



The Official Newsletter
of Province V

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Midyear 2008

October 9-10, 2008

Hosted by Beta Phi

Radisson Hotel
Riverfront

Cincinnati, Ohio

See Page 7 for more information!

Province V In the News

Volume 2, Issue 1

September 2008

Beta Phi, Midyear 2008 Hosts

The Beta Phi chapter at the University of Cincinnati is the host of the upcoming Province V Midyear in October, and they are a great group of 49 active brothers led by Regent Matt Bell. Perhaps we should get to know this chapter that we will all be visiting in a month a little bit better!

The Beta Phi rush process lasts approximately four weeks. They start with an informational meeting held at the college for the incoming class. They present a slideshow and provide lunch as we discuss why it is great to be a Kappa Psi brother. The first rush event traditionally has been a cookout at the chapter house. There is also a cornhole tournament during this event which pairs a brother with a rush member. Some of the other rush events include a night of bowling, the UC COP Pig Roast, and a Cincinnati Bengals

game night. Bids are determined by officers and are given to those who demonstrate a desire to join Kappa Psi. Bids are only given to those who have attended at least two of the four rush events.

Beta Phi is attempting some new changes to the pledging process this year in an attempt to make sure they are adding individuals who are dedicated to the responsibilities of being a brother of Kappa Psi. Traditionally the pledge process lasted approximately four to five weeks, but this year, they have decided to try extending the pledging process into the beginning of winter quarter. By extending the pledging process, more events can be added. This year's events will include a UC football game tailgate, game night at *(continued on page 7)*

Brother Focus: Andrew Frasco



Columbus Grad brother who pledged Xi

Province V has produced many brothers who have served on the national level, and we are lucky to call the current Grand Counselor Andrew Frasco a brother in Kappa Psi. As a

chapter at The Ohio State University in 2000, he has served as Regent and Vice Regent of Xi, Vice Satrap and Historian of Province V, GCD of Theta and Xi chapters, as well as previously serving on the National Executive Committee as Grand Ritualist and Graduate Member-at-Large. So what has shaped this brother's tireless dedication to Kappa Psi? *(continued on page 8)*

Message from the Satrap

Greetings brothers!

It is an honor for me to serve again as your Satrap for the 2008-2009 year, and I feel truly blessed to be a part of this fraternity and Province. For those of you who may not know me, I am a 2000 initiate of the Beta Kappa chapter, and I graduated from the University of Pittsburgh in 2004. I am currently a floater pharmacist at Wegmans Food Markets in Buffalo, NY.

This is the time of year when everyone is back at school, excited to be with their brothers again, and anticipating the addition of new pledges to their collegiate chapter. But, in addition to all your brotherly love, there's a lot of

business (some might say mundane) things you need to attend to!

The Central Office will soon be sending out the Fall Packet, which contains a lot of information for your chapter, as well as forms you will need to fill out to keep them informed of how to contact your chapter. They will also send a dues statement to let you know how much your chapter owes this semester. This packet and dues statement will be sent to your chapter email account (ie, chaptername@kappa-psi.org). If you don't know what this is or how to check it, please go to <http://www.kappapsi.org/national/main/emaillogin.php> or contact me for assistance.

Its also time to start thinking about Midyear, when all of the chapters in Province V get together during the fall. This year we will be meeting in Cincinnati, Ohio, and it will be hosted by Beta Phi. Please go to www.kappapsi5.com for more information, and see page 7 of this newsletter. I encourage you all to come and meet your brothers from around the Province!

As always, I am here to help you with whatever your chapter may need. I hope to see you next month in Cincinnati!

Erin M. Walsh, PharmD
Province V Satrap

How Can I Help?

Welcome back brothers! The time has come again to start planning your fall philanthropy events. At the Province V Spring Assembly in Cleveland spring, we chose pediatric chronic illnesses as our focus for the 2008-09 academic year. This includes charities such as St. Jude's Children's Hospital (www.stjude.org), Make a Wish Foundation of America (www.wish.org), Juvenile Diabetes Research Foundation (www.jdrf.org), Brave Kids (www.bravekids.org), Starlight Children's Foundation (www.starlight.org), Special Olympics (www.specialolympics.org), Autism Research Institute (www.autism.com), Leukemia and Lymphoma Society (www.leukemia-lymphoma.org), Pediatric Cancer Foundation (www.pcfweb.org), March of Dimes Foundation (www.marchofdimes.com), Cystic Fibrosis Foundation (www.cff.org), and the American Lung Association (www.lungusa.org), just to name a few.

These projects can easily be tied in with many of the national Kappa Psi awareness months:

September 2008: Leukemia/Lymphoma

October 2008: Healthy Lung Awareness

November 2008: Diabetes Awareness

December 2008: Lupus Awareness

January 2009: GERD Awareness

February 2009: Heart Disease Awareness

March 2009: Cancer Prevention

April 2009: National STD Education and Awareness

May 2009: Autism Awareness

Another great opportunity to help out those in need is taking place in Cincinnati at our Province V Midyear meeting. The brothers of Beta Phi chapter are holding a winter clothing drive for their local Drop Inn Shelter and have decided to hold a competition among the chapters to see who will donate the most toward this worthy cause. They are accepting winter coats, scarves, gloves, hats, sweat-shirts, sweaters and socks. They will

accept items up until the morning of Saturday, October 11th, and a prize will be awarded to the most generous chapter. Start collecting now!

Remember to report your service projects and hours to me using the Summary of Service Form located at <http://www.kappapsi5.com/main/philanthropy.php>. I will use your submissions to determine the philanthropy awards at the end of the year, so it is very important that your community service chair emails this to me after each project! If you have questions or need help with a community service project, I can always be reached by email at Imberlinghoff@yahoo.com I'd love to lend a hand!

Faternally,

Lindsey (Berlinghoff) Ghiringhelli,
Pharm.D.

Province V Vice Satrap

Gamma Chi GCD

Central Michigan Grad Historian

Helpful Hints from the Secretary

I hope everyone is having a good start to their school year and have started pledging, or at least planning it out. As most of you may know we now have a Province V Pledging Committee and are working on getting in contact with the chapters to find out exactly what makes each chapter's pledging process unique and effective. I encourage all of the chapter Pledgemasters and other officers to work with this pledging committee so that we can help share ideas with other chapters and pass along ideas that may help other chapters. This committee could be very useful in helping develop not only future brothers but future chapters as well. However, this can not be done with feedback from you at the chapter level. I hope pledging and school is going well for everyone!

Secondly, there has been a change in the location of the Central office. The Central office is now being relocated to Dallas, Texas where Brother Johnny Porter will start his duty as the new Executive Director. I feel that Johnny will be

great for the position having been the editor for The Mask and a Past Grand Regent. Please have some patience in working with the Central Office as this move is a very big undertaking for them. This move may cause the Fall Packet to be delayed a little bit, but we here on the Province V Executive committee will make sure that we forward on any information we learn to the chapter.



Lastly, I have been reviewing some of our forms for the Province and have come up with a few ideas to try to help streamline the paperwork that needs to be filled out. I would like feedback from the chapters as well, so if anyone has any input, feel free to email me at Eric.Geyer@utoledo.edu. Any questions, concerns or comments about anything else I mentioned is also encouraged.

Eric Geyer

Province V Secretary

Get Excited for GCC in Clearwater Beach!



The Hilton Clearwater Beach Resort

Hello from the GCC Delegates! I had the opportunity, along with the rest of the National Executive Committee, to visit the Hilton Clearwater Beach Resort, the site of the 54th GCC on August 4-9, 2009. Located on 10 beautiful acres of white sandy beach, the Hilton Clearwater Beach Resort overlooks the picturesque Gulf of Mexico. The resort is just a short drive from the Tampa International Airport. Start planning with your chapter now to fundraise and offset some of your costs. Rooms can already be booked by going to <http://www.hilton.com/en/hi/groups/personalized/PIECBHF-KAPPGS-20090803/index.jhtml> and they start at \$139.00 a night. If the thought of a GCC on the beaches of Florida doesn't excite you enough, here are some pictures of what you can expect.



View from the room

Peter M. Brody, Jr.
Graduate Member-at-Large
Province V Alternate GCC Delegate



The Executive Committee at the beach



Reflections Restaurant, located in the hotel

Back to School!

Summer is quickly drawing to an end, and that means back to school for our collegiate chapters! Many chapters will be getting ready to plan professional projects, rush events and social activities - a great time for brotherhood and to catch up on everyone's summer events.

Some ideas to help your chapter bring in the new school year include:

- Chapter cookouts and tailgates (It's football season!)
- Chapter sporting events: run/walks, volleyball, football, frisbee, etc
- Holiday Parties (pumpkin carving, trick-or-treating, adopt-a-family)
- Wellness Fairs (blood pressure and blood glucose screenings)
- Volunteering at Children's Hospitals
- Trick-or-Treating
- Potlucks
- Help out at the local Salvation Army, soup kitchens, etc

Fund Raisers (Pharmacy and KΨ T-shirt, apparel and lab coat sales)

Chapter events can help recruit new brothers, and as always foster brotherhood. If your chapter has an annual tradition to bring in the new school year please let me know so that other chapters may join you or hold a similar event of their own.

Remember to take lots of pictures while your chapter kicks off the se-



mester. To share your chapter's fun, please submit your photos to nem-pharmd@gmail.com to post on the Province V website and get in the Province V slide show! Please include your chapters name and a caption with the submissions. While capturing your memories, please remember to adhere to the Kappa Psi Picture policy. (Please refer to the Kappa Psi National Website for more info). Also, if you have any pictures from events held over the summer please submit those too!

I would like to make a request to those chapters fortunate enough to have a chapter house to submit a picture of your house via the email address above. J

Good luck with the new school year and hope to see you all October 11th-12th at the Midyear Assembly Meeting hosted by Beta Phi in Cincinnati, OH.

Nikki Musial

Province V Historian

Professionalism

There has been a lot of talk lately on the topic of professionalism. As a brother in Kappa Psi Pharmaceutical Fraternity, Inc., it is important to maintain a professional image.

Everything we do as individuals is reflected upon ourselves, the institutions we represent, our profession, and the fraternity to which we all belong. As brothers in Kappa Psi, we all would like to represent our fraternity as best we can. So I came up with three simple ways your chapter can tell if something you are about to do may potentially be unprofessional.

1. If you don't want law enforcement to find out about your event, it might be unprofessional.
2. If don't want the dean of your pharmacy school to find out about your event, it might be unprofessional.
3. If you don't want to invite your faculty members to your event, it might be unprofessional.

Because I feel that professionalism is important, I would like to recognize chapters that exemplify this quality. The Chaplain's Award of Professionalism will be presented at Midyear and Province Assemblies to the chapter of the delegates who demonstrate professional qualities such as: professional dress, professional conduct, attendance, and participation.

I hope everyone had a great summer and I wish you all a safe and successful school year. See you at Midyear!

Paul Masse

Province V Chaplain

Get Connected With the Webmaster

With the fall semester here again, all of the challenges associated with a new semester are coming to the forefront. For our chapter, first among these challenges is recruitment. As per typical recruiting tactics, we've begun counting a portfolio of selling points for membership, and as always, "professional networking" ranks right at the top of the list.

Even though networking is something we always try to sell to pledges, it's something we only practice to a limited degree. Don't get me wrong, it's not for lack of willingness on the part of our grads to "help a brother out," it's more that most of the time, we don't do a good enough job of staying in touch. Yet, in a world where technology connects us all at the end any network cable, is that really an excuse?

Our capabilities of staying in touch are improving with technology, along with our habits of trying to keep in touch with all of our alumni. Email allows us to send messages to an entire database of graduates for things as profound as a philanthropic fundraiser, to things as mundane as the weekly meeting minutes; all with the click of a button. Digital communities taking the form of list serves and



online groupings keep us up-to-date on the latest from all around the fraternity. So, the plugging question is, where do we go from here?

Imagine that upon graduation, you throw a dart at a map. Now that you have a location chosen at random, you can simply log onto a website, type in a city's name, and voila: all of the fraternity's connections are at your fingertips. To have a registry of this magnitude would be an immensely powerful tool for those seeking to jumpstart their careers, and could also be used as a reservoir for those who would like to employ new professionals of the Kappa Psi quality in their department.

This kind of connection can become a reality. Yes, the task may be somewhat daunting and require ample amounts of effort, but such a result would be far worth the labor. This mission starts locally, by keeping up to date records of graduate contact information. In the coming months, we will be thinking of ways to employ this kind of feat on the province and ultimately the national levels.

(continued on page 7)

Motions and Seconds and Debates! Oh My!

The title above pretty much describes my initial reaction to this whole Robert's Rules business. To many, Robert's Rules may seem overwhelming and an archaic way to conduct business in the 21st century. I had a basic understanding of parliamentary procedure from my early exposure in high school and undergrad. Back then, I felt parliamentary procedures could be useful for stuffy old men, but we hip youngsters didn't need it to conduct some group work. How wrong I turned out to be.

We all conduct business in groups, small and large. Whether it be at school or organizations, meetings are held to achieve some sort of objective. This holds especially true to us as Kappa Psi business is conducted using Robert's Rules at most chapter, province, and national level. We also want to have everyone participate and make meetings meaningful and productive rather than boring and a waste of time. So it behooves us to learn the basics, if not the intricacies, of Robert's Rules to not only conduct business in a more efficient manner, but also to exercise everyone's rights as a member and a brother of our great fraternity.



I remember my first Province meeting and GCC. Although I had a solid foundation on parliamentary procedure already, I was overwhelmed and felt I did not know how to speak during a formal session. I can only imagine how a person with no knowledge whatsoever would feel in that situation. After that, I was determined to learn everything practical and mundane about Robert's Rules. Knowing how to act in certain situations made me feel more empowered and more confident in my role as a brother. I wish to have every brother in our province to have, at the minimum, a working knowledge of Robert's Rules.

To that end, I will follow in the previous Parliamentarian's footsteps and try to break down the basic fundamentals of Robert's Rules in these series of newsletters. I will also have a workshop on Robert's Rules at Midyear this fall for all those who are interested. I know it will be hard, but hold your breath for this exciting and riveting series!

Kyle Kwak

Province V Parliamentarian

Get Connected (con't)

But it all starts at the bottom.

What's the take away point on this foray into technological fantasy? Get connected. Alumni, hook up with your old collegiate chapters or area grad chapters and let them know that you'd be willing to participate in such a program. Actives, don't just wait for them to come to you, but actively pursue their involvement. This possibility gives a new way to demonstrate that we're "one for all and all for one," and the internet is making it way too easy for us.

Eric Roath

Province V Webmaster

Midyear 2008 Information



The 2008 Province V Midyear Meeting will be hosted by the Beta Phi Chapter in Cincinnati, Ohio on Friday, October 10 and Saturday, October 11, 2008.

You can register for the meeting online by going to the Province V website at www.kappapsi5.com. Deadline for registration is 9/19/2008.

Registration is \$75 for students and \$90 for graduates. This includes dinner on Friday night, breakfast on Saturday, lunch if you attend the CE program, a dinner cruise on Saturday night, and a commemorative t-shirt.

Hotel Information:
Radisson Hotel Cincinnati Riverfront
668 West Fifth Street, Covington,
Kentucky, 41011
(859) 491 - 1200
<http://www.radisson.com/kappapsi>

- Room rate is \$119/room
- Transportation will be provided to and from the airport
- Deadline for hotel registration is 9/19/2008

Agenda:

Friday October 10, 2008

3-8PM Check in and Registration
5-6PM: Executive Committee Meeting
6-8PM: First General Session
8-10PM Dinner and Social Event

Saturday, October 11, 2008

8-8:30PM Continental Breakfast
8:30-11AM Second General Session
11AM- 12:30PM CE/Lunch
12:30- 2:30PM Workshops
2:30- 4:30PM Poker Tournament
6:00- 7:00PM Boarding Time for B&B Riverboat (Pick up at hotel starting at 5:30)
7:00- 9:30PM B&B Riverboat Dinner Cruise

Saturday Night Dinner Menu: Sirloin Beef Tips, Petit Marinated Chicken Breast, Rice Pilaf, Southern Style Green Beans, Tossed Salad with Assorted Dressings, Fresh Baked Rolls with Butter, and Dessert

Questions?
Matt Bell, Beta Phi Regent
Bellm5@email.uc.edu

Do You Yahoo?

The main method of communication between the Province V Executive Committee and the brothers and chapters of Province V is the Province V Yahoo Group. The site can be found at <http://groups.yahoo.com/group/KappaPsiProvinceV> and is linked from our home page (www.kappapsi5.com).

All brothers are asked to sign up to receive updates from the Province and other chapters. Your membership must be approved by a moderator, to prevent spam emailers from joining the group, and also to protect personal information. Go to the Yahoo page and click the blue "Join this Group" button. If you have any questions, please email the moderator at mjvedder23@msn.com.

Also, feel free to post and let the Province know about upcoming events in your chapter!

Beta Phi (con't)

the chapter house, pumpkin carving and haunted trail ride, the annual Halloween party, a spaghetti dinner party, and a cheesy Christmas sweater party.

Beta Phi is very active in planning outside social events for the brothers. Fall is very busy with a ton of events during the rush and pledge process. During the winter quarter, they plan a brotherhood retreat in Gatlinburg, Tn. The chapter rents a chalet in the mountains over the MLK holiday weekend. It is one of our most popular social events. There is also a ski trip at Perfect North for those who like to get out and hit the slopes. Spring time is also packed with social events. Beta Phi hosts the UC College of Pharmacy's annual Spring Formal, which is always a huge success. This past year, the chapter also scheduled a camping trip over the Memorial Day holiday weekend, where the brothers roughed it in the middle of the Red River Gorge national park, enjoying three days of camping, hiking, and all of the campfire fun you can imagine. The chapter tries to stay in touch over the summer by hosting an annual canoe trip at Whitewater River in Brookville, In. This past summer Beta Phi also started what hopefully will be an annual boating/camping event with the grad chapter.

Each year Beta Phi plans a variety of fundraising activities to raise money for the chapter. One of the more recent fundraising additions



Members of the 2007-2008 Province V Executive Board at the Spring Assembly.

involves selling course packets, which raises approximately \$400 per quarter. Every year they also pick an item to sell to the students of the college at the annual Taste of Pharmacy. Last year was UC COP mugs, and this year they will be designing UC COP sweatpants. Another big fundraiser is the sale of blood pressure cuffs/stethoscopes to the first year professional class. We usually raise over \$600 for this once a year fundraiser. There are also a variety of small fundraisers throughout the year (ie bake sales) to help raise money for the ACS Relay for Life team.

The Beta Phi chapter has continued to improve their efforts in philanthropic activities. Each quarter they try to provide brothers with at least 4 or 5 different activities to participate in. Some of the fall quarter activities include the Making Strides Against Cancer walk, the Children's Hospital 5k,

meals and activities at the Ronald McDonald House, and a coat drive for the local Drop Inn Shelter. They are also looking into adding a reverse trick or treat at a local hospital for this upcoming year. Some of the winter quarter events include the Polar Bear Plunge and health screens at the Drop Inn Shelter. The main philanthropic activity of spring quarter is the ACS Relay for Life. Beta Phi organizes and hosts a team for the UC COP so that the entire college can get involved. This past year they also organized the first UC COP blood drive.

Beta Phi has made an effort over the past two years to increase the amount of involvement that the chapter has with the UC COP. This past year they had a school-wide coat drive to help raise coats and winter wear for the homeless. They also organized the first annual college of pharmacy blood *(continued on page 8)*

Andrew Frasco (continued)

In answering why he pledged, Andy says "Two words: Jackson Sah. That guy is a great salesman! I always look for organizations with professional and social opportunities to belong to, and during the school-sponsored organization fair, he was the classic carnival talker. He talked about being Kappa Psi like it was the one thing missing from a new student's life keeping that person from being complete. And you know what, he was right." Kappa Psi provided Andy numerous resources through school, including ideas about career paths, social and professional networking, as well as an outlet for his creative, inventive, culinary, and leadership skills. Kappa Psi helped reinforce the notion that there is more to school than just books and classes.

Being a brother since 2000 means that Andy has a lot of cherished memories from over the years. "One of my first memories of Kappa Psi Brothers wishing to get together for the spirit of Brotherhood was the Bobblehead Dave unveiling party in Cincinnati in May 2003. That party represented the culmination of a novel project for a philanthropic purpose, and was a coming together of a diverse group of Brothers who had no real idea what they were meeting for, but just liked being together so much that they did not need a real reason to gather and enjoy each other's company. My most favorite recent Kappa Psi memory is being the officiant for the wedding ceremony of Lindsey and Josh Ghiringhelli in Michigan at the beginning of August 2008."

Andy's very first Province V assembly is a very special memory to him. The meeting was held in his home city of Columbus and, as a newly initiated Brother of Xi chapter, he had to help organize the assembly never having attended one before. Fall 2002 assembly at Gamma Chi was special because he flew into Detroit from Anchorage, Alaska and presented Satrap Van Dyke with an Alaskan totem pole. Of all of the assemblies though, Andy

says "I guess my favorite Province V assembly memory was when my wife Jessica was elected Province V Sweetheart at the Spring 2005 meeting in Columbus."

Over the years, Andy has had "the good fortune to meet and speak casually with such illustrious Brothers as Dewey Garner, Norm Campbell, Bob Magarian, Brian Reisetter, John Pietkiewicz, Jenny Donaldson, and especially, Pete Brody. Truly, though, I learn the most from the collegiate Brothers I meet when I travel to different provinces and pharmacy meetings. Collegiate Brothers have some of the most interesting stories and situations. Every one is unique and every one provides an opportunity to gain a new perspective, share experiences, and learn something new about someone else and myself."

So what advice does Andy give these collegiate brothers? "Be confident. No matter where you are, what you are doing, or what you are preparing for, always be confident. Be confident in your abilities, and your confidence will radiate from you and saturate others around you, and they in

turn will be confident as well. Also, when you stroll into the end zone in any situation, whether socially or professionally, act like you have been there before."

"The key to longevity in Kappa Psi is to remember the good times you have had with your Brothers. The future will always be unknown, but your good memories will remain. Fear of that future can paralyze you, but really, all you can do is be the best you can be today. Prepare yourself and no matter what the future holds, you will be ready to deal with it. In other words, as your future unfolds before you and your career and family paths develop, you may start to fear that you will not have the time for Kappa Psi. Do not be afraid of stepping away if you need to, because Kappa Psi will always welcome you back. You are a Brother for life, and Kappa Psi will always be here for you."

Andy Frasco is a great brother who embodies the spirit of Kappa Psi, and if you haven't already met him, please take the time to do so at the next Province event you attend. He is always ready to lend an ear, tell a great story, or give some excellent advice.

Beta Phi (continued)

drive. We worked with Hoxworth Blood Center and had a great first year turnout. The Beta Phi chapter also organizes and hosts the annual Spring Formal each year. We have been doing this for five years and every year is a big success. Over the next year we hope to continue improving our involvement with our college by getting our college involved with local health screenings.

The Beta Phi chapter has identified several goals for this upcoming year. Their most important goal is

to become more active with the college of pharmacy. They want to continue to get involved with school activities and make an even greater impact on the college. They've also made a list of goals for improving the chapter which include cleaning and revamping the chapter house, better organization and documentation of chapter history, implementing a chapter website, and to update the test bank available to the brothers. Good luck to Beta Phi in all their endeavors, and we look forward to seeing them in October at Midyear!

Cleveland Rocks! Province V Assembly



Jenny, Dave, John, and Radar with their Cornhole Boards.

Brothers from all over Province V convened in Cleveland, Ohio for the 2008 Assembly. There were business meetings, a Cornhole Tournament, a CE for the graduates, and a closing dinner bursting with brotherhood.



Brothers from near and far enjoy the closing dinner on Saturday.



The 2008-2009 Province V Executive Committee.



Brother Cameron "Radar" Van Dyke (with Liz Poole) helped Ada Grad host a great meeting.



Members of the winning and runner-up Cornhole Teams.

The Official Newsletter of Province V

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Got an interesting topic that you would like to see addressed in the next newsletter?

Know a brother who has accomplished something noteworthy?

Want to help out with the next newsletter?

Contact Satrap Erin Walsh
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