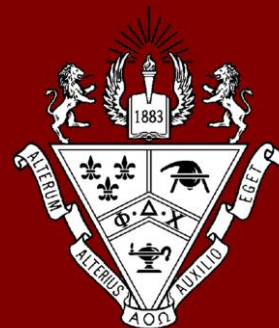


Alterum Alterius Auxilio Eget

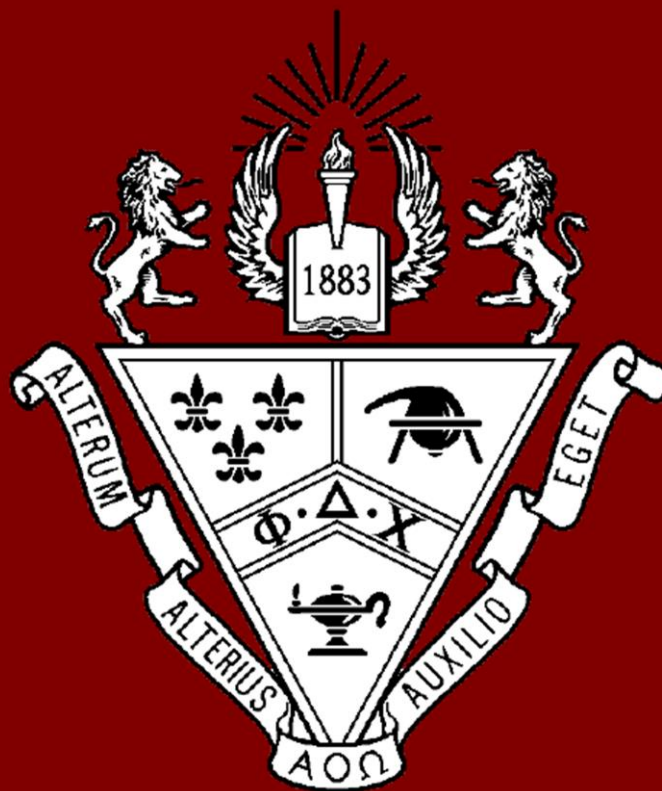


the

REFLECTOR

2012-2013
Limited Edition

PHI DELTA CHI PROFESSIONAL
PHARMACEUTICAL FRATERNITY
Zeta Chapter
University of California, San Francisco



Publication

Johnny Chin

Photos

Nghi Ha, Alan Wong, and Johnny Chin

Content

Nancy Wong, Lien Truong, Thad Arakaki,
Bonnie Lau, Danna Chan, Winnie Duong,
Alice Chyan, Alicia Wong, and Mike De Guia

Table of Contents

Letter from the Editor	4
Pre-Initiation Events	5
<i>White Coat Celebration</i>	6
<i>Birthday Bash</i>	7
<i>Scavenger Hunt</i>	8
<i>Thanksgiving</i>	9
<i>Tahoe Trip</i>	10
<i>Big Bro Revealing</i>	11
<i>Showcase</i>	12
Initiation	13 - 14
Post-Initiation Events	15
<i>Banquet</i>	16
<i>Napa Trip</i>	17
<i>Plan on College and Community Health Fair</i>	18 - 19
Reflections from Brothers	
<i>Nancy Wong</i>	20
<i>Winnie Duong</i>	21
<i>Thad Arakaki</i>	22
<i>Alicia Wong</i>	23
<i>Alice Chyan</i>	24
<i>Mike De Guia</i>	25
Reflections from Outgoing Worthy Correspondent	
<i>Bonnie Lau</i>	26
The Road Ahead	
<i>Danna Chan</i>	27
Zeta Roster	28 - 29
Outgoing PDC Cabinet	30
Incoming PDC Cabinet	31

Letter from the Editor

It is with great honor for me to introduce to you the 2012-2013 edition of the Zeta Reflector.

As Zeta chapter's Worthy Correspondent, I am committed to providing quality publication and fostering brotherhood for our fraternity.

Reflecting back on the activities carried out this year, I can see how our chapter at UC San Francisco has grown considerably, both in size and fraternal spirit. I hope that with my best efforts, these reflections are well illustrated in this Reflector issue.

I want to give special thanks to the brothers who sacrificed their valuable time to contribute a reflection entry into this publication. The balance of life with school and internships is difficult; yet these individuals took the initiative of their own time to write something meaningful related to their PDC experience.

Thank you for taking the time to read the Zeta Reflector. Please do not hesitate to contact me if you have any comments or questions.

AAAE,

Johnny Chin

Zeta - Worthy Correspondent

UCSF School of Pharmacy '16

Johnny.Chin@UCSF.edu



Pre-Initiation Events

Our pledge brothers this year had an exciting time at many of Zeta chapter's rush and pledge events. Some of the events included the Birthday Bash, White Coat Celebration, Land's End Hike, Internship and Career Night, Showcase, Patient Outreach Events, and the Tahoe Trip.



Top Left: Birthday Bash with the brothers. Top Right: Welcoming the incoming first year student pharmacists. Bottom Left: Bowling Night, Bottom Right: Brothers Preparing Flowers for White Coat Celebration

White Coat Celebration

Congratulations to all the first year student pharmacists at UCSF as they embark their exciting journey in becoming pharmacists of their communities.



Top Left: Cindy Watchmaker speaking to first year student pharmacists and invited guests. Top Right: Fellow students with their newly assigned white coats. Bottom Left: PDC Brothers handing out flowers to newly white coat'd Pharmacists, Middle Right: Fellow students (who later became brothers), Bottom Right: Active Brothers giving out flowers.

Birthday Bash



An exciting celebration of Fall Birthdays with the Phi Delta Chi brothers.



Alumni Mixer

We welcomed back our valued alumni to UCSF with some great food! Talk about FOOD and having a good time...



Delicious!

Scavenger Hunt

Pledges of Phi Delta Chi scrambled to complete tasks in separate rooms to win this year's Scavenger Hunt. Several tasks included Pictionary, Acting, and Building – all requiring the pledges to critically think, plan, and execute their strategies effectively!



Thanksgiving

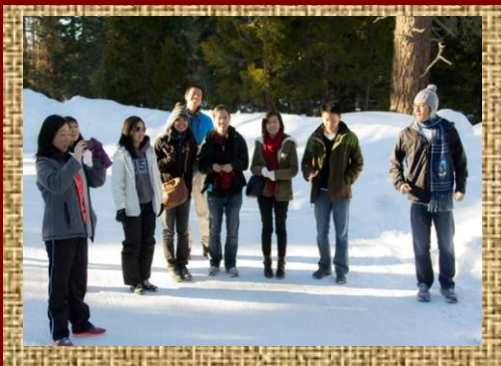
We celebrated thanksgiving together with dozens of delicious homemade entrees provided by the PDC brothers. We also took the time to congratulate Simon, Garrett, Esther, Raymond, Michael, and David for becoming Brothers of the Quarter.



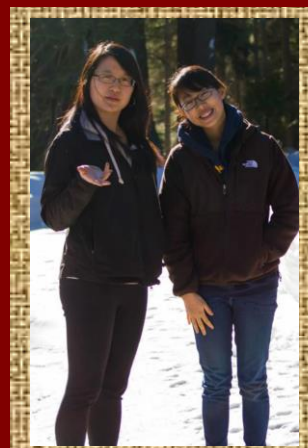
Are you getting hungry yet?

Tahoe Trip

What's a more exciting way to start the school year than a road trip to Lake Tahoe? Brothers and pledges played inside the warm cabins during the night, hiked, skied, and snowboarded during the day. At the end of the trip, everyone had an opportunity to take gorgeous pictures of the lake.



*Don't miss next
year's Tahoe Trip!*



Big Bro Revealing

“Are you my big bro?” Pledges guessed frantically to find out who their big brother was. In the end, pledges finally met their big bros and had a dinner together with their families. For many, the big bro revealing was the highlight of their PDC pledging experience.



Krizia (Top Right): Are YOU my big bro?

Showcase

On February 25th, 2013, the pledges got together a performance showing off their awesome talents. These pledges were extremely well rounded, being skilled in dancing, acting, and singing. No wonder they're at UCSF, these students were the cream of the crop!



Initiation

On February 26th, 2013, 40 pledges of the Zeta chapter were initiated into Phi Delta Chi. These 40 pledges persevered together in fulfilling requirements warranted for membership into the fraternity. Through hours of community service, projects, and recreation, these pledges finally became brothers and with a greater sense of brotherhood.



First, things were going normally. Then, people started doing funny poses for the camera. And then... See the pictures for yourself!





Can you feel the brotherly love?



Say what?!



*I don't think this is the most stable
conformation...*

Post Initiation Events

After initiation, the PDC brothers embraced brotherhood further through a series of more exciting events. These included the Banquet and Napa Trip. While it was important to have fun, the brothers also carried strong beliefs in community service. One of the service events was the Plan on College and Community Health Fair, located at MLK Middle School in San Francisco.



*Top left: How to be a Competitive Applicant Workshop @ USF.
Top Right: Napa Trip. Bottom Left: Banquet. Bottom Right:
Plan on College and Community Health Fair*

Banquet

In celebration of the recently initiated brothers, the fraternity hosted a classy dinner at McCormick's and Kuleto's at Ghirardelli's Square in Fisherman's Wharf, San Francisco. In addition to receiving some tasty food, the recently initiated brothers received gifts from their big brothers. Banquet also marked the installation of the new PDC Cabinet.



Napa Trip

From Napa to St. Helena to Yountville, the PDC brothers tasted a variety of fine wines on their exciting journey in Napa Valley. The brothers also dined on fine cuisine and several exotic pastries.



Plan on College and Community Health Fair

By Lien Truong

On Saturday, April 27th at Dr. Martin Luther King, Jr. Academy Middle School in San Francisco, our enthusiastic group of Phi Delta Chi brothers dedicated their Saturday to execute an event of 200 attendees aiming to provide valuable information on the college selection and application process. The purpose of “Plan on College/Community Health Fair” event was not only to host a community health fair, but to also engage and guide underserved and underprivileged families through the college requirements and application process. With over 200 attendees, this event would not have been possible without the commitment from our PDC brothers. It was crucial for our PDC brothers to help in any way possible in order to maintain the organization and structure of the event. Some brothers were stationed at the registration table, which allowed the brothers to meet and greet students and families. Other brothers were stationed in classrooms to help presenters prepare for the presentation. A few brothers organized lunch distribution, which also gave the brothers another opportunity to engage in dialogue with students and families regarding the college application process. Another opportunity to converse with eager families and students was during lunch. Everyone enjoyed their lunch outdoors, where our UCSF community health fair took place. As





students and families finished their lunch, a few PDC brothers guided the families towards the health fair where attendees were able to browse through informative health posters, asked questions to our astounding student pharmacists, participated in our health screenings, and more. With the vast amount of activities that occurred, the contributions from our PDC brothers were imperative in the success of the event. As many of our PDC brothers have grown up in disadvantaged and underserved backgrounds, this event is near and dear to our hearts as we recognize the importance of providing adequate educational and health resources for our local underprivileged community. As we embark on our pharmacy journey, it is important to remember our roots and where we came from. What is more significant is contributing back to our community at an event like “Plan on College/Community Health Fair” as demonstrated by our PDC brothers.

– Lien Truong, Class of 2016



Reflections from Brothers

Here are some words written by the brothers as they reflect on their PDC experience at UCSF.



To all the P1s, who have been like my family this year, I enjoy getting to know all of you all and spending time with everyone. I loved all the bonding we shared, whether it was out and about exploring the city or grumbling about some professor or exam. I know that we will continue to grow together as individuals and as successful professionals! AAAE <3

Nancy Wong

Joining PDC is one of the best decisions I made during this first year of pharmacy school. I can't image how class and life would be without my brothers there to support me. Special thanks to all the P2s, P3s, and P4s who gave me tips and advice on how to begin my journey into the world of pharmacy. I hope that next year, I will be able to provide the same level of mentorship, support, and brotherhood spirit to the incoming class!



Winnie Duong

Reflection on the Tahoe Trip

I am a huge fan of retreats because they have the ability to turn strangers into close friends. And that is exactly what the Tahoe trip accomplished. Even the car ride to Tahoe was filled with off-key singing and inappropriate jokes. When we got to the beautiful cabin, it was so nice to see the number of brothers who took the time out to prepare all the food and supplies for us. It showed that they cared and that they wanted everyone to have a good time. Even though it was my first time meeting many of the members, I felt like I had a genuine connection with each of the brothers. They spoke candidly about their lives and experiences in PDC and actively listened to what I had to say. I could tell that these were people who shared the same values I have, people who I could count on for support, people that I wanted to know for the rest of my life. One of my favorite parts about the trip was the snowboarding. We went down complicated trails together and every time someone fell behind, brothers would stop to make sure no one was left alone. It was really symbolic of the brotherhood in PDC and the idea that each needs the help of the other to reach our goals in life. Before the Tahoe trip, I saw many people as acquaintances. With just a quarter of first year under our belts, I don't think many people made strong connections with more than a handful of their classmates. This adventure, being confined to a cabin with everyone, all the deep conversations I had – these are all the things that made me see these individuals not just as classmates but as friends with their own stories and experiences. I truly value and recommend this trip to all members, especially the new pledges. It was a rewarding excursion and the start of many more adventures to come.



Thad Arakaki

Inspiration vs. Independence

In the rigors of pharmacy school, we are given choices. These choices involve either focusing on yourself, alienating from any extracurricular events, or taking up various opportunities to “go the extra mile” and be a part of an organization. Taking up extra responsibilities in any organization requires dedication *(to a mission)*, meeting moral obligations/ethics, diligence, and acceptance that not everyone (including yourself) will be 100% satisfied.

The opportunity to interact with other members (or brothers) can lead to moments of inspiration. This enhances the learning experience outside of the classroom and most importantly our quality of life. Inspirational leaders like Madalene Mandap, who regardless of how busy she was (third year senioritis, fourth year rotations, or a residency in Alaska), she was continuous in her AAAE efforts.

Inspirational classmates like James Vu, a loving father of two with an extremely positive burst of energy, prioritized his time to contribute to the spirit of rush every single year. He can be considered the Class of 2013 version of Michael Yang, whose energetic demeanor and laugh was contagious and created many epic moments.



The choice we make to be a part of a legacy provides many moments to be inspired by inspirational brothers. There is no doubt contributing to Phi Delta Chi is difficult. It isn't because we lack resources or that the competition is cheating, it's because perpetuating (or even improving) long-standing traditions take innovation, positive outlooks, and most importantly dedication. You might not be 100% happy with the results, but you can look back at this time of life and know you gave 110% (your best efforts) to your brothers.

Alicia Wong

Reflection on Initiation

As the pledging process came to a close, the anticipation of initiating into the Phi Delta Chi fraternity was at its highest. From completing our pledge books to learning more about the fraternity itself, we had done all we could to prepare ourselves for that very moment. Standing in a line outside the house steps on that day, we had all proved that we were ready to become brothers. I could feel the excitement and curiosity in the air. What were we going to do in there? What are they going to do to us? Those were just some of the questions racing through our minds. “After this, we are going to be brothers!” I exclaimed. While I did not know what to expect going into initiation, all I knew was that I was to leave as a PDC brother. I was going to become a part of a brotherhood—one that welcomed me with open arms and showed me what it was like to be a part of a true “pharmily.”

Then came initiation, when things got serious. In actuality, nothing could have prepared us. I, personally, never experienced something like that, and throughout the night, I asked myself, “What is going on? Why are they like this? Am I doing this all wrong?” I began to doubt myself, wondering if anyone else felt the same way. But, then I realized something. As the older brothers reached out and held our hands, I thought, “Without them, I would have been lost.” It was okay feeling the way we felt that night because we had each other. We were going to support each other, teach each other, and inspire each other.



Left: Alicia Wong; Right: Mee Moua

Once we had finally completed our initiation, we celebrated in typical PDC fashion—with hugs, loud laughter, and enough pictures to fill several photo albums. The new brothers quickly donned our letters and head straight to the nearest camera to cement this moment in history. We all knew that this was going to be moment to remember.

Looking back at it now, we can laugh about it. Each brother—past, present, and future—went through the same initiation we did, and I feel like we were really a part of something more than what we have at UCSF. As brothers, we are not isolated within our chapter. We have brothers in different regions of the nation, embodying the same values and traditions that we have been practicing for years.

Initiation marked the first official chapter as PDC brothers, and we still have a long way to go, with new memories to make and more brothers to meet. I cannot wait for what PDC has in store for me. I welcome it, with open arms.

Alice Chyan

Ice Cream Sundae

Brotherhood is like an ice cream sundae; the chapter is a beautiful bowl, ornately decorated with ideals and ceremonies, but without the rich, creamy substance of the brothers themselves, it is empty. And like ice cream and toppings, the brothers come in all flavors and textures that somehow manage to work together to create something delicious, regardless of how strange the combinations might seem at first.

When I first joined Phi Delta Chi, I was a bit intimidated by the other members. They were all so accomplished, so good at being leaders, and so likeable. How could I fit in? Standing beside them, I felt boring and awkward, like off-white vanilla ice cream next to rocky road and butter-pecan-caramel-pistachio-cookie-crunch.

However, as the weeks wore on, and initiation came and went, I realized more and more that this was a group of people with whom I didn't have to be accomplished and charismatic to feel accepted. Regardless of how they look on paper, they are



every bit as human as I, which is part of what makes them amazing. It's not easy to stay fun and quirky when put under the pressures of pharmacy school. The social support that the brotherhood provides helps us maintain our sanity and humanity while we strive to become superhuman according to the standards of the healthcare field.

PDC is a safe zone, a protective barrier where we can melt and mush ourselves into blobs of congealed dairy during our downtime without fear of dribbling off the edge of the table. As long as we use each other for support and inspiration, we can become the people we want to be, and work together to create the environment we want to live in. It doesn't matter whether we want to be vanilla or rainbow fruit with tiny gumballs, because no matter how varied the flavors are, in the end, we are all ice cream.

Mike De Guia

What Brotherhood Means to Me

Everyone has a karaoke song – that one song where for some unexplained reason, you get irrational self-confidence in your voice. In the summer of 2008, I met one of my best friends in college – a bromance if you will. We bonded over activities such as ripping phone books in half and exclaiming “España!” every time Pau Gasol came up huge for our Lakers. One late night at a karaoke bar, we determined Hero by Mariah Carey was my karaoke song. Friends like that made it difficult to leave my home in Los Angeles and start anew in San Francisco for pharmacy school.

Joining PDC turned out to be one of my best decisions at UCSF, as it helped fill the void I felt from leaving my friends and family back at home. For me, PDC is not just a black sweatshirt with Greek letters. Rather, it’s that awesome brother who’s there to give you a red



carnation after your white coat ceremony, and he’s there to spend late nights studying in the IRC with you. It’s an amazing big who packs you a delicious lunch so you don’t have to eat Panda Express again, and she buys you a ridiculously big balloon to carry around on your birthday. It’s an awesome twin who listens to you when you need a sounding board but also keeps you honest on your goals in life and challenges you to always improve yourself.

It’s a long road to face pharmacy school alone, but there’s solace in knowing fellow brothers will be there to reach out with a hand of support. PDC helps me cast aside my fears of inadequacy and reminds me that I can survive all of school’s challenges. Ultimately, brotherhood reminds me that it’s ok to stumble and lean on others, since each needs the help of the other. Just like how Hero can instill confidence in me at a karaoke bar, PDC reminds me to look inside, be strong, and realize that a hero lies in me.

AAAE.



Reflection from Outgoing Worthy Correspondent

By Bonnie Lau

It has been a pleasure and an honor to serve as the Worthy Correspondent of our chapter this past year. My main duties have been relatively simple: compiling and editing our annual chapter publication and maintaining communications amongst our Chapter, our Brother Chapters, and the National Office. While at times the duties became tedious, the position allowed me to experience two things: the sheer size and the amazing presence that Phi Delta Chi has around the nation, and the assurance that when I needed help, there would always be a Brother ready to offer it.



Sometimes I forget that the Zeta Chapter here at UCSF is but a small part of the amazing network that is Phi Delta Chi. One of my favorite tasks was the two times we were required to connect with a “Buddy Chapter” over the phone to share about our respective chapters. It was really interesting to hear about the kinds of rush events and fundraisers other chapters did, such as Casino Night or volunteering at a St. Jude’s event. It was also pretty amazing to know that other chapters did similar events that we do too, such as the Thanksgiving dinner for Pledges, Brothers, and Alumni.

Finishing all the monthly reports and turning them in on time would have been so much harder if I did not have support from my Brothers. Even little tasks take time, so I truly appreciated that they were always willing to help me out, whether it was digging up pictures from an event or writing a reflection.

I’m glad to have dedicated my time as an officer this year, and look forward to what the next year will bring!

The Road Ahead

By Danna Chan (Incoming WCC)

First, I would like to congratulate the class of 2013 Brothers! The graduation was amazing and we are proud and humbled to be among a group of such intelligent and passionate individuals. We look forward to all the incredible things that you will do in the future. Congratulations!

Spring is a busy quarter no matter if it is school, IPPEs, or fraternal activity. We kicked-off with our annual social reflection event in the beautiful country of Napa where Brothers enjoyed wines, food, and great company. Then we had a successful and fun joint event with the KY Brothers led by our new WVC, Mike De Guia. Following that, we held our General Chapter meeting in the PDC House and took annual PDC group photos. And lastly, to balance all the fun and adventure, we had our service event where Brothers volunteered for UCSF's Plan on College and Health fair outreach, serving our city's youths, many who are first-generation college-goers.

There are exciting upcoming events in the Fall and Winter. Rush will be led by our talented WIGs, Peter and Yuumi. Let's look forward to the next Rush season and all the fun, energy, and surprises that it will bring! Pledge will be led by our WMAs, Alicia Wong and Stephanie Wong, the Wonderful Wong-Mamas. Please look forward to the amazing transformations they will do to our new pledges!

And saying that, it is my pleasure to welcome the next WCC...

Just kidding. I just got started. I am excited for the infinite possibilities in PDC. We have accomplished great things in the past and I am confident that we will accomplish many more in the future. Let's continue to give our best efforts to our brothers. And we will never once forget we are Phi Delta Chis, Brothers for life.

Alterum Alterius Auxilio Eget,
Danna D. Chan, WCC



Zeta Roster

Class of 2013

Efren Bose
Angelina Chan
Matthew Chang
Tianyi Chen
Lydia Chen
Trina Cheng
Vincent Cheng
Wen Chiu
Tina Chou
Caroline Chow
Claudia Chun
Jenny Dinh
Lawrence Eng
Qin Gao
Claudia Gonzalez
Rim Hur
Thanh-Tam Le
Sarah Le Clair
Christina Lee
Daphne Lee
Rachel Lin
Tina Ling
Kelly Mei
Ivan Mok
Katherine Ngo
Tran Nguyen
William Nguyen
Jody Okafor
Justin Petrovic
Iris Teruya
Gerald Toy
Jennifer Toy
James Vu
Thad Arakaki
Van Vuong
Kaelynn Wang
Gianni Xin
Jennifer Yang
Dawn Yu

Class of 2014

Nghi Ha
Lauren Louie
Lena Yoo
Tina N. Tran
Sarah Liu
Jian-ya Lin
Xue Vee Yang
Tiffany Chung
David Troelstrup
Tiffany Luk
Noelle Lee
Vanessa Shih
Christine Bui
Eliana Bukofzer
Esther Fleischman
Helen Gavrilova
Jacqueline Kao
Judy Wu
Michael Blatt
Reid Imai
Tae Kawamoto

Class of 2015

Jessica Mac
Jessica Chen
Gloria Lin
Mai Thao Dang
Angela Ouyang
Danna Chan
Garrett Foo
Raymond Ngo
Simon Young
Bonnie Lau
Bo Hwang
Clarice Kam
Ming Wai Fan
Alan Wong
Jean Rao
Jennifer Chang
Jennifer Ngan
Linda Nguyen
Marissa Hom
Michael Yang
Pin Xiang
Sang Huynh
Shari Stockwell
Simon Diep
Yuliya Blyakherova

Class of 2016

Adele Feng
Alice Chyan
Alicia Wong
Anna Gruzman
Annie Chou
Daisy Wong
Derek Phan
Dorie Wang
Ghahyun Kim
Hien Lu
Hyojin Sung
Ion Suehiro
Jessica Yu
Johnny Chin
Joshua Smith
Julia Choi
Julia Mwangi
Krizia del Rosario
Lien Truong
Mariko Yokokura
Mark Yu
Mee Moua
Mei Yi Zhang
Michelle Konrad
Mike De Guia
Nancy Wong
Nancy Ta
Peter Truong
Phyllis Wang
Sean Moshrefi
Stephanie Wong
Stephanie Wu
Sum Liu
Tamara Ly
Tiffany Lam
Tom Zhao
Uyen Duong
Valdy Tjong
Vicky Cao
Yuumi Miyazawa

Zeta Roster

Congratulations to the graduating brothers of the Class of 2013!



Chapter Advisors

Dr. Cheryl Hirata

Dr. Elaine Law

Many thanks to our chapter advisors for their support and love!

Outgoing PDC Cabinet



Worthy Chief Counselor

David Troelstrup

Worthy Vice Counselor

Jessica Mac

Worthy Correspondent

Bonnie Lau

Worthy Keeper of Finance

Danna Chan

Worthy Keeper of Records and Seals

Angela Ouyang

Worthy Inner Guards

Garrett Foo

Raymond Ngo

Worthy Master-at-Arms

Gloria Lin

Mai Thao Dang

Worthy Prelate

Jessica Chen

Worthy Alumni Liaison

Bo Hwang

Social Chair

Clarice Kam

Webmaster

Simon Young

House Manager

Ming Wai Fan

Thank you officers for an amazing year!

Incoming PDC Cabinet



Worthy Chief Counselor

Danna Chan

Worthy Vice Counselor

Mike de Guia

Worthy Correspondent

Johnny Chin

Worthy Keeper of Finance

Julia Choi

Worthy Keeper of Records and Seals

Julia Mwangi

Worthy Inner Guards

Peter Truong

Yuumi Miyazawa

Worthy Master-at-Arms

Alicia Wong

Stephanie Wong

Worthy Prelate

Mee Moua

Worthy Alumni Liaison

Tiffany Lam

Social Chair

Alice Chyan

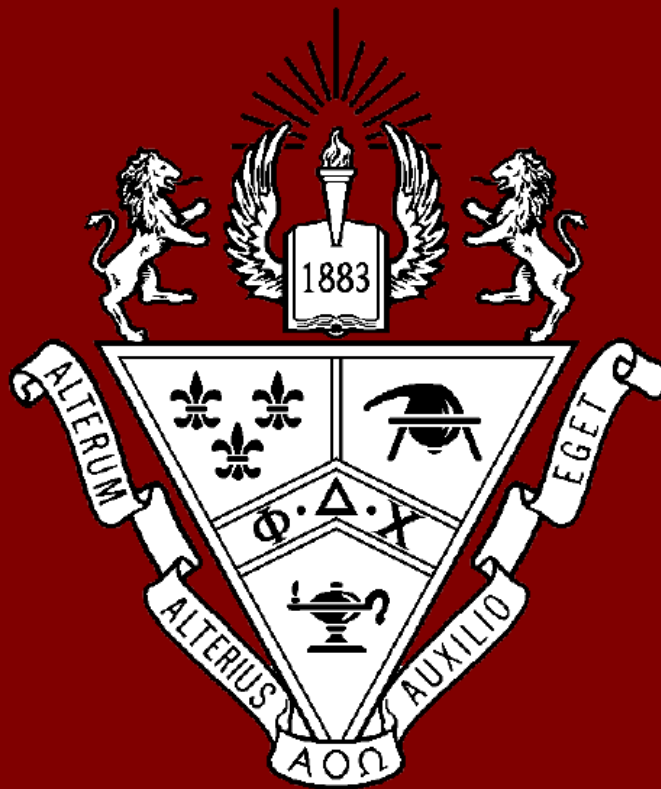
Webmaster

Dorie Wang

House Manager

Ming Wai Fan

Welcome new PDC cabinet, and may the odds be ever in your favor.



Let us each honor Phi Delta Chi.
Let us do good because it is a pleasure.
Let us practice the virtues and war against vice.
Let us keep burning the light of wisdom.
Let us respect the aged and instruct the young.
Let us cherish family.
Let us be true brothers.
Let us refrain from excess.
Let us hear much, speak little, and act well.
Let us be just.
Let us give our best efforts to our brothers.