

UCSF PHI DELTA CHI

THE ZETA REFLECTOR

**2021-2022
ZETA CHAPTER**

PHI DELTA CHI®

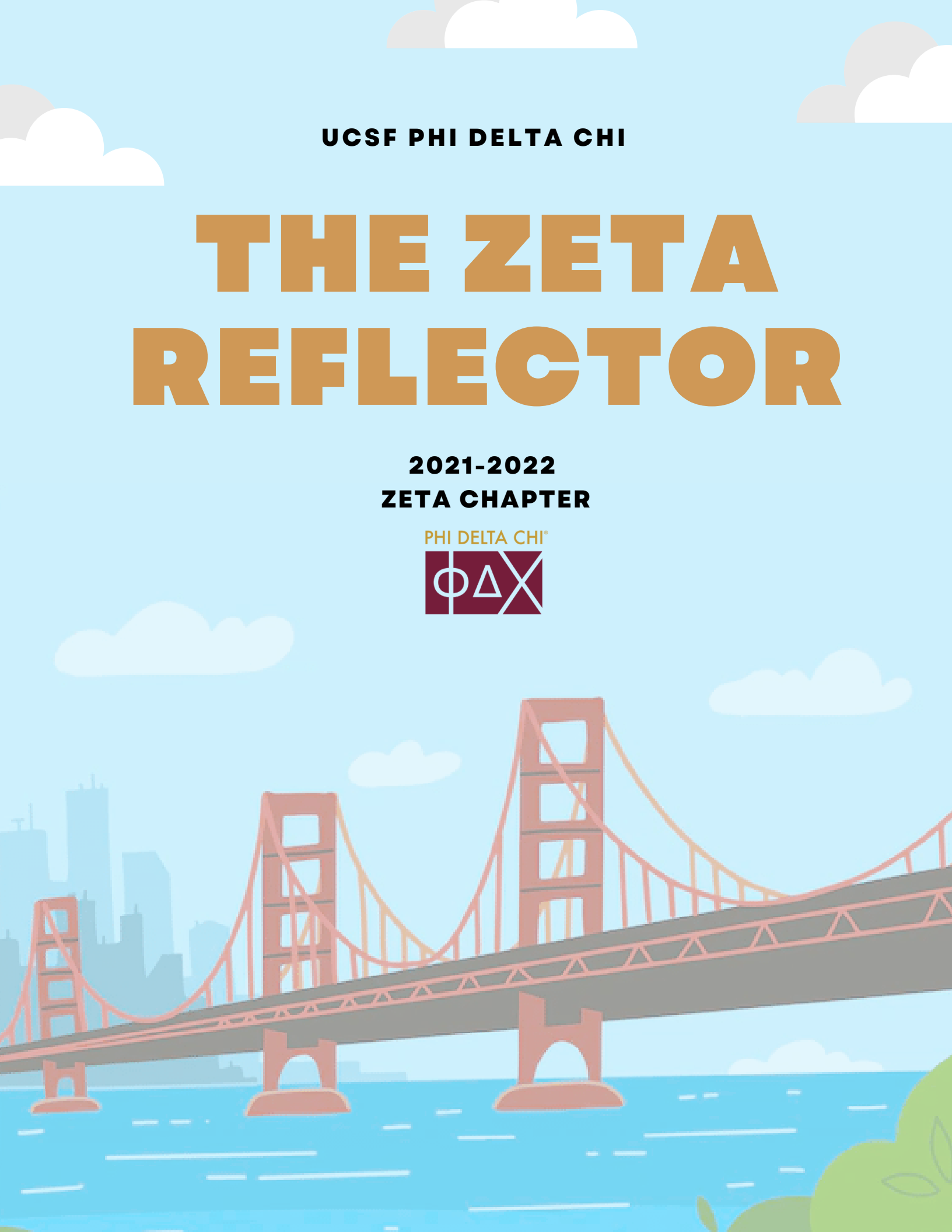


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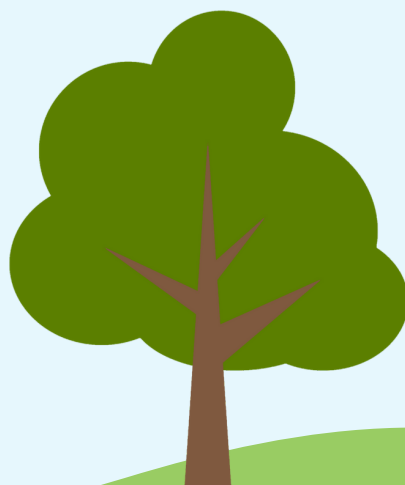


LETTER FROM THE EDITOR

Hi everyone! My name is Melvin Chang and I am excited to serve the PDC Zeta Chapter at UCSF as the Worthy Correspondent for the 2022-2023 school year! Given the hybrid format of our classes during P1 year, I found it hard to really connect with many of my peers who did not live close to where I lived. Through PDC, I found comfort and a strong sense of camaraderie with the Brothers of the Zeta Chapter. I am grateful to have met all the upperclassmen and create stronger bonds with my own classmates in PDC. I wanted to hold the position of Worthy Correspondent because I wanted to showcase all the wonderful events and accomplishments of our chapter and I wish to share these with Brothers across the country so they can learn about the Zeta chapter as well. Thank you to the Brothers who have helped to make this publication possible and to the rest of the Zeta chapter for being a part of the memories created and celebrated in the Zeta Reflector. I hope you all enjoy our annual Zeta Reflector with as much love as was put in! AAAE!



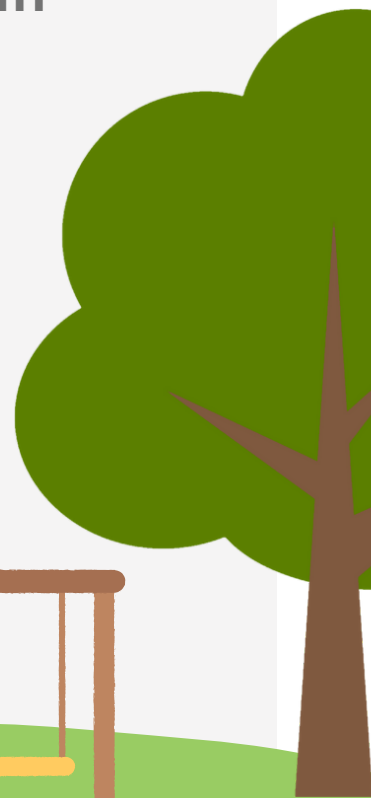
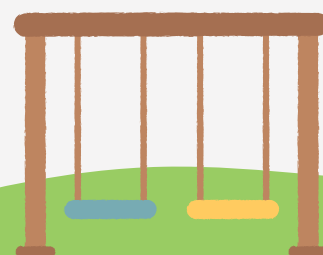
MELVIN CHANG (Incoming WC)



**SPECIAL THANKS TO THESE BROTHERS FOR THEIR CONTRIBUTION IN
THIS YEAR'S ZETA REFLECTOR!**

**Alina Luk
Allison Hsieh
Amanda Duong-Le
Ashley Takeshita
Cameryn Nakamura
Darren Alfafara
David Nguyen
Gordon Mah
Isabell Wu
Jennifer Chang
Joshua Chin
Lianne Capistrano
Lisa Wu**

**Lisette Tordera
Micah Banawis
Nancy Lee
Nishat Jahan
Rani Lu
Sarah Nakamoto
Selena Li
Selina Xu
Sharon Gip
Teresa Mendoza
Thao Tang
Victoria Guan**



OUTGOING BOARD (2021-22)

Outgoing WCC, *Thao Tang*

Outgoing WVC, *Jennifer Chang*

Outgoing WC, *Gordon Mah*

Outgoing WIGs, *Amanda Duong-Le & Ashley Takeshita*

Outgoing WMAs, *Micah Banawis & Rani Lu*

Outgoing WKRS, *Teresa Mendoza*

Outgoing WFD, *Lianne Capistrano*

Outgoing WKF, *Nancy Lee*

Outgoing WAL, *Allison Hsieh*

Outgoing WP, *Joshua Chin*

Outgoing WSG, *Victoria Guan*



THAO TANG (Outgoing WCC)

It was my greatest pleasure to serve as WCC for our chapter because PDC was such a huge part of my experience of pharmacy school at UCSF. I am grateful for all the friendships and connections I have built over the past two years just by being a part of PDC. The position of WCC had taught me what it meant to be responsible, reliable, and most importantly, the importance of working as a team, because I would not have been able to fulfill my role without my fellow officers. Looking back, it is hard to imagine how things would have turned out under normal circumstances, but your resilience throughout the pandemic shows that you are all much stronger than you think. Despite the difficulties that were being thrown at us, we did our best to reach out, to get to know each other, and to care for one another, and for that I am grateful. As I embark on a new journey away from my Brothers, your constant friendship and support pushes me to do my best, especially in the face of challenge. I have full faith that the new board and Brothers will continue to build upon our legacy. I look forward to seeing our chapter continue to grow and thrive!

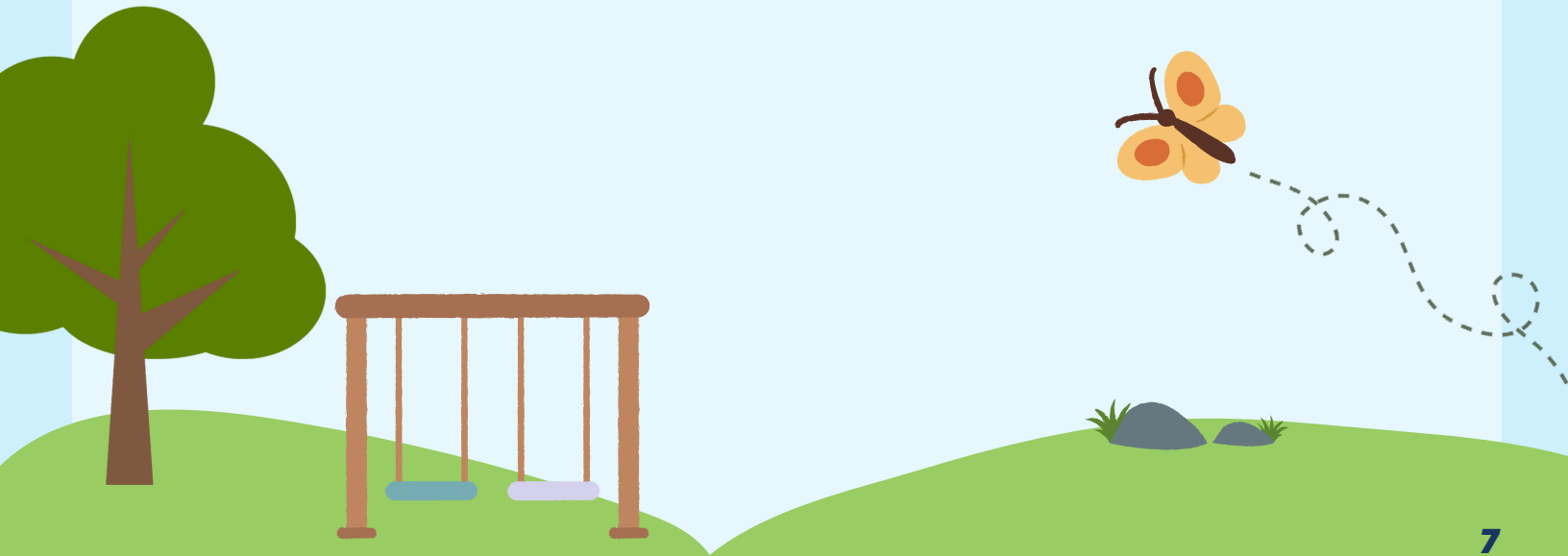
Much love, AAAE



JENNIFER CHANG *(Outgoing WVC)*

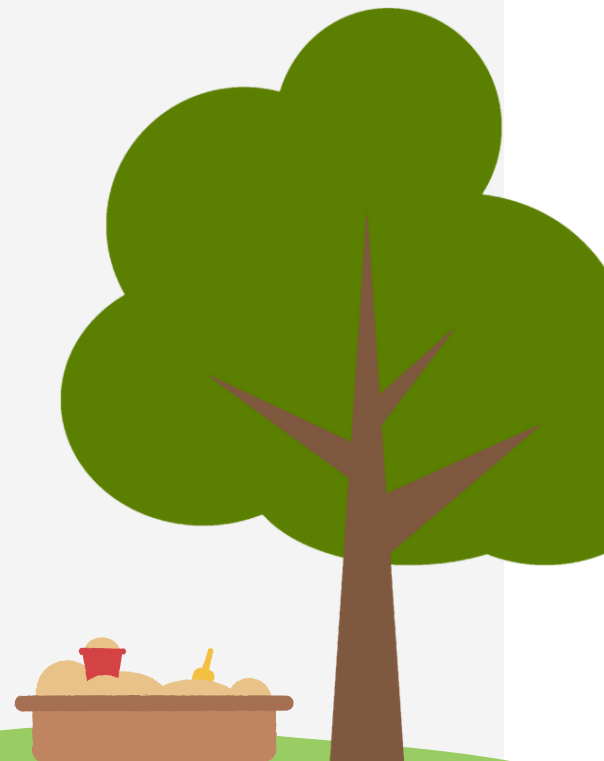


Hi! I'm Jennifer, and it's been a pleasure serving as WVC this past year. Although it was challenging trying to navigate how to hold in-person events safely during this time, I was glad that we were able to have events in person given everything was held over Zoom last year. Some of my favorite memories this year were Sporky Social, Zeta Days, and banquet. I loved getting to know the P1s through these events and building stronger relationships with the brothers. I enjoyed working on WVC projects like editing the OTC handbook and hosting OSCE Prep Night as well as collaborating with Lianne, the WFD, to organize and host the first Famlympics. Ultimately, PDC has played such a big role throughout my time in pharmacy school, and I am forever grateful to PDC for the vibes and the people. I look forward to seeing everything that new board accomplishes, and I'm excited to meet the incoming P1s (Class of 2025)!



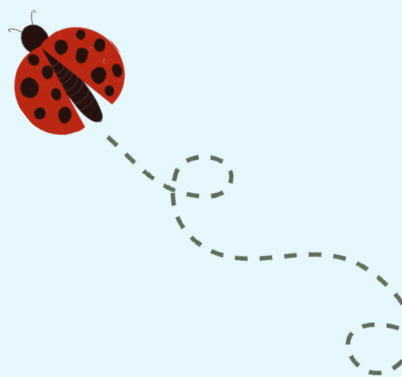
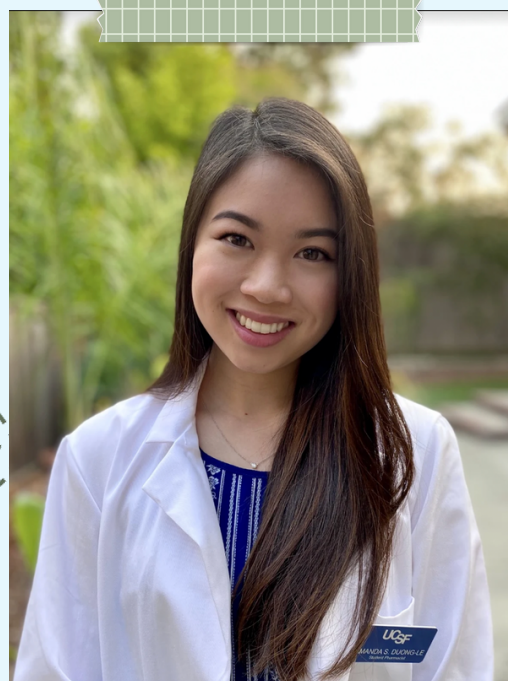
GORDON MAH *(Outgoing WC)*

Hello! My name is Gordon Mah, the previous Worthy Correspondent. I had such a great time serving on this board and as a brother. As WC, I had the opportunity to learn more about PDC in terms of our communications with the national chapter and our fellow buddy chapter. As a brother, I had such great experiences getting to know everyone better and partaking in our events. I will always remember singing my heart out at the PDC house karaoke. While we are still transitioning to full normalcy, I know this new board will have the strength to adapt and face any challenge. I am so excited to see what comes next for PDC! AAAE!



AMANDA DUONG-LE *(Outgoing WIG)*

Hi! I'm Amanda, and it was a pleasure serving as one of the two Worthy Inner Guards this past year. Joining PDC has been such an amazing and rewarding experience, and some of my favorite memories include Big-Little Spoils Week/Reveal and the annual PDC Banquet. I loved the excitement surrounding Spoils Week, and I enjoyed celebrating alongside my class at the PDC Banquet, which was a great way to commemorate my time in SF. I am so proud of everything our board has accomplished this year, despite challenges with COVID-19 restrictions. I look forward to seeing the chapter continue to grow and am confident that the new board will continue to do an amazing job!



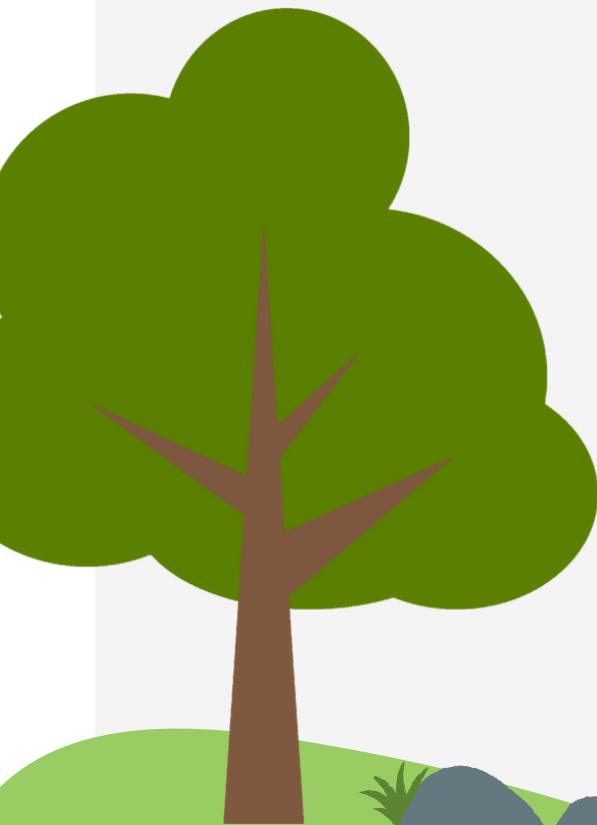
ASHLEY TAKESHITA *(Outgoing WIG)*



It was an honor and privilege to serve as one of the WIGs with my partner, Amanda, this past year! Although planning rush events was hectic and stressful, especially due to the constantly changing COVID-19 guidelines, I couldn't have asked for a better board to help with planning and executing rush events. I'm so incredibly grateful for the support from our board, without whom rush wouldn't have been as successful as it was!

My favorite event this year has by far been the annual Banquet. After a year of oscillating between in-person vs. virtual events, it was special seeing everyone collectively gather in-person for our last event and reminisce on the special memories from throughout the year. I will forever cherish the impactful moments I have had with my Brothers.

With the pandemic restrictions becoming less stringent, I am super excited for more of this year's events to be in person and am looking forward to seeing what the new board has planned. I know that PDC is in good hands, and I can't wait to meet the potential Candidates!

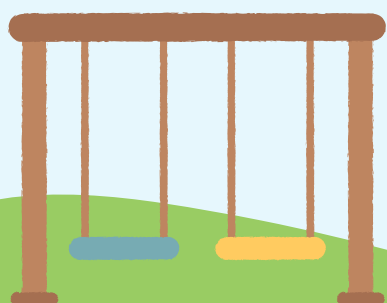


MICAH BANAWIS *(Outgoing WMA)*



Serving as one of the 2021-2022 WMAs was definitely a lot of work, but it felt so rewarding to welcome so many Brothers into PDC and call them my family. I believe Rani and I did a great job working together on so many huge events and changing the scope of Pledging as this was our first time doing it hybrid, with some virtual and some in-person events, and adding our own touch to the process. PDC became such a huge part of my everyday life and having in-person events made me truly feel connected to people.

Though planning was stressful, seeing how great our events turned out, such as Thanksgiving Dinner, Zeta Days, and Big/Little Reveal made all the work worth it. I really appreciated all the Candidates and Brothers who were always looking out for me and letting me know that I wasn't alone. I'll miss our spontaneous karaoke sessions at the PDC House, singing my heart out and bonding with all of my Brothers. To my pledge babies becoming P2s, I'll always be your PDC mom and I know y'all will be amazing P2s <3 To my littos, the PDC House fam, and my Brothers, thank you for supporting me and having my back! I can't wait to see how big PDC will grow and what new board has in store for us!



RANI LU (Outgoing WMA)

Helloo! Writing this makes me realize how fast time flies by and looking back at this past year only makes me more grateful to have had PDC be a large part of it. I'm so honored to have served as a WMA alongside my co-WMA and I'm so proud of the work we put into our positions to continue and expand on PDC's mission. I enjoyed all the events put on this year by our amazing and hardworking board such as rush, thanksgiving dinner, big/little reveal, and banquet! The new year with new incoming brothers only further solidified my choice in P1 year to join PDC. The people, the vibes! Each year brings its own challenges and I can recall always having support from my PDC brothers. This org gave me the best PDC big sister, twin, and little I could ask for! (Side note: So happy I had the opportunity to hand off my WMA board position to my little and very excited to see her accomplishments alongside her co-WMA!) As a P3 now, I can't wait to meet the incoming P1s and my future grand little! I look forward to seeing PDC continue carrying out its goals of supporting others both personally and professionally.

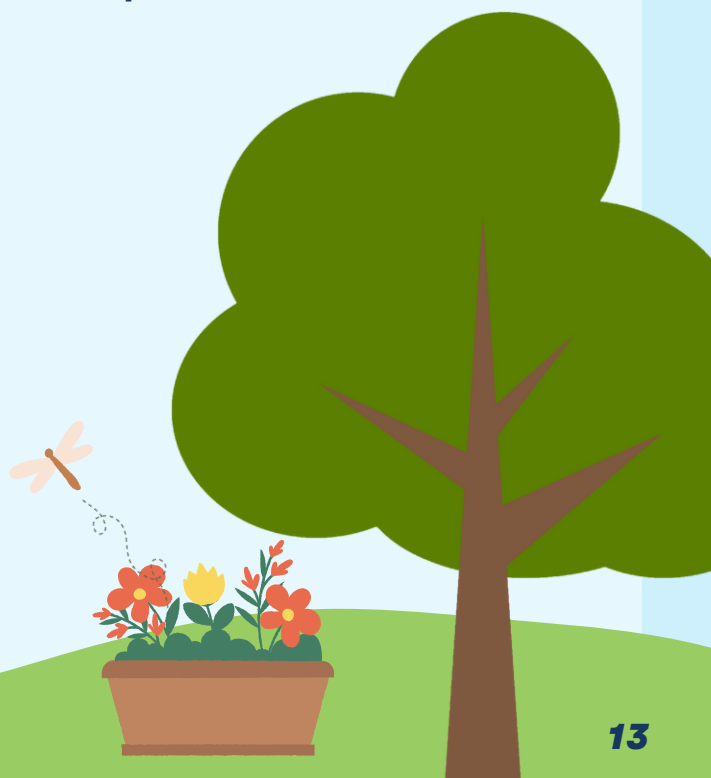


TERESA MENDOZA *(Outgoing WKRS)*

Because of COVID-19, most of our curriculum events were taken place online to minimize risk of exposure and transmission. The virus limited my experiences during my two years in pharmacy school but being involved in PDC allowed me to create memories. I enjoyed being part of the executive board because we would find ways for members to meet each other and interact. As WKRS, I would take notes during our meetings, help other board members, and gather candidate information for initiation. One of my favorite memories was Famlympics. It was a way for all of us to compete against each other in a fun way and destress from school. Also, I enjoyed attending our annual banquet. It was nice seeing everyone dressed, make long lasting memories at the photo booth and see each other one last time



before we headed out to APPEs. It showed that the new PDC board members worked hard to make it special. I hope the new board continues to be amazing as they are and to host more events in person if able to.



LIANNE CAPISTRANO *(Outgoing WFD)*

It has been a pleasure serving on board as the WFD! When I started pharmacy school at the height of the pandemic, I was worried about how difficult it would be to meet new people in the new virtual environment. Joining PDC was a great way for me to meet more of my peers, but joining the board was an even better opportunity to get to know some of the members on a deeper level. I had a lot of fun planning events like birthday bash, famlympics, and banquet, as well as helping out for other events that other members were coordinating. It's been a challenging year with constant policy and mandate changes regarding COVID that affected some of our events, but I am overall very satisfied and proud with the work we put out this year. I hope the other members enjoyed all the events and hangouts this year as much as I did and I'm looking forward to what the new board will plan for the upcoming year!

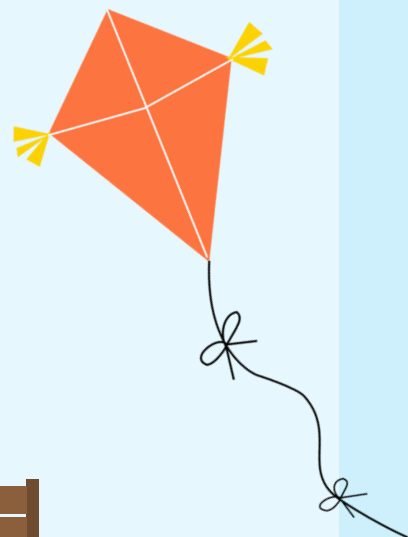
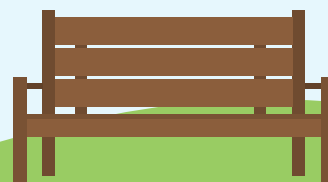
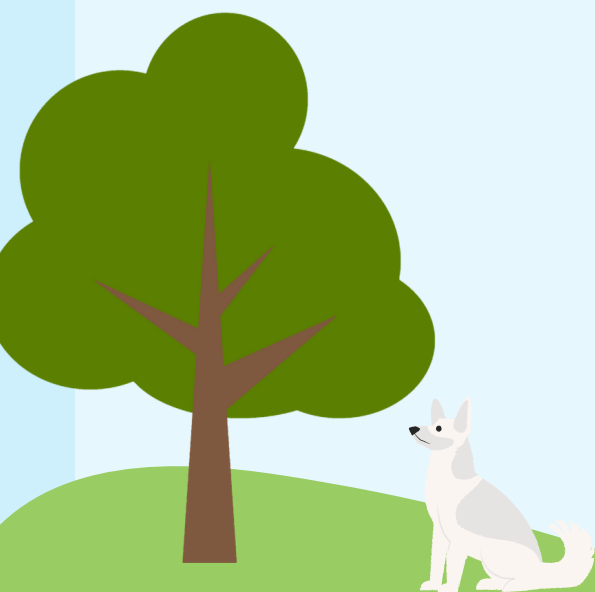


NANCY LEE *(Outgoing WKF)*

It has been a pleasure serving as WKF and working with the PDC board this year. This position was very enlightening and challenging in its own ways; nevertheless, I am thankful for the experience and the relationships that were created along the journey. I wouldn't have been able to do it without the love and support of my PDC friends and family.

My favorite memories were the Zeta Days during candidacy. It was so fun meeting all the new Brothers in person and collaborating with current Brothers. I really enjoyed learning how to make candles, cook boba and carve pumpkins through teamwork and collaboration with my Brothers. I'll never forget the crafts and laughs we all shared together!

I am extremely excited for what the new board has planned for next year! I am confident that our current Brothers will warmly welcome new Candidates into our PDC family and create fond memories together!



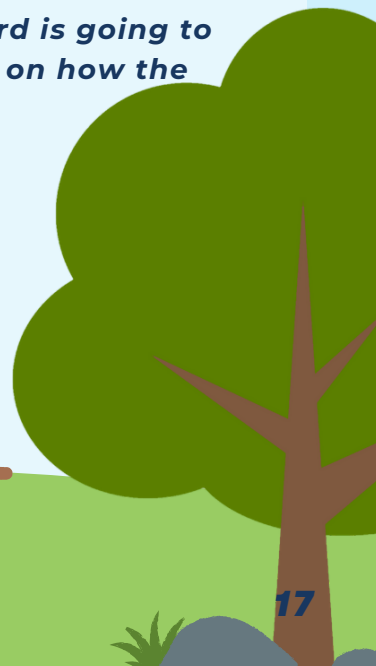
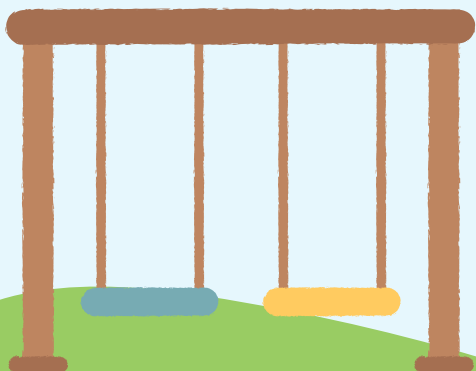
ALLISON HSIEH *(Outgoing WAL)*

Hello! My time at UCSF has definitely been a challenge, especially adjusting to life in a new city, making new friends, and managing school over Zoom. While I was hesitant on joining a fraternity in the beginning, I'm so glad I did because I met my closest friends through PDC and made endless memories. When I look back at all the memories over the last two years, I can't imagine where I would be without this group of brothers. Like they say, people come into your life for a reason. If you think about it, we barely saw each other in person, but somehow still managed to make long-lasting friendships. I'm grateful for serving on the board and being able to know everyone on a deeper level. Despite all the challenges the past year due to the pandemic, I believe that we all did our best in getting to know one another, creating new experiences, and welcoming the new candidates. As the WAL, I had the pleasure of working with the candidates and alumni to create mentor-mentee relationships. Unfortunately with COVID, we were not able to host any events like in previous years so I hope that this year marks the return of the alumni mixers and dinners. I look forward to seeing the new seeing the new board carry on our traditions, create new events, and continue building friendships and connections. Even though we're all miles apart, we'll be cheering on the new board every step of the way!



JOSHUA CHIN (Outgoing WP)

Throughout my time in pharmacy school, PDC has given me not only a community, but a “pharmily” I can rely on. As the outgoing Worthy Prelate, I am grateful for the opportunity to be the “go-to PDC photographer.” It was an honor to be trusted with the lens of a camera and be able to photographically capture all the amazing PDC events we had and the fond memories we shared together. Although we started off with everything being virtual during the COVID-19 pandemic, I still enjoyed taking screenshots of our virtual events and composing the 2021 PDC Banquet video, nonetheless. With the transition to in-person events, I was happy to be able to photograph our rush events and big-little reveal! Another rewarding project I took part in was organizing a headshot photoshoot for my fellow brothers during the 2021 Summer Quarter and producing a composite picture, now framed up at the PDC House available for all brothers—past, present, future—to see. In addition to taking the photos, I was given the responsibility to preserve the moments we had together via posts on our chapter’s social media platforms. If I ever need to reminisce about what we accomplished as a chapter and the precious and enjoyable times we had, I would only have to scroll through the posts on our PDC Zeta Website, Facebook, and Instagram! Altogether, it was through this position that I was able to meet and get to know all my brothers, not only through the photographs, but also through the stories and moments we share. Lastly, I look forward to the many amazing things that the new board is going to accomplish next year (they will do an amazing job!) and, especially, on how the PDC Zeta chapter will continue to grow in the future! :)



VICTORIA GUAN *(Outgoing WSG)*



Hello! I'm Victoria and I was the 2021-2022 WSG! I graduated from UCIrvine in 2020 and decided to go to UCSF pharm school to experience city life! While it has only been a year, PDC has created great memories, and I was able to have fun with my fellow Brothers. PDC has pushed me out of my comfort zone in a good way, and it has been a welcoming place to surround yourself in. I was able to eat lots of good food and try out amazing boba :)

Some of my favorite memories are meeting the PIs through Zeta events and finally meeting my littos! As WSG, I was able to initiate the tote bag fundraiser and help fellow Brothers with their

events. In return, without the help of Brothers, the fundraiser would have not been a success as it was! COVID has been a hurdle that in the end, we were able to surpass as a team. It has been an amazing experience getting to serve on PDC board and represent core values of Brotherhood!



INCOMING BOARD (2022-23)

Incoming WCC, *Alina Luk*

Incoming WVC, *David Nguyen*

Incoming WC, *Melvin Chang*

Incoming WIGs, *Sarah Nakamoto & Sharon Gip*

Incoming WMAs, *Lisa Wu & Selena Li*

Incoming WKRS, *Isabell Wu*

Incoming WFD, *Lisette Tordera*

Incoming WKF, *Darren Alfafara*

Incoming WAL, *Nishat Jahan*

Incoming WP, *Selina Xu*

Incoming WSG, *Cameryn Nakamura*



ALINA LUK *(Incoming WCC)*

As WCC this year, I will work closely with my fellow board members and brothers to welcome and nurture the incoming pledge class next year, while continuing to build a strong community of aspiring pharmacists during the pandemic and smoothen the transition from online to an in-person setting. Some other goals I have for my chapter is to increase our pledge numbers and promote more service-oriented activities for brothers to engage in as healthcare professionals. Finally, I want to build a strong bond between all the board members so that we can provide the best resources and opportunities for the chapter members. PDC has allowed me to develop so many meaningful connections and I hope that all the incoming pledges can experience what I was able to - all the late night deep talks, all the night outs, all the hotpot and boba runs will remain some of my favorite memories from my first year of pharmacy school.



DAVID NGUYEN *(Outgoing WVC)*

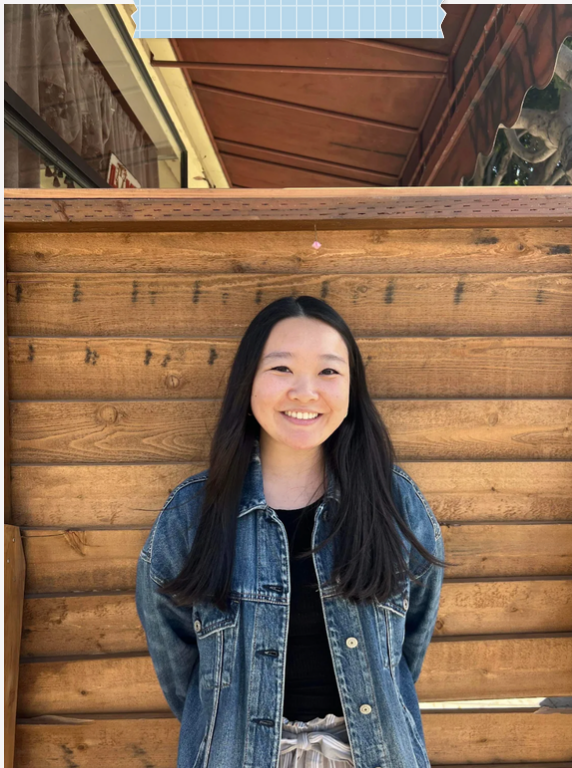
Hi! My name is David, and I am very excited to serve as the Vice Chief Counselor for this upcoming year! This past year was filled with a lot of fun and unforgettable memories- and it all started with my decision to join PDC, or firstly, with my decision to live in the PDC House. I did not know what I had in store when I first agreed, but I am so extremely lucky that it led to meeting and bonding with the kindest and most authentic individuals. The Brothers I met throughout this year made my transition to a new place and environment both effortless and enjoyable! We were able to share so many fun moments such as the Halloween Party when everyone was able to come in such creative costumes (shoutout to Igor and the Matchmaker from Mulan) and the End



of the Year Banquet where everyone came glammed up and stunning to recap and celebrate our year together. During those times together, I am so grateful that I chose to join PDC, so I am excited to work as WVC to foster and impart these amazing experiences to the incoming PIs. I hope to do for them, what was done for me, and to carry on the traditions of PDC!

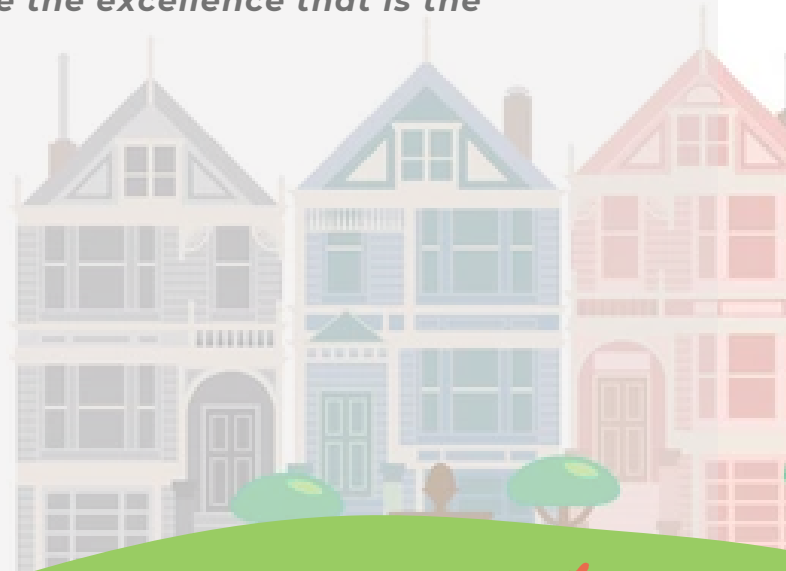


SARAH NAKAMOTO *(Incoming WIG)*



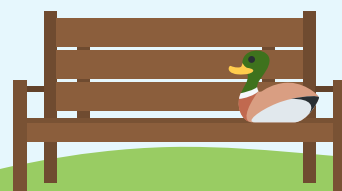
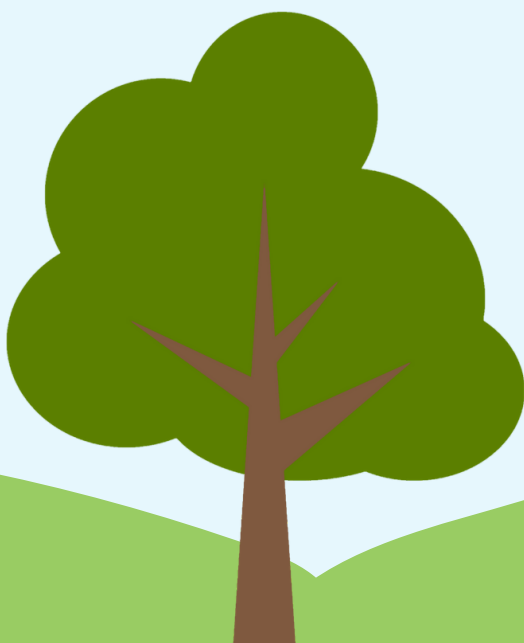
Hello! My name is Sarah, and I am so excited to be one of this year's Worthy Inner Guards! I was initially hesitant about joining PDC, but I am so glad that I did! Being a part of PDC has allowed me to meet some of my closest friends in pharmacy school, and has given me a sense of family and belonging. I truly value the people I have met and the relationships I've formed not only with my fellow classmates, but also with the upperclassmen who inspire us and provide invaluable advice and wisdom. Some of my favorite memories from this past year include attending my first Warriors game for a Zeta Day event, feasting on the delicious food

made for us by last year's cohort at Thanksgiving Dinner and of course, our end-of-year banquet! One of my main goals for this upcoming year is to continue to foster and cultivate the warm and welcoming nature of PDC during rush season and beyond. My hope is that all members of PDC feel included and supported throughout their time in pharmacy school. I look forward to working with the new board and making lasting memories as we continue to promote the excellence that is the brotherhood of PDC.



SHARON GIP *(Incoming WIG)*

Hi! My name is Sharon Gip and I am one of your Worthy Inner Guards of the 2022-2023 school year(I am originally from Los Angeles County and I did my undergraduate at UC Irvine. Some hobbies that I enjoy are playing video games and eating good food. When attending the rush events, the warm welcoming the actives gave made me want to join PDC. It was such a great decision because I've met some of the best people and made so many memories. Some of my favorite events were the Thanksgiving dinner and Banquet. PDC made me feel like I belonged and I cannot wait to do so in the future when I host rush events with my co-coordinator, Sarah Nakamoto. I really hope my co-wig and I can create an environment where prospective candidates will feel just as welcomed as I was. I'm so excited to host these events and also see what other events PDC will hold.



LISA WU (Incoming WMA)

Hi everyone! My name is Lisa and I'm so excited to be serving as WMA for the 2022-2023 school year. To me, pledge season in PDC was so exciting because it was an opportunity to get to know the actives better but also become closer to my pledge class. PDC was such an integral part of my P1 year because it allowed me to build connections and gave me a family to lean on.

My favorite memories in PDC included Big/Little reveal, Thanksgiving Dinner, and all the Zeta days. As WMA this upcoming year I will be coordinating these events, and I look forward to encouraging all the attendance and participation from the actives! My goal is to create a tight-knit and welcoming environment for the new pledge class, so they feel like they belong. Although we are still in the middle of unprecedented and uncertain times, I am confident we will still make the most of the time we have together. I can't wait to see the ways in which PDC will continue to grow!

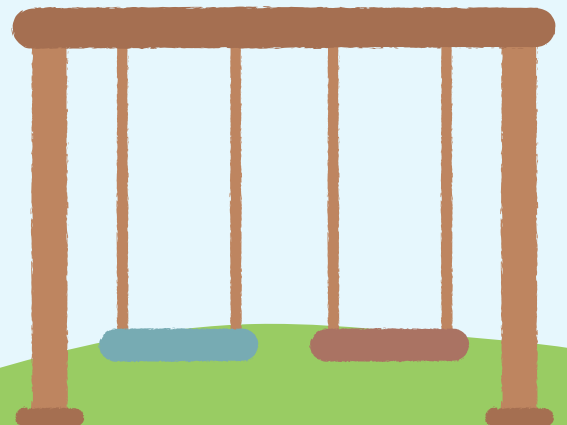
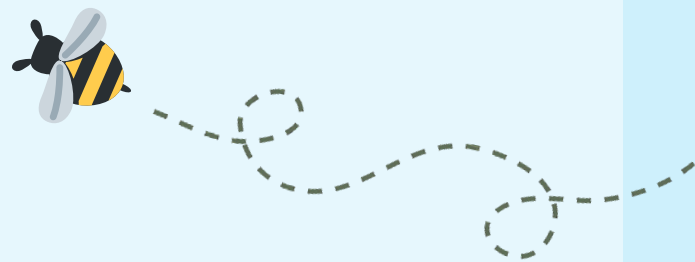


SELENA LI *(Incoming WMA)*



Hello! I'm Selena and I'm honored to be one of this year's Worthy Master-at-Arms! I joined PDC so I can meet new people and bond with my classmates more. During rush events, there was a strong sense of family and warmth and I felt right at home! So far it has been a fun and fulfilling experience to get to know both the upperclassmen and my current class! Some of my favorite memories are Big-Little Spoils & Reveal Week, Zeta Days, and Banquet! PDC had an inclusive and welcoming

environment and I'm looking forward to recreating this experience for the next class with my fellow co-WMA Lisa! :)



ISABELL WU *(Incoming WKRS)*

My name is Isabell Wu, and I am the Worth Keeper of Records and Seals for the 2022-2023 academic year! I have made so many precious memories with our brothers in the past year and cannot wait to create more. My favorite events this year have been the Thanksgiving Dinner, the Halloween party, and our annual banquet! Our members did such an amazing job putting all the events together, and it was great to see everyone enjoying themselves at the gatherings. My goals this year are to continue bringing our members together and act as one of the pillars for the fraternity. I hope to be a trustworthy officer whom others can come to for any concerns. I will relay important information and event dates to all our members. I look forward to seeing our chapter grow together and individually. I hope the new board continues to be the best version of themselves and can be there for all members!



LISSETTE TORDERA *(Incoming WFD)*



Hi there! My name is Lissette Tordera and I am excited to be this incoming year's Worthy Festivities Director. Even though joining PDC wasn't also in my vision when I thought about pharmacy school, I am so happy that I did! PDC has allowed me to step out of my comfort zone, make countless of fun memories, and meet some really great people! I'm thankful for having the opportunity to meet so many new friends and build amazing relationships with them. Some of my favorite memories from this past year would definitely be the Zeta Days, Thanksgiving Dinner, planning the holiday party for the brothers, and most definitely having the honor

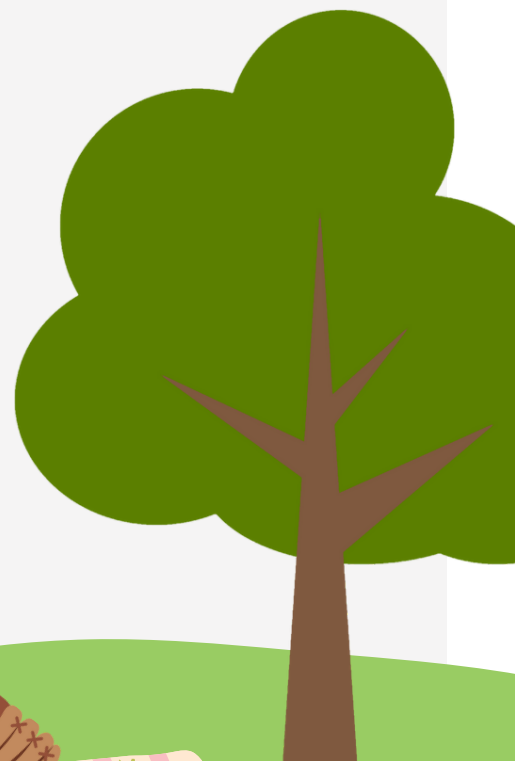
with the opportunity to plan both banquet, and famlympics with David! I could not have done it without the help of the amazing board and brothers! As WFD, I can't wait to plan more fun events for the brothers where they can continue to make countless memories during their time at UCSF. Super excited to see what's in store for incoming year!

DARREN ALFAFARA *(Incoming WKF)*

Hi everyone! My name is Darren, and I am this year's Worthy Keeper of Finance. I am from Chula Vista, CA and I went to UC Berkeley for undergrad where I majored in Molecular Environmental Biology. After taking a gap year during the pandemic and having limited social interactions, PDC provided the perfect opportunity to make friends while transitioning into pharmacy school. Even with our hybrid schedule, I felt fully integrated with my classmates and upperclassmen, and I was able to develop close bonds and friendships



with brothers. This was all thanks to the amazing events organized by the previous board. As incoming WKF, I aim to ensure that every PDC event is well funded so we can welcome the new class and create meaningful memories with everyone. During the transition back more in-person next year, I look forward to working with my fellow Board members continue PDC's legacy of Brotherhood and camaraderie. AAAE!

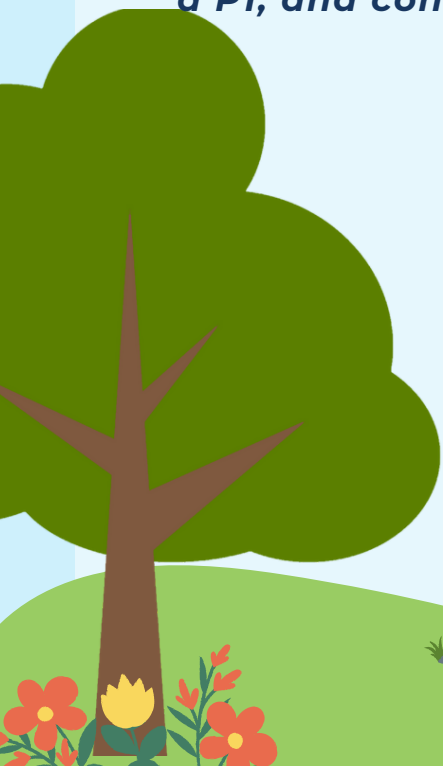
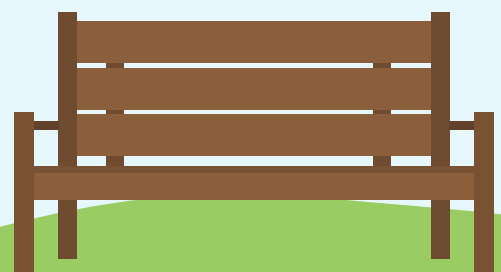
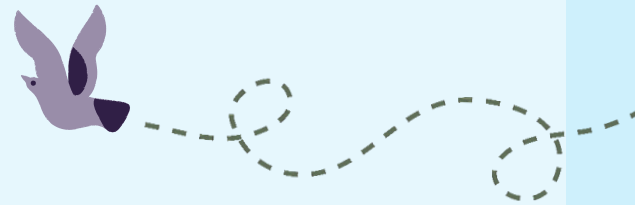


NISHAT JAHAN *(Incoming WAL)*



Hello! I'm Nishat, and I'll be serving as your Alumni Liaison this year! I'm excited to foster mentorship between PDC alumni and current actives. One of my main goals for this school year are to spread the same kindness and welcoming attitude that I received from PDC as a P1. My favorite memories from my first year of PDC were the Thanksgiving Dinner, Big/Little Reveal, and Banquet. One trait I noticed in all of our actives and alumni was that everyone was

genuinely interested in helping others and meeting new people! Rushing was especially fun with all of the Zeta Days and making new friendships. There was always an event to attend! Even if there wasn't anything official planned, PDC members were always down to hang out and have a good time. I hope to help create the same welcoming environment I had as a P1, and continue to make memories with PDC!



SELINA XU *(Incoming WP)*

Soon after I started P1 year, I knew I wanted to create deeper bonds and make lifelong friendships with my peers. During Rush Week, the PDC brothers were so welcoming and genuine. The sense of Brotherhood made me want to be part of the PDC family. I would

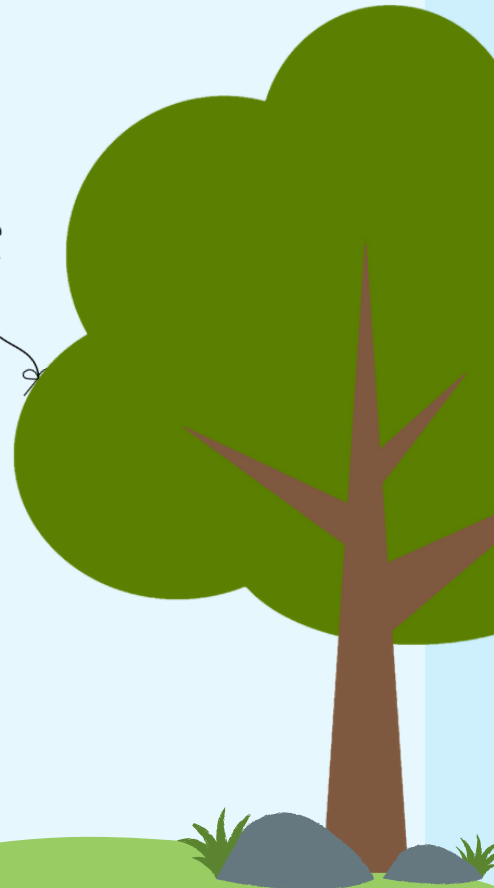
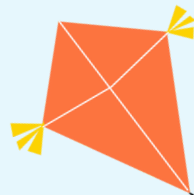
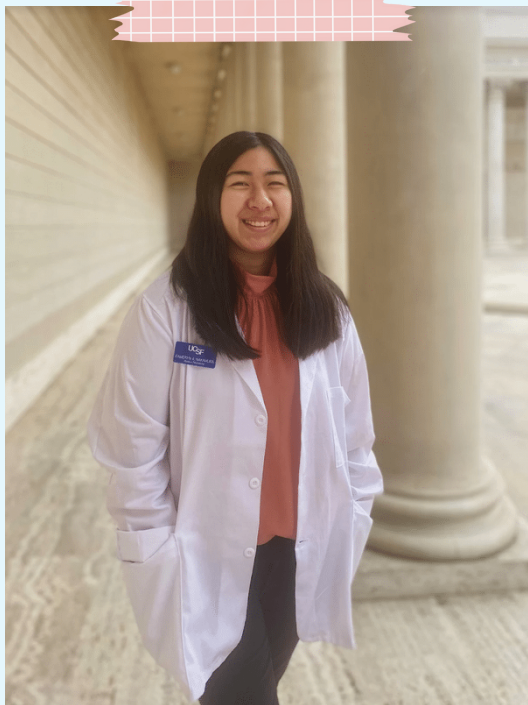


say joining PDC was one of the best decisions I've made in pharmacy school. One of my favorite PDC moments would have to be the Big-Little Reveal. After a whole week of decoding riddles and receiving surprises from our 'secret' Big, the moment of the reveal was particularly memorable. It was a lot of fun seeing candidates walking around the stadium with a unique keyword and trying to find our matching Bigs! With all the love I received from our Brothers in the past year, I am excited to give back to our PDC community by serving as the WP. I can't wait to capture all the great things we are accomplishing together this year!



CAMERYN NAKAMURA *(Incoming WSG)*

Hi everyone! I am so excited to serve as our chapter's Worthy Seeker of Gold! One of my favorite aspects of PDC is the brothers I have met. Everyone is so caring and passionate about helping others. I think one of the ways PDC has most demonstrated this in the past is through its philanthropic spirit. I hope to continue this tradition by planning many fun and unique fundraisers for both PDC and worthy nonprofits such as St. Jude's Children's Hospital. Currently, I plan to organize a wholesome bingo dare fundraiser in the Summer which will be a great way for people to get to know our brothers. I also plan to hold a tote bag fundraiser in the Fall for St. Jude to help support children with cancer and other life-threatening diseases. There will be surely more wonderful fundraising events to come but for now, I can't wait to see the generosity of our brotherhood!



SCHOLARSHIP

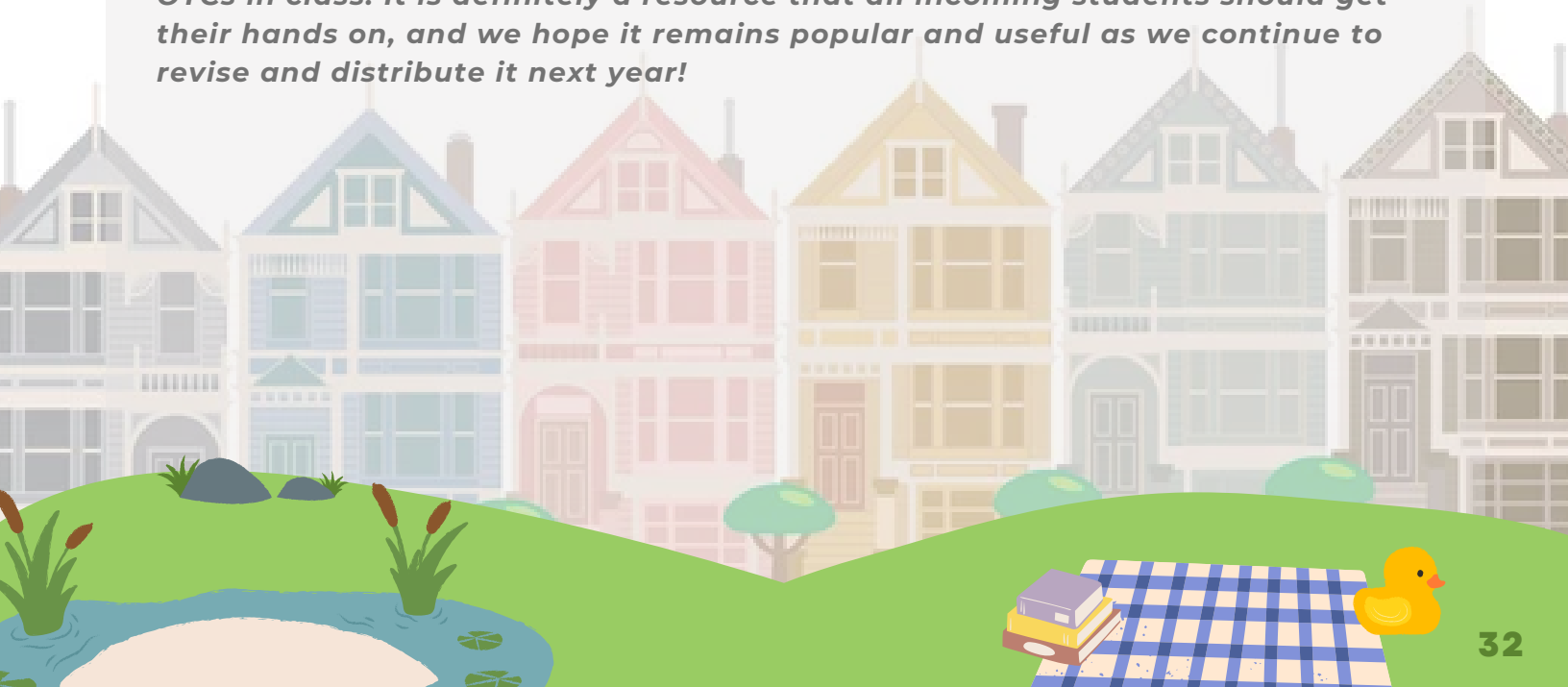


OSCE PREP NIGHT *Written by: David Nguyen*

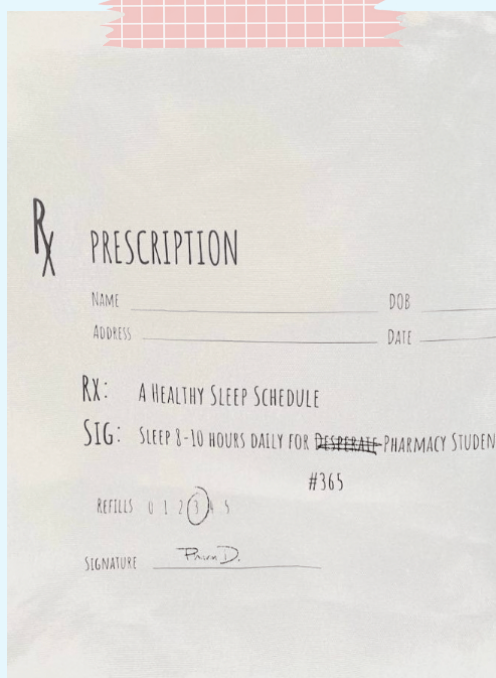
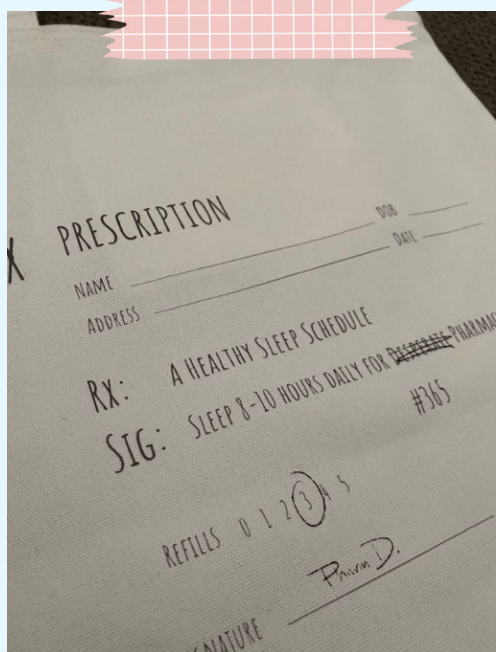
During this past year, we continued the tradition of hosting our OSCE Prep Night with the help of our current Brothers and the Brothers of Kappa Psi. The purpose of this event is to help prepare and expose the incoming students to their Objective Structured Clinical Examinations, or OSCEs. The Brothers take on the role of standardized patients during these practice cases to provide a low-stress and engaging environment for the P1s to get their feet wet and improve their counseling skills. We simulated both immunization screening and medication history taking for all the students who were interested, providing them with constructive and actionable feedback. With every practice station, the students became more ready for the real deal! It was not only a good way to help ease the new students into their new academic journeys at UCSF but also an opportunity for the upperclassmen to be academic/professional mentors for the lowerclassmen.

OTC HANDBOOK *Written by: David Nguyen*

The PDC OTC handbook continues to be a mainstay of our chapter's efforts in promoting scholarship and providing students with a quick and easy guide available for any consultations they may make. This year's new edition was updated to include current information necessary for clinical assessment and over-the-counter drug counseling points- all while still fitting within the pocket of a whitecoat. The handbook remained popular amongst the lowerclassmen as it was extremely useful during their first community IPPE rotation, allowing them to appropriately counsel patients, even if they may not have learned some OTCs in class. It is definitely a resource that all incoming students should get their hands on, and we hope it remains popular and useful as we continue to revise and distribute it next year!

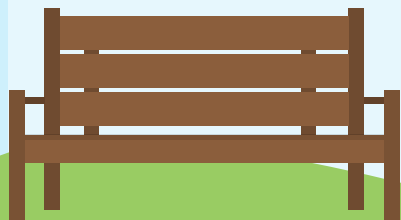


FUNDRAISING



TOTE BAG *Written by: Cameryn Nakamura*

If you're living in the big city, you definitely need a cute tote bag. Perfect to bring to class, go grocery shopping with, or just to look stylish with, tote bags are a must! This year the PDC Zeta chapter carried on its long-standing tradition of fundraising for St. Jude Children's Hospital by holding a tote bag fundraiser. The design of the tote bag was custom-made by one of our brothers to optimize functionality and cuteness. The tote bag was complete with a zipper, inside pocket, and a fun drug prescription design. All of our classmates who bought a tote bag loved them and loved that they were supporting a great cause even more. Overall we had a very successful event and in total, we sold 25 tote bags to generate a generous donation to St. Jude's.

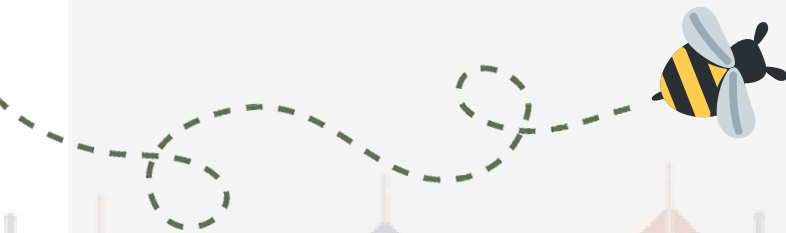


BROTHERHOOD

SPORKY SOCIAL *Written by: Darren Alfafara*



Sporky Social was the first rush event of 2021! Everyone gathered at Spark Social for Taco Tuesday to select from a variety of food trucks. This was not only an opportunity for the incoming class had to interact with PDC actives, but also a time for the P2s to catch up from over the summer. After everyone had a chance to eat some delicious food and settle in, we played Bingo with a twist that allowed actives and new students find out what they had in common. By the end of the night, everyone was excited about the new friendships made and looking forward to candidacy and the new school year.



ZETA DAYS



PHO NIGHT *Written by: Alina Luk*

On the search for a place to satisfy your phở cravings? During the candidacy season, some of our brothers and candidates visited a local phở restaurant, Phở Huỳnh Hiệp 2, in Sunset District and enjoyed a mouth-watering dinner.

Phở Huỳnh Hiệp 2 is known for its quality Vietnamese cuisine food and relatively inexpensive prices and is still a fan-favorite for many of our brothers in the area!

WAX CANDLE MAKING *Written by: Alina Luk*

Some of our brothers hosted a Wax Candle Making session and invited candidates over for a relaxing and aromatic evening. Participants were able to choose from a variety of scents, such as Peppermint and Lavender, and create their own candles to take home. It was a great bonding experience and we even gifted some of the candles to the employees of UCSF!



GENSHIN & GOOD SOUP *Written by: Alina Luk*

There's never a bad time for hotpot, especially in San Francisco! Our brothers and candidates came together to feast with two large hot pots, various dipping sauces, and wonderful Genshin background music. Rest assured that this was only the beginning of our at-home hotpot expeditions throughout the year because there's nothing better than a night of good games, good company, and good soup!



ZETA DAYS (CONT.)

DAVE & BUSTER'S *Written by: Alina Luk*

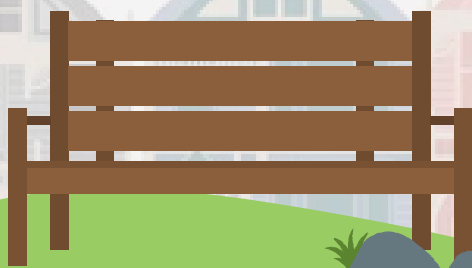
Who made the most shots at Arcade Hoops? You'll have to come and see for yourself next time! Our brothers had a blast at Dave and Busters after a long day of work and classes. After a couple hours of fun and games, everyone came home with a prize and some of our brothers even ventured together afterwards to enjoy a meal at Jolibees!



JAM SESSION/KARAOKE *Written by: Alina Luk*



One of the things we are very passionate about in our chapter other than the good vibes and good people are the good voices and talents we have among our brothers. During candidacy season, brothers and candidates came together to show off their musical talents and jam out to some karaoke together at the PDC House. Maybe investing in a karaoke machine wouldn't be a bad idea!



ZETA DAYS (CONT.)



PDC ON ICE *Written by: Alina Luk*

Despite cold and rainy weather, our brothers and candidates committed to spending a night on the ice rink with each other. It was a prideful moment to see everyone come out of the event with newly developed skills and confidence in their ice skating abilities!

SPEED DATING *Written by: Alina Luk*

Ever attended an online speed dating event BUT to meet your potential big or little? Our brothers and candidates went on a race against time to find their potential match during our Speed Dating Event through Glimpse, a platform that offers lots of fun activities, questions for great conversation starters, and even a virtual photobooth for both sides of the party to have fun and bond!

HOLIDAY PARTY *Written by: Sharon Gip*

The holiday party was so much fun! It was such a great way to get a few members of the fraternity together to relieve some stress before summatives and OSCEs. We had a pizza party and some members of the fraternity showcased their culinary skills by bringing homemade fruit tarts and thai tea! We enjoyed some parts of a Christmas movie and some Christmas music. Afterwards we had a little competition on who would build the best gingerbread house/train. It was super enjoyable to see what our brothers came up with and it made for some great inside jokes.



ZETA DAYS (CONT.)

BROWN SUGAR BOBA MILK TEA FROM SCRATCH *Written by: Sharon Gip*

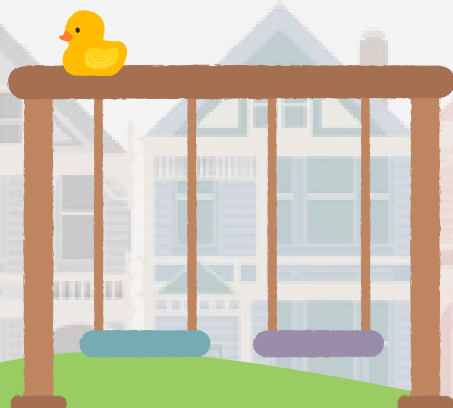
Our brothers got their hands dirty by making boba milk tea from scratch! Making boba requires a lot more manpower than we had thought and it took the whole team to stir and cook the dough. Once it was completed though, the real fun began where we sat in a circle and made each individual boba. We bonded and learned more about each other in a fun setting outside of class. It was funny to see what kind of boba balls each person made and which ones were too big for our straws.



HALLOWEEN MOVIE NIGHT *Written by: Selena Li*



Halloween Movie Night was ~spooky~ We watched the zombie Korean movie #Alive! It was a fun experience to screen share the movie and watch it together, allowing us to still bond over Zoom! During the movie, we would add comments in the chat, and at the end of the movie we talked about our favorite and scariest moments, and how we all love the character Yoo-bin! At the end of the event, we changed our backgrounds to a Halloween theme and took a group photo!



ZETA DAYS (CONT.)



LET'S GET STINKY *Written by Selena Li*

The Durian Taste Challenge was a great opportunity for Brothers and Candidates to take a risk and try something new together! At first we struggled to open the durian, but after some teamwork and group effort, we got both durians to open! Some Brothers and Candidates came super ready to crack open a durian to eat, while others were hesitant to try a taste. After some encouragement and support from our Brothers and Candidates, everyone had a sample of the durian. Some even had seconds! Yum!

BERKELEY ZETA DAY *Written by Selena Li*

Berkeley Zeta Day was a super fun bonding experience for Brothers and Candidates to explore the East Bay, and for our Berkeley Alum to visit their alma mater! Our first stop was at Third Culture Bakery, where we got boxes of mochi donuts and tried their lattes. Then, everyone gathered at Sliver Pizza where we enjoyed delicious pizza with green sauce. Our Berkeley Alum were our tour guides for the day, and brought us to get boba before settling at Memorial Glade for a nice picnic. Overall, it was a great sunny day for Brothers and Candidates to bond together while drinking boba and chilling in the grass!



PUMPKIN PATCH & CARVING *Written by: Sarah Nakamoto*

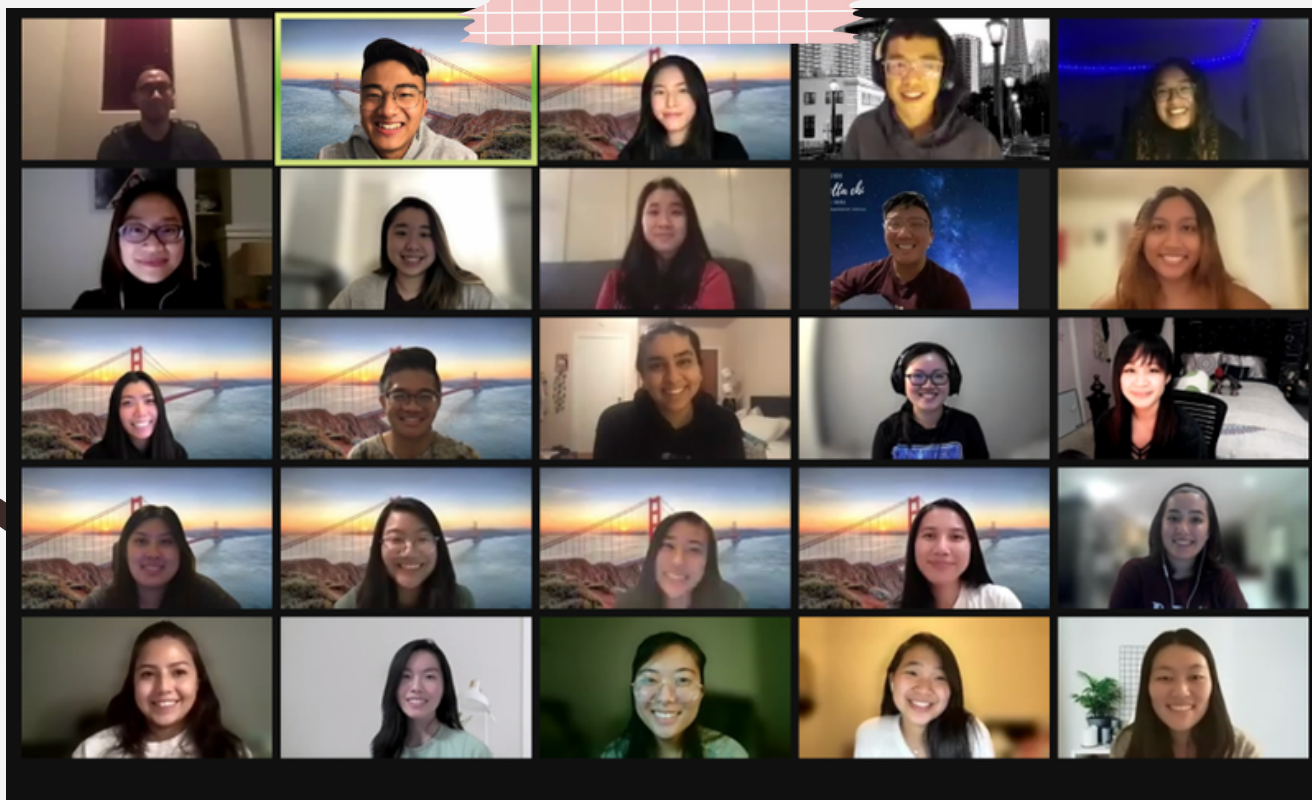
The pumpkin patch outing was a lot of fun and it really got everyone into the Halloween spirit! The brothers and candidates spent some time walking around the pumpkin patch, taking pictures and getting to know one another better, before deciding on two large pumpkins to carve. A few of the candidates also took home smaller, personal pumpkins for themselves. Once the pumpkins were picked, everyone went back to one of the brother's apartments to carve the pumpkins. While the actual carving process did require some artistic skill and physical strength, it was an overall relaxing and cozy night well spent!



BIRTHDAY BASH

Written by: Selina Xu

The annual PDC Birthday Bash was held on November 2, where our brothers and candidates came together to celebrate PDC's birthday! While our celebration was held over Zoom, everyone had a great time getting to know each other through some ice-breakers and interactive games. It was a fun evening for our candidates to meet our P3 brothers as well. Can't wait for our brothers to reunite again for another year of celebrations!



THANKSGIVING DINNER

Written by: Isabell Wu

Thanksgiving Dinner is one of our annual events where our brothers can come together and enjoy homemade food with each other. This dinner is perfect for getting to know the brothers and our amazing advisors! Our advisors, Wen and Ivan, often show up to our larger events, so this is a great opportunity to meet them. The members all have a wonderful time eating delicious food and laughing with one another. Thanksgiving Dinner is truly an event that makes PDC feel like a second family. Come laugh with us as we stuff ourselves with turkey, mashed potatoes, and pie!



BIG LITTLE REVEAL

Written by: Lisa Wu



Days of confusing Facebook wall posts, attempted dares of making Tiktoks, mystery gift baskets left at front doors, all led to this special day: Big Little reveal! On December 3rd, 2021, the pledges and P2 actives of PDC gathered at Kezar stadium in the evening. The WMAs weren't going to just give the pledges an easy time finding out who their bigs were; they had to work for it. The reveal had 2 parts. Each pledge was given a piece of paper taped to their back. The paper had anything from an object, place, or famous person written on it. The pledges had to first help each other figure out what was written on their back through clues without giving away the actual word.

After the pledge guessed the word, they could approach the actives and try to find their big, who had a word that pairs with their word. Some pledges found their bigs almost instantly, because they already had suspicions or already requested each other. Meanwhile, some other pledges took longer, unsure who their big was after a week of purposefully misleading Facebook wall posts. After each pairing was complete, everyone gathered to take a group picture. Then, all the new families broke off to grab dinner and hang out for the rest of the night. Overall, Big/Little reveal was one of the highlights of pledge season! Although we were all strangers months ago, PDC ended up feeling like a big family. Huge shoutout to all the P2s for making their littles feel so welcome and loved!

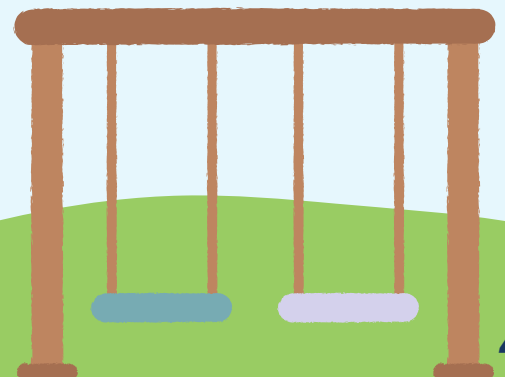


FAMILYMPICS

Written by: Melvin Chang



At the beginning of April, we had our PDC Famlympics where many of the Big/Little pairings came together to compete against one another in a series of games, including Water Balloon Toss, Telephone, and Balloon Pop, for the chance to win a gift card for boba! All of the teams coordinated with each other to dress according to a theme for extra points. Over the course of the event, Bigs and Littles were able to connect in person with each other as well as other brothers! This event was a great way to bring out the competitive spirit in our brothers over a few games! In the end, the winning team was the one with Ashley Takeshita, Isabell Wu, Darren Alfafara, Teresa Mendoza, and Alina Luk! Hope they enjoyed their boba!



BANQUET

Written by: Lissette Tordera

On April 29th, 2022 Phi Delta Chi held their End of the Year Banquet! This year, banquet was held in-person at the Embassy Suites by Hilton Airport Waterfront in Burlingame, CA. In light of the date, we also combined both the End of the Year Banquet with our annual P2 Send-Off. Since we also extended the invite to P3's and our Advisors Wen & Ivan it was a grand time being able to have everyone together in one place to both celebrate our P2's in addition to closing out the year with PDC. This event was also one of the first couple events in which the incoming board helped plan! Guests had the opportunity to take some great photos with the scenic waterfront, as well as our photo booth! Additionally, guests were able to see some great performances by our brothers, play some really great guess-who games, have the opportunity to win some fun superlatives and of course write some heart-felt messages to our P2's. Everyone looked absolutely stunning! Overall, the event was super fun and definitely one for the books. Thank you to those who helped make banquet so amazing!



ZETA ROSTER - CLASS OF 2024

*Alina Luk
April Zhou
Bernice Chow
Cameryn Nakamura
Darren Alfafara
David Nguyen
Giovanni Lara
Gregory Hovhanessian
Hsing-Yi (Yuki) Lin
Isabell Wu
Janine Zhu
Janneca Ames
Joanna Su
Joanne Guan
Juan Pena
Kathleen Dang
Kevin Tran
Kexin (Kasey) Huang
Kristi Wong
Kristina Mai
Kunal Madan*

*Linda Cheng
Lisette Tordera
Marissa Ly
Melvin Chang
Michelle Chan
Mikaela Tayag
Nicole Lam
Nishat Jahan
Phuc Nguyen
Ryan Doan
Sana Hamid
Sarah Nakamoto
Selena Li
Selina Xu
Sharon Gip
Sukhmanpreet Kaur
Vincent Nguyen
Wendy Xia
Xay Pham
Xinying (Lisa) Wu*





**THANK YOU FOR
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ZETA REFLECTOR!**

