



OPA photos courtesy of Jason Chow

OPA Conference 2011

As co-op students we see the value in mixing school with work as part of our educational experience. It's a great opportunity to apply your knowledge and skills between both venues to ensure that you develop into a strong professional upon graduation. But is coop the only way pharmacy students can do this?

In my opinion, a great opportunity for professional development is attending conferences. Now you might find my view a little biased considering my affiliation with the Ontario Pharmacists' Association (OPA) but I can assure you that this is a sentiment that is shared by many students that have attended events such as Professional Development Week (PDW) by CAPSI and the Canadian Pharmacists Association (CPhA) conference. This article is intended to give you a better understanding of the OPA conference and the importance of student *conferencing*.

This year's OPA conference was held on June 9-11th at the gorgeous Deerhurst Resort, in Huntsville Ontario. Pharmacists, pharmacists-in-training and pharmacy technicians from across Ontario participated in a weekend of high quality education and obviously a lot of Phun.

Highlights of the event included keynote speakers, Diane McArthur, Greg A. Reed and Frank O'Dea. Diane McArthur the Assistant

Deputy Minister and Executive Officer of the Ontario Public Drug Program spoke on the work that is undergoing to better utilize pharmacists in the health care system. Greg A. Reed, the President and CEO of eHealth Ontario spoke about the work being done with electronic medical records and the direction of eHealth.

Co-founder of Second Cup and world class volunteer, Frank O'Dea gave a heart-warming account of his rags-to-riches journey as a homeless teenager turned successful entrepreneur and businessman. His story resonated with many of the delegates as his message was one of perseverance and courage, to overcome adversity; to fight your way up when you've been kicked down... *Sound familiar Pharmers?...* But despite the always informative and inspirational speakers, the bread and butter of the Conference has always been the Education Program.

The OPA conference is classically known for providing high-quality, practical, and relevant continuing education (CE) for pharmacists. This year's sessions were divided into 4 streams: Enhanced Scope of Practice, Chronic Disease Management, Hot Topics in pharmacy and a *mélange* of random presentations. Within each stream there were sessions on the MedsCheck expansion program, methadone

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Recent Event Photos



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OPA 2011 Photos



Three top photos courtesy of Jason Chow

A Message from your SOPhS President:

I have a few key messages that I would like to highlight this month...

1. SUPPORT RUN FOR THE CURE! The student body here at the school of pharmacy has designated Run for the Cure as our main charity organization that we donate too. In addition, our school is the leader behind creating the run as a national pharmacy student event, in which 8 out of the 10 pharmacy schools across the country will be competing to raise the most money and running on the same day in their respective cities. Sheri Howard has done a phenomenal job creating the fundraising ideas behind this years campaign but we are only successful if our students pull together and participate.

Two important events (look in the newsletter and updates for more details):

Saturday July 9th - Pharmacy Beach Party hosted at Bobby O'Brien's starts at 7pm

Saturday July 16th - Charity Golf Tournament at Conestoga Golf & Country Club

2. SOPhS Town Hall Meeting Update: What a great turn out we had this spring term! I would like to thank all the students who came out and voiced your concerns. I would also like to thank all the 2013 students on co-op who submitted written or verbal responses to your class rep. A meeting is scheduled on July 5th with Dr. Edwards, Ken Potvin, Robyn McArthur, and myself, to bring your comments to the next level. We will be releasing information to the student body in a variety of formats (updates, newsletters, seminar series) to make sure you know the answers to your questions.

3. Graduation and Alumni Affairs: A quick note to update the entire student body... The vanguard graduation committee has done a great job in planning and organizing this years graduation ceremonies. The graduation formal in which the students will be celebrating with faculty, staff, administration and the presentation of special awards is taking place on Friday August 12th with ticket sales beginning the week of July 11th. The convocation ceremony and receiving of diplomas will be taking place in October in which our pharmacy school will be hosting a reception to welcome friends, family, and special guests of the graduates to an open house style event. In addition, the University of Waterloo Pharmacy Alumni Association is in the early stages of development. This organization will be

established in time for the vanguard graduation.

With the turnover of the SOPhS committee that took place last month, all of the council members have set goals on how they can better service the student body in the future. I am really excited to support and help implement their ideas over the next few months. Stay tuned for the new and improved SOPhS, as we are always looking for ways to service you, the pharmacy student body, better!

Have a great summer month!

--

Kaitlin Bynkoski

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SOPhS President-Elect

The first day of summer marked SOPhS first ever Ice Cream Social. We had 14 tubs of ice cream, tons of toppings to choose from including Oreo crumbs, Smarties, gummy bears, sprinkles and chocolate syrup, waffle bowls and cones, and not to mention a 3 foot tall freezer to keep it all cold!

Over 100 different students from all three years, and even faculty members, joined in the fun and made their own personalized dessert – for free. (Sorry Rx 2013, you'll get yours next year!) A big shout out goes to SOPhS Social Committee members Aman Hansra and Jackie Diebold for organizing the event and a special thanks to all the SOPhS/non-SOPhS members who got involved and helped out.

Have a wonderful summer!

Saleema Bhaidani, President-Elect



Students enjoying the ice cream social

Student Conferencing - A Prescription for Professional Development - By Nick Malian

Continued from Page 1

pharmacies, pharmacists' experience with prescribing, a panel discussion on innovative pharmacy practices, inter-professional practice research and veterinary pharmacy.

Each session has one (or two) speakers with expertise in particular field of pharmacy, practice setting, or research area. The sessions are roughly 45-50 minutes in length including a time for audience questions.

New to the conference this year were 2 programs: Nutrition for Pharmacists and Injection and Immunization Certificate Programs. The Nutrition Certificate Program was a day-long event that provided pharmacists with a practical overview of nutrition for health promotion, disease management, and medication management; something every pharmacist should know.

In preparation for the enhanced scope of practice, the OPA also offered a one-day hands-on Injection and Immunization Certificate Program. This was definitely the "shot" heard 'round the conference as 60 pharmacists engaged in what will eventually become an intricate part of pharmacists' practice, providing vaccinations!!!

Now you might be saying to yourself, *what would a student benefit from attending these educational sessions when I'm not even done school?*

It's a valid question that should be addressed. Personally, I attend the CE sessions because I want to know what pharmacists are doing in practice. It's also an opportunity for me to either get a crash-course in topics that I will eventually learn or get a refresher on stuff I learned in these past 2 years. But in reality, it's what you make of it. It's how you apply what you've learned at the session to your school work or on your coop.

After each day of continuing education sessions, delegates were treated to themed social events. Friday night's, "Monte Carlo Casino Night" social hit the jackpot as delegates were given a few thousand dollars in play money to earn raffle tickets for prizes. *Thank goodness it was only play money...*

As always, Saturday night was the pinnacle of the conference as the OPA celebrated excellence in the profession at the Gala Awards Banquet. Among the award recipients were some familiar faces to the UW family.

Rx2011's Claude Charbonneau won the Stu-

dent of Distinction award for his outstanding commitment to the profession (especially during last summer's "drug wars") and leadership in our school.

Seminar course coordinator Veneta Anand won the J.C. Gould memorial award for pharmacists that graduated within the last 10 years and who is an active participant in local charitable and community affairs. Her extensive work with her charity STIMMA as well as her involvement with supporting low-income seniors made her a shoe-in for this award.

Kitchener pharmacist and coop employer, Johanne Fortier received the Nycomed Magnum award for her commitment to patient care. After becoming a Certified Diabetes Educator, she applied her expertise to expand her practice to provide personalized Diabetes care to her patients.

And finally, former UW professor Lisa Craig was awarded the Ontario Pharmacists' Association highest honour as Pharmacist of the Year. Her consistent activity in her community, her desire to provide exemplary patient care, her commitment to pharmacists' education and her never-ending passion for our profession earned her the top award. Congratulations to all the award winners!

Following the awards ceremony and rounding -up the conference, with ties around their heads, shoes in-hand, and one sweet moustache, students from UW and U of T took over the gala and danced the night away. Well done kids, well done. Just a thought for next year though, lets make sure someone *actually* 'teaches us how to dougie' before we try to teach ourselves.

All-in-all, the conference was a huge success. Given that our profession has undergone drastic changes and is facing monumental challenges ahead, the OPA conference was an excellent opportunity for students to see how pharmacists' are embracing the change and negotiating the challenges facing our profession; to see how pharmacists have overcome these barriers to practice beyond the traditional dispensing role. It was refreshing to be a part of an event that celebrated and highlighted the breadth of talent and uniqueness that our profession has to offer.

Although a brief article like this does not do it enough justice, I hope you got a glimpse at the value of *conferencing* (especially the OPA conference :p) and their importance to your professional development.



All OPA photos courtesy of Jason Chow

CAPSI Update

Hello from CAPSI!

CAPSI has had a busy summer so far, and has many more great events planned for the remaining months. Recently, CAPSI hosted a fundraising BBQ with lots of great food – thank you to everyone who came out and supported their local CAPSI council! CAPSI also hosted a networking seminar put on by career services, which provided students a great opportunity to fine tune their networking skills, which everyone agrees are so important in today's world of pharmacy!

The big event coming up this summer is our first ever OTC Week, taking place July 11-15th! This week will provide you with a series of events aimed to increase your knowledge of OTC products, and practice your OTC counselling skills. Whether you are preparing for co-op or preparing for practice, you will not want to miss this educational week! On Monday at 7 pm, we will be hosting an OTC Pain guest lecture, which will cover the most up-to-date OTC product recommendations for various types of pain encountered in practice. Tuesday from 7-10 pm will be the OTC practice OSCEs, which are open to students from all years, with varying degrees of difficulty. The week will conclude on Thursday, with an OTC PharmaFacts Bowl being held at McCabes, at 7 pm. This social event will allow students to work as a team to solve OTC multiple choice questions, and win some great prizes!

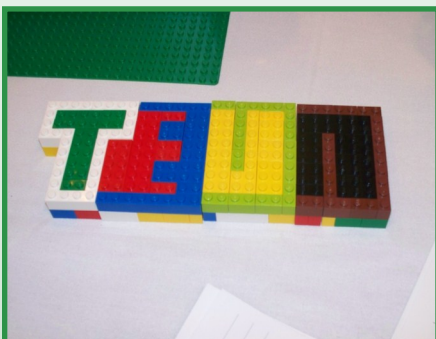
CAPSI is also working on Run for the Cure fundraising events, including the Pharmacy Beach Party on July 9th, the Golf Tournament on July 16th, and Garage Sale after exams. Run for the Cure has become a CAPSI National-wide competition between the schools, and UW is hoping to be the pharmacy school that raises the most money across Canada.

Keep your eye out for updates, and we hope to see you all out at our remaining CAPSI events this summer!

-Jenny Seguin, CAPSI Sr. Rep
-Jamie Rafuse, CAPSI Jr. Rep



CAPSI BBQ



Teva Strategic Planning Seminar



CAPSI Presents OTC Week July 11th-15th!

1) Monday July 11th 7-8pm: Guest Lecture from Lisa Craig!

Lisa will be presenting on OTC Pain or OTC of Respiratory Conditions. Don't miss the chance to see listen to this educational session by Lisa Craig.

2) Tuesday July 12th 7-10pm: OTC OSCEs

This event will help 1st years prepare for the first set of OSCEs in August! There will also be some advanced scenarios to help 3rd and 4th year students prepare for the PEBCs. Held in the fishbowls at the pharmacy building, there will be six mock patients and six 4th year student evaluators. Sign up for the 7-8:30pm timeslot, or the 8:30-10pm time slot. Sign-ups will begin after the long weekend. This event is free for CAPSI students and \$5 for non-CAPSI members.

3) Thursday July 14th 7pm: OTC Pharm Facts at McCabes

Join your friends for some appetizers and fun trivia at McCabes! This social event allows students to work as a team to solve OTC multiple choice questions.

So, sharpen your OTC information and counselling skills! Sign-ups for OSCES will be July 4-8th in class.

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Student Spotlight

As a new feature, each month the Pharmacy Phile will include an interview with a student or faculty member highlighting recent achievements or outstanding contributions made to the community, school and/or to the profession. In this, the first month of this section, we've included two students who have done some amazing things and had great experiences on their co-op terms and beyond. If you know someone who should be included in one of these features please contact a member of the communications committee to set up an interview.

Interviewer: Nick Malian, Rx 2013
Interviewee: Peter Delanghe, Rx 2013

NM - Hi Peter, we chose to make our inaugural feature interview article about your experience starting a MedsCheck program on your coop, can you tell us what your role is in the program?

PD - One of my main roles as a pharmacy student was to run a MedsCheck program. I have several responsibilities running the MedsCheck program including screening for potential candidates, booking appointments, preparing documentation and sitting in on most consultations. A great deal of my time is spent maintaining records, updating patient profiles, billing, and faxing doctors with recommendations.

NM - Why did you decided to undertake such a difficult task?

PD - The reason I undertook this difficult task was to make a difference in my community. Before I started my job in May, there were essentially no MedsChecks being done at the store. My supervisor mentioned that she wanted to do more MedsChecks but lack of resources was hindering it. I identified this as a potential opportunity and began working hard to create a structured MedsCheck program.

Since I started in May we have completed over 50 regular, 30 Diabetes and 4 home MedsChecks making our store the highest number of MedsChecks in the SDM district – a huge success!

NM - What were some barriers to starting a MedsCheck program and how did you overcome them?

PD - I found it surprising that the biggest barrier to starting up this program was training and motivating the pharmacists and technicians! Integrating a new program in a store that has established an efficient dispensary

workflow is difficult. As such, there was some resistance to implementing the program.

In order to boost my confidence and give me some new ideas on how to overcome these barriers, I met with Peter Rempel (rx2013). His pharmacy had been running a MedsCheck program for several years and has hired Waterloo co-op students in the past to keep their program running smoothly. I found it extremely helpful to see how another store runs their MedsCheck program to understand the logistics involved.

I customized a program that included a schedule to figure out the best time to schedule appointments and began contacting patients. I organized a few staff meetings to inform them about the new program and changes to workflow. Now that the changes have been made, we are scheduling regular appointments and the staff is on board with the new program.

NM - What have you taken away from your experience with the MedsCheck program?

PD - There are a few things I have realized from running this MedsCheck program. One is that most patients are willing to have a MedsCheck ... all you have to do is ask them. Most people didn't know they could sit down and have a private meeting with a pharmacist. Educating patients about phar-

macists' services is vital.

A second point I realized is that change is not easy, but the rewards are well worth the effort. If you think there is an opportunity, make an effort to do something different on your co-op term. I am fortunate to have this opportunity on my placement. A lot of it depends on the setting, employer and comfort level of the student.

Running a MedsCheck program is a great way to build relationships, with patients, apply your therapeutics knowledge and see what a difference it makes to identify and resolve drug therapy problems. It always feels good to hear the "thank you's" and have your hand shaken by your patients in appreciation of your work.

NM - Can you give us an example of how a MedsCheck impacted a patients' life?

PD - What I find most rewarding is seeing an improvement in a patient's quality of life because of a MedsCheck. Here are a few examples:

Helping an elderly woman sleep better by recommending that she take her diuretic medication in the morning instead of before bedtime.

Explaining to a patient with COPD the importance of taking their "orange puffer" instead of frequently using their "blue puffer".



Peter Delanghe, Julia Denomme & Jenny Seguin at the 2011 CPhA Conference

Student Spotlight

Interviewer: Saleema Bhaidani, Rx 2014

Interviewee: Karishma Kak, Rx 2013

Karishma Kak is a second year student who had the opportunity to travel to Haiti with STIMMA, a Short Term International Medication Mission Abroad, and presented her co-op research project at this year's CPhA conference in Montreal. She's here to tell us about her experiences.

Tell us about your trip to Haiti.

Where do I begin? Haiti was such an eye opening experience and an emotional roller-coaster without any doubts. I was really lucky to be in a group of over 30 very like minded volunteers. Over the course of the two weeks, we became a close knit family and this really helped us individually as we tried to help the Haitians by providing access to primary health care as well as building a house for a local pastor. The medical team held 8 clinic days in different locations during the course of our trip and saw over 1700 patients! We stayed in a dormitory which was built on the same grounds as the local church, a school, an orphanage as well as a local pastor's house. During the course of our stay there, we also ended up spending a significant amount of time with the kids from the orphanage in the morning before clinic started and in the evening before it was time to hit the sack. We even took them to their first ever trip outside of the orphanage grounds to a local resort for a day! The smiles on their faces as they splashed through the pool and flew kites will take a long time to fade from my memory. My stay in Haiti felt a lot longer than a mere two weeks, considering all the relationships I built and the life lessons that I learned, I might be guilty of returning home with a lot more than I contributed to the beautiful country of Haiti.

How has your experience in Haiti as a pharmacy student?

Working as a pharmacy student or pharmacist in Haiti in actuality was the perfect inter-professional environment that most of us seek for in co-op or actual employment opportunities. If you can imagine a room full of nurses, paramedics, doctors, pharmacists and a dietitian working together in close proximity towards a shared goal. The nurses triaged and when possible suggested possible medications for the patients. After seeing the nurses and attending a mandatory educational session, the patients were directed either

directly to the pharmacy or to the doctors and then the pharmacy. Often times, at the pharmacy we would double check a diagnosis that the nurses had made. When in doubt, I would just pop into one of the consultation rooms with our two physicians and get their opinion and they did the same when it came to drug therapy options. It was really great working in a collaborative setting where everyone knew and respected the roles of each other.



Top: Karishma Kak & Marc Wilson at the 2011 CPhA Conference



Middle: Karishma smiling with two children while in Haiti

Below: Karishma with members of her team from her mission with STIMMA



How were you given the opportunity to present at CPhA?

I had the great opportunity to work with Agro Health Associates, a pharmacists led consultancy firm in Burlington during my first co-op. This work term apart from being intellectually stimulating also allowed me to get involved with all kinds of neat projects from teaching an OSCE preparatory course for internationally trained pharmacists to designing and leading a pilot practice based research project based on the MedsChecks program. It was the results of this project which allowed me to represent UW and Agro Health Associates at the CPhA conference. I drafted a technical report and an abstract of our findings before the end of my co-op term and it was this abstract that was then submitted to CPhA. The primary research question was sought to investigate the willingness of community pharmacists to having an external pharmacist help conduct MedsChecks on behalf of their pharmacy. The rest is history!

What was it like representing UW at the CPhA?

A little nerve wrecking especially when I found out that I was going to be delivering an oral presentation along with some very reputable researchers, mostly professors from some of the leading universities across the country. On the other hand, I felt proud to be the only pharmacy student delivering an oral presentation and representing UW and Agro Health Associates. I was lucky to have fellow pharmacy classmates attend my presentation for moral support. As well, having my previous co-op employer Karen Agro fly down to specifically attend my presentation also helped calm my nerves and provide reassurance. As a funny memory, I remember one of the pharmacists after my presentation asked me who would do all the preparatory work for these MedsChecks and I replied " Waterloo co-op students"

What are your words of wisdom that you would like to share with the student body?

Experiment! Step outside of your comfort zone every now and then. If there is something you've always wanted to do (International aid for me), just do it. Tomorrow doesn't always come with the same opportunities as today.

Thank you Karishma and Peter for being our very first Student Spotlight interviewees. We wish you all the best in your future endeavours and we hope you continue to be such a great inspiration for all of us at UW's School of Pharmacy.



And we're back... sorry to all of my loyal readers for the brief 1 issue hiatus, but for those 4th year pharmacy students who have completed their Clinical Capstone placements, I'm sure you can understand the need for a workload-related break! That being stated, it is because of my Clinical Capstone placement, however, that I am inspired to relay to you the story of Dr. William Withering, instead of continuing my series on the ginsengs at this time (*next issue*).

*The foxglove's leaves, with caution given,
Another proof of favouring Heav'n
Will happily display;
The rapid pulse it can abate;
The hectic flush can moderate
And, blest by Him whose will is fate,
May given a lengthen'd day*

A poem by 'SH' appearing in reprinted editions of William Withering's: [A Botanical Arrangement](#).

Issue 17 – The Curious Cases of Dr. William Withering

On my 1st day at Cambridge Memorial Hospital, I met a veteran oncology physician with a unique perspective on the use of medications. His philosophy over the years has often been to take patients off of medications (whenever safe and possible to do so), attributing particular symptoms of their condition to adverse drug reactions. And this physician was certainly knowledgeable about the adverse effects of many medications, particularly digoxin, which he has used for decades in countless congestive heart failure patients.

He recounted the story of famed British physician William Withering (1741 - 1799), who's pioneering research with purple foxglove (*Digitalis purpurea*) has provided modern medicine with much of what it knows about digoxin, the 'cardiac glycoside' highly concentrated in the leaves of the plant. Foxglove preparations have a longstanding

traditional history of use in the treatment of "dropsy", what folks in Withering's time called congestive heart failure.

In 1775, Withering was given a secret recipe from a local English family in Shropshire (the same place where [Victorian Pharmacy](#) was filmed: see [Blurbs on Herb #15, Pharmacy Phile #21, April 2011](#)) and asked his opinion on the herbal concoction:

I was told it had been kept a secret by an old woman in Shropshire, who had sometimes made cures after the more regular practitioners had failed. I was informed also, that the effects produced were violent vomiting and purging; for the diuretic effects seemed to have been overlooked. This medicine composed of twenty or more different herbs; but it was not very difficult for one conversant in these subjects, to perceive, that the active herb could be no other than the Foxglove.

Withering began what would become a nine year long observational clinical study using various preparations of the herb to treat patients with "dropsy", culminating in his seminal work: [An Account of the Foxglove and Some of its Medical Uses - Practical Remarks on Dropsy and Other Diseases](#) (1785). Many patients he treated died, however 101 of the 158 treated "dropsy" patients experienced relief following administration of digitalis from various extracts of foxglove including teas, decoctions, tinctures, and infusions.

CASE LXXXI.

October 28th. Mr. B----, Æt. 33. Had

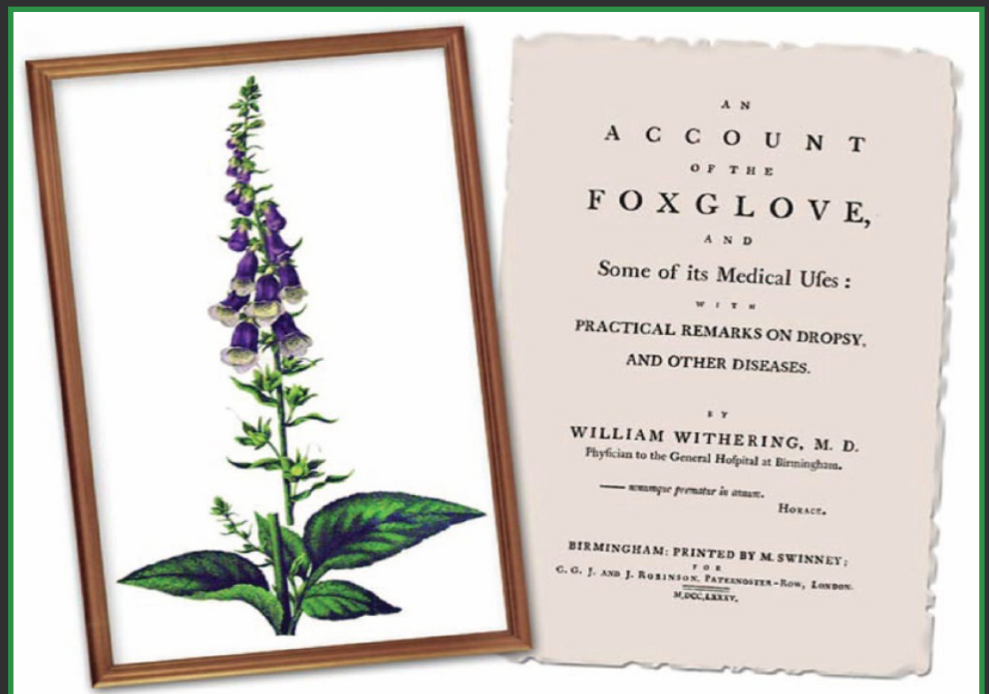
drank an immense quantity of mild ale, and was now become dropsical. He was a lusty man, of a pale complexion: his belly large, and his legs and thighs swollen to an enormous size. I directed the Infusion of Digitalis, which in ten days completely emptied him. He was then put upon the use of steel and bitters, and directed to live temperately, which I believe he did, for I saw him two years afterwards in perfect health.

Withering's observations on the clinical use of digitalis are considered by many to be remarkably thorough for his time, and have advanced the knowledge of this drug considerably. Withering derived the optimum quantity of the drug to be administered as a single dose - the amount of digitalis he used had only slightly less activity than dose used in modern medicine. He also described the adverse effects of the drug and its safe window of therapeutic use so accurately, that modern physicians could learn how to use the digoxin safely and effectively just by reading his text. Today, most pharmaceutical companies still find it most economical to produce digoxin directly from the plant, using an industrialized version of Withering's original methods for extracting digoxin (and similar compounds) from purple foxglove.

To learn more, I highly recommend you check out Withering's original books (he wrote 18 academic works from 1766 - 1799), which are available freely online in multiple downloadable formats.

Image: Anesthesiology 2009;111(2):278.

Jason Budzinski (Pharm 2011)



Fresh from the Pharm - A Culinary Blog by Chelsea Barr - Rx2013

Fusilli with Roasted Beet, Toasted Soya Nuts, & Parmesan (and all for a cause!)

As I was eating lunch at the hospital today, I had a moment that changed my outlook on what hospital pharmacy is all about. One of the oncology pharmacists was sitting across from me and suddenly smiled as she waved at someone who she obviously knew. As the woman she waved at approached, I realized it was a patient of hers (the woman was bald and wearing a scarf around her head, and also had a central line [a specialized IV medication port] peeking out from under the collar of her shirt). "Last one today?" the pharmacist smiled and asked. "It is. And is it ever going to be emotional. I brought my girls with me so they could see it too!" the woman replied as she headed over to another table. I looked over to the table that the woman was walking towards and saw 3 little girls, probably all under the age of 9, eating lunch with their dad. Though our interaction might have only been a small one, somehow seeing those girls and knowing that the pharmacist sitting across from me had made such a monumental impact in keeping their mom in their lives made me feel absolutely wonderful. The fact that the pharmacist had taken time to know her patients well enough to learn each of them by name and follow their treatments warmed my heart and made me truly feel that this is an amazing field to be in, to be able to heal patients and keep them smiling for their children.

With that in mind, the reason I picked this recipe this week is because it contains a ton of delicious antioxidants, the super foods that neutralize free radicals that could contribute to cancer! Oh, it's also really delicious and absolutely nutritious!

Fusilli with Roasted Beet, Toasted Soya Nuts, and Parmesan

- 3 medium-sized beets with green intact
- 6 Tbsp + 1 Tbsp olive oil, divided
- Sea salt and fresh ground pepper to taste
- 1/2 cup toasted soya nuts
- 1 large red onion, sliced
- 3 cloves garlic, chopped
- 12 oz (375 g) dried fusilli pasta
- 1/2 cup finely grated parmesan cheese

Preheat the oven to 375.

Remove beet tops, rinse under cool water, drain, and pat dry. Chop the half the tender

green leaves and red stems and discard the remainder, and any tough stems. Set aside.

Scrub and trim beet bulbs. Slice crosswise into 1cm thick slices. Arrange slices on tin foil lined baking sheet in a single layer and drizzle with 2 Tbsp. olive oil. Bake beet chips on top rack of preheated oven for 12 to 15 minute, or until tender when pierced with a fork. Remove and season with salt and pepper. Either leave beet chips whole or slice into strips. Set aside

Meanwhile, heat a large heavy-bottomed skillet (or Asian wok, if you have a marvelous Chinese roommate who lets you use her things!) over medium heat. Add soya nuts and dry-roast, stirring constantly for 2 minutes or until golden and lightly toasted. Transfer to a small bowl and season with more salt and pepper. Set aside.

Add 2 Tbsp. olive oil to the same skillet. Add onion slices and and cook over medium heat, stirring frequently, for 7 to 10 minutes or until soft and lightly colored. Reduce heat to medium-low and continue to cook, stirring frequently, for 15 to 20 minutes or until tender and browned. Add garlic and cook, stirring frequently, for 2 minutes.

Add chopped beet greens and drizzle remaining olive oil over top. Cover and cook, stirring once or twice, for 5 minutes or until greens are tender

Meanwhile, cook the pasta. (I'm not gonna tell you how to cook it. If you haven't ever made pasta before, maybe you should start with some Kraft Dinner rather than this recipe! My grandpa once had me convinced that he didn't know how to make Kraft Dinner just so that I would cook it for him. Even he knows how to make it!). Reserve 1 cup of pasta cooking water before straining.

Return the pasta to the pot. Add onion-greens mixture and reserved beet chips/strips. Toss with enough of the reserved pasta cooking water to moisten. Taste and add more salt and pepper if required. Divide fusilli and vegetables evenly among 4 bowls. Garnish with toasted soya nuts and parmesan cheese.

How impressive does this look? Let me tell you, it tasted even better! The beets needed nothing more than the olive oil and salt n' pepper to compliment their flavor! Definitely something worth trying, especially in the summer!



Town Hall Meeting Follow Up - by Kaitlin Bynkoski

The SOPhS town hall forum was held this year on June 20th giving student's an opportunity to voice their concerns to their student society, who then bring these issues to administration. On July 5th, myself along with the SOPhS president- and vice-president-elect sat down with School of Pharmacy director Dr. David Edwards and Administrator of Undergraduate Student Affairs Ken Potvin to discuss and facilitate each action item. I have briefly summarized the action items that were brought forth and the our current progress.

Action Item #1: PharmD Status - Ken Potvin will write an article in the August newsletter with answers to some common questions.

Action Item #2: Co-op Concerns- Items were presented in regards to this term's process and guidelines. The curriculum committee and administration will follow up on these issues and ensure that the guidelines are consistent. In addition, an information session will take place each term to highlight the co-op process that will take place during that round.

Action Item #3: Curriculum Concerns- Any comments that were brought forth were discussed at this meeting and action items forwarded to your student curriculum representatives to be presented at the next school curriculum committee meeting. In addition, administration highly encourages all students to fill in course evaluation forms at the end of each term. As we were ensured that in a professional program these surveys are taken seriously and provide insight to administration on the status of the course that current semester.

Action Item #4: Facilities - Plant operations has been notified to increase the temperature in Room 1004 as per student requests. In the future, if there are other concerns of this nature, we have a process set in place to respond to them more quickly. In addition, the issues this semester in using 1008 and 1012 in conjunction, with one serving as an overflow room, have been brought to the attention of administration and is currently being looked into for a resolution.

Action Item #5: The Role of Year Coordinators - The following message is in regards to the role of the year coordinator as each class has one that will serve to make your semesters more seamless: Our primary goal is to review course schedules for each term and work to ensure that there is a reasonable distribution of workload (assignments, tests, exams, etc.). If a concentrated workload is identified, we will work with the respective course

coordinators to try and distribute the workload. Another goal we have is to review course deliverables for gaps and/or duplications and communicate any findings to the respective course coordinators and/ or the Curriculum Committee. As a group we will report to the Curriculum Committee and the Associate Director Practice-Based Education upon request. As well, we will communicate with the student body through the following student members: i) Class Representative and ii) Curriculum Committee representative.

Action Item #6: Tuition- The tuition rates are formulated by the University of Waterloo and are not decided upon by the individual faculty. SOPhS is going to continue to follow up on this issue through the proper channels on main campus. The current FEDS rep on SOPhS, Kacie Lunn, will be chairing this endeavour and we hope to have answers for you in the next newsletter.

Action Item #7: Supporting Student Involvement- Administration is behind supporting our students in attending local, provincial, and national conferences held by various pharmacy organizations. SOPhS will submit a list every fall term with the conferences that will be taking place the following fiscal year and the year coordinators will also oversee facilitating the process of course scheduling in and around these dates. Professors and faculty will also receive this list in advance so that they can plan accordingly.

Action Item #8: Utilizing your Class Reps- Administration along with SOPhS would like to reiterate the importance of speaking to your class reps throughout the term to voice concerns, questions, and general comments. Faculty, administration, and professors have been advised not to change due dates for tests and assignment or view comments as an accurate representation of the entire class unless brought forth by the class rep. This is the appropriate channel of communication in which to resolve issues.

In summary, a short synopsis of discussion points was presented above but if you would like more details, please feel free to email me or set up an appointment so that I can further clarify any concerns. I thank all of you for your participation and patience during this process. I would like to thank Dr. Edwards and Ken Potvin for their time as it is a lengthy process to go through every item. We are very lucky to have them both involved as they work very hard to support our students.

Communications Update

The past month has been a little crazy but despite it all here's another Pharmacy Phile! You have have noticed some changes to this issue, namely the Student Spotlight sections, Chelsea's blog, and a lot more pictures. These changes are all part of the Communication Committee's efforts to update the newsletter in hopes of increasing student interest in SOPhS. That being said, thank you to the members of the Communications Committee who have helped to get things moving!

Some projects were working on are organizing the information boards downstairs, redesigning the SOPhS website, updating both the Newsletter and SOPhS Update designs, and maybe a few other things.

Hopefully you had a chance to read Nick's interpretation of the 2011 OPA Conference because it was an amazing weekend for those students who attended. It was my first real pharmacy conference and let me tell you, had I known both the value and the fun that could come from a conference like this, I would attended all of the over the past two years. It was a great opportunity to gain additional education about a variety of pharmacy topics, and equally importantly, network with other pharmacy professionals. I even met a few U of T students and despite all of the rumours at UW, they aren't half bad. At any rate, if you didn't make it to this year conference, I highly recommend attending in the future!

Finally, I'd just like to congratulate Chris Engbers (Rx2013) and his new wife Kennedy, who got married this past Saturday, see the proof below!

Dave Hughes
Senior Communications Director





Call for Content & News!

If you have an upcoming event or an announcement for the School of Pharmacy please let us know! The deadline for submissions in the next newsletter is July 27th, 2011.

Thank you to all of the staff members and students who provided content for this newsletter.

If you have any questions, comments, or concerns about this newsletter or The Society of Pharmacy Students at the University of Waterloo School of Pharmacy please send an email to:

pharmsoc@uwaterloo.ca

Thank you for reading and good luck with the rest of the term!

News & Upcoming Events

CAPSI OTC Week

Please see page 4 of this newsletter or check SOPhS Updates for more details on the following events:

Monday July 11th 7-8pm: Guest Lecture from Lisa Craig!

Tuesday July 12th 7-10pm: OTC OSCEs

This is a preparatory OSCE for the first year exams as well as for the 3rd and 4th years to prepare for the PEBC Licensing Exams.

Thursday July 14th 7pm: OTC Pharm Facts at McCabes

Come on out for appetizers and OTC trivia!

Run for the Cure Golf Tournament

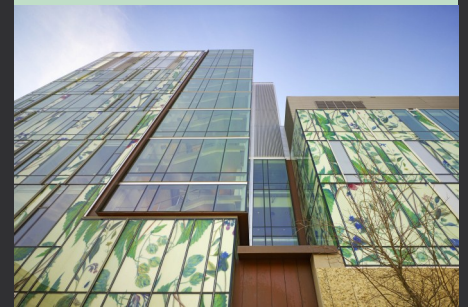
On Saturday, July 16th there will be a Golf Tournament fundraiser for the Run for the Cure. For more details please see page 3 of this newsletter.

First Ever Grad Formal!

On August 12th the first ever University of Waterloo School of Pharmacy Grad Formal will take place which sets the stage for our first graduating class to enter practice. Only Vanguard class members are invited to this event but it's still an exciting time for all students. Congratulations Vanguards!

Please check out the calendar on the next page, or check out the weekly SOPhS Updates for information about all other events. If you have an event coming up that you would like to inform students about please submit an article for a SOPhS Update to pharmsoc@uwaterloo.ca using the guidelines available on the SOPhS website.

Pharmacy Phile ISSUE 24 - July 2011



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 10	3 Housing Edition Submissions Due	4 Housing Edition Released	5 Teva Strategic Planning Seminar	6	7	8	9 Run For The Cure Pharmacy Beach Party
Week 11	10 Newsletter Release	11 CAPSI OTC Week Guest Lecture with Lisa Craig 7-8 pm	12 CAPSI OTC Week OTC OSCEs 7-10 pm	13 CAPSI OTC Week	14 CAPSI OTC Week OTC Pharm Facts at McCabe's 7 pm	15 CAPSI OTC Week	16 Run for the Cure Golf Tournament
Week 12	17	16	19	20	21	22 End of Term Formal at Delta	23
Week 13	24	25	26 Classes End	27	28	29	30
Exams	31	1 Civic Holiday	2 Exams Begin	3	4	5	6
Exams	7	8	9	10	11	12 Grad Formal at Delta	13 Exams End

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 to add an event to the SOPhS calendar please email Caitlin at c3meyer@uwaterloo.ca