



Spring 2013

Gamma Psi

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Sixty years ago a group was born to strengthen the bonds of Brotherhood while maintaining academic

excellence and setting the foundation for the future leaders of pharmacy. Only the strong and worthy have the honor of wearing the two Greek letters adorned on their jerseys and are forever held in the bond of Brotherhood for as long as they draw breath.

I proudly wear these two letters and shout them out loud for the world to hear for we are the one and only "GAMMA PSI!!!"

My Brothers, it is truly a blessing and an honor to see our Fraternity turn sixty this year and as we reflect on the past we must prepare for the future of our beloved Fraternity. Our pledges have been tem-

pered and forged in the flames of the pledge process and I believe they are now ready to take up the responsibilities of Gamma Psi and gain the honor of wearing our letters. As we welcome a new batch of Brothers into the fold we are proud to see our fourth year Brothers graduate and become alumni. We are counting on each and every one of you to recall your oaths and remember Brotherhood is for life.

This newsletter is infused with quality Gamma Psi material and kicks off with a word from our Regent who shares with us his experience as the leader of this great Fraternity. Our Faculty and Alumni Brothers chip in on page 3 on the world of Pharmacy and how Gamma Psi impacts it. In addition we have some quotes from various Brothers including Dean Matthews

on their thoughts of Gamma Psi turning 60 on page 4. On page 5, PCP Kyle Brown shares his journey as a pledge and how the process has strengthened the bond between him and his pledge brothers. We conclude the Newsletter with some inspirational words from our Chaplain, Brother Francois Cherestal.

I would like to thank all those who made it for Founders Day and encourage all who could not to make it for the next one or show support in any way they can.

As we make the transition from our Old E-Board to the new, I would like to thank them for all their hard work and sacrifice. We have big shoes to fill and will do our best to elevate the legacy you have left us.

Fraternally,
Justin "Teddy" Kyei-Frimpong

Executive Board

Habeeb Asiru-Balogun
Regent

Joseph Walker
Vice Regent

Chris Shumans
Secretary

Appiah Kissi
Treasurer



Gamma Psi Brothers With Pledges at a Roadside Cleanup

The Regent's Reflection



As my regency draws to an end, it is impossible not to be reflective. This past year has been both the most challenging and the most humbling time of my life. The emotions are conflicting. On one hand, I am extremely excited about not being woken up at the wee hours of the morning to talk to Dr. Crowe. In conflict to that is the sadness I feel knowing that a chapter in my life is about to be over. The joy of seeing the newest Brothers thrive this past year has been heartwarming. The doubts and worries on their faces as pledges have been long replaced with confidence and determination. Together we have taken on challenges and gone about achieving the goals we set for the Chapter. They have each grown into their own and continue the legacy of being leaders on campus.

This year, we marked the 60th anniversary of our beloved Gamma Psi. I feel a huge sense of pride for being a part of something that has been in existence for so long. And even more so, I am humbled to have had the opportunity to witness the occasion. By continually molding young men and creating good Brothers and leaders, the Chapter has thrived and will continue to do so.

My biggest pride as Regent is that we each continue to make a positive impact in each other's lives as Brothers. The servant's attitude continues to rule. The genuine love we share coupled with the vested interest in each other makes our bonds unshakable. As I pass down the baton to the next Brother and begin on my next journey, I have no doubts the Chapter is in capable hands. Furthermore, I have no misgivings that for as long we refuse to settle, for as long as our standards and expectations remain non-negotiable, we will remain at the helm. When we speak, everyone will listen. When we walk, everyone will stop and watch. We will be the model for everyone, every Chapter, and every school of pharmacy because we have been taught the Gamma Psi way.

As we prepare to usher in the newest members of our Chapter, I am more than convinced that Gamma Psi will see another 60 years and then some. My commitment to the Chapter goes beyond the office of regency. I will be ever present, if only, to give constant guidance to the younger Brothers. A heartfelt thanks and appreciation goes to every Brother, alumni, and faculty that has made this year a success. It has been an honor to have served you as Regent. I am ever grateful for the opportunity and faith you have each placed in me. I hope to see most of you in St. Petersburg this summer for the 56th Grand Council Convention.

Faternally,

Habeeb Asiru-Balogun

Regent, Gamma Psi



Brothers receiving the Man Mile Award at the Winter Atlantic Province Conclave in Buies Creek, NC



Regent and Vice Regent presenting an award to Brother Sujal Patel during the 60th Anniversary Banquet



Brother Marvin Smith delivers a riveting speech during the 60th Anniversary Banquet

Stay Connected!

We are constantly updating Gamma Psi Alumni mailing addresses, phone numbers and email addresses. If you have moved since graduation or changed your email addresses, or know a Brother who may not be in our listserve, please send updated information to: mercergammapsi@gmail.com. Your information will be used to ensure that you are always updated with Chapter news.

Reflections Of a Faculty Brother



Dear Brothers,
As I prepared this column, it provided me a chance to reflect on my career at Mercer. When I started at the College, its location was across the street from the Atlanta Medical Center.

The College moved to the Atlanta Campus in 1991 and constant renovations to keep pace with the changes in teaching technology. The key word in the previous sentence is "change." This verb represents what will continually occur in our lives from both a professional and personal perspective. Everyone must adapt to change or be faced with becoming obsolete. However, there are some qualities or items that should *never* change.

In my humble view, some of these qualities are integrity, professionalism, honor, and timeliness. Each of these characteristics demonstrates respect

for others no matter what type of technology exists including social media. Kappa Psi has always upheld these principles. The Chapter is the BEST in the country if not the world. I recommend to you to always keep your perspective on "what's the big picture."

For me, it's always been the 3F's – family, faith, and friends. When you have that foundational support, you can link together your life of what to change and when to change. My academic career is not over, I'm just moving to another location. Pharmacy IS a small world and I know that I'll see you at a pharmacy meeting in the near future. When we do meet, please tell me what has been happening in your life.

God Bless,
Dr. Michael W. Jann

Gamma Psi and Pharmacy



Dear Brothers,
Greetings from the mile high city. My first year in practice has been rewarding and fulfilling. Life after school is very good. The 4 years at Mercer did a good job of preparing me for the real world. While the education was clearly indispen-

sable, all of the lessons gained from being a Brother prove equally as significant in everything from the day-to-day to important career moves. The challenges only continue after graduation but we have the advantage of trial by fire.

Being part of Gamma Psi has taught me how to persevere when the odds are stacked against me. Looking back to my pledge days I recall the numerous tasks we were assigned. They always seemed to be Herculean in nature, however failure is not an option in Gamma Psi and we did what was necessary to get the work done. These tasks sowed the seeds of perseverance and I soon learned with the right mindset and effort nothing is impossible.

In the world of pharmacy, numerous scripts come in, phones are ringing off the hook and there is always an endless stream of customers. In all this I am able to keep a calm focused mind,

delegate responsibilities and get the job done effectively and efficiently. Gamma Psi taught me patience which is needed when dealing with difficult customers, commitment which keeps me focused at getting the job done and done right, and tenacity which fuels my drive to achieve more in my career of choice.

As with everything, the results speak for themselves. As small a group as Gamma Psi represents in the world of pharmacy, we make an impact far greater than expected. It has become our tradition. I look forward to seeing what all of my pledge Brothers accomplish in the years to come. I am also excited to meet our current pledges and see the future of our organization. Twenty years from now I know I'll still be close with those that crossed with me, and I also will work to stay connected at the collegiate level as well. The more time that passes, the more my appreciation for the connection we share grows. I will see you all soon.

Till then.....
Gamma Psi Till I die!!!

Fraternally Yours,
Dr. Jordan "Frodo" Khail



Brothers donating blood at the Red Cross Blood Drive



Brothers at the Capitol on VIP Day



Brothers at Bid Night Social

Gamma Psi at 60

Anniversaries are times for celebrations, reflections and a look into what is still yet to come. As Gamma Psi turns sixty, Kappa Psi alumni, Mercer faculty, and active Brothers recognize this important year and the legacy that has been developed. Sixty years marks a special occasion as the Chapter has made a name for itself since 1953 to which Dean Matthew notes the Chapter has produced "successful leadership and has been tremendous for the school... the Chapter brings national and international recognition to Mercer." Though, there will be many humble celebrations and many plans to be made for our future, reflection serves as a time to meditate and realize the steps taken by older Brothers to mold the Chapter into what it has become and to remember how the Chapter has become so special and important to us all.

First, we recognize those who preceded us built a foundation for current and future Brothers alike. During their time here, a special bond was created between them that can still be found today which is why this Brotherhood has become so special. Dr. Marvin Smith was someone who valued that bond as he teaches it to all Brothers alike and as he remembers, "The term 'Brother' took on a whole new meaning for me, because I gained a family that I knew I could always count on. The best thing I ever did at Mercer was to take the Oath of Brotherhood, because even when I wanted to quit school, I didn't, mostly because I wanted to be a part of my Chapter. This Chapter saved me...in so many ways, and that's why I still give my service, my support and my heart to it." This bond is echoed by many including Dr. Andrew Crowe who wants people to understand this and "hopes the pledges and future Brothers can see this and take it to the next level. Wants us all to interact with each other, alumni and bring people back." The fact that alumni travel and even come back to help teach and carry on this bond is very significant and proof of what has been created here in this Chapter.

More recent graduates also reflect upon this time and describe that this Chapter though helpful for the Brothers within, know that there is an external importance for Mercer as well. Dr. Seth Hammonds describes this meaning as "Kappa Psi enhances Mercer like Gamma Psi

enhances Kappa Psi. We are a premier Chapter that plays no games and do not worry about numbers. We produce quality Brothers and leaders." Those quality Brothers and leaders strengthen and enrich the school that has taught us our profession. Through school and organizational leadership roles and positions, Kappa Psi on campus has blazed the trail and set the standard for excellence within the school. Dr. Johnathan Hamrick comments on how Brothers have taken the torch of Kappa Psi and Mercer across the country and foresees how this will continue to grow as well by writing, "I foresee the University and Gamma Psi to continue moving forward in making new trends in the pharmacy world and to continue producing impactful pharmacy leaders for sixty-plus years to come." As this Chapter grows older, so does our domain and reputation as a special Chapter.

Though still young souls in the Chapter, current Brothers have a live pulse on the Chapter and its direction. They can directly uplift this Chapter and control the direction it is heading. It is awesome to see them in action. The current Regent, Mr. Habeeb Asiru-Balogun, describes the future of the Chapter as so, "For as long as we continue to challenge and hold each other accountable to the commitments we have each made to Mercer, Gamma Psi, and Kappa Psi, we will remain at the pinnacle." With this approach by the leader of the Gamma Psi, this Chapter will continue to grow from the ground up, while building on the successes of each year. This approach rings with other Brothers as well. Mr. Trent Sappe denotes how it is a developmental process for all included by saying, "Having an organization like Gamma Psi being named the number one Chapter in the Nation can increase the appeal of the Mercer Pharmacy Program. Gamma Psi's major impact however, comes with developing the students involved in our Chapter into the best leaders and healthcare providers possible." With all this in mind and as the Chapter moves forward, it is important that we all take the time to realize how special and momentous this occasion is and how much better Gamma Psi can be.



Gamma Psi Brothers and Pledges at the 60th Anniversary Banquet

Dates to Remember

Hooding Ceremony	May 10
Commencement	May 11
56th GCC, St. Petersburg, FL	July 30 - Aug 4
Summer Atlantic Province Conclave, Richmond, VA	Aug 16 - 18
Welcome to Atlanta Social	Aug 19

A Pledge's Tale

A few months ago I accepted my bid and began my journey of a thousand steps with five individuals who were strangers to me at the time. The journey has been rough but through our shared trials we have made the slow transition from being strangers to becoming brothers. In the beginning, we struggled to get on the same page but we slowly pulled together, one Zaxby's meal at a time. It was not easy putting our pride aside and being accountable for each other but the realization dawned on us that we would not succeed without working together and supporting each other at all times. Over the last few weeks, we have slowly developed a team that we each can rely on in crunch time.

As the pledge class president, I have learnt to identify strengths and weak points of individuals. I believe we are truly working as a team when we play to our individual strengths and help each other with our weak points.

The process has been far from easy and the trials that were put in front of us only made the relationships between us stronger. A lot of times, it seemed like the odds were stacked against us but we managed to stand tall and pull through. Despite the odds, we were able to create a unique and successful fundraiser for our party. That gave us confidence that we needed to believe and trust each other. My pledge brothers and I have had our fair share of disagreements but like family we stick together no matter what.

I imagine like many PCPs before me, there was a turning point where you could feel the group finally clicking. I found mine while studying for our PK final. I remember the first time we actually tried to study together. Everyone was going in different directions and

no work was really being done. Each person was only concerned with he needed to know and talking over each other's questions. The final was a different story. Everyone was focused, asking questions and sharing tips on how to study and key concepts that we may have picked up while reading the notes. I truly felt that we were all invested in each other's success and it showed when we got our results. Everyone was calling to share grades and it was not to brag but to make sure the guy next to them did well also. I cannot help but smile at the progress that we had made and how far we had come as a unit.

Looking back, I recall a wise man's analogy of the clay in the potter's hand. The potter applies the pressure and shapes the clay to create his masterpiece. The Brothers of Gamma Psi are our potters and they use the pledge process to mold us into men they know we can become. It may not be comfortable but the expectations and pressures put on us will prepare us for success down the road.

I am honored to follow these great men before me and grow with Brothers I have now. On behalf of my pledge class, we would like to thank all the Brothers for the opportunity to grow mentally, spiritually, and academically. We will continue to press forward and give this process our all, so that one day we may also be worthy to be called your Brothers.

Humbly Submitted,

Pledge Kyle Brown



Pledges at their 'Suit & Tie' Social

Strengthening our legacy



This has been a great year in Gamma Psi history. God has granted us the opportunity to witness the 60th anniversary of our Chapter. Through this experience, we have been reminded of what our true purpose is as Brothers. Sometimes because of what life throws at us, we tend to let ourselves get discouraged and even forget that we were never brought on

this earth to be in control of our own fate. As a result unfortunately, we let ourselves get consumed by the burdens we face. If only we would try to take a step back and look into the glass from the outside, we would place ourselves at a better angle in order to see what the problem is and thus be able to avoid it.

After 60 years of great accomplishments and Brotherhood, we cannot honestly claim that we have done it all. We still have plenty of room for improvement, which we all know cannot be done by one person. It is the duty of each one of us to remain accountable to each other and continue moving toward a more successful future. At this point, as we have been reminded, it is our responsibility to move the Chapter in a path of true legacy. The way it will be done is not merely by just strengthening the pledge process or remaining competitive against the other collegiate Chapters, but it is instead by doing our part to keep our bonds of Brotherhood "Titanium Strong."

After pharmacy school, it is natural to feel like you have done your part while on campus and the focus now turns to the new chapter in your life. At least, that is what it appeared to be at our Founders Day banquet, being around so many empty seats that were reserved for graduate Brothers. Although life has its many challenges, I believe God still created us all with a voice of discernment and reason. Therefore, we all have the responsibility of taking charge of home when things seem to be going wrong. It is time for all of us to realize that we have the key to change for the better. If we put all of our differences aside, and stop making excuses, we can and will definitely help each other out in the right way. Whether graduate or collegiate you are and always will be a Brother. This mindset needs to be universal in the sense that we are all here to help out in every possible way. As we embark on this new mission of building the Gamma Psi Network, we each need to do our very best to remain in touch with everyone as much as possible, and most importantly, get out there and reach out to all those who we have not seen. Only thus will our legacy be forever strengthened.

Fraternally,

Francois "Banks" Cherestal



Gamma Psi Brothers at the Winter Atlantic Province Conclave