



Gamma Iota's

ALUMNI NEWSLETTER

Fall 2014 Volume 1



// SUMMING UP RUSHING & PLEDGING 2014

"Preparing for rushing is like preparing for your first high school prom. You try to be perfect but you're never certain what's going to happen. There are many situations that require you to think quickly on your feet. Yet, you feel like you can take on any challenges when you have great brothers always encouraging and motivating you to do your best."

-Tom Le (WIG)

During the months of September, October and November, the brothers of Gamma Iota conducted yet another successful Rushing and Pledging season of Fall 2014 with great thanks to our WIG, Tom Le. In a blink of an eye, Rush soon ended in late September with a bang at Formal Rush Dinner and it was time for our WMA, Christopher Ignacio, to shine. Even with a lot on all our plates, PhiDex brothers exhibited the true meaning of AAEE and dedicated their time and best efforts to mold and shape our 20 pledges into our future brothers, whom we are now proud to call the Epsilon class of Gamma Iota.

The past three months has been a hectic for all, however hard work does not go unnoticed. They say you reap what you sow, and in our case, Gamma Iota only reaps the best of the best, year after year! Thank you all for your hard work and dedication! Furthermore, a HUGE thank you to all the Alumni's who attended our Rush and Pledging events, your support means the world to us.

-Christina An

"Pledging is a completely different process on the other side. But in order to create the best possible experience for the incoming class to learn together, develop as leaders, and form the initial bonds of brotherhood - the same amount of effort, if not more, must be put forth by the active brothers. What unfolds then is a mutual growth that only serves to strengthen everyone participating"

-Christopher Ignacio (WMA)

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// SPECIAL MESSAGE - Trish Le

I am very proud and honored to have established the first ever Alumni Newsletter for Gamma Iota! It has always been very important to me to make sure our graduated brothers feel as though they have never left CNU, and I hope this new tradition will continue in bringing us all closer together.

I want to thank our current WCC, Minh Vong for believing in me and my vision and for pushing me forward every step of the way. I also would like to recognize my fellow alumni committee members: Linh Le, Christina An, and Amy Ma for helping me make this newsletter possible. You guys rock!

AAEE

California Northstate University
College of Pharmacy
<http://pdcgammaiota.weebly.com/>

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Rush Dinner: September 26, 2014
Morgan Creek Country Club



Crossover Dinner: November 15, 2014
@ Sai Varee Restaurant

**JESSE ARRAIGA "MAGLEV"**

Hometown: Pomona, CA

Undergrad: California State University, Fullerton

Major(s): Molecular Biology and Biotechnology

What you hope to gain in PDC: I hope to gain more confidence, further improve my communication skills, continue to build my professional network, and enjoy pharmacy school that much more.

Interesting fact: I have a birthmark the shape of Africa.

**MARGARITA BELILOVSKAYA "LEFT FIELD"**

Hometown: San Francisco, CA

Undergrad: San Francisco State University

Major(s): Biology with a concentration in Physiology

What you hope to gain in PDC: I want to gain brotherhood and hope that PDC will help with networking. I believe that I do have leadership qualities, but I want to improve them and gain practical leadership experience.

Interesting fact: I've been playing the violin since I was 5 years old.

**EDWARD CHANG "CHARMIN"**

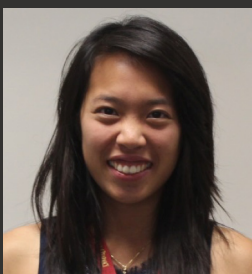
Hometown: Alameda, CA

Undergrad: University of California, Berkeley

Major(s): Public Health

What you hope to gain in PDC: I hope to gain a gateway to network in a competitive field but mostly importantly; I hope to gain life long companions. I have not been disappointed.

Interesting fact: I can tie a cherry stem in under 7 seconds.

**JEANETTE CHAU "TOASTEE"**

Hometown: Placentia, CA

Undergrad: University of California, Irvine

Major(s): Biological Sciences

What you hope to gain in PDC: I am very shy towards approaching people or believing in myself to do things. I hope to gain more confidence in myself the more I am involved in PDC.

Interesting fact: I have no tolerance for spicy food. If you tell me something is not spicy and it has a little spice in it, I will be able to detect it.

**DUY DUONG "HAMMERHEAD"**

Hometown: Rowland Heights, CA

Undergrad: University of California, San Diego

Major(s): Biochemistry

What you hope to gain in PDC: I hope PDC will help me gain leadership and public speaking skills. I think those are the most important skills pharmacists need and I believe that I will be able to learn those skills in PDC.

Interesting fact: I can move my ears. I was born on a tiny boat in Vietnam, my grandma was the person that helped deliver me and she almost dropped me to the river.

**SHERRY FONG "BULLETPROOF"**

Hometown: Merced, CA

Undergrad: University of California, Davis

Major(s): Microbiology

What you hope to gain in PDC: I hope to gain brothers that will last a lifetime that will help me grow and develop along with them.

Interesting fact: I'm going to school as a pharmacist but I can't swallow pills.

**KATHERINE FONTANILLA "ORBIT"**

Hometown: San Jose, CA

Undergrad: University of California, Santa Cruz

Major(s): Molecular Biology and Literature

What you hope to gain in PDC: As an only child, I do not fully understand or could even give a concrete definition of brotherhood, but I am hoping that by being in PDC, I'll be able to grasp that understanding, while I grow intellectually, socially, and personally alongside my brothers, so that one day, I could be an inspiration to others.

Interesting fact: I'm right-handed, but I can only use chopsticks with my left hand.

**JARED HONDA "RONIN"**

Hometown: Sacramento, CA

Undergrad: University of California, Irvine

Major(s): Biology

What you hope to gain in PDC: I believe PDC will give me the opportunity to develop my leadership skills, network, and build relationships with my fellow Pharm.D candidates.

Interesting fact: I am 7/8 Japanese. The remaining 1/8 is split between French and German. The only evidence of this is that I grow some reddish/brown facial hairs.



JEN KUON "FURYAN"

Hometown: Long Beach, CA

Undergrad: University of California, Irvine

Major(s): Chemistry with a concentration in Biochemistry

What you hope to gain in PDC: I hope to gain personal growth and to gain a family.

Interesting fact: Canned meats used to disgust me. I always refused to and never ate anything canned meats...until I tried spam musubi last year. My life changed.



NGOC LE "TROPICANA"

Hometown: San Jose, CA

Undergrad: University of California, Davis

Major(s): Pharmaceutical Chemistry

What you hope to gain in PDC: I hope to gain some personal growth and become a confident leader.

Interesting fact: My favorite color is yellow, but I barely have anything that is yellow.



KIKI LIM "KLUTCH"

Hometown: Sacramento, CA

Undergrad: University of California, Davis

Major(s): Pharmaceutical Chemistry

What you hope to gain in PDC: I hope to gain confidence to be a better speaker and network better; to push myself to explore things out of my tiny comfort zone.

Interesting fact: I've gone through phases of different arts and crafts activities.



DANNY NGUYEN "FOOTLOOSE"

Hometown: Riverside, CA

Where you went for undergrad: University of California, Los Angeles

Your major(s): Physiological Sciences

What you hope to gain in PDC: Through PDC, I hope to become more self-confident, outspoken, and sociable. Also, I wanted to build a strong support network/family away for home and into my future career as a pharmacist.

Interesting fact(s): I can lick my elbow, can draw/paint, watched White Chicks (which is also my favorite movie) over 20 times.

**TEJAL PATEL "PLEXUS"**

Hometown: Anaheim, CA

Undergrad: California State University, Fullerton

Major(s): Biology

What you hope to gain in PDC: I believe PDC will help me come out of my comfort zone and learn to adjust to different environments and become a well-spoken leader.

Interesting fact: Sometimes I enjoy eating soggy food.

**LOAN PHAM "JAG RABBIT"**

Hometown: Sacramento, CA

Undergrad: University of California, Berkeley

Major(s): South & Southeast Asian Studies

What you hope to gain in PDC: I hope PDC will help me continue to strive to care for others and challenge myself throughout my endeavors.

Interesting fact: I've witnessed my first incident of a streaker when I used to work delivering Sacramento Bee newspapers.

**MAIVI PHAM "CANNONBALL"**

Hometown: Garden Grove, CA

Undergrad: University of California, Riverside

Major(s): Biology

What you hope to gain in PDC: I hope to gain leadership skills and also expand my network!

Interesting fact: I like to dance in front of the mirror and watch myself when no ones watching me LOL.

**NU PHAM "FLOUNDER"**

Hometown: San Diego, CA

Undergrad: University of California, San Diego

Major(s): General Biology

What you hope to gain in PDC: I really liked the relationships between the brothers, and I wanted to be a part of that. We all share a common goal of becoming a pharmacist, so I feel like it would mean so much more to be able to grow as a person with the brothers.

Interesting fact: My room in San Diego is all pink, and has blue clouds and stars painted on as well. I have an entire shelf full of my dear stuffed animals.

**CHRISTOPHER PON "EEYORE"**

Hometown: Sacramento, CA

Undergrad: University of California, Davis

Major(s): Chemistry

What you hope to gain in PDC: I hope to gain growth and mature into becoming a great pharmacist.

Interesting fact: Born in Canada.

**RACHEL SHAY "BLUEPRINT"**

Hometown: Diamond Bar, CA

Undergrad: University of California, San Diego

Major(s): Pharmacological Chemistry

What you hope to gain in PDC: I hope PDC pushes me out of my comfort zone and shapes me to become a confident leader.

Interesting fact: I can burp on command.

**VITHAI "DRAGONAIR"**

Hometown: Corona, CA

Undergrad: University of California, San Diego

Major(s): Biochemistry/Chemistry

What you hope to gain in PDC: I hope to gain a better understanding of my skill set and how I can apply them to become a good leader in our profession and to enjoy my time here in pharmacy school.

Interesting fact: I still follow Pokemon - collect the cards, play all the games, and actively keep up with the news.

**HUKYOU "SUB-ZERO"**

Hometown: Valencia, CA

Undergrad: University of California, San Diego

Major(s): Pharmacological Chemistry

What you hope to gain in PDC: Having moved up to Northern California by myself, I don't have that mental support from my family unlike those who are from nearby regions. By joining PDC, I hope to gain that brotherhood in the end.

Interesting fact: I have a stitch scar on my left eyebrow. It used to be a lot more prominent than now, and some people were intimidated by it.

// CONGRATULATIONS!

N

WELCOME THE EPSILON CLASS!!

WELCOMING THE NEWEST EDITION TO THE GAMMA IOTA CHAPTER!



// ADVISOR OF EXCELLENCE

A

ADVISOR OF YEAR

DR. SONYA FRAUSTO RECEIVING HER ADVISOR OF YEAR AWARD PRESENTED BY DR. RALPH SAROYAN.

Chapter advisor is more than just a title. It is about having passion, commitment, ability to inspire, the will to take action, and the skill to lead, all of which Dr. Sonya Frausto possesses and proudly displays. Dr. Frausto demonstrates the trifecta of excellence in which PDC Gamma Iota lives by: leadership, professionalism, and academia. She continues to sacrifice the time out of her busy schedule to attend our monthly



// ADVISOR OF EXCELLENCE Cont...

meetings and be involved in helping our chapter grow. Driven by her passion, she creates countless opportunities including blood pressure screenings and immunization clinics, gearing the brothers towards the best pharmacy practitioners we can be. Not only is she an admirable mentor in our minds, she is also a motherly figure in our hearts. Thanks to her guidance, many of us achieved great heights when stemmed from nothing, the bottom of our most vulnerable moments. It is all these worthy actions that inspired our past WVC, Eric Nguyen, to write a letter to nationals nominating Dr. Frausto for the Phi Delta Chi's 2014 Chapter Advisor Award. At the 2014 Formal Rush Dinner hosted by Gamma Iota, we presented her with this award and it literally brought her to tears. For the brothers, it was an honor to nominate Dr. Frausto because it is a representation of our appreciation for her. Here are just a few things current brothers have to say about her:

"There is more than humor and charisma when it comes to Dr. Frausto. She knows when to be strict and when to be fair. In the end, she just wants to ensure our greatness in the pharmacy profession." –Duy Duong (P1)

"Dr. Frausto continuously puts her students above anything else. She is also a source of muse to numerous students being that she is able to balance her duties as a professor as well as being an astounding advisor for our Gamma Iota chapter" –Jasmine West (P2)

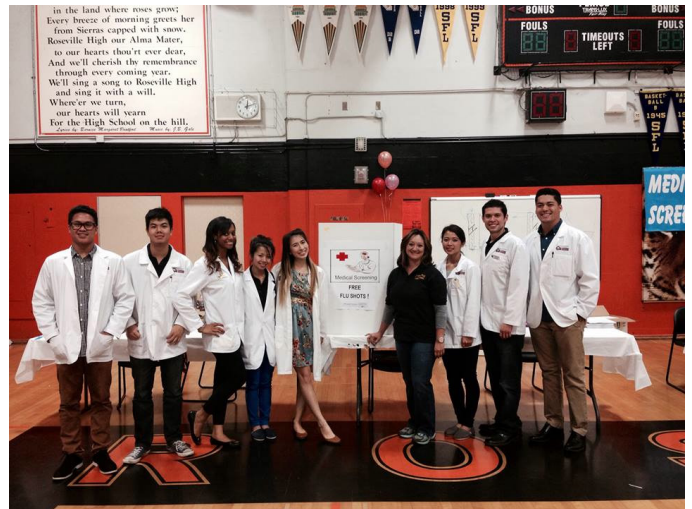
"We are very lucky to have an advisor who always welcome us with open arms and tries her very best to be involved with our events as much as she can. I am confident that she will always be there for us through thick and thin, as long as our chapter is around." –Minh Vong (P3)

Her devotion and enthusiasm extends even beyond her role as our advisor. She is currently a leader of the Sacramento Valley Pharmacists Association. She lives by the core principles of changing pharmacy practice for the better and creating eternal relationships among the healthcare providers in the community.

She is highly recognized by her colleagues for those values she demonstrated and was awarded as Pharmacist of the Year for 2014. In the wise words of our beloved advisor, "as I continue to practice, educate and volunteer, my hope is that our future pharmacists will continue to see the passion that I demonstrate for our profession and strive to join me in continuing to promote our value to others." Gamma Iota will never get tired of saying how thankful and honored we are to have Dr. Frausto. We thank her for being our mentor, our friend, our loving mother, and an inspiration for excellence.

-Alumni Committee

PDC GAMMA IOTA IS KNOWN FOR THEIR IMMUNIZATIONS, ALL THANKS TO DR. FRAUSTO!

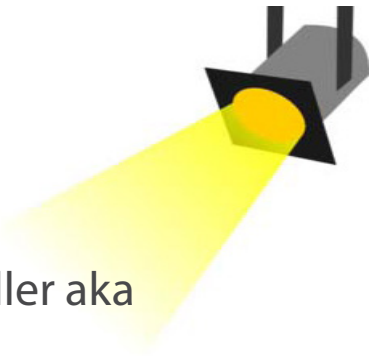


Roseville High School's Health Fair
October 18, 2014



Celebrando Health Fair
October 12, 2014

// SPOTLIGHT ALUMNUS



Dr. Christopher Fuller aka
"Dr. Brew"
Charter Class

Dr. Fuller graduated California Northstate University in 2013 and was one of the brothers that helped charter Gamma Iota in 2010. His good friend and fellow colleague, Dr. Zach Roxburgh, describes him as "one awesome brother, mentor, friend... a guy who you can confide in or look for advice from, and who knows how to have a good time while being extremely wise and professional." Despite not holding any worthy positions, he's played a large role in shaping and establishing this chapter through hard work and dedication, and remains one of the most memorable alumni brothers of Gamma Iota today. Not only has Dr. Fuller made generous donations to the chapter, he's returned to speak at rush dinner in consecutive years (2013, 2014) inspiring the potentials as well as brothers to strive for success. His wittiness and laid-back personality has won many of us over, and he continues to positively shape how others view our fraternity.



Currently, Dr. Fuller is keeping busy involved in many divisions in the field of pharmacy. He is employed at Sutter Auburn Hospital as the Clinical Pharmacy Education Coordinator, manages the execution of the Regional VTE Prophylaxis protocol, and is the Team Leader for Glycemic Control. In addition, he works at St. Joseph Medical Center and Mercy Hospital Folsom per diem and has plans on further expanding his career. Of course Dr. Fuller would not be "Fuller" if he did not spare some time for a social life. Despite his demanding schedule, he still maintains time to spend with his girlfriend, Norielle, and their two dogs, Dudley and Hurley. His favorite hobbies include attending concerts, snowboarding, and hiking.

With utmost respect, Gamma Iota is very proud and appreciative to have him as a brother for life. Christopher Fuller has been and still is an inspiration for the entire chapter. In the words of his past pledge brother and classmate Dr. Payal Patel, "he is not only a PDC brother but a lifetime friend I'm always going to admire."

-Trish Le



SHOUT OUTS:

Special thanks to alumni brothers, Dr. Zach Roxburgh, Dr. Chris Joe, and Dr. San Quach for continuing to exemplify AAE by being preceptors at our health fairs and flu shot clinics this past semester. We couldn't have done it without you!



ALUMNI RELATIONS:

Please contact our WAL via email at wal.pdcgammaita@gmail.com to update your contact information to continue to receive updates, announcements, newsletters, etc. We also welcome any comments and/or suggestions!

// RHO CHI HONOR SOCIETY

W hat is Rho Chi Honor Society?

Rho Chi is the national scholastic honor society of pharmacy with the objective of promoting a high standard of conduct and character. In addition, Rho Chi recognizes academic excellence and fosters a fellowship among its members. Entree into Rho Chi is an honor for individuals pursuing pharmacy because it reflects excellence, passion, and devotion to the field. As members of this honor society, individuals are not only recognized as intellectual leaders, but also as devout advocates seeking to further advance the profession of pharmacy. The colors assigned to Rho Chi are purple, representing royalty and honor, and white which reflects the loyalty of its members to the pharmaceutical sciences. Here at the California Northstate University, College of Pharmacy, we are the 116th Chapter designated as the Delta Upsilon Chapter as of 2014. To be eligible for the collegiate membership students must:

- Be enrolled full-time in a professional pharmacy program.
- Have completed no less than one-half of the required professional didactic course work as defined for their degree.
- Rank in the highest 20 percentile of the class and attained a minimum professional grade point average (GPA) of 3.0 on a 4.0 scale.

-Linh Le

"Phi Dex had a strong showing and we hope to inspire all to work hard. You've got to push yourselves now!" - Rachael Olsufka

**WITH THIS HIGHEST DEGREE OF HONOR,
THE GAMMA IOTA CHAPTER PRESENTS
OUR RHO CHI MEMBERS:**



Class of 2016

Class of 2016: (L-R) Chappy Huang, Alice Kwok, John Promlap, Vivianne Nguyen, and Nhan Le



Class of 2015

Class of 2015: (L-R) Marlene Taporco, Rachael Olsufka, and Penang Pham

A UPCOMING EVENTS

- Gamma Iota Brotherhood Retreat: Saturday-Monday, 1/03/15 - 01/05/15
- PDC Big Blu: Friday-Monday 01/16/15-01/19/15

B ALUMNI UPDATES

- Please send us any special news or messages and we'll feature it in our upcoming newsletters! We love hearing from you!

C CONNECT WITH US!

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