gift will help provide financial stability and perpetual support for Kappa Epsilon.

KE Foundation - optional gift \$

This is an optional, tax deductible contribution that will provide continuing support for scholarships, educational programming, and grants for chapters/individuals starting worthy pharmacy projects.

KE Merchandise
KE Christmas _____ x \$ 8 \$

Ornament
KE red lapel pins _____ set(s) x \$30 \$

1 set = 5 pins

(Prices shown in both categories include shipping and handling)

TOTAL \$

Method of Payment: ☐ Master Card ☐ Visa ☐ Check ☐ Money Order

Account Number Expiration Date

Credit Card Holder Name, Address, Zip

List address where credit card statement is received, if different from above.

.....

X Signature of Authorization required for credit card use