



# The Laurel

TO FOSTER AND RECOGNIZE LEADERS, AND SUPPORT LEADERSHIP



## New Phi Lambda Sigma Homepage

Hopefully, everyone has had a chance to check out [www.philambdasigma.org](http://www.philambdasigma.org) which was given a totally new look recently.

The executive committee, along with people considerably more techno-savvy, spent a lot of time and energy to make the home page a more attractive and useful resource for members.

From the home page, there are links to awards, individual chapters, meeting information, and quick ways to stay connected to PLS via Facebook, LinkedIn, and Twitter.

We hope you find the new page to be a useful resource, and a convenient place to stay informed about PLS happenings and opportunities.

### ABOUT (MOST OF) THIS ISSUE

Our collegiate members across this country are always up to something great. As Member at Large, and Editor of The Laurel, I wanted to take the opportunity to give chapters a chance to share their activities with members everywhere. With 94 (and counting) chapters, the articles presented here represent only a small slice of our membership, but I think you will



be inspired by some of their ideas and energy.

If there is a piece that you want to know more about, please let me know, and I can put you in touch with the author. I know the chapters will be proud to share more, and help further the mission of PLS beyond their own campus.

*Kevin Curler, National Member at Large  
curler@muscd.edu*



**Grant Funding Updates** - The Executive Committee has approved a policy for funding grant requests. There will be \$10,000 set aside on an annual basis for projects that support the mission of PLS. The money will be allocated on a first-come, first-serve basis for projects that the Executive Committee agree support the mission of PLS. So far this year, we have given out two \$2,500 grants to the following programs:

**BETA CHI - MEDICAL UNIVERSITY OF SOUTH CAROLINA**

The Beta Chi chapter, with generous support of the National Office, held their annual Leadership Conference on January 29, 2011. The program, *Taking Charge of Your Life: The Ultimate Leadership Skills for Success*, was presented by Craig Zablocki, a nationally known speaker and consultant.

This annual event is an opportunity for student members to gather together and learn leadership skills with other students and professionals.

This year, there were over 200 pharmacists, students, and other professionals in attendance, and the feedback was very positive.

Continuing education credit was available through the South Carolina College of Pharmacy.



*Members of PLS Chapters from across the country gathered in Charleston, SC for the 2011 Beta Chi Leadership Conference*

**GAMMU NU (WESTERN UNIVERSITY OF HEALTH SCIENCES) AND PHARMACY FOUNDATION OF CALIFORNIA**

On February 11, 2011, Pauline Phan, Vice President of the Gamma Nu Chapter, represented Phi Lambda Sigma National President Janice Hoffman, PharmD, and Phi Lambda Sigma nationally at the Pharmacy Foundation of California's Leadership Networking Breakfast at the California Pharmacists Association's Outlook Convention held in Palm Springs, California. As an organization that stands for leadership and moral integrity, Phi Lambda Sigma chose to sponsor this event to honor and celebrate students and pharmacists



*PLS members at CPhA Outlook 2011 From Left to Right:*

*Ron Armado Class of 2012, Julie Hoang Class of 2011, and Pauline Phan Class of 2013*

who are leaders in the profession of pharmacy. In her speech, Pauline encouraged pharmacist leaders to continue strong involvement in both local associations and pharmacy schools so that current student pharmacists will see the growing importance of strong leadership within pharmacy. In addition, Pauline emphasized the importance of working together with other students and leaders in order to unify the profession of pharmacy and strengthen it as a whole.



### MU - UNIVERSITY OF RHODE ISLAND COLLEGE OF PHARMACY

The Mu chapter at University of Rhode Island College of Pharmacy has had a very busy first semester. One truly successful event was the Professional Etiquette Dinner organized by chapter member, Elizabeth Isaac, and Kathleen Fisher, the Director of Experiential Education at the college. The dinner was open to the 5th and 6th year pharmacy students and was held at a restaurant on campus. It was hosted by URI Vice Provost of Enrollment Management, Dr. Dean Labuti. He did a wonderful job reviewing professional etiquette and common table manners and misconceptions. Students learned the proper way to pass the salt and pepper, butter their bread and even how to tackle their cherry tomato. There was also an array of local business owners and friends of the college in attendance. All had first hand experience interviewing students and young professionals for pharmacy positions. The students were able to bring their resumes and take part in mock

interview sessions, which proved to be a very successful part of the night. Mu chapter is very proud of this event and Elizabeth for making it happen.

*Nicole Gerosa  
Mu Chapter President.*



### RHO - UNIVERSITY OF THE PACIFIC THOMAS J. LONG SCHOOL OF PHARMACY AND HEALTH SCIENCES

The 2010 Executive Board of the Rho Chapter at Thomas J. Long School of Pharmacy & Health Sciences in Stockton, CA was sworn into office in May of this year. From then until August when they left for their clinical rotations, the Board, under the guidance of advisor Dr. Rajul Patel, Pharm.D, PhD, worked to organize a number of events.

Their mission was to spread awareness about the importance of leadership and to inspire and encourage student participation in extracurricular activities on campus. As a result, each member of the chapter was provided with a questionnaire that contained questions about what motivates them to be involved, why they believe extracurricular/ leadership activities are important, what benefits they perceive from being active on campus and advice on how to get more involved. This questionnaire, along with a picture and the professional development, leadership activities and extracurricular activities sections of their CVs are being posted in a display case in one of the halls at the University. Every two weeks, a new student's profile is featured with the idea that other students

will be inspired to take action and become more involved outside of class.

Additionally, the Board decided to organize multiple fundraisers – one to raise funds for the PLS account and two to donate to a charitable organization that they “adopted.” The Tarascon Pharmacopoeias (both Deluxe and Classic editions) were sold for the PLS fundraiser and it was quite successful, resulting in a profit of over \$300.

The charity the Board chose to adopt was the Stockton Food Bank because it was felt that it is the responsibility of leaders to give back to their community. They held a week-long fundraiser with a local Jamba Juice store and a single-day event at Rubio's Mexican Grill. While they are still waiting to collect the funds accumulated from the fundraisers, both events were extremely successful and the Board has high hopes in terms of being able make a sizable donation to the Food Bank.

*Janjri A. Desai  
Rho Chapter President.*



ALPHA ALPHA - IDAHO STATE UNIVERSITY COLLEGE OF PHARMACY

Idaho State University College of Pharmacy had the chance to impact the community over this year's holiday season. Phi Lambda Sigma's Alpha Alpha Chapter initiated a food drive as an outreach to those in the community who are less fortunate. We collected a total of 848 canned or boxed items plus \$164.50 and donated them to both the Idaho Food Bank as well as the Salvation Army.

This outreach both fostered leadership in Phi Lambda Sigma members as they set up the food drive while meeting one of Phi Lambda Sigma's goals of motivating its members and other student pharmacists to accept leadership opportunities in service projects.

*Elizabeth Thompson*  
*Alpha Alpha Chapter Secretary*

ALPHA BETA- UNIVERSITY OF MISSISSIPPI SCHOOL OF PHARMACY

July 31, 2010, marked the beginning of the University of Mississippi's first, student initiated Leadership Retreat. What started as a simple idea formulated by the University of Mississippi's Chapter of Phi Lambda Sigma (PLS), turned into what we hope to be an annual leadership event. With creative brainstorming, resourceful planning, and unending determination anything is possible.

sharing the workload, having the support of our Student Body, and planning thoroughly, our PLS chapter brought this idea to reality.

One of the unique situations that our school faces is a horizontal split between the second and third year of the program. To help facilitate a cohesive transition between officers of all our organizations, we wanted to establish a leadership retreat. Our goal was not only to make a cleaner transition between new and old officers, but to build strong leaders.

The fruit of our labor finally came July 31 through August 1. With eighteen up and coming school leaders in attendance, we worked through speaker panels, rope courses, leadership building sessions, and a sit-down dinner without any major problems. Overall, our volunteers and attendees agreed it was a huge success and definitely worth their time.

Our PLS chapter teamed up with Rho Chi and the School of Pharmacy Student Body to accomplish our goal. We wanted to go beyond a PLS sponsored event and incorporate other organizations to help build our retreat. Within nine months, we were able to gather sponsors, recruit local leaders to speak, and find accommodations for our members. Although we faced challenges along the way, our devoted retreat committee would not take "no" as an answer. By

Attendees completed surveys and participated in an open discussion to give feedback for next year.

Through hard work, motivation, and determination our chapter was able to take a simple concept and turned it into a successful leadership event. As an organization, we plan to keep building on our success and continue to foster leadership within our school. Years from now, we hope to look back and see the benefit our organizations and leaders gained from one organization's motivation.

*Brian McCrate*  
*Alpha Beta Chapter President*

ALPHA ZETA- CAMPBELL UNIVERSITY COLLEGE OF PHARMACY

The PLS Alpha Zeta Chapter of Campbell University has had a wonderful fall 2010 semester hosting our PLS Leadership Lecture Series. The event is open to all Campbell University College of Pharmacy and Health Sciences students, faculty and staff to promote leadership within the field of pharmacy. In September, our featured speaker was Dr. Kaye Dunham. As a West Point and Campbell University graduate, she brought great insight on

leadership from several areas of her training. She described her experience obtained from the Army, as a clinical/staff pharmacist at Potomac Hospital, and as Director Chair. She stressed that life is unpredictable, and one never knows what will be thrown at them. She left us with a quote to live by, "Let us run with endurance the race that is set before us..." *(continued on page 5)*



In October, our featured speakers were Drs. Jim Beaty and Drew Kessel representing Firsthealth Moore Regional Hospital in Pinehurst, NC. Drs. Beaty and Kessel are both Campbell University graduates, but had very different paths to their current leadership roles. Dr. Beaty is the Associate Director of Pharmacy, and he described his path from clinical/staff pharmacist to his current role (he at one point served simultaneously as the Director, Associate Director and Clinical Manager of Pharmacy while positions were being filled). Dr. Kessel shared his path from a residency program to Clinical Director of Pharmacy. At such a large hospital, they stressed the importance of communication, teamwork and innovation. They

ended with the exciting announcement of their new residency program!

In November, we had our new member initiation ceremony and dinner. We inducted 13 outstanding student leaders and are very excited for the future of the Alpha Zeta Chapter.

*Carolyn Hey  
Alpha Zeta Chapter President.*



ALPHA OMICRON - UNIVERSITY OF CINCINNATI - JAMES L. WINKLE COLLEGE OF PHARMACY

The Alpha Omicron chapter PLS Seminar Series of the University of Cincinnati was started by a generous donation by Dennis Worthen, PhD in 2002. With this gift, Alpha Omicron has worked to bring in speakers each year for a day and a half visit with students. We have been able to host leaders such as Tim Tucker, past APhA president, Cynthia Boyle, past PLS president, John Grabenstein, past Grand President for Phi Delta Chi, Becky Snead, Executive Director for NASPA and Ted Tong, Associate Dean at the University of Arizona. It is an opportunity for them to bring their message of leadership and inspiration in furthering our profession. This year was no different. Nancy Alvarez, PharmD, past PLS National President and current APhA Trustee agreed to come and share her message.

'Securing Your Leadership Mask' was the title of her seminar and in it she suggested that taking care of ourselves as leaders first, much like we are asked to fasten our oxygen mask before assisting others, is an essential part of maintaining our ability to serve others. She talked about how the origin of her leadership was rooted in part to replying an innocuous "yes" once in response to a call for volunteers. She talked about how she failed to remember herself as a student pharmacist and new practitioner, though outwardly she was perceived as successful. She also offered suggestions as to how to

fasten that leadership mask so that we can position ourselves to compliment our careers with a robust participation record.

While I found her seminar inspiring and heartfelt, I initially found her suggestion to take care of myself first to be self-serving and egocentric. Don't leaders always put their own needs after all others? Upon reflection, the idea of remembering yourself began to come clear to me and suddenly felt as something to consider more completely. Many times as leaders we take on too many roles with the intent of helping everyone, while forgetting that if we don't take care of ourselves we can help no one. We grow accustomed to replying to the calls for assistance with our own innocuous "yes". We find ourselves awake at all hours working tirelessly to make sure that everything is perfect and ready with little regard to our own well-being. As student pharmacists and leaders we take on not only the rigors of learning, but also in leading community outreach programs, preparing for association meetings, and writing up reports of past events. In trying to do everything we lose our ability to use our skills to their fullest.

So in the weeks following the Alpha Omicron seminar, I decided to issue a call for your consideration. This call is not to encourage people to remove themselves from taking on

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responsibilities. The message is just the opposite. The call is to remind us that caring and working for others begins with caring and working for us. Taking on too much only lessens what we can give. While it is not easy, turning down a call for help can allow you to focus. We all wish we had a few extra hours in our day; however we are not afforded this luxury. In many instances all that may be required is taking a break, turning off the cell phone, and closing the computer. Spending even a small amount of time on

you can be the best medicine. Reading a book, watching your favorite show, romping around with your pet, or enjoying time with family and friends can work wonders towards not letting the deadlines, due dates, and stresses from taking over. Schedule your own rekindling time to better your production and refocus your goals. From the words of Phillip C. McGraw, "You are a loyal friend, a caring person, someone who is smart, dependable, fun to be around. That is wonderful, and I'm happy for you, but let me ask you this: are you being any of those things to yourself?"

*Eric Gillespie*

*Alpha Omicron Chapter President*

## Phi Lambda Sigma: The National Pharmacy Leadership Society

### BETA EPSILON - UNIVERSITY OF IOWA COLLEGE OF PHARMACY

The Beta Epsilon Chapter at the University of Iowa College of Pharmacy (UICOP) has had a very eventful fall semester and is looking forward to a great winter and spring.

Our annual college wide softball tournament the second week of class welcomed the new class of student pharmacists and encouraged some friendly competition. The organization has also offered CPR certification courses and business cards to the students. In collaboration with other student organizations we have hosted an Interdisciplinary Etiquette Dinner. The chapter is also working with the Dean to create a new student organization: UI College of Pharmacy Ambassador Corps.

University of Iowa College of Pharmacy Ambassador Corps is a new organization that we are creating that selects students from 2 of UICOP's organizations: Phi Lambda Sigma and Rho Chi. This ambassadorial corps group will be recognized as some of the UICOP's most distinguished students and will be taking part in many of the COP's formal and informal events like: graduation, giving tours and dinners with UICOP's Executive Board members

(including many CEOs and Presidents of pharmaceutical companies), admissions interviews, greeting, escorting, and conducting tours for other visitors. These members will also serve as a resource of information for prospective students. Members will also go through a formal orientation of what is expected of them. Ambassadorial members will also have designated apparel so that can be distinguished from other students at various events.

This year we have also tried newer things to get students to step up in the college to become leaders. We were very excited to sponsor a Leadership Ropes Course to not only Phi Lambda Sigma members, but to the entire pharmacy student body. The low and

high rope adventure course included tight rope, zip line, and other team building activities. Best of all, this event showed students that being a leader also means being a team member. We had such a great turnout that we will be offering the ropes course again in the spring.

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As an organization we have met for dinner and discussion with College of Pharmacy Deans and advisors at their homes to speak on things we can do as an organization. From these discussions we have formed the 'Soles for Souls Shoe Drive' for the local Salvation Army and are working to create a UI College of Pharmacy Code of Conduct. This spring we will also be participating in the Relay for Life event in Iowa City.

We are constantly trying to get our students involved in the pharmacy community as well as giving them the opportunities to advance as team leaders. We look forward to trying new and greater things here at Iowa.

*Natalie Simmons*  
*Beta Epsilon President Elect.*

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BETA PI - TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER SCHOOL OF PHARMACY



Greetings from the Beta Pi Chapter at Texas Tech University Health Sciences Center School of Pharmacy (TTUHSC)! Phi Lambda Sigma at TTUHSC has the unique challenge to connect members of the student body not just on one campus, but on four separate campuses dispersed throughout West Texas. Students entering pharmacy school may start off in either Amarillo or Abilene, and then choose to stay

on their home campus or relocate to Lubbock or Dallas for the third and fourth years. Imagine with me what it was like to be a Pi again: learning to live in a brand new city, feeling like you don't know anyone, and perhaps most formidable of all, what to really expect the first semester of pharmacy school and in the semesters to follow. As leaders on our respective campuses, the members of PLS sought a way to help new students transition to life as a pharmacy student, and ultimately foster lasting relationships and friendships. With such goals in mind, PLS implemented a program called Big Pill/Little Pill, where upperclassmen can mentor new students and provide guidance throughout the Pi year and beyond. The program has truly been a hit among mentors and mentees alike, and is now in its fourth year running.

Big Pill/Little Pill is a voluntary program in which the PIs, or "Little Pills", fill out an application to be matched with an upperclassman on their campus. Mentors, or "Big Pills", must also fill out an application. The Little Pill can rely on their Big Pill for questions or concerns, and the Big Pill in turn can lean on a PLS member who is assigned to one or more Big Pill/Little Pill teams. The matching process takes into account the student's current campus, deployment location for the last 2 years of school, specific pharmacy interests, undergraduate studies and prior degrees, and what they hope to gain from the program. Little Pills are comforted when talking to their Big Pill about classes, tests, professors, studying, fun things to do in town, or other aspects of pharmacy life. Despite the hectic school schedule for all involved, most members will agree that making time to connect with their Big or Little Pill actually serves as both a time to give and receive encouragement, and also to have some fun.

While the Big and Little Pills often get together independently, a group event is organized each semester by the PLS chapter to encourage group fellowship on the Amarillo and Abilene campuses for the local PLS members and Big Pill/Little Pill pairs. This fall, the Abilene campus Big Pill/Little Pill pairs volunteered to help at the local UpSide Down Fall

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*Some of the Bill and Little Pills from Texas Tech*

Festival, an annual event hosted by Disability Resources, Inc. where children and families blessed with Down Syndrome come together to play games and share in fall fun. Clad in green shirts to advertise the Big Pill/Little Pill program, the Big Pill/Little Pill volunteers and PLS members played with the children, talked with the families, and also served hamburgers and hotdogs to the hungry crowd at lunch. Everyone involved in the day found it rewarding to serve others while bonding as a group and representing our local PLS chapter. In Amarillo, PLS also got Big and Little Pills involved with a night out at Maxwell's pumpkin farm and corn maze. The brave souls that ventured out into the whipping Amarillo wind were pleasantly surprised with hotdogs and s'mores around a bonfire, then a trek through a maze in a cornfield. The group organized a contest to see who could complete the maze the fastest while stopping at each stamp station along the way. Maxwell's also has several entertainments for children, so the group was encouraged to bring their families to join in the fun. A few fun events are

in the works on both the Abilene and Amarillo campuses, including a potluck dinner or bowling night in Abilene and possibly a hockey or a football game in Amarillo.

All of the Beta Pi chapter members of PLS take great care to lead others by example and to honor our commitment to be leaders both for the profession of pharmacy and in our communities. The Big Pill/Little Pill program is just one way we have found to foster leadership qualities in those around us, get to know our peers better, and promote the profession of pharmacy through exhibition of a positive influence within our school and throughout West Texas.

*Jennifer Dunkle*

*Elizabeth Riney - Beta Pi Chapter President.*

*Sarah Carman - Beta Pi Chapter Amarillo Vice President.*



GAMMA SIGMA - UNION UNIVERSITY SCHOOL OF PHARMACY

Union University School of Pharmacy, a new school located in Jackson Tennessee, initiated seven members into the Gamma Sigma Chapter of Phi Lambda Sigma in April of 2010. Since then our chapter has taken pride in becoming members of this society. Our goal immediately became to create events that can continue for years to come with the hopes of leaving a mark as the first members of our PLS chapter.

On October 25th 2010, we held the PLS first annual Field Day. Here each class competed against the other in a variety of games: balloon toss, egg toss, three legged-race, wheelbarrow, and tug-of-war. To get the faculty involved each class recruited faculty and staff to play on their teams. We were even able to have a dunking booth in which students could pay to dunk a professor. This event allowed not only each class to interact with the other but also to see our teachers in a different light than in the classroom. Our first event as PLS

could not have turned out better as many students and teachers left saying they were looking forward to this event next year: goal accomplished.

In the future, we anticipate holding the end of the year awards banquet for each graduating class and their families. We will soon be in the works to plan this event as we are getting close to graduating our first class. The Gamma Sigma Chapter of Union University School of Pharmacy hopes to continue to hold events that allow everyone to interact, fellowship and learn about PLS in order for our chapter to continuously grow with those who will be proud to call themselves members of PLS.

*Ashley Turner*  
*Gamma Sigma Chapter President.*

PHI LAMBDA SIGMA ANNUAL MEETING DURING THE ANNUAL AMERICAN PHARMACIST ASSOCIATION MEETING IN SEATTLE IN MARCH!

**PLS Events at APhA 2011 Seattle, WA**

House of Delegates Saturday March 26th 3:30-5:30 Sheraton Seattle Metropolitan B  
Delegate sign-in begins at 3:00. Roll call begins at 3:30.

Phi Lambda Sigma Awards Reception. Saturday, March 26th 6:30-8:30 Sheraton Seattle Metropolitan B  
All members welcome. No ticket required.

Run for National Office! Submit Intent to Run forms to the national office by March 24, 2011. Forms can be found on the Forms page at <http://www.philambdasigma.org/Forms/IntentToRunForm.aspx>

Delegate Appointments The National office is accepting delegate appointments now. Appointments made in advance of March 20th will receive delegate information prior to the meeting. Delegate appointments after March 20th will be provided information at the House. The Delegate appointment form can be found on the Forms page at <http://www.philambdasigma.org/Forms/DelegateAppointmentForm.aspx>

