

Brownie

Bites

Alpha Phi Omega

Mu Zeta Chapter

Spring 2011



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meet your spring 2011

KINGSLEY YEE VIPS!

"Very important pledges"



Aaron Li
Freshman
Pre-nursing



Andrew Lo
Freshman
Cell & Molecular Biology



Andy Wong
Senior
Computer Engineering



Benjamin Chen
Junior
Liberal Studies



Brian Ignacio
Junior
Psychology



Bryant Chen
Junior
Marketing



Calsey Chan
Sophomore
Pre-nursing



Calvin Zhu
Sophomore
Undeclared



Carlalyn Lim Ladoray
Sophomore
Civil Engineering



Christopher Ray Hosler
Freshman
Information Systems



Christina Hoang
Junior
Business Mangement



Desiree Cook
Junior
Sociology



Dorothy Tran
Junior
Child & Adolescent
Development



Edward Lau
Freshman
Pre-nursing



Elizabeth Howard-Gibbon
Junior
Political Science



Harriet Wu
Freshman
Cell & Molecular Biology



James Wong
Senior
Biology



Jason Lemi
Junior
Psychology



Jaycie Kotake
Freshman
Business



Jonathan Li
Junior
Civil Engineering



Joshua Contreras
Junior
Film



Justin Papa
Senior
Microbiology



Lin Lan
Freshman
Nursing



Mary Phuong
Junior
Finance



Nancy Tran
Sophomore
Cell biology



Nick Wong
Junior
Sociology



Pou Ieng Fong (Bonnie)
Junior
Psychology



Raymond Zeng
Freshman
Industrial Design



Timothy Miranda
Junior
Psychology



Tina Zhong
Senior
Sociology



Victoria Chen
Junior
Chinese & Studio Art



Winson Chen
Freshman
Biology

Brownie says

freshmen: 9
girls: 13 sophomores: 5
boys: 19 juniors: 14
seniors: 4

total pledges: 32



Brownie is a moose who is our chapter mascot. Brownie will answer any questions you have and give you advice. Your answers will be displayed in the "Dear Brownie" section of the newsletter. Ask away! But beware, he's pretty blunt!

Dear Brownie
Illustrated by
Jadelyn Querida Bacalso
<http://domofudge.deviantart.com/>

Meet your Spring 2011 Executive Committee!

Hi! My name is Darshika & I am the Spring 2011 Mu Zeta President! I just wanted to take this time to introduce myself! I joined Alpha Phi Omega – Mu Zeta in Spring 2007 during the Erick Kim Pledge Class. Not only was it my first year there and I wanted to get to know more people at SFSU, but I also loved doing community service since high school and wanted to continue doing service in college! It wasn't until I joined Alpha Phi Omega that I realized how many different types of service projects I can take part in! I also learned a lot by taking many leadership positions throughout the years, I have been active every semester since I crossed and have also held either an executive committee position or appointed position every semester.



President
Darshika Patel

During Spring 2007, I was half of the pledge class historian and was part of the MAAD entertainment committee. During Fall 2007, I was half of the administrative vice presidents and half of the rock family heads. During Spring 2008, I was half of the pledge masters and half of the MAAD entertainment chairs. During Fall 2008, I was half of the administrative vice presidents. During Spring 2009, I was half of the sectionals chairs, the chapter historian, half of the MAAD entertainment chair and won the bright spot award. It was also the year that I completed enough hours for the presidential service award. During Fall 2009, I was half of the membership vice presidents. During Spring 2010, I was half of the rock family heads and half of the MAAD Registration Chairs. During Fall 2010 I was half of the Publications Director.

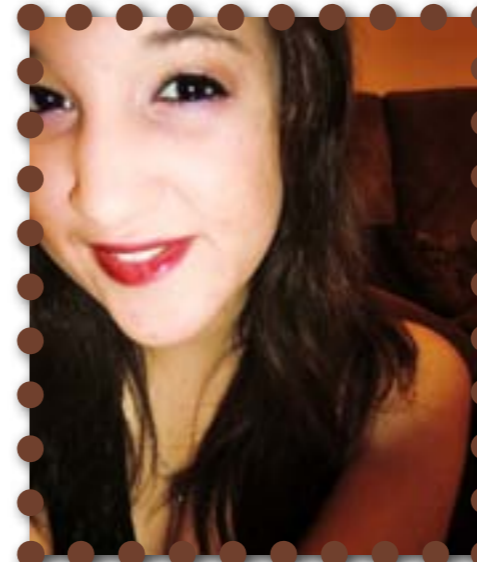
As for friendship, throughout my years in Alpha Phi Omega, I have met some of the most amazing people and made some of the strongest friendships! I have definitely made friends to keep for a life time! It has definitely been one of the best decisions in my life to join, because it has given me so much through the time that I have been here and given me so many opportunities to give back to the chapter that has given me so much!

I am looking forward to personally introducing myself to all the pledges, but I just wanted to welcome you to Mu Zeta and I hope you all get to make some of the best memories of your college career here with Alpha Phi Omega – Mu Zeta!

- Darshika Patel

1/2 Service Vice President

Rochelle Fruguglietti



The cheesiest article you will EVER read!

Hey guys! My name is Rochelle Fruguglietti and I am one half of this semester's Service VicePresident! I am really excited to be a part of Spring 2011 Excomm and never really thought I would take up such a big leadership role. College has definitely changed me as a person and joining Alpha Phi Omega only made it more noticeable. I never really was the one to stand up and be a leader or be outspoken in any way. However, going through pledging and becoming a member gave me many opportunities to be more comfortable with myself. Not only did I learn and be inspired to take on more leadership positions, but I also made really great friends who supported me along the way. Since I pledged in Spring 2009 with my G-Ro's I've held an appointed position every semester until now. Once I held the

positions of Publications Director twice and being Pledge Trainer once, I knew that my next step would have to be an Excomm position. So, from Spring 2010, I ran for Excomm positions every semester. However, I never won any of the positions. Now, here comes the moral of my long story. I never really gave up! Even though I didn't win the positions, I always ended up taking an appointed position and built up my experience. Then to my surprise, I ran for Service Vice President last semester with my wonderful co Ricki Herrera and won! Well, all I really want to say is; fight for what you want and eventually you will get it! Never give up, and enjoy pledging and everything that comes with it. I'm not going to lie, at times it will get stressful and you may want to quit, but don't. It'll all be worth it in the end! Alright, I'm done with my cheesy clichés. Have a wonderful pledging experience and good luck everyone!!

-Rochelle Fruguglietti

1/2 Service Vice President

Ricki Herrera



Welcome , everyone, to the Spring 2011 semester! I'm happy to invite you all to an exciting semester with Mu Zeta, and would like to greet you as one of the Service Vice Presidents this semester. Let me begin by saying it might be new for some of you pledges, but it should be exciting for everyone doing what we do best. We've got interesting things planned for our chapter, and we look forward to see it play out well. So a little bit about myself; I'm a second year here at SFSU, originally from Los Angeles, and I pledged Fall '09, with the Jack A. McKenzie class. This is my first official time holding a position as an officer for Mu Zeta so hopefully I can fill the shoes that have been left for me.

I work for Jumpstart at a preschool, and otherwise spend my time at school or with activities our chapter undergoes. But enough about me. I hope to get to know as many of you as possible, and hopefully you can get to know me back! I'm not difficult at all to talk to (even though people tend to think I'm upset or sad most of the time) so don't be afraid to approach me with questions or anything else that might come to mind. My partner, Rochelle, and I are quite available for anything we might be able to assist. And to get all of you a little excited about becoming a member of Alpha Phi Omega, I'd like to share a few of my favorite moments with our chapter. My favorite service project has to have been working at the Edgewood Children's Center Halloween Party. We hosted an event to basically give the children there a holiday to celebrate, since they don't have legal parents or guardians to do it for them. What struck me most was being instructed to keep sharp objects away from them; it put my own upbringing and privileges into a new perspective. My favorite fellowship event was actually my very first one, not a week after I became a pledge. The idea was to attend a "Shakespeare in the Park" play, which was free, and hosted at FortMason. We took the 28 there, which was a journey and fellowship on its own, and once we got there we didn't get any seats. So after a few minutes of not being able to hear, we decided to leave and we ended up in Chinatown having lunch in a café, and walked through a lot of downtown after. It was a very good first impression with all of the members and my fellow pledges, so it stuck with me. Anyway, I feel like I've said too much to keep you interested, so I'll leave you with the hope that you'll stick around and try to make the most of this experience. You won't regret it!

-Ricki Herrera



1/2 Membership Vice President **Jennifer Chang**

Hello there! I'm Jennifer and one half of your Spring 2011 Membership VPs. In the past I've held many appointed positions: Spring 2009 & 2010 1/2 Publication Director, Fall 2009 1/2 Banquet Chair and Fall 2010 1/2 Historian. After holding many appointed positions, I felt it was time to step up to take on an excomm position and I'm excited to start the semester! Here's a little about myself, I'm from Fairfield, Ca. 707! This is my 4th year at SFSU majoring in Business-Marketing. I pledged Spring 2008 PC^2. I

heard about Alpha Phi Omega through some friends while I did the ASU internship and liked how one of principles was community service.

Through APhiO, I was given many opportunities to do different kinds of community service, gain another family and build up some leadership skills. I can say that pledging Alpha Phi Omega is one of my most memorable college experiences so far. So enjoy your pledging process, have fun and good luck! I look forward to getting to know you all =]

<3 & LFS
- Jennifer Chang



1/2 Membership Vice President **Nathaniel Dizon**

Greetings!
My birth name is Nathaniel Peter Dizon, but you can call me Nathan or Nate for short. My ethnicity is a mix, mostly Filipino, with some Chinese and Spanish blood. I'm a native San Franciscan and proud of it, so if you have any questions about the city, please ask. Before attending San Francisco State University, I attended Thurgood Marshall Academic High School in the Bayview-Hunters Point District. I was actively involved with numerous student organizations where I took on many leadership positions. In the summer I teach middle school students at a summer program called

Aim High and I am also one of the many unofficial advisors for a summer theatre troupe called Youth for Asian Theater which is based in San Francisco.

In my free time, I enjoy going to the movies, playing many of my musical instruments, singing, dancing, site-seeing, and volunteering to help the community. As I transitioned from high school to SFSU, I was ready to take on more challenges and, through word of mouth, I was intrigued when I heard of a co-ed service fraternity. I Pledged for Alpha Phi Omega in the Fall Semester of 2009 and I've learned to apply our three Cardinal Principles, Leadership, Friendship, and Service, to my life as a whole. I've held many leadership positions, made countless friends, and volunteered at so many projects, it would make your. If you are reading this, I'd like to let you know ahead of time: this will be one of the most memorable semesters in your college experience. Congratulations and I wish you the best of luck! Don't be afraid to ask for help or to just strike a conversation with me! I'm very approachable :D

- Nathaniel Dizon



1/2 Pledgemasters **Krystle Koshiyama**

Hello all my name is Krystle Koshiyama and I am 1/2 of the Spring 2011 Pledgemasters, for those of you that do not know me you soon will and for those of you that do know me feel lucky! Haha just kidding. Well here are some cool and interesting things to get to know about me before even meeting me...I have four cats (I love all animals cats just happened to have come first), I AM VERY LOUD and like to laugh a lot, I have a smart mouth so if I'm quick to say something but it's only for fun I'm not mean PROMISE! My favorite color is lime green, my FAVORITEST (<---i know that's not a word) place in the world is DISNEYLAND I will go crazy for that place and Tinkerbell is my idol...I am currently in my last semester here at SFSU graduating in May with a major in Child Development. SO

enough about me we have all 10 weeks to learn more...I would like to say to the new incoming pledges welcome I look forward to taking this journey along with you, if you ever need anything I'm just a phone call or text away, pledging is truly a crazy but AMAZING experience and take in every moment...good luck and have fun!!

- Krystle Koshiyama



1/2 Pledgemasters **Angelica Young**

Hello pledges!
So my name is Angelica if you did not know, and I am one of your Pledgemasters. I'm currently finishing my last semester at SF State with a major in Chemistry and minor in Holistic Health. This will be my fourth semester in Alpha Phi Omega (including my semester pledging), and I have to say I am glad I joined. This organization has exposed me to so many things that I probably would not have otherwise experienced. I played sports and have been a part of various clubs for as long as I can remember, but being a part of Alpha Phi Omega has really gotten me to meet people, make friends and give back to the community in a new way. I remember when

I was pledging and at the very first pledge meeting I saw the list of requirements I had to fulfill, I thought to myself, "what did I get myself into?!" But looking back at it now, I would have done it all over again. I'll admit that it was stressful trying to balance work, school, and everything else in life, but in the end it was rewarding. I have made so many new friends, improved my leadership skills, and given back to the community. I wish you all the best of luck and hope you enjoy your pledging experience this semester. Look forward to meeting you guys because we will be spending quite a bit of a time together this semester =)

- Angelica Young



1/2 Fellowship Vice President

Doreen Li

Hello and welcome to Alpha Phi Omega! My name is Doreen Li but I may also be known as "Dory" or "Dori". I am currently one of your Fellowship Vice Presidents and I joined Alpha Phi Omega last semester during Fall 2010. A little bit about myself - I love spontaneity and adventure; I am a third year majoring in Business Accounting; and I can be either pretty laidback or extremely bubbly at times. I was unsure about joining Alpha Phi Omega in the beginning - but prior to joining, my college experience was pretty dull. I now realize that it was a great choice to stick it out until the end because joining this organization has been a really

wonderful and amazing experience. I haven't had so much fun in college until now and I've finally found my own little niche here. I've also learned a lot about perseverance and leadership during my pledging process and I've gained some truly wonderful brothers and friends who I know will always be there for me. If you ever feel discouraged, just remember that you can gain a lot from Alpha Phi Omega if you just keep believing and putting in effort until the very end. Good time management and positivity will really help you out on your journey to becoming a Brother! Never be afraid to reach out for help from any of your pledge brothers or any of the members because we are all here for one another :)

- **Doreen Li**



1/2 Fellowship Vice President

Kevin Soncuya

Whhaatt it doo Alpha Phi Omega! This is Kevin Soncuya speaking. I'm currently one of your Spring 2011 Fellowship Vice Presidents. Welcomee pledges!! Are you guys ready for an exciting semester? You guys better! Haha im kiddin, but foreal tho. This is my 1st year at S.F. State and I was pretty bored my first weeks of school. I knew I wanted to join something but I wasn't so sure. I decided to join because I heard very good things about this organization. It's really good networking. I wanted to meet new people. I met many, many good friends; some I really got close with. Pledging is a really fun

experience, I know ya'll gonna enjoy it. About me, I pledged last semester Fall 2010. I'm a Computer Science Major. I love, love food! I love to eat! I enjoy hanging out with friends. I'm a lightweight breakdancer. I haven't really practiced a lot since a hell a long time ago. I'm a really chill person. My experiences with Alpha Phi Omega are very memorable. I have memories that I will take with me during and after I graduate college. I learned a lot such as good time-management, leadership skills and The pledging process is going to be challenging but always remember you have your pledge brothers and members always there to help you! Try to stick with it until the end. You'll only gain something with Alpha Phi Omega so make the most of it. I'll be seeing you guys along with your journey in becoming a brother. Don't forget to say Hi to me =]

- **Kevin Soncuya**



1/2 Finance Vice President

Nicolo Lufrano

Hey! My name is Nicolo Lufrano and I am one of the Finance Vice Presidents this semester. I am originally from Berkeley California and I am currently majoring in Economics. I am currently a junior and I plan on advancing into a career in International Economics. When I first began college, I never really saw myself ever joining a fraternity and I wasn't really aware that Alpha Phi Omega even existed until my good friend Phillip Zabat took me to an info night. It was a complete accident that I joined but I don't regret it one bit. When I stumbled into that first info night I was a super shy and quiet person who didn't have a lot of desire to branch out and be a social butterfly. Although it was scary at first, even having to introduce myself in front of a room of people, I eventually felt at home and began building valuable social skills that are still building today. One of the things that kept me interested was the amount of great people and networking opportunities that I was constantly in contact with. Also what made it easier for me was the amount of community service that was being offered. All throughout high school I had been a big participant in community service organizations in my area and it was a refreshing surprise to find a campus organization that shared the same love for community service that I did. Overall, the pledging process for me was amazing simply because of all the bonds I gained with my fellow pledge brothers. With their support you can pretty much achieve the unthinkable. Alpha Phi Omega got me out of my shell and introduced me to people that I will never forget. Even though you may not be the fraternity type, I would truly advise you to stick with it because in the end it is so rewarding and there is just something about Alpha Phi Omega that keeps you coming back. I wish you all the best and I hope to greet you all as fellow brothers at the end of the semester.

- **Nicolo Lufrano**



1/2 Finance Vice President

Rachel Lewis

Hey Mu Zeta My name is Rachel Lewis and I am a freshman here at San Francisco State University. I pledged for Mu Zeta in the James L. Chandler pledge class, Fall 2010. I'm a fresh active member, excited for this term! This semester, I am working alongside Nicolo Lufrano as your Finance Vice President. A little about me, I'm originally from Los Angeles, I'm left handed, I don't eat beef, seafood, or pork, I have two sisters, I don't know how to swim, and I am a pledge bro of the biggest pledge class, James L. Chandler, where 56 people were initiated! I'm really looking forward to meeting the new pledges, and guiding them to cross into active membership, what an experience it will be!

My most memorable experience while pledging were all the sleepovers me and my pledge bros had. We all bonded really well, and became really close, despite how big our pledge class was. We all had a chance to talk on a one on one basis. I'm also learning so much, and becoming close with older members too! My college experience would not be complete without Mu Zeta.

- **Rachel Lewis**



1/2 Administrative Vice President

Kristin Pham Lam

Why, HELLO there pledges! My name is Kristin Lam and I am your 1/2 Administrative Vice Presidents for Spring 2011. I am a third year and a Health Education major. I've just recently crossed last semester with the James L. Chandler pledge class of Fall '10. (JLC, WE CRAZY!!) Pledging to me was honestly... FUN but there were lots of work included, as well as some sleepless nights (bonding with your pledge bros >:)] But that's not all that bad, you get a lot closer and become like a REAL family! For me, every pledge meeting, I ate out all the time! (TEAWAY RUN!) and one thing about me, I love French

Fries and Sushi. The things that were fun were meeting a LOT of people and as well as going to the IC events, I even met some of my old high school friends who were in Alpha Phi Omega! The advice I would say is to ALWAYS ask for help when needed and of course, never feel shy! I was a pretty quiet person but till I became involved with Alpha Phi Omega, it was a great change for me. I just Love the LOVE! I hope all of you guys (the wonderful pledges!) will stick it to the end and remember, cherish those memories, the next few weeks will be quick! <3

- Kristin Lam

1/2 Administrative Vice President

Edward "Dward" Mendoza



Hello Pledges! Hello everyone! For everyone that does not know me, my name is Edward Mendoza, but you may call me "Dward" for short. (Why I'm called Dward, you ask? Just ask me, I'll definitely tell you the story) I'm currently 1/2 of your Administrative Vice President for the spring 2011 Semester. I'm responsible for sending out the minutes to the chapter early and making sure that everyone is on the same page with all the events presented during the general meeting. But before being 1/2 of your administrative Vice President, I was pledging like each and everyone you.

When I pledged, I was somewhat dragged into Alpha Phi Omega. I remembered having to close my eyes for the trust walk and entering into a dark room. After learning more about Alpha Phi Omega, the Cardinal Principles, and learning the fact that doing community service will lead me to get my well-earned letters, I was all for Alpha Phi Omega for pledging. Believe me, it's a difficult process, and some might not make it to the end, but if you just believe that you can accomplish it, then you can surely be a deserved brother of Alpha Phi Omega.

How does one cross successfully to be a brother? Well I'll let you know. First things first: learn how to manage your time wisely. You will have so many service projects, fundraisers, and interviews to accomplish that you might think that you won't be able to complete them all. Prioritize what needs to be accomplished first and then everything will work according to plan. Secondly, bond with your pledge brothers. These will be the people that you will intimately work and be close with, so make sure you all become one cohesive group in the beginning, so that all of you may be a cohesive group at the end. Lastly, make sure you know all the information that the pledge trainer will inculcate to you. Practice memorizing skills and learn smarter, not harder. If you follow this foolproof plan, then nothing can stop you into being a brother of Alpha Phi Omega.

So have fun, this experience will honestly pass by you quickly. Cherish the memories that will occur in the immediate future, bond with everyone, and have the best time of your life.

- Edward "Dward" Mendoza

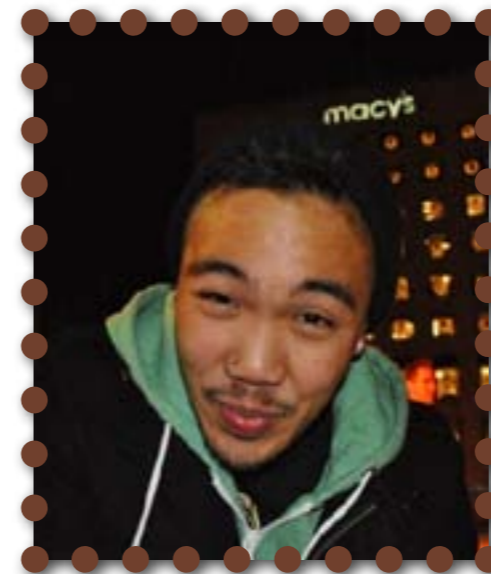


1/2 Sergeant-At-Arms

Miguel "Iggy" Deleon

What's up everybody?! I go by the name of Iggy, but my real name is actually Miguel Antonio Deleon. I am currently a Junior at San Francisco State trying to succeed in Cell and Molecular Biology. The name sounds intense, but I'm taking this course in order to fulfill my dream career to be an orthodontist. I just want to share the same boost of self-confidence with other people out there by giving them a nice smile! On my free time, I love playing musical instruments, jamming with people, playing at some shows and open mics, and producing music. I started off by playing violin in the 5th grade, and then piano from 6th grade till end of high school. I also went to Hawaii and picked up an ukulele for a couple of years. However, my main passion is playing the guitar because I love the sense of freedom and improvisation! My favorite genres of music I like playing are RnB, Jazz, Rock, and Bossa Nova, but the weird thing is I don't listen to much music, so don't ask me if I know a certain musician because I most likely won't know them. I enjoy teaching people how to play, so if you're down to learn, just let me know! You can also check out some videos and recordings on my Youtube channel; simply look up Iggy524. Another hobby I have is traveling. I've been to many different places with family and friends, such as Europe, Philippines, Canada, but Hawaii is by far my favorite. As cliché as it sounds, I really enjoy long walks on the beach because of the nice scenery. For all you gamers out there, I like playing Super Smash Brothers, Heroes of Newerth, Starcraft 2, PS3 games! That's all folks, I hope to get to know you all this semester!

- Miguel "Iggy" Deleon



1/2 Sergeant-At-Arms

Jon-Thomas Duldulao Lee

HEYYY YOU! First off, thanks for reading this. Second, let's be on our way with the unimportant stuff. My name is Jon-Thomas Duldulao-Lee ([Dual-duh-l-ow] I know it's a mouthful) and I am 8/16ths of the Sergeant-At-Arms duo. I hail from Vallejo, CA, with humble backgrounds. My interests include martial arts, with my focus being Capoeira right now, cars, driving, mind-games, and anything else that you would find interesting. I am on a quest to know as much as I can about everything and that leads me to what is important about you reading this.

I am extremely open-minded individual with experience in a multitude of fashions, arts, paraphernalias, or whatever else you may want to try with me. I am down to talk about whatever comes to your mind, hauls on your back, or catches your eye and will not hesitate to throw some humor into any situation in order to keep an optimistic energy about us. As SAA, I do what I can to stay objective pertaining to what goes on within the organization and the same goes about how I see life: I approach things with logical and a variety of visceral perspectives in order to come about a "greater good" for both you and I. Judgement is not something I pass on you easily so feel free to COME AT ME BRO. Since this is probably one of the last articles in here, I leave you with a thought: "Treat people with how they want to be treated and it will make your life that much easier." Our journeys will most definitely be intertwined and I look forward to learning more about you as you will me. Good luck, keep your head up, and smile kiddo, because in the end, that's all we really have to fall back on.

- Just call me Jon

Alumni Advisors

Greetings Mu Zeta

Welcome to the Spring 2011 Semester of Alpha Phi Omega – Mu Zeta. As we all know Spring 2011 graduation is upon us once again. I can still remember that day like it was yesterday. For all of you that are looking forward the Spring 2011 graduation hang in there because this is the home stretch and you are almost done. This may be the end of your education at San Francisco State University but, in fact it may just be the beginning of your career. At times, life may be hard and true obstacles will get in the way. These obstacles have come to you as a sign to prove to yourself that nothing is impossible, do not be discouraged as this is only a test of your true abilities.

For the JLC class, the Chapter welcomes you, as our newest active members the future of the chapter now lies in your hands. It has just started for you.

For all the rest of the brothers of Mu Zeta, those of you who still come around, and the forgotten that have moved on with your lives. The Mu Zeta Chapter wouldn't be here now without your hard work and dedication throughout the years.

We as Advisors would like to congratulate the graduating Class of 2011. Happy Chinese New Years. Happy Year of the Rabbit. Congratulations if you are either 12, 24 or 36 years old. Keep your cultural identities alive and never abandon your traditions.

THE END.

**Justin says "shervey so curvy eats limes to prevent scurvey"
Shervey states, good old justin could use a good dustin.**



Justin Yu



Shervey Kong

This newsletter was brought to you by:
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