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University of Waterloo
School of Pharmacy

[Pharmacy Phile]

November 17, 2008

[Issue #5]

Countdown to Christmas

Welcome to the fifth issue of your newsletter! I am happy to say that I now have email access for the 2012 class so I am able to send a copy directly to you. Copies will still be available online at www.sophs.uwaterloo.ca. I had a

great response from students this month and lots of people have contributed articles. I look forward to hearing more from everyone for later issues. Here are a couple things to watch for:

We have introduced a new classifieds section.

This is a great way to advertise to your fellow classmates. Ads are FREE for students until the new term starts in January 2009, after which there will be a small fee. Ads for non-students are currently priced at \$10. For now, the max word limit is 250 words and each ad can include up to 1 picture. Be sure to include your contact information with your ad!

Many of you will have noticed a new section in the last newsletter: Triturating Tracks. This is a new section where UW pharmacy students write reviews about their favorite albums. Whether it's a latest release or a classic from the past, this is a chance to see what your fellow students are listening to, or to spread the word to your classmates about

that record that they just have to add to their collection. Send reviews to secretary@sophs.uwaterloo.ca (all article authors will remain anonymous).



As Christmas approaches, so does the start of a new term in January. I know we are all anxious to get in our new building and reunite with our classmates (or unite for the first time for 2012). In this issue you will find an article with an update on the status of the building.

You can also check out www.pharmacy.uwaterloo.ca to see video footage of the interior. There is also an article that outlines some of the Phrosh week activities planned for January.

I want to say thanks to everyone for their contributions to this issue. I would also love to hear feedback about the newsletter to know how I can make it better. Articles, ads, feedback, or anything else you want to say can be sent to communications@sophs.uwaterloo.ca.

Merry Christmas & Happy New Year Everyone!

Jean Cameron
Communications Director

Briefs

November is flu shot month. It is free to everyone living, working, or studying in Ontario; take advantage and check out your local clinic. If you want more information, check out the Health Canada website.

For 2011 students, PLOT summaries are due to employers by December 1st. Remember to post either a scanned or electronic copy on your e-portfolio once you and your employer have completed it.

Keep an eye out for our Winter 2009 tuition bill. Tuition payment deadline is Dec 17th for cheque/money order/promissory notes and Dec 30th for bank payments or international wire transfers. See: www.adm.uwaterloo.ca/infofin/students/stdfees.htm for all the information.

2011 students be sure to check your schedules- there are at least two different versions (the class is split in at least two).

Don't forget to complete your OSAP applications before the start of the term. If you have any questions don't hesitate to contact Student Awards and Financial Aid (SAFA) on campus.

Canada celebrated Remembrance Day on Nov 11th. I hope you all wore your poppies with pride!

Where are you now?

Heather Foley

Did you know that electroconvulsive therapy (ECT) is **not** a pre-historic means of treating mental health patients, but actually a common treatment? I didn't - until I had the privilege of watching six of them one Friday morning! Every Monday, Wednesday and Friday, patients undergo the surprisingly dramatic procedure at Regional Mental Health Care, in London. And that is just one of the many unique experiences I have had so far on co-op!

I applied to the St. Joseph's Health Care (SJHC) hospital pharmacy co-op placement as the job details revolved around patient safety, a topic that I am truly passionate about. However, the folks who created the posting should have added "eye-opening, rewarding and life-changing experience" to the job description, as that is exactly what this job has been to me so far!

It would take a book to detail everything I have gone through so far. Therefore, in the tiniest nutshell, since September 2nd, I have been orientated to hospital pharmacy and intimately involved with several medication safety initiatives, including Medication Reconciliation (MedRec) and High Alert Medication (HAM) Task Force. Let me expand...

To date, I have spent clinical time with *at least* 27 hospital pharmacists with different clinical responsibilities! Some of my most memorable days include a day at the Critical Care Trauma Unit (CCTC) with Lynne and Elke (who has become my workout buddy), a day at the London Regional Cancer Program (LRCP) with Catherine Bond-Mills (a former Olympian, UofT Hall of Famer, and exceptional student who Dr. Theissen has mentioned in class), a day at the Neonatal Intensive Care Unit (NICU) with Dave, a day

with Heather at the local HIV Clinic, and probably the scariest and most dramatic day - at the Regional Mental Health Centre (RMHC) Forensics Unit in St. Thomas with Jane. This is where they send the very high risk patients and criminals (murderers!) who are unfit for prison to be treated and housed!

To rhyme off the rest, I have spent clinical time with Sally, the rheumatology pharmacist who is very involved with patient education; Chris, who works in Drug Information and the Pain Clinic; Dave in the Diabetes Clinic; Tania, who looks after the Urgent Care Clinic and CT Clinic; the Mental Health pharmacists, Peter, Dennis and Suaad, who took me to their rounds and allowed me to interact with their clients; the Palliative Care pharmacist, Susan; Indira, who is responsible for the Complex Care unit; Joanne and Skye, who both lend their expertise to the Veterans Wing; Rhonda and Shirley in the Geriatric Rehab Unit; Joan, who works with the Brain and Spinal Cord Injury unit; Laura and Olesia, who besides having 4 kids each, share the clinical responsibilities in the Stroke unit; Chris, Sandy, Mary Beth, Marcia and Zan, who all gave up the clinical part of pharmacy for administrative duties; and several others. Most of the aforementioned pharmacists have to break from their clinical duties to take their turn in the dispensing part of the pharmacy, and I have spent some time doing that as well.

I also got to hang out with the pharmacy techs, making IVs and Total Parenteral Nutrition (TPN), delivering meds to the floors, playing with the Pyxis and PacMed machines, preparing med carts and compounding. The coolest thing I compounded was a Cocaine 1.2% & Epinephrine mixture that they pack in the patients nose post-op to stop bleeding.



The actual working part of my job (I know, I can't believe it either!) is with Sandy, a phenomenal role model. With her leadership, I have been involved in the implementation of MedRec, and have learned to appreciate the amount of brainpower it takes to get a new initiative up and running in the hospital. I attend many interdisciplinary brainstorming meetings with dietitians, doctors, nurses, social workers, etc, and in-service education sessions for nursing. I have had the opportunity to present an educational session to the nurses myself - thank you Elaine Lilly for preparing me for that! There is so much to say about MedRec and the High Alert Medication Task Force, but I will just leave it with: "I feel like I am making a difference!"

All-in-all, I am having a wonderfully fantastic time here in London. With every day that goes by, I feel more and more confident that my life goal of making a difference will one day be reached, if not surpassed. I never dreamt that so many possibilities and opportunities would be available to me with one degree. I hope you are all having an equally challenging, exciting and interesting placement as I am! I can't wait to hear all your stories in January!

Eric JP Romeril

Company: Eli Lilly Canada Inc. (aka Lilly)
Position: Clinical Research Pharmacy Intern

There are a lot of licensed pharmacists out in the world today that do not run a pharmacy, or work in one as their primary vocation. These pharmacists can be employed in many places where their skills are respected and appreciated. Many of them actually still maintain their licenses as practicing pharmacists. Over the last two months, I have had 1-on-1 meetings with at least 6 such people within Lilly Canada, and it has changed the way that I look at the Pharmaceutical industry.

I moved to Toronto's Danforth district 48hrs before starting work. It was a mad dash to get everything done in time. I was almost late on my first day to boot. Did you know that Danforth AVE and Danforth RD are actually 2 different streets that intersect? And in true Kitchener-esque fashion the distinction is neither clear nor well signed. I spent the better part of 2 hours trying to find the office; luckily I did this the day before work started.

First, our 2-3 lectures devoted to drug development covered only the tiny tip of the massive iceberg that is the Clinical Trial process. Sitting behind me right now is a 1200 page text book devoted to the subject. You really need to experience the complexity

first hand to truly appreciate all of the time, effort and money that goes into them. I think it is a professional obligation, as people wanting to practice evidence based therapeutics, to understand how that evidence is actually generated. Eli Lilly has given me the chance to do this by involving me in their Clinical Trial Material Management team.

From the beginning of my time at Lilly, I was immediately impressed at the transparency of the organization, and it's commitment to the adherence to Good Practices we learned about in class (GMP, GDP, GPP, GCP ... etc.). These are not just considered polite suggestions; they are the expectation and minimum standard of practice here at Lilly. These practices are not just enforced by management: many employees really believe in these standards and take, to a certain extent, personal responsibility for the company's adherence to them.

Did you know that Lilly will be the first company to make all payments to physicians for services public knowledge (GCP/GPP issues)? Also, were you aware that they have just launched an internal mechanism to verify that all payments made to individuals outside of the company are ethical, appropriate and free of potential conflicts of interest?

This was a refreshing piece of news for me, as it was not in the traditional vein of story, of mistrust and corruption, that news media tends to report.

My supervisor here at Lilly has been incredibly supportive in developing my understanding



of the pharmaceutical industry and a pharmacist's place within it. She has encouraged me to meet, and when needed arranged introductions, with some of the most experienced people here at Lilly Canada. By the end of my placement, I will have had 1-on-1 meetings with the: Director of Corporate Affairs, Medical Director, Chief Compliance Officer, 2 Sr. Brand Managers, 2 Economic Affairs Managers and the Intercontinental Region's Director of Health Outcomes Research. And just so you know: seven of those people, plus the Canadian President and General Manager of Lilly, are B.Sc. of Pharmacy graduates. Each one offered me a unique perspective on the industry, advice for the future, and insights based on years of experience. Meeting these people has given me a great 360° view of where pharmacists fit in industry. Everywhere.

Working in the pharmaceutical industry, especially for a patent and research based company like Lilly provides you with a unique perspective of the market. I feel that my time here, and my meetings with Lilly leaders, has given me the tools needed to look with a more critical eye at "clinical" information presented to me. I think that I will be a better consumer, pharmacist, and healthcare provider because of it.

Dan Chenier

I work at Florida Atlantic University in Boca Raton, Florida. My research project involves Sulindac, a drug typically used as a NSAID. In my case, however,

we are studying its properties to influence cells veering down a path towards cancer. Sulindac makes these



cells commit suicide (apoptosis). The drug may also be creating a condition in cells called pre-conditioning where the cells prepare themselves for some type of assault, such as inflammation. The experimental model consists of irradiating hairless mice with ultraviolet radiation and covering the backs of some of these mice with the drug to see if and how it offers protection.

Please let me know if you have any

questions.

The pictures are of the mice I am working with: SKH-1 mice.



Where are you now? Continued...

Where am I now?

As the OB-CSHP student liaison (Pawel Przeracki) it's only right that my first co-op experience be in a hospital. As such, I am working in the main hospital pharmacy at William Osler Health Center (WOHC) (Brampton Civic Campus).

The hospital just celebrated its first birthday on October 28, 2008, which means free cake for everybody and that everything in the hospital, including the pharmacy, is quite new and technologically advanced. One of the most impressive advances the pharmacy has is a robot (named BUDD for Brampton Unit Dose Dispenser), the size of our room in RCH, which dispenses individually packaged medications for every patient in the hospital, every day.

As with most hospitals the pharmacy is still located in the pits of hell, otherwise known as the basement. On a positive note the pharmacy

does have a couple of those tiny basement windows which allows its prisoners/workers to see what's going on outside (which apparently is a luxury as far as hospital pharmacies go) and is actually very large in space and quite bright.

So where do I fit in? My job title is "Co-op Pharmacy Student", which is very vague and doesn't give much insight to what I do in the Pharmacy. My main role is to work with Preston Ng (who also works for WOHC at the Etobicoke Campus) and a small group of pharmacists to help implement a formal Med Rec process in the hospital. This means that I have read more information about Med Rec than is humanly possible and no longer understand what Med Rec really is. When I'm not working on Med Rec I am assigned various smaller tasks to complete around the pharmacy which include things like: developing information packages on various pharmacy related topics for patients and creating reference documents (cheat sheets) for the pharmacists and technicians. I also spend a significant amount of time job shadowing pharmacists where I learn a lot about pharmacy practice.



Being in such a large advanced pharmacy is intimidating at first. However, all the staff are very nice and eventually you get accustomed to the pharmacy and it doesn't feel that big and intimidating anymore. I also found it beneficial to be working closely with another classmate, Preston Ng, as we are able to bounce ideas off each other.

Everyday is a new learning experience for me at the hospital. I am very thankful that I was given the opportunity to work in such a great pharmacy and I'm looking forward to the rest of my time here.

Hope everyone is enjoying their Co-Op!

- Pawel Przeracki



[Pharmacy Phile]

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Update from OB-CSHP

The Ontario Branch - Canadian Society of Hospital Pharmacists (OB-CSHP) held its annual joint council meeting on November 13th & 14th in Toronto. As the OB-CSHP student liaison for Waterloo I (Pawel Przeracki) was given the opportunity to attend these meetings.

For those of you who don't know what OB-CSHP is, it is the main advocacy group for all hospital pharmacists in Ontario. The council is made up of appointed and elected individuals who represent the various stake holders in hospital pharmacy practice. Council meetings are held to discuss the numer-

ous issues surrounding hospital pharmacy practice and to determine what OB-CSHP wants to do about these issues.

The big topic for discussion at the meeting was "non-physician prescribing". As you know there has been much talk about giving prescribing authority to pharmacists in Ontario similar to what pharmacists in Alberta have. However, pharmacists are not the only profession wanting access to prescribing rights, other health care professionals including dietitians and respiratory technologists are pushing for prescribing rights. To



add to this these professions are also asking for dispensing authority. The main concern OB-CSHP has with this is what controls will be in place to ensure patient safety. If you have the same person prescribe, dispense, and administering drug, there is no independent double check to ensure patient safety. OB-CSHP is submitting a letter to the Ontario Hospital Association (OHA) voicing its concerns about such practice. OB-CSHP does not want to limit who gets prescribing rights, they just want to

Update from OB-CSHP Continued...

ensure that the appropriate safe guards are in place before prescribing or dispensing authority is given to a non-physician.

OB-CSHP supports pharmacist prescribing rights and is submitting a letter to OHA stating that: "Pharmacists are medication experts and have the best overall knowledge of pharmacotherapeutics, pharmacokinetics, pharmaceuticals, and pharmacoeconomics. However, a pharmacist who is granted prescribing authority for a particular class or classes of drugs should meet the same requirements as a physician or nurse practitioner as it relates to prescribing knowledge, skills and experience."

Further OB-CSHP council decided that a

system needs to be put in place for the formal recognition of American College of Clinical Pharmacists (ARCP) board certifications. What this mean is that any pharmacist who has completed an advanced practice board certification course will get formal recognition for that certification here in Canada. Similar to how physicians have different specializations, pharmacist will also have specializations. For example if you are an oncology pharmacists you will now have formal recognition for this additional training you have completed. OB-CSHP will be lobbying various stakeholders into setting up such a system in Ontario.

If you want further or more detailed information about the topics discussed

at the OB-CSHP council meetings feel free to check out council meeting minutes at www.cshpontario.ca. I also encourage you to join and support CSHP. As a member you get free access to rxfiles, which is an excellent resources for information on selecting optimal drug therapy and you get a free subscription to the Canadian Journal of Hospital Pharmacy (CJHP), plus numerous other member benefits. If you have any questions about CSHP or any of the topics discussed above please feel free to contact me at

cshp@sophs.uwaterloo.ca

OB-CSHP Student Liaison

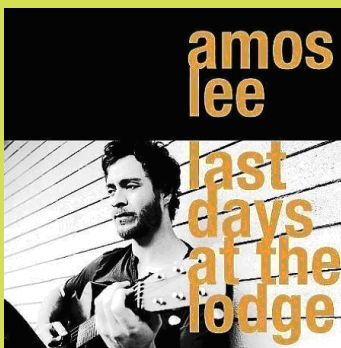
Pawel Przeracki

Triturating Tracks

Hinder

Take it to the Limit (Nov 2008)

3 years after 3x platinum album *Extreme Behavior (Lips of an Angel, Better than Me)*, this post-grunge band is back with a collection of heavy hitting hard rock anthems and power ballads. Lead vocalist Austin Winkler has a voice that puts him alongside the elite in his class such as Chad Kroeger and Chris Daughtry. Hopefully Hinder doesn't intend on letting up anytime soon. Singles *Without You* and *Use Me* are good, also check out *Take It To The Limit* feat. Mick Mars from Motley Crue.



Amos lee

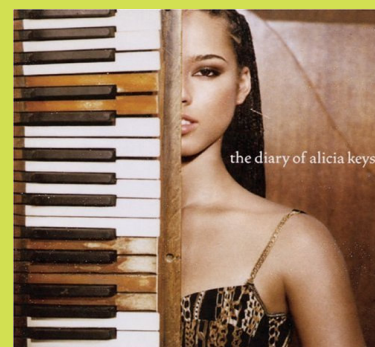
Last Days at the Lodge (June 2008)

Amos's latest offering is a unique fusion style that falls somewhere in the middle of blues, folk and rock traditions. He has visceral and well written lyrics that highlight the strong emotional undertones of his music creating a strong connection to the music. It is an album full of "Single" caliber music, but the highlights are titled *Truth*, *Street Corner Preacher*, and *Listen*. If you like this album, check out his live stuff: that's where his musical skill really shines.

Alicia Keys

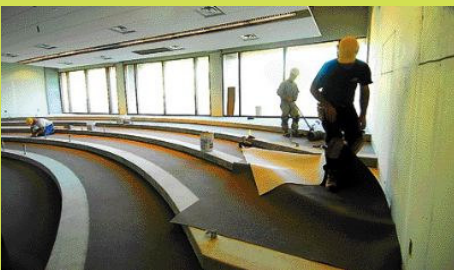
The Diary of Alicia Keys (Dec 2003)

This album, filled with old school soul, classic R&B and electrifying beats has the ability to relax you, yet still fill you with intensifying emotions. The singles *You Don't Know My Name* and *If I Ain't Got You* were both on the top five of the Billboard 100 chart. My personal favorite is *Heartburn*, perfect for lovers and the heartbroken.



Building Update By Emily Lamantia

If you're anything like me, then you're extremely curious to find out how the new building is coming along, and whether it'll be up and running for January. On October 31st, Noah and I were fortunate enough to be invited on a tour of the new building so we have all the inside scoop! Donning work boots and hard hats, we accompanied Jake Thiessen, Ken Potvin, Laura Manning, and invited media (The Record and CTV) *inside* the building. While much work still needs to be completed before we start in January, the building is going to be fabulous once complete. We entered the building through the front door, which is located on Victoria Street. An outside patio has been created for us, which may not be so great in January, but think of the BBQs come summer term! Once inside, our first stop were the lecture halls on the main floor. As the virtual tour explains, there is one



Large lecture hall*

*Pictures courtesy of Philip Walker from The Record

large lecture hall that seats 160, and two smaller halls that seat 80, plus a multitude of smaller meeting rooms ranging from 8-40 students. I'm sure you'll all be happy to know that our lecture halls have windows this year!!! However, just so you don't feel too sad about giving up our windowless basement lecture halls, our student lounge is located in the basement of the building. The lounge is very spacious, and is a perfect hang out space. Also in the basement are our lockers, and the library. Up on the second floor we explored one of our new labs, called the 'Flex Lab'; flex is for flexible... the space will be used for pharmaceuticals, and any of the bio labs that are required. Both sides of the lab feature state-of-the-art fume hoods. Going up to the third floor, we visited our professional practice laboratory, and let me tell you it's 110% better than the makeshift physics set up. There are two mock pharmacies in the center, with a number of smaller rooms along one wall to allow for pharmacist-patient simulations. You'll also be pleased to know that they will be wired with cameras so we'll have plenty of opportunities to critique ourselves. The majority of the top floors are faculty offices and research labs. We did venture up to the seventh floor to appreciate the view of the city, however that particular area is destined to be the staff and faculty lounge.



View from 7th floor;
Emily, Noah, Dr. Thiessen*

A few neat features I discovered: Although the outside of the building is littered with flowery panels, from the inside the windows all appear clear! This allows for plenty of natural light to enter our building.

The building flows with the natural curves of King Street. If you look from either the outside or the inside, the building is not in a straight line, but rather it follows the road!

The final tally for our building is \$52 million, and keep in mind that is just for our pharmacy building. The building that is being built for the med students and clinic is an additional \$21.5 million!

Well I'm very eager to see the final product come January. Hopefully hard hats won't be a requirement at that point, and all the dust and dirt will be cleared away. Get excited classes of 2011 and 2012, less than two months to go!

Classifieds

Still looking for a great place to live while at the School of Pharmacy? LOOK NO FURTHER!

PHARM PLACE - 30 Bonfair Court, Kitchener -
4 Rooms Available for January
-Owned and Managed by a Pharmacist who understands Pharmacy Students!
-Quiet Court in Coveted Forest Hill
-Rent depends on the size of your room: \$375
-450 - first come, first selection
-Phone Line, High Speed Internet, Laundry Included
-Lots of FREE Parking (garage available too)
-Large living room - FREE Cable

- Bright - skylight in Kitchen
- Minutes from the School of Pharmacy
- Right On Major Bus lines
- Seconds to Groceries (SuperStore), Banks, - Parks, GoodLife Fitness Centre, Bus Terminal,
- Community Centre (many sports available on various nights), Several Pharmacies (potential part-time job)
- Live with other 1st and/or 2nd year U of W Pharmacy Students
- Best of all - you can move in over the Christmas Holidays at no extra charge - rent starts in January



-Link: <http://peanut.uwaterloo.ca/ochousing2/dresults.asp?rid=23424>

Please call George and Rebecca Banman at 519.571.1974 to see PHARM PLACE or email them at georgeandrebecca@fastmail.fm

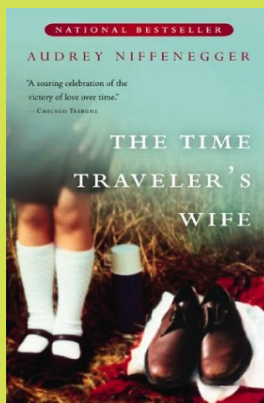
Required Reading

The Time Traveler's Wife

Although this book has been out for a few years, Hollywood is coming out with its own version, due to hit theaters at the end of the year, and with very few exceptions, the book is always better than the movie.

The story centers around Henry De Tamble, a librarian, with a condition called "Chrono Displacement". This disorder causes him to, without warning, be displaced in time, usually to an important time in his past. The book is told from alternat-

ing points of view: Henry's and Clair's. Clair first meets Henry when she is six years old, however Henry doesn't actually meet Clair for the first time until she is 20. Although it sounds a bit confusing, this love story captures you from the first page, and is a page turner until the end.



Social Update

Hey Everyone!

Hope you are all enjoying your co-op (or break before classes for 2012)! If anyone has any ideas or suggestions for social events for next semester please feel free to email me. I know it may be a bit early, but it will give us time to think of more ideas and plan ahead.

Thanks!

Aliya

social@sophs.uwaterloo.ca

Instead of studying for finals, what about just going to the Bahamas and catching some rays? Maybe you'll flunk, but you might have flunked anyway; that's my point.

~Deep Thought by Jack Handy

Phrosh Week

Hello pharmacy classes of 2011 and 2012! The Phrosh Week Planning Committee has been hard at work organizing some great events for the first week of class in January. Phrosh week (January 5th-10th) has something for all students, with weekend events planned for both classes. This will give everyone in the School of Pharmacy a chance to meet and have fun with friends to kick off another school term.

The first year students will have the usual Sobey's lunch, CAPSI information session, and White Coat Ceremony during the first week of classes. The Sobey's lunch will take place on Monday, the CAPSI session is tentatively planned for Tuesday, and the White Coat Ceremony will

move to a new day and location this year taking place on Thursday at the Humanities Theatre.

Rounding out the week, both classes will be invited to a Shoppers Drug Mart sponsored meet and greet at a venue in downtown Kitchener. Following this, a social event is planned to take place at a location in Kitchener as well.

The highlight of our Phrosh Week takes place on Saturday with a variety of events scheduled at the Columbia Lake Ice Fields. From 2-4 pm students will be able to grab some food at a winter BBQ and sign up for athletic teams and Society of Pharmacy Students committees. As well, sports activities will be going on in

the gym. From 4-6, Pharmasave will be sponsoring ice skating followed by a pharmacy hockey game at the Columbia Lake Ice Fields Arena.

Signup sheets for the weekend events of Phrosh Week will be made available during the first week of classes. Keep your eye out for more details!



12 Essentials for Rx2012 Students

Dear Rx 2012 friends,

As I am doing my travelling in Asia, Taiwan in particular, before Pharmacy begins in January, I am more than happy to offer some suggestions as a veteran UW student to help you prepare for the beginning of Pharmacy in just over a month and a half! Take care until we meet!

Wish you an early Merry Christmas and a Happy New Year!

Warmest regards,
Hans (Shih-Han) Lin
Rx2012

1. WatCard

Get it at WatCard Office at Student Life Centre (SLC) on the main campus; be sure to tell them your UW ID number. It will act as:

A - A library card - barcode right on the front side

B - A gym pass - anytime you hit the gym (PAC and CIF), borrow a towel or a basketball, volleyball, a badminton net, book a group gym time, etc.

C - Your exam pass - (yes, midterms and finals, you must have it.)

D - Bus pass - for Grand River Transit in KW for as long as you are an undergraduate BScPhm student

E - Debit card on campus - \$\$ to be used on snack machines, BookStore, Food Services, TechShop, and even Timmies all over campus.

For further details, have a look at <http://www.watcard.ca/uses.html>

2. Tuition Opt-out

Account Summary on Quest is not out yet, but there will be some small fees that you can opt-out of once the semester starts including a \$50 WatSeF fee. For science students, you may want to visit the Science Society located at PHYS 345 to ask about potential tuition opt-outs.
<http://www.scisoc.uwaterloo.ca/>

3. Science Computing Helpdesk

Every UW student gets a user-name@uwaterloo.ca email. You should visit Science Computing Helpdesk for more information or help. It is important to check this account regularly or to have the messages forwarded to your regular account; it is the way for the university to communicate important

information to you.

<http://www.scicomp.uwaterloo.ca/>

4. Sports Registration

The first week of school is when people sign up for Intramural Teams in basketball, hockey, soccer, softball, volleyball, etc. Check out the From the Bench article for information on how to get involved!

Campus recreation offers all kinds of programs too, including FirstAid for those of you that have not completed this post-admission requirement yet.

5. Science Clubs

Aside from our Society of Pharmacy Students (SOPhS), check out other great science clubs and societies! Some can be found here:

www.science.uwaterloo.ca/current/extracurricular/clubs.html

6. FEDS (aka Federation of Students)

FEDS is the student government at the University of Waterloo that is set up to serve, empower, and represent all students. They offer a number of services including potential part-time jobs on campus and volunteer opportunities. Check out www.feds.ca for all the details.

There is also a very useful Club's list. Club's day is normally the 2nd week of every semester at the SLC main hall.

7. Free Agenda

These are sponsored by FEDS (we help to pay for them with the FEDS fee). They can be picked up at the FEDS office located at SLC near Turnkey Desk.

8. FEDS Bus tickets and 24 Hour Turnkey Desk

Discounted Bus Tickets weekly to Toronto, Hamilton, and more destinations found here: http://businessesandservices.feds.ca/fed_bus

Pick it up at FEDS office near Turnkey Desk

In case the FEDS bus tickets are sold out, you should go to Turnkey to get Greyhound tickets. They are open 24/7 and never close (even on Christmas day!). If you want to book a study room at the SLC, you can do that at Turnkey desk also. Lots more to offer at Turnkey, find out here: <http://www.studentservices.uwaterloo.ca/slc/turnkeyservices.htm>

9. RideSafe - Free Ride for Students

Last time I used it, Summer 2008, it brings you home from SLC for free. Sign up beside Turnkey Desk, schedule was 8:15PM 9:15PM and so on until 1:15AM and sometimes 2:15PM. WatCard is required. Sign up at 8:00, 9:00PM and so on until 1:00AM or 2:00AM sometimes for the 8:15PM, 9:15PM and so on rides, respectively.

10. OSAP pick-up

The OSAP office is conveniently located right beside the Registrar's office at Needles Hall on the main campus. January 5th is the first day for pick up. Interactive Campus map is <http://www.uwaterloo.ca/map/index.php> Parking information conveniently provided right on the map also!

11. Co-op Education and Career Services and Library

CECS provides workshops to help you with resumes and interviews. As co-op students we will have a lot to do with CECS. If you want some extra help with your job-hunting skills you can sign-up for workshops here:

http://www.careerservices.uwaterloo.ca/workshopsevents/cal_student.asp?sel_month=1&sel_year=2009

There are two libraries on the main campus: Dana Porter (arts) and Davis Centre (science, math, engineering, etc). We will have to wait and see the library services available on our campus in January. You can book individual or group study rooms, borrow textbooks, search journal articles, use the Internet, make copies, print, and get research help from the library staff. Check out www.lib.uwaterloo.ca.

12. Used Bookstore in SLC

The used bookstore is a service operated by FEDS. You can find used textbooks here, but depending on Rx2011, there may not be that many pharmacy books.

http://businessesandservices.feds.ca/feds_used_books

From the Bench- November 2008

To the Class of 2012:

There have been some issues which have been preventing SOPhS Athletics from reaching you with important information over the last few months, but we have been told that this current newsletter will be delivered to students from both the 2011 and 2012 classes, as well as faculty.

In case you missed the e-mails/messages that were sent, SOPhS athletics is run by Greg Becotte and Angela Puim (formerly Angela Hummel) and the rest of the SOPhS team. We organize the intramural teams and anything to do with sports and events surrounding them. There were many things that were accomplished last year, but some of the standouts included a Golf Tournament, various BBQ's, an NCAA March Madness bracket pool, and of course our intramural sports teams. Throughout both semesters, UW Pharmacy managed to have basketball, hockey, dodgeball, softball, soccer, and volleyball teams competing in the campus recreation league. Our

goal is to have more than one team for each sport in different skill divisions so any one of our students can play on a team, regardless of skill level.

Just a note on intramurals: All intramural sports at the University of Waterloo are co-ed, and anybody can play. All you need is your WatCard. Depending on the sport, it usually costs around \$10 to \$15 per student for the season and most sports are offered each term. Every team is guaranteed to make the playoffs, all sports have proper referees/officials, and all equipment is supplied by campus rec. Keep in mind that faculty members are also permitted to play, so if any of you profs want to come strut your stuff, don't be shy!

This year we have a lot to accomplish. While our budget is tight, we hope that sports teams will be able to order jerseys or t-shirts if they choose to. Right now there are rumours flying that there is a church located near the new building that has offered the use of

their gymnasium. Although we cannot yet confirm this, we are definitely looking into it. We are also working on some sort of membership discount at one of the local health clubs, since we are a bit of a hike from the main campus gym.

I encourage anybody interested in intramurals to contact us soon so we can get an idea of the numbers. Later this term, a survey will be sent around to determine the general level of interest in athletics for the January semester.

Also, if anybody has any questions or ideas, don't hesitate to e-mail us!

Keep swinging for the fences,
Your Athletic Reps,
Greg and Ange
athletics@sophs.uwaterloo.ca



Athlete of the Month By Greg Becotte

Keeping with our newly started tradition, UW SOPhS presents an athlete (or two) who has made a contribution to pharmacy athletics. Or, if we feel like it, we write about whatever we want. This month we present a pharmacy student who takes competition to a whole other level.

Heather Foley:

What more can be said about Miss Foley? If you are a member of the Vanguard 2011 class, you certainly know

what she is made of and how she performs on the ice, field, court, and whatever other playing surface you can think of. Heather was a standout in intramu-

ral softball, soccer, dodgeball, and hockey (in the all-star division). According to team captain Mat DeMarco, Heather was able to easily compete with the boys, most of which had played AA hockey or higher. DeMarco added, "She held her own and made it out to every game, skated hard, and chirped (the other team)." Of course she would. Those that know Heather know that she isn't afraid to voice her opinion, and we in the athletics department love her for it.

During her studies this past summer, Heather was often a road warrior on the weekends travelling to all sorts of softball tournaments while playing for the Royals, a Legion Baseball League team based out of Sudbury. Foley led her team to the Slo-Pitch National Tournament in September, where the Royals



captured the provincial title.

At this year's Pharmacy formal, Heather took home the Trooper Award (along with Lindsay Bennett, for playing on the men's all-star division hockey team), Female Co-Athlete of the Year (along with Angela Hummel), and even has her own award named after her: You guessed it, The Heather Foley Award.

Think you have it takes to be athlete of the month like Heather? Unlikely, but if you or somebody you know deserves a mention, then e-mail your nominee to athletics@sophs.uwaterloo.ca .



OPA Board Meeting

The Ontario Pharmacists' Association (OPA) is an advocacy group for the pharmacists of Ontario. Acting as the voice of pharmacists in Ontario, the OPA is constantly striving to advance the profession of pharmacy and improve patient care. At approximately 7,000 members strong, the OPA is one of the largest professional organizations for pharmacists in Canada.

On November 5th I had the opportunity to sit in on one of the OPA's Board of Directors meetings. The OPA Board of Directors is made up of practicing pharmacists from across various districts of Ontario. As an observer at the meeting I had the opportunity to see where the

pharmacists of Ontario would like the OPA to direct its efforts to improve the profession of pharmacy. Some of the items discussed at the November 5th meeting include expansion of the pharmacists' scope of practice, the MedsCheck program, drug funding issues, and student representation on the Board of Directors.

Without the input, support and guidance of its members, the OPA would be unaware of the changes its members would like to achieve. Each director brings the issues and ideas brought to them by pharmacists within their district to the board meetings. District meetings are held yearly, and pharmacists

who are not members of the OPA are welcome to attend as well. While the OPA is in the process of arranging a meeting for UW's Pharmacy Students, the next district meeting planned for Kitchener/Waterloo is on January 19th at the Kitchener Holiday Inn, 30 Fairway Rd South. Even as students I encourage you all to attend and become involved with this organization, as the input provided at the district meetings will impact our profession in the future.

Ben Austin
Vice President



And now, a word from the president

Rx 2011 and 2012,

Winter's fast approaching! Lucky are those spending their time in warmer climates! Unfortunately, we all couldn't be like Dan Chenier who is spending his Coop in Boca Raton, Florida! Personally, it's starting to feel a lot like winter here in Sudbury. The temperature's dropping lower every night and it isn't rising as high as I'd like it to in the afternoon, luckily no snow to report, yet! Speaking of destinations, I was able to attend this year's Oktoberfest in Kitchener along with Mat Demarco, another 2011 working in Sudbury. It was great seeing some of our peers and take part in the legendary event! I'm excited that we'll be together during the Fall 2009 term for the next years festival. It goes without saying plans are being formulated!

In school related news videos depicting

the indoors of the school have been posted on the School of Pharmacy's website (<http://www.pharmacy.uwaterloo.ca/undergrad/index.html>, bottom left, really small link!). Also see Emily Lamantia's article for more info on her visit to the building. Additionally, plenty of students have asked what SOPhS has got planned for students in January. Though I won't divulge any secrets, I can tell you that your SOPhS VP, Ben Austin and his Committee are hard at work packing your first week full of activities (as much as your schedule's allow!). Additionally the first weekend after classes begin (January 9th, 10th 2009) will see SOPhS host the student body's inaugural "Phrosh Weekend". I hope 2011 and 2012 students alike will take advantage of this Waterloo Pharmacy first! Our goal is to offer you the opportunity to meet faculty, staff and students with whom you will form rela-

tionships that you'll lean on in the future. Furthermore we want to foster a sense of camaraderie between the classes, introduce you to the services offered by SOPhS and of course ensure you have a blast doing it!

We're now officially less than two months away from takeoff. I'm anxious to return home to Kitchener, catch up with old friends and to meet new ones! Please feel free to write me with any questions/concerns at crcharbo@uwaterloo.ca.

Stay classy waterloo,

Claude R. Charbonneau