# thejournEY

THE QUARTERLY NEWSLETTER OF
EPSILON PSI CHAPTER
KAPPA PSI PHARMACEUTICAL FRATERNITY. INC.

Aloha brothers! I hope you find this small newsletter fun and engaging. This will be the new format for graduate relations updates on chapter activities! This year for Graduate Relations, I've been creating birthday shoutouts to celebrate our Brother's Birthdays! Historian Domingo has creatively and graciously captioned our images and posted to our Chapter Instagram and Facebook page. Keep an eye out for our special Holiday issue of the journEY!

**Graduate Relations Chair Flores** 

#### WHAT'S INSIDE THIS ISSUE:

- RUSH & PLEDGE 2018
- SCHOLARSHIP & RHO CHI
- FINANCE & FUNDRAISING
- COMMUNITY SERVICE & INTERFRATERNAL
- UPDATES

#### **RUSH 2018**

WRITTEN BY RAUL FLORES





Rush 2018 was an exciting and incredible milestone for Epsilon Psi Chapter. Our goal for crafting the Rush Events was to create engaging activities that promote active participation and memorable moments for both the Brothers and Rushees. The events for the year included: Meet the Bros (MTB). Meet Your Match (MYM), Sugar Rush, and finally Chill & Grill. At each event we held various icebreakers to help introduce one another and create a fun and inviting environment. MTB was a casual event that provided a brief introduction to our fraternity, cornerstones. and other aspects. We were fortunate to have wonderful guest speakers, Brothers Tsoi, Yoon, and Hoang that inspired our Rushees and provided an outside perspective. We moved MYM up so that we could provide greater contact with each Rushee and better get to know them for the second-half of Rush. Our guest speaker, Brother Du, shared words of wisdom and advice regarding her experience. Brother Dimitrov was also in attendance! Our newest event, Sugar Rush, was led by Pledge Educator Luna. We had an ice cream bar, treat-themed photobooth and lots of fun with this event. We wrapped our Rush season with our casual Chill & Grill, Brothers Lao and Earles helped make this event even more special! The Pledge Trainers and I couldn't be more proud of our Brothers for all their support and help!

#### **PLEDGE 2018**

WRITTEN BY RAUL FLORES





Top-Bottom: C/o 2022 White Coat Ceremony; October Pumpkin Carving Social with the Pledges; Pledge Activities; EBM Scholarship Review

Currently two events in, Pledging is off to a fantastic start! The Brothers have kept the momentum rolling from Rush and have displayed true professionalism and solidarity to our 28 pledges. Our first event, Pinning Ceremony, concluded with the election of Destinee Ogas as Theta class Pledge Liaison. Later, Kayla Bajo was nominated as their second liaison. After Pinning, the Pledge Trainers led a Pledge Retreat to introduce the pledges to our program, its requirements, and basic knowledge about our chapter. Various icebreakers helped Pledges get to know one another and establish a baseline for communication. Other small activities with our Pledge Trainers helped promote small presentation skills like confidence, creativity, and guick-thinking. Our second event, B.O.B (Benefits of Brotherhood) Workshop was led by Brother Wong. She presented on leadership opportunities and her experience in KY that led her to be the role model she is today. Brothers Vu and Kaur helped answer questions as well. Feedback from our pledges was positive and they expressed how excited they are to learn more and grow. We hope to continue the fun and prepare our Pledges to be Brothers. Please feel free to reach out to the Pledge Trainers if you would like to attend an upcoming event! For pictures of our Big + Little Reveal check the back of this issue!

#### SCHOLARSHIP COMMITTEE ACTIVITIES

WRITTEN BY TONY MOUA & TYLER PETERSON

This semester Scholarship Chair Peterson has collaborated with many Brothers to hold review sessions for P1 and P2 Pledges and Brothers!

Brother Moua recently held an EBM review session for our P2 students. "Roughly 15 second year Kappa Psi Brothers and Pledges attended the review session. Our event consisted of practice questions for the exam, review of the literature article, and review of important points from their lectures."

Brothers Domingo, McDonald, and Quach led an Immunology Review for our P1 pledges. Our Theta class expressed how helpful their review was - especially for the mnemonics, and practice questions prepared by our Brothers.



#### RHO CHI **ACTIVITIES**

WRITTEN BY TAYLOR HORI

In October, Brothers Tyler Peterson, Tony Moua, Johnathan Lam, and Taylor Hori participated in the second journal club event of the semester which was hosted by Rho Chi. Journal clubs allow students to critically evaluate recently published articles, apply the knowledge they learn in the classroom to arrive at a conclusion, and present their recommendations to their peers as well as faculty members. DKICP faculty members Dr. Supakit

their expertise. To help students prepare for their second self-care exam. Brothers Jhoana Gonzales, Alan Trinh, Raul Flores, Brittany Luna, and Brooke Higa worked with Rho Chi members Mary Lui, Amelia Furlan, and Taylor Hori to host a jeopardy

Wongwiwatthananukit, Dr. Louis Lteif, and Dr. Allen Shih

and worked together to answer questions to earn points in a friendly competition. Quiz bowls are designed to help reinforce the concepts learned during lecture in a fun

style review session. Students were broken up into teams

environment.





### FINANCE & **FUNDRAISING**

WRITTEN BY TAYLOR HORI

This semester we are very excited to show off new gear at Fall Province in Arizona! If you are interested in purchasing any shirts or gear feel free to email me at th9@hawaii.edu.















## COMMUNITY SERVICE

WRITTEN BY
JOSEPHINE MCDONALD

On a gloomy Friday, the Epsilon Psi Chapter took time off from studying to help Kamehameha Schools Hawaii Campus restore their garden. It's always an honor to give back to a school that has rich Hawaiian roots!

September 14, a beautiful morning, our Brothers presented on exercise and healthy eating to over 150 second graders at Waiakea Elementary. The Brothers are honored to have this opportunity to support our local community and share this knowledge to future generations! Stay tuned for our upcoming events!





### INTERFRATERNAL EVENTS

WRITTEN BY BROOKE HIGA

In September, Brothers from Kappa Psi and Phi Delta Chi took part in a board game/movie/study night on campus. Those who attended watched Black Panther while playing Exploding Kittens and other games. Some Brothers chose to study for upcoming exams. It was a great event to help destress before the chaos of exams started.

Another fun event in November was our 3v3
Basketball Tournament held at Wainaku
Gym. Each team consisted of at least one KY
Brother and one PDC Brother. Both Brothers
and Pledges participated to make a total of 11
teams! The winning team comprised of KY
Brother Brooke Higa and PDC Brothers Nick
Pang and Khoa Le. The MVP of the
tournament was PDC Brother Felix Rasgo and
the hardest working player was KY Brother
Nichole Chaffin. Brothers from both
Fraternities came out to support each other.
The Inter-Fraternal Chairs are looking forward
to next semester's Brolympics!







### **BIG + LITTLE REVEAL**

WRITTEN BY NICHOLE CHAFFIN

NOVEMBER 4, 2018

As Pledge Father, Big Little reveal this year was a very important event for me. Last year when I got my big, it was the best day ever – to be matched with someone who would mentor me, and someone I could turn to in times of need. This moment was something very special. Our theme this year was "The Perfect Match!" Leading up to reveal, The Pledge Trainers and I met the Bigs-to-be at the Mall where they were given an envelope. This envelope contained the gender of their Little as well as their shirt size. Brothers were not told what this small event was going to be as it was disclosed that they would receive a "little surprise." On the day of reveal, after Biography presentations, we had the brothers meet us at lower campus something new this year to add an element of surprise for both the brothers and pledges. Pledges were led to lower campus by Brothers Flores and Luna. Brothers and pledges were then each given I sock. Brothers hid while the pledges were tasked with finding their missing match. I chose this theme because despite the pairings, all brothers and pledges are a perfect fit for each other and will look after one another as mentors and friends. All in all, it was a great and memorable event!







### **BIG + LITTLE REVEAL**

















### **BIG + LITTLE REVEAL**







