

PHARMACY PHILE

University of Waterloo Society of Pharmacy Students
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OPA CONFERENCE...THE YOUTH IS ON FIRE

Incredible. Amazing. Exciting.

After spending the week thinking about the OPA Conference 2012, those are the adjectives that I could come up with. And if you talk with anyone that attended, I'm sure I hit the nail on the head.

Why was it incredible?

It was incredible because every year I get to renew my love for the profession of pharmacy. Every year I get to see the incredible work that pharmacists are doing to advance our profession. Every year I get re-inspired by our colleagues that are taking it upon themselves to practice pharmacy even if we haven't been given expanded scope of practice. I will refer you to www.opatoday.com for the slew of presenters at this year's conference.

Why was it amazing?

It was amazing because we honoured the very best of the best in pharmacy at the Gala awards banquet. Some notable winners were Catherine Schill, who took home the Mortar and Pestle award of Merit which recognizes pharmacists that directly impact patient healthcare in their community. Catherine offers oral anticoagulant clinics at Schill's Remedy's Rx Pharmacy

here in Waterloo.

UW's own Jillian Grocholsky (pronounced, Gro-HOL-sky) won the Student of Distinction award which recognizes outstanding leadership in service to the profession, school, and community. For those of you that do not know, Jill is the Past-President of the Canadian Association of Pharmacy Students and Interns (CAPSI), the Graduation Director at UW and has worked with the Canadian Association of Pharmacists to help bring a student voice to the pharmacy in Canada.

For a full list of winners, visit www.opatoday.com.

Why was it exciting?

It was exciting because YOU made it exciting. For the first time in history (I think) the OPA conference hosted over 100 student delegates, most of whom were from UW. I can't tell you how many Pharmacists were excited to see the fresh and keen faces that will shape our future. Your commitment to the profession was recognized by many of the leaders in pharmacy today. As a member of the Board of Directors, I can assure you that student involvement

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CANADIAN PHARMACISTS ASSOCIATION'S 100TH CONFERENCE



This year, I travelled to Whistler to attend CPhA's 100th annual conference. Along with a group of Waterloo student delegates, I had the pleasure of attending CAPSI National meetings, the motivational keynote speaker John Furlong (CEO of the Vancouver Olympic Games), and educational sessions on a variety of hot topics in the field of pharmacy.

I was once again amazed by the representation from the University of Waterloo on a national level. As a school, Waterloo has the largest amount of students sitting on CAPSI National Council. Jillian Grocholsky of Rx2012 completed her turnover from CAPSI President to Past-President, while a number of new Rx 2013s and 2014s joined the council for the first time, including Chelsea Barr, Cassandra McEwan, Niki Bajik, Michael Kani, and Sarah Johnson. The meetings provided a valuable opportunity to share and learn from schools across Canada, and Sarah and I look forward to implementing some of these ideas here at UW.

In addition to the CAPSI National meetings, the week was packed with moments for the school to be proud of. Notably, Ken Potvin accepted the CPhA "Award of Recognition" on behalf of the University of Waterloo in honour of graduating our first class, and SOPhS President Saleema Bhandani was the recipient of this year's CPhA Centennial Award. The poster abstract sessions also exuded a UW presence, with posters submitted by many of our faculty and even co-op students!

The highlight of the conference for me was the keynote speaker, John Furlong, the CEO of the Vancouver 2010 Olympic Games. In his presentation he shared with us the trials, tribulations, and triumphs of

creating and implementing the vision that inspired each and every Canadian. His behind-the-scenes perspective offered insight into the struggles that the organizing committee faced, and how they overcame obstacles to pull off what the IOC called the greatest Winter Games ever. I left the session inspired, with a sense that the possibilities are endless, especially for the pharmacy profession!

I encourage you all to attend the CPhA Conference, OPA Conference, or PDW when you have the opportunity, as the experiences provided outside of the classroom are so valuable to our professional development. I look forward to UW's continued presence and excellence in the pharmacy world!

Jamie Rafuse
UW CAPSI Sr. Representative



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with the OPA and the profession is a priority. We have so much to offer especially as we are on the brink of expanded scope of practice that we need all of us to continue to advocate for our profession.

Finally, I would be remiss if I did not mention that the awards Gala was attended by non-other than the Ministry of Health and Long-term Care, Honourable Deb Matthews. There was much speculation as to what she would announce pharmacists' scope of practice at conference; however nothing really happened. Hon. Matthews thanked all pharmacists for our hard work and dedication to the health care system. And although she did not announce the passing of Bill 179, she did recognize the vital role that pharmacists can and WILL play in providing immunizations to Ontarians. We're almost there...

Incredible, amazing, and exciting were just some of the adjectives I would use to describe the OPA conference. For those of you that attended I hope that it was everything you expected it to be and more. For

those of you that didn't attend I hope you consider attending next year in Toronto.

Nick Malian, Student Observer
OPA Board of Directors

OPA Conference Memories

We asked students to share some of their favourite moments, memories, and take home impressions from their time at the conference. Here's what some had to say!

"Meeting Neil Pasricha and being reminded of all the AWESOME things in life."

"Learning, connecting, partying with the past, present and future of pharmacy!"

"Waterloo's red and white takeover at the Olympic themed Friday night social."

"Dancing with a fella who I later found out was the National Director of Pharmasave and past Chair of the Canadian Association of Chain Drug Stores."

"Janet McCutcheon delivering one of the funniest speeches I've ever heard; definite-

ly inspired to see a woman with a fantastic personality making a difference in the profession!"

"Looking around and realizing how glad I am to be a Waterloo Pharmacy student and to be joining a profession with equally passionate friends and colleagues."

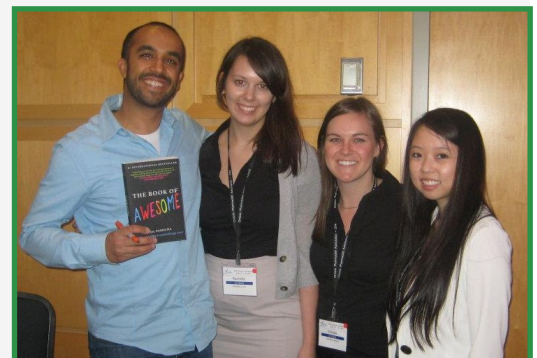
"Meeting practicing pharmacists who are truly dedicated to the profession and making a difference in the world of pharmacy."

"Being inspired by pharmacists who are embracing the changes in pharmacy and determined to help expand our role in health care."

"Being able to say that I learned a lot that I can apply on my co-op placement AND had the time of my life at the socials."

"This was my first OPA Conference, and it was everything I expected it would be... fun, educational and inspirational!"

"It was a great experience...one might go so far as to say...it was AWESOME!"



MESSAGES FROM SOPHS COUNCIL

President & Vice-President

WATER WATER WATER...

This month, our students were all over the map representing Waterloo Pharmacy both provincially and nationally. A number of enthusiastic delegates travelled to Whistler BC to attend the 100th Annual CPhA Conference. Here, the UW School of Pharmacy was recognized for its First Graduating Class and Faculty; our very own Ken Potvin accepted the award and said a few words on the school's behalf. It was especially impressive to see our school well represented on the CAPSI National Council; Jenny, Chelsea, Niki, Cassandra and our Local Reps Jamie and Sarah were all in attendance - Way to Go Girls! Another honourable mention goes out to Mike Kani, CPhA's newest Student Board Member. In his role Mike will be representing all pharmacy students across Canada - congratulations on this great accomplishment, we know you will make us proud!

Not so far away and almost (not quite) as beautiful, a number of our students flocked to London for the OPA Conference at the city's Convention Centre. We had such an incredible time and it was so great to see students from all four years there. The weekend was filled with a variety of educational sessions, AWESOME speakers, social events, networking opportunities, free swag and of course, the endless supply of...wait for it...food. ;)

This month, the annual Run for The Cure Volleyball Tournament took place. Congratulations to all the winners and everyone else who joined in the fun wearing pink!

In wrapping up June, we are at our mid-year check point! As SOPhS continues to work to make your school experience fulfilling and enjoyable, we thought we would share some of the goals we will be focusing on in the second half of the year.

- Strengthening and expanding national alliances between pharmacy students across the country.
- Highlighting and showcasing the incredible faculty we have here at UW Pharmacy.
- Offering opportunities for out-of-classroom educational opportunities to supplement our pharmacy knowledge.

If you have any suggestions or feedback for our council this term, please let us know. We will be hosting a town hall meeting on Wednesday, July 25th, at 7pm so you can always share your comments then.

Thanks for all of the engagement and support you've given SOPhS over the past six months. We've still got half a year to go and lots of exciting things to do!

- Saleema & Danielle

GET TO KNOW YOUR NEW COUNCIL MEMBERS

President-Elect

My name is Marcus Walz and I will enter the role of President of SOPhS council for the upcoming 2013 year. I am really excited about the opportunity to represent such an amazing program and be an ambassador between our school and the community. I have a lot of great ideas that I cannot wait to bring to the plate and make next year the best possible year it can be. I look forward to meeting each and every one of you.

Marcus Walz, Rx2015

Vice President-Elect

My name is Jon Potvin and I am the Vice President Elect on SOPhS council. Currently, I am an active member of the OPA, CPhA, Pharmacy Investment Club and sit on the UW CAPSI council as the Junior Education and Outreach Coordinator. I look forward to meeting all of you and representing the UW school of Pharmacy proudly.

Jonathon Potvin, Rx2015

Executive Secretary

My name is Rusana Moorji and I will be your Executive Secretary for the 2012-2013 year. My role is to ensure both students and faculty members are aware of the various events taking place at the school, by updating the SOPhS calendar. Therefore, please email me at rusana.m@gmail.com if there are any events you would like added to the calendar! I'm really excited to be on the SOPhS team, and look forward to working with everyone in the upcoming year.

Rusana Moorji, Rx2015

Marketing Director

Hey everyone! I'm Daniel your marketing director for 2012-2013. My duty is to promote awareness for school functions and events, and to seek out sponsorships. You

know the freebies, discounts and swag bags we all know and love? I'm responsible for that and will work hard to maximize our benefits. A little about myself; I am easy going and friendly, so feel free to approach me about anything. I am also avid about playing and watching all sports. Looking forward to a good year with my fellow UW Pharmacy Students!

Daniel Lai, Rx2015

Jr. Finance Director

Hey everyone! I am Marvin Ng, and I am proud to be your Junior Finance Director on SOPhS. I look forward to spending the year with everyone. Feel free to come to me for any questions, concerns, or even just grabbin' a drink would be cool too!

Marvin Ng, Rx2015

Jr. Communications Director

Hi everyone, my name is Trina McFarlane and I am the incoming Junior Communications Director. I got accepted into UW School of Pharmacy the same day as my undergrad graduation; I'd say that was one of the most successful days of my life. Now here I am, and I am enjoying the different aspects of pharmacy. I am excited to take on the new role as Junior Communications Director and I look forward to working with SOPhS council.

Trina McFarlane, Rx2015

Interprofessional Rep

Hi everyone, I just want to introduce myself so you get to know a little bit more about your Interprofessional Rep. I have an identical twin sister who is my best friend and also a healthcare provider. What I want to bring to the table is a new perspective of how we can help bridge the gap in healthcare and get the best perspective on what other health care professions do. I hope pharmacy continues our great turn out at IP events and I invite you to approach me with new ideas. This is our chance to help introduce our new expanded scope to other professions so we can make a difference on how we're perceived. I'm excited for the upcoming year and look forward to meeting all of you!

Michelle Holm, Rx2015

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Messages from SOPhS Council

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FEDS Rep

My name is Shekhar Mehta and I will be your FEDS Rep for the 2012-2013 year. I believe that school is a place for students to mature and learn, while having fun. As your FEDS Representative I hope to enhance your experience at pharmacy school, by providing you with opportunities to get involved on our campus and main campus. I look forward to working with Sophs and FEDS over the next year to serve our students better.

Shekhar Mehta, Rx2015

CSHP-OB Rep-Elect

Hi, my name is Arpita Desai. I am going to be your new Canadian Society of Hospital Pharmacists (CSHP) Student Liaison. I am very interested in hospital pharmacy and I will use my interest to find out about opportunities available within CSHP for pharmacy students to get involved in. I will represent our pharmacy school at CSHP council meetings and share all concerns and questions raised by pharmacy students. I will keep both the CSHP council and the UW pharmacy student body in the loop. You may contact me at arpita.desai5@gmail.com for any questions or suggestions. Stay classy pharmacy! ;)

Arpita Desai, Rx2015

Graduation Director

It is my honour and pleasure to be the class of 2013's graduation director. I have been a member of the graduation committee for the past two years and with those years of preparation under my belt, I am eager to start planning all the pieces that encompass graduation for my class. I will be looking for many volunteers from Rx2013 to sit on the graduation committee and aid in planning the grad trip, formal, class photos, convocation reception, and much much more! Stay tuned Rx2013 for updates!

Kaitlin Bynkoski, Rx2013

Recruitment Director

As the Recruitment Director for Rx2013, I am honoured to have the opportunity to facilitate interactions between future employers and my exceptional classmates. I look forward to working with employers,

SOP staff, and students to ensure that students are well prepared for the next phase of our Pharmacy career. If you have any suggestions, concerns, or questions, please do not hesitate to talk to me in person or email me at nseymour88@hotmail.com.

Nicole Seymour, Rx2013

Curriculum Committee Student Rep

Even though I am not coming into this role until September (you may still contact Monique Potvin, Rx2013 for any concerns until then), I wanted to introduce myself! As Curriculum Committee Student Rep, I'll be your voice on the Curriculum Committee with faculty and staff. Any concerns or suggestions you might have about our curriculum, please let me know! You can e-mail me anytime at tarioa@gmail.com. I'll be sending out surveys throughout the year so be on the lookout for those too. Anything you have a concern about please bring it to my attention so that we can work together with the school to make our program the best it can be!

Allison Tario, Rx2014

Admissions Committee Student Rep

My name is Jillian Bauer and I am a new member of SOPhS, having been selected as the new Admissions Committee Student Representative. I will be attending monthly Admission Committee meetings where it will be my job to give student perspective on any issues or decisions that arise during the meetings. I will also assist in admissions interviews and be there to answer any questions prospective students may have. I am really looking forward to taking on this role and becoming an active member on SOPhS!

Jillian Bauer, Rx2014

Rx2015 Class Rep

Hey my name is Mohammad Masood and I'm the Class Rep for Rx 2015. As Class Rep, my role is to ensure that the voices of the students are heard, and to resolve any concerns they may have. As the student representative, I'm happy to hear any ideas you may have about bettering the Waterloo Pharmacy experience, and will do what I can to make the learning experience a little bit easier. You can contact me anytime you have any concerns, and can usually find me running around the school. I look forward to

CPhA Board of Directors Student Rep.

My name is Michael Kani and I would like to take this opportunity to introduce myself as I will be representing you and all Canadian pharmacy students on the Canadian Pharmacists Association (CPhA) board for the next 2 years. The CPhA, as an advocacy group, aims to provide leadership for pharmacy professions across Canada. As a student you receive free membership with access to all benefits including discounts on educational products such as the newly launched CPS Monographs for tablets.

As we all know, there is a paradigm shift happening in health care and pharmacists are at the forefront of it. A lot of changes are happening to our profession as a result of this shift and these changes are welcomed. Pharmacists will finally get the opportunity to provide the patient-focused care we've been trained for, utilizing our skills, knowledge and expertise. The days of simply dispensing will be a thing of the past.

As students and future practitioners, we have an integral role to play in this shift and I encourage everyone to make the effort to promote our profession and to get involved in the expanded scope discussion.

Please do not hesitate to contact me at mikekani@gmail.com with any comments, suggestions or feedback you may have.

As I sign off, I'll leave you with this final consideration: after all the years of education pharmacists earn, what would pharmacists do in a typical work day if all the technical tasks were taken out of the picture?

Michael Kani
Student Representative
CPhA Board of Directors



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Messages from SOPhS Council

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working with all the students and SOPhS council!

Mohammad Masood, Rx2015

Rx2015 Athletic Rep

Hello Everyone! My name is Samer Serhan, and I'm going to be the RX2015 Athletic rep for the year. I have a very strong passion for all types of sports and I had this positioned eyed right from the start. My job is to facilitate the first year's intramural signing process (next year), and help them get as involved as possible in sports. Of course, I will be doing the same for my class, and also creating various tournaments within the school, and planning trips to watch different professional teams during the year. I can't wait to get the ball rolling with regards to everything I have planned. If anyone has any suggestions I can be reached at sserhan2@gmail.com. I look forward to working with everyone!

Samer Serhan, Rx2015

Rx2015 Social Rep

My name is Angela Quach and I am currently in the Pharmacy Class of 2015. I believe that my zealous personality along with my passion to plan/co-ordinate social events for student life would perfectly compliment the Social Representative position for SOPhS. As your 2015 Social Rep, I plan on continuing past successful events such as the Pharmacy Phair, Ice Cream Social, Valentine's Day Chocolate Social, and hope to implement some new events that will encourage everyone to participate! Feel free to stop me in the halls or FB me if you have any suggestions to make your year a memorable one!

Angela Quach, Rx2015

Questions or concerns relating to issues that you feel can be addressed by SOPhS? Feel free to directly contact any SOPhS Council member or just send us an email at pharmsoc@uwaterloo.ca to be adequately redirected!

The Spring 2012 semester's [Town Hall Meeting](#) will be taking place on [Wednesday, July 25th, 2012 at 7pm](#). Be sure to check your emails for more information in the coming weeks!

PHARMACISTS WITHOUT BORDERS



A Student's Perspective

I first joined Pharmacists Without Borders-Canada (PSF-Canada) at the CPhA National Conference 2011 in Montréal... I vividly remember bouncing from table to table at the trade show trying to absorb as much information as my brain (and loaded arms full of promotional materials) could handle. There I was... a first year pharmacy student from the University of Waterloo seeing, for the first time, my profession in all its glory! And that's when I came across a table manned by a group of inspiring students from l'Université de Montréal. They were sharing their stories from missions abroad and promoting the work of PSF-Canada in developing countries. BINGO - I had found it! Something that combined my love for pharmacy with my passion for international development: PSF-Canada.

What is PSF-Canada?

PSF-Canada is part of an internationally recognized humanitarian organization with branches in countries all across the globe. Since its inception in 1994 by Hubert Brault, PSF-Canada and its dedicated members have been devoted to the advancement of pharmaceutical care in countries around the world. In collaboration with local communities, PFS-Canada sets out to achieve the following:

- Establish optimal strategies to address current and anticipated pharmacy-related challenges
- Share knowledge and skills with local health care workers
- Engage the community in developing a sustainable infrastructure for long-term management, distribution and use of medication

What does PSF-Canada do?

PSF-Canada currently has ongoing missions in Haiti, Mali and Uganda. These missions

are focused on the development of pharmaceutical care through training, education, and organization of resources. Support networks have been established with local health clinics and hospitals to ensure that all efforts are directed towards the communities' specific pharmaceutical needs and are delivered in a manner that is respectful of local cultures and beliefs.

To do this, PSF-Canada needs motivated pharmacists and pharmacy students to bring projects to life. This includes (but is not limited to): raising funds, recruiting new members, researching project ideas, understanding dynamics of foreign communities and sharing appropriate knowledge and tools.

What does PSF-Canada NOT do?

PSF-Canada strongly believes in providing tools versus medications. Often donations from patrons or private organizations unintentionally destabilize the fragile infrastructures already in place and fail to promote local self-sustaining development. Therefore, PSF-Canada does not accept or distribute drug donations.

Why should you get involved through PSF-Canada?

First and foremost, student membership is FREE! You have absolutely nothing to lose, and only a new outlook on international pharmacy to gain. You will learn more about PSF-Canada projects as they happen and be presented with opportunities to get more involved. This may even be your chance to get your foot in the door for future volunteering abroad!

In sum, PSF-Canada has supported countries working towards better health care and better quality of life through better pharmaceutical care for years. Join us today in making a difference for tomorrow!

For more information, please visit our website at www.psfcanada.org.

UW PROFESSOR AUCTION



The first ever UW Pharmacy Professor Auction was held on Wednesday June 20th, 2012. The inaugural event was a huge success with bids for professor excursions ranging from \$50 to \$320. The overall total raised was over \$1600. All proceeds will be going towards the RX2012 Graduation.

Thank you to all those who came out and supported this event, and special thanks to Jillian Grocholsky and Nick Malian for their auctioneering skills. It was a ton of fun and things got pretty heated at times! I sincerely hope this is a tradition that continues to grow at UW in years to come!

Cheers,
Aman Hansra
Rx2012 Graduation Committee

A list of Professor excursions and winning students:

"Intro to Martial Arts" with Dr. Fernandez won by Farzan Da (2013), Beech Haddad (2013), Siraj Khan (2013) and Dave Clark (2013)

Manicure and Pedicure with Dr. Nardine Nakhla won by Bahar (2013) + 3 friends

Italian Dinner at Dr. Cynthia Richard's House won by Kristina Ahrens (2012), Kristy Rancourt (2012), Tina Carriere (2012), and Deepti D'Souza (2012)

BBQ dinner at Dr. Beazley's house won by Jas Otal (2014), Jon Potvin (2015), Marcus Walz (2015), and Angela Quach (2015)



Shinny Hockey at RIM park with Jamie Joseph won by Steve Celetti (2013) + 2 friends

Golf lesson + lunch with Dr. Jeff Nagge won by Aman Hansra (2012), Xiaofei Huang (2012), Jillian Grocholsky (2012), and Stephanie Disano (2012)

Bollywood dance lesson/indian dinner with Dr. Tejal Patel won by Xiaofei Huang (2012), Jillian Grocholsky (2012), Meagan Shippey (2012) and Stacey D'Angelo (2012)

Photo shoot by Certina Ho won by Saurabh Patel (2012), Mihir Patel (2012), and Deepti D'Souza (2012)

Diaper Cake Decorating with Elaine Lillie won by Peter Pagacz (2012) and Nick Malian (2012)

Cycling in St. Jacobs with Dr. Dave Edwards won by Boris Tong (2012) + 7 friends

Barefoot Running with Dr. Nancy Waite + Special Guest won by Sarah Johnson (2014), Stacey D'Angelo (2012), Jaime Rafuse (2013), and Kaitlin Bynkoski (2013)



Fresh from the Pharm

A Culinary Blog by
Chelsea Barr, Rx2013

This June marked the 2nd annual University of Waterloo School of Pharmacy's Run for the Cure Beach Party! Last year we raised over \$1000 and we hope to do the same (or better!) this year. It never fails to impress me how generous our students are in donating to worthy causes! Last month, we gathered more than 1400 items for the local food bank. My class alone raised over \$200 to buy essential items with. It really is inspirational to know that my classmates are dedicated to improving our community. With that being said, pink was the theme for my post today! I picked up some wonderfully fresh strawberries at the market this morning and thought they would make a delicious breakfast muffin, adding colour to make them more fun!



Fresh Pink Strawberry Muffins

1 1/2 cups chopped fresh strawberries (even better, buy local! Ontario strawberries are now in season)
1/2 cup white sugar
1/4 cup white sugar
1/4 cup butter, softened
2 eggs
1 teaspoon vanilla extract
1 3/4 cups all-purpose flour
1/2 teaspoon baking soda
1/4 teaspoon salt
1/4 teaspoon ground nutmeg

1) In a small bowl, combine the strawberries and 1/2 cup sugar. Set aside for 1 hour. Drain, reserving liquid and berries separately.

2) Preheat the oven to 425F. Grease a 12-cup muffin tin (or line with paper liners).

3) In a medium bowl, cream together the butter and 1/4 cup sugar until light and fluffy. Beat in the eggs one at a time, then stir in the vanilla. Combine the flour, baking soda, salt and nutmeg; stir into the creamed mixture alternately with the juice from the berries. Add food colouring. Gently stir in the berries. Spoon batter into prepared muffin cups.

4) Bake for 18 to 20 minutes in the preheated oven, or until the tops spring back when lightly touched. Cool in the pan on a wire rack.

5) Enjoy!

UW PHARMACY COUNSELLING CLUB

Written by: Carmen Loucks, Rx2013

An eager group of Rx2015's and Rx2013's got together on June 6th for the first ever session of the UW Pharmacy Counseling Club. The student-led club was started by Noreen Jamal and Melissa Li from Rx2014 who wanted to promote the development of counseling skills as well as the opportunity to mentor peers while learning at the same time.

Over 30 students showed up for the first session to practice counseling their peers on various OTC topics. The OTC cases were written by members of the counseling club and were critiqued by other students in the club. Students were placed in groups of 5 where they then rotated through 5 different cases while each taking turns acting as the pharmacist or the assessor. The student assessor was provided with a copy of the case and a specially designed rubric with check boxes that could be ticked off as the pharmacist asked each question. However, the rubric was infor-



mal and was strictly for the purpose of providing feedback.

Recently, UW Pharmacy students have been learning a new self-care counseling algorithm called "QuEST SCHOLAR HAMS." If you haven't heard of it, "QuEST SCHOLAR HAMS" is an evidence-based framework for structured interviewing and has proven to be an effective tool to teach students how to counsel patients with self-care issues. This algorithm is particularly useful because it is more comprehensive than other counseling algorithms and ensures that the interviewer will NOT forget to ask

about health conditions, medications and allergies.

What made the session such a success was the incredible engagement and enthusiasm that all of the students showed, including the standardized patients (who were also third year students). A participant from Rx2013 said that:

"I thought it was great for more reasons than just counseling practice. I think it'll have a huge motivational and social impact as well."

Not only did the participants gain more confidence in their counseling skills, but it was great way for the first years and third years to interact and get to know one another. I expect that the turn out for future sessions will be even better.

Counseling club sessions will be held every 2-3 weeks and students from any class are welcome to join us (regardless of whether you are a member). If you have any further questions or would like to contribute cases, you can contact Noreen Jamal, Melissa Li or myself.

CAPSI CORNER

It has been a busy start to the summer for UW CAPSI! In May, we held by-elections, which completed your 2012-2013 UW CAPSI Council. Congratulations to the following students for being selected to sit on this year's council:

National Sr. Representative

Jamie Rafuse

National Jr. Representative

Sarah Johnson

Secretary

Allison Tario

Finance Co-ordinator

Hilary Van Klooster

Fundraising Co-ordinator

Jessica Karam

PAW Chair

Crystal Ng

Communications and CAPSIL Rep

Chelsea Barr

Sr. Education and Outreach Co-ordinator

Kaitlin Bynkoski

Jr. Education and Outreach Co-ordinator

Jonathan Potvin

Sr. Competitions Co-ordinator

Ludmilla Tan

Jr. Competitions Co-ordinator

Holly Meginnis

Sr. IPSF Representative

Carly Stoneman

Jr. IPSF Representative

Riam Jamil

Rx 2015 Representative

Fatimah Jaffer

Rx 2014 Representative

Lisa Sunstrum

If you have any questions about CAPSI events or advocacy efforts, please feel free to contact any of our council members.

This summer, CAPSI has been actively involved in National Run for the Cure efforts. Each year, pharmacy schools from across Canada participate in the Run for the Cure to raise money for breast cancer research, with a little bit of friendly competition to see which school can raise the most money. Last year, Waterloo came out on top, and we are hoping for a repeat this year! Stay tuned to SOPhS Updates for information about events as well as how you can sign up to participate on the day of the Run.

We are also excited to be hosting our 2nd annual OTC Week, which will be taking place the week of July 16th. We hope for all CAPSI members to come out and participate in OTC-themed activities such as Pharma-Facts OTC Trivia, OTC Mock-OSCEs, and interesting OTC seminars. This week provides a great learning opportunity for all, whether you are heading out on your first co-op and are looking to do some OTC counselling, or

are getting ready for your PEBCs and want to refresh your memory on some of those topics you learned back in first year!

Lastly, I would like to remind everyone that CAPSI is a national student voice, **advocating for YOU!** To stay up-to-date on the issues we are advocating for, and to tell us what issues are important to you, join our facebook page "UW CAPSI" or feel free to contact any of us directly.

Until next time,

Jamie Rafuse, Rx2013

CAPSI National Senior Representative
waterloosr@capsi.ca

A Message from your UW Jr. CAPSI Rep

Hi my name is Sarah Johnson and I am the 2012-2013 Jr CAPSI Representative for the University of Waterloo. I, along with the Senior Representative, sit on national CAPSI council to bring the student perspective from UW School of Pharmacy. I am beyond excited to help our local CAPSI council bring exciting, educational events to you this year! I look forward to a fantastic year on UW CAPSI, continuing our excellent relationship with SOPhS. If you have any questions for me, please contact me at waterloojr@capsi.ca or s7johnso@uwaterloo.ca.

- Sarah Johnson, Rx2014

HOUSING PRICES IN CANADA

WHAT HAS BEEN HAPPENING AND WHAT HAS BEEN DRIVING INCREASES? WHAT IS THE OUTLOOK ON HOUSING PRICES?

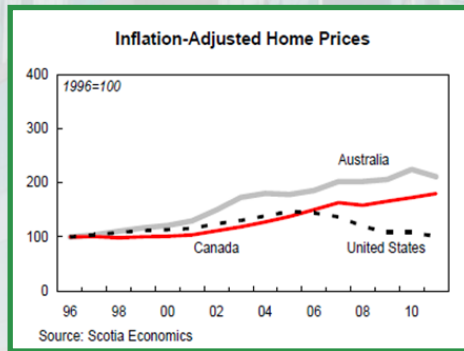
Earlier this term, students in Mike Sullivan's Personal & New Venture Financial Management class were asked to analyze a current event related to personal finance and report their prediction for the future trend of their chosen topic. With Mike's help, we chose a report from each of the three possible topics and will publish them over the next few issues of the Pharmacy Phil in order to provide the entire student body with a glimpse of what happens in the course as well as what is happening in the world outside of pharmacy.

Written By: Chris Engbers, Rx2013

Most people are interested in what the real estate market looks like, or at least feel as though they should. This is a consequence of most people being interested in fulfilling the need to protect ourselves from the elements of nature. Further, the traditional common sentiment is the desire to be a homeowner, while many use real estate as an investment and source of income. Many of us are inspired by the house flippers, renovators, home improvers and gardeners we see on the television channels dedicated to the subject.

A house will likely be the largest single investment most Canadians make, but what are the prices we are willing to pay? A quick look at the chart to the right, borrowed from our friends at Scotiabank, shows that in the last two decades prices have been following an ever increasing trend with a small decrease in 2009 (Warren, 2012). While Canadian house prices have been rising, prices in the United States took a roll down a hill in 2008 dropping over 30%, prices in Spain took a steeper slope and the daring (but dashing) Irish are taking the double black diamond run from its 2007 peak (The Economist, 2012).

The CMHC (Canadian Mortgage and Housing Corporation) provides a few of the key factors effecting housing pricing for a layperson such as myself (CMHC, 2012). Employment has an effect on where housing prices go. As more people are employed the average population can spend more on housing. The CMHC site saw a small increase in employment over 2011 and expects further increases of 1.3% and 2% in 2012 and 2013. The CMHC also indicates that small in-



creases in income have contributed to this price increase and expect the trend to continue. Although the natural growth rate (births minus deaths) has been low, if not negative, the net immigration to Canada has continued to feed the demand for housing.

But the economy hasn't been performing exceedingly well, so why do housing prices continue to rise? Perhaps one of the most important drivers in the current environment is the mortgage rate. In order to stimulate the economy the Bank of Canada has been increasing the availability of money and keeping the interest rates low. And the interest rate, although conceding some increases beginning this year, is expected to stay relatively low for a little while at least. The lower the interest rate, the easier it is to finance a mortgage. While interest rates are low, consumers are more willing to spend more on a house and take on a larger mortgage. There is also some pressure to buy now and lock in a mortgage at the lower rate or to enter the market for first time buyers.

And where does this lead us for the future? People will always need a place to live, so as long as we do not build more houses than families the demand should keep the price up? A quick survey of the popular media shows many people calling for a pop in this current real estate bubble. Reports quote the Bank of Canada governor, Mr. Carney and Federal Finance Minister, Jim Flaherty, warning about a burst in the bubble. But then the latest news following the release of the CMHC report seeks to question this prediction.

My position is to join the ranks of the fear mongers, or at least tag along at a distance. If we do not see a bursting of this bubble, I think we will at least see a deflation in housing prices. The CMHC report perhaps paints too rosy a picture of the

future market. The economy has not been doing that great, the government is cutting its costs (public service workforce and wages) and employment numbers and incomes are not growing enough to sustain the increase in house prices. The ratio of house prices to income has been increasing as well as the ratio of prices to rent.

Just as interest rates and credit are driving the increase in house prices, they present the biggest danger to the future of the market as changes are going to be seen. In order to try to prevent another episode as happened in 2008, regulations regarding obtaining credit are becoming stiffer. Although rates may be low for some time, the ability to get credit will slow down and help carry down the price.

We know that rate will go up, and they are doing so already. As they increase people are not going to be able to afford houses at the current prices, and many with mortgages will not be able to afford those mortgages anymore. This is further compounded by the fact that the price to income ratio is so high. Why is this picture so dark? Canadian's seem to be comfortable living beyond their means and not considering the effects of higher interest rates. The average household carries debt at about 150% of their yearly income. As people cannot afford their houses and mortgages the prices will go down. At the same time many other Canadians will find their homes in danger as they find difficult to finance their home equity line of credit they leveraged against their house to pay for vacation to get away from home.

The economy boffins at the Bank of Nova Scotia are already reporting a slowing of growth in the market from is "prior exuberance" due to high prices, stiffer regulations and slowed job growth (Warren, 2012). I argue that this is the beginning of a slowing of the market if not a taste of a coming drop in the market like many countries have already experienced.

Sources:

Canada Mortgage and Housing Corporation. Housing Market Outlook; Canada Edition. Q1 2012. http://www.cmhc-schl.gc.ca/odpub/esub/61500/61500_2012_Q01.pdf?fr=1338234756296
The Economist. Daily Chart. Online, accessed May 28, 2012. <http://www.economist.com/blogs/dailychart/2011/11/global-house-prices>
Warren, A. Global Real Estate Trends. Scotiabank. March 7, 2012. http://www.gbm.scotiabank.com/English/bns_econ/retrends.pdf



SOPhS Communications

As always, we're looking for ways to improve the dissemination of information to YOU! If you have any feedback or would like to get involved with the Communications Committee, please feel free to email Jaskiran Otal at jotal@uwaterloo.ca. There are opportunities to get involved with website design and maintenance, as well as with the publishing of our Pharm Phile!

If you would like to submit articles for future Pharm Philes, you may send them directly to your Communications Directors, Jas or Trina or to pharmsoc@uwaterloo.ca.

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Upcoming Events:

The event everyone has been waiting for is finally here... Pharmacy Phormal!! This Mad Men themed evening will continue with a slideshow highlighting the year's best moments, awards and games before Tariq Alladin (Rx2015) takes to the turntables and gets the party started! We would like to have photos of everyone for the slideshow, so if you have pictures from any pharmacy event (conferences, beach days, gatherings, etc.) please email them to pharmacyformal@gmail.com.

Also, if you have a certain song request you would like hear that night, write it down here:

<https://docs.google.com/spreadsheet/ccc?key=0AsceKOJQa7c0dFNHZUc4SkJoQ3ZrdVl5eHlxRkZrQm#c#gid=0>

Looking forward to seeing everyone all dressed up!!

- Andrew Kwong, Rx 2013 Social Rep

Saturday, July 21st, 2012
Doors open 6:30pm Dinner 7:00pm
Delta Kitchener-Waterloo, Grand Ballroom, 105 King St. E, Kitchener

Tickets \$40

PHARM
PHORMAL

Please check out the calendar on the next page, or the weekly SOPhS Updates, for information about all of our 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 (Communications, under Student Resources).



Society of Pharmacy Students (SOPhS)

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Kitchener, Ontario N2G 1C5
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SOPhS 6 WEEK CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 6	July 1 Canada Day	2 Canada Day Holiday	3	4	5 CSHP Residency Chit Chat	6 CAN - Soup Kitchen	7 FEDS Wonderland Trip
Week 7	8	9 CAPSI Challenge Journal Club 12:30-1:30pm	10 CAPSI Challenge	11 CAPSI Challenge	12 CAPSI Challenge	13 CAPSI Challenge Grad Pub Crawl	14
Week 8	15	16 OTC Week	17 OTC Week	18 OTC Week CSHP Networking Event	19 OTC Week	20 OTC Week	21 SOPhS Formal
Week 9	22	23	24	25 Last Day of Classes Town Hall Meeting 7pm	26 TEVA Leadership Seminar	27	28
Week 10	29	30 Final Exam Period Begins	31	August 1	2	3	4
Week 11	5	6 Civic Holiday	7	8	9	10 Final Exam Period Ends	11

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 in the process of adding class calendars to the website and it is our hope that these calendars will provide you with all of the event and deadline information you need during each term.

If you would like to add an event to the SOPhS calendar please email Rusana at rusana.m@gmail.com