

The

# Monograph

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**PDW Wrap Up**

**Slow day at the pharmacy**

**Conservative Health Care**

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## UPS Council - Updates

Parle vous francais? Peut-etre un champignon. Merci, mais est-ce que tu a un stylo pour manger cette pomme? Yes, my French isn't as good as it once was... Here we are back from PDW Montreal. We hope a wonderful time was had by everyone – seasoned veterans of PDW and those who experienced it for the first time. For those that did not attend and did not hear the news, U of T blew away the competition at Pharmafacts, the annual pharmacy trivia competition. Our team, comprised of Andrew Armstrong, Bahar Nemati, Brian Hemens and Alex Vuong took an authoritative and undisputed lead – going undefeated in the final round. This group has once again reaffirmed what everyone knows deep down and doesn't want to admit... Alex and his chants of “Tdot” inspired a loyal following during the competition – with an uproar of Toronto students (and perhaps a few Saskatchewan defectors as well) drowning out the competition. Additionally, Kristin Shaw beat out all the others at the Patient Interview Competition. A round of congratulations for all of the participants!

PDW Montreal was also the site of the Annual President's Meeting. It provided a chance to finally meet face to face with the other society presidents I have gotten to know by email/teleconference over the last few months. The meeting was immensely productive and the following agenda items were discussed.

- Inner city health initiatives run by students (eg: CHIUS @ UBC)
- Interdisciplinary education initiatives (like pain week) at various universities with other faculties such as Nursing, Medicine, Dentistry, OT/PT, Social Work
- Local clinical days for seniors/diabetics etc. run by student groups
- High school outreach programs to get students to understand the profession
- CAPSI 'handwashing campaign' etc for primary schools
- How electives and selective courses are offered and available at each school
- International courses/experience

If anyone has any questions regarding the meeting, or the above topics discussed, please feel free to contact me. A fully detailed outline of the meeting is available on the UPS website for those interested. ([www.utups.ca](http://www.utups.ca))

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The articles in the Monograph are not reflective of University of Toronto, Leslie Dan Faculty of Pharmacy nor the Undergraduate Pharmacy Society. They are strictly opinions of the authors. If you find any articles that are offensive or inappropriate, please inform us and we will try to resolve it.

## Cover Story

### PDW 2006

**OT9er** Evgenia Cheveleva reflects on the lessons learned at PDW Montreal.

## Features

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COVER: Your very own U of T PharmaFacts team who brought home the gold from the PharmaFacts Competition at PDW!

# FROM THE EDITORS

Hello our wonderful readers,

2006 has just started and the Faculty of Pharmacy is already buzzing with activity. Some recent happenings?

- PDW Montreal: congratulations to all who won competitions (or ipods). We hope everyone found it fun, informative and enlightening.
- Election 2006: What does the conservative government mean for the health care system? Lukasz Krajewski answers all your questions in his article "Conservative Health Care".
- Health Fair: come out on February 8th to support our profession and faculty (and pick up some free goodies).
- Chinese New Year: You know the year of the dog has arrived when you start seeing prescriptions for DOGoxin at the pharmacy. (Ha ha ha. We know you are laughing on the *inside*.)

You know Valentine's Day is just about the corner and love is in the air when...poetry abounds in the Monograph! This month, we feature three different poems, from three poets, in three different classes. Thank you, Michelle, Jason and Allegra, for sharing your creativity with us. You are all very talented!

Thank you to everyone who submitted PDW photos for this month's collage. Your overwhelming response really showed off that famous PHARMACY SPIRIT! Unfortunately, we were unable to include all of them due to lack of space. We apologize for any disappointment.

Lucy Chen  
Editor

Emily Lam  
Editor

# athletics

## Female Athletics

by Amy Tam, UPS Female Athletics Director

Welcome back ladies! Another semester has started and I hope you are all ready to challenge yourselves both on and off the court! This semester we have volleyball, indoor soccer, and basketball. If you are interested in any of these sports, look at the athletics board for the schedules of the games!

Best of luck to all the teams!! Hopefully we'll get some trophies and championship t-shirts this term! And a big thank you to the captains, Steph Barnhill (OT7), Miki Hayano (OT8), and Lauren Mirabelli (OT8).

## Male Athletics

by David Zhao, UPS Male Athletics Director

The Men's Basketball squad brought the pain on their opponents in their 1<sup>st</sup> game as they totally dominated Innis College, beating them by more than 20 points. OT8 Mena Ibrahim, who almost fouled out of the game with 4 personal fouls was quoted saying "wow... this feels like a real team". With such a good start, the Men's Basketball team looks to be a tough opponent for any unlucky college/faculty that may be unfortunate enough to be matched against them. With many OT6s having left for their SPEP rotations, the Men's Hockey team looks to test the intramural league from the talent pool of OT7, OT8 and OT9. With such a strong performance last term, no doubt many teams are hoping for a chance to knock off our hockey team. Lastly, the Men's Volleyball team will have their 1<sup>st</sup> game against Commerce. With the addition of some new talented players, the team is sure to do better than last season. Also don't forget you can earn those valuable UPS points for playing in intramural sports.



## Co-ed Athletics

by Vijay P.A. Rasaiah

UPS Co-Ed Athletics Director

Co-Ed sports started off in fine form in 2K6. After going undefeated in round-robin play, your floorball team was robbed in the semi-finals as they were narrowly defeated in a shootout against the team that would eventually win the whole tournament. Better luck next time I guess. Other tournaments coming this term include the Indoor Challenge and another Broomball Tournament (of which we are defending champs!)

It's still not too late to sign up for intramural sports. Co-Ed sports include Division I Volleyball (Mondays), Division II Volleyball (Wednesdays) and Innertube Waterpolo (Wednesdays and various other days). If you have any questions or concerns, feel free to email me at [v.rasaiah@utoronto.ca](mailto:v.rasaiah@utoronto.ca)

I look forward to seeing you all out in the new season! Let's keep the pharmacy tradition alive...participate!!! Don't be like all of those OT6's scrambling for UPS points before graduation!!! Get them now! Just kidding OT6...you guys rock!

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# PDW Wrap Up

By Jessica Auyeung, 0T7

For those of you who attended PDW in Montreal, you already know what an amazing time it was. Despite some setbacks (e.g. long line ups at 737, bus breakdowns on the way back), I'm sure all 159 of us UT delegates will only remember the good times.

I hope all of you that went had memorable experiences, whether it was meeting your colleagues from across Canada, attending informative seminars, going on a guided visit of a pharmaceutical company, or just learning to party Montreal-style at night.

Some may have doubted that a mall would be a classy setting for the Opening and Closing banquets, but one look at the beautiful set up in the Complexe Desjardins put any of these doubts to rest. From fabulous lighting, falling green and white balloons, to some very flexible Cirque du Soleil artists, the mall became a very posh place indeed. The Altitude 737 evening was a lot of fun, as us students got to enjoy one of Montreal's most popular nightclubs. And the Disco night at the Medley was one of the highlights of the conference – I've never seen so many afro wigs and leg warmers in one room before.

I would like to congratulate those of us who went to PDW to compete in the National Competitions – especially to our National first place winners. Congratulations to Kristin Shaw in 0T6 who won first place in the Patient Interview Competition. Also congratulations to our winning Pharmafacts team – Alex Vuong (0T9), Brian Hemens (0T8), Baharak Nemati (0T7) and Andrew Armstrong (0T6). The other teams may have had matching t-shirts, but UT had a secret weapon in Alexander Vuong, who made quite the impression on the other delegates, with his lightning-fast buzzing and enthusiastic cheering!

I wish I could comment on the daytime seminars and activities, but Alex Marcil and myself were busy in CAPSI National meetings. I can let you know that we were all hard at work discussing and developing some exciting initiatives, such as a potential scholarship and a new collaboration with Pharmaciens Sans Frontieres. Also, watch out for the launch of the Ratiopharm Handwashing Program, which will involve presentations to elementary school kids by Pharmacy students.

So as my term as the CAPSI rep for UT is nearly over, I have to say how much I have enjoyed being on the National Council. It's been an incredible and rewarding experience. I would like to encourage all of you to get involved, whether it is in your class council, UPS or CAPSI executive – it will definitely be worth it.

Next year: PDW 2007 in Winnipeg!



Your lovely U of T CAPSI reps. Photo courtesy of Jessica Auyeung



All together now! U of T pharmies at PDW. Photo courtesy of Jessica Auyeung

Hi pharmacy,

Have you ever wondered what it might be like to work for the OCP? Wondering how hard it is to switch between different fields in pharmacy (eg. hospital, community, teaching)? Take a look at this month's profile. Diana Spizzirri has managed to do gain a lot of interesting experiences since she graduated from U of T in 1998, and has some really valuable insights to share with you. We hope you enjoy this month's profile!

If you know of a specific pharmacist you would like to see profiled, or have any other feedback, just let us know by emailing us at [just.lee@utoronto](mailto:just.lee@utoronto) or [cathryn.sibbald@utoronto.ca](mailto:cathryn.sibbald@utoronto.ca).

Justin Lee (0T6)  
UPS External Affairs

Cathryn Sibbald (0T7)

## **Demographic Information**



**Name:** Diana Spizzirri

**Year of Graduation:** 1998

**Which pharmacy school did you graduate from?** U of T

**Have you completed**

### **any advanced training or certification?**

Completed a hospital pharmacy residency (at UHN) (*certificate*) which I found to be very practical. I gained many advanced clinical skills. I am currently working on a Masters degree in Higher Education at OISE, UofT.

### **Do you participate in any other professional activities (eg. committees, professional associations)?**

An active member of CSHP (Canadian Society of Hospital Pharmacists) Ontario Branch where I am currently a Co-chair of the Awards Committee, ON Branch, CSHP. This committee is involved in garnering support for awards, receiving and reviewing submissions and determining its recipients. These awards are presented to deserving members who have shown exemplary clinical, research and/or teaching skills in pharmacy practice.

## **Job Description**

### **What position do you hold or what is your current practice?**

I currently work at the Ontario College of Pharmacists, the regulatory body for pharmacy practice in ON, and my title is Registration Advisor. I work in the Registration Programs area where I oversee the Structured Practical Training (SPT)

program for students and interns who are pursuing licensure as a pharmacist in Ontario. I assess the students'/interns' reports (Activities) and their evaluations or assessments. I also facilitate SPT preceptor orientation workshops to train pharmacists as preceptors for our students and interns. My other area of focus is the Certification of pharmacy technicians. I am involved in managing this voluntary exam that is available to qualified technicians as a means of assessing their knowledge and skills in their current delegated role in pharmacy practice.

### **How did you get to where you are today? What was your career path?**

I graduated from pharmacy and began a hospital residency program. Once I completed the program, I accepted a clinical pharmacist position in the Neonatal Intensive Care Unit at a teaching hospital in Toronto. It was an interesting and challenging position that required specialized knowledge in perinatal pharmacy as well as accurate calculation and compounding skills (pediatric oral and IV dosing, TPN etc). A few years later, a new contract position for an SPT pharmacist was posted at the College. I was interested in taking on a new challenge, specifically with a focus in education. Since it was a contract position, it gave me the opportunity to trial it. The timing was also appropriate since I had just begun my M.Ed. degree and thought it would be relevant to the position at the College. I initially continued to work casually in hospital and community practice. The position has since evolved into a 'Registration Advisor' since this role encompasses more than SPT, including registration issues and policy development.

**If someone was going to make a movie called "A Day in the Life of [Pharmacist Name]", what would the plot be? (i.e.**

### **walk us through a typical day for you)**

No two days are exactly the same. It really varies from day to day depending on whether I have a workshop or a meeting or I am in the office working on assessments and activities. Generally, I have workshops throughout the year, usually 2 or more per month. These are full day workshops that involve training preceptors on feedback and assessment skills and preparing them to take on the responsibilities of being a preceptor. I also take part in presenting to students at UofT and the IPG program about SPT. Assessments and activities are submitted by students/interns daily and need to be reviewed and monitored to ensure the competencies are being met. Follow up with students and preceptors is important and some time is spent on the phone/email. Guiding students on completion of the activities is an interesting and rewarding task. Some time is spent on writing articles for publication in our journal or other media as well as development of our SPT manuals (activities and assessments) and our website. I also have several committees that I oversee and need to provide support to. I am involved in the voluntary Certification exam for technicians that includes working with an expert in psychometrics as well as a committee to develop and maintain a fair exam. I provide candidates with guidance on preparation for this exam as well as coaching if they are unsuccessful. Therefore, my position encompasses educational, administrative and regulatory tasks and requires good communication and assessment skills.

### **What do you like most about your job?**

I really enjoy the educational aspects of the position in facilitating and supporting the training of students/interns and preceptors, and being involved in guiding their entry-to-practice. I also enjoy meeting pharmacists in our workshops and being inspired by such great practitioners.

**Have you experienced any challenges that**

**you had to overcome?**

**(eg. personal challenges – improve communication skills, confidence building)**

**(eg. external challenges – hospital politics, transition from community into hospital)**

Absolutely! Ask any of my classmates and they will confirm that I was quite shy and intimidated by the thought of presenting to large groups. I have been continuously working at increasing my confidence over time. However, I enjoy teaching and facilitating the learning of students and it is this interest in education and training that seems to motivate me. My communication skills have also improved with experience. I also look for ways to improve these skills by seeking out courses or conferences that focus on education and other practical skills that will help me in my current position. Transitioning from a hospital position where I felt quite competent to an educational-administrative position with no experience was a challenge that required developing new skills. Pursuing my graduate education has been advantageous.

### **Fun Questions**

**What is your best memory of pharmacy school?**

Attending PDW in Montreal where our Faculty was represented by about 150 students! It was quite an incredible experience to see so many pharmacy students from various faculties across the country together.

### **Advice Questions**

**Did you have a pharmacy role model in school? If so, who was this person and why did you admire him/her?**

This is a great question and difficult to limit to just one. In school, I admired two Faculty members who I found were inspiring. Debra Sibbald was one of the first Faculty members to teach a very practical course focussing on non-prescription and non-pharmacological therapies. I was inspired by the fact that she had been able to manage her career, her family and make a significant career change in moving from hospital practice into teaching. It was encouraging to see that pharmacy could provide several opportunities apart from community practice.

The other person I admired was Zubin Austin. He is quite involved in pharmacy and in advancing the profession through professional practice research. His passion for the profession was always inspiring.

**What advice do you have for current pharmacy students or new graduates?**

Working in various practice settings throughout your pharmacy education will not only help identify your areas of interest, but also serve to establish a networking of pharmacists who may serve as mentors. Explore all your options and take advantage of the many opportunities that a degree in pharmacy can bring.

Enjoy every moment of your pharmacy education. Get involved as much as you can and be proud of your chosen profession. Whatever career path you choose, if you have a passion for pharmacy and genuinely care for your patients, you will enjoy it.

*in my space*

*Michelle Wong  
017*

*Speckled chaos running forever  
Splotches dabbed here and there  
Together - molded to fit,  
Yet different  
is each piece.*



Cartoon: <http://www.offthemarkcartoons.com/cartoons/1999-01-30.gif>

# PHARMACY

By: SAMEER REMZILLA, O18

I'm a student going into year three,  
At U of T,  
To get a higher degree,  
From the Leslie Dan Faculty of Pharmacy,

It cost me double the tuition fee,  
Dished out Ten-thousand, Seven hundred and three.  
Some say "at least we're getting a new building for free",  
But I say, "When, in the next century?"

I agree that the path is not easy,  
Putting up with Med Chem to a tolerable degree,  
Learning all about BCRP and PGP  
But does anyone know how to counsel for Plan B?

Well, whatever, at least in the end we have job security,  
Making money like it grows on trees,  
Charging \$6.11 for our professional service fee...  
That's like, what, 238 in terms of zee Rupee?

Whoops, I probably shouldn't have said that in front of the OCP,  
They warned us about that at the induction ceremony,  
Now, they'll probably track me down in the Pharmacy Key,  
That's why I disguised myself as a pimp at the Semi.

But still, after I wake up and have my morning tea,  
I pray to be blessed with this opportunity,  
And I know that there's no place I'd rather be,  
Even after watching Doris' CD!

## P.S.

I know this rap was kinda cheesy,  
But I'm no Young Jeezy.  
Besides, I wrote all this while studying Biochemistry on the TTC.  
So I could get some UPS points and earn my Pharmacy "P".

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# Identity

What is a class identity? What does it mean to be a class? As we tread through our academic lives, do we ever stop to think about others around us? This question is of great importance to me: I spent two years in undergraduate Arts and Science here, at U of T, and thought I saw it all – the hostility, the isolation and fierce competition of large first and second year classes. I remember those days, sitting in Convocation Hall, along with 1000, yes, 1000 other students, realizing I do not know more than 10 people in the room, and I am nothing more than a numbered speck in this mosaic of faces. I saw myself become cynical, realizing that university is nothing but a business, and my utopian high-school ideals of university as a cradle of knowledge melted away, along with my parents' great tales of the 'best years' and the 'lifelong friendships' formed with your classmates. In September, it changed. Everything changed, as I came to this faculty. Everything was different, from the number of social events to the idea that everyone is 'in the same boat' – same classes, all together for the next four years. I felt that our class, although large, was something almost out of my high school dreams of university – we all had the same courses, there was no use for competition – we were all together. I felt a part of something larger – the idea that we will be together for four years, and in the future, be colleagues and remember each other for life. One could say that our class has its own identity – 0T9 – different and unique, almost like a personality; with its own character, its ideas, its goals and achievements. I am not afraid to say that there is no one who is not part of this identity – we are all part of it. As you may have guessed, I am an idealist, and I personally believe that I have a responsibility to myself, but also a responsibility to this class; my classmates are my colleagues, not just other people in the class. I believe that if I can, I could and should help them – whether it is with an assignment or a missed lecture, to a reasonable degree.

I do not believe in the attitude "I just want to get my degree – I don't care about anyone else". This, to me, means "I don't care what means I use to get my degree - if I happen to trample others, too bad. It's a tough life – I just want to earn my share". Where is this class identity now? This is not a call to sainthood – but a concern for our own class, which is not a random group of people – but 'our' class – is it not our obligation?

We are entering a health profession where we are known as the ones that care. Patients complain to the pharmacist, they let them know of their hardships, in hopes that the pharmacist will understand and hear them out. We are not taught empathy as a field exercise or some routine – we are taught it so that we would learn to care. Shouldn't this care start for a care for ourselves – our own class?

-- A voice from 0T9

## Love: a choice or a feeling?

By Anonymous

In this crazy, fast paced, boy-meets-girl world we live in, I'd like you to take a minute and ask yourself a simple question. "Love. Is it a choice or a feeling?" Some will respond to this question with, "Love is definitely your feelings. When you have it, you just know, y'know?" A lot of others will say it's a choice. And of course, there's "it's both."

I've heard it described this way: "Love is a choice, which shows itself in action and is accompanied by emotion." So first and foremost, it is a willing choice to act.

Here's a scenario. If you were to ask a typical husband, "Do you love your wife?" he would say "yes" (and hopefully not follow-up with "yeah, I got nothing against her"). Ask him "do you always have that feeling of love for her?", and if he were honest, he'd probably say "not ALWAYS". Just ask yourselves the same about the people you love. Do you always have that feeling of love for your parents, friends, kids and significant others? (Especially with parents, sometimes we can't help but feel like we're just tolerant of their nagging, but we love them anyways... but I digress).

If love is grounded in our feelings, our relationships would be pretty unsteady. Emotions go up and down with the times. We could be married 10 years from now and find the person of our dreams after we're married. What would we do then? "Love is a choice revealing itself in action, accompanied by emotion."

The "married for 50 years" couples. Those are the couples that display a true depiction of love. I'm sure in those 50 years, they may have been tempted to give up or even wonder "who's this person sleeping beside me?", but they persevered, stuck

it through, and ran the race.

They've probably enjoyed so many moments of love working through the tough times and embracing the good times.

They've grown old together, from young hands bound by wedding rings to wrinkly, old, weak hands still bound by the same rings.

And in that time, they've watched one another grow deeper in their relationship and love for one another. The moment they said "I do", they made the action to choose to love one another. Those that go the distance can say "we loved one another. Just look at our 50 years of love, laughter, tears and joy."



Photo: [http://www.blog.yvettefevurly.com/images/4\\_13\\_05.jpg](http://www.blog.yvettefevurly.com/images/4_13_05.jpg)

So I guess this is dedicated to all those Valentiners out there. "Love is a choice revealing itself in action, accompanied by emotion." When cupid's arrows hit and you've bagged that "one", don't forget to duck and shield yourself from cupid's other random arrows thereafter. There may not be a perfect person for you, but you're more than capable of making perfect relationships. I leave you with something Chandler once said to Joey: "You're a good guy, and I know when you finally meet the girl of your dreams, the one that makes you feel in love, you'll be able to take her by the hand, look her in the eye and say 'No thanks. I'm married.'"

# PDW 2006 – Some Thoughts

By Evgenia Cheveleva, OTS

I did not know what to expect from a trip to Montreal to a pharmacy conference. On the way there, sitting at the back of the bus, I had mixed feelings; will this be just a ‘party week’, or will I be able to take something away, more than a few T-shirts and pens? I did not know.

My doubts went away shortly after arriving at the center of Montreal, settling in the prestigious Hyatt Regency Hotel I saw where we shall be having conferences and events for the next 4 days, along with about 1000 students from across our great country. Without realizing it, my long-studied-but-never-learned French suddenly came to me, and I was surprised to be able to not only carry on a conversation with a fellow pharmacy student from Quebec, but also even understand a half-French conference.

I shall leave the social events of PDW for others to describe; they were certainly amazing, fun and exciting, and a wonderful opportunity to interact with fellow students. I think that all conferences were superb and thought provoking, and I want to share with you my thoughts on 2 conferences which inspired me, and that I know I will remember for life.

The very first conference was a unique speaker about Ethics. Apart from finding out from M. Jean-François Bussi eres that Ethics is Scithe backwards, he said that ethics cannot be taken for granted and ‘bull-scithe-d’, as is done a lot in today’s society. He presented us with a challenge to see through issues such as drug companies ‘buying’ pharmacists, and other ethical controversies in pharmacy. The next day, there was a health fair, at which, apart from some pretty nifty free things, I learnt about an organization I always suspected to exist, but never heard of or from – Pharmacists Without Borders – or Pharmaciens Sans Frontiers (PSF). I had the great pleasure to talking to the Canadian president of PSF, who told me about the program and how it was formed. The next conference was a talk by Diane Lamarre, from the University of Montreal about Humanitarian Aid by PSF. Mrs. Lamarre discussed why it is important to have pharmacy laws, and just how much we take for granted here, in Canada. In post-war or Third-world countries, no useful drug regulations, distributions or controls were present, and this leads to much havoc. This talk made me aware of just how much pharmacists can change a devastated country simply by helping to organize drug controls and regulations in hospitals, community pharmacies and at the government level. I was amazed that in a relatively short amount of time, pharmacists from Canada and across the world were able to work out a system together with the local health professionals that made sense to local health professionals, the government and its citizens in particular countries.

The speaker made a very special point – that if we are ready to go on a mission, we can, by all means – but we do not have to go to a third-world country in order to make a difference. She asked us all to take on a local mission – one to help our own future patients, to work together with doctors and other members of the health profession, to ensure the best outcome for patients. In other words, she asked us to be the best pharmacist one can be. That in itself is a mission that lies



Photo courtesy of Angel Li

right in front of us, but to accept it is our own decision.

As the audience applauded, I had one of those moments, when I knew that the images in the presentation and what she said would stay with me for life. I hope it does – and I would highly encourage all of you to look up Pharmacists Without Borders and see what they have accomplished, if you ever doubt the importance of pharmacy in the lives of both people and nations. Two days later, coming back to Toronto, my mind was still racing from lack of sleep, memories, people I have met, and ideas. However, most importantly, I knew that I took something precious from these conferences – something to remember for the rest of my life – not to take ethics for granted, not to take our future profession for granted, and to always, always remember to be the best pharmacist that one can be – for it will make a difference.

## Featured Professor of the Month

**Name:** Debra Moy

**Course(s) taught:** PHM 329, 328, and 429

**Most embarrassing moment as a professor or as a practicing pharmacist:** A lack of knowledge on rounds. I was unable to report on the latest drug trial and the CI, RRR, ARR and primary endpoints for the trial being discussed. Yet everyone else knew this information.

**Hidden talent(s):** I love camping...is that a hidden talent??

**Nickname(s):** Don’t have one – unless there is something you want to tell me???

**What is a weird obsession that you possess?** Nothing I can think of – though people find it unusual that I don’t drink coffee.

**What kind of things do you collect?** Nothing – I dislike clutter and throw things out.

**How can students ace your class?** Work in hospital or community practice before 3<sup>rd</sup> and 4<sup>th</sup> year (the summers before pharmacy do not count). See the labs as learning opportunities rather than as being about marks. (They are only F, P and H.) Ask questions. Accept that practice is different from textbook knowledge and that the labs focus on practice. Learn all you can from your TAs and course coordinator because you can’t get it all from the books.

**Name:** Bill Wilson

**Course(s) taught:** Coordinate and teach PHM326, teach in PHM429

**Most embarrassing moment as a professor or as a practicing pharmacist:** --

**Hidden talent(s):** None

**Nickname(s):** Willy

**What is a weird obsession that you possess?** Hawkins Cheezies

**What kind of things do you collect?** Logo Golf Balls

**How can students ace your class?** Come to class and only take one handout



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# Health Fair

**When???? FEB 8, 2006 WEDNESDAY**

**Where??? BAHEN ATRIUM**

**Time???? 10 AM – 3 PM**

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- ✓ To get UPS points for helping out
- ✓ To get free stuff
- ✓ To learn how to maintain your health

\*\*\*\*\*



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# A day in the life of...

Mohammad-Usman Imran, OT7

Normally I like to think of myself as a reasonably productive person. I get things done, do I not? But after what has amounted to be the most physically and mentally exhausting semester to date, and after cramming as much information as possible into my brain for its duration, I decided to take some time to relax during the Christmas break and let this corrupted knowledge dribble out of my head. When I say relax, I mean relax. If I were any more relaxed I would have soiled myself. Thankfully I was alert enough to maintain an adequate level of autonomic tonicity and also managed to keep an account of the wonderful and exciting things I managed to fit into my schedule during my time off. Here's a day-by-day account of my break. Let's call it a monograph-log (a mono-logue?) for you to peruse. I warn you, if you're expecting a thoroughly detailed, inspiring tale of human sacrifice and suffering, the recollection of some life changing event, or juicy tidbits of a personal nature you're in for a disappointment. In fact I highly doubt it's even worth reading for anecdotal interest. Actually, it's just a blatant attempt to put off studying for pharmacology. (To be honest, if this somehow gets approved for publication I might lose faith in our wonderful monograph editors...) That being said, I present to you my version of "A day in the life of..."

- December 21st - Today I slept for 16 hours. I also took a nap in the afternoon; For some reason I was still tired. Noticed that my sheets and pillows don't match. In fact, the pillows don't even match each other. I fluffed them up and went to sleep again. Woke up at some point during the night and noticed a sock lying on top of the alarm clock that wasn't there when I went to bed. It was obscuring the first number - not sure if was 2:32 or 3:32 am, it was too far to reach so I went back to sleep.
- December 22nd - See above. Change 16 to 17. Discovered 'Sesame Street' is not the sacred institution it once was. It is now called 'Sesame Park' and the cookie monster now refers to cookies as a 'sometimes food'. (WTF?)
- December 23rd - See above. change 17 to 15. Cleaned my desk, even the dust on the light bulb in the lamp.
- December 24th - Exhibiting signs & symptoms of allergic rhinitis, secondary to above. Diagnosis = sleep deprivation. Self treated by sleeping 16 hours.
- December 25th - My Mother commented on the scruffy exam beard which is now becoming rather ungainly. My facial hair has never grown so long, so now its gone - and now I feel a draft, especially on my upper lip every time I breathe...
- December 26th - Scored a leather jacket at Danier, \$300 off (!) and pissed off a middle aged man who obviously reached for it first. Too bad, old friend - Too Bad... Started to read a new book.
- December 27th - Garbage Day. (wait, garbage day was delayed by a day - so I slept in just a little more...) Couldn't find the book I was reading. Spent an hour looking for it. Panicked that I had thrown the book out in the garbage - realized that it wasn't garbage day. Looked around for another hour, found it in the basement - exactly where I was reading and put it the night before...
- December 28th - Garbage Day. Today I learned how to use the waffle maker with pancake mix. I created pancake-waffle hybrid breakfast things. I call them Pancakles™ or Waffa-cakes™. Put the 'mistakes' in the Garbage for 'storage'.
- December 29th - Boss called today and asked if I'd like to work a few hours, so took a nap to think about it. Sat around and contemplated cleaning out the basement storage room instead. I found a box of transformers (no, not electrical equipment, I mean Optimus Prime) and put them up for sale on ebay. They didn't meet my reserve price... so now they're on my desk and I play with them (Only sometimes...)
- December 30th - Halfway through my book. Thinking that the S&S of allergic rhinitis may not have been due to the dust from cleaning, but in fact due to other allergens trapped in the exam beard. Concluded that dust was only a precipitating factor.
- December 31st - Fell asleep at 11 pm...
- January 1st - Woke up around noon with the feeling that I missed something. Spent an afternoon perfecting my version of a 2nd cup fruizzi. I've mastered orange, mango and an "in house specialty" I call "canned peach parfait".
- January 2nd - Went out to a birthday party. Came home by 5 pm. (Yes, i'm geriatric, and so are people I know.) Discovered a dozen 80s pop songs hidden in a dark corner of my hard drive. Found myself listening to "Bizarre Love Triangle - New Order" then wondered why the hell I had this song in the first place. Vowed to never listen to such blatant cheese ever again.
- January 3rd - Today I went grocery shopping. I learned the difference between Anjou and Bosc pears. Apparently one is more expensive than the other... the cheaper one is apparently 'always tastier' as I managed to buy the wrong (more expensive and thus 'less tasty') kind which got me a lesson from Mummy. Also noted that Asian pears look suspiciously unlike any pears i've ever seen; in fact they would more aptly be named "Albino Apples". Found myself listening to "Bizarre Love Triangle" again - but this time in the car...
- January 4th - Ironed my dress shirts (just in case I had to go to work - which I didn't.) Went to the gym instead - felt the burn for an hour, then felt the pain of not working out for a semester. Administered acetaminophen 500 mg q6h prn and returned to the sofa for a nap.
- January 5th - Noted that 'The Cosby Show' plays at least 4 times during the weekdays. Twice on TBS and twice on Prime. Found myself eating a pickle, a piece of cold chicken and a cube of cheese at 3 am 'cuz I was hungry and didn't want to bother heating anything up'.
- January 6th - Spent 5 hours on the internet deciding on which 'pocket pc' to get; still no decision. Took a nap to mull it over. Still no decision.
- January 7th - Got a haircut. Wondered how my Barber can wear a sweater to work - not cause its hot, but because there's other people's hair all over it. Nasty. Maybe I need a new barber. Went to get an oil change and somehow ended up at the Lexus dealership down the street - still don't know why they let me test drive a car; must have been the haircut... At home I managed to burn microwaveable popcorn. I even used the 'popcorn' button on the damn thing. Stupid GE. Ate it anyway and felt sick. Had some more and my gastric irritation resolved spontaneously. I think this qualifies as evidence supporting the law of similars. I wonder what Dr. Uetrecht would think.
- January 8th - Found out that a friend from high school is an NDP candidate while I was attempting a world record for holding a pencil between my nose and upper lip (7 minutes 39 sec...). Reflected on the last two weeks and the direction of my life.
- January 9th - First day of classes. Finally cracked open my pharmacology textbook for next weeks test. Realized I have a mother PPL the next day which had not been studied for - Prognosis? 80% chance of me booking a remedial session...

# Retail 101

by Alex Vuong, OT9

**DISCLAIMER:** This article contains crude jokes which may be offensive to some readers. Please stop reading if this may pertain to you. The opinions expressed in this article are not representative of the student body of the faculty. The author states: "I had no intent on offending anybody; this article was written with a humorous approach and does not necessarily contain my point of view. Please note that this is the PG-13 version of the article and the R rated version can be obtained by contacting me by msn: Alex\_Vuong@hotmail.com".

Most of you reading this have once been employed in a shopping centre and know that retail workers dealing with clothing are a special breed of mall employees. Throughout my retail years, I have seen quite a large platter of shameful action from customers and fellow co-workers. In this recipe of scandal, a combination of a group of young adults with little or no ambition in life is mixed with flashy-and sometimes shiny or velvety material goods and a pinch of narcissism to ensure that outrageous action is always cooking. I've seen "guy on extremely young boy action" in a Mexx changing room, "fist fight action" behind the Banana Republic cash register and "slap your kid in the face action" selling shoes at Wal-Mart. These are the stories that make working in a clothing store one of the worst jobs humanly possible (aside from being a cum cleaner for the private booths at Zanzibar or Brass Rail). Working your first shift as a "fashion consultant" is like baptism by fire-an unnecessary and painful symbol of coming-of-age, so thankfully I pulled a Jesus and left everyone behind! But instead of spreading good news and the gospel, my article exposes you to these retail workers and the dynamics amongst them that you can find in a typical clothing retail environment.

## THE SLUTTY SELLER

*Co-Authored By: Paris Hilton*

The Slutty Seller is one to stay away from! She is thinner than Anne Frank during a fasting ritual and continuously reeks like ball sweat. Not even the Man Skank Manager from Volume 1 would want to get with that. Low on self esteem? This lady will pump it (your ego and your gold member) by the end of the transaction with her easy going and easy personality. Though you are purchasing clothes from her, there is a chance you may get sexual favors for later. Your receipt is like winning a scratch ticket! But seeing this plump cherry wins you a STD where you get to keep on scratching so the fun never ends!

*Is Sleeping With:* The question is who ISN'T she sleeping with?

*Wants To Be Sleeping With:* The fortunate guy who's going to give her a reason for her next abortion

## THE FLAMER BOI

*Co-Authored By: Elton John*

Honey, he's here and he's queer so hear her roar! Ladies, this man is the one you want to help you pick out that perfect outfit. When he says he loves the tank-top you are wearing, he actually loves the tank-top you are wearing. The Flamer Boi isn't busy staring at your baby feeding kalamazoos, but is marveling at the tank-tops fantabulous thread count!

*Is Sleeping With:* The Flamer Boi working at The GAP

*Wants To Be Sleeping With:* 90% of the male population working or shopping at The GAP (They don't call The G.A.P, Gay and Proud for nothing).

## THE BITCHY AND FRIGID ASIAN ICE PRINCESS

*Co-Authored By: Margaret Cho*

Unless you plan on spending a load of cash on clothes, stay away from The Bitchy and Frigid Asian Ice Princess. She will sucker you in with the baby talk and whine with her shrill voice until you just can't say no. Which is ironic, because The Bitchy and Frigid Asian Ice Princess has been saying no her entire life. But you can't blame this deprived and destitute girl. Blame it on her crazy Asian parents who have sheltered their daughter her entire life with textbooks for the next school year, do it yourself science experiments, Hello Kitty paraphernalia, chess sets, baggy athletic wear, chastity belts and Chinese school.

*Is Sleeping With:* Her right hand

*Wants To be Sleeping With:* Her left hand to spice things up on the weekends

## THE TOM CRUISE WANNA-BE

*Co-Authored By: Ben Affleck*

This wild guy will do anything to pay off crushing debts from all the Smirnoff Ice, Lemon Drops, Cosmopolitans or Crantini's (and all the other manly drinks) he elegantly sips at the bar so he tries to up-sell things you probably won't need. This out-in-space guy has jumped the couch far too many times and just needs to sit down and have a Jager Bomb or an Upper Canada Lager before he does anything crazy and hurts himself in the kitchen. In the rear entrance, packing fudge has been extremely therapeutic for The Tom Cruise Wanna-Be, especially when doing it with his ex-convict best friend Bubba. Bubba is a great friend and really prods him to feel better.

*Is Sleeping With:* A very confused and sexually frustrated Katie Holmes look-alike

*Wants To be Sleeping With:* Aliens from outer-space who resemble effeminate men

## THE TOKEN BLACK GIRL

*Co-Authored By: Queen Latifah*

She's got you straight tripping boo! This sista has got the opinion that matters and I'd be scared to not follow this diva's advice! There's also absolutely no way people within 50 meters can't hear her voice either. This foxy mama's always the one attracting the guys in the store to shop, and convincing them to buy things they really don't need! Buying something you don't need is one of the worst feelings in the world (aside from

answering the bone-a-phone lying down and getting spooge in your eyes)!

Is Sleeping With: Jerome, Tyrone, Tyrese or Jermaine

Wants To be Sleeping With: Mr. Personality (Because everyone wants to sleep with Mr. Personality)!

## MR. PERSONALITY

*Co-Authored By: 750mL of Smirnoff*

Mr. Personality is the fashion consultant with a flair for fun! He is the most recognizable employee of the store and is the constellation around which everyone else revolves. Most of his mental capabilities are spent thinking about some of life's most challenging questions.

1) What to drink after work, i.e. vodka shots or...vodka shots?

2) What (and sometimes who) did I grind with last night?

3) Who (and sometimes what) did I make out with last night?

Is Sleeping With: His sleep inducing PHM120 notes

Wants To be Sleeping With: The Token Black Girl (Every player has a little jungle fever once in a while)

So there you have it-a glimpse at the dynamics and sleeping behaviors between employees working in clothing retail. With all the sleeping around, it wouldn't surprise me to see a sex tape purposely leaked to the public from any of these characters, except of course from The Bitchy and Frigid Asian Ice Princess who has never been touched by a man her entire life. I have so many awesome memories and actually miss working retail, so hopefully the Shoppers Drug Mart I'll be working at in three and a half years will provide similar drama and excitement. Otherwise, I'll probably have to toss the professional demeanor aside and answer the bone-a-phone over the counter!

---But wait there's more! Stay tuned for my next article entitled CLUBBING 101, where I will share insights from personal experiences at nightclubs; club promoting for Penny Lane Entertainment in Calgary and being a bar runner at Calgary's "Home of the Azn Invazn" nightclub, Area 51.

## Undeserving

By Allegra Connor, OT9

Dirty, damaged and undeserving  
Is the unholy angel that you are choosing  
Her beguiling beauty can be deceiving  
So save yourself before you get in too deep

Where you see a rose there are only thorns  
The hand you held has done so much wrong

When you look in her eyes you will hear the  
cries  
Of the blinded soul she tries to hide

Dirty, damaged and undeserving  
Is the unholy angel that you are choosing  
Her beguiling beauty can be deceiving  
So save yourself before you get in too deep

If you'd been through what she's been through  
You wouldn't expect your dreams to come true

So don't be fooled by her disguise  
She'll take your heart and bleed it dry

But what she does to you  
She doesn't mean to  
She doesn't want to  
She wants to make your dreams come true  
Because she loves you  
Because I love you

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# Allegra's Art Archive

by Allegra Connor, OT9



## Playing Tag With the Rain

by Jason Chenard, OT8

Grey, heavy clouds roll over, blanketing the skies.  
The air feels wet, thick.  
Preparation,  
for a game,  
of life or maybe death.

The dice have been rolled, I have the first move.

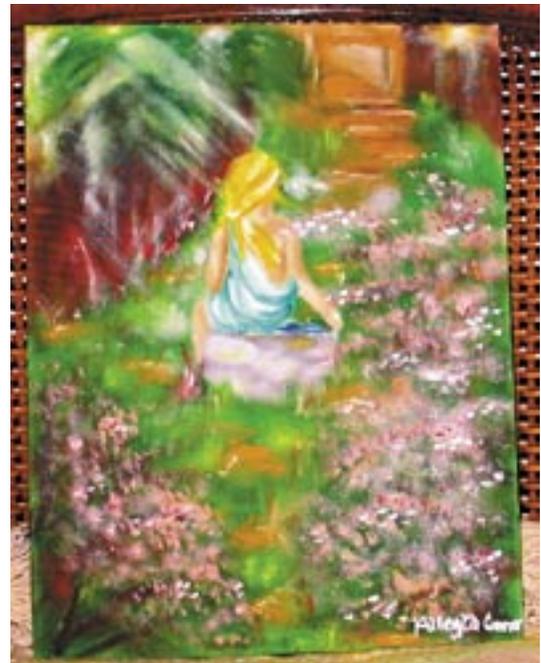
I try to run, It begins to fall.  
I dodge left, right, backward.

I run fast, It hits my hand.  
I run faster, It hits my chest.

It's smart. It hits my glasses, blurring my vision.

Then, my thigh, I now run limping.  
The back of my shoulder,  
forcing me to nose-dive into a pile of Its fallen  
cavalry.

Pinned against cold, wet asphalt, needles piercing into my  
skin.  
It's breath rips off my hat.  
A loud clap, I have never been this close.  
The tip of Its sharp dagger presses into my throat.  
Afraid my trembling will force the cold iron through the  
dermis.  
My rubber boots now too heavy to kick off.



Finish me!

It shows mercy.  
I rise to my knees,  
to see a multi-coloured arc.

Perhaps It got scared. But of what?  
Was I chasing It, or It me?

That would make me it.

*Published by Authorhouse, 2005*

# A Truly Worthy Read

By Jose Carvalho, OT7

Well, so I'm sitting here in my room and I decided that my weekend of procrastination would not be complete until I write a little article to the Monograph! I must warn you, my friends, that this article may not only prove to be a waste of my VERY valuable time, but it may also leave you demanding the 5 minutes back that you spent reading it. I sit here in search of an exciting story that I can tell about my own life. A story with a riveting plot, breathtaking suspense, earth-shattering twists and even some XXX, if that's the sort of thing you're into (which I'm sure for 95% of you is actually the case). However, I sit here a broken man. Contrary to popular belief, my life is actually quite mundane. Please refrain from laughing, I am being serious. My life is not as glamorous nor as exciting as it appears to be.

Anyway, I have decided that I would like to tell you a story that will maybe brighten up your day or even give you that extra inspiration to get out there and "be all that you can be!" And just so we're clear, yes, I am referring to the ARMY (call 256-704-5800 or check out [www.army.com](http://www.army.com) if interested).

Before I continue, I would like to announce that this story is NOT a figment of my imagination. It has not been altered nor hollywoodized in any kind of fashion! It is as real as the Dean's commitment to getting our new building finished, as real as Debra Sibbald's hair, as real as pharmaceutical care!

This story takes place in Turkey. It is your typical "Turkey" morning and the Turkish shepherds have left their herd to graze the fields while they enjoyed their own breakfast, totally unaware of the horrific events that were just about to take place. It begins with a single sheep nearing the edge of the cliff where they were grazing and suddenly jumping to its death. Yes, my friends, sheep are very much like humans. They get depressed, they question their existence and sadly enough, they lose their will to live, committing sheep suicide (or "sheepicide" as I have cleverly invented!) Stunned Turkish shepherds then watched as nearly 1,500 other sheep follow, each leaping off the same cliff! In the end, 450 dead animals lay on top of one another in a billowy white pile of sheep. Ah, but now being the very bright and inquisitive pharmacy student that you are, you think aloud, "But Jose or Taco or Carvello (yes, my friends, I go by plenty of names), how can there only be 450 dead sheep when nearly 1500 took the plunge?" Well, I'm glad you asked ... This is the "happy ending" that everybody looks for in a story. And for those sick individuals out there, no, the "happy ending" of the story does not mean more

wool sweaters to go around (even though they are warm, soft and truly marvelous). The truly miraculous part of the story is that those sheep who jumped later were saved as the pile got higher and higher and the fall became a lot more cushioned.

Well, I hope my little story amused you and more importantly, I hope you learned a couple valuable lessons:

1) Don't be a follower. Forge your own path in life or you may in fact find yourself at the bottom of the proverbial pile of life!

2) Never take your eyes off what's truly important to you. One second it may be there, the next second it may be gone!



Photo: <http://homepage.mac.com/editbox/images/Sheep.jpg>



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# THE WEDDING

By: Candy Pletzer, OT7



Jacob, age 92, and Rebecca, aged 89, are all excited about their decision to get married. They go for a stroll to discuss the wedding and on the way they pass a pharmacy. Jacob suggests they go in. He addresses the pharmacist, "We're about to get married. Do you sell heart medication?"

**Pharmacist:** "Of course we do."

**Jacob:** "How about medicine for circulation?"

**Pharmacist:** "All kinds."

**Jacob:** "Medication for rheumatism, scoliosis?"

**Pharmacist:** "Definitely"

**Jacob:** "How about Viagra?"

**Pharmacist:** "Of course"

**Jacob:** "Medicine for memory problems, arthritis, jaundice?"

**Pharmacist:** "Yes, a large variety."

**Jacob:** "What about vitamins, sleeping pills, antidotes for Parkinson's disease?"

**Pharmacist:** "Absolutely."

**Jacob:** "You sell wheelchairs and walkers?"

**Pharmacist:** "All speeds and sizes"

**Jacob says to the pharmacist:** "We'd like to register for our wedding gifts here please."

## Conservative Healthcare: What's in store for Canadians?

By Lukasz Krajewski, OT8

There is a new Federal Government in power and some things are probably going to change and so it seems fitting, as this is the official pharmacy newspaper, to discuss how healthcare might be affected over the next 5 years.

I did some research and found quite a few issues on the Conservative agenda. I will provide unbiased and unfiltered information so that everyone can make a decision as to the risks/benefits of each proposal (get it, risks and benefits). Here they are in a nutshell.

- Ensuring that evidence based benchmarks for medically acceptable wait times for procedures and major disease treatment are established as soon as possible.
- Ensuring patient wait time reduction targets for priority procedures identified by provinces are reached by the end of 2006.
- Working with the provinces to compose a Patient Wait Times Guarantee, so as to ensure that all Canadians receive essential medical treatment within clinically acceptable wait times, or can be treated in another jurisdiction.
- Providing Canadians with regular reports on progress towards meeting these wait time targets.
- Facilitating increases in the numbers of programs training doctors, nurses and other health care professionals.
- Developing comprehensive plans for the

prevention and treatment of cancer, mental illness, and heart disease.

- Implementing a \$260 million, five years Canadian Strategy for Cancer Control, to improve screening, prevention and coordination of resources among the federal government, cancer advocacy groups, and the provinces.
- Designing new national plans for managing mental illness and heart disease.
- Allowing for a mix of public and private health care delivery, as long as health care remains publicly funded and universally accessible.
- Improving access to natural and complementary health products.

You can pretty much see that, superficially all of this looks pretty good. Well, except maybe the point stating the development of a public and private, publicly funded health care system. In any case, history has shown that election promises and platforms are really written for the moment to simply win elections. What actually happens over the next 5 years is a completely different story. Time will only tell if this government will follow through.

# SLOW DAY AT THE PHARMACY

By: Gayathri Radhakrishnan, OTT

Are you bored in your pharmacy? Tired of just counting and counselling? Do you crave some excitement? Well, you have come to the right place. What follows is a list of ideas that you may want to try to make your pharmacy career interesting.

- 1) When a doctor calls in a prescription, wait till the end and ask “would you like fries with that?”
- 2) Insist on using the electronic pill counter for prescriptions less than 10 tablets and count by hand for all prescriptions greater than 100 tablets
- 3) Take all the Lipitor™ as hostage and threaten to flush them down the drain unless you get a 30 minute lunch break
- 4) When a customer comes in for a Viagra refill, wink at him and say “someone is getting lucky tonight”
- 5) During a verbal prescription, laugh hysterically when a doctor says the drug name and say “Man, I didn’t think someone could mispronounce the drug that badly” – even if the pronunciation is accurate
- 6) When a customer walks in the pharmacy, have all your staff celebrate and announce: “You have won the [insert your pharmacy name] sweepstakes. Your prize is an annual supply of Depends™ for all your incontinence needs
- 7) Run up and down the aisles in the pharmacy waving your spatula and scream “The L.U.F.s have landed. Run for your lives”
- 8) When another pharmacy calls in for a transfer, throw a hissy fit and claim “Ain’t no way you’re getting my customer. Meet me at the old clock tower and we’ll settle this man-to-man”
- 9) When a doctor calls in a new prescription for a patient who already has several different drugs, refuse to fill the prescription. State that the patient’s liver and kidney have gone on strike and they refuse to metabolise any more drugs
- 10) Post a speed limit in your pharmacy and give your customers a speeding ticket if they walk too fast
- 11) If a doctor’s handwriting is illegible, go to the doctor’s office and:
  - a. Make him/her read your Medicinal Chemistry notes, which have been written in extremely poor handwriting or
  - b. In a loud voice, sing an off-key rendition of the Evita soundtrack
- 12) Make your customers dance the “Macarena” before giving them medication for diarrhoea.
- 13) Conduct a hunger strike every time a drug plan fails to go through.
- 14) When a new customer comes into your store, approach her stealthily and tell her you’re a spy. Hand her your lab coat, inform her that she’s now the new pharmacist because your cover’s been blown and then run away
- 15) Whenever there’s a drug interaction, panic and start pacing frantically. Announce to your staff over the P.A.

system “everyone, remain calm...I’ll handle this situation... there’s no reason to panic...THERE’S NO REASON TO PANIC!!!!”

- 16) When you are the only pharmacist at your store and people continue asking “Are you the pharmacist?” respond with “I know you are, but what am I”

Disclaimer: The ideas mentioned in this text are purely hypothetical and not meant to offend anyone. This author absolutely, positively, refuses to be held responsible if these ideas are implemented in practice. They may make your pharmacy career more interesting but they will not guarantee you success. In fact, they will definitely lead to dismissal from your job, if not being run out of town by an angry mob with pitchforks. Unless you are an excellent sprinter with superb pitchfork dodging abilities, please think twice about what you are doing...Thank you.

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# shoutouts!

The D2 Crew

Dear fellas,

Its almost over and its been a blast. Always remember the good times with Big Bertha in the Beehive, the Low-Rider, the Happy Meal, Special K ("don't get your hair stuck in the tree"), BEAR SPRAY!!!!, synchronized cart exchange, Andrea (Habitat for Humanity Ice Cream Party was a blast! You brought the best sprinkles!), Andy-boy ("oh behave! and get that roll of drugs off your head!"), " I have drugs in my pocket" and Chee-Hing...thanks for walking JC to the parking lot every single day for the whole summer & driving AC's poor unlicensed self a ride home every day. Ok, well she's licensed but she likes carpooling more.

Ok, now when are we going for Dim Sum?

AC & JC

Andy Boy from OT8

"Is it because I'm wearing yellow?"

Alternatively, "Why did the girl mushroom invite the boy mushroom

up to her room?"

And as Special K says "What makes a chines bun Chinese?"

\*CHICKENFEET!!!\*

Y'know...

Kim, Ruta, Lis, Ellen, Char, Ann, Amy

PDW was awesome! Let's do it again next year. Hopefully the next time we go, we won't be "too" rowdy this time. Hahaha

Em

Room 138

It wasn't because we didn't want to hang out in your room, but you guys just voluntarily came over instead!! =P

Room 139

## WRITE A SHOUTOUT

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](mailto:themonograph@gmail.com)

+++PDW 2006+++  
+++Montreal+++

