

2010-2011

Issue

Phi Delta Chi Professional Pharmacy

Zeta Chapter at the
University of California
San Francisco



[THE REFLECTOR]

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***Special thanks: Photo Credits to Lauren Louie, Kaelynn Wang, Xue Vee Yang and to all the wonderful Zeta Reflector Writers!*

I. PDC EVENTS

Thanksgiving Dinner by Trina L. Cheng

As one of the most highly anticipated events in the fall, the PDC Thanksgiving dinner turned out to be a huge success, with many of our alumni, third and fourth year pharmacy students in attendance. They even contributed amply to the home-cooked, festive, and hearty harvest that was served. The Worthy Masters at Arms started off the night by encouraging everyone to grab drinks, whether it was sparkling water, apple cider, or a glass of red wine. Then we played an icebreaker that gave the winning tables the chance to line up for the mouth-watering, aromatic buffet, which was sure to be a big hit! Hours prior to this event, brothers had labored in the kitchen creating entrees and desserts such as macaroni salad, candied yams, creamy mashed potatoes, fresh tossed salads with dressing, mint marble brownies, upside-down pumpkin pie and for the crowning glory of thanksgiving dinner, three savory turkeys were prepared! Brothers lined the table serving hefty portions to all and after everyone was seated and plates were filled to the brim with food, we started our tradition of “giving thanks”. There were heart-felt moments and laughter as we reminisced and shared our thankful moments in the past year. Sadly, the event had to close at the end of the evening, but we were comforted with warm thoughts, full bellies, and a lifetime of memories.



Phi Delta Chi Tahoe Trip by Tiffany Chung

After just a few weeks of winter quarter, the Zeta brothers were ready for a change of scenery. We packed our vans and tiny compact cars to the brim with essential provisions like chocolate chip cookies, tortilla chips and dip, and even beverages of a certain variety. From the land of fog and rain, we headed to that of magical snow—Tahoe!

I have heard that the annual trek to Tahoe is one of Zeta chapter's best traditions and now with one trip tucked under my belt, I can definitely see why. I had the chance to see my brothers from outside the confines of classrooms or the computer labs, to share stories, eat, and laugh together. Several of us hit the slopes and frolicked in the snow while getting some good runs in. After our exhausting day on the mountain, we headed back to our cabin to stuff ourselves on Mama Lydia Chen's delicious homemade cooking and play many silly games that only got sillier as the night wore on. The next day we headed back home to San Francisco with just a tinge of regret as we reluctantly returned back to the real world.

Even though our trip was short, I enjoyed getting to know my brothers better. I am looking forward to these years ahead filled with Tahoe trips, good conversation, and most of all, PDC brotherly love in my heart!



II. PLEDGE EVENTS

I've Found My Big Brother! By Gianni Xin

There is a big difference between finding something and having something revealed to you. The former is an active process, the latter is passive. Trina and I, the Worthy Master-at-Arms this year, believe that an active process is more exciting and allows people to be more involved. Hence, this year, we decided to try something very different; instead of having a Big Brother Revealing, we decided to have a Big Brother Finding Celebration.

The process of finding something is always fun and challenging. Don't you feel a lot more satisfaction when you find a twenty dollar bill lying on the sidewalk, compared to being given a twenty dollar gift card on your birthday? Furthermore, allowing the pledges to find their Big Brother would give them a sense of ownership over the process of being matched with a Big Brother in the fraternity.

We turned the pledges' process of finding their Big Brother into an interactive game. Trina and I attached the name of each pledge's Big Brother to their back, and set them free into the middle of a room filled with Brothers. The pledges were instructed to walk around the room and ask the Brothers 'yes' or 'no' questions about their respective Big Brother until they could guess who he or she was. We hoped that this tactic would foster more bonding between the pledges and the Brothers, and indeed it did! The room became a frenzied blur of chatter and excitement, which eventually broke out into squeals of joy and laughter when the pledges found their Big Brothers. Throughout the room, pledges delightedly shouted out different renditions of "I've found my brother!" and "I knew it was you!" By the end of the night, the once dimly lit room was brightened by the shining smiles and warm hugs between pledges and Brothers.



Scavenger Hunt By Lena Yoo

I wasn't sure what to expect when I saw the day's activity listed—"Scavenger Hunt." I vaguely remembered my elementary school days when we would have scavenger hunts for Easter eggs, so I expected something similar for this event. But I was pleasantly surprised to see that we would not actually be running around campus looking for items – instead, we were running around all over campus to different rooms performing different activities in our committee groups.

There were charades with pharmacy-related words, dancing Connect-Four, Rock Band, Fording the River, and a minefield of cups. Each activity had us laughing and enjoying ourselves and getting to know not only our fellow pledge classmates, but also the wonderful P2s and P3s who put in so much effort to put this event together. Being in our committees as teams also helped foster a friendly competitive spirit between the committees as we all tried to rake up as many points as possible. The teams allowed us to get to know our committee-mates as we prepared to start working together to plan our various pledge events, whether fundraising, professional, or partying.

PDC Clubbing Event at Bubble Lounge by Tina Tran

The Phi Delta Chi Pledge Class of 2011 started the winter quarter with our very exciting clubbing event at Bubble Lounge. The four pledges Michael Blatt, Reid Imai, Jacqueline Kao, and I formed the Party Committee and did an amazing job putting this event together. We have made PDC proud!

The night started with a party at the PDC house. It was a great turnout. As always, it was wonderful to see our brothers looking stunning in their best outfits and getting together to mingle with one another. The highlight of the party was when the P1 pledges and the P2 brothers formed two teams to play "Flip Cups"! We cheered and yelled for our favorite team! After several rounds of drinks, the P2 brothers won and declared themselves as Champions of Flip Cups!

From the PDC house, we headed to Bubble Lounge, located in the beautiful neighborhood of North Beach, San Francisco. It was an elegant lounge, well-known for serving 300 kinds of different champagnes and sparkling wines. It was fabulous to see so many of our classmates and upper classmen coming out to the lounge to support the new PDC pledge class. We drank, danced, and had the time of our lives on the dance floor!

Our special thanks go to Kaelynn Wang, Trina Cheng, and Gianni Xin for your help us making the event a success and for making the night so memorable!



Class Gift by Jian-ya Lin

Paddles, picture frames, toilet seats, floor mat, stain glass windows, and glassware, have all been given as class gifts in previous years. My gift committee—Tiffany Luk and Xue Vee Yang, and I, had a difficult time thinking about a fresh and unique idea to present to PDC this year. We thought of everything from a T.V. to shot glasses, but nothing seemed to suit how our class felt about Phi Delta Chi. To us, this organization was more than just a fraternity; it was our family away from home and gave us a sense of comfort among the stress of pharmacy school. We needed something special that will forever stay with the Phi Delta Chi house and remind brothers in the family why we have chosen to be a part of it, the duties we have to each other, and the love we will always share for the organization. The idea for the gift came when we were on our trip to Lake Tahoe. Many of the cabins had wooden signs above their doors stating the name of the family that lived inside, which gave the house a welcoming and home-like feel. We decided to make a similar wooden sign but with a quote that we are all familiar with. It was a line from the reflection that exemplified what Phi Delta Chi meant to us and one that we hold close to our hearts. The line reads, "Let us give our best efforts to our brothers." We also decided to hang the sign right above the entrance to the common area of the house so brothers will always be reminded.

The gift may not have been as high-tech as a plasma T.V. or as functional as glassware, but it is meaningful and its message is forever-lasting. The wooden sign will serve as a reminder for all new and old classes of Phi Delta Chi that whenever you are in need, you can always count on a brother to give you their best effort.



PDC Initiation By David Troelstrup

Shortly after we all decided to join PDC, our pledge class started to gel right away, overflowing with so much positive energy. Whenever there was a project or an assignment, pledges jumped right in and immediately started helping each other, making suggestions, sharing ideas, and offering support. If a problem arose, we put our collective heads together and developed solutions. I felt as if I had known my fellow pledges for quite some time even though it had only been a few months. These weeks of pledging fluttered away and now it was the day of our initiation.

Classes filled our special day, providing a brief distraction from the ensuing excitement and before we knew it, the evening was upon us. Drum roll please! We slowly gathered outside the house pacing back and forth with anticipation and greeted our fellow pledges as they arrived in ones and twos. Some of us tried to fill the last remaining blanks in our pledge books with varying success. Our future brothers tried to prepare us as best they could for what would come next. As pledges we lined up single file on the sidewalk against the steep grade of the hill. It felt as though we were one misstep away from rolling down the steep incline. We now had to rely on the shoulders of our fellow pledges for support as links in a chain, just as we had the past few months throughout the pledge process. We were ready to take the plunge whatever it might entail. The night progressed like this....um...ah....oh...wow...what...oh no....yes....but....uh-oh...whew....cool...awesome! Through fraternal traditions and practices, we learned the importance of gaining and maintaining the trust of others, the value of ensuring an intellectual curiosity throughout our career, the worth of upholding the professional ideals of the field of pharmacy, the meaning of preserving the standards of our fraternity, and the merit in resisting the urge to engage in imprudent behavior. Although we stumbled and fell a few times, our brothers helped to guide us through our path. The journey into night had culminated in our evolution from pledge to brother. Smiles, laughter, and sighs of relief filled with room. We had all finally crossed over to the other side into PDC brotherhood. We are now a link bound together in an eternal growing chain as part of the PDC pharmacy family.

III. Giving Back

Professional Night at SFSU by Nghi Ha

Applying to pharmacy school can be a long and nerve-wrecking process, so brothers of Phi Delta Chi decided to dispense some SSRI's in the form of Professional Night. Professional Night is an annual event put on by PDC's pledges with the intent to mediate the stress of the application process and to arm those who are interested with the necessary tools and knowledge to navigate the process successfully. The Professional Committee (Lauren, Noelle, Tae, and myself of this year's pledge class) was given the task to plan and execute this event. The event took place on February 16th, 2011 at San Francisco State University with their Pre-Pharmacy Association. It was a great bonding experience for the committee members as well as the members of the pledge class. All the pledges dressed in their best professional attire and participated in this event. There was also a surprised appearance from our WCC, Madalene Mandap. The event consisted of an informational presentation given by the members of Professional Committee and break out Q&A session hosted by all the pledges present. There were many exciting and engaging conversations generated between the pre-pharmacy students and the eager members of the pledges class who wanted to share their experiences and guidance. It was rewarding to see all the exchanges of knowledge and experiences between pledges and students. Overall, the event was a success. There are current discussions among the current members to make this a bi-annual event so that we can help students before and during the application process.



Writing Letters at PDC House by Jacqueline Kao

The PDC community service event was originally going to be held at Alvord Lake at Golden Gate Park, during which we would plant trees, pick up litter, pull weeds, and generally beautify the park. Unfortunately, due to bad weather (who would have thought, in Inner Sunset?) the event was moved to the PDC house instead. Rather than planting trees, we would be writing letters to the troops. When I arrived at the PDC house bright and early on Sunday morning on February 27, I was greeted with a delicious breakfast of bagels, orange juice, and fruit. Instead of writing thank-you letters only to the troops, I found out that we had the freedom to write two different letters to recipients of our choice. The first letter would be addressed to an organization that has made a difference in our lives. The second letter would be addressed to a key person to us, whether it be a friend or family member, to let them know that we appreciate them. I was excited to write these letters—much more than I was to plant trees, to be honest—because I could use my personal experience to thank important people in my life and reflect on how they have affected me. I wrote a letter to Planned Parenthood, thanking them for the healthcare that they have provided to people around the nation, as well as inspiring me to become more involved in social and political issues. Writing this letter made me reflect on all that I have done, and helped me realize that I have come a long way since I started college. In addition, my second letter was addressed to a dear friend from undergrad that I have not spoken to in a while, but is still someone who has made a significant impact on my life.

What I also enjoyed about this morning was reading my fellow brothers' letters to important people in their lives and organizations of their choice. One of my fellow brothers wrote a letter to the Alzheimer's association detailing her experience with a relative who suffered from the disease. This letter was so well-written and touching that another brother cried upon reading it. Learning about the different organizations that my brothers wrote to such as Greenpeace, American Cancer Society, and East Bay Asian Local Development Corporation helped me realize the diversity and breadth of all of our experiences. We all came to UCSF with something unique to offer to the school and to our classmates, and it is through our personal experiences that we have become the people we are today—mature, intelligent individuals who have (dare I say it?) an understanding of the human condition. I am thankful for this experience writing letters on a Sunday morning because not only did I have the opportunity to brighten up a person's day with my letter and gratitude, but I also learned about my brothers and became more excited to grow with them as the years of pharmacy school progress.



To Advance the Science of Pharmacy and its Allied Interests By Michael Blatt

The profession of pharmacy is more than just pharmacokinetics, drug-drug interactions, and dosage forms. The profession of pharmacy is an intersection of art and science. Pharmacy is where the science of therapeutics meets the art of communication.

In communication between two parties (A and B), the goal for party A, the pharmacist, is to deliver 100% of his/her intended information to party B, the healthcare team or patient. In the hospital setting, we use our communication skills to ensure that the healthcare team delivers the correct therapy to the each patient in the hospital and follow-up care for discharged patients. In the community setting, we use our communication skills to educate patients on managing their therapy at home. It is the effective communication of our clinical knowledge that makes us vital to the health of the public. What if I told you, however, that this communication aspect of our profession is not being maximized to its fullest potential, but rather it is being suppressed, if not diminished? Through speaking with pharmacists in the community, I have learned that there are many pharmacies that simply do not have the time to counsel their patients because their pharmacists are overwhelmed with the growing volume of prescriptions that must be filled. Pharmacists now face the challenge of choosing how to spend their time wisely between filling prescriptions and providing sufficient counseling that would improve the quality of patient care. I believe that the current pharmacy practice model is not sustainable for chain pharmacies, independently-owned pharmacies, and is below the standard of care that patients in our communities deserve. What then does the future of pharmacy have to do with Phi Delta Chi? Advancing our profession is part of our very core. Phi Delta Chi's objective reads, "To advance the science of pharmacy and its allied interests, and to foster and promote a fraternal spirit among its members." It is in our personal responsibility and duty to advance our profession.

What can we do to advance our profession? We, as brothers, must advocate together for pharmacist compensation for what we do best—communicating our clinical knowledge to patients. Many Phi Delta Chi brothers across the country are working around the clock to push for legislation and ensure compensation for our cognitive services in Medication Therapy Management (MTM). Other Phi Delta Chi brothers are researching new pharmacy practice models in which the patient outcome is favored over just filling prescriptions. Pharmacist compensation for MTM will be an integral component in ensuring that we maximize our clinical skills on a daily basis and most importantly, maximize the health of our patients.



IV. Reflections on Brotherhood

Why I Joined PDC by Tiffany Chung

Making the decision to join Phi Delta Chi was a natural choice for me. More than just a fraternity, PDC represents an extension of the UCSF “pharmily” that I have already come to know and love. PDC boasts not just the best and brightest people, but exemplifies the best qualities of all the people at UCSF – ambition, friendliness, warmth, dedication, and above all, a fierce commitment to enjoying all that life has to offer. Over these last three months of my first year, I have slowly but surely acquainted myself with each of my classmates. Their accomplishments and incredible backgrounds continue to blow me away, especially when considering that each and every one of them speaks with sincere humility about their many achievements. But the ones I call my friends within this class are unique. They are the ones who have become my pledge brothers. Unknowingly, they encourage me to never settle for less, and to remember why I belong at UCSF. I know that by joining PDC, I will have the opportunity to meet others with the same focus and drive; I will be honored to call them my friends and peers, but most of all, PDC brothers for life.



Why I Joined PDC by Lauren A. Louie

The first few weeks at UCSF were as amazing as they were intense. The idea that I had been accepted into such a prestigious university, not to mention the best pharmacy school in the nation, had not even begun to fully settle in my mind. I was in awe of all that UCSF had to offer me, but completing administrative requirements, becoming familiar with new class schedules, and sitting at a tiny desk amongst a hundred of my classmates overwhelmed me. However, during the ten minute breaks between classes, numerous announcements were made by older pharmacy students alerting us fresh-faced first-year pharmacy students of what organizations to join and participate in. The best announcements that helped relieve my stress were from Phi Delta Chi. It was not a chore to listen to those particular messages because their representatives were not only charming, but also hilarious. Moreover, at the PDC progressive dinner, the brothers I met were very welcoming and friendly. I knew that these were the kind of people I would love to get to know better, and it helped that PDC always had a relaxed atmosphere where one could just have fun. I have confidence that joining PDC was the best decision for me because though the next four years of pharmacy school will be as exciting and challenging, PDC will be the extra boost I need to become a well-rounded pharmacist.



What Brotherhood Means to Me by Noelle J. Lee

Brotherhood by definition is a biological kinship. However, I find it strange and inaccurate that the limiting factor on the definition of “brotherhood” is genetics. To me, brotherhood is a strong, intangible bond forged between people that manifests not in their shared DNA, but in their mutual respect, loyalty, understanding, trust, and loving care for one another. Moreover, the meaning of brotherhood is not just a couple of pretty words strung together. Brotherhood is identified and defined, not by words, but actions. As a member of the current class of Phi Delta Chi’s Zeta Chapter, I have had the great fortune of being on both the giving and receiving end of various acts of brotherly affection, from which I have learned the following: Brotherhood is knowing that if I bump into Esther Fleischman in the IRC ten minutes before class, chances are she will greet me with a twinkle in her eye and a smile across her face. Brotherhood is knowing that when I am inexcusably absent from class, Lauren Louie will graciously offer her beautifully well-written notes before I even have to ask. Brotherhood is knowing that if I ever need an escort to my car, Tae Kawamoto will go on a wild goose chase with me until we find it. Brotherhood is knowing that Xue Vee Yang will find some way to take a group picture at every event despite poor lighting and spatial restrictions. Brotherhood is knowing if I wanted to plan a baking party, there is no better place than Lena Yoo, Tina Tran, and Vanessa Shih’s house because they always have all the baking essentials ready to go. Brotherhood is knowing that if I ever feel like resting my head on someone, Christine Bui’s shoulder will always be there. Brotherhood is knowing that on some level Helen Gavrilova and I think the same because she always asks the questions I have in class before I can even raise my hand. Brotherhood is knowing that if I want to talk about boys I can lose myself in a conversation with Eliana Bukofzer. Brotherhood is knowing that Tiffany Chung actually thinks I am slightly funny, even though I am a huge distraction when I sit next to her in class. Brotherhood is knowing that when I ask Askar Nadjafov, “Why do you look so good today?”, he will make me laugh by nonchalantly responding, “I just do all the time.” Brotherhood is knowing that Jianya Lin and Nghi Ha were my saving graces for the histology and organic chemistry midterms. Brotherhood is knowing that Michael Blatt always has my back when it comes to finding old tests or job openings. Brotherhood is knowing that Reid Imai shares the same gravitation towards studying at computer labs as I do. Brotherhood is knowing I can count on David Troelstrup to crack a subtle, tasteful joke in any situation. Brotherhood is knowing that whenever I get to see Claudia Gonzales I consider it a blessed day. Brotherhood is knowing that I feel safe with Jacqueline Kao since she was my CPR training partner. Brotherhood is knowing that when I see Sarah Liu, I am reminded of the first time I ever met another member of the UCSF School of Pharmacy Class of 2014. Brotherhood is knowing that if I turn around in class and make eye-contact with Tiffany Luk, she will most likely give a little wave followed by a radiant smile. Brotherhood is knowing that when I have a less than perfect day, I can count on Judy Wu’s prayers to lighten the load. Finally, brotherhood is knowing without a doubt that there are those selfless enough to offer me their unfaltering support as I make my way through my pharmacy education, career, and beyond. It is through each of these simple actions that I can attest, with the fullest conviction, to the existence of brotherhood and the strength and joy that comes from it. In conclusion, to answer the question “What does brotherhood mean to me?”—I believe, because of what I have learned from these experiences with my fellow PDC pledges, that Brotherhood is a strong connection shared between people that give them the capability and the desire to make a positive impact in one another’s lives. This can be through either large displays of affection or through seemingly small, yet endearing acts of kindness.



What Brotherhood Means To Me By Xue Vee Yang

Brotherhood is decorating
.....Brotherhood is missing class
.....Brotherhood is spreading
.....Brotherhood is the excitement
...Brotherhood is the happiness I felt when I found out who was in my pledge class...
Brotherhood is covering for each other when someone forgot to wear the pledge pin.
Brotherhood is partying until the early morning and indulging greasy Mexican food.
Brotherhood is sticking together and finding strength in others around you.
Brotherhood is writing letters of thanks and appreciation to strangers.
Brotherhood is celebrating special occasions with the ones you love.
Brotherhood is being able to open up to someone you barely know.
Brotherhood is the assurance that you made the right decision.
Brotherhood is the admiration of different cultures.
Brotherhood is doing good for others...just because.
Brotherhood is the anticipation of initiation.
Brotherhood is laughing until we cry.

Brotherhood means trust.

Brotherhood means love.

Family.

PDC



Looking Back by Madalene Mandap

What an amazing journey it has been! From pledge to brother to officer to WCC, I have cherished and grown from all of my years with PDC. Looking back to what I wanted to accomplish, I am happy with what we have done as a brotherhood and what is in store for the future. Former cabinet: You've done such an awesome job, and I will miss working with all of you! New cabinet: I can see already that you are going to be smashing in all your respective positions! I look forward to seeing the fruits of your labor in the coming year.

Fostering brotherhood among its members

Rushing and Pledging were successful! All officers were amazing in carrying out their duties with enthusiasm. We had plenty of opportunities to bond throughout the year, including parties, dinners, and karaoke nights. Alumni also joined in some the activities such as Thanksgiving Dinner and Banquet.

Advancing the science of pharmacy and its allied interests

Two new ideas that have come to fruition are the Board of Pharmacy lunch talk and Safe Medication Disposal project. These were initiated to more closely align our chapter with the National Office and to solidify our credibility as more than just a regular fraternity. We are excited to continue to develop the ties we have with the Board and to embark on our community project. I am so thankful for Drs. Don Kishi, Robin Corelli, and Elaine Law for their mentorship in the early stages. Also, a big heartfelt thank-you goes out to William Nguyen for seeing the projects to completion.

Let us give our best efforts to our brothers

In my time with this fraternity, I have learned one thing: PDC is the home of pioneers. We are taking the fraternity to "New Directions," against all odds. What we lack in numbers, we more than make up with passion and heart. I've never seen a more altruistic, humble, and fun-loving bunch as my brothers in PDC. As we face the coming year with a new cabinet and new WCC, remember the wise words of the band Journey: "Don't stop believing." Our success is not about numbers and it is not about popularity; it is about making it mean something when you put those letters on. It is about being true to your heart and being there for your brothers. It is about belonging to something you are proud of and do not have to apologize for. As we complete our transitions, I would like to wish everyone a happy, meaningful journey with many more AAaWESome PDC memories to come.



Worthy Vice Counselor by William Huy Nguyen

Academia, professionalism, philanthropy. This year, the brothers of the Zeta chapter of Phi Delta Chi have made an outstanding contribution in these fields at University of California, San Francisco School of Pharmacy. As Worthy Vice Counselor, I am proud to see such enthusiasm within our brothers in setting a standard of excellence as we become pharmacists.

The Zeta Chapter supports the academic advancement of both brothers and UCSF student pharmacists alike. Our Worthy Keepers of Records and Seals added to the large database of exams at UCSF by gathering the copies of exams from brothers. The Phi Delta Chi compilation of the first-year Clinical Pharmacy curriculum, PDC OTC-CP Handbook, of over-the-counter therapeutics and self-treatment sold well over 50 copies in its second publishing. This year, a novel edition was made: the PDC OTC-CP Pocketbook. This new edition provides information for clinical assessment and over-the-counter drug information that fits within the pocket of a white coat. It has been quite a proud moment for me to complete the editing of this book and see its production. Over 150 copies were sold to student pharmacists across all classes of pharmacy at UCSF. In the tradition of our motto, *Alterum Alterius Auxilio Eget*, a Top 100 Drug Boot Camp was conducted, which filled a classroom of first-year student pharmacists. I provided insights on learning the top 100 drugs through mechanism of action and community pharmacy practice, filling the deficit of those who did not have any pharmacy experience thus far.

The Zeta Chapter supports the professional development and networking opportunities of all brothers of Phi Delta Chi. This year our Worthy Alumni Liaison gathered Phi Delta Chi alumni from across the state of California to speak on their experiences as pharmacists and their paths to their current careers to all schools of health at UCSF. Student pharmacists had an opportunity to speak with pharmacists after the panel to cultivate their professional development as they sampled wine and cheese together at this event. By way of an introduction by the UCSF Associate Dean of Student and Curricular Affairs, our Worthy Prelate, a few of our newest brothers, and I assembled a lunch talk with the California Board of Pharmacy, which was represented by Executive Officer Virginia Herold.

The Zeta Chapter supports the philanthropic efforts of the brothers. This year pledges were introduced to the close ties of Phi Delta Chi and St. Jude's Children's hospital through a poignant and empowering presentation by Nicolette Vallorz and Lauren Davis. In addition, Phi Delta Chi has went above and beyond in the history of UCSF's Annual Spring Auction by taking on the critical role of External Procurement this year. Brothers have made an enormous effort to encourage corporations across the state as well as the local vendors in the Bay Area to donate to this non-profit event to fund the community outreach projects for the entire school of pharmacy. Moreover, the Professional/Philanthropic Committee, under the guidance of our faculty advisors, has created the first Safe Medication Disposal poster at UCSF. It is the hope of our committee that future generations of Zeta Chapter brothers will assist in the dissemination of information of proper medication disposal to patients throughout the Bay Area and provide a novel opportunity for brothers to develop themselves as future pharmacists.

It has been an exciting year as Worthy Vice Counselor. As my term ends and I reflect on all that we have done, I cannot help but be proud to part of such a family of student pharmacists. I look forward to all that Zeta Chapter will do and become with the incoming cabinet.

VI. The Road Ahead

The Road Ahead by Kaelynn Wang

One of my most memorable moments this year is being pummeled by snowballs through the window of a rented minivan in Tahoe. Yes, I had the option of driving away, but I also had the option of rolling up the car window. However, the sheer iciness of the snowballs of fury, coupled with the precise aiming of my brothers, left me freezing and helpless.

Those were fun memories indeed. The PDC Tahoe trip was a great learning experience as well. Before that, I had never planned a snow trip. It was the contributions and efforts of my fellow Brothers that made the trip possible. With help from the Brothers, we were able to find warm accommodations, enjoy a yummy dinner, and embark on epic games of “Catch Phrase” that left us laughing until our abs hurt.

The same thing can be said about our chapter as a whole. We are a quirky, eclectic bunch, and each Brother adds something unique and special to the fraternity. Through friendship, professionalism, culinary skills, quick wit, and academic prowess, we are a brotherhood like no other and have the potential to achieve so many great things.

As the incoming Worthy Chief Counselor (WCC), I am truly honored at this opportunity to give back to a group that has given so much to me. As a P1, it was the warmth and genuine spirit of the P2 and P3 brothers that allowed me to adjust to pharmacy life. It was the support of my fellow pledge class that allowed me to gain friendships and confidence in my leadership skills and it was the experience of my year as Worthy Inner Guard that made me grow to love PDC even more.

Like the Tahoe trip, this new year as WCC will definitely be a rewarding experience, but it means nothing without the support of my fellow brothers. It is the wisdom of our advisors and alumni, the mentorship of our Big Brothers, and the camaraderie of our pledge class and Little Brothers that makes this organization so great. Whether it is through projects like Safe Medication Disposal, traditions like Thanksgiving Dinner, or late night group study sessions in the S-rooms, the simple presence and time shared with a Brother is what makes these moments in pharmacy school memorable for years to come.

As we embark on this year, I hope each of you will gain from it what I have gained so far as a Brother—connection and growth. Through our family trees and PDC traditions, we are connected to our alumni and to our future Little Brothers. As we cycle through another year of rush, pledging, social and community service events, your involvement will allow you to connect with fellow Brothers on numerous levels. Whether you are holding a cabinet position for the first time, spearheading a new committee project, attempting to bake your first batch of cookies for a bake sale, or going out to your very first clubbing experience, the next PDC year will offer many opportunities for you to push personal boundaries and grow as an individual and as a Brother.

This is going to be an amazing year. I can feel it. I can taste it. It will be fantastic! We have an amazing incoming cabinet and such enthusiastic new Brothers. I look forward to experiencing this next year with you all (and to be better prepared when the next Tahoe snow fight comes along). But again, remember that it is the collective support and presence of all our Brothers that will make these new experiences worthy and memorable. And so I end with a reflection of something I promise to do as WCC and something I encourage you to embrace as well: “Let us give our best efforts to our Brothers.”

PDC Officers 2010-2011

Thank you PDC Officers for an amazing year!

Worthy Chief Counselor (WCC) *Madalene Mandap*

Worthy Vice Counselor (WVC) *William Huy Nguyen*

Worthy Correspondent (WC) *Kenny Nguyen*

Worthy Keeper of Finance (WKF) *Jennifer Yang*

Worthy Keeper of Records and Seals (WKRS) *Sarah LeClair*

Worthy Inner Guard (WIG) *Lydia Chen & Kaelynn Wang*

Worthy Master-at-Arms (WMA) *Trina Cheng & Jianni Xin*

Worthy Prelate (WP) *Jennifer Toy*

Worthy Alumni Liaison (WAL) *James Vu*

Social/Reflections Chair *Dawn Yu*

Webmaster *Ivan Mok*

House Manager *Kara A. Lau*



Awards 2010-2011

Fall Officer of the Quarter *Lydia Chen & Kaelynn Wang*

Fall Brother of the Quarter *Lawrence Eng*

Winter Officer of the Quarter *Trina Cheng, Jianni Xin, Dawn Yu*

Winter Brother of the Quarter *Matt Chang*

Winter Pledge of the Quarter *Xue Vee Yang*

Spring Officer of the Quarter *Tiffany Chung*

Spring Brother of the Quarter *Will Nguyen*

Alumni of the Year *Dr. Elaine Law*

Incoming PDC Officers 2011-2012

Welcome new PDC Cabinet 2011-2012!

Worthy Chief Counselor (WCC) *Kaelynn Wang*

Worthy Vice Counselor (WVC) *Nghi Ha*

Worthy Correspondent (WC) *Tiffany Luk*

Worthy Keeper of Finance (WKF) *David Troelstrup*

Worthy Keeper of Records and Seals (WKRS) *Sarah Liu*

Worthy Master-at-Arms *Tina Tran & Lena Yoo*

Worthy Inner Guards *Xue Vee Yang & Jian-ya Lin*

Worthy Prelate (WP) *Lauren Louie*

Worthy Alumni Liaison (WAL) *Noelle Lee*

Social Chair *Vanessa Shih*

Webmaster *Tiffany Chung*

PDC Brothers

Congrats to the Graduating Brothers of the Class of 2011!

*Larry Arias
Susan Byun
Lynn Chen
Ruthi Choi
Jelyn Evangelista
Lindsay Holte
Jon Hutchison
Serena Huntington
Agatha Lin
Kathleen Liu
Aimee Loucks*

*Venus Manalo
Allison Mruk
Diana Nguyen
Van Thao Nguyen
Linh Pham
May Quan
Sharon Shamseldin
Keita Takeuchi
Justine Ung
Jeanna Wong
Annie Yang*

Class of 2012

*Lucy Chen
Michelle W. Chu
Allicia Enerva
Cindy Huang
Anna S. Jan
Sherry Kwon
Kara A. Lau
Goldie Leh
Cynthia Liang
Kimberly Lui
Angelika W. Maciol*

*Madalene Mandap
Sara E. McFarland
Bob Pihakane
Margrit B. Rosado
Lucia Rubio
Kathleen H. Sakata
Kelly D. Shiraki
Michele Siu
Tara Tsukamoto
Jingyi Wang
Simo Yao*

PDC Brothers

Class of 2013

*Thad Arakaki
Efren Bose
Angelina Chan
Matthew Chang
Lydia Chen
Trina Cheng
Vincent Cheng
Wen Chiu
Tina Chou
Caroline Chow
Claudia Chun
Jenny Dinh
Lawrence Eng*

*Qin Gao
Jeremy Gerspacher
Claudia Gonzalez
Rim Hur
Thanh-Tam Le
Sarah Le Clair
Daphne Lee
Rachel Lin
Tina Ling
Kelly Mei
Ivan Mok
Kenny Nguyen
Tran Nguyen*

*William Nguyen
Jody Okafor
Justin Petrovic
Iris Teruya
Gerald Toy
Jennifer Toy
James Vu
Van Vuong
Kaelynn Wang
Jianni Xin
Jennifer Yang
Dawn Yu*

Class of 2014

*Michael Blatt
Christine Bui
Eliana Bukofzer
Tiffany Chung
Esther Fleischman
Helen Gavrilova
Nghi Ha
Reid Imai
Jacqueline Kao
Tae Kawamoto
Noelle Lee*

*Jian-ya Lin
Sarah Liu
Lauren Louie
Tiffany Luk
Askar Nadjafov
Vanessa Shih
Tina Tran
David Troelstrup
Judy Wu
Xue Vee Yang
Lena Yoo*

Chapter Advisors

Many thanks to our chapter advisors for their everlasting support and love.

Dr. Robin Corelli

Dr. Elaine Law