



A Final Message From Your 2011 SOPhS President

I would like to take this opportunity, on behalf of SOPhS, to wish all the members of the University of Waterloo Pharmacy School Community, wonderful holiday season.

During this time of year, there is always a lot of excitement for our school as we spend the month of December preparing for a new class to enter the program. The pharmacy class of 2015 will be welcomed to our school by an energetic and enthusiastic Orientation Week Committee lead by our incoming Vice President: Danielle Paes and incoming President: Saleema Bhaidani. Both these ladies and their orientation team have been working hard over the past term preparing for this upcoming week and all of the wonderful memories in the making for the 2015 class. As the 2015 class is preparing for their first 8 months of the program, the 2012 class is entering their final 8 months as pharmacy students. There will be a lot of excitement among the halls of the pharmacy building in January and I do encourage all students to continue to support each other throughout the term and the 2012 year. No matter what stage of the program we are in, every term poses several challenges and difficult moments for students, but what will aid us in making it through to the end is looking around to our peers and realizing we are not alone in this journey and to be there for each other.

From SOPhS, we are at the beginning of our 5th year as a functioning society. January 2012 will mark the launch of our newly developed website and we hope this will serve as a much needed area of bridging communication between the student society and the student body. We are always looking for ideas from students on how we can help in enriching your student experience. In saying that, I encourage all students to reach out to your class representatives to share your ideas or express your concerns, and to utilize this newly developed website as a tool to becoming more informed about the happenings of the school of pharmacy from the student society perspective.

I would like to thank everyone who has supported SOPhS and myself as your president over the past year. It has truly been an amazing experience that didn't come without its fair share of challenges but there have been countless successes and accomplishments that we have made as a society. I would like to thank Robyn McArthur for all of her hard work and dedication to SOPhS as Vice President. As well as the rest of the SOPhS 2011 executive and council, you are a group of hard working, dedicated, and brilliant leaders who all devote so much

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Fall 2011 Back To School Social



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of your time outside of school and classes to the student body. Myself and I am sure your peers, are very much appreciative of all your timeless work and effort.

Finally, I would like to wish Saleema, Danielle, and the 2012 SOPhS council a successful year. I will serve the 2012 year as past president and in an advisory role to the council, in which I will offer the group the best support and guidance that I can give. The student society will be in great hands under the new leadership of Saleema and Danielle and I know they have great plans for the upcoming year.

I hope you all enjoy your last few days of relaxation and time spent with family and friends before returning to an academic term or going out on co-op. I wish you all a successful winter term!

Happy Holidays

--

Kaitlin Bynkoski

Halloween: Scarier Than An IPFC Final!



OccuPIE Pharmacy A Delicious Social Event



A Goodbye Message From Your 2011 SOPhS Vice President

Hello Pharmies,

I am sitting here in (not so) snowy Barrie, Ontario relaxing after the most challenging semester of my university career so far. Sitting back and thinking about my last year with SOPhS council and in pharmacy school, I am overwhelmed with memories of great friends getting together and meeting new contacts from across the country. Because it is my last newsletter piece as vice-president, I thought I would do a countdown of my most memorable moments on SOPhS council.

5. THE AMAZING RACE BARBECUE

This event was hilarious to try to execute. That morning I bundled myself up in my warmest winter gear and headed to UHaul for the rental truck. Being too scared to actually drive the truck myself (I am a huge scaredy cat), Andrew Kwong came to the rescue. We unloaded the truck and set up the huge food spread. After an amazingly – organized amazing race planned by Nicole and Tiff, people came sprinting across the field to victory and a huge meal. Kaitlin and I had a blast dancing to music in the snow while flipping burgers. Thankfully, we survived the day without any explosions through the careful engineering of a car snowbrush wedging the propane tank into the truck's cab.

4. TOWN HALL MEETINGS

This might sound like the odd ball of the mix of my most memorable moments, but I really valued being able to participate in town halls in a different capacity this year. Being a student at the School of Pharmacy gives an incredible opportunity to voice concerns over issues from curriculum to toilet paper, and all of these issues are taken seriously by faculty and administration. Advocating for students was one of the reasons why I loved this “job” so much, and I hope through the year we were able to make a difference, how big or small it impacted your student life.

3. CODE BLUE WATERLOO NUMBER TWO

I am an interprofessional keener at heart, and I love getting the chance to mingle with students in other health professions. This

year's ice breaker, where students had to find their “match”, led to a truly collaborative night. Pharmacy, Social Work and Optometry chatted over wings and beer and then headed out to Dallas for a night of bull riding and dancing. With some great visits from pharmacy students in other classes off on coop, we managed to keep our fun reputation alive.

2. ONTARIO PHARMACY STUDENT INTEGRATIVE SUMMIT

A great idea formed by the president and vice-president of the Undergraduate Pharmacy Society and UofT and Kaitlin Bynkoski at PDW in Saskatoon, the results of the OPSIS conference were phenomenal. I was amazed at the number of students that were as passionate about pharmacy leadership as I was. All the students had a great time learning from each other and then dancing it off at a club in Niagara Falls.

1. SOPhS MEETINGS

When a group of people as opinionated as SOPhS council get together, it can be difficult to keep a meeting in order and even more difficult to keep the meeting under an hour. Kaitlin Bynkoski had the honor of taking on this task for the entire year, and hats off to her for a great job. I loved attending from Barrie with Chelsea and our Tim Horton's dates, but the real action happened Waterloo where PHR 2009 saw upwards of 25 students each month. During this hour, you realize how hard students work on extracurricular initiatives. Although some meetings were encountered during tough times academically, I will really miss being around the round table in January to hear about the initiatives for the new year.

Thanks for all the great memories that didn't reach the top 5. I appreciated having the opportunity to represent the Society of Pharmacy Students this year, and as I continue on in different capacities I will continue to be astonished at what this great group of students accomplishes every year.

All the best,

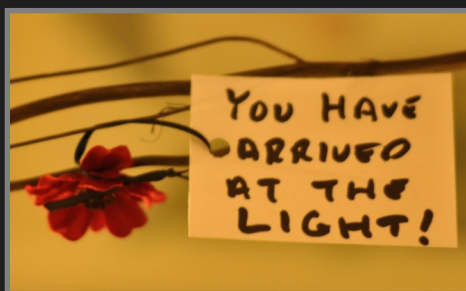
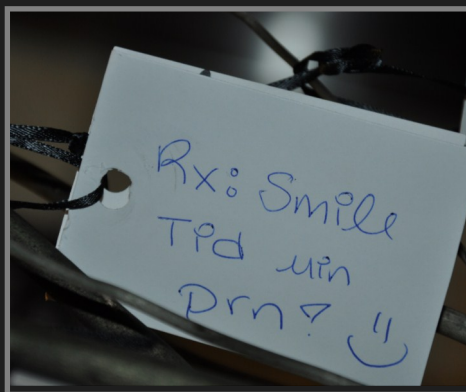
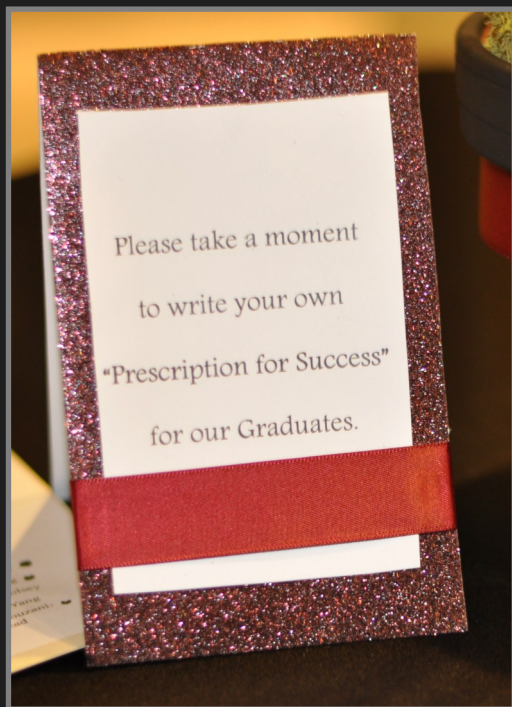
Robyn McArthur



End Of Term Ugly Sweater Party & Potluck



Vanguard Convocation Reception “Prescriptions for Success”



Since December was mostly spent writing exams for those students in school, we decided to keep this issue small and include only good-byes and pictures from the Fall 2011 term.

The regular edition of the Pharmacy Phile Newsletter will return in January with its standard features. In addition, with the launch of the website, all past newsletters will be available to view and download from the new SOPhS Website once it is live. If you would like to submit an article to the January newsletter please send it in to us at pharmsoc@uwaterloo.ca by January 3rd, 2012.

Thank you for reading this newsletter and we hope you have enjoyed your holidays!

Happy New Year from SOPhS Council to all Faculty, Staff, and Students!

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Upcoming Events

SOPhS Website Launch

In case you haven't heard, SOPhS is currently in the process of designing a new website that will include many new and exciting for students and anyone else looking for information about the Society of Pharmacy Students.

The new site will include term calendars for each class, detailed information about SOPhS Council and the various committees that students can sign up for, image galleries from SOPhS events, a textbook exchange, an online housing board to replace the housing edition, links to commonly used resources, and online newsletters and SOPhS Updates.

We've been working hard over the past few months and are excited to say that the website will be going live during the first week of classes. During the first two weeks the website will be frequently updated with new content as different pages are added. We would love to hear from you with feedback or new ideas to improve the website and make it more user friendly. Please send any comments or questions to SOPhS Communications at pharmsoc@uwaterloo.ca.

Please 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.

Society of Pharmacy Students (SOPhS)

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