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University of Waterloo
School of Pharmacy

[Pharmacy Phile]

February 2, 2008

[Issue #7]

1 Month Down...

Time is sure flying; are you having fun yet? This first month of school has definitely been a busy one!

First of all, congratulations to all the second year students that survived a weekend of interviews. The Tatham Centre was a busy place this weekend with a lot of spiffy-looking pharmacy students. Good luck to everyone in the matching process!

Reflecting back to the first week of class, it is safe to say that the Phrosh week activities were a success! There was a great turnout and it was awesome to meet students from outside our own classes. A couple of highlights were the night out at Dallas and Pharmasave-sponsored skating.

Also during the first week, the first year students made their pledge to professionalism at a White Coat Ceremony. A couple differences from last year: the ceremony was held in the Hagey Hall theatre and family members were invited to attend. Pictures of the night can be found at www.studio66.ca/UofWPharm.



As far as your newsletter goes, there have also been some exciting changes. There are some new, regular sections including *Blurbs on Herbs* and *Pumpkin's Cooking Corner*. Check out the premier articles in this issue. Also featured in this issue are the responses from second year students to questions from the first years.

Finally, a Communications Committee has been formed. I'm sure you will be happy to know that I now have 2 first year students to help me out with the newsletter. Feel free to contact Amanda Tavone or Brad Linton with article submissions or ideas.

Jean Cameron
Communications Director

Briefs

Reading week is from February 16th to 20th this year. Adios to everyone that is heading somewhere warm!

If you are looking for something to *read* during *reading* week, check out the Kitchener Public Library. There are multiple locations, which means they have a huge catalogue of books. Can't decide which one to get? Check out past & current *Required Reading* book reviews! www.kpl.org

Fast fact: Adding a small amount of vodka to fresh cut flowers can extend their self life. The alcohol acts as a preservative as it interferes with the plant's ripening process.

If you happen to have a night off, but can't decide where to go, check out the Echo Weekly Online. This site has dining guides, movie times, and a comprehensive entertainment guide (including which bands are playing at the locals bars). Visit www.echowebly.com to check out for yourself. You can also find free paper copies in many of the businesses around town.

From the Bench

Hey sportsfans, we hope that the first month of the 2009 semester has been good to everybody. Despite all the schoolwork we have been bombarded with, some of our students have managed to put in some time for athletics. Here's a quick rundown on how this years intramural season is going.

Second Year Teams:

The Carlos Boozers (advanced basketball): Strong play of the savvy bball veterans has guided this team to a hot 3-0 start, crushing teams by an average of 25 points per game.

The Pharmers (intermediate basketball): Bill Patrianakos and company start off the season February 8th. Good luck fellas.

Globex Corporation (dodgeball): The pharmers have been dominating the

field so far and are sitting pretty tied for first place with a 3-0 record.

The Remedy (hockey): 3-0 so far; listed in second place in the advanced division.

The Solution (hockey): This team is playing strong, but has only managed a 0-0-2 record. Keep fighting boys; you'll get into that win column soon enough.

First Year Teams:

Pharmacy Volleyball (intermediate): Volleyball extraordinaire Katie Poredos and the first year pharm squad have only played one game so far, but chalked up an impressive win.

The Ballers (beginner volleyball): Early season jitters have the team listed as a single loss, and sit in 4th place thus far.

Pharm Goaldiggers (soccer): Starting off the season 0-1-0, the Goaldiggers look to improve on their slow start.

Prescription for Pain 2x Repeats (intermediate dodgeball): This squad has had no luck so far, sitting in 26th place with a 0-3 record. Look for strong play from Steve Danylchuk in the second half of the season.

Pharmacy intramural teams are famous for having the craziest fans at their games, so we encourage everyone to check out the schedules on the Campus Rec intramural website for game times and locations. Good luck with the rest of the season!

Your athletic reps,
-Greg and Ange
athletics@sophs.uwaterloo.ca

Athlete of the Month

Jeff Trinh

It's really difficult for me to describe the athletic prowess of Jeff Trinh. I think the only way to accurately describe his talents is this: If Jesus Christ and Chuck Norris had a baby, and if that baby was genetically engineered with the DNA of Michael Phelps and LeBron James, that baby would be Jeff Trinh.

Jeff has been a standout in pharmacy basketball, softball, dodgeball, and pretty much anything involving running and jumping. A former track star, Jeff has a vertical leap that allows him to get up just as high as all the giants on the basketball court. Don't let his size fool you, as Jeff will likely snag crazy rebounds when you least expect it; he'll then be down the court in an instant- leaving all his opponents in



the dust.

His performance on the softball field has given him the nickname "Ichiro" (I assure you that it is for his skills, not for any other reason...). Running down fly balls, making diving catches, and rounding the bases at lightning speed make Jeff a pure performer at the diamonds.

Jeff's dodgeball skills are on a whole other level. It's not even fair to the competition. If you want to see some unbelievable catches and ridiculous arm-cannon throws, I in-

vite you to come watch one of his dodgeball games. You will see opponents cowering in fear and leaving the gym mystified.

UW SOPhS athletics is proud to salute Jeff Trinh as February's Athlete of the Month. Keep it up, champ.

Former Athletes of the Month: Chris Hartman, Heather Foley, Anthony Amadio. Think somebody on your team deserves to be athlete of the month?

Let us know by e-mailing your nominations to athletics@uwaterloo.ca

Confessions of a Dodgeball Player



Dodgeball isn't just about running away from a ball- it's strategy at its finest. Knowing your teammates strengths and weaknesses as well as your opponents, makes you set on the game. Steve, our captain, and Calvin are both hard/fast shooters, and definitely know how to dodge

when they have to. Jenny and Oksana know how to dodge a fast one- but they aren't scared of whipping a dodgeball at the other team either. When players dodge the ball in many shapes and forms, it looks pretty creative. Especially if you're really flexible, dodgeball can be an art as well as a sport.

Our most challenging moments are when each of us has to face the other team with players behind you and in front of you. No matter what, you have to turn your back at some point. Sometimes, you just don't see that golden ball with your name on it, flying at you.

It's important to be able to play a sport and forget about everything else- besides the ball. Winning is sweet, but playing with heart is even sweeter.

Amanda Tavone, Co-captain

Photos courtesy of Oksana Syzmanska



Yearbook Update

The yearbook committee wants to hear from you!

Did you see something that you liked about last year's book, or find something that you want to see changed? We're looking for your input to find out what you want included in YOUR yearbook. Note, that this year's book will include pictures and events from both the 2011 and 2012 classes, so we're looking for suggestions from both classes. To voice your opinion, email Emily at: yearbook@sophs.uwaterloo.ca

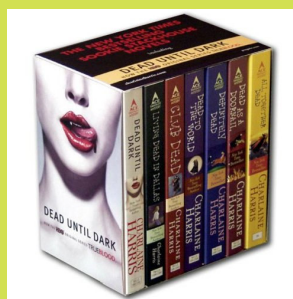
The yearbook committee is also looking for a few enthusiastic individuals from both classes to help us put the book together. If you're in-

terested and haven't already signed up, please email me at yearbook@sophs.uwaterloo.ca before **February 5**. We will be holding our first meeting on Feb.6.

Lastly, the yearbook can't be produced without your pictures! If you have pictures that you want in the yearbook, or are interested in being a photographer for the yearbook committee please email pictures/your info to: yearbook@sophs.uwaterloo.ca

Look for yearbook orders to occur sometime after Reading Week.

Thanks!



Required Reading

Sookie Stackhouse Series

If you're a fan of Buffy the Vampire Slayer or the Twilight Series, you'll want to check this series out! The books take place in a small town in Louisiana, two years after vampires have revealed their existence to the world. The main character, Sookie Stackhouse, is not your typical waitress; she has a gift. She can read minds. Enter Bon Temp's first vampire, Bill, and read all about the ensuing drama that unfolds. The series is 8 novels long so far and features more supernatural beings than just vampires. If reading isn't your forte, check out the HBO show "True Blood" based on the books!

PDW 2009 ~ St. John's, Newfoundland ~ January 14th-18th

By Jeannine Oliver



UW's first PDW experience got off to a rough start when a storm hit most of Canada, leaving delegates stranded in Toronto, Halifax and other airports. The convention centre hall was a little under half full for the first formal night, themed "A Night in Paris". On day two of the conference keynote speaker, Dr. Karen Farris, gave a talk entitled "What Patients Get, What Patients Want & What Patients Need from You". Dr Farris has an interesting perspective on the healthcare system and pay-per-service models, stemming from her experience in both the USA and Canada. Sue Johansen took the stage next and presented her typical Sex With Sue talk, but added the angle of educating our patients while being sensitive to their needs. In the afternoon Eric Romeril competed in the OTC competition and represented Waterloo in our very first National CAPSI competition. That evening was the night on George St. which contains more pubs per square foot than any other street in North America. I'm not sure how many found their way out of the Martini Bar, but with bars open until 3 am in Newfoundland, it was a very late night for some.

Friday morning we were back at it, with Bridget Braceland, Ashley Gubbels, Denise Kreutzwiser, and Kristie Pehlke competing in the compounding competition. Although we didn't place

in either of the competitions I was told UW made a strong impression on all of the judges (I even heard they were planning on "going easy on us" until they saw our skills). Each of the other schools had students from higher years competing, so as we move through our curriculum we'll have a much better chance. Friday evening was "Newfie Night", with entertainment provided by Buddy Wasiname and The Other Fellers, followed by the entire conference being "screeched in". This is a traditional ceremony to make honorary Newfoundlanders and it involves kissing a dead cod (don't ask to see the pictures). Friday is the day of PDW that will forever be remembered as the day Waterloo beat Toronto, 9 to 4. The Pharmafacts Bowl is an annual event where teams of four students from each school compete against each other to determine the "smartest school" in the country. This year we held our own coming out of round one with 9/10, one point short of Montreal, but 5 points ahead of Toronto (I even heard some U of T students cheering for Waterloo, but I doubt they'll admit it). UBC came out on top.

The final day of PDW brought with it motivational speaker Geoff Eaton. Geoff is a two time cancer survivor who now focuses his energy on helping

young adults deal with cancer through RealTime Cancer, which he founded in response to his own experiences. There was lots of free time for delegates to explore St. John's before the evening events. Our final night of PDW kicked off with the Awards Presentation where Ashley Gubbels was presented with the Guy Genest Award for showing a passion to the pharmacy profession. Following the ceremony we all put on our masks and headed back to the convention centre for dinner and the Masquerade Ball. As we said goodbye to all the friends we made and danced the night away at the beautiful Masquerade Ball, I couldn't help but think that PDW 2010 couldn't come fast enough!

On the flight home, one of the great things about PDW struck me: there is something for everyone. If you are interested in student governance you can get involved as a local CAPSI Rep or run for a position on CAPSI National. If you are interested in networking, the nightly social events are a great way to meet future colleagues from across the country. If you want to show off your professional skills the competitions and Pharmafacts bowl are for you. You'll only take away as much as you give to the event, and I'm glad to say I gave it my all and I've got the pictures to prove it!

Pumpkin's Cooking Corner

If you like cheap, yet delicious food please keep reading. As starving students we don't have to eat poorly. It's practically impossible to make it from one Wine & Cheese to another without cooking something in between. That's where this article comes in. I'll try to have a cheap, quick, yet somewhat nutritious recipe in every newsletter. For my first recipe, I'm starting with a classic:

Chicken Fried Rice

Ingredients:

Onion soup mix

Rice

Butter

1/2 celery stock

5 Chicken drumsticks (or chicken thighs or 2-3 chicken breasts)

VH Spare-rib medium garlic sauce (341 mL)

Frozen peas

1. Set oven to 350 °F
2. Add 1 cup of rice, 2 cups of water, diced celery stock, ¼ cup butter, 1 cup frozen peas and 1 package of onion soup mix to an oven-safe receptacle. Cover and place in the oven for 1 hour.
3. Take 5 chicken drumsticks and remove the skin (if so desired). Rinse under water and place in another oven-safe receptacle. Add ¼ of the garlic sauce bottle to the chicken.
4. Enjoy!

This recipe is very easily doubled.



No one is stopping you from putting all kinds of other things in there like red peppers or something. Tune in next time where I go into the details of a gourmet lunch: KD & pickled eggs!

Would you like to be the face of Pharmacy?

Classes of 2011 and 2012, we need your help! There are a number of special events coming up now that we are settled in to our new home. In order to support this work, we want to build a group of **Pharmacy Ambassadors** - student volunteers who are willing to lead tours of the building, interact with visitors, and help with events. It will be a great way for you to help the public learn about pharmacy, and it also looks good on a résumé! If you are interested in finding out more, please email **Laura Manning** at: lmanning@uwaterloo.ca. There will also be a sign-up sheet posted on the bulletin board in the student lounge. An information session will then be organized to discuss things in more detail.

Some of the key upcoming events include:

Thursday, March 12: Reception and

tours for members of interview panels

Tuesday, March 17 UW March Break Open House (building tours, Q&A with prospective students)

Friday, April 17: Official Grand Opening ceremony (building tours)

Saturday, April 18: Community Open House (building tours, demonstrations, displays)

Saturday, Sept 19: Doors Open Waterloo Region (building tours)

We don't expect every Ambassador to participate in every event. The hope is to build a large enough group so that the need can be spread out among many people. Please consider showing your pride in your program and your school by taking part.

Get Involved!

Here's your opportunity to get involved in your School and shape the way we engage in learning and helping in the community. Some things we can do include:

- Community project mentorships
- Downtown scavenger hunt orientation
- School fundraiser for the community, community health fair or school-community business partnership

Your ideas are welcome!

Join fellow students, staff and faculty on our Community Engagement Advisory Committee.

Tuesday February 24th
11:30-12:30 (Common break)
Room 1007

Please RSVP to: lgorman@uwaterloo.ca or see me in 2006.



Hello everyone, welcome to *Blurbs on Herbs*, a new and regular column that will introduce you to a variety of herbs that I find particularly interesting. For the first issue, I will be discussing bilberry, a herb that I have used in the past as part of my research, and encountered numerous times while evaluating natural health products (NHPs) for Health Canada and during my first co-op work term. Enjoy!

**Issue 1 - Bilberry (aka: whortleberry, bleberry, airelle)
(*Vaccinium myrtillus*)**

Bilberry, a relative of blueberry, has long been touted as an herb primarily for maintaining healthy eyes, although its brightly blue-coloured berries also enjoy a long history of use in industry as a dye for wool and as a foodstuff in the making of jams, preserves, and fruit-flavoured extracts. In the United Kingdom during WWI, bilberries were an extremely lucrative commodity, owing to a shortage of aniline dyes formerly imported from Germany, so much so, that most of the bilberry crops grown domestically during this time (1917 and 1918) were shunted to dye production rather than used for making jams. During WWII, Royal Air Force pilots swore that eating large quantities of bilberry jam prior to night sorties significantly improved their visual acuity in the darkness (however, recent clinical trials have not been able to substantiate this effect of bilberry on night vision).

Recently, bilberry has had a recent resurgence in popularity as a NHP and numerous bilberry products will be encountered in your future pharmacy

practice: teas of the dried herb (leaves and/or berries), tinctures, and most commonly, powdered extracts of the herb (berries to a greater extent than the leaves), typically in combination with other herbs and NHPs used for promoting eye or urinary tract health.

Description and Habitat: native to northern Europe and Asia, bilberry is a small branched shrub found mainly in moors and forests in lowland to mountainous regions. It also occurs in temperate regions of North America, although its native counterpart, the huckleberry, is more prevalent. The shrub bears small bluish-black, many-seeded berries, about the size of a black currant; the leaves are leathery in appearance resembling the myrtle (hence its Latin binomial: *V. myrtillus*).

Medicinal Constituents: The leaves contain large concentrations of quinic acid, polyphenols such as resveratrol, tannins, and other flavonoids such as quercetin, while the berries are rich in several anthocyanidin (anthocyanoside) constituents (ranging in concentrations of 3 - 7 mg/g of fruit). Bilberry products are commonly standardized to 25% anthocyanidins.

Traditional Medicinal Use: Ancient Greeks used the berries extensively, which are highly astringent, and Dioscorides spoke of them highly for their use in treating diarrhea and dysentery. The berries were also used to treat scurvy and for urinary complaints (the berries have diuretic properties and are valuable in treating dropsy and gravel); tea made from the leaves was also used as a long term remedy to treat diabetes.

Modern Use: Due to the high concentrations of anthocyanidins in bilberry, it is typically indicated as an antioxidant herb for maintaining eye health, to improve night vision, and for the treatment of retinopathy.

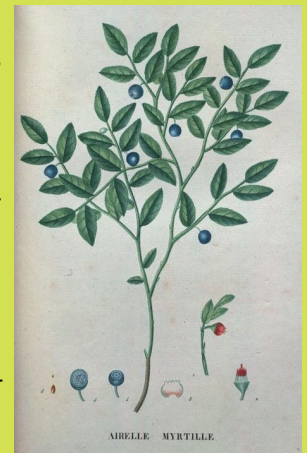
Typical Dosages: Traditional oral doses - of dried berry powder, 4 g/day; of dried ripe berries, 20 - 40 g/day; of syrup, 60 g/L of water; of fluid extract (1:1 w/v), ½ - 2 drachms; of

decoction (dried berries), 5 - 10 g/day; and of tea (leaves) 1 g/150 mL water steeped for 5 - 10 minutes. The leaves should not be used in high doses or for prolonged periods of time as they are considered toxic (death can occur with chronic use of 1.5 g/kg/day). Modern oral doses - of the berry, 80 mg bid of standardized extract (25% anthocyanidins) is typical; a therapeutic dosage of standardized extract is considered to be 240 - 640 mg/day.

Evidence: Studies suggest that bilberry fruit extracts may be beneficial in the treatment of a variety of diverse conditions related to the microcirculatory system; some actions of the extracts are said to be vasoprotective, antiedemic, and vasomotive, making it useful for peripheral vascular disorders, including diabetic retinopathy. In general, anthocyanosides are active in increasing sensitivity of the retina to light, although clinical studies investigating the effects of bilberry on night vision have been contradictory. Thus far, the most rigorous research suggests that bilberry is not effective in this regard. Similarly, there is insufficient evidence documenting bilberry's effectiveness in treating gravel and other urinary tract conditions.

Bilberry in Pharmacy Practice: Bilberry, particularly the berry itself, is generally regarded as safe and poses little health risk to most patients. Ensure to monitor and counsel patients who are diabetic or taking antiplatelet/anticoagulant drugs. Preliminary research suggests that bilberry extracts have glucose lowering activity and can inhibit platelet aggregation.

Jason Budzinski (Pharm 2011)



Pharmacy Questions & Answers



Sometimes the best advice comes from someone who has been in your shoes before. That is why for this section, the Communications Committee surveyed the first year class and collected questions that they had for the second year students. There was an excellent response! Thank you to all of the first year students that submitted questions and thank you to all the second year students that took the time to come up with answers. We hope that the information is useful to the first years and maybe even some second years too!



Did you have a hard time finding a job for co-op?

I personally did not have a too difficult of a time finding a job. I was ultimately very happy with the location I ended up at. I believe only a few people last year were not matched at the end of the interview process. If you're not matched at the end of the interview process, you will work with Heather Chase to find an appropriate placement. It gets more difficult if you want a hospital or Family Health Team position because those jobs are competitive. KW jobs are also more competitive than jobs outside of this area.

In summary, I would say that it is not too difficult to find a job that you will be happy with. From what I understand, most people were quite happy with the position they ended up with. My only piece of advice is to apply for positions that really interest you, regardless of how competitive it is or the location of the job. By doing so, you can guarantee a rewarding co-op term.

What's the best summer hang-out spot?

As part of the many facades to The Huether Hotel, this unique summer patio is the best spot to kill a Friday afternoon in uptown Waterloo. The big red metal patio is as much an eyesore as it is a good time and if you're lucky there might even be a local band playing. If you've ever spent a summer in Waterloo, it's like a whole new city without the thousands of 19 year-old students roaming the streets. The usual night-life hot spots give way to the patios downtown, and none more

popular than Barley Works. Don't think about ordering an MGD either because the only brew they serve is Lion's Lager. The microbrewery located next to the hotel has a monopoly on the beer, but fortunately they have a wide selection of tasty little brew-ha-has. So if you're looking for a chill time in the summer heat of the booming downtown Waterloo, stop in at the big red patio and have a 15 oz ice cold pint for only \$3.75?



What are some really good restaurants in the area? (ie for lunch/supper)

Silverspur - \$20 for a pitcher of beer and 3 pounds of wings

Bombshelter pub - \$15 for a pitcher of beer and a medium pizza

Mikey's Eatery (in the plaza on University Ave.) - for fast/cheap Chinese food

Morty's on King St. - 59 cent wings on Monday and Thursdays (big wings)

Pho Dau Bo (301 King St. E) - Vietnamese food

Ye's sushi - All you can eat sushi (Note: They automatically charge 15% tip on your bill)

Phat cat (In the plaza on University Ave.) - 2 gyros for \$5

Wildcraft (425 King St. North) - a nice restaurant, but the price can be a little high for a student budget

Rude Native (41 King St. North) - a sit down restaurant with a nice ambience



How did you find the team group work?

I found that the team group work provided some variety and a departure from individual assignments and exams, and was a good way to get to know different people in the class. Personally, that's how I made some early friendships in a group that gelled and worked together really well. It did get challenging as

time went on, as we had multiple groups working on different projects for different classes at the same time, so scheduling time to meet became difficult. My own experience, though, was that generally my team members worked well together, prioritized the many projects we had to make the scheduling work, and shared the work efficiently and equally.



Pharmacy Questions & Answers Continued

How many jobs posted were in the KW region?

For the Fall 2008 co-op term, there was a total of 28 jobs filled in the Kitchener, Waterloo, Guelph and Cambridge areas. These ranged from family health teams, hospitals, industries and community pharmacies. The biggest thing was that there was a large amount of competition for the Kitchener-Waterloo spots (i.e. 25+ applications for one position), so if you can broaden your search area, it is recommended. Really try to focus on the job descriptions, and don't limit yourself too much based on location. For the Spring 2009 co-op term there are approximately the same number of jobs, and once again a lot of competition.

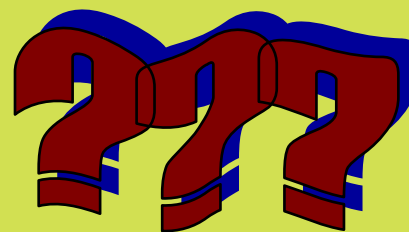
Is there anything (school work or otherwise) that profs and faculty really emphasized that you found not so important or vice versa?

In general, the points that were emphasized showed up on the exams. The profs and faculty are not out to trick you or make things difficult. They understand the huge workload that we have as pharmacy students so they do what they can to help

direct your studying. One of the best ways to know where to focus your efforts is to simply attend the lectures. You will find that profs give a lot of valuable information during class (ex. "this slide is FYI only!"). Another thing you will find is that the points that are really emphasized will show up again during second term and even in second year, so it's not a bad idea to get a hold on them now.

When are the final exams?

Like most other post-secondary courses you have taken in the past, the final exams are usually written at the end of the term. The registrar will determine the schedule for the finals and it will be posted on Quest.



[Pharmacy Phile]

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What's going to happen with SOPhS when we are all here and you are all gone? Have you considered class councils like UofT?

SOPhS members have been hard at work working out the details on how best to proceed with elections, positions and class representation. Currently it has been decided that nominations for all elected positions (including President, Rx2011,2012 Class Representatives, VP, etc... list to follow prior to elections) will begin the week prior to reading week. Campaigning, speeches and elections will proceed the week immediately following reading week.

Class representation at this time will include a Class Representative (Class President) and one female

and male athletic representative from each class. Current Council will hold office until power is transferred at the completion of the 2009 fall term. It will be the Council's responsibility to nominate and vote replacements (preferably the candidate that will replace them in the coming year) from the present student body to replace any Council member that cannot fulfill their duties. This appointment will be temporary and will conclude with the end of the spring term 2009. Council members will retain their positions upon their return to campus in September. Each Council will hold office for a period of one year and will be responsible for running elections for following terms of office.

Have you guys ever thought of having an exam bank?

The School of Pharmacy professors have not been releasing marked mid-term or final exams to the students for them to keep. It is anticipated that this practice will continue, and as such it will not be possible to create an exam bank of past exams.

It is up to the discretion of the professor whether or not to make past exams available to students for study preparation. Prior to a given exam, students are encouraged to ask their professors for example questions of what may be on the exam to facilitate studying. In addition, students are able to view exams they have written by contacting the corresponding professor following marking of the exam.

Pharmacy Questions & Answers Continued

Is there any pharmacy wear coming to UW?

Hello! Ash Kelly and Catherine Hart here and we were planning on getting some feedback on Pharmacy Wear. We would also like the help from a volunteer from the 1st years ! If anyone is interested please email Cat at c2hart@uwaterloo.ca.

What is everyone interested in? May you please send responses to c2hart@uwaterloo.ca.

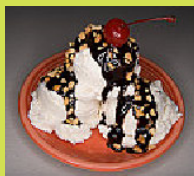
- Hoodies
- T-shirts
- Long sleeve T-shirts
- Sweat Pants
- Zip up hoodie

We won't be ordering all of the above, maybe two articles of clothing, but we would like your preferences. A prompt response is appreciated.

Thanks!
Cat and Ash

If you were a flavour of ice cream, which one would you be?

After numerous hours of profound reflection, I came to the conclusion that it is somewhat complex to pinpoint a given flavour of ice cream, without offending the others. Should I be sweet on the outside, with a fruity twist in the inside? Should I go with the all-time favourite, DQ!? As a matter of fact, I will return the question right back at you. If YOU were a flavour of ice cream, which one would YOU be?



How hard are the pharmaceuticals labs?

I will answer this question by asking another question. How hard is it to sneeze with your eyes open? Some experts say that this is impossible, while there are people who claim they can. This reminds me, make sure you cover your mouth and nose when you sneeze and wash your hands after. We don't want people getting sick and missing their pharmaceuticals lab, which they love so much. So if you can sneeze with your eyes open the pharmaceuticals lab are easy and if you can't, then they are hard.



Note: Chuck Norris can sneeze with his eyes open.

To actually answer the question. The pharmaceuticals labs are challenging and do require some time commitment. However, if you attend the pre-lab tutorial and prepare for the labs before hand, the labs aren't that difficult. Also, the TAs are very knowledgeable in compounding and will gladly help you successfully complete the labs. As for the lab exams, as long as you study and understand the concepts you explored during prior labs you will do well.

Hope this helps!



When is the next social event?

The next social event will be held in February. The social committee has recently been formed and has started discussing future events.

Is there going to be a formal? If so, when?

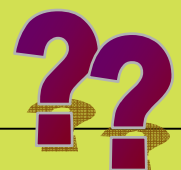
There will not be a formal at the end of this semester; however, we will be planning an end of term event.

Where the exams easy to pass or ACHIEVE 60%?

Easy answer: Yes.

Long-winded answer you don't want to hear: Yes because you worked hard to get here and you've paid a lot of money to be here. As a result of both of these the vast majority of you put effort into nearly any assignment regardless of how little it's worth. Another reason you will easily pass or achieve 60% is that the faculty is not out to get you... well, maybe Lisa Craig is (just kidding). Seriously though, don't crack your

head open whenever you don't quite understand something. Ask for help. Ask for help from colleagues or from your course instructor. Regardless of who you seek you will find someone willing to help you. Remember, you're not here to pass or get 60% or get 100%, you're here to learn how to become the best pharmacist you can be. Therefore, remember that it's not how much you got on the assignment that counts, it's how much you understand and retain in order to max the envelope and so on!



Pharmacy Questions & Answers Continued

Did anyone in your class somehow manage to do everything (readings, assignments, etc)?? If so, how?? Any tips on how to manage the workload??

The really short answer to this question is probably not. Although it is possible, it is highly unlikely that many of my classmates completed everything that was assigned as well as all of the suggested readings from professors and guest lecturers. There may have been a few students that completed that majority of work outside of the assignments, labs and lectures but this was unlikely to be the norm and would have consumed every waking moment of their lives outside the classroom. For the majority of students, we utilized our time outside the classroom as best we could. Ensuring that you have a good handle on up-coming tests and due dates is vital. Keep as organized as possible and work on assignments as

they are assigned, because by the time they are due there will be something else requiring your time and energy. It is important to complete all assignments on time and study thoroughly for all tests to ensure that anything that contributes to your grades is covered.

As you get some experience with tests and marking of assignments, you will be able to decide how to best allocate your time and also decide which readings are essential and which ones are only helpful if you don't understand a concept.

There are only so many hours in the day and you need to sleep for a few of them and you need to eat as well, so the rest can, in theory, be dedicated to school work. But you'll go crazy if you never take time to socialize and participate in other activities/hobbies. Ultimately, just organize your time and prioritize your school work.

How much spare time did you guys have?

It depends. While on our academic terms we didn't have that much spare time, but we still managed to find time to unwind. Studying and group meetings took up a significant amount of our time, however the majority of us still found the time to play on multiple sports teams, attend the social events organized by the social committee, and celebrate the end of hard week. If you time manage you can make it work!

While on Co-op we definitely had more spare time. Depending on the co-op job you get you may be required to work evening or weekend shifts, so you often have your mornings off or a weekday, which was nice. The biggest thing was that there was no homework or tests to study for during co-op, so you have the time to do other things.

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What is the best way to go about having first year students take over the second year students' leases in the summer?

The best way to "take over a lease" for 4 months is to do something called subletting. Subletting is when Student A, whose name is on the lease, signs an agreement with Student B that allows Student B to live in Student A's accommodations for a set period of time. During this period of time, Student A is still the lease-holder and has the responsibility to the landlord/owner. The rent charged to a subletter (Student B) is variable, but in general it is less than or

equal to the rent paid by Student A. It is advisable to have a written agreement signed by both parties to outline conditions including rent amount, utilities arrangements, agreement of subletter to adhere to conditions of the original lease, and anything else you feel is necessary.

Subletting will be a great way for first years to find a place to live this summer. Additionally, it will be convenient for second years to sublet this fall when the first years go on co-op.

When are you going to post housing for the summer term?

Many second year students are going to be looking for subletters this summer when we go on co-op. We receive our match results (which job we got) on February 9th and then we will know if we are leaving KW or not. Available sublets will be advertised in a few different ways. Postings may be put up in the

student lounge.

As well, there may be a special "Housing Edition" of the newsletter to be distributed in mid-February. This newsletter would contain a comprehensive listing of the available sublets and all the information you need. Whether or not this issue will be developed will depend on the number of first year students that are looking for places.

Did you find reading the textbooks for the courses helpful? Many people are worried about readings... professional practice readings... (lots)... are they important? Are tests mainly based on lecture notes?

These three questions are similar, so I will answer them together. I take it you guys are worried about readings! Believe me, I can empathize. If you are having trouble with a concept, the textbooks are valuable resources that can help clarify; however, if you feel you have a firm grasp on the concepts from the lectures and notes then the readings may not be as necessary. Keep in mind, professors will let you know if the readings have material that was not covered in class, but that you are expected to know; they are not out to trick you!

For most of the classes the lecture notes contain the majority of the exam content, but when a prof says that the text contains testable information it is a good idea to make sure you know it!

Pharmacy Questions & Answers Continued

Finally, the question you've all been waiting for...

Who's single and available?

A rumour has been floating that the ladies of first year pharmacy (and possibly the faculty) wanted to know who are the coolest, best looking, and most eligible bachelors for the Vanguard 2011 class. Have no fear, Dr. Love is here to fill you in on the top 3 bachelors of the month. Stay tuned to next month for more dreamboats.

-Dr. Love



Bachelor: Josh Brady

About: A native of Ottawa, Josh received a Biochemistry degree at Dalhousie University, making the

Dean's list all four years. Still not impressed? Josh solves Rubik's cubes for fun in his spare time. But don't be put off by his dashing good looks and enormous brain, he is easily approachable and always enjoys meeting new people.

Hobbies and Interests: Although Josh is a gentleman and a scholar, he also makes time for himself and is quite the athlete. Josh is an outstanding basketball player with a deadly Grant Hill finger roll. He is also a member of the pharmacy hockey team and with a little work on his right turns and crossovers he will become one of the most feared scorers in the league. He has been known to show off his angelic singing voice and lists karaoke as his perfect date.

Looking For: Lifelong friendship and love. Think you can provide?

Bachelor: Anthony Amadio



About: Anthony hails from Sault St. Marie, but has been a Waterloo student for the last 4 years. Prior to starting pharmacy, Anthony was the quarterback of the UW Warriors varsity football team. How impressive is that?

Hobbies and Interests: Aside from being good at pretty much every sport you can think of (he was the 2008 UW Pharmacy athlete of the year), Anthony loves the world of comedy. Always donning a smile and spewing quotes from his favourite shows, The Simpsons and Chappelle's Show, Anthony describes his perfect evening as a night of laughs and a good time out on the town. He also loves it when random first year pharmacy girls come up and talk to him. So don't be shy, ladies.

Looking for: You.



Bachelor: Greg Becotte

About: Greg somehow came to us from way up

north in Thunder Bay, Ontario. He has an honours Applied Biomolecular Science Degree from Lakehead University, where he graduated at the top of his class in 2007. If you haven't seen him in person yet, most people can describe him with one word: "tall." But if you asked this 6'5" monster how to describe himself, he would likely say "dreamy" or "perfect." Both assessments are accurate.

Hobbies and Interests: Greg loves basketball, and because of his height he is quite good at it. He also enjoys a beer or two at a designated social function (note: for the purpose of this article, a designated social function can be considered anywhere on the planet). He is also somewhat of an avid musician, showing that he has a semi-sensitive side as well. His favourite artists include The Smashing Pumpkins, John Mayer, and Elliott Smith. If you're lucky you just might find Greg serenading you with a famous love song of your choice. Greg fits just about every single Northern Ontario stereotype, from jamming to classic rock and roll, growing beards, and enjoying discount beer. He definitely makes all Northern Ontario residents proud.

Looking for: Dangerous times.

And now, a word from the president

Allo la gang!

First off good luck to everyone in their exams and co-op applications! There are quite a few things to update you on so I'll get straight to it.

In no particular order:

- **Help Wanted!** We are looking **individuals willing to lend a hand** with a few of the initiatives we'd like to get off the ground (ex: Working on the student lounge). If you are interested, there's no long term commitment, just one project at a time. Contact me at crcharbo@uwaterloo.ca !
- **Update on nearby gymnasium:** We've met with individuals from a local community group willing to offer their gymnasium for students to use. If you're interested please contact Greg and/or Angela in person or at athletics@sophs.uwaterloo.ca
- **The library has received some of its furniture;** still to come are comfort chairs for lounging and easy reading!
- **The student lounge** has received temporary furniture; there are numerous pieces yet to arrive. Once complete, the lounge will be fully furnished. The estimated time is 4-5 weeks from now.
- There is an **Interprofessional Student Association** taking shape in the Kitchener/Waterloo Region. If you are interested please contact Lucy Feng at lfeng55@gmail.com; your interest is encouraged and welcomed!
- **Vending machines** are located beneath the stairwell next to the student lounge. If there's something you wouldd like to see from a product point of view please contact me at crcharbo@uwaterloo.ca
- A Faculty Advisor has been elected to your SOPhS Council. Dr. Roderick Slavcev has been selected from an impressive cast of candidates. SOPhS would like to take the opportunity to congratulate Dr. Slavcev and thank all the candidates for their interest. We look forward to working with you all!
- Want to represent the Pharmacy School? Not sure how? We're looking for ambassadors to help show off our new digs! Please refer to Laura Manning's article in this issue for more information.

Salut!

Claude Charbonneau

