

The

Monograph

VOL. 7, NO. 1

SEPTEMBER 2005



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FROM THE EDITORS

Welcome back Pharmies and congrats to the OT9's! You made it, after a long awaited summer! This is the first issue of the Monograph and we are your editors for the year. Please excuse any errors made and layout mishaps in this issue, because we are both new at our jobs.

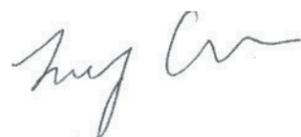
We promise you that we will get better as the year goes by. Sean and Micheline did an awesome job last year, and hopefully we can do the same.

This year we hope to bring you articles about what's going on in the faculty and in the world of pharmacy. We want to keep you informed about real issues, yet also entertained as well.

In this issue, you can find the yearly anticipated Anti-calendar. This is a collection of opinions from students who have taken the courses the year before. Hopefully it will be valuable, if not entertaining. Get to know your UPS council as well, from what their roles are to their hobbies and interests.

Feel free to send us writing, art and poetry. For OT9's, if you would like to be part of the Monograph, we encourage that you to run for OT9 Monograph rep.

Hope you enjoy this first issue!



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UPS Council - Updates

Another summer has disappeared and here we are in September again. Since we wrote this a little before school, we figured it might be nice to perhaps make a few predictions... So let's try something different and gaze into the UPS crystal ball to see what it's like as each of the classes read their first monograph of the year:

The OT9s will have settled into a life of accepting the free time they have to piddle away as they please and are all hopefully (with the exception of the front two rows) reading this in PHM120... (If you are in OT9, and aren't reading this in 120 I suggest you pack this paper away and save it for such a day. Trust us, you'll thank us later. The metro crossword only lasts so long and there is SO much to be said about tradition).

The OT8s soon realize that life isn't all fun and games anymore. There's a little thing called Med Chem that tends to eat away at fun and games time, but before this all turns into a rant... We presume the OT8s have learned how to budget their time wisely from the year previous and balancing work/leisure time should be coming as second nature. Again, although the OT8s probably have a couple of classes where they can catch up on this "personal development reading" (hint, it ISN'T Med Chem...) we'll let you figure out which ones they are on your own.

Now, the OT7s will be entering their year of 'reclusive academic monasticism' – who knows when you'll hear from them again. You might see a few in September, a few in May, and the odd one or two during the year. Some of these characters won't even have time to keep up with regular hygiene so it's probably a good idea you don't run into them. Since time is going to be a hot commodity, here's an abbreviated version of the rest of our message for their benefit:

"Welcome Back! *Insert funny stuff* See you in May!"

Come to think of it though... the two of us are in OT7 aren't we?? Hmmm...

Then those OT6s... most of you have got those smug looks on your faces. Don't be acting like you don't. I don't have to see you to say you've got one. You all know you're only going to be here for just a few short months and I can picture you sitting in an easy chair calling the shots, waiting for your first (of many) job interviews. "Excuse me, its time for your interview." says the rep. "Yeah, just hold on, gotta finish this article – I'll talk when I'm done..." you reply, as you take a sip of your pricey latte...

In all seriousness though, look for 'proper' UPS updates in future issues of the Monograph. We hope to keep you posted on past and future events and provide commentary as well. Updates in the interim will also be posted on the website. Until next time, remember that the council is at your service and we encourage you to contact any of us with your questions, concerns or suggestions. Our contact information may be found both in the Key and on the website so no excuses not to say hello! (Or just complain... cuz you know we've saved up a whole list of empathy statements we're just WAITING to use...)

If there was ever a great time to be a pharmacy student it is now. As we move into the new building this year we encourage everyone to participate and take full advantage of what UPS provides for you. Whether athletic, social, academic, or professional activities, try something you haven't, or at least come out to enjoy your perennial favourites. The council extends a personal invitation to all of you to help us make this year one to remember!

Sincerely,
Mohammad-Usman Imran
UPS President

Harsit Patel
UPS Vice President

Male Athletics

by David Zhao, OT8

Welcome back to the faculty everyone! And welcome to the faculty, OT9s! I hope everyone has stayed active during the summer because the fall season of intramurals is upon us. We need you guys to come out and represent pharmacy on the ice/court/field. Last year the men's intramural hockey team had great success on the ice and won the hockey championship. Our hockey team will only get stronger with the new addition of OT9s. The men's flag football team dominated the competition as well, finishing with the best regular season record as well as winning the championship. As a result, our flag football team has earned the right to play in division

1 and best of luck to them in having a great season. If hockey or flag football is not your thing, there is never a shortage of other sports to participate in. This fall term you can look forward to playing some hockey, flag football, soccer, basketball, volleyball and many other sports. So if you want a fun way to get some exercise or just looking to relieve some stress between studying, get involved by playing for pharmacy in intramurals. Have fun and best of luck to the pharmacy sports teams this season.



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Female Athletics

by Amy Tam, OT8

Welcome back OT6's, OT7's, and OT8's and congratulations to the OT9's!! It's that time of the year again, summer's over and school's starting. But the good news is that intramurals are beginning and you can help pharmacy defend it's reputation. Last year, our women won championships in several sports like soccer and basketball. There are many different sports to participate in like soccer, volleyball, basketball, and flag football. There are also badminton, tennis, squash, and table tennis tournaments that you can sign up for in the program office at the athletic center. Sign up sheets for the team sports will be on the athletic board in the faculty foyer. So whenever you're in the faculty, just stop by the board to check for any updates.

Intramural season is just beginning, so get involved and participate! You won't regret it! Pharmacy athletics is a great way to stay in shape, meet new friends in your class and in other classes, and earn UPS points! Plus, pharmacy is known to be actively involved in U of T's intramural program, winning several banners for participation. So put on those running shoes and help your team win the championships!

The annual tug-of-war challenge was held on September 16 on back campus. Despite the rain, many came out and pulled their hearts out. Congratulations to the OT6's who once again, for the third year in a row, are the reigning tug-of-war champions! The event started out with the OT6's against the OT9's, but despite an awesome effort from the OT9's, they were unable to defeat the OT6 veterans. There were only a few OT7's & OT8's present, but they decided to go against each other just for the fun of it. And of course, like last year, the OT8's won! (yeah OT8!!) Thanks to those who came out!! For those who didn't, come out next year and help your class win!



A Tale of Two Cities: A Pharmacy Student Without Borders' Journey

By Cherie Wong, OT7

Do you like traveling? Do you wonder what pharmacies are like in different parts of the world? If yes, then the Student Exchange Program (SEP) may be of interest to you. Mareike Limbach, a pharmacy student from Germany, came to Ottawa and Toronto to work at Pharmasave and Shopper's Drug Mart, respectively, this past summer via the SEP. I had the opportunity to meet her during her stay. Perhaps you think that pharmacies are pretty much the same everywhere. After all, don't all pharmacists strive to provide pharmaceutical care and safe medication dispensing? That's what I initially thought, but my meeting with Mareike taught me that I couldn't be more wrong.

The major differences can be seen in the aspects of Mareike's work experience that she liked. First of all, she liked doing some of the technical work involved in dispensing because she got to see how different medications looked. In Germany, pharmacists dispense medications to patients in sealed boxes of 100 blister-packed units that the manufacturers deliver the medications in. Also, Mareike found it interesting that the OTC sections of the pharmacies are freely accessible by patients, who get assistance from the pharmacists when they need it. This is in contrast to Germany, where all "OTC" products are kept in the dispensary, sold to patients only after a pharmacist-patient interaction.

From meeting Mareike, I learned quite a bit too. According to her, German pharmacists make tea, following the European Pharmacopoeia, for their patients upon request. The most common herb used is peppermint for cold symptoms and tight muscles. In preparation for this aspect of care that they provide for patients, all pharmacists have taken courses in which they learn to analyze and identify tea leaves based on

different properties. While we may think that our exams can't be any more stressful, I learned that in Germany pharmacy schools, many exams are conducted orally on a one-to-one basis between a professor and a student. On the bright side, German pharmacy students are given 3 opportunities to pass their exams. Despite that, in one of Mareike's recent exams, her class of 120 shrank to a cozy class of 36! Fortunately, she was one of the 36. Mareike is entering her 4th year of study in October, which runs till July, with a 2-month winter break between February and April. This year, she is expecting to learn all her pharmacology and therapeutics so that she will be ready for her one-year mandatory internship next year.

Overall, Mareike really enjoyed her stay in Canada. She loved Ottawa, but found Toronto slightly too big. She had taken time to visit tourist attractions in Ottawa, Toronto and Kingston, in addition to going on a guided canoe trip at Algonquin Provincial Park. She strongly recommends the SEP program to students. You can do so by applying for an exchange to a country of your choice or by hosting a pharmacy student from abroad. To get more information about the SEP and any other IPSF (International Pharmaceutical Students Federation) initiatives, please stay tuned for an email on an upcoming information session, and/or browse through the ISPF website:

<http://www.ipsf.org>

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Differences between Canadian and German pharmacies

Canadian

- Stock more narcotics/controlled drugs in dispensary
- Doctor allows refills for selected medications
- A mix of chain and independent pharmacies
- Less distinction between certified pharmacy techs and "other techs"
- No homeopathic labs (I think) for students

German

- Much less narcotics, Storage and sales very strictly controlled
- No refills, patients must see physicians when the prescribed amount is finished
- All pharmacies are independent
- Distinct difference between pharmacy technician and pharmacy assistants, each with specified duties
- Students have labs on homeopathic compounding

Meet your UPS Council!



Name: Mohammad-Uzman Imran
Position: UPS President
Vision/goal for this year: I would love to help recreate a sense of faculty spirit and encourage involvement that has been waning in recent years due to increasing class sizes. I'd also like to lay the groundwork for additional, ongoing UPS run initiatives to help you make educated decisions about your careers in the 'real world' of pharmacy. Other than that and above all else, I have another vision... a vision where everything doesn't end up going to hell in a hand basket.

Hometown: Brampton

Hobbies and interests: Anything and everything - as long as it's completely random... Take me somewhere I haven't been, let me do something I haven't done and give me the company of good friends and I'll surely have a smile on my face.

If I was a candy bar/candy, I'd be: a citrus caramel in the center of a box of Bonnat Trinite Chocolates. They, much like me, can be initially 'sweet', partly due to their 'smooth mellow texture'. They are often 'comforting', are 'intense yet not aggressive', though at times may be 'overwhelming' due to an 'acidic and somewhat bitter aftertaste' if not properly 'appreciated'... they're also a fairly uniform light brown colour all the way through... ;)



Name: Harsit Patel
Position and description: UPS Vice-President, I am responsible for organizing and hosting the annual Phrosh Banquet and UPS Awards ceremony. I'm also responsible for publishing the KEY, the pharmacy student's little black book.

Other responsibilities include chairing the Points and Awards Committee, keeping track of every student's UPS points and assisting the UPS President with whatever is needed.

Vision/goal for this year: Main object of my term is continuity of work from the previous UPS council and greater diversity of student attendance at UPS events. The president and I want to emphasize a greater involvement of students from all social groups, to generate ideas in how they wish to get involved in promoting the faculty and profession. A diversity of events is key to increased involvement, and I will do my best to get as many different students involved as possible.

Hometown: Cayuga, Ontario

Hobbies and interests: Hobbies: watching some crappy late night shows with the boys in residence at St. Michael's College, and playing Settlers of Catan. Interests: hospital pharmacy particularly the fields of Cardiology/ICU/Pediatrics
If I was a candy bar/candy, I'd be: M&M's. Why? Because I like their slogan - melt in your mouth not in your hand.



Name: Jenn Chen
Position and description: UPS speaker. The Speaker acts as the chair person at UPS meetings. He/she coordinates what topics are dealt with and in what order. He/she is not allowed to vote on any issues because he/she is to remain impartial.

Vision/goal for this year: to ensure meetings

run as efficiently as possible

Hometown: Toronto

Hobbies/interests: snowboarding and snorkelling

If I was a candy/candy bar, I'd be: a Toblerone because it's solidly dependable. Plus, it's my favourite chocolate. =)



Name: Janet (Wai Yee) Chong, but I've also been called Jan, Janz, Jannads, Janita.
Position and description: UPS Executive Servan.... I mean Secretary. I am the almighty listserv deity. You will love me, hate me, and then loathe me for the massive amount of e-mails you will receive this academic year. I

pick up the mail, check for phone messages and keep the UPS office clean. I also take down the minutes for UPS Meetings.

Vision/goal for this year: Keep the UPS Office clean. I have a whip.... I'll use it if I have to >_<.

Hometown: Made in Hong Kong, exported to Montego Bay, imported to Toronto

Hobbies and interests: checking e-mail compulsively, reading good books, singing, writing, playing piano, baking (yummm...), watching movies.

If I was a candy bar/candy, I'd be: A Skor bar...just 'cause it tastes sooo freakin' good!



Name: Joan Lee
Position and description: Past President - I basically help the UPS council and the first year council, offer any advice or suggestions, be there when someone needs help!
Vision/goal for this year: Help UPS council get through the rough and the tough, get to know the first years, help the OT9 council get through the first year of pharmacy, keep listening to all

of you!

Hometown: born in Hong Kong but lived most of my life in TO!

Hobbies and interests: Harry Potter, guitar, belly dancing, singing jazz, saving money to go to Bora Bora and build my own house, then opening a Bed & Breakfast on a hillside near a river, with a bridge and a patio... haha

If I was a candy bar/candy, I'd be: Tootsie roll. I don't know why. They're simple, yummy chocolate candy that lasts a long time and people still remember what they are after 20 years. Besides, I like eating them =)



Name: Andrea Hughes
Position and description: UPS Senior Finance Director. I present the budget and make sure we stick to it, as well as liaising with the accountant. Along with the junior finance director I ensure that finances are provided for events and keep our debtors at bay. Basically the silent working monkey!

Vision/goal for this year: To break even!!!!!!

Hometown: Ancaster

Hobbies and interests: Novice Sailor, and trying my hand at karate----Haaaaayyyaaaaa!

If I was a candy bar/candy, I'd be: Snickers for sure, super sweet and a little nutty!



Name: Ammie Amandeep Phambri
Position and description: As Junior Finance Officer, my responsibilities include, helping keep track of the UPS budget, ensuring all committees stick to their budget, drafting cheques for UPS and preparing quarterly GST forms.

Hometown: Cornwall, ON

Hobbies and interests: I like to read, shop and hang out with friends/family.

If I was a candy bar/candy, I'd be: any candy because I like pretty much all candy.



Name: Justin Lee
Position and description: Senior External Affairs Director, External Affairs is responsible for acting as your student representative/liaison to professional associations including OPA and CSHP Ontario. In the summer, we work hard to raise funds for all UPS hosted activities and solicit advertisements for the Key, Pharmakon and Monograph.

Vision/goal for this year: 1) Make students (and myself) more informed about current events and issues in the pharmacy world. 2) Raise a truck load of cash for students to spend on fun activities and initiatives in order to make this year the best year the Faculty has ever seen.

Hometown: Markham, ON

Hobbies and interests: Pets, pets and pets! You need to check out the gymnastic abilities of my bird.

If I was a candy bar/candy, I'd be: Popeye Candy Sticks! Somehow, in elementary school, the prospect of looking like a drug dealer seemed so cool. Ever notice on the box that Popeye is smoking his pipe upside down? Clearly Olive Oyl must have somehow got him to quit smoking.



Name: Cathryn Sibbald
Position and description: Junior External Affairs Director. I am the student rep for MTPA and I help fundraise for student initiatives such as the Key.

Vision/goal for this year: to increase awareness of the different pharmacy associations and the opportunities available to students from these associations, and

raise as much money as possible!
Hometown: Mississauga
Hobbies and interests: shopping, music, playing with my bunny ;), getting addicted to good TV shows!
If I was a candy bar/candy, I'd be: Smarties, cause they make people smile =)



Name: David Zhao
Position: Male Athletic Director
Vision/goal for this year: get people to come out for sports
Hometown: Toronto
Hobbies and interests: living
If I were a candy bar/candy, I'd be: Reese's Pieces



Name: Amy Tam
Position and description: Female Athletics Director, I am a liaison between pharmacy & UT athletics. I attend meetings and set up the female sport teams and also organize tug of war.
Vision/goal for this year: to not have any games defaulted! (It's \$25 per game) and to win in as many intramurals as we can. Also, I would like to try and increase participation in intramurals from all classes.

Hometown: Toronto
Hobbies and interests: sports, reading, dancing, eating, sleeping
If I was a candy bar/candy, I'd be: sour skittles! I can be sweet & sour at the same time, hard on the outside but a softy on the inside :D

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Name: Vijay P.A. Rasaiah
Position and description: Co-Ed Athletics Director: Organize athletic teams and events for pharmacy students interested in playing co-ed sports, e.g. intramural co-ed broomball.
Vision/goal for this year: To encourage more people to participate in athletics no matter what their skill level! We can all learn together!

Hometown: Sault Ste. Marie, ON

Hobbies and interests: Sports (go figure), Winston Churchill, reading H.G. Wells

If I was a candy bar/candy, I'd be: Mr. Big, because you are what you eat? (It's my favourite!)



Name: Cherie Wong
Position and description: IPSF (International Pharmaceutical Students Federation) Representative, responsibilities include promoting IPSF events, and coordinating the Student Exchange Program, etc.

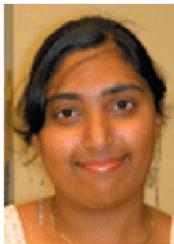
Vision/goal: 2005-2006 is the first year in which the IPSF Rep is elected by students

as part of the UPS Council, and I hope to work with everyone to make this the best IPSF year at UT ever-- by that I mean that I will strive to make the IPSF events known to everyone, and I will collaborate with students in order to make the Student Exchange Program a success.

Hometown: Toronto

Hobby and interests: reading, cultivating friendship, camping

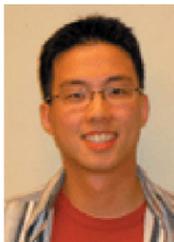
If I was a candy bar/ candy, I'd be: a Mr. BIG because I'm vertically challenged and want to feel big for once (j/k), and because I'll serve my purpose well (Mr. BIG= filling= eases hunger effectively) and that's what I would like to do for everyone in pharmacy this year as your IPSF rep =)



Name: Aarthi Iyer
Position and description: Events Director, responsible for organizing events such as Phollies and Pharmacy Awareness Week, work with all other UPS members in anything else they want us to do
Vision/goal: to make every event a blast so that everyone has loads of fun, organize more events and promote pharmacy spirit

Hometown: Mississauga

If I was a candy bar/candy, I'd be: Skittles because they are sweet and sour (a little like me), they are colourful (also like me) and they are a great source of inspiration (which is needed to boost pharmacy spirit!)



Name: Henry Chen
Position and description: Events Director, major responsibilities include organizing the Pharmacy Phollies and pharmacy info night and taking a major role in pharmacy awareness week
Vision/goal for this year: I hope to raise the status of pharmacy and pharmacists. Within

the faculty this year I will strive to bring students entertainment.
Hometown: Born in Taipei, Taiwan---spent early childhood in New York---and ultimately grew up in Toronto
Hobbies and interests: I'm generally an outdoors kind of person. I love to camp, portage and go on a good fishing trip. I also love to work with my hands in carpentry. I enjoy participating in group sports, esp. volleyball. With sufficient coaxing and after a few drinks, you may even see me singing karaoke or hitting the dance floor...count yourself lucky to not be around when that happens.

If I was a candy bar/candy, I'd be: anything chocolate... I'm a bit of a chocoholic. But if I really had to choose I think I would be a Coffee Crisp (that's my favourite chocolate bar). Like a Coffee Crisp, I'm light and my humour is generally kinda flaky. However, I guess that the coffee signifies slight sophistication??



Name: Elena Andrews
Position and description: UPS Social Director. I am responsible for planning, promoting, and successfully implementing all Faculty wide social events, such as the Annual Pharmacy and Dentistry Boat Cruise and the Semi Formal.

Vision/Goal for this Year: to increase Faculty awareness and to encourage high

participation in all UPS Events. My vision for this year is to have every student collect at least 20 UPS points by the end of the year!! I promise you a memorable year that is packed with amazing social events!

Hometown: London, Ontario

Hobbies and interests: I have my Grade 10 piano certificate; I enjoy listening to music and the constant struggle to write bad music! I like playing tennis, rollercoasters, and I am also addicted to Spider Solitaire. I love staying in touch with all of my friends, at home and abroad, keeping busy, and cramming 30 hours of activities into 24. My 'un-pursued' interests include skiing and scuba diving.

If I was a candy bar/candy, I'd be: a Rolo - It can be eaten in candy bars, ice cream, AND cheesecake! What more could you ask for?!



Name: Kaspar Ng
Position and description: Student's Administrative Council (SAC) Rep. I act as UPS's representative at SAC meetings and I report issues or events of interest back to pharmacy. I also sit on different SAC committees and commissions.

Vision/goal for this year: My goal is to be readily accessible to all of you. I hope to be

your up-to-date resource person about SAC goodies/benefits/ events. I will make your opinion count at SAC meetings, vote wisely and cooperate with other professional faculties reps.

Hometown: Hong Kong and Toronto

Hobbies and interests: chess, archery, learning fun facts, planes, books, movies, singing, stamps, volleyball, sports, laughing

If I was a candy bar/candy, I'd be: Nerds. I don't think so, but people say I'm such a person. Anyway, I like to use humour to make each day more colourful.



Name: Jessica Auyeung
Position and description: Sr CAPSI Rep. I represent UT to the National CAPSI council, and vice versa.

Vision/goal for this year: To solidify the local CAPSI council, and promote active CAPSI membership at UofT.

Hometown: Thornhill

Hobbies and interests: Shopping, yoga,

movies

If I was a candy bar/candy, I'd be: Dark chocolate M&M's - because I'm little, and dark chocolate is damn tasty



Name: Alexandra Marcil
Position: JR CAPSI Rep
Vision/goal for this year: to see greater involvement in CAPSI events
Hometown: Winnipeg
Hobbies: working out, reading, spending time with friends and going out in the big city (Toronto!)

If I was a candy bar/candy, I'd be:

Snickers, because it's sweet and nutty



Name: Tony Huynh
Position and description: Webmaster. Ensure the UPS website is maintained and updated with faculty-wide relevant information including all UPS activities, intramural sports, announcements, etc. Establish links to individual class pages and to oversee their maintenance by respective class webmasters.

Vision/goal for this year: Keep pharmacy students informed by regularly updating UPS website.

Hometown: Scarborough

Hobbies and interests: eating and sleeping

If I was a candy bar/candy, I'd be: Cadbury Dairy Milk because it's just plain and simple.



Name: Angel Li
Position and description: Pharmakon co-editor
Vision/goal for this year: to make sure you remember every memorable moment in 2005-2006!
Hometown: Scarborough
Hobbies and interests: eating, sleeping, poker, beach volleyball

If I was a candy bar/candy, I'd be: Snickers bar, looks pretty normal on the outside, but a lil' nutty on the inside. =P



Name: Angeline Ng
Position and description: Pharmakon Co-editor
Vision/goal for this year: To make an awesome book of memories for 2005-2006.
Hometown: Scarborough
Hobbies and interests: travelling and

shopping

If I was a candy bar/candy, I'd be: a Fuzzy Peach - fuzzy on the outside (referring solely to my warm and caring attributes and completely non-indicative of any excessive hair growth) and peachy on the inside!



Name: Emily Lam
Position and description: Monograph co-editor, help put together 6 issues of the Monograph with Lucy, provide some entertaining and leisurely reads for the student body

Vision/goal for this year: to increase more participation to the Monograph, include articles on real issues that are going on in the

faculty, increase UPS awareness in terms of events and our role

Hometown: Mississauga

Hobbies and interests: chatting, going to movies, watching TV, playing volleyball, tennis and bowling

If I was a candy bar/candy, I'd be: Kit Kat, because it's a good snack when you need a break.



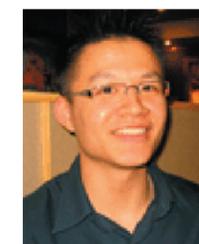
Name: Lucy Chen
Position and description: Monograph co-editor. Emily and I work together to produce six issues of the Monograph, the pharmacy student newsletter.

Vision/goal for this year: Make sure the Monograph continues to be a newsletter that's fun to write for and fun to read, have a greater variety of articles, encourage more

submissions from more people

Hobbies and interests: reading interesting books of all kinds, going to book sales, shopping, going out to eat, staying in to eat, sleeping

If I was a candy bar, I'd be: Hershey's dark chocolate - sweet, but not too sweet



Name: Phu Lam
Position and Description: Class of OT6 President, coordinate recruitment dinners and interviews for graduating class, work hard to ensure that things run smoothly, and organize some fun events next year.

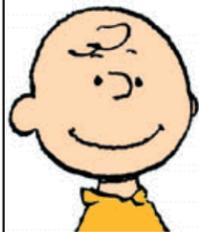
Vision/goal for this year: Use non-pharmacological means to foster school spirit, pharmacy pride, and mingling within and

between classes. If that doesn't work than consider adding mood altering substances to the faculty's water supply and let the good times roll.

Hometown: Newmarket, ON

Hobbies and interests: Long walks on the beach with my applied therapeutics text book, shiny distracting objects, nap time, play time, and snack time.

If I was a candy bar/candy, I'd be: a yellow M&M, because I melt in your mouth not in your hands :P



Name: Sharan Lail
Position and description: OT6 Vice President
Vision/goal for this year: I hope to raise as much money as possible for the graduating class. In addition, I hope that since I have not directly participated on council in previous years, I will be able to bring a fresh perspective to UPS.

Hometown: Flemingdon Park
Hobbies and interests: Napping is a favourite yet dangerous past time. I also love the Simpsons, and enjoy swimming.
If I was a candy bar/candy, I'd be: I've drank enough coke in my life to one day turn into a coke gummy.



Name: Jacqueline Wong
Position and description: 3rd Year Class President -- advocate for my class, act as a liaison between my peers and other councils/faculty, and oversee/participate in 3rd year council activities
Vision/goal for this year: Make sure 3rd years aren't left out of the loop and to make sure my classmates do have a voice on UPS council. In

addition, I'll be helping Mayce run a successful charity week.
Hometown: North York
Hobbies and interests: Sleeping, swimming & eating (but not all at once)
If I was a candy bar/candy, I'd be: Bounty - though I'm small, my charm is bountiful ;) and also because coconut is so much fun.



Name: Mayce Al-Sukhni
Position and description: 3rd year Vice President; in addition to typical VP duties (clothing sales, candygrams, etc), I'm responsible for chairing the internal fundraising committee and for organizing Charity Week in November.

Vision/goal for this year: My goal is to have all fundraising events run smoothly and efficiently, and to allow classes to make the most money possible for their respective grad funds!
Hometown: Mississauga
Hobbies and interests: literature, art, movies, cooking, jogging
If I were a candy bar/candy, I'd be: M&Ms



Name: Andrea Narducci
Position and description: OT8 Class President
Vision/goal for this year: I hope to make it a memorable year for our class! I plan to work with the other class presidents to organize some new programs this year. I want to keep OT8s informed about Faculty issues and events, and also help them out with any of

their concerns.
Hometown: Toronto
Hobbies and interests: Dancing (Ballet, Jazz, Latin Dancing), going out with friends, eating!
If I was a candy bar/candy, I'd be: a Baci chocolate - because

I'm Italian ;)



Name: Terri Chan
Position and description: OT8 Vice-President and "Orientation Week Director"
Vision/goal for this year: Help fundraise more money for our class graduation and get more students to participate in UPS/Class events.

Hometown: Toronto
Hobbies and interests: watching movies, listening to music, reading, investing, evil shenanigans. Mwa hahaha...
If I was a candy bar/candy, I'd be: A latte-flavoured Coffee

A Day with Habitat for Humanity by Sarah Boudreau, OT7



On Tuesday, August 30th, 29 of your fellow students from the Faculty of Pharmacy strapped on hard hats, laced up steel toed boots and joined Habitat for Humanity (HFH) to help build a home for a family in need. Habitat for Humanity is a charitable organization that is dedicated to eliminating poverty and building affordable houses for low-income families. With the help of numerous volunteers and the families, HFH provides an opportunity for these families to purchase the home by providing an interest-free mortgage and thus gives a long-term solution to end the poverty cycle. HFH is active all over the world in over 100 countries and has provided over 200,000 homes to deserving families.

The build that we participated in is located in the Malvern area of Scarborough and is the largest HFH build in Canada. They had five units built with five townhouses in each, with two more units in the early stages of construction. One unit was completely finished with families living in the homes and the others were in various stages of development.

As we gathered that morning and prepared for the day, I was a little unsure of how I would be able to contribute since I didn't have any experience in construction - not many of us did! We were divided into four groups and the jobs we would be tackling

were painting (I was confident I could help out with that one!), building a deck (not so sure, but I could use a hammer), and installing dry wall (yikes! How do you do that??). As luck would have it, I was put in the drywall group and actually, it wasn't that bad! Our team took the upstairs of one of the town houses and our team leader showed us what needed to be done. I'll admit, I had no idea what he was talking about at first - throwing around dimensions and construction lingo. But he understood that we were all new at this, so he was great at answering all of our questions and was always there to help us out.

Once we got into it, putting up drywall was pretty easy and a lot of fun! The whole day flew by and it was over before we knew it! It was a nice change to be away from an everyday work routine and to do something completely different that was very hands-on (literally!). It was very fulfilling to see all that we had accomplished as a group by the end of the day. Knowing that we helped out a family made it even more rewarding! By the end of the day, we all looked a little worse for wear and in desperate need for a shower, but we all had big smiles on our faces!

Everyone had an awesome day and it wouldn't have happened without all of the hard work of Phu Lam, OT6 Class President, who organized the event. A HUGE thank you from all the volunteers! Not only did the pharmacy crew dedicate a day full of hard work to HFH, we raised a grand total of \$3183 in pledges for the organization! We look forward to participating in this event next year and encourage everyone to come out and join us for a fun and rewarding day! If anyone is interested in learning more about HFH, you can visit <http://www.habitat.ca>

Thank you to all the volunteers that helped out!!

- Christina Cella (OT6)
- Mr. Cella
- Anita Chan (OT7)
- Janelle Chen
- Jenn Chen (OT7)
- Wing-Tse Cheng (OT6)
- Cynthi Cho Kee (OT8)
- Sandra Elagizi (OT6)
- Joanne Hawrish (OT6)
- Linda Kim (OT6)
- Jane Lai (OT6)
- Sharan Lail (OT6)
- Phu Lam (OT6)
- Justin Lee (OT6)
- Patricia Leung (OT6)
- Vickie Luckham (OT7)
- Stephanie Linney (OT7)
- Douglas Ma (OT6)
- Kieu Mach (OT6)
- Marestella Marasigan (OT6)
- Amanda Mathur (OT7)
- Moustafa Ragheb (OT7)
- Jenny Seah (OT6)
- Felix Tam (OT6)

- Anh Tran (OT7)
- Andrea Yun (OT7)
- Sarah Boudreau (OT7)
- Trevor Boudreau

Another huge thank you to all of our corporate sponsors:

- Wal-mart Pharmacy, Store #3152, 22 Pinebush Rd, Cambridge, ON for donating \$100
- Port Union Pharmacy, 5550 Lawrence Ave. East, Westhill, ON for donating \$100
- Sunnybrook and Women's College Health Sciences Centre, D2 Pharmacy for donating \$50
- Stouffville Pharmasave #647, 6601 Main St., Suite #7, Stouffville, ON for donating \$50

THANK YOU!

Phrosh Week 2005

Thanks to all the OT9s for participating in this year's Phrosh Week. On behalf of the Class of OT8, I hope you had a fun time and found it to be a great way to get to know your classmates, as well as upper year students.

Thanks so much to the Orientation Committee for your input and help with organizing all the week's events during the summer break. Putting everything together wouldn't have been possible without all your hard work.

Thanks to all the Phrosh leaders and volunteers as well. Phrosh Week wouldn't have been the same without your enthusiasm, generosity, and spirit.

Lastly, I'd like to thank our sponsors:
 Novopharm Ltd (Comedy Night)
 AstraZeneca (general sponsorship)
 Pharmaplus/Katz Group (Welcome BBQ)
 Novartis (general sponsorship)
 Wyeth (Pub Night)
 Pharmasave (The Amazing Race)
 ...and all the companies that contributed to our Phrosh kits.

See you soon at the Phrosh Banquet and best of luck this school year!

Terri Chan
 OT8 Vice-President and 2005 Orientation Week Director



Picture: OT9ers enjoying the sun

In August

In August, the summer wind breezes by the trees
wind flying, birds chirping, children laughing.
Time frozen in the summer heat.
I watch through a broken glass.
Hovering, crumbling, sand sieving between my past.
Tears wet on my cheek.
I touch Time in its gel-like state.



Surprised, it touches me back,
ripples in its waves.

"Will I change?"

Time speaks
as if knowing, as if whispering,
as if echoing.
A passerby once here before.

It dawns on me, falls on me, becomes one with me.
I won't fear it anymore.
The sun will set in August.

In August, reality becomes prose.
It flows like a river, twirls in the hand,
rushes by the wind, waves by the trees
to find a quiet corner to call My own.

What we did on our Summer Vacation

by Andrew Hurley, OT9

Well OT9's, we did it. After months of patient waiting we finally got our hands on that brown envelope. I don't know about the rest of you, but it didn't feel like my summer actually began until that day. Only after confirming acceptance and relieving that distracting sense of uncertainty was I able to relax fully and completely. At last, we had in our hands something that validated all those late night cram sessions. What a relief!

So what can we expect as an OT9er? As a class, we can look forward to attending lectures in the new state-of-the-art faculty building sometime during our first year. A few months later than originally anticipated perhaps, but before long we'll be settling into what will be our second home for the next four years. We're also the largest class ever admitted to the faculty -- over two hundred strong. Despite this, I hope we can overcome our size and become a close and supportive group.

So whether your summer vacation was spent on the beach, at work, or in the classroom, we all accomplished something amazing that we should be proud of. Congratulations!

The Engineering Pharmacist

An Engineering Science Grad's perspective on life in the Faculty of Pharmacy

by Jonathon Wright, OT6

For those who have never met me, or have never picked up a Monograph, My name is Jonathon, and I'm a graduate of Engineering Science - Biomedical Option (complete with leather jacket and Iron Ring), and also a fourth year student here at The Faculty. The day this piece was written, most of you hadn't even picked up your schedules yet. I've already had four days of classes, some purely introduction, some with some lecture material in them, some with grim visions of the future. Welcome to fourth year, oh ye class of OT6. Welcome back OT7's as well! I hope you all got plenty of rest... my thoughts on third year are clearly laid out in the Anti-Calendar for you to read and become either inspired or deathly afraid. Welcome back OT8's! I've seen 20 of you... and I hope to see the rest of you sometime before I leave in December.

And our new fledgling OT9's... so many of you. Welcome to the Leslie Dan Faculty of Pharmacy - one of the smallest faculties at U of T, but one of the largest families as well. Take the time to meet all of your classmates, as they will be your support system, your bar-buddies, your friends, and your future colleagues when you graduate. And if you don't think you have the time to have fun and network, trust me when I say that you do. If you still aren't convinced... don't be surprised if we laugh at you just a little. But, there are times when students here do have to obey the Engineering Science credo: Sleep, Study, Social - Pick Two. Just be sure that you know when those times really are. For OT7's, those times will be abundant...

One final note before I end this. On August 6, 2005, I had the pleasure of attending the marriage of fellow OT6'er Joanne Hawrish to her fiancé Jason Lemay in a beautiful ceremony in Windsor. I would like to take this opportunity to wish Mr and Mrs Lemay a wonderful life together, and my sincerest congratulations. Best of luck to you both! Sounds kind of dry, but if I were to say this in person, there would be a big smile on my face. See you next time!



A better prescription for living



The Anti-Calendar: Your Unofficial Guide to Pharmacy Courses

Year One

compiled by Lukasz Krajewski, OT8

I bet I can guess why you decided to read this article. If you are a OT9 (warm welcomes are in order), you probably want to know all the nifty information about first year courses and how to get through them. You know, keeping the damage to your sanity and health to a minimum. If you are a OT8, you are most likely interested in what others thought of the courses you took and whether those opinions reflect your own. In any case, yours truly took a very long time selecting, compiling, editing and finally putting together this anti-calendar. I tried to provide information as closely reflective of the attitudes of OT8s about their first year courses as possible. For any inconsistencies, I apologize in advance. Without further delay, let's get started:

ANA200Y1 – Human Anatomy and Histology

If you are not a memorization type of person, this course will be a chore. Yes, you guessed it; there is a lot of memorization. Quite a few of the OT8s found this course to be the most challenging for first year. The material itself is not very difficult and revolves around basic facts (naming all muscles of the face, for example). You and your textbook should become best friends when in this course, because it explains concepts very well and is laden with many illustrations. Attending lectures is very important. A lot of material is covered and reading the stuff on your own without hearing about it from the professor is time consuming. Furthermore, the lecture notes by themselves are very sparse, and the only way to make full sense of them is to be in lectures and basically fill them out. Professor Ballyk is very organized and always willing to answer questions. She communicates the requirements of the course well. The exam and tests consist of multiple choice questions and some matching. They are each worth 25% of your final mark and there are four of them. Guess what, they're not cumulative. The multiple choice questions ratchet up in difficulty every test. The ones on the first test are relatively straight forward, but don't be fooled, the three tests that follow are challenging. The ultimate key to success in this course is to stay on top of the material. It's very easy to relax for a little bit and realize you're really behind and completely screwed for the upcoming test.

CHM223H1 – Physical Chemistry for Pharmacy

This course is, dare I say, an easier version of the physical chemistry course offered by the arts and science faculty at UofT. This is actually a very good thing because from what I have heard, physical chemistry is not the easiest thing in the world. Professor Allen does a good job of making the course as painless

as possible. She is always eager to answer questions and make sure all students understand the material. She also communicates the requirements for the course very well. All lectures are done with the use of PowerPoint. This was not always the best solution. A lecture would usually start off at a slower pace which would then gradually increase as the time allotted ran out. Some students had a hard time keeping up and PowerPoint didn't help. However, students are provided with PowerPoint handouts for each lecture, a great little perk. The course can be straightforward if you pay attention in class, understand in class problems and complete all assignments. The tests consist of problems and strongly resemble those explained in class. The evaluation consists of one midterm and one final exam. They are usually split somewhere between 40% and 60%.

CHM247H1 – Introductory Organic Chemistry II

This course is a continuation of CHM138H1 and so do not forget what you have learned there. The material in itself is not very difficult there is just a lot of it. By a lot I mean pages, upon pages, upon pages of reactions and mechanisms to memorize. Study as much for this course as you would for all the other courses combined, with the possible exception of ANA200Y1 which you have to study a lot for as well. Try to keep up with assigned problems and attend all tutorials because there are surprise quizzes. The tests are only one hour long so you have to know your stuff or else it's going to be very stressful. Be sure to attend the lectures as there are no online notes to fall back on. Professor Dicks is an organized and entertaining lecturer. The laboratories for this course are directly related to the material studied. To be ultimately successful is to practice constantly. Do as many problems as possible, and continually review material at least a couple of times a week. The textbook is very well written and easily understandable.

CHM254H1 – Qualitative Organic Analysis

Oh boy, this course was not fun. Well, you don't have to worry since it's no longer part of the curriculum.

PHM120Y1 – Introduction to the Profession of Pharmacy

The course consists of lectures on professionalism, the importance of professionalism, how pharmacists are professionals, how professionalism applies to pharmacy and every other possible variation on that theme. The room in which the classes are held has a very calming ambiance. This being mixed with Dr. Ballantyne's soft, monotonous voice, a microphone which seems to constantly need new batteries and bad acoustics produces conditions very suitable for napping that many students simply cannot resist. Luckily, the tests are taken straight from the posted notes and everything is online. The one saving grace of this course is the unit

on ethics in which a number of controversial cases in pharmacy practice are discussed in small groups. All tests and exams are in short answer format.

PHM122H1 – Introduction to Statistics

This is a very useful course and definitely necessary in a pharmacy curriculum. Quite a few topics in statistics are discussed. The lectures are made lively and entertaining by Professor Victor, who likes to be called by his first name, Charles. Emphasis is placed on being able to critically evaluate articles in research journals and scrutinize the statistics behind their claims. Most of the marks are gained from six problem sets assigned bi-weekly. The mid term exam is quite more challenging than the final, and both are long. Lectures are done through the use of PowerPoint and all notes are available on the net. There is also a research article critique due at the end of the course. The key to success here is doing the problem sets (maximizing on their mark boosting quality) and reviewing the material often. Completing past exams is also very helpful.

PHM127H1 – Professional Communication Skills in Pharmacy Practice

This course is of the pass/fail variety and essential for any well developed pharmacy curriculum. The lectures are informative and the little paperback for the course is well written although quite useless. Evaluation for the course is composed of 4 written and 4 oral assessments. The best way to prepare for the written assessments is to study the ones that appeared in the previous years since they pretty much repeat themselves. To do well on oral assessments memorize the way to counsel patients and the provided directions for use of devices you will be counseling on. Follow this information to the letter.

PHM128Y1 – Professional Practice I

Professional Practice I is arguably the most important and significant course of first year. It teaches you a lot of significant and important information necessary for the proficient fulfillment of expectations as a future pharmacist. You study the basics of dispensing, pharmacy law, drug references and pharmaceutical care. There is also a unit on medical terminology that is self directed. Information from it will not be emphasized in lectures but will appear on midterms. Prof. Jana Bajcar is very enthusiastic and communicates the requirements of the course well. Guest lecturers are also very pleasant and enthusiastic. Lectures are done in PowerPoint with a little bit of filling in required by students during class. The tests and exams are fair. To succeed in the course definitely complete all the work book problems and memorize the information in them.

PHM129H1 – Professional Practice I Laboratory

This is the second pass/fail course present in the first year pharmacy curriculum. It consists of a few lectures which serve to preview the four dispensing laboratories that everyone attends. Prof. Doris Kalamut is enthusiastic about the material and informs students of the expectations set for the labs. During the four dispensing laboratories, students take the role of a pharmacist. They check filled prescriptions for accuracy, fill

prescriptions themselves, and take orders over an in-house telephone from a prescriber. All of this is done without worry that a patient will be hurt, because it is all pretend. The labs are good practice and the best way to succeed in them is to manage your time, since each lab is only one hour long. After the dispensing laboratories are complete, students embark on a series of visits to a community pharmacy. There, they gain real life experience from their mentors and complete tasks allotted for each visit. This course is a welcome break from all that sitting during lectures for all the other courses.

PHM150Y1 – Introduction to Applied Pharmaceutical Sciences

This course is a large mishmash of subject matters, each being taught by a different lecturer. There is only one hour a week of lectures which makes the course easy to handle. Topics discussed include basic pharmacology, the drug development process, illegal drugs, and important issues in pharmacy. The material is interesting. Professors Austin and Thiessen, and Dean Hindmarsh have a lot of experience on the topics they discuss and make the lectures interesting. Guest lecturers should definitely not quit their day jobs, since most students were left bewildered and confused after their presentations. There are only two evaluations in the whole year, a midterm test and a final exam. They are difficult and focus mostly on lecture notes.

Year Two

compiled by Gayathri Radhakrishnan, OT7

Welcome to second year!!! Hope you had plenty of rest as there is a heavy course load this year. You'll spend a good portion of the first month just figuring out what courses you have...there's a lot of 'em (ranges from 5 to 8 per semester depending on exemptions). Do not fret. It may not be easy but you can do well.

LMP232Y: Microbiology

Evaluations: one 40% midterm and one 40% final equally weighted non-cumulative material. 20% lab component of lab quizzes, lab report, lab exam

Lectures: Crandall is a great professor who makes things straight forward, interesting, and humorous. There is a lot of material, so start early! Do past exams because he tends to repeat certain questions. This course is not for the squeamish. His collection of entertaining gross pictures may send some of you running to the nearest washroom.

Labs:

Mini-quizzes at the beginning of each 3 hr lab. No lab reports except for one individual full write up report. T.A.s were excellent. Labs are stress free and can be interesting.

PHM220H: Pharmaceutical Care Ia

Evaluation: midterm and final (heavier weighting on your highest mark), team assignment, pass/fail components include: therapeutic thought process straight from memory quiz, 2 panels for which you are randomly selected, pharmacy product assignment...the evaluation structure seems confusing at first but will make sense... eventually.

Lectures / Panels: Taught mostly by Professor Debra Sibbald and

other guest lecturers. Directly relevant to practice! Excellent, interactive course that requires 2-4 hours of preparation per class. The course is made of didactic lectures and panels. In panels a group of randomly picked students answer questions regarding specific cases while using the therapeutic thought process. COME TO CLASS because participation in panels is mandatory. This class is great for developing group work amongst classmates and to practice counselling skills before the OSCE (in third year). Students are given a chance to submit questions for the exams. Make sure you get the Patient Self Care book. Therapeutic Choices textbook is not used in 2nd year but will be in later years.

PHM222Y: Medicinal Chemistry

Evaluation: 3 midterms (2 professors each); cumulative final exam; all past exams and selected solutions are available online. Notes for this class are printed and provided in-class

Lectures:

L.P.Kotra: good lecturer whose emphasis is the Henderson-Hasselbach equation. His section on exams are M.C. Examples of these are posted.

Ho-Lun Wong: Professor Pang was on sabbatical. Ho-Lun was her Ph.D. student who taught her notes. He was humorous and engaging. Straight forward with helpful tips for the midterm. He also outlined material that would not be tested on.

J.Utrecht: This was his first year teaching with powerpoint. He whizzed by the material at light speed. It can be overwhelming. Once the lecture notes were posted, it was a lot easier to follow along in comparison to using his handouts. Exam questions are identical from year to year which makes past exams good study aids. His extra tutorial is a must.

J.W.Wells: Daunting! The number of notes he gives is about the size of the yellow pages, but with practice exams and hard studying, his section is conquerable. The “rectangular hyperbola” reigns supreme in this section. Take advantage of the T.A.s. The bonus marks assignments and mini-quizzes are a gift! Keep up with Wells’ lectures to *get* the material – once you are lost, you will need to do some major backtracking. ATTEND HIS LECTURES!!! Thank goodness, this professor is organized!

P.Pennefather: Disorganized! He is not the best lecturer, but at least you get the exam questions ahead of time for you to do some research. Class cooperation or tiny group cooperation is a must! He is available for questions. His extra tutorial is a must.

J.Mitchell: Excellent lecturer. She has a good pace and answers your questions well. Material is straight forward. Past exams are useful study aids.

A.Okey: Excellent lecturer. He’s humorous and explains well. Well-paced and straight forward material. His exam questions are not long.

A.Chakravarty: Completely different than anything else in this course. This section is about the philosophy of science so be prepared to get your reasoning out.

PHM224Y: Pharmaceutics (Note that this is a 2 credit course)

Evaluations Midterm, “Cumulative” final, quizzes, take-home problem sets; 6 in-class lab reports, 2 group lab reports, 2 quizzes, pass/fail industry field trip...let’s just say there is a lot of work for this course

Lectures: 6 in total including

R.McGregor: Funny and explains well.

T.Chalikian: presents some complex & sometimes boring material but his lecture notes explain clearly

B.Bowen: Teaches radiopharmaceutics. His section involves class participation. Material is disorganized and confusing. He tends to go off-topic, thus making the material difficult to follow. Self-study is the best way since lectures aren’t always helpful

S.Wu: gives all the lecture notes you need. Content may be boring but attend her classes as she explains her notes

Allen: Lectures well, however she moves through the material super fast. Attend lectures as she gives hints about exams

R.Reilly: teaches 4 lectures. Attend his lectures because he tests on material that may not be in the notes.

Lab: VERY DISORGANIZED. Some T.A.s were helpful whereas other T.A.s knew less than the students...this is not a good sign!! The lab manual did not explain concepts clearly. Many felt unprepared going into the lab despite lab preparation efforts. Lab reports were returned at a slow pace. Because of the course structure, the background information for the labs is taught after doing the lab. Consider purchasing the textbook as it was helpful in labs.

Tutorials: T.A.s took up past exams and problem sets. Despite their best efforts, the tutorials were not as useful as the class hoped, mainly because they did not review key points from lectures that may have been confusing.

PHM225H: Intro to Biochemistry

Requirements: Midterm, Take-home assignment, Final

Lectures:

D.Hampson: DISORGANIZED!! His notes were everywhere. This section demanded major coordination between his handout notes, in-class notes, and the textbook readings. Most test material was derived from his notes, but make sure to read the text as some exam questions were taken from things he just mentioned in passing. Assignment was straight forward.

J.W.Wells: This section served as a warm up for Med Chem. If you’re exempted from PHM225, attend his lectures (or at least get his notes). You will gain some familiarity with his material. It will make learning it again in the winter a lot easier. Wells’ biochem tests are available online.

Tutorials:

Amy Ma ran the tutorials and she was excellent. She really made things clear! She had great overhead and presentation skills. Most important of all, she could answer your questions in a manner that was comprehensible.

PHM226H: Metabolic Biochemistry

Requirements: Midterm, 2 Assignments, final exam (questions are known in advance), and Bonus 4% Presentation

Lectures

J. Henderson: Fairly straightforward and easy to follow. He answers questions clearly and is available after class for help. His exam was extremely long but the questions were fair. Study class notes/handouts well and memorize pathways and any other details. His assignment is time consuming but you are marked fairly. Be prepared to work hard

P.O’Brien: Interesting in class and adds humour to his lectures. His portion of the final exams can be frustrating because his questions were mostly research based and do not require much information from lectures. Therefore, while the material he taught was probably very relevant you don’t actually have the chance to sit down and go through it and actually study it. His assignment caused problems. It

lacked detailed instructions, and was fairly vague. Instructions were altered several times, leading to confusion and waste of time. Assignment was not returned before the final exam

Presentations: (Optional)

These are easy mark boosters. Make it interesting and funny and you’ll get full marks

PHM227H: Health Systems in Society I

Evaluations: 2 writing assignments, 2 seminar participations, midterm, final

Lectures: The course is mainly taught by Jillian Cohen and other guest lecturers. Prof Cohen is an excellent lecturer. She is interesting, insightful and encourages class discussion about relevant pharmacy issues. Some of the guest lecturers are good, while a few tend to be confusing, especially the one who lectured on health care financing. That one is a doozy; you can go crazy trying to understand it. Overall, a very good course

Seminar workshops/writing assignments. These 2 are great ways to boost your mark. Similar to PHM127, the writing assignments are given randomly. They are not difficult as long as you support your ideas. Workshops are based on group work.

Exams: The midterm is a mark booster. The final is a little more challenging but both are fair. Try to understand concepts; not just memorizing facts as Prof Cohen tests overall understanding. Do the readings because most are useful in understanding concepts

PHM228H: Pharmacy Practice II

Requirements: Calculation midterm (30%) Final exam (70%),

Lectures: The course is taught by Doris Kalamut and guest lecturers. The material learned is relevant to practice. However, some of the lecturers can be confusing. The problem was that they were unavailable after lecture and their material was still covered in the exam. Doris Kalamut is mostly unavailable to answer questions after class so try to look at other references to explain concepts.

Pharmaceutical Calculations: This section is self-study.

There is a mandatory textbook from which you teach yourself pharmaceutical calculations. START EARLY!!! There is a lot of material and you will need to understand it well because it is used in practice. Many students were upset with the calculations exam as it did not test most of what was learned. Significant figures are very important in this course. The calculations exam overemphasized it and you may lose lot of marks if you don’t understand this concept.

PHM229H: Pharmacy Practice Lab II

Requirements: pass/fail course made of: hospital site visits, compounding, verbal Rx, written Rx

Lab: Similar to PHM129 but with the addition of compounding. You are required to pass a certain number of the compounding, verbal and written Rx. Compounding is interesting and fun. Most of the verbal and written Rx are for narcotics so be attentive to details when filling. The TAs were excellent. They were knowledgeable and helpful. For the final lab exam, work in complete silence or you will be penalized.

Hospital Site Visits: Excellent introduction to hospital pharmacy. Similar to PHM129, you are assigned to different hospitals. You are required to complete a checklist of activities

that include a pharmacist. Although individual experiences vary, overall it is great. Many hospital pharmacists are eager to work with students and you benefit greatly from these visits.

PSL200Y: Basic Human Physiology

Requirements: MC: 3 midterms (only 2 out of 3 count for a total of 60%); cumulative final (40%); Testable material includes Physio Ex (virtual lab exercises).

Lectures: Good course overall. Numerous professors (Wojtowicz, Pernulla, Kee, Schreiber, Hutchison, Banks, Bandali, Peever) lecture. The lectures are useful. You don’t have to purchase the textbook to do well but you may want it as reference. There are only 3 labs in this course. They are interesting but can be time consuming. TAs are very good.

Exams: The midterms are not cumulative whereas the final is. It’s not too hard to do well in the midterms as they cover the material from one to two professors only. The material tested is fair. Try to do well in the first 2 tests because the 3rd test is on neurophysiology. The final exam isn’t too bad if you studied the material well during the school year.

Year Three compiled by Jonathan Wright, OT6

Systems Pharmacology (PCL 361Y)

Coordinator: A.J. Lança

This course is run by the Pharmacology department, and as such, is designed mainly for Arts and Science students. The important things to get out of this course are the mechanisms of action of the different classes of medications, and how they interact with each other and the body as a whole. However, in order to pass the multiple-choice tests, you will need to know much more. These tests are very detail-oriented, particularly when it comes to the 10 extra tutorial/lecture hours on the final. The toughest sections are the neurological sections taught by Dr Lança, so plan on spending a little more time here. Easier sections include renal and pituitary pharmacology. Dr Lança can seem overbearing as a lecturer, but he gets nicer as the number of people he is speaking to decreases. A good showing on the first two tests takes the pressure off of the third test and the final.

Pharmacology / Medicinal Chemistry Tutorial (PHM 322Y)

Coordinator: Jack Utrecht

This isn’t really a tutorial, but rather another pharmacology class that covers the same material as PCL 361 from a different angle. PCL is all about theory, while this course looks at the practical aspects of things. After the initial problem sets are taken up, small groups of students will be responsible for preparing answers to provided questions. Test packages may contain responses, but always go for the most recent data you can find. The questions may be the same as past years, but the answers can change dramatically. The tests and finals will either be based on the questions, or they will be carbon copies of the questions in the problem sets. The key to success on these small group problem set based exams, as we all learned in kindergarten, is to learn how to share with others. Use this course to tell you what to get out of PCL

361, as well as to learn from Utrecht.

Pharmaceutical Care 1b (PHM 320F)

Coordinator: Debra Sibbald

This course picks up right where PHM 220 leaves off. Same coordinator, same case-based panel format, same text, same MCQ test format. The differences lie in that there is far less emphasis on dermatology. Topics include acne, psoriasis, cough/cold, headache, and GERD. But then, there is the OSCE. One Saturday in March, you will be called to the Faculty in groups where you will be evaluated on how you counsel two different simulated patients. These patients will have DRPs from ANY of the topics covered in PHM 220 and PHM 320. It's a ton of material, so study hard, but it's not as bad as everyone says it is. The best way to prepare is to volunteer to be the Pharmacist on the role-play days. However, if you can't take being in front of the class, try to role-play with a few friends instead. For the OSCE content, use the key point summaries to focus your efforts. Effort made in this course will not be wasted, as this is the last required course on OTCs.

Pharmaceutical Care 2 – Therapeutics 1 (PHM321Y)

Coordinators: Lalitha Rahman-Wilmes, Olavo Fernandes, Sharon Yamashita

This course is to prescription medications as 220 and 320 are to OTC's. You will learn so much in this course, and you will never hate school more because of this course at the same time. Why? To fully work up each case using Koda-Kimble's Applied Therapeutics and all of the additional references suggested by each case lecturer can easily consume all of your time, especially if the topics of the week are ahead of Pharmacology and Pathophysiology. In those cases, it takes even longer to get a handle on things. You will be placed into groups of about 8 students for the course. Rather than a student panel, a few random groups will be called upon to contribute to the discussion on a particular case that you are to have worked up in advance. The contributions of your group members will be noted and converted into a grade. Marks will also come from Case Study Seminars or CSS's. These intense small group discussions are very useful learning tools, but again, you will be graded on your contributions to the discussion. Last year's CSS's covered urinary tract infections / antibiotics, asthma/COPD, and diabetes. Take these seriously, and you will be well rewarded. The two midterm exams require plenty of writing, key points, and a convincing argument in order to do well. The final exam also has a large ORAL component, where students will be asked specific questions on a variety of topics. Effort spent on this course will not be wasted, but do your best not to let this class take over your life, as you do have 9 or 10 others to worry about too. If you start to falter, talk to Lalitha and she will do her best to help you out. Therapeutic Choices (a CPhA text) makes a great supplemental text to help you pick out the useful info from Applied Therapeutics. It will also be of great use in the PPL.

Pharmacokinetics (PHM 324Y)

Coordinators: Scott Walker, Michelle Piquette-Miller

The purpose of this course is to ensure that you understand what happens to a drug once it enters the body. Term 1 deals with

the mathematics surrounding basic kinetic situations, such as an IV bolus dose, oral dosing, or multiple dose profiles. Term 2 introduces non-linear kinetics, and examines how the body clears the drug, with emphasis on simple mathematical models (which all look very similar). The two profs have very different styles. Prof Walker uses Excel extensively in his slides, so they can get confusing if you lack the background. Dr Piquette-Miller's slides can get verbose, so printing these in advance could help immensely. Marks come from problem sets (knowledge of Excel is VERY helpful), and from a Christmas midterm and a spring final. Class notes may be posted as they are needed, or in batches... so unless you prefer cramming, try to get to class every so often.

Applications of Pharmaceutical Analysis in Pharmacy and Medicine (PHM 327Y)

Coordinator: Raymond Reilly

Lengthy title, eh? We call it Drug Analysis. This course examines how drugs are analysed, and how this analysis is put to use in the pharmaceutical industry, and other areas. The material is an extension of the industrial aspects of Pharmaceutics, and also draws from any course where you learned about spectroscopy. Marks come from tutorial assignments, a laboratory component, a Christmas midterm, and a spring final. All of the above have a large regurgitation component, but there are some equations to know, and some scientific principles to understand in order to know why certain tests work and why they are needed. Also, some of the tests mentioned in Pathophysiology will be explained here.

Pharmacy Practice Management 1 (PHM 326F)

Coordinator: Bill Wilson

This course, much like the title suggests, discusses being a manager. Topics include leadership, human resources management, drug use management, marketing, and differences between community and institutional management. Marks will come from a formal cover-letter assignment, a midterm, and a Christmas final. The tests seem mostly dependent on knowing lists of things, but a deeper understanding is occasionally needed for full marks. Professor Wilson knows plenty of people in the pharmacy community, and will frequently tell very interesting stories to explain his points in class. Also, if you send him your resume and cover letter, he will critique it for you. But that doesn't guarantee that you will be working at Mount Sinai next summer...

Pathophysiology and Clinical Biochemistry (PHM 330Y)

Coordinator: Reina Bendayan

Using Anatomy and Physiology for a basis, this course examines the nature of diseases and disorders that can affect the various systems of the body. A specialist in a particular field will teach each topic, so the quality of the lectures will vary. You will be given a package of notes for the course, but it will probably be out of date. Be prepared to take your own notes where necessary (particularly for male and female reproductive disorders). The fall term is more intense, with 4 lecture hours per week and two midterms. The spring term only has 2 lecture hours, but the oncology material is more complex. The tests are multiple choice, and non-cumulative. Be forewarned, as at least 12 hours are devoted to Dr. Bendayan's renal sections. Also, be very quiet if a lecturer fails to show up.

Introductory Toxicology (PHM 325S)

Coordinator: Peter G Wells

Pharmacology deals with how a drug interacts with a target molecule. Toxicology deals with the formation of reactive species from benign chemicals, or if you prefer, what happens when good drugs go bad. Dr. Wells will post all required materials on a website for you to download. He will even go so far as to tell you what he believes is testable and not testable material. If he says to know something cold, you had better know it cold. Marks come from two midterm tests and a final exam, but these marks will not come easy. A midterm will consist of a single essay-style question, which is occasionally divided into parts. The largest component will be a diagram or diagrams, which you must both recreate perfectly, and explain to such a degree that a kindergartener would understand. For every arrow on a diagram, plan to have a sentence. If you have errors in the diagram, you will lose double the marks as the explanation will be missing something too. However, there is no penalty for saying something wrong, so if you manage to spew forth everything you know, you may be more successful than being concise and missing something. Oh, and did I mention you have 50 minutes to accomplish this feat? If you get a good mark, be thankful, and tell everyone else how you did it. Then tell me how you did it, as I have yet to figure it out. The final exam will consist of either two Wells questions, one Wells question and one guest lecturer question, or two guest lecturer questions. Study all testable material, rather than trying to guess what the content will be, or else (and I quote) "you will be screwed".

Professional Practice 3 (PHM 328S)

Coordinator: Debra Moy

Following from 128 and 228, this course offers more insight into the practice of pharmacy. After the jurisprudence components of this course are complete, you will be prepared to write the OCP Jurisprudence Examination (after a tune-up with the OCP manual). Additional topics include drug interactions, adverse drug reactions, and critical appraisal of journal articles. Marks will come from a single midterm and a spring final. The material can be very dry, but Debra does her best to keep things upbeat and interesting. Also, announcements about the PPL will be made here.

Professional Practice Lab 3 (PHM 329S)

Coordinator: Debra Moy

This is it. This is the one course that truly integrates everything you will have learned up to this point. Debra will demonstrate the difference between a 2nd year PPL counseling session, and a 3rd year PPL interview sometime in the fall, and you may be shocked. There will be 5 labs, each with three components – Verbal, Written, and PC skills. The Verbal component involves receiving a prescription from a doctor over the lab phones from the narcotic and controlled drug schedules. This prescription must be checked for dose appropriateness, and steps must be taken to ensure it is legal (ie. get a signature if it needs to be written). The Written component is as follows. You will receive a paper patient with as much medical history as you will need (current meds, diagnosis, labs). The doctors have prescribed two medicines. Your job is to assess those two medicines for appropriateness, dose, regimen, etc,

and either put them on hold or fill them. Documentation includes recommendations regarding prescription medications and OTC / non-pharm treatments, and the development of a brief care-plan. The PC skills component involves interviewing a simulated patient and solving or otherwise resolving DRP's and concerns. Topics are drawn from therapeutics and self-care, and may involve the demonstration of devices. Each component is independent of the others, and will be graded as honours, pass, or fail. Failures will require remedial work. The final exam will involve checking multiple prescriptions, a device demonstration, a PC skills session, a N/C verbal, and a paper patient in stations. Debra Moy will go to great lengths to help you if you are struggling with any component, provided that you ask for help. The first one or two labs may humble you, but don't get discouraged. If nothing else, this course will force you to keep up with 321... but you should do your best to keep up with that regardless, right?

Calculations Exam

Ten mathematical questions that are typical of what you would have to be able to do in a pharmacy every day. This will be much easier than the 228 calculations component. It's even open book. But, you must achieve 100%. You have three tries at it, but you must be perfect by the end. I hear that Debra Moy will gently point out errors if you are struggling on later attempts. A solid weekend should be all you will need to prepare, but to each their own.

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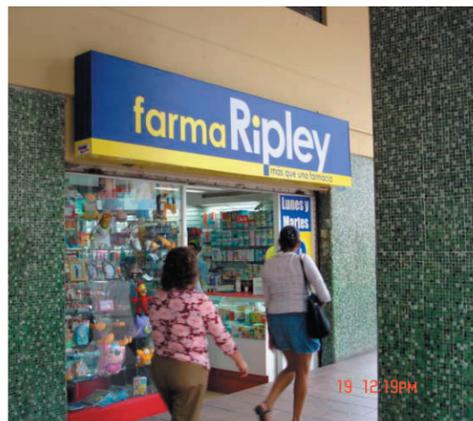
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Lima, Peru: This pharmacist/technician was pretty shocked having a random person coming into the store to take a picture.



Peru: A pharmacy sign written in Spanish. Wonder why they used the word "mega" instead of "super", as in "supermarket"...



Guayaquil, Peru: They are everywhere! Saw a lot of this chain pharmacy.



Where did Pharmacy go THIS summer?

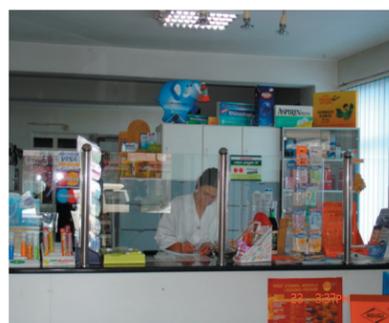
BY: KASPAR NG



Medjugore, Bosnia: a pretty multilingual place.



LOL. None of us were expecting to meet other pharmies at a Labour Day weekend retreat on Lake Simcoe. There were FIVE of us, from OT9 to OT6. From left: Kaspar, Loretta, Ann, Grace, Dominic



Medjugore, Bosnia: This time I introduced myself before taking a picture. My CPhA membership card sure came in handy



Medjugore, Bosnia: Written in Croatian, the local language. PHM120 quiz! What is this symbol?

Featured Professors of the Month

Name: Charles Victor

Course(s) taught: PHM 122 (Introduction to Statistics)

Most embarrassing moment as a professor or as a practicing pharmacist: Ohhh, there are just too many to pick only one! Let's wait and see what the OT9's brings...

Hidden talent(s): Other than drawing normal curves with my eyes closed...duathlons.

Nickname(s): Well, for some strange reason, I really wanted to be called Bowling Alley when I was four years old.

What is a weird obsession that you possess? Do you even have to ask?? -- Star Trek

What kind of things do you collect? Smarties and M&Ms

How can students ace your class? Practice, practice, practice.

Name: Zubin Austin

Course(s) taught: PHM 150 (Intro to Applied Pharmaceutical Sciences), PHM 428 (Pharmacy Practice IV), and I also lecture in PHM 120

Most embarrassing moment as a professor or as a practicing pharmacist: Most embarrassing moment as a pharmacist: A patient asked me for something for a cough, but I kept thinking he was saying "coffin" (instead of "coughing") so I kept telling him we weren't a funeral home!

Hidden talent(s): Making pies (I guess that's really not so hidden, is it?)

Nickname(s): Zoob (but don't even THINK of calling me that!)

What is a weird obsession that you possess? I really, really like trains of all sorts (especially subways).

What kind of things do you collect? Subway maps from anywhere in the world. So if you're on a trip to an interesting location and get a subway map - bring me a copy!

How can students ace your class? Get the "big picture" concepts rather than worry about every little detail.

Name: Michael Heffer

Course(s) taught: PHM 127 Professional Communication

Most embarrassing moment as a professor or as a registered pharmacist: When I first graduated, I lived with my sister and my 3 year old nephew. During breakfast, my nephew and I stuck banana stickers on our foreheads for fun. I forgot about it and went to work. On the subway I was getting looks from women and thought I must be looking particularly spiffy that morning. Finally at work, my co-workers laughed and pointed out the sticker, luckily before I encountered my first patient.

Hidden talent(s): Juggling - just give me three of anything. This is how I got through studying for exams.

Nickname(s): Hef

What is a weird obsession that you possess? Pumpkin pie with whip cream. It starts at Thanksgiving and usually lasts until Christmas.

What kinds of things do you collect? Tie clips
How can students ace in your class? Repeat after me, "I can see how that must be frustrating for you..."

Beyond the Reception Desk - My summer experience at the OCP

by Sarah Boudreau, OT7

After completing my second year of the pharmacy program, as many of you will relate, my contact with the Ontario College of Pharmacists had been minimal. I was familiar with the role of the College within the profession of pharmacy since I memorized it for our exams, but what actually lay beyond the reception desk was a mystery.

This past summer, I was fortunate to have the unique opportunity of working as a summer student at the College and experiencing the inner workings of this great organization. On my first day, I was given a tour of the main building and was overwhelmed by the never-ending rows of offices and cubicles that housed the many people that manage the day-to-day functions of the College (and learned that OCP occupies a second building!). Throughout the summer, I was provided with countless opportunities to learn how the College operates by attending various Committee meetings, such as Complaints, Discipline, and Fitness to Practice (all very interesting!). I also observed a Council meeting and met

one-on-one with the Deputy Registrar to discuss the exciting issues facing the College and the profession today. I knew even in my first few days that I was in for an exciting summer with lots to learn! As I observed the various College committees meetings, I was impressed with the amount of work each group contributes to the regulation of the profession and the protection of the public. I gained a greater appreciation for the value of the public member's input and the dedication of each member to each committee. I never realized the many ways in which the College supports pharmacists and how it is engaging in the progression of the profession of pharmacy to ensure that patients receive the best care possible.

As a part of my summer position, I had the opportunity to work with Nora MacLeod-Glover, Manager of the Continuing Competency Programs, on exciting projects related to the Quality Assurance Program. I contributed to revamping the Learning Portfolio and creating a User's Manual to help

pharmacists use the new portfolio effectively (we will be using these documents when we graduate to show our commitment to continuing education). This position allowed me to use my skills to contribute to meaningful projects and helped me develop an appreciation for lifelong learning as a pharmacist. I am thankful to have learned more about the QA program - especially the Practice Review.

When speaking with my friends about my summer position, I have so many good things to say about the College and all the hard work that goes on beyond the reception desk. The commitment by the staff and committee members to this organization and its mandate is admirable. This experience has had a huge impact on my professional career as a future pharmacist in a unique way that no other summer position could have offered me. I strongly recommend to anyone looking for a unique, stress-free summer position next year with flexible hours, great staff and exciting learning opportunities to apply for the College Summer Student position.

A Capital Experience!

By Christina Cella, OT6

The Canadian Society of Hospital Pharmacists is the national voluntary organization of pharmacists who share an interest in pharmacy practice in hospitals and related health care settings. The Society provides leadership; it advocates on behalf of hospital pharmacists; it promotes the provision of patient-focused pharmacy services; and it represents and provides services to its members.

CSHP recently collaborated with CAPSI to find ways to promote hospital pharmacy as a career choice for undergraduate pharmacy students. One of the ways they did this was by creating my job this summer, that of pharmacy student intern in the CSHP head office in Ottawa.

I've been interested in CSHP since I started pharmacy school. I knew that community pharmacy wasn't for me - in fact, when I graduated high school, I swore I'd never be a pharmacist, because I thought that community pharmacy would be my only option. But seeing my best friend complete a pharmacy degree, then do a hospital residency, really opened my eyes. Retail wasn't the only option for someone with a pharmacy degree. I could work in a hospital, or industry, or government, or many other places. But the chance to work with patients in an acute care setting and apply relevant clinical information is what really appealed to me. So, in light of this interest, why not become involved with the national organization of hospital pharmacists? I volunteered in registration at the Professional Practice Conference (PPC), held in February, in 2004 and 2005. I attended the Ontario Branch Annual General Meeting (AGM) in November 2004. I went to career night at PPC, and talked to people there about doing a residency, and asked them what hospital pharmacy was really like. In short, I tried to find out as much information as I could about the career that I was contemplating.

My experience this summer can be summed up in one word: memorable. I've met so many great people, and have really gotten to know a lot of the ins and outs of the profession of hospital pharmacy and of the Society. I had the

chance to attend a ton of meetings, from monthly Executive meetings, to consultation sessions with pan-governmental organizations, like CIHI (the Canadian Institute for Health Information), to a whole slew of meetings at the CSHP AGM in August, culminating with a pharmacy student showcase. I also had the opportunity to represent CSHP at the Canadian Pharmacists Association conference in May. I completed a two-week clinical clerkship at The Ottawa Hospital, in internal medicine. This was the first direct patient care that I'd ever done, and I really appreciated the opportunity to do so. After hearing all about morbilliform rashes resulting from antibiotic sensitivities, and seeing pictures in textbooks, what I'll really remember is seeing it first-hand on a patient - and it actually does look like the pictures in the book!

I really enjoyed my summer with CSHP. I had the opportunity to work with interesting and talented people and promote hospital pharmacy all summer (and beyond, as evidenced by this article!). I'll miss working with CSHP, but I know it's see you later, not goodbye. I'll be back in the future - my goal is to be president one day!

How to apply for the job:
The job posting will go out in late fall, with an application deadline around Christmas time. Just send in your resume and a cover letter to the head office by the deadline date. I would encourage anyone interested in applying to join CSHP first, and to become involved with CSHP at any level, either locally or nationally. If you have any questions about my experience this summer, feel free to email me at Christina.cella@utoronto.ca



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Where the OPA Folk Roam

by Andrew Liu, OT6

Are there any other conferences as fun and exciting as PDW? Answer that question for yourself. There are several conference offerings that could be of interest to pharmacy students and I would like to share a bit of my experience at the OPA conference held last May at the Delta Meadowvale conference centre.

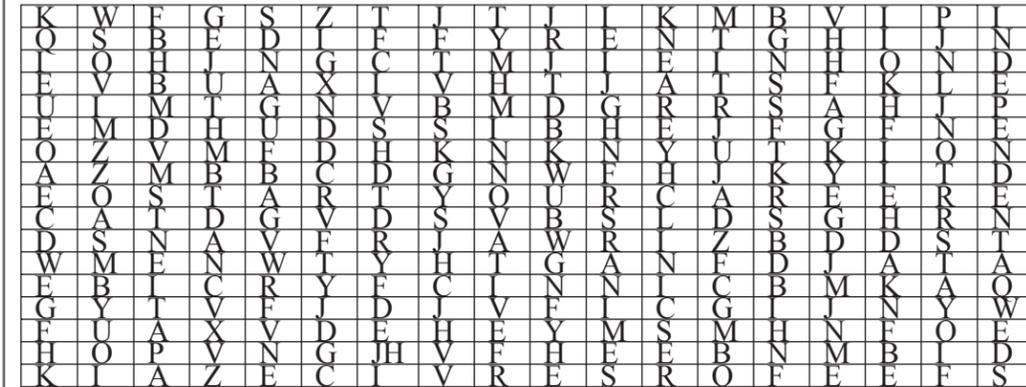
The Ontario Pharmacists' Association (<http://www.opatoday.com>), with over six thousand members, extended a subsidized invitation to all pharmacy students (cheaper if you were an OPA member as well) to attend their annual gathering. The first day of activities included the Annual General Meeting for members and at this meeting there were a series of presentations from OPA's committees to inform the members of their accomplishments for the past year. I found it quite informative as I got a glimpse into the activities of the force behind the association and how they achieve their goals for the profession. It was motivating just to hear some of the passionate leaders in OPA, such as OPA CEO Marc Kealey. Another pleasant surprise was the presence of Minister of Health and Long Term Care Minister George Smitherman who addressed the conference delegates as the keynote speaker.

The atmosphere of the conference was welcoming as there were many pharmacists from all over the province who were eager to introduce

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shoutouts!

and chat with student delegates. The conference meals offered nice food and a great chance to mingle with other pharmacists and hear what they do. Of course there were many CE sessions and, as fun as extending studying and learning outside of our classroom sounds, some of the sessions were interesting just to hear some entertaining presenters.

Overall, I am glad I did not miss out on this opportunity to attend the conference as a student, not only because it is more affordable this way but also to get a better understanding of OPA from the inside. Come talk to me if you have any questions about the conference or if you have questions about OPA membership.

TRISH...
Could you please rewrite this for me? Your writing's so much nicer....
Thanks...
wink
Joan Lee

Happy Birthday Georgina!
the Elm Girls

TO DANIELLE AND SHARAN:
The memories of Mykonos weren't left on the sands of Santorini.
Thanks for making it a great trip!
xxx
Amanda

MS. ESPFIT wishing you a fun and exciting 24th birthday :)
ur roomie
bot happy 25th - what a milestone. cheers to many more good times!
trix

TREV, MATHUR, JAMES:
Thanks for the wicked Pearl Jam extravaganza road trip tour week! It was super fun!
Mike P
TO FELIX AND THE

REST OF THE OT6 COUNCIL,
Great job on organizing the back to school bash. A good time was had by all!
PAA

TO ALL STUDENTS:
Need something to do? Check out the Pharmasave Word Search on the top of this page! Have fun!

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Every month the shoutout page will be featuring your congratulations, well wishes, happy birthdays, and sappy smoochy love notes. It's first come first serve, so make sure you get your space. Send your shout outs to themonograph@gmail.com

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