

COUGAR_{Rx} alumni news
Special Edition

COUGAR_{Rx}NATION

WSU PHARMACY ALUMNI COMMUNITY

CALENDAR

First Annual CougaRx Nation Holiday Reception

Dec. 5, 2014
5:30 - 7:30 p.m.
WSU Connections
Spokane, Wash.
RSVP
[more details »](#)

ASHP Midyear Clinical Meeting

Dec. 7, 2014
Alumni & Friends Reception
4:30 - 5:30 p.m.
Anaheim Marriott lobby bar
Anaheim, Calif.

Details on upcoming events
will be posted as they
become available on our
Pharmacy Alumni
Community web page »

NEWS FROM THE DEAN

Subscribe to get monthly
messages from Dean Pollack



NOVEMBER 2014

A Message from Manpreet Chahal
Chair of the WSU Pharmacy Alumni Community,
CougaRx Nation

Dear Alums, Colleagues and Friends of Pharmacy,

Greetings! You may notice the alumni newsletter looks a little different this month, and that's because Washington State University has let me take over! Well, no, I didn't take over everything. Just this month's College of Pharmacy newsletter so I can have the opportunity to tell you about the CougaRx Nation, which is the alumni community for WSU pharmacy alumni and friends.

WHO WE ARE

If you're not familiar with the CougaRx Nation, I am very excited you are reading this so you can learn about this great opportunity to reconnect, or stay connected, with your classmates and WSU pharmacy peers.

We started a group just for pharmacy alums because being a Cougar pharmacist is unique and deserves something special. The CougaRx Nation provides opportunities for you to come together with fellow alumni regardless of the year you graduated, where you live, or the practice site you work at.

Specially now in this evolving health care environment, we need to band together to advance our profession, help each other, and create a stronger network of Cougar pharmacists. Plus, we like to have fun!

We still encourage people to join the WSU Alumni Association (WSUAA), after all, we are still Cougars. If you are a lifetime member of the WSUAA, you are automatically a lifetime member of the CougaRx Nation! So if you are interested in signing up, [click here](#).

Subscribe

Read the latest issue



Membership is
\$50 per year
(\$75 for joint membership)

Update Your Info

Has your email address
changed? Let us know!
Update your info

Pharmacy alumni
are social,
Join Us!



Our Golden Grads and Diamond Grads are also automatically lifetime members of the CougaRx Nation. You don't even have to do anything, so be sure you come to our events and stay connected!

For information on yearly membership, [click here](#) or contact Kelly Sylvester at kelly.sylvester@wsu.edu.

GETTING INVOLVED

Even if you are not a member yet, there are still ways to get involved:

- **[Be a mentor:](#)**
The program is flexible to fit your schedule, with a commitment of only about two hours a month. Students are matched with mentors based on geographic region whenever possible, so you don't have to live in Spokane to be a mentor. You can [sign up online](#) or email pharmacy.mentor@wsu.edu.
- **[Attend the holiday reception:](#)**
On Friday, December 5, we are hosting the First Annual CougaRx Nation Holiday Reception at the new WSU Connections store in downtown Spokane, Washington. This will be a great event, and I hope you see you there!
[RSVP](#) | [View the invitation](#) | [Join the Facebook event](#)
- **[Attend an event in your area:](#)**
We are planning alumni events in Seattle and Portland in the spring of 2015. Full event details will be posted to our event calendar here: bit.ly/coug-rxnation-events
- **[Host an event:](#)**
If you are interested in hosting a small CougaRx Nation event, or if you have an idea for a good CougaRx Nation gathering, please contact Kelly Sylvester at gocougs@pharmacy.wsu.edu.

MEMBERSHIP

Signing up is easy! You can sign up online here: bit.ly/join-coug-rxnation. Cost is \$50 per member or \$75 for a joint membership. Or, you can write to gocougs@pharmacy.wsu.edu for more information. Membership means connection to the ever-expanding network of Cougar pharmacists, access to member benefits, and it means strengthening the Cougar Family!

OUR VOLUNTEER BOARD



Click on the photo to read more on our history and the volunteer board. If



Go Cougs!

you are interested in volunteering to be a CougaRx Nation Regional Coordinator for your area, please let us know right away by emailing gocougs@pharmacy.wsu.edu.

While we want to have fun networking events, we also understand the need for sharing ideas, collaborating on innovation, and supporting each other as we advocate for the future of pharmacy practice.

We are excited about the potential this new organization brings to WSU and our profession. I look forward to seeing you at one of our upcoming events!

Best wishes, and Go Cougs!

Manpreet Chahal, Pharm.D., Ph.D.

Chair, CougaRx Nation Board

WSU College of Pharmacy Dean's Advisory Council

Oncology Pharmacist, Medical Oncology Associates

pharmacy.wsu.edu/alumnifriends/alumniassociation.html

ALUMNI UPDATES

- We recently heard from **Bich-Ngoc Son**, class of 2013, who just accepted a position with Madigan Army Medical Center which is located just outside Tacoma, Wash.
- **Barbara Smith Bates**, class of 1982, and wife of **William Bates**, class of 1963, checked in with us from her trip walking the ancient pilgrimage of the Camino de Santiago waving the Cougar flag. The walk begins from St. Jean Pied de Port, France, and goes to the 'end of the world', Finisterre, Spain. see photo.

Want to be listed in our alumni updates? Send us your career information or let us know what you've been up to! gocougs@pharmacy.wsu.edu



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