



SOPhS President's Message

Since my return from PDW in January, I have been actively working with the President and Vice-President of the University of Toronto's UPS (undergraduate pharmacy society) planning a leadership symposium. We have called this inaugural event Ontario Pharmacy Student Integrative Summit (OPSIS). Students from both Toronto and Waterloo will be selected to go to the conference on an application basis. The conference will be funded through a combination of sponsorship and society fees and no costs will be incurred by the students selected.

This is an excellent opportunity for our students to work collaboratively with our fellow Ontario Pharmacy Students. Four students will be chosen from each of the classes to represent our school. These students will be placed on junior and senior teams and combined with two students from U of T. Within these teams students will work together to solve different patient cases and be expected to present the cases to the conference. In addition, we will be having a special guest speaker that will be focusing their talk towards leadership within pharmacy and the importance of collaboration.

The event is booked to take place on April 2nd in Niagara Falls at the Sheraton on the Falls Hotel and Conference Center. This is a great opportunity for students who are passionate about pharmacy and have excellent leadership skills to showcase the quality of students University of Waterloo has to offer. It is an excellent addition to your resume and an even better opportunity to practice skills learned in the classroom. The plan is for this event to become a tradition between the two Ontario pharmacy schools. I encourage you all to apply and be the first group of students to collaborate with our fellow Ontario student counterparts. Look for the application package in the next upcoming SOPhS update and feel free to email me with any questions.

We are now half way to the finish of the winter term! Time is flying by but there are still lots of opportunities to get involved. OPA Cup taking place March 20th, Curling Bonspiel, and Pharmacist Awareness Week, just to name a few. There will be elections taking place soon for CAPSI and SOPhS. Stay motivated and don't let the opportunities pass you by.

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Communications Update

Welcome to another issue of the Pharmacy Phile. It's a little shorter than usual this month, but still full of great news and information from the School of Pharmacy.

I'd like to thank everyone who contributed articles and information to the newsletter this month, despite the work load that we're all under! On the bright side, I was able to add the last day of classes to the SOPhS Calendar in this issue so at least we can say that we're on the home stretch. One month to go and then exams will hit us!

I'm still looking for students to submit pictures from pharmacy related events and I can always use more articles to fill the pages every month!

There are a number of events throughout the month of March so be sure to check out the calendar and take some time away from studying to relax with your fellow pharmacy students. The OPA Cup is going to be great this year, and I've heard rumours that we're the favourite so don't miss the bus!

Thanks again for taking the time to read the newsletter this month, and as always let me know if you have any feedback!

Dave Hughes

CAPSI Update & Pharmacy Awareness Week (PAW)

Hello everyone,

In February CAPSI sold Valentines Day Candygrams where half of the profits went to Waterloo's Run for the Cure Team. This year we raised \$165 for the team. Thank you for your support!

Events to look forward to in March include Pharmacist Awareness Week (PAW), CAPSI's cell-phone recycling drive and CAPSI elections. PAW is being held from Monday March 7th to Friday March 11th and is sponsored by Apotex. The week will bring back CAPSI's annual I ♥ my pharmacist t-shirts. This year we will be selling three different colours of t-shirts for \$10 each. So be sure to get your early Christmas presents for your family members! An event is held each day of the week according to the schedule in the box below.

There will be many prizes given away

throughout the week for those who participate including an Apotex 32gb iPod touch with a one-year subscription to iPharmacist, 3 CPSs, CAPSI NovoPharm binders, CAPSI Apotex backpacks, and much, much more. Listen for updates on how to win the prizes. If you are interested in helping out with the events planned for Monday or Thursday please email me at waterloosr@capsi.ca!

Also in March CAPSI will revive its cell-phone recycling drive. Please bring as many old cell phones as you can find and drop them off during PAW week or pass them along to your class CAPSI rep or members of CAPSI council. Any cell phone is welcomed- working or not! The cell phones that are in working condition are turned into emergency 911 cell phones to benefit senior citizens, the homeless, and victims of abuse nationwide. So your old cell phones will be put to good use!

Finally the month will end off with CAPSI elections. If you are interested in running/ applying for a position watch the SOPhS Updates for more information.

CAPSI aims to offer benefits that members find useful, so if you have any suggestions for events or fundraising initiatives I encourage you to send an email to me at waterloosr@capsi.ca or to Jenny at waterloojr@capsi.ca or talk to your class rep!

Sincerely,

Ashley Gubbels
Senior C.A.P.S.I. Representative
Canadian Association of Pharmacy Students and Interns
Local Representative
Canadian Pharmacists Association
University of Waterloo
waterloosr@capsi.ca

Pharmacy Awareness Week - March 7th - 11th

YOU COULD WIN!

- iPod Touch with 1 year iPharmacist subscription: \$700 value
- 1 of 3 copies of a CPS: \$250 value each
- Apotex backpacks
- Gift cards

To get your name entered into a draw for these fabulous prizes, get your passport card stamped at the Harm Reduction Symposium and various booths at the Health Fair. Come to the social night Friday where the winner's names will be drawn!



EVENTS

T-Shirts: Throughout the week, CAPSI council will be selling "I ♥ My Pharmacist" t-shirts. This year we will be selling three different colours of t-shirts for \$10 each. These shirts were a huge hit last year, and they make great gifts for family & friends!

Monday March 7th - Proper medication disposal outreach: CAPSI will be dropping off fliers throughout the community encouraging proper medi-

cation disposal. Community members will have the option to bring old medications to Thursday's health fair for disposal.

Tuesday March 8th - Harm reduction guest speaker 7-8pm. Topic: Methadone Distribution and Safety Issues. ***Passport Event***

Wednesday March 9th - Healthy bake sale at lunch in the front foyer.

Thursday March 10th - Health fair for the community and students held at the school of pharmacy in the front foyer from 5-7pm. ***Passport Event***

Friday March 11th - PAW social at **Titanium**. Prize winners will be announced during the social so plan attending if you hope to win one of the great prizes CAPSI is offering.

Sponsors



Super Bowl Party





Orientation Week Barbecue

OPA Student Cup

By Stacey D'Angelo - Rx 2012

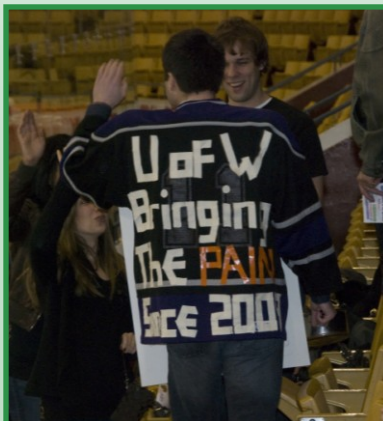
On Sunday March 20th you are all invited to the sporting event of the season – the OPA Student Cup! This is the 3rd annual hockey game between the University of Waterloo (UW) and the University of Toronto (UofT) pharmacy students supported by the Ontario Pharmacists' Association (OPA). This year is UofT's turn to host the event and they have been working hard to plan a great day. It seems to get bigger and better every year!

The main event will be 3-5pm at Varsity Stadium in Toronto with a social event to follow at the Madison Ave Pub, a short walk from the stadium. Three busses leaving from the school are available free of charge for

anyone interested. You must sign up at the front desk – first come first serve! The first bus will take the hockey team and anyone that wants to get there a bit early at 12:30pm and the following two busses will leave at 1pm. Tentative arrival times of 2:15pm and 2:45pm respectively. After the event, the busses will have staggered leaving times, tentatively 6pm, 8pm and 11pm. Please indicate your preferred leaving time on the sign up list and we will have them leave accordingly.

Our team has been working hard at tryouts and practices. Let's show them our support with amazing team spirit! We will be holding a pep rally in the afternoon on Saturday March 19th at Bobby O'Brian's. Come out to

make T-shirts, signs and noisemakers, rally team spirit, and mix & mingle with your fellow classmates. We'll also be having a contest to see who can create the best cheer to root for our team with a great prize to be presented at the pep rally. More details to come via SOPhS email and announcements from the planning committee. In the meantime, join the OPA Cup event on Facebook. Here you can post comments on the wall, start a carpool if you don't want to take the bus, invite friends or post pictures from previous years of the OPA Cup. We encourage you to maintain an up-to-date attendance status to this event so the planning committee can get prospective numbers. Hope to see all you loyal fans there for a great day!



OPA CUP 2010

Community Action Now (CAN)

Guess who's back! Back again! CAN is back! Tell a friend! We're a little late in introducing ourselves, but CAN welcomes you all back from your reading weeks and for those of you on co-op, hope you're enjoying yourselves!

What is CAN?

Community Action Now, founded in Winter 2009, is a student-initiative organization dedicated to various forms of community service. CAN's purpose is to organize health-related outreach events in which the entire class body can participate. Ranging from health advocacy and disease awareness to raising donations for different organizations, CAN strives to increase student involvement in the community.

What have we done?

CAN has organized several successful events in the past couple of years. Kicking things off with the garbage pick-up day in April 2009, students and faculty helped clean our vicinity and spruce things up a bit! Following the devastating earthquake that hit Haiti in January 2010, CAN felt it was the perfect time to spread some love. With this mind, the Hearts for Haiti candy-gram fundraiser was born, raising over \$2000, and who can forget, Dr. Nagge and Dr. Palmer dressed as cupid! Later

that year in October 2010, students participated for the second time in the CIBC Run for a Cure, representing the School of Pharmacy among 1000's. Our latest event was our Holiday Tree competition in which students and faculty competed to decorate a tree while collecting food and toy donations, which were given to the Family and Children's Services of the Waterloo Region.

What are we doing now?

We've had some great events in the past and now it's time to plan some more! For this reason, we need YOU to get involved. With little representation in classes 2013 and 2014, we're looking for representatives from all classes so that CAN remains running from term to term!

What we are going to do!

Some of the great ideas we have for Spring 2011 include blood donor clinics and uniquely-themed spirit weeks! Stay tuned to find out more and in the meantime, contact us to get involved! Remember, you CAN make a difference! If you have any questions or ideas for future CAN events, please feel free to share them with us at can.uwpharmacy@gmail.com.

Cheers,
CAN



CAN Event Pictures

Hearts For Haiti

Bottom Left: Our dedicated team of Rx2012s and Rx2013s who made the Hearts for Haiti fundraiser a success!

Bottom Right: The final product – candy grams tagged with sweet messages!

Pictures on Page 7

Holiday Tree Competition

Top Right: Celebrating the holiday decorations and overflowing donations!

Middle Left: "Can I take some of this home?"

CIBC Run For The Cure

Middle Right: An energetic pharmacy students getting ready for the 5 km run!

Bottom: Students from Rx2011, Rx2012 and Rx2013 who participated in the CIBC Run for Breast Cancer!



CAN EVENTS



Rx 2014 Class Rep

Hey guys!

Victor (Rx2014 Rep) here, and it's near midnight as I write this blurb (in a fishbowl surrounded by friends studying for the anatomy bellringer tomorrow morning). And between the studying haze of bony markings and muscle names, I realize something.

With us (yeah the Closers!), the Waterloo School of Pharmacy is finally complete.



Rx2014: we are lucky because we are the class that gets to experience a program three previous classes have already gone through and improved on. Let us not forget what a famous scientist once said: "If I have seen further, it is only by standing on the shoulders of giants". The facilities and programs that we are currently experiencing were made possible through them.

We are always most familiar with the people in our year; this is especially true of pharmacy, where the co-op schedule means the only people we are guaranteed to see year after year are the people in *our* year. With that in mind, we need to open up and get to know everyone, and then forge the Rx2014 identity.

When that happens, Rx2014, we will ensure that the next four years will be epic!!!

I hope to be a part of that, so please let me know any time you have any concerns about anything.

Peace out for now.

Victor Tsang - Rx 2014

Congratulations to Victor for recently being selected to the position of Rx 2014 Interim Class Representative on SOPhS Council!

Co-op Chronicle

Co-op Experience: First Placement

Field: National Pharmacy Advocacy Group

Location: Canadian Pharmacists' Association (CPhA), Ottawa, ON

Brief Job Description: Provide research and writing support for several projects promoting the role of the pharmacist across Canada.

About CPhA: CPhA has a very dedicated and passionate group of staff working hard to raise the profile of pharmacists across Canada! I highly recommend applying to CPhA for one of your future co-op terms! It is the chance of a lifetime to build con-

nections with leaders in the profession and be at the centre of pharmacy change in Canada. I strongly recommend supporting CPhA in your future practice by purchasing a membership and endorsing CPhA's many high quality products. CPhA promotes pharmacy practice change with the Blueprint for Pharmacy, advocates for the government to pay for expanding pharmacist services and develops continuing education programs to upgrade pharmacists' skills. CPhA also has an extensive in house publishing group which compiles several publications including the CPS, Therapeutic Choices, Patient Self Care and Canadian Pharmacists Journal.

"If you are thinking of applying to CPhA for a co-op position I highly recommend applying! It is the chance of a lifetime to build connections with leaders in the profession and be at the centre of pharmacy change in Canada."

Key highlights: There were several exciting projects I had the opportunity of working on while at CPhA. My first work assignment was to write an extensive research document demonstrating evidence of pharmacists providing dispensing and non-dispensing services. This document was presented to the Expanding Professional Pharmacy Services Working Group which reported directly to Deb Matthews, the Ontario Minister of Health and Long Term Care.

A second project was publishing 3 articles called *the Translator* with topics on smoking cessation, medication therapy management and geriatric care. The goal of *the Translator* is to translate pharmacy practice research articles into everyday language for policy makers to promote change to pharmacy practice and reimbursement for pharmacists' services.

A third project was issuing a drug shortages survey to pharmacists across Canada and reporting on the results. We surveyed over 400 pharmacists and determined that drug shortages were a significant issue and had a negative impact on patient health outcomes. The results of the survey were

released to the press and generated substantial discussion around creating solutions to prevent drug shortages.



I think you get the idea...enough about the boring paper pushing right? Although I enjoyed researching and writing in the office, much of CPhA's work happens outside the office. I attended a parliamentary dinner at the exclusive Rideau Club where I introduced myself to several MPs and high profile pharmacy contacts. I travelled to Halifax and attended a 2 day conference host-

ed by the Canadian Council on Continuing Education in Pharmacy. I also attended meetings on Parliament Hill, in Senate, with Health Canada and the Canadian Medical Association.

Outside of the office: Outside of work I had fun exploring Ottawa and meeting with other pharmacy students (16 people from Rx 2013 were in Ottawa!). My highlights included rooming with Ibram Attalla, cooking, chilling, reading, winter camping in Algonquin Park, and a ski trip to Mont Tremblant.



Pumkin's Cooking Corner



Spicy Tomato and Potato Curry

Well Hello! I didn't see you there. Greetings! Welcome to another edition of PCC. Today we're revisiting Indian cuisine. Last time we covered an inexpensive and easy way to make Butter Chicken; this time we're covering Spicy Potato and Tomato Curry. This is a recipe that I modified (cheapened) from a cookbook that my in-laws got for me for Christmas. The book is entitled *Best Ever Indian Cookbook* by Baljekar M, Fernandez

R, Husain S, and Kanani M (Hermes House, 2010). I highly recommend this book because it has many delicious recipes along with tips and tricks to help you prepare your feast(s); it also has many vegetarian dishes (if that's your gig). The following recipe is quick to make, nutritious, tastes great, and is inexpensive to make. Thus, it meets all the requirements of my Newsletter contribution!

Ingredients

1-2 tbsp oil	2-3 tomatoes sliced or chopped
3 medium potatoes	1 tsp chilli powder
2 medium onions	1 tsp ground coriander
1 tsp lemon juice	¼ tsp salt
3 hard-boiled eggs	¼ tsp onion seeds (optional)
1 tsp grated fresh root ginger (optional)	4 curry leaves (optional)
1 tsp crushed garlic	1 fresh green chilli, seeded and chopped (optional)

Optional items are so labelled because I have never tried this recipe with these "options" even though the original recipe calls for them. I don't have onion seeds, fresh green chilli or curry leaves so I just left them out

1. Rinse potatoes under the tap and stab with a fork here and there. Apparently potatoes explode in the microwave if you don't stab them enough. Sounds pretty cool, but you may want to avoid that. "Nuke" potatoes in microwave for 3:33, rotate and repeat for another 3:33. This step will save you a lot of time. Once they're ready, just cut them into large cubes and set aside.
2. Get some water boiling and begin boiling the eggs. Keep boiling them until they're hard-boiled (10 minutes?). Once done, replace the boiling water with cold tap water and crack them; this will help you shell them when you're ready to use the eggs.
3. Heat the oil in a large pan and stir-fry the onions, curry leaves, onion seeds, and green chilli for approximately 5 minutes on med-high heat.
4. Add the tomatoes and cook for an additional 2 minutes.
5. Add the ginger, garlic, chilli powder, ground coriander, and salt to taste. Continue to stir-fry for 1-2 minutes then add the potato

6. Add the lemon juice.
7. Shell the hard-boiled eggs, cut into quarters and add as a garnish to the finished dish.
8. Enjoy!



CSHP Membership Drive

Are you interested in the clinical side of pharmacy? Are you thinking you may want to work in a Family Health Team or Hospital pharmacy practice? Then you should consider joining CSHP, the Canadian Society for Hospital Pharmacists. CSHP is the national voice of pharmacists committed to the advancement of safe, effective medication use and patient care in hospitals and related health care settings.

Why should you become a CSHP member?

- Online subscription to RxFiles
- Annual print subscription to the *Canadian Journal of Hospital Pharmacy* (6 issues)
- Free access to online CE modules on cutting edge pharmacy issues
- discounted rates to the Professional Practice Conference and Summer Educational Sessions
- Make great connections with potential employers and residency co-ordinators!
- Looks great on your resume!

Pharmacy is undergoing a considerable change right now and clinical pharmacists have unique needs and concerns. Make sure YOUR voice is heard as clinical pharmacy evolves by joining CSHP and becoming a part of your profession!

If you have any questions or would like more information on how to register for a CSHP membership come to our Membership Information session on **Thursday March 17th**.

Presentation for **2014** from **1-2 pm** (Room TBA)

Presentation for **2013** from **2-3 pm** (Room TBA)

Complimentary food and refreshments will be provided!

If you have any other questions please feel free to contact Julian Ellis (University of Waterloo CSHP student liaison) at:

uweshprep@gmail.com.



BLURBS ON HERBS

“Indians of eastern North America [also] used goldenseal [non-medicinally] as a yellow dye for fabrics and a stain for skin. The juice imparts a yellow colour to skin and clothing and, mixed with indigo, produces green-coloured dyes. Indians also mixed goldenseal with bear grease for use as an insect repellent.” (From: Small and Catling, Canadian Medicinal Crops, NRC Research Press, 1999)

Issue 14 - Goldenseal (*Hydrastis canadensis*)

(aka: Goldenroot, Hydraste du Canada, Indian Dye/Plant/Tumeric/Yellow Paint, Jaundice Root)

Goldenseal is one of the herbs that I focussed on for my graduate thesis/research prior to studying pharmacy, and it remains one of my personal favourite herbal medicines. Its popularity not only rests with me, however, as goldenseal typically ranks as one of the top ten selling herbs in different markets around the world. Goldenseal, native to Canada and the US, has long been used by the indigenous people of eastern North America to treat various kinds of illness, especially those requiring antimicrobial action. Its importance in Western Herbalism grew dramatically in the mid-1800s when methods for refining the alkaloids hydrastine and berberine were developed (e.g. by the Eclectics). After the US Civil War, goldenseal became an ingredient in many patent medicines, notably in *Dr. Pierce's Golden Medical Discovery*, which also increased its popularity. During this time, ginseng was also popular but was collected exclusively for export. Marketed for similar purposes as ginseng, goldenseal (also known as 'poor man's ginseng') was collected naturally for domestic use. In the late 1850s it fetched \$2.20/kg and the US produced roughly 68,000 kg per year. Harvesting of natural sources of gold-

enseal has led to the plant's decline. In 1997 the World Wildlife Fund included goldenseal as one of the 10 most threatened species in the demand for international trade. The plant is listed in Appendix II of the Convention of International Trade in Endangered Species (CITES), which aids in controlling international trade in endangered flora and fauna. Although goldenseal is a difficult herb to cultivate, prominent use of goldenseal in NHPs has resurrected it as a viable cash medicinal crop in Canada, where it is often used in diversification cultivation.

Description and Habitat: Goldenseal is native to southern Ontario and the eastern US. Most of the natural sources for goldenseal were originally obtained from the Ohio Valley to east of the Alleghany Mountains in New York, where it is now extremely rare. It occurs naturally in rich soil of shady woods and moist places at the edge of forests. Goldenseal is a small perennial herb, with a horizontal, irregularly knotted, bright yellow root-stock (1/4 - 1/3 inches thick) resembling ginseng. Its flowering stem pushes up early in the spring (6 - 12 inches high) and bears two prominently-veined and wrinkled, dark green, hairy leaves with a toothed edge. It produces a solitary flower with three small greenish-white sepals, and produces a small bunch of red berries, resembling a raspberry, which are not edible.

Medicinal Constituents: Medicinally, the dried root and rhizome is used. It produces the active constituent alkaloids hydrastine (1.5% - 4%), berberine (0.5% - 6%), berberastine (2% - 3%), and various other minor alkaloids such as canadine. Berberine, which gives the rhizome its intense yellow colour, is an alkaloid common to many other plants (e.g. Oregon grape, passionflower, barberry, black walnut) and has been used extensively for its antimicrobial properties. Berberine has also been adopted as a medicinal compound in Traditional Chinese Medicine. In high doses, berberine can cause strychnine-like convulsions, paralysis, respiratory failure, and even death.

Medicinal Use: The Cherokee used the roots topically to treat inflammations and drank a root tea to improve appetite and for dyspepsia. The Iroquois used it for liver disorders, fever, sour stomach, and diarrhea. The primary use of goldenseal in the mid- to late 1800s was in the treatment of digestive disorders, inflammation of mucous tissue, skin diseases, and as a general tonic. Today goldenseal is used orally to treat colds, upper respiratory tract infections, for nasal conges-

tion, allergic rhinitis, gastritis, peptic ulcers, diarrhea, chronic fatigue syndrome (CFS), and for treating co-infections in HIV. Topically goldenseal is used as a mouthwash, and for various skin conditions (e.g. rashes, skin ulcers, eczema, and ringworm). Goldenseal tea also has the false reputation of being able to mask various urine tests for cocaine and marijuana.

Typical Dosages: Traditional dosage forms: (1) fluidextract (1:1) - 1/4 - 1 drachm; (2) tincture BP/USP - 1/2 to 1 drachm; (3) solid extract - 5 - 8 grains; (4) tea - 0.5 - 1 g of dried root/rhizome in 150 mL of boiling water for 5-10 minutes; (5) powdered root - typically 0.5 - 1 g tid (common for modern NHP preparations).

Evidence: Goldenseal has a long traditional use history among Native Americans. The alkaloids hydrastine and berberine are pharmacologically active, affecting circulation, uterine function, and the CNS. Hydrastine constricts peripheral blood vessels, decreases blood pressure, and stimulates involuntary muscles. Berberine inhibits DNA synthesis and proteins, and oxidation of glucose. Berberine has demonstrated antibacterial, antifungal, and some antimycobacterial and anti-protozoal activity (e.g. against the protozoan responsible for Chagas' disease).

Goldenseal in Pharmacy Practice: The use of goldenseal in modern medicine is limited due to the toxicity of berberine. When used appropriately in short courses, goldenseal is a very safe herb. Its long term safety is questionable and the use of goldenseal must be discouraged in children and in women who are pregnant or lactating due to the high content of berberine.

Jason Budzinski (Pharm 2011)





Graduation Committee

We are in the process of scheduling graduation photos and a vanguard class photo. These photos will be available for individuals to purchase and included in the next yearbook. Sign-up times will be available once the dates are confirmed.

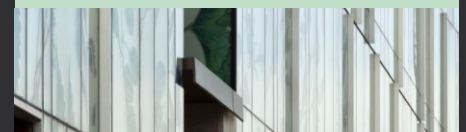
The recruitment committee is working hard to organize meet-and-greet dinner events for Tuesday and Thursday evenings in late March and early April. More detailed information on these up-coming events will be relayed to you as soon as possible. Thank you for your continued patience on these matters.

A couple people from the vanguard class have graciously volunteered to take the lead on ordering a custom ring mould for UW Pharmacy graduates. We hope these graduation rings will be a source of unity for graduates of our program. This is a time-sensitive project since we hope to have the rings available for the vanguard convocation in October 2011. Students will be asked to participate in a school-wide vote regarding possible casting designs in the upcoming weeks.

Please let me know if you have any questions, concerns or suggestions regarding these matters, angelapuim@gmail.com.

Angela Puim,

On behalf of the Graduation Committee



Pharmacy Phile
ISSUE 20 - March 2011

News & Events

Interprofessional Case Study Workshop

Presented by the Health Professions Committee of Waterloo Region

Date: March 10, 2011

Time: 6-8pm

Location: Wilfrid Laurier School of Social Work, 120 Duke St., Kitchener

Join other students in Pharmacy, Optometry, Medicine and Social Work to work through a complex health and social care case scenario. Food will be provided. Registration is limited, so sign up fast! Use the form below to enter your information by March 6th. A confirmation e-mail will be sent out on March 7th with event details.

<https://spreadsheets.google.com/viewform?formkey=dFNoYTdWY19veHNFaHdsd1piMXFMenc6MQ>

Any questions? Contact Heidi Stanisic heidi_isic@hotmail.com

Town Hall Meeting Summary

This term's Town Hall Meeting was on March 1st and a number of students from all years were in attendance to voice their concerns and give constructive feedback to SOPhS. Look for a summary of what happened and the changes we're making in the next issue of the Pharmacy Phile.

Curling Bonspiel Date Change


If you were hoping to curl this weekend and didn't get the message, the date of the bonspiel has been changed to Saturday, March 26th. Keep your eyes open for SOPhS Updates with more specific details.

Society of Pharmacy Students (SOPhS)
University of Waterloo School of Pharmacy



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SOPhS 6 Week Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 8	27 Newsletter Submission Deadline	28	March 1 Town Hall @ 6 pm	2	3	4 Newsletter Release Date	5
Week 9	6 OPA Business 2.0	7 CAPSI Pharmacy Awareness Week	8 CAPSI PAW Harm Reduction Symposium 7 pm SOPhS Meeting	9 CAPSI PAW	10 CAPSI PAW Community Health Fair Interprofessional Case Study	11 CAPSI PAW Social at Titanium	12
Week 10	13	14	15	16	17 CSHP Membership Drive	18	19
Week 11	20 OPA Student Cup	21	22	23	24	25 OCP Liability Insurance Info Session	26 Curling Bonspiel
Week 12	27 Newsletter Submission Date	28	29	30	31 OPA Lunch & Learn	April 1 End of Term Social	2 OPSIS in Niagara Falls
Week 13	3	4 Last Day of Classes	5	6	7	8	9

SOPhS Calendar Notes

Please note that event dates may be subject to change. Contact SOPhS if you are unsure of an event date

We are currently working to have the SOPhS calendar available in print at the SOPhS office as well as online. Further details will be provided in a future SOPhS Update.

If you would like an event to appear on the SOPhS calendar please email Jamie at jrafuse8@gmail.com