

The Reflector

2006-2007 EDITION



PHI DELTA CHI

Zeta Chapter

UCSF

School of Pharmacy

PHI DELTA CHI

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REFLECTIONS

Phi Delta Chi for Life

By Kathy Quach, Outgoing Worthy Chief Counselor

Thinking back on first year, I can remember how hard it was to adjust to a new city, keep up with all the busy work the professors bombarded us with, and face the pressure to make new friends and to make them fast! On a happier note, I clearly remember how warm and sincere the Brothers of Phi Delta Chi were when welcoming me to UCSF School of Pharmacy. They offered me survival guides, good eats, advice and most importantly, their friendship. I owe Phi Delta Chi much more than what a mere “thank you” can express. However, “thank you’s” seem to be the only way to express oneself in written form, so this message will be littered with them!

First off, I would like to thank all the Brothers of Phi Delta Chi for having faith in me and electing me as their Worthy Chief Counselor. I am honored and will always be proud to say that I was a past Worthy Chief Counselor for Zeta Chapter. I hope that I have lived up to all your expectations and that my vision of PDC has been the same as all of yours. I have learned so much from being WCC, not only about myself and about leadership, but about the fraternity and the Brothers. It has been such a wonderful experience and I am glad that I’ve been able to make new friends and strengthen relationships with existing friends! I could not have made it through the year without the support of the awesome Brothers and hard-working officers. They have worked very hard this year to provide fun events that meet the goals and standards of the fraternity – leadership, service and brotherhood. I appreciate and applaud the officers and the Brothers for their loyalty and dedication to the fraternity. The events would not have been a success without the support and help from them all.

I am very happy that we’ve made it through another year, and although this year didn’t pass us by without hurdles and obstacles, we stood by each other and came out stronger in the end. It has been a lot of work, but I’ve enjoyed every minute of it and will never regret my decision of joining the fraternity. I will never forget all the memories I’ve made as a Brother and WCC of PDC.

I know that the incoming cabinet led by Cheryl Hirata will do a fantastic job. They are full of

energy and new ideas for the fraternity. They have even already planned rush events for next year and held PDC’s first community service event for Spring Quarter!! Let’s help our new cabinet keep this energy alive by participating in events and volunteering our time to keep PDC going strong! Remember, we are only as strong as our weakest Brother, so let’s all put ourselves out there and show everybody what PDC is all about! PDC for life. AAAE.



Message from Cheryl Hirata, Incoming Worthy Chief Counselor

Spring is a time of metamorphosis for Phi Delta Chi. As we bid farewell to 13 of our beloved fourth-year Brothers, we welcome 19 new first-years into our family. Further, many of our third-year Brothers are off to rotation sites located outside of the city. We also see the transfer of leadership roles from the second-years to the first-years as we begin the quarter with a new cabinet.

I am thrilled to serve my Brothers as the WCC for the upcoming year. My excitement is amplified when I see the enthusiasm and dedication exhibited

by my cabinet and my newest Brothers. I believe this to be the beginning of a wonderful and synergistic relationship.

Our goals and visions for the upcoming year are: to continue strengthening the Brotherhood bond, to increase alumni involvement and to maintain PDC's tradition of excellence in serving our school and community. Hitting the ground running, we started off the quarter with a community service project at Glide Memorial, which was coordinated by Joyce Huang, our Philanthropy Chair. Several Brothers served breakfast to members of San Francisco's homeless community.

Our Reflections Chair, Catherine Chiu, is also hard at work planning two upcoming events. The first will be a movie night complete with snacks and ice cream. Then, we're off to the lanes for Bowling Night the following Thursday! Catherine is quite the multi-tasker as she is also designing and ordering new PDC gear that we'll be able to sport in the fall.

Although they have been "MIA" for the past year, we did not forget about our graduating Brothers. A group of first- and second-year Brothers got together to fashion ribbon leis in the colors of old gold and dregs of wine. To complete the gifts, personalized business card holders were attached and presented to our Brothers on Graduation Day. Many thanks go out to Melissa Yee, Rena Leong, and Janice Canaria for their creative ideas.

Our WIGs, Hannah Oh and Ruth Choi, have started off their tenure in full swing. They have planned out the details of our fall Rush events over Spring Break. With their level of enthusiasm and creativity, we can expect to see a spectacular array of events and activities.

Later this summer, Aileen Chi and I will attend the 66th Phi Delta Chi Grand Council in West Palm Beach, FL. We look forward to meeting Brothers and alumni from around the country. In addition, we plan to see some familiar faces, as 10 of our UOP Brothers will attend as well. We hope that this trip and our interactions throughout the fall quarter will further strengthen our bond with them.

At the end of the summer, the officers will convene in Monterey for a retreat to iron out the details of our Rush and Pledge events. I also plan to make this a time for us to bond and develop our leadership skills.

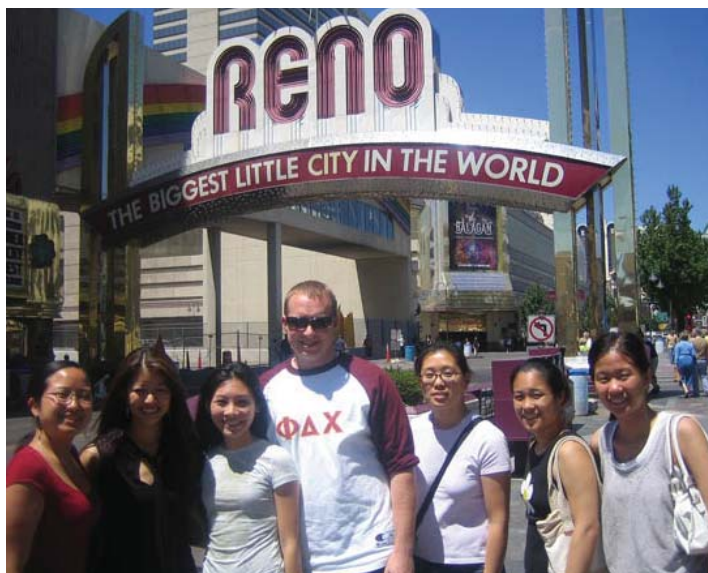
The wheels are set in motion; however, the officers will need the help of every one of our Brothers to successfully make it through the upcoming year, bringing truth to our motto—each needs the help of the other.



An Unforgettable Year

By Jennifer Feng, Outgoing Worthy Vice Counselor

My decision to run for Worthy Vice Counselor in my third year of pharmacy school was a difficult one. Most of my predecessors took the position during their second year, when there is less of a workload. Balancing therapeutics, work and being a WVC was definitely challenging, but fun! PDC had one of the highest numbers of actives this year. With such high numbers, it was extremely important to keep the actives "active." We introduced an incentive for going to events by taking attendance and rewarding the Top 10 winners with a pot-luck dinner from the officers. Our Fall pot-luck dinner was a great success with homemade dishes like miso



salmon, greek salad, penne pasta, chicken adobo and many more. Who knew our officers were such great chefs!

One of my favorite memories from this past year was attending UOP's PDC dodge ball event and later visiting their house. I was hesitant to play at first, but quickly got dragged in and subsequently hit really hard by one of the UOP bros! It was also great to see some of our UOP Brothers again whom I first met last March at the PDC Western Regionals in Portland. They are always so supportive in coming to our events.

By far, the best part about being involved this past year was getting to know the new active Brothers. They are truly a great class and have so much enthusiasm for PDC. I am glad to see that we are leaving the fraternity in good hands. I hope they have as much fun as I have had these past three years!

Helping Each Other Help Others

By Karen Phongsak, Outgoing Co-Philanthropy Chair

A year as a PDC brother has quickly flown by and much can be said of the time spent attending Pledge parties, fundraising events, and most memorably—the time spent serving the community with fellow PDC Brothers. As one of the outgoing Philanthropy chairs, I found that whether it was in the midst of packaging foods or raising money for community organizations, the shared desire to help those in need reaffirmed the selflessness and heart that is so characteristic of Phi Delta Chi.

As Philanthropy co-chair, packaging food at the San Francisco Food Bank showed me the presence of teamwork amongst the Brothers of PDC. We had the assistance of bright-eyed pledges and actives alike. Each attendee had a crucial role in the food preparation process. Whether it was cleaning off cans and bottles or organizing food products into the “dry foods” or “liquids” categories, we all worked for a common goal: to ensure that the food would reach the individuals in the community who need it.

Walking and rallying in the San Francisco Walk Against Rape allowed me to see the enthusiasm and encouraging nature of PDC Brothers. Our enthusiasm for the cause was evident when PDC collectively raised over \$1000 for the community organization, SF Women Against Rape. We rallied from Embarcadero to Mission Delores Park with zeal and fervor, spurring one another (the walk was a little

tiring for some!) and maintaining the energy.

It was my honor to serve as one of the Philanthropy chairs of PDC. It was my pleasure to make available opportunities for people to help others. It was also to my benefit, as I got the chance to learn more about the genuine brotherhood that thrives in Phi Delta Chi!

Food, Fire, and Fun

By Lily Qian, Outgoing Social Chair

Phi Delta Chi had many memorable social events this year, each one filled with wonderful people and comforting food. It all started late last spring with a bonfire at Ocean Beach. Who would have thought that it would be so difficult looking for firewood in May? Nonetheless, we persevered and relished in the warmth of the logs while roasting hot dogs and making smores.

Just recently, the Zeta chapter held one of its many game nights. Instead of serving traditional pizzas or burgers, we offered the Brothers homemade breakfast for dinner. The smell of bacon and sausage at 7pm lured many Brothers, and before long, the demand for blueberry pancakes far exceeded the supply.

My experience as Social Chair this past year has confirmed two facts about the Zeta chapter that I had heard when I was a pledge. One is that we LOVE food, especially homemade goodies. The second is that you can ALWAYS depend on your Brothers for help, no matter how hectic life can get. None of the events would have been possible if it wasn't for the gracious aid of my fellow Brothers. I'll always treasure the fun times that we had together this year. *Alterum Alterius Auxilio Eget!*



Rushing to Have a Great Year

By Cynthia Lee and Melissa Yee, Outgoing Worthy Inner Guards

Cynthia and Melissa had an awesome time as the 2006-2007 WIGs!!! They enjoyed running around town, making morning announcements, and meeting new people. Many a days and hours were spent printing in the IRC and studying the Facebook. They also enjoyed bringing good eats to the PIs and Brothers in the form of In-N-Out burgers, sushi, and sweet treats.

They would not have been able to recruit the wonderful PDC newbies without the help of the fantastic Brothers. They are eternally grateful for everyone's help and excitement during the fall Rush quarter. Without them, White Coat, bowling, Grey's Nights, ice-skating, and many other events would not have been the same. Hannah and Ruthie will surely fill and stretch the former WIGs shoes!

WHO WE ARE 2007-2008 Officers

Worthy Chief Counselor
Cheryl Hirata

Worthy Vice Counselor
Melissa Yee

Worthy Alumni Liaison
An-Chi (Angela) Lu

Worthy Inner Guard
Ruth Choi and Hannah Oh

Worthy Prelate/Webmaster
Lily Phuong

Philanthropy Chair
Chung-Ying Joyce Huang

Worthy Master at Arms
Alexis Lee and Yenni Lin

Worthy Correspondent
Nancy Hwang

Social/Reflections Chair
Catherine Chiu

Worthy Keeper of Records and
Seal
Michelle Moon

Worthy Keeper of Finance
Kuo Yang

House Manager
Jessica Chan

Class of 2007

Max Chau
Elena Chan
Michael Chui
Jackie Dang
Willy Fong

Jamie Kaya
Terence Kiang
Angel Li
Monica Macias
Jacob Morelan

Nam Nguyen
Terrill Tang
Maggie Woo

Class of 2008

Pablo Bernardson
Bobby Chien
Aileen Chui
Marissa Chun
Sunny Chung
Tony Chung
Jennifer Feng
Wendy Ha
Lori Hensic
Tam Hoang
Kiana Hoc
Joscelyne Jackson
Gina Kim
Raymond Kim
Makiko Kitago

Jason Kuan
Kirsten La
Elaine Law
Joanne Lee
Kathy Lee
Alison Lew
Siyuan Liu
Julie Ann Lu
Wei (Vivian) Luo
Dina Magno
Reshma Mallya
Jennifer Min
Sami Nasrawi
Trinh Nguyen
Stephanie Paula

Kathy Quach
Erin Sagucio
Sharon Siu
Sarah Son
Stacy Tam
Shusuke Toyoda
Kimbery Truong
Ana Tsao
Alice Wang
Seiji Wani
Cindy Wong
Linda Wong
Henry Yue

Class of 2009

Janice Canaria
Jessica Chan
Margaret Chan
Yolanda Cheng
Tami Chheng
Aileen Chi
Amy Choi
Rosalyn Chu
Verena Firpo
Cheryl Hirata
Cathy Hsu (Hur)
Maha Kadafour
Eunice Kim
Ann Le

Cynthia Lee
Justin Lewis
Grace Lin
Terrie Liu
Linda Ly
Makala Maybury
Shelley McCormack
Jessica Ng
Ha Park
Nhunguyet Phamle
Karen Phongsak
Lily Qian
Mandy Sen
Kaman Sit

Lena Te
Vy Tran
Julie Hsing-Hsien Tung
Sally Tzeng
Mari Ueno
Ellen Wong
Jenny Wong
Melissa Yee
Winnie Yeung
Pannyun Yiu
Carolnn Yong
Christine Yu
Sheryl Zhao

Class of 2010

Catherine Chiu
Crystal Choi
Ruth Choi
Cathy Hau
Chung-Ying Joyce Huang
Nancy Hwang
Alexis Lee

Rena Leong
Yenni Lin
An-Chi (Angela) Lu
Emily Min
Michelle Moon
Hannah Oh
Lily Phuong

Jennifer Ingrid Purificacion
Jenny Tang
Cherry Truong
Connie Wong
Kuo Yang



EVENTS

Back when I was a P1...

By Hannah Oh

Two words can be used to sum up fall quarter's most memorable moments: Grey's Anatomy. Need I say more? It was our weekly ritual. Every Thursday, a group of Brothers gathered in the PDC house living room to watch the surgical interns of Seattle Grace Hospital get themselves in and out of trouble.

Aside from the Grey's craze, fall quarter also involved a lot of bonding time with Brothers, as well as with food. It all started off with the food served during the Bi-frat dinner, where our Brothers showed off their culinary skills with dishes from around the world. PDC also provided burgers at the Info Lunch for the In-N-Out deprived P1's. At the ice cream social, we made our own sundaes with toppings piled to the sky. To top it off, we had a round of fermented beverages and pizza at Milano's one night, sushi and spam musubis another.

PDC proudly displayed their commitment to service and brotherhood at other rush events. Many Brothers devoted their Saturday morning to help feed the homeless at Glide Memorial. They also helped the SF Food Bank by packaging various foods to be distributed to the less fortunate.

Although the Brothers had busy schedules of their own, they all made an extra effort to welcome the new students. Of course the Grey's episodes, games, and food all played a big role in making fall quarter a memorable experience, but the Brothers' kind smiles and genuine hearts are what I will never forget. As one of the new Worthy Inner Guards, I hope that, I too, will be able to take part in helping the incoming P1's feel at home at UCSF with Phi Delta Chi.



Thanksgiving Dinner

By Yenni Lin

About a week after turning in my pledge card for Phi Delta Chi, Janice, one of our lovely Worthy Masters At Arms, personally delivered an invitation to the Phi Delta Chi Thanksgiving dinner. This dinner was the first PDC event I attended as a pledge. An annual tradition, it is an event for all the Brothers to get together, be thankful and most importantly, meet the new pledge class.

This year, the dinner was held at the Faculty Alumni House. When I first walked into the house, the aroma of delicious food wafted across the room. As I followed the smell, I saw two rows of tables filled with mountains of food: sweet yams, fresh crisp green salad, homemade mashed potatoes, mouth-watering ham, warm corn bread, and of course, a big, juicy, perfectly baked turkey. Furthermore, at the end of each row, there were freshly baked cookies, apple and pumpkin pies, fruit, wine and soda. At this point, I had completely forgotten my diet plan, ignored my guilt for overeating, and started to indulge myself in this amazing food fest.

With a plate full of food, I walked into the well-decorated dining room and sat down next to several Brothers. We started to chat and enjoy the delicious food. The climax of this dinner was the "thankful speech," where each person mentioned what s/he was grateful for. Most Brothers were thankful for their families, friends and significant others. Some people were thankful for good health and fortune. In addition, many people, including myself, were thankful to PDC for having this dinner, since many of us would not be able to go home for Thanksgiving this year. The night ended with the Brothers singing the "Phi Dex Drinking Song." It was at this moment when I felt that the Brothers were truly bonded together. I realized that even though people might be busy with their own lives, they will always offer a helping hand to a Brother in need. On my way home, the voices of the Brothers singing the "Phi Dex Drinking Song" lingered in my mind. "So... We lift our mugs and drink to drugs and sing until we die, and we will never once forget we're Phi Delta Chi!" "Indeed," I quietly said to myself. "I will never once forget I am Phi Delta Chi."

Swish, Sip, Spit... Swish, Sip, Spit!

By Rena Leong

Sideways. Disney's The Parent Trap. Prior to the Napa trip, these two movies taught me all I knew about wine. In other words, I had an extremely limited knowledge of wine until recently. I wasn't the most avid fan of wine, but when the sign up sheet went around for a tasting trip through Napa Valley, I figured, "Why not?" It would be a beautiful sight seeing tour of the wine country and I would have the chance to hang out with my NEW Brothers. Also, what better way to relax from studying than to drink and be merry?

Departing from the PDC house early Saturday morning, it turned out to be the perfect day for touring Napa Valley. After a week of cold and gloomy weather, the sun had finally broken free of the clouds. I could actually feel the warmth of the sunlight! Equipped with snacks and bagels, eight of us eagerly set forth on the long drive ahead.

Our first stop: Roche Winery. It was the first winery we spotted and being so enthusiastic, we just had to go in. Set among vast grassy fields, this quaint winery did not disappoint. The friendly staff greeted us and then gave us a FREE wine tasting of several red, white, and dessert wines. Though they attempted to explain the different qualities and treatments of the grapes, I was too eager and just drank. I may not have understood each wine's identifying features, but at least I learned the basics of the tasting process: swish the wine in the cup to bring out the aromas, sip it to stimulate your taste buds, and spit it out. I especially familiarized myself with the spitting of certain bitter red wines!

Driving further into the valley, we stopped at Andretti Winery, Mumm Napa, and then finally V. Sattui. The landscape and clubhouse at V. Sattui was absolutely gorgeous! Vines crawled up the buildings and flowers adorned the trellises. To top it off, the aroma of the barbeque stand wafted through the air. It was the perfect site for an afternoon picnic snack. We sampled some of their delectable cheeses, breads, sausages, and of course, their wine. I can definitely see why it is a favorite of many visitors. And what trip up to Napa Valley wouldn't be complete with a quick stop at A&W? Though the breads and cheeses were yummy, our appetite was not satisfied until we had our fill of burgers, fries, and root bear floats! No matter what, there's always room for fries

and ice cream!

Content with our drinks and food, we wearily departed for home. It was a fun and relaxing day filled with good friends, good conversation, and of course, good wine. And though I still don't know the difference between Sauvignon Blanc and Riesling, I at least expanded upon my previously pathetic wine knowl-



A Day at the Zoo

By Kuo Yang

Without a doubt, nearly everyone has been to the zoo at least once. However, very few visitors are aware of the amount of work required behind the scenes to make the zoo possible. For example, the vegetation needs to be trimmed frequently and the waste left behind by littering visitors has to be thrown away. A lot of work is required in order to bring joy and laughter to the public through the wonders of the animal kingdom. Consequently, zoos are thrilled to have volunteers help spruce it up.

Contributing to this effort, the Zeta Chapter of Phi Delta Chi spent an entire morning volunteering at the San Francisco Zoo. We met at 7 AM on a chilly Saturday morning, no easy feat in and of itself. We were treated to some much needed warm coffee and muffins courtesy of the zoo, followed by exercises to warm us up. We were looking forward to the morning ahead, hoping for the opportunity to work alongside the animals.

This hope was soon shattered – it was not to be. After the brief breakfast, the chores were then divided amongst us. Most of the work involved mundane tasks such as cleaning up overgrown vegetation and transporting it to a central waste collection area. We were all given heavy gloves to protect us from

the sharp thorns of plants to be discarded. Some of us were given rakes to collect dried leaves and brush. Unfortunately, throughout the entire experience, there was no animal work involved. In fact, the animals were asleep. I suppose even animals sleep in on weekends. We continued working until the zoo opened to the public in the late morning and some of us lingered to see the waking animals.

Although we did not get to work closely with the animals, we were nonetheless delighted to have helped clean up the zoo. It was wonderful to see the smiles and wonder on children's faces as they admired the height of a giraffe or the size of an elephant. It was also tremendously fulfilling knowing that we took part in making the zoo, slumbering animals and all, an enjoyable place for the public.

PLEDGING

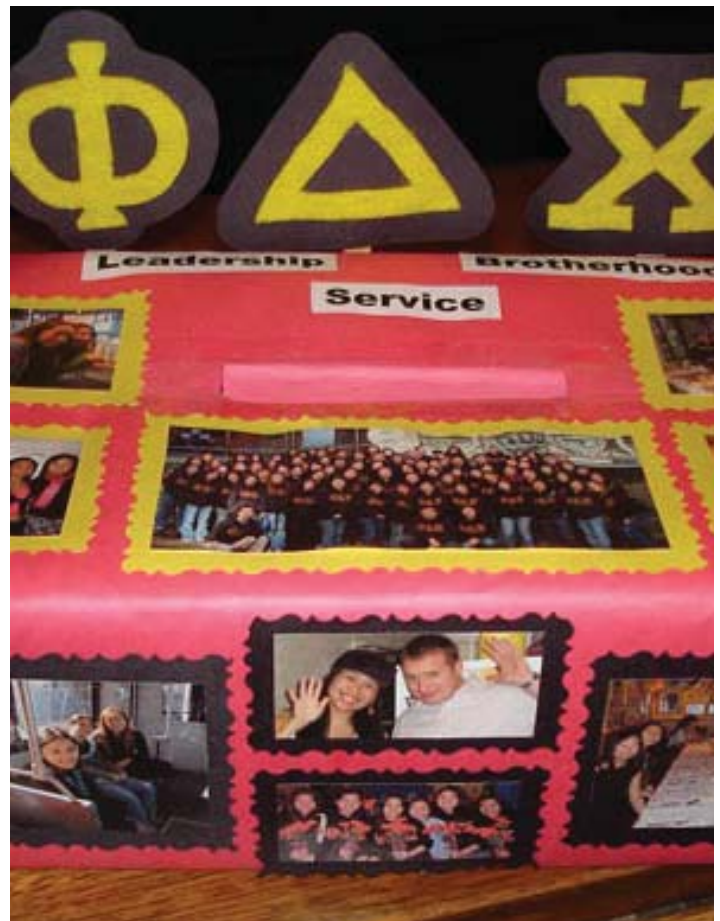
The Pledging Process

By Crystal Choi and Jenny Tang

It all started with a colorful pledge card. Once all of us future pledges had submitted our cards into the brightly decorated pledge box, the pledging process commenced. Soon afterwards, the pledge leaders and the current Brothers surprised us with gift bags in class, officially welcoming all nineteen of us as the Pledge Class of 2007 and future Brothers of Phi Delta Chi. An early Thanksgiving Dinner was also arranged for us to mingle with the Brothers and to conclude the fall quarter.

Over winter break, we each received messages and cards from our anonymous big bros, who welcomed us to the family and dropped hints as to their identities. Not until our first pledge meeting of the winter quarter were our curiosities satisfied and our big bros unveiled. At the meeting, each of us was presented a personalized Phi Delta Chi handbook by our big bros. We then sat together and learned about Albert Benjamin Prescott, the history of our fraternity and the significance of November 2, 1883.

Under the guidance of our pledge leaders, Janice Canaria and Sally Tzeng, we as a pledge class were given the challenge of completing five events – a fundraiser, a class trip, a community service event, a professional outreach event, and a pledge party - all to be completed before initiation. We immediately put our heads together and brainstormed ideas. Following multiple meetings and a lot of teamwork and organiza-



tion, we finally decided on the activities.

Our first official pledge event was the bake sale fundraiser. Next came the class trip to Mo's Grill, where our Worthy Chief Counselor, Kathy Quach, and other Brothers joined us for tasty burgers and Beard Papa's cream puffs. After a great dinner, we tested our skills on the ice skating rink at Yerba Buena Gardens. However, we did not lose our focus amidst all this food and fun. As part of our community outreach, we volunteered at Glide Memorial Church, where we prepared and served food to the less fortunate in San Francisco. A couple of weeks later, we went to San Francisco State University for our professional outreach.

Last but not least, we held our pledge party at ICON Lounge, which was a huge success. All in all, the pledging process was long and sometimes difficult to manage along with school and personal obligations, but it was well worth it in the end. It was during this time that we were able to develop the connection that makes us true Brothers. We were able to face multiple obstacles and persevere with the help of one another – learning the values of respect and cooperation, strengthening our bonds with one another, and embracing the true meaning of brotherhood.

Scavenger Hunt: A Mad Dash through San Francisco

By Catherine Chiu

The first thing we did as a pledge class was have a scavenger hunt. Like the other pledges, I was a little apprehensive at first. What crazy things were we going to have to do or find? We were told to bring our cameras and be ready to run. The pledges were split up into teams and given a clue. Each task on the list was allotted a certain number of points. The team with the most points would win a gift certificate for dinner.

Some of the tasks were crazy: count the number of computers in the IRC multiplied by the number of floors in the hospital plus the number of Brothers in PDC, etc. It went on and on. We played DDR with the Brothers, took pictures with Dr. Richard Shafer, one of our chemistry professors, and ran up and down the insanely steep hill from the IRC to the PDC house (on Third street.) twice. Twice! It was painful. However, the craziest part hadn't even begun yet. The second to last task was a list of things we had to do with strangers and while doing it, take a picture with them. For example, take a picture with someone exercising, someone eating a subway sandwich, someone next to a fire hydrant and many more. Once that was done, the last list was to take pictures of one thing beginning with every letter in the alphabet and bonus points for it being pharmacy related. I have to say that this scavenger hunt was probably the most fun I had ever had. Not only did I have to break out of my shell and ask strangers to do things with me, but I also had the opportunity to bond with my fellow pledges. I learned how they thought, how we worked in a group, and most of all, how we would soon become true Brothers.



Early Morning Community Service

By Alexis Lee

On a bright and early Sunday morning, I went to church with the Brothers of Phi Delta Chi not to receive service, but rather, to provide service for a change. The Glide Memorial meal serve, which provides three nutritious meals a day for the poor and the homeless, is one of my personal favorite PDC community service events for many reasons, but the main one is that it was purely fun and enjoyable. Sure, waking up at 6:15 AM to catch the bus puts a minor damp in the deed, but it is unequivocally worth it when you get the rare opportunity to see your classmates with fish nets over their hair, looking like the high school lunch lady!

While some of us hustled and bustled in an assembly line behind the serving counter preparing meal trays for the unending line of clients, others of us were back in the kitchen washing, seasoning, and even dancing with the chickens that were being prepared for lunch! Salad bags, sandwiches, peas in pots, and trays were tossed here and there as our energy started to pick up. Back at the breakfast line, a race had formed between the sausage server and the porridge pourer, and the dining hall that was once empty had filled. Not only did volunteering at Glide Memorial allow me to bond with my Brothers, but most seriously and importantly, it gave PDC a chance to give back to the community. Working with the staff of Mo's Kitchen from Glide Memorial and the other volunteers from different organizations has been a truly blessing experience, and I hope to share this experience time after time in the near future.

Building Memories while Raising Funds

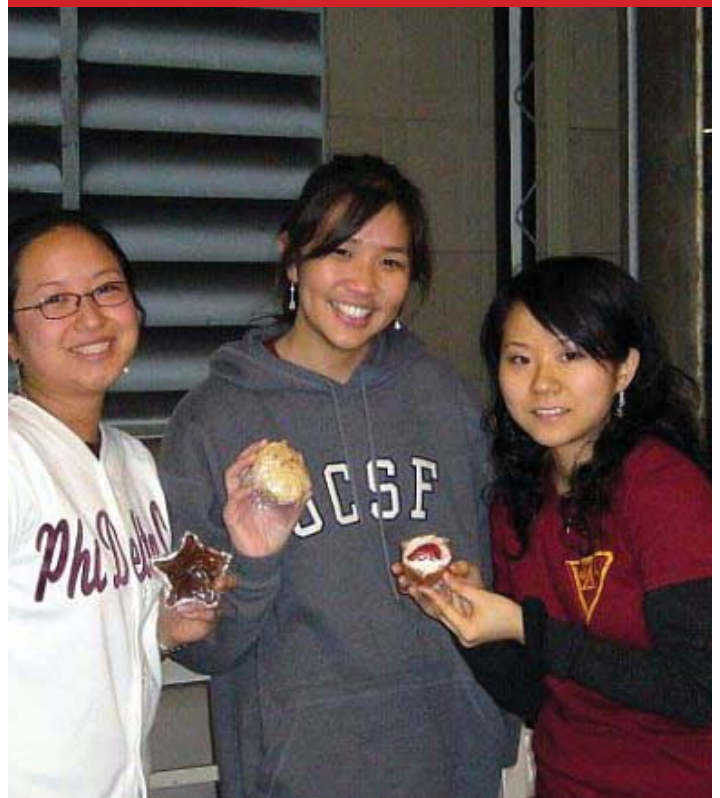
By Jennifer Ingrid Purificacion

In order to raise funds for future events, the pledge class of 2007 held two fundraising events. The first was a bake sale held on the 26th of January that was diligently organized by Catherine Chiu. The event was a success, with about \$500 earned as profit. Everyone exhibited their very own Iron Chef skills and creativity as the bake sale table displayed treats ranging from the traditional delicious looking chocolate chip cookies, heavenly cheesecakes, mouth-watering lava brownies, and enticing flans. Besides the delectable sweets, each PDC pledge also exuded outstanding energy and enthusiasm in working with each other and in advertising the products being sold. Each appetizing dessert emanated not only our baking skills, but more importantly our dedication and passion to work as a team and achieve a goal we had set forth.

The second fundraiser event was held in the month of March celebrating St. Patrick's Day. Alexis Lee led the task of organizing and conducting the St. Patty's Grams event. Although St. Patrick's Day was on March 17th, the patty grams were delivered to individual recipients a week in advance due a conflict with final exams. This was actually a brilliant idea because the grams were then thought as "Good luck wishes" for students anticipating the coming of finals week and also eagerly awaiting spring break at the same time. The St. Patty's package consisted of chocolates, plastic green grass, and a golden penny for luck carefully wrapped along with a decorated mini-card containing personalized messages. They were prepared in the PDC house and the whole pledge class participated. During the process, an assembly line formed—two people were in charge of putting the green strings into the bags, another two people were in charge of incorporating the golden pennies, four people carefully added the chocolates and the remainder wrapped the bags along with the personalized mini-cards. After the preparation, came the delivery, where we once again faced another challenge. All nineteen of us worked diligently in distributing the St. Patty's grams to the P1, P2, and P3 classes and thanks to the Brothers, we weren't left in the dark guessing who was who in the P3 class.

In retrospect, both of the fundraising events culminated the essence of Brotherhood, unity, and leadership. Indeed for each event, a goal was set and that was to raise monetary funds. However, what was

achieved at the end was far greater than this goal- that is the long-lasting memories we have of each other. We understood and respected each other's strengths, skills and suggestions during these activities and during the stressful times, there was always a word of encouragement from one of the pledges, casting away feelings of doubt and strain. It has been a great experience working together and we can only expect for more successful, fruitful and fun occasions to come in the future!



Pledge Class Reaches Out to Students at SFSU

By Cathy Hau and An-chi (Angela) Lu

The pledging process provided us with numerous opportunities to establish brotherhood and build up our leadership skills in the pharmacy profession. For example, this year, our pledge class decided to hold an outreach event at San Francisco State University (SFSU) with the goal of providing the students an in-depth overview of our experiences with pharmacy school. With the help of Dr. Barry Rothman, SFSU's Health Profession Advisor, we carried out our promotion event on February 7th, in the "Health Profession Lecture Series," which is a weekly 2-hour lecture for students interested in entering the health profession.

Each of the nineteen of the pledges had a unique role in making this event happen. Since our visit to SFSU was immediately followed by three back-to-back midterms, the unexpectedly enthusiastic and prompt contributions from pledges were key in making this event a success. Some pledges worked in small groups to prepare slides that introduced a specific topic of pharmacy while others volunteered to be presenters and discussion panelists during the visit.

Our promotion event was structured into various parts. First, we gave a presentation on the ever-expanding career opportunities for pharmacists and some general planning strategies in applying to pharmacy schools. The session then turned into a discussion panel where four of our pledges shared their unique experiences on how they became interested in pharmacy, how they prepared themselves as competent applicants, what they liked and disliked about their first year and what advice they had.

This outreach experience was very rewarding in many aspects. We saw many promising college students enthusiastic about going into pharmacy and we were actually able to help them. Many of the students even stayed around to ask us questions, although it was past 7 PM. Also, following our event, we received a request to set up a mentor-mentee program with the SFSU pre-pharmacy students. We currently do not have many SFSU graduates here at UCSF School of Pharmacy, so we will certainly make a great effort in helping them through every step of the process.

Because of all the efforts made by our pledges, this professional outreach was a huge success. We received lots of appreciation and positive feedback from

the students, and also gave ourselves a little treat by going to a fine restaurant together afterwards. We all came home with full stomachs and satisfied smiles on our faces. There is nothing happier than being able to help others by our own experiences!



Pledge Class Trip: Dinner and Ice

By Ruth Choi

This year's PDC pledge class trip took place at the Yerba Buena Ice Rink. It was preceded by dinner at Mo's Grill. Although this was a pledge event, many of the Brothers came out to eat with us and spoil us with PDC brotherly love. Coincidentally, it was Kathy Quach (WCC) and Ruth Choi's (pledge) birthday. After dinner, they were surprised with flowers, cards, and cream puffs from Beard Papa's. Everyone had a piece, including the restaurant employees who were closing up for the night.

Following lots of pictures and hugs, the Brothers took off and the pledges headed downstairs to the ice rink. All laced up, the pledges took over the ice and showed all of the skaters what PDC is made of! Well, not exactly. It may be more accurate to say that we spent most of our time along the perimeter of the rink, either holding on to the ledge or each other for support. At one point we had a mini conga line going, really putting our motto, AAE, into practice. The pledges had a blast on the sidelines, leaving the center open to the professionals, i.e. the kids half our age. We were thankful to these mini figure skaters and hockey players for reaffirming that we should stay in pharmacy school. We were also thankful to Bayer Aspirin for the aches and pains we suffered after that night. **CONTRAINDICATED FOR CHILDREN LESS THAN 16 YEARS OLD! REYE'S SYNDROME!** (Oops...sorry...nerd-reflex response.)

Get your Party On!

By Connie Wong and Michelle Moon

Organizing for our pledge party was the last challenge we needed to accomplish before becoming true Brothers of PDC. After a busy quarter of various pledge events, the party was the event we were all looking forward to. We hoped it would be a great success and one of the most memorable parties we had been to. Located at ICON Lounge in San Francisco, the party took place on February 23, a Friday evening right after all our midterms. Every one of us was exhausted from studying and a party definitely served as a break from all the stress. At first, we were concerned that there might be a small turnout, since our pledge class was relatively small, but the crowd that came was much larger than we had expected. After a long hard quarter, it was great to see everyone dressed up and looking stylish. At one point, it was so packed on the dance floor that it was even hard to dance in place! It was also hilarious to see our classmates and Brothers going wild on the dance floor. The party was a fantastic way to get to know everyone up close and personal.

We want to thank all our classmates (GO Class of 2010!) for coming out to support us. We especially want to thank all the Brothers for coming out and for supporting us throughout the quarter. It meant so much to us to see so many of our classmates and Brothers there. Lastly, we would like to acknowledge Jenny, Hannah, Rena and Ingrid for working so hard and putting in so much effort to organize the party. It turned out to be a great party. Good job, guys!



The Last Step: Initiation

By Michelle Moon

Finally, the time had arrived. We had finished all of our required pledge events and now it was time for the last step: initiation. As we began to arrive at the PDC house, we were instructed to wait outside. It just so happened to be raining that night and very cold, so all nineteen of us began to huddle tightly together on the steep front stairs of the PDC house. As we waited, our collective excitement and jitters could be felt, building thick in the air. We had heard rumors about this night, but in reality, we just didn't know what to expect. For some reason, I remember it feeling really awesome to be standing on the steps with my fellow pledges waiting for initiation to begin. Huddled all together against the cold, I felt like the penguins in the movie March of the Penguins. We had all made it this far together and we were all there to finish it together.

After a lot of waiting, the blindfolds went on and initiation finally commenced. As you know, these things are supposed to be kept hush, hush, so let's just say initiation was um...interesting.

Two hours later, we opened our eyes again and surrounding us on all sides smiling and ready to welcome us were our new PDC Brothers. It was a great moment. Just sitting there, I remember thinking that this sense of belonging was why I joined PDC. So many Brothers came out to welcome us that night, and warm wishes of congratulations filled the house. It was awesome to see the PDC Brothers so excited for us. That night, we also received our PDC pins and PDC sweatshirts. Altogether, it was a great night and we want to thank all the PDC Brothers for welcoming each and every one of us so warmly into the family.



BROTHERHOOD

On Service and Brotherhood

By Chung-Ying Joyce Huang

Before coming to UCSF, I never thought that I would actually find true Brothers outside of my own family. Yet I did—at Phi Delta Chi. I am truly grateful to have met and joined all of our loving and supporting Brothers to serve the community as a team at the Glide Memorial Church. In the past, I have been involved with various kinds of community service activities such as volunteering at hospitals and mentoring kids. However, my previous experiences mostly depended on my own scheduling and effort. Yet, serving breakfast to the homeless population at the Glide Memorial with my fellow Brothers taught me how to work effectively as a team and communicate well with others. Every time we served the food, I was always touched to see so many volunteers working together to share love with those who are less fortunate. Watching many of the poor and homeless men and women smiling when they finally had the chance to eat some hot food reminds all the Brothers how blessed and lucky we are. Not only do we have our own families to support us, but we also have the Phi Delta Chi family, as well.

Whenever I face an obstacle at school or in life, I can be sure to find a Phi Delta Chi Brother who is willing to listen to me attentively and advise me sincerely. Such wonderful community service events taught me what this society truly lacks: not food, but love and help from one another. The Phi Delta Chi motto of “Alterum Alterius Auxilio Eget” reflects this—each needs the help of the other. We can never give back to the community enough, but we can always try to provide more love to share and more help to spare.



Annual Phi Delta Chi Banquet at Buca de Beppo

By Cherry Truong

The PDC Banquet was the last event of winter quarter. We were no longer pledges; we were Brothers, and it was our time to celebrate. The long dinner tables were full of people and everyone was dressed in their Sunday best. Hugs and kisses quickly filled the air as the Brothers of Phi Delta Chi gathered. The dinner was the perfect chance for the older Brothers to meet the newest additions to the PDC family and for the newest Brothers to get to know Brothers from all four years, and even some alumni Brothers. Besides the conversation, we were treated to an awesome dinner, as well. I still can't remember how much pizza and pasta I ate! Later in the night, elections were held for the new officers, and we greeted our new cabinet. This of course meant that it was time to say good-bye to the outgoing cabinet. The outgoing officers were each presented with a special gift, and we watched as our Worthy Chief Counselor, Kathy Quach, handed over her title to Cheryl Hirata.

Next, we showed our appreciation to PDC by presenting our long thought-about pledge gift: a mahogany chalkboard signed by all the pledges. A heart-warming slide show wrapped up the evening, displaying memorable moments from PDC events over the past year. Finally, the banquet was brought to an end with the singing of the Phi Delta Chi drinking song. Overall, the banquet was a great way to celebrate the end of our pledging experience, and the beginning of our lives as Brothers of Phi Delta Chi!

What Does Brotherhood Mean to Me?

By Rena Leong

Alterum Alterius Auxilio Eget- each needs the help of the other. This poetic statement about brotherhood represents values such as lending a hand, helping out, and simply being there for each other. In this past quarter, I have come to realize that brotherhood means this and so much more.

Honestly, I had my doubts on whether or not pledging was the right decision for me. I knew most of my soon to be Brothers as kind and sweet classmates, but I wasn't close to that many of them. Over time, I finally realized that it wasn't that important if I knew them super well beforehand because I eventually would; what mattered most was who they are and how we get along.

During the pledging process, I got to know my fellow pledges more and more. It was fun hanging out with them and learning their backgrounds. However, their true qualities were exemplified during our trip to Yerba Buena Skating Rink. The commitment and care that they exuded was really incredible. When we first stepped onto the ice, almost all of us had an initial hesitation to start the free skate. It was definitely a site to see-- 19 of us lined up against the wall, clinging for dear life! Though some of us eventually found our footing and others only used the wall as assurance, there were a few who had never skated before. They were scared and freaked out. Usually when I have been in this situation in the past, I am first greeted with assistance, but then abandoned after ten minutes. Most people have good intentions, but the follow through is sometimes lacking. However, this was not the case with my fellow pledges. Throughout the whole night, there was ALWAYS someone with the beginners to hold their hand, guide them along, or simply offer assurance.

I was really touched by this continued show of devotion and knew I had made the right decision to pledge PDC. Though I may not have known their favorite food or some of their traits, that night in the skating arena, I learned their true character. All my pledge Brothers are caring, generous, and considerate and I am honored to be part of such a great group. Pledging has been a really wonderful experience and I have come to know my classmates as friends and Brothers. I know I will never be without help as long as they are by my side, on and off the ice rink.

TRIVIA

How well do YOU know your Phi Delta Chi trivia? Take the quiz to find out...

1. What was the fraternity originally called?
2. Where was the fraternity originally founded (School and City)?
3. Who was the first honorary Brother?
4. What is UCSF's chapter called?
5. When was Phi Delta Chi founded at UCSF?
6. What is Phi Delta Chi's Motto (Latin and English)? (Spelling Counts)
7. What are Phi Delta Chi's colors?
8. Who stated Phi Delta Chi's Creed, "A man should first direct himself in the way he should go; only then should he instruct others."
9. Complete this sentence in the Reflection of Brotherhood. "Let us keep burning the _____."
10. Complete this phrase of the Phi Dex Drinking Song:
"Sixty thousand years from now, \neg _____ , but who says this is wrong?"

Answers

1. Phi Chi
2. University of Michigan, Ann Arbor
3. Albert Benjamin Prescott
4. The Zeta Chapter
5. 1902
6. Alterum Alterius Auxilio Eget; Each Needs the Help of the Other
7. Old Gold and Dregs of Wine
8. Buddha
9. "Light of wisdom"
10. "When we are dead and gone, there'll be no disease no pharmacies"

SCORE

PERFECT 10: WOW, Hail to Phi Dex, hail to YOU!
7-9: GOOD JOB, you are an integral part of this "hell of a bunch guys, the Phi Delta Chis."
4-6: NOT BAD, you might want to study up before "you lift your mugs and drink to drugs."
1-3: KEEP ON TRYING, at least you didn't "once forget, you're Phi Delta Chi."
0: TSK, TSK, what happened to being with "no despair"?

A Thank You to Phi Delta Chi

By Emily Min

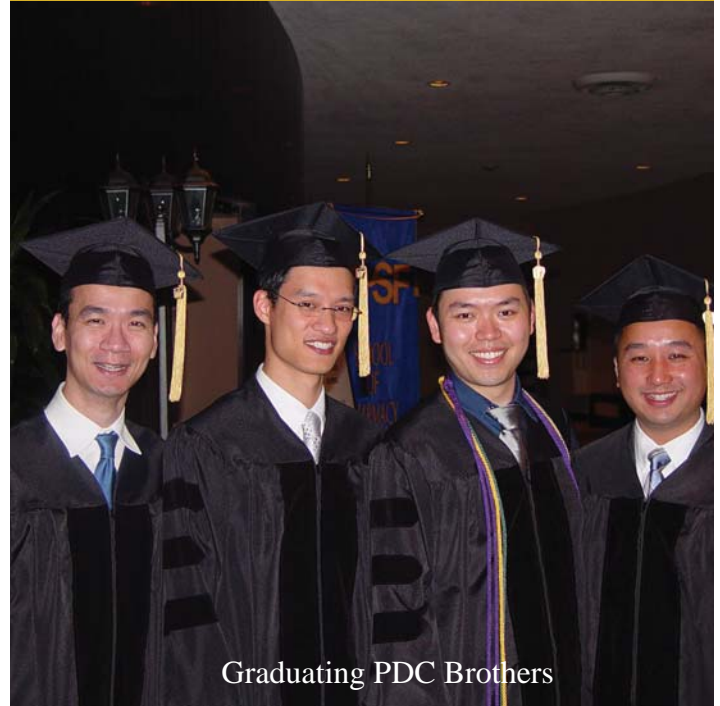
All ambitious professional students are experts at stressing out. As we tick items off of our mile-long to do lists, we worry about how it will all get done. As our class considered the possibility of pledging for PDC, we wondered if the pledging process would only compound the busyness of our already packed schedules. Still, 19 of us decided to take the plunge and become full-fledged PDC Brothers.

Pledging was a busy time. Our events all took place during a very intense winter quarter. The only thing that kept us from morphing into highly caffeinated balls of stress was the support and encouragement of our PDC Brothers. The Brothers showed their support in so many ways. From the beginning, they reassured us regularly that we could do it (and we definitely needed to hear it!). They guided us through every event and answered all of our questions and concerns. One of the sweetest ways (literally) that our Brothers showed support was through buying all of our baked goods during our first fundraiser. Even though we are good bakers, the main reason they were buying was to show us support, and we definitely could feel it! We also saw their support when they packed ICON Lounge for our pledge party. Even the third and fourth year Brothers came out despite grueling therapeutics and rotations.

Each pledge was also assigned two big bros, who took especially good care of us. Throughout the whole pledging process, our big bros helped us learn, fed us sweets, and always made us feel special! They kept us laughing when we were tired and, by their involvement with us despite their own overwhelming schedules, were models of grace under pressure. Our pledge masters were especially supportive, going out of their way to make sure the whole process was smooth and enjoyable for us. On the whole, we have a great model of how to welcome next year's class and bring them into the PDC family. Thank you so much, PDC, for the brotherly love you showed us!



Pictures



Graduating PDC Brothers



Soon-To-Be P4s Congratulating Graduating Brothers



Angel or Devil, We Love Them All!



Phi Delta Chi
2006-2007



Phi Delta Chi
2005-2006



Phi Delta Chi
2004-2005



Volunteering at Glide Memorial Church



Bonfire...It's Getting Warm Out Here!



PDC Brothers For Life!



Ice Skating Groupies



Feeding the Hungry In Style



Bosom Brothers Since They Were P1s



One of the Best Way to Get to Know a Bro, Breaking Bread



Help Me, Help You!



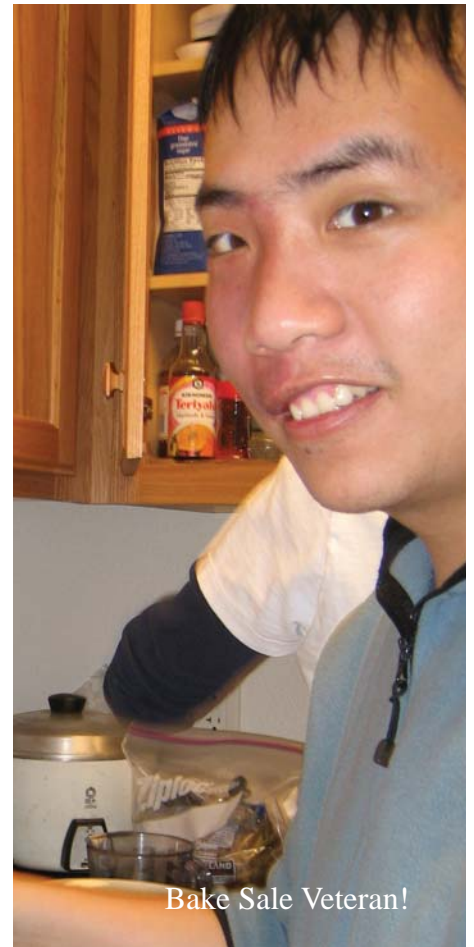
This is My Pin, Foot!



Cute!



Our Yearly In-N-Out Escapade!



Bake Sale Veteran!



Who's Pledging With PDC This Fall?



Food Shelter



Group Pic!



School of Pharmacy **UCSF** Zeta Chapter