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# FALL'16/WINTER'17 NEWSLETTER



## A Message from the Editor

Good day to all of our Chi brothers new and old, and I hope this newsletter finds you well! Fresh off of our #2 ranking internationally, we as a chapter have been highly motivated to advance ourselves and make the push towards #1 for the upcoming award season. As we begin the spring semester, we will be looking back on some of our highlights and accomplishments during the pledging season and the rest of the fall term. In addition Kappa Psi Chapters student body, we also want to thank our Faculty Advisor, Dr. Nicholas Popovich and Grand Council Deputies

Brothers Doctors Latha Radhakrishnan, Maya Campara, and Michael Koronkowski for all of their help and support throughout the year. In this newsletter, a few of our brothers have graciously donated their time to write about our recent experiences. We thank you so much for taking the time to read what we have to offer today and stay tuned for more from us in the future!

*Proud to be your brother,  
Steven Menachof and Hannah Seo  
Alumni Chairman, Historian, and Co-editors  
Format and Design by Patience Park*



## Ski Trip

### Andrew Anastasia

This year marked my third time attending Chi Chapter's annual winter ski trip, and every year seems even better than the last. This year being the Vice Regent, I had a little more responsibility than previous trips, especially being in charge of the event. However, responsibility was nothing new to me: every time I attended ski trip, I found myself coordinating some aspect of the weekend. My P1 year, after spending all of the pledging season talking about how much I enjoyed cooking and preparing home cooked meals, I was asked to be in charge of a spaghetti pasta night for all the attendees. Making dinner for 70+ Brothers was a big jump from my normal dinners for two. My dinner must have been a success because my P2 year I was asked to be in charge of a burger night for all the attendees before I had even decided if I was going on the trip! But of course, I accepted the task and had a great time with my brothers preparing the burgers. This year, I used my title of being in charge to make one sweeping decree: I am not cooking anything this trip!

*"It's an event like this that proves just how deep our bonds go, and how much this Brotherhood means to each and every one of us."*

*-Andrew Anastasia,*

Despite all the hard work I put into my three ski trip excursions (and in some ways, because of all that work), the ski trip is without a doubt my favorite Chi Chapter event. Every year, 50+ Brothers come together to celebrate the end of our winter vacation by spending time together away from the stresses of school or our jobs. This year's snowfall may not have been the best for skiing/snowboarding, but

there was always plenty to do. There were constantly Brothers in the cabins to catch up with, an indoor waterpark for being adventurous, and anything else that the Wisconsin Dells has to offer! It's an event like this that proves just how deep our bonds go, and how much this Brotherhood means to each and every one of us. Even with all that responsibility, it was an experience I wouldn't change for the world, and it always makes me proud to be your Brother.



*"Even with all that responsibility, it was an experience I wouldn't change for the world, and it always makes me proud to be your Brother."*

*-Andrew Anastasia, P3*





## A History of Rituals – Jessica Khy

From the Pinning Ceremony until now, I knew I would be interested in the rituals of Kappa Psi. Rituals are one of the things that make Kappa Psi a brotherhood instead of another student organization and it is rife with history from the brothers who came before us. I was always interested in our traditions and wanted to know more about why certain figures were included in our rituals so joining MAP Ritual Committee was an easy choice. It allowed me to connect with other brothers who also held an interest in ritual. It's interesting to see how things can be both similar and different between chapters. Many rituals are passed down throughout generations or from chapter to chapter as new chapters are created. It's important to learn about the history of our fraternity and to preserve its culture as we look towards the future of Kappa Psi.

## Reflections of a Neophyte

Travis Lester

Pledging Kappa Psi was one of my most memorable experiences. As a first year student who did not attend undergrad in the Chicago area, I did not know anyone at UIC. However, choosing to pledge gave me the opportunity to foster and cultivate what I hope to be lifelong friendships.

The process was no doubt a challenge at times, but I think the methods were necessary in order to get complete strangers to learn to work as one unit and parallel what we will experience as future pharmacists. In addition, I appreciated that so much effort was made to make sure that we not only knew each other, but also active brothers and alumni as well. Joining a fraternity is a life-long commitment and it involves becoming part of a bond of like-minded individuals. It is this bond that unites both the youngest neophyte as well as the most seasoned active member. The process required much time management skills - especially with our class being the pilot for the new pharmacy curriculum - I wouldn't change much. If it were easy everyone would do it. Throughout the process when I needed to take a step back and collect my thoughts, I recited a poem that I learned a while ago:

*Be strong, be strong  
We are not here to play, dream, or drift  
We have hard work to do and loads to lift  
Shun not the struggle for it is God's gift  
Be strong, be strong.*

To me, this poem basically means to embrace whatever obstacles come your way. In doing so you will not only achieve the goals you have set for yourself, but you will also learn that your dreams have no limits. My pledge brothers and I worked together as one unit throughout the six weeks, and in the end we proved ourselves to the active body as worthy brothers of the fraternity. I am very proud that I chose to join Kappa Psi and I hope to gain lasting memories with my brothers throughout pharmacy school as well as throughout life.





## KY Brothers Advancing the Profession - Michael Zangri

Some of the great aspects of being a brother at Chi chapter are the year-round opportunities to develop professional skills necessary to be an exceptional pharmacist and to give back to the local community in the city of Chicago. Our brothers are encouraged to attend lectures and workshops to strengthen their clinical knowledge, teambuilding, and communication skills.

Nearly all of our brothers attend CLIA health fair training in the Fall in order to participate in health fairs at various locations in the community, including Shiloh Church, Heritage International, Chinatown, and at UIC. Brothers spend their lunch hours attending lectures from residency directors, clinicians, and leaders in pharmaceutical industry. These events allow our brothers to network and pursue opportunities they may not have known were available to them. We have brothers help plan and attend Journal Club and MrCAT on Wednesday mornings before classes begin for the day. There, our brothers are able to gain hands on experience going through real world patient cases and dissecting research articles with faculty in a laid back environment. At the 1<sup>st</sup> annual APhA Clinical Skills Workshop, KY brothers provided blood glucose training for undergrad students and helped in other ways to make the event a success.



Our province's philanthropy initiative this year is the American Diabetes Association (ADA), and Chi brothers have done their part to help this important organization. Over the summer, brothers Jason Lee and Sally Luvsantseren made presentations and planned activities for grade schoolers at a "diabetes camp" sponsored by the ADA. In September, Chi brothers walked with brothers from other MAP chapters at the ADA Step Out Walk To End Diabetes in Buffalo Grove. With other brothers participating as "virtual walkers" in this event, our chapter was able raise over \$200 for the ADA! Over 100 brothers made the trek to the north side to volunteer for Special Olympics at the Soccer and Skills Competition, a much anticipated event with the new pledges. Brothers also volunteered at the Bank of America Marathon, Hot Chocolate Run, Greater Chicago Food Depository, and AIDS Walk and Run at Soldier Field.

Chi chapter's continued commitment to advancing the profession of pharmacy and volunteering time to help out in the community are the reasons Kappa Psi brothers set themselves apart as student leaders. We look forward to a spring semester full of even more exciting events!

