

KAPPA PSI: CHI

A newsletter of Chi Chapter - University of Illinois at Chicago

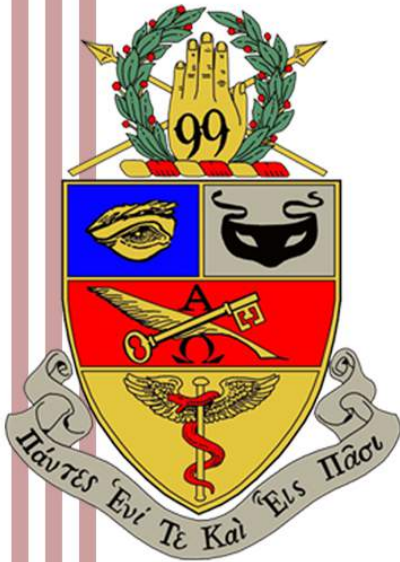


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Letter from the Editors:

Greetings, Brothers!

We are very excited to be the new co-editors for Chi Chapter's Newsletter! We are distributing this special edition to update all Brothers on the activities Chi Chapter has engaged in outside of our Chapter since January 2015, as well as to provide insight into the experiences of Chi Chapter Brothers. On January 31st, 2015, many Chi brothers visited one of our neighboring Provinces – the Northern Plains Province – to welcome their newest chapter, Zeta Theta, into our Brotherhood. Several Brothers were able to return to Wisconsin for the Northern Plains Province spring conclave hosted by Beta Psi. We would like to thank the Brothers of the Northern Plains Province for their outstanding hospitality and look forward to visiting them again, as well as other Provinces in the near future. Many of our Brothers were also able to attend our Mid-America spring conclave hosted by Delta Nu. As always, our Brothers had a wonderful time visiting our Brothers at Delta Nu, and look forward to seeing them, as well as our other MAP Brothers again soon!

In this newsletter, you will find articles focused on the experiences previously discussed, as well as articles describing a Brother's participation on a Province Committee, the thrill & value of attending GCC, and a description of what it is like to be a neophyte at Chi Chapter. Finally, you will find an editorial discussing leadership development. We would like to thank all of the Brothers who have assisted in writing, editing, and formatting this newsletter, as well as all of the Brothers who expend valuable time reading this newsletter!

Proud to Be Your Brothers,

KΨ Chi Newsletter Editor-in-chief: Helen Sweiss

Co-Editors: Stephanie Chang, Matthew Holderly, Rebecca Mousseau, and Albert Xu



Congrats P4s!



Northerner's Do It Differently: A Perspective from Northern Plains Province

By Brother Ben Nagy

I was looking forward to my first province meeting as a new Brother of Kappa Psi! I had no idea what to expect, so, naturally, I was excited! I was attending with a group of Brothers I knew well from my past experience attending the Zeta Theta chartering at Concordia University in Wisconsin. So clearly, I was looking forward to bonding with these Brothers further! Northern Plains Province (NPP) has its business meetings as one would expect from a biannual conclave of Kappa Psi chapters across a wide range of northern states. It also has social meetings, because Kappa Psi Brothers always like to have a good time. And boy, did we have a good time! The one thing that I will always remember from Northern Plains Province is my first realization of how truly widespread Kappa Psi and its Brothers are, and that Chi chapter and all of the chapters of the Mid-America Province are but a small part of that. During the social gathering on the first night, as the night was drawing to a close, I witnessed two traditions of our Northern Plains Brothers. If you would like to witness these traditions, join us and the NPP Brothers at the Fall 2015 Conclave!



Brothers at the Northern Plains Province

(left to right) Brothers: Matt Holderly, Ben Nagy, Lil Herrera, Rebecca Mousseau, David Oh

Overall, this was enormously enjoyable because I learned something about my Northern Brothers and what they like to do for fun at social gatherings, which was quite different from what I was used to. This experience has strongly reinforced my desire to branch out and see what the rest of the Brothers across the country are doing; if you are interested in a weekend of Brotherhood and good times, then I encourage you to do the same!



Brothers at the Zeta Theta Chartering

Join a MAP Committee!

By Brother Patricia Pernal

This past year I was involved in Mid-America Province's Fundraising Committee, and it was fun, easy, and very laid back. Joining a MAP committee, whether it be Fundraising, Philanthropy, Auditing, Risk Management, Ritual, Legislative, Communications, or Awards, is a great way to get involved outside of our Chapter. As a member of the Fundraising Committee, I helped by brainstorm fundraising ideas, setting up & running the raffle at our spring Province, and met Brothers from other Chapters. Although this may seem like a big commitment, it did not take up much of my time! This past year, Brother Rebecca Mousseau was a co-chair for the Philanthropy committee. She helped to organize support for Ronald McDonald House charities between the different chapters of the Mid-America Province as a joint effort to support this wonderful cause. In the end, every chapter participated!



Brothers receiving our awards at the Mid America Province Conclave at Midwestern University

Front row (left to right) Brothers: Patricia Pernal, Chrissy Magnabosco, Rebecca Mousseau, Shayna Acance

Back row (left to right) Brothers: Maria Hernandez, Anthony Chiang, Thuong Pham, Hardik Patel, Crystal Kim, Yeran Vayvayan, Matt Holderly

Chi Chapter – awarded
MAP Chapter of the Year!

Contact these Brothers for more information regarding the committees they were involved in last year.

Fundraising: Patricia Pernal

Philanthropy: Rebecca Mousseau, Ridge Lin

Auditing: Dan Gratie

Risk Management: Crystal Kim

Ritual: Mickey Huynh, Tyler Ludwig

Legislative: Emily Armgardt, Matt Holderly

Communications: Ben Nagy

So sign up for a MAP committee! Chairs of each committee will be sending out emails soon. Brother Rebecca already has for the Philanthropy committee, so let her know if you are interested!



Brothers having fun at the Mid America Province Conclave at Midwestern University

Back row (left to right) Brothers: Stephanie Martinez, Hanna Lee, Jessie Khy, Ina Liko, Shayna Acance, Darina McDee. Front row (left to right) Brothers: Maria Hernandez, Anthony Chiang, Robin Frank, Kari Nishikawa, Lil Herrera

It All Started With GCC

By Brother Rebecca Mousseau

When I excitedly arrived at the 56th Grand Council Convention, I knew that I would meet Brothers who would remain my friends for life, and I would learn more about our Fraternity and the profession of pharmacy. I was also excited to be serving as a delegate for Chi chapter because I had the opportunity to practice my public speaking skills in front of hundreds of Brothers and interview those Brothers who would later become members of the Grand Council. What I didn't realize is that these experiences would instill a deep and lasting pride not only in our Fraternity but also in the ideal of Philanthropy that we hold dear. As a Neophyte, during General Sessions, I listened intently to all of the committee reports, but I was especially moved when Brother Gregory Zumach began his presentation for the International Philanthropy Committee. He encouraged us to search for new ways to support the American Red Cross, among other organizations in need. He ultimately inspired me not only to join the International Philanthropy Committee but also to reach out to the Illinois Graduate chapter to start an annual tradition of a co-philanthropy event, which included preparing and serving meals at the Ronald McDonald House this past year.

Chi Chapter has a long-standing history of volunteering with Special Olympics and the American Diabetes Association, but Brother Zumach's report motivated me to search for new ways to give back to the community, which ultimately led to the formation of Chi Chapter's Philanthropy Committee. This year, with the help of our Professional Chair, Brother Chrissy Magnabosco, and Philanthropy Co-Chair, Brother Susan Sam, we were able to expand our efforts further by teaching elementary school students during National Pharmacy Week & Poison Prevention Week, baking cookies and participating in other activities with the families at Ronald McDonald House Charities, repairing and building homes with Habitat for Humanity & much more!



Brothers at Cookies from the Heart – Ronald McDonald

As the Mid-America Province Philanthropy Committee Co-Chair, I also had the opportunity to engage the province in a year-long collection of pop tabs to donate to Ronald McDonald House Charities. During my committee report, I encouraged Brothers from other chapters to reach out to me for ideas on how to create philanthropy committees within their own chapters. Following my presentation, a Brother came up to me and said she was interested in setting up a Philanthropy Committee for her chapter and wanted to hear my advice, and I couldn't help but think, "How did I get here?" To be honest, I'm not really sure, but I know it all started with GCC.



Brothers at Habitat for Humanity

Experience as a Neophyte

By Brother Helen Sweiss

Having completed my first year of pharmacy school, I can say with great certainty that my experience would not have been the same without having pledged for Kappa Psi, the oldest and largest Pharmaceutical Fraternity. Chi Chapter's pledging process entailed six weeks of activities which instilled in its pledges the ideals of our Fraternity. Pledging was an opportunity to both develop and strengthen bonds with my fellow pledges, as well as with the Collegiate and Graduate Brothers. The process of pledging was certainly challenging, but more importantly, it was rewarding. By the end of pledging, I found that Brothers that I trusted and turned to for support surrounded me each day.

Following pledging, I found that the bond of Brotherhood I felt was not limited to the fellow Brothers of our chapter, but was shared with Brothers from other chapters nationally. Through provinces and other chapter's events, I learned that Kappa Psi is more than just a fraternity- it is a family. The friendships and ties formed within Kappa Psi will last longer than just our academic careers. It will surpass our years in pharmacy school and develop into lifelong bonds. Even as I visited a community pharmacy site as a part of my introductory pharmacy practice experiences, I was surprised to find that other Kappa Psi Brothers surrounded me. On my first day on site, I learned that my preceptor was a former Vice Regent of Chi Chapter. Immediately, the bond of Brotherhood became apparent.



Xi or Die neophytes enjoying the sun on the last day of school!

“The friendships and ties formed within Kappa Psi would last longer than just our academic careers. It would surpass our years in pharmacy school and extend to lifetime bonds.”

Looking back at this past year as a Neophyte, I recognize these bonds of Brotherhood as important factors in supporting my transition into pharmacy school. Without Kappa Psi and this Brotherhood, my experiences as a first year pharmacy student would not have been remotely similar.

Leadership: Developing Your Strengths

by Brother Albert Xu

In our daily lives, we all put forward a specific image or persona to highlight different strengths and aspects of our character. In different situations, we can easily change this persona. For example, a professional and serious persona may be appropriate for a business meeting but embarrassingly inappropriate for a night out at the local dance club. We know this, and most individuals are capable of adjusting accordingly. What is not often considered is that the characteristics we believe to be displaying are not what is perceived by others. For example, one may see him or herself as witty and carefree, while others may perceive that same person as inappropriate and ignorant. The point here is not to focus on the fact others may view a person negatively, but to recognize that what one person believes he or she may be emphasizing through behavior may not be what is recognized by others. Here is a challenge for all my readers.



Brothers Albert Xu, Anthony Chiang and Michael Tung at the barbeque rush event meeting new pledges.

“Recognizing that untapped potential is key to developing your leadership skills.”



Brothers Lil Herrera and Stephanie Martinez as Chi Chapter's MAP Delegates

Make a list of 15 to 20 adjectives that could be interpreted as a strength. For example, you could use words such as witty, adaptable, sympathetic, etc. Find two partners. Share a short story with them about one of your favorite memories. Write down your top three strengths and then ask your partners to do the same for you based upon that story, then compare and observe similarities and differences. If done correctly, you may begin to realize that you have many strengths hidden within you that remain as untapped potential. Recognizing that untapped potential is a key to developing your leadership skills, you may strengthen the leadership you provide by bringing out those strengths that you don't realize you have and the strengths you were previously suppressing.