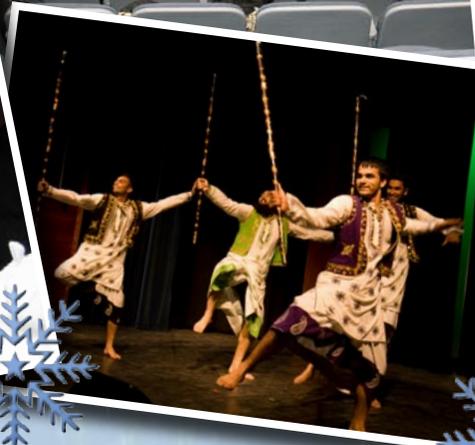


The Monograph

Nov/Dec 08
Vol.10 No.3



Feature Article: Summer Pharmacy Jobs, from a Student's Perspective p.13

Letter to the Editor p.4

Shout Outs p.19

What Girls Look for in Guys p.21

Check us out in colour: ups.uofpharmacy.com/Monograph

Executive Team

EDITORS-IN-CHIEF

Ruby Liang

Yuan Zhou

theMonograph@gmail.com

0T9 REPRESENTATIVE

Leanne Drehmer

leanne.drehmer@utoronto.ca

1T0 REPRESENTATIVE

Josh Lieblein

obsidian_17@hotmail.com

1T1 REPRESENTATIVE

Cameron Forbes

cameron.forbes@gmail.com

1T2 REPRESENTATIVE

Kenny Ma

ken.ma@utoronto.ca

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The Articles of The Monograph are not reflective of University of Toronto, the Leslie Dan Faculty of Pharmacy nor the Undergraduate Pharmacy Society. They are strictly the opinions of the authors. If you find any articles inappropriate or offensive, please contact us to discuss the matter in further detail.

From the Editors

As exam time dawns upon us once more, hopefully this issue of The Monograph will bring some cheer to your studying days. We would like to dedicate this issue to the OT9s - good luck on your SPEP rotations and we will miss having you guys around in the building! Congratulations go out to Christine Truong of 1T0 who was the lucky winner of last issue's draw!

If your creative juices start flowing over the Holiday Break - be sure to write them down and send them in for the next issue. The submissions deadline for the January issue will be **Sunday, January 18, 2009**. Any questions, comment, shout outs, or suggestions can be sent to : themonograph@gmail.com.

From the entire Monograph team, we would like to wish everyone a safe, happy and relaxing holiday break! Good luck on your exams!



Ruby Liang and Yuan Zhou

UPS Corner



Congratulations on surviving midterm season! Now is your chance to take a few deep breaths before finals are upon us. During the past few weeks there have been a ton of events filling in the time between classes and studies.

The Pharmacy Phollies took place on October 27th and 31st. Events directors Elnaz Haddadi and Koren Lui coordinated the most efficient show in recent years. The evenings were full of entertaining dances, musical numbers, and the essential council skits. The closing night was followed by a Halloween party at Picadilly Circus where pharmacies dressed in creative costumes and haunted the dance floor.

The UPS referendum on student fees successfully passed this year. We will be taking the results to the University Affairs Board for final approval. Upon approval, this fee increase will allow UPS to continue providing the high level of services and programs which many of you take advantage.

Charity week this year saw the return of the traditional bake sale, wacky day, canned food drive, and pie throw with addition of a few lucky profs. We reached out with two new initiatives: the sandwich run and the holiday toy drive. The week climaxed with the professor auction which raised record amounts of money for our class charities and the CAPSI charity. Thank you to all the students who participated and contributed and especially to Stephanie Chan and her fund raising committee for organizing such a successful week!

"Simply sweet" was the theme of this year's semi formal, but perhaps "seeing red" would have been more in tune with how we all chose to dress. Dressed in our finest attire we gathered at Meron Banquets for an evening of dining and dancing. Congratulations to social director Rachel Fu for another incredible event!

We would like to wish you all good luck on exams and a relaxing holiday break. See you all in the New Year!

James Morrison (UPS President) and Christine Truong (UPS Vice-President)

WHAT'S YOUR TYPE?

- Taj Dhinsa (1T1)

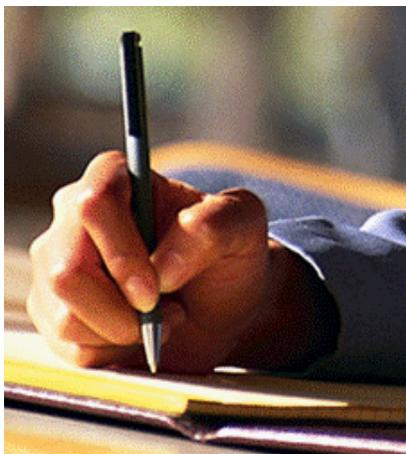


Most people have probably heard the news reports in the past few months about Canadian Blood Services and the lack of blood supply across Canada. In some cases, hospitals have had to delay treatments or postpone elective surgeries; the situation is so dire that blood shipments to hospitals have been rationed. As you can see, the need for blood and blood products is rising and we need to increase the percentage of eligible Canadians who donate blood. This is your chance to be someone's hero—in fact, you can save up to three lives with just one donation! Stay tuned for more information about blood donation during "Pharmacy Blood Week" from January 19th-23rd. ■

(Still skeptical? Go to page 11)

Letter to the Editor

A recent report presented to the Ministry of Health and Long Term Care contains proposals to expand the practice of community Pharmacists. The Health Professions Regulatory Advisory Council has recommended that community Pharmacists should have the ability to adjust prescriptions, renew chronic medications, order lab tests and most controversial – diagnose some minor common



ailments and prescribe appropriate schedule I therapy. Dennis Darby of the Ontario Pharmacists' Association says this will allow pharmacists to "really play our role in delivering health care to patients in Ontario." The details of the proposal were published in a recent issue of the *Toronto Star* (Nov. 20, 2008). These proposals are by no means being implemented in the near future and great debate will ensue prior to any changes in the current practices. The article concluded by saying "Spokespeople for both the Ontario Medical Association and the College of Physicians and Surgeons of Ontario said they would like to analyze the entire report before making comments. The Ontario College of Pharmacists was likewise cautious about judging the proposals."

Well it certainly did not take long for the Ontario Medical Association to analyze the entire report and release their comments. A follow-up article was printed in the *Star* the very next day: *Leave Prescribing to Us: MDs* (November 21, 2008). In the article Dr. Ken Arnold, president of the OMA slammed the proposal deeming Pharmacists lesser levels of health care. The OPA has outlined that diagnoses would be made following education and adhering to strict diagnostic criteria. While diagnosis is not something focused on during pharmacy education Dr. Arnold is "not sure that it's just so easy for a pharmacist to pick that up." Dr. Arnold says pharmacist prescribing would create fragmentation by encouraging the pharmacists to go it alone. He feels this will not serve the public well, would not increase patient access to care and would actually set health care practice back five or 10 years.

After reading the thoughts of Dr. Arnold and the OMA I was furious. However I hesitated to write a letter to the *Star* because, simply put, the pharmacy care model I want to practice is already in place, so why waste my time. During summer 2008 I worked at McMaster Children's Hospital in Hamilton. The collaborative care model with the pharmacist as an active participant, is in full swing within Hamilton Health Sciences Centre. After a short cooling down period, I spoke with other members of my third year class to hear their thoughts. My sentiments were echoed over and over – all this training and the OMA thinks we are incapable of prescribing. With encouragement from classmates I went on to write the letter below, to the Editor of the *Star*. Unfortunately, my letter has not been published. I sent the letter out to the class of 1T0 if only to have my opinion voiced to a small group. I received an astounding response from our class. Many emails flooded my inbox praising the letter and thanking me for speaking out. While the *Star* won't print my letter, a much more influential, widely circulated publication – *The Monograph* – will. Please remember, this is simply my opinion. One I feel VERY strongly about.

To the Editor:

I did not intend to write a letter to the editor following the article *Leave the Prescribing to Us: MDs*; however I feel I must voice the opinion of a current Pharmacy Student. The stronghold doctors have as gatekeepers of healthcare is falling to the wayside and it saddens me that the OMA is resisting the coming changes with such vengeance.

Not one other profession has the knowledge the pharmacist possesses in regards to prescription and non prescription drugs. We are extensively educated in this speciality and are the drug experts of the health care system. The program is exclusive to only two universities in Ontario, and requires 4 years of extensive classroom instruction and clinical setting training. This is a second entry program that requires previous undergraduate university training and on average only one in ten applicants is accepted.

The desire to diagnose is not one that I possess. I am not trained in that speciality and feel it would be a disservice to my patients to offer to do so. This part of the proposal I disagree with. However the ability to prescribe is something every licensed pharmacist is fully trained and capable of. Once an accurate diagnosis is made pharmacist consultation should be paramount in considering pharmaceutical therapy. It is unreasonable to think that physicians can and do possess all the pharmaceutical knowledge pharmacists gain in our four years of training in addition to the knowledge required to diagnose and perform complex medical procedures. It is in this way antibiotics would not be overused, microbial resistance, dangerous drug interactions and severe adverse effects could be avoided.

These proposals are intended to improve patient access to care. Under current regulations should a patient present at their community pharmacy with a prescription that is inappropriate for them due to other medications that they take, their age, allergies or action of the drug, we, the drug experts, are unable to alter the therapy. Our patient may have to wait days until the doctor can be contacted and advised of an alternative and the change agreed upon. The new regulations would allow us, the drug experts, to alter the therapy to best serve the patient. This would eliminate the wait for the patient and free the physicians from the incessant phone calls and faxes they receive from the community pharmacies.

Currently this expanded collaborative care model is being practiced with great success in the vast majority of hospitals. When medications are incorrectly ordered the pharmacist has the ability to change the drug or dose. In many cases a directive has been established to allow pharmacists to do this without consultation with the doctor. In other situations the pharmacist is sought and asked to recommend appropriate therapy based on the diagnosis made. This model allows all medical professionals to focus on their speciality and utilize the resources of every profession to the benefit of the patient.

The reality the OMA and Dr. Ken Arnold must face is that their stronghold on patient care is loosening and the "lesser levels of health care" providers are able to provide quality, and in some instances superior, medical care. Nurse practitioners are currently able to diagnose and prescribe. Why is it so difficult for Dr. Arnold to believe a pharmacist could pick up these skills? The model currently in practice in the hospitals will be expanded to the community setting to the benefit of all patients. Thank goodness as students we are trained to be able to recommend or prescribe appropriate therapy, keeping the practice of pharmacy five years ahead of the current views of the OMA.

Kristen Ban
Leslie Dan Faculty of Pharmacy, Class of 1T0

CSHP-OB AGM: A Student Experience

- James Morrison, UPS President

The Canadian Society of Hospital Pharmacists Ontario Branch Annual General Meeting has come and gone, but here is a bit of a recap to encourage some of you to attend next year's sessions.

I admit that 8:30 am is too early to start any conference, but it was worth it to hear Sandra Walker's talk on Vancomycin drug monitoring. It was basically a recap of all we have done in kinetics so far and served as a great review. The following Impact Paper reviews were more technical than last year and ended up being over the heads of most the students in attendance. There were three workshops to choose from in the afternoon. Many students attended the insulin dosing session where we went over the basics of insulin dosing and had a crash course by walking through a few cases. This session was highly comprehensive and will give us a head start when we cover insulin dosing in therapeutics. The afternoon ended with presentations on dementia and delirium as well as palliative pain management both of which provided broad reviews which were presented at a level students can grasp.

This year I had the opportunity to serve as the master of ceremonies for the awards dinner. Many of the award recipients provided inspirational speeches and it was great to hear about some of the innovative work taking place in hospital pharmacy environments. Each time I attend such an event, it reveals to me the incredible opportunities available to us new practitioners as we enter this constantly evolving profession.

There is a real collegial vibe among hospital pharmacists, and at the CSHP-OB AGM there are many opportunities to interact with hospital pharmacy leaders. You can ask questions and greatly expand your understanding of what may be available to you upon graduation. Many experienced pharmacists enjoy conversing with students and you will begin to develop some contacts that could be beneficial to you in the future. I hope this recap will motivate you to attend next year. ■

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www.opatoday.com

THE BLUEPRINT**

- James Morrison (1T0)

The profession of pharmacy is moving towards patient focused care to support safe and effective use of medications. In order to provide a unified national vision of pharmacy practice many stakeholders came together and the Blueprint for Pharmacy was born. The task force was organized by the Canadian Pharmacists Association (CPhA) and included representative pharmacists, pharmacy technicians, pharmacy owners, and pharmacy organizations.

The document reviews the many challenges to medication use as well as the current and future roles of pharmacists and pharmacy technicians in the health care system. The Vision document recognized that strategic action is needed in 5 key areas:

- Pharmacy Human Resources
- Education
- Continuing professional development
- Information and communication technology
- Financial viability and sustainability
- Legislation, regulation, and liability

The document emphasizes that all the stakeholders will need to work together on an action plan to achieve the Vision for Pharmacy. Further to this point, the Undergraduate Pharmacy Society (UPS) has given our support to the Blueprint for Pharmacy and agreed to consider it in our future strategic plans.

I would like to encourage you all to review the Blueprint. Print copies have been available in the student lounge and it is also available on the CPhA website: http://www.pharmacists.ca/content/about_cpha/whats_happening/cpha_in_action/blueprint.cfm

I also encourage you each to sign the individual commitment to act thereby agreeing to support change that moves the profession forward: http://www.pharmacists.ca/content/about_cpha/whats_happening/cpha_in_action/blueprint_commitment.cfm ■

STRENGTH IN NUMBERS

- Alexander Vuong, UPS Past President

Get involved. Take the profession into your own hands. Pharmacists have been told for many years to step up to the plate and become more involved in primary health care initiatives. The progress that pharmacists have made has been tremendous, but there is still work to be done. With the Blueprint for Pharmacy underway, the future has never been brighter, but I challenge all of you to look for ways in which YOU can add value to our roles as health care providers. Pharmacy students can play an influential role in shaping the future of our profession and many opportunities exist for involvement with national and provincial groups with professional interests in mind.

But to get involved, one needs knowledge about what is going on with the profession!

Joining one or more of the following organizations will help keep you informed. They have always said knowledge brings power.

Your advocacy bodies also need support to change. The phrase "strength in numbers" comes to mind. If an organization is truly meant to reflect the voices and opinions of its group, it needs as many members as possible. By officially registering, you are giving more credibility to the organization as being an inclusive group.

I have compiled a short list of organizations that I belong to and feel very passionately about. I have synthesized information from their websites and mentioned my 3 favourite benefits to give you a brief glance, but I encourage you to check it out more for yourself. I strongly recommend joining!

CPhA

Website:

<http://www.pharmacists.ca/>

Contact Person:

Janet Cooper, Senior Director of Professional Affairs and Membership

JCooper@pharmacists.ca

Student Membership Cost Per Year:

FREE

Student Liasion:

Kristjana Gudmundson (University of Saskatchewan)

Board of Directors-Students

krj198@mail.usask.ca

Benefits:

-Student member discounts on CPhA products and services including Therapeutic Choices, Patient Self-Care and e-products, plus a special pharmacy student price on the Compendium of Pharmaceuticals and Specialties (CPS) of only \$99 (regular price \$235).

-Current peer-reviewed articles, research, and more through the Canadian Pharmacists Journal online, at www.cpjournal.ca

-On-campus activities including seminars and workshops on professional topics and annual report

OPA

Website:

<http://www.opatoday.com/>

Contact Person:

Wendy Furtenbacher, Membership Coordinator

wfurtenbacher@opatoday.com

Student Membership Cost Per Year:

Years 1-3: \$58.44

Year 4: Free

Student Liasion:

Angeline Ng (University of Toronto)

Board of Directors-Students

angeline.h.ng@gmail.com

Benefits:

-Mailings of The Ontario Pharmacist, Professional publications, etc.

-Communication broadcasts and e-mail blasts to keep updated on the profession

-membership exclusive section online

-Goodlife Fitness corporate discount, discounts at Enterprise Rent-A-Car, various attractions, special Bell Mobility Pricing

CSHP

Website:

<http://www.cshp.ca/>

Contact Person:

Robyn Rockwell, Membership Administrator

rockwell@cshp.ca

Student Membership Cost Per Year:

\$49.98

Student Liasion:

April Chan (University of British Columbia)

National Student Delegate

apriljane.chan@gmail.com

Benefits:

-CE and Conference Opportunities at the PPC, Banff Seminar and AGM

-Discounts on car rentals, hotels, flowers, insurance, etc.

-Products and publications

CAPSI

Website:

<http://www.capsi.ca/>

Contact Person:

Alexander Vuong, Executive Secretary and Membership Chair

Alexander.Vuong@gmail.com

Student Membership Cost Per Year:

FREE with UPS Ancillaries Fees (Automatically deducted from U of T tuition)

Student Liasion:

Rachel Knott & Meaghan Linseman (U of T Sr. and Jr. CAPSI Reps)

Rachel.knott@gmail.com & Meaghan.linseman@utoronto.ca

Benefits:

-Access to Competitions (Patient Interview, OTC, Student Literary, Compounding)

-Access to symposia

-Free agenda, extras such as backpacks, iPharmacist coupons, etc. ■



THE GLOBAL MEDICINE INITIATIVE

- Matthew Lee, GMI Case Study Coordinator

“Never doubt that a small group of thoughtful committed citizens can change the world. Indeed it’s the only thing that ever has.”

– Margaret Mead

There are certain facts which are impossible to ignore – one third of the world’s population lacks access to essential medicines. 38,000 people die every single day from infectious diseases which could be prevented with available medicines. This equates to over 14 million people per year, over 3 million from AIDS and 2 million from tuberculosis. There is a face to every single one of these numbers, but their appalling sufferings are often overlooked as stats on a page. The Global Medicines Initiative (GMI) is a U of T student group formed from within our Faculty of Pharmacy which is compelled to help alleviate this problem. Our vision is to advocate international health and access to medicines at the local, national and international levels. This vision is to be achieved by promotion of education and awareness on access to medicines issues.

On October 23rd2008, the GMI held a case study meeting to discuss the pharmaceutical industry’s involvement in the issue at hand. Policies regarding differential pricing, patent relaxation, and the inadequacy of drug donations were discussed, and much insight was gained into the attitudes of the industry themselves. This opened our perspectives to see the need for improvements. In addition to this, the GMI is heavily involved in the fundraising of money to offer to various organizations involved in access to medicines. This year, both Doctors Without Borders and Pharmacists Without Borders will receive all funds raised through events such as the AIDS everyday campaign, or our bake sale.

The GMI is student group who is committed to join this colossal fight to improve access to medicines. Our resources are limited, our numbers are small, but our vision is big – we do believe the awareness and money we raise will save lives, save a face from becoming a stat. For more information please go to <http://gmi.uoftpharmacy.com/about.htm> or email gmi-uoft@gmail.com to find out how to become involved. ■

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Pharmacy Mentorship Program

Hello Pharmacy!

As exams are looming (yikes!), we just wanted to remind you all that our fabulous mentors are eagerly awaiting your exam questions. The current list of mentors is posted on the UPS website! (Editing note: discussed with Lesley that password will not be published because accessible to those outside of our Faculty)

Wishing everyone the best of luck with exams,

Denise Kwan & Lesley Palmay
Pharmacy Mentorship Program Coordinators



Pharmafiles - Your Rx to Success

Hi Pharmacy,

Hope you're excited to read another issue of the PharmaFiles. Pharmafiles is a regular in the Monograph that profiles pharmacists who are leaders of the profession. This month, we are proud to feature someone who has really made an impact on pharmacy practice. Jim Snowdon, owner of Snowdon Pharmacy, was named Pharmacist of the Year in 2003 by the Ontario Pharmacists' Association (OPA). We were fortunate enough to conduct a personal interview at his pharmacy to get a glimpse of his practice. He is also no stranger to pharmacy students as he is a TA for the PHM 429 PPL labs and has trained many students in his own pharmacy. We hope Mr. Snowdon's achievements inspire you to become as involved in the profession as he is. If you know a pharmacist that you would like to see profiled for our next issue, email us at mike.pe@gmail.com or sassha.orser@gmail.com.

Good luck on exams and have a wonderful holiday break!

Mike Pe (0T9) and Sassha Orser (1T0)
UPS External Affairs Directors

Demographic Info

Name: Jim Snowdon

Year of Graduation: B.Sc. Phm (1970), Pharm D (2008)

Which pharmacy school did you graduate from? University of Toronto (B.Sc. Phm), Creighton University (Pharm D)



Have you completed any advanced training or certification? Doctor of Pharmacy, Certified Orthotist, PCCA Certification in basic compounding and veterinary medicine, Women's health certificate

Do you participate in any other professional activities (eg, committees, professional associations)? Ontario Pharmacists' Association (OPA), Canadian Pharmacists Association (CPhA), Metropolitan Toronto Pharmacists' Association (MTPA)

Job Description

What position do you hold or what is your current practice? Owner of Snowdon Pharmacy (located at St. George and Bloor).

How did you get to where you are today? What was your career path? Being a third generation Snowdon family pharmacist, I have been practicing at Snowdon pharmacy ever since I graduated. Both my father and grandfather were pharmacists. Snowdon pharmacy just celebrated our 102nd anniversary!

If someone was going to make a movie called "A Day in the Life

of Jim Snowdon", what would the plot be? (i.e. walk us through a typical day for you) In the morning, after a brisk morning walk for about an hour, I try and finish clerical and administrative things. The rest of the day I work in the dispensary, mostly talking to patients.

What do you like most about your job? Definitely the people! Everyday is a different person and a different request. People are fascinating when you find out who they really are. In this neighbourhood [the Annex], we're really lucky since we have some really fascinating people! I always have great stories to go home with.

Have you experienced any challenges that you had to overcome? This building [at St. George and Bloor] used to be a medical building where all the chief doctors at the downtown hospitals had offices. But in 1982, when the building changed ownership, some of the doctors moved out. Then in 2002, the University of Toronto purchased the building and virtually all the doctors moved out. So there was this huge shift in my practice from being in a medical facility to now being a stand-alone pharmacy. I had to distinguish my practice, so specialty compounding is our niche in pharmacy.

Fun Questions

What is your best memory of pharmacy school? Graduating (laughs). In 4th year, I had a fun time and finally got the hang of school.

What is your most embarrassing pharmacy moment? In my Phrosh week, our phrosh leaders took us out to centre island and dyed us all purple. Try going back to the city and taking public transit looking like this.

Tell us something very few people know about you (eg, hidden talent). The only thing I play well is the radio (smiles). Actually, I enjoy painting in watercolour and carpentry.

What is your favourite drug and why? I enjoy alcohol (smiles). In compounding, there's something called SVR (Spiritus Vini Rectificatus), which is 95% grain alcohol. It's great after hours.

Advice Questions

Did you have a pharmacy role model in school? If so, who was this person and why did you admire him/her? My father was my role model. He was a great people person. Everyone would always come to him for answers and I really don't know where he would get these answers from. But he would always send them away laughing. He had this marvelous golden touch and I was always in awe for it. He inspired me to pursue pharmacy.

What advice do you have for current pharmacy students or new graduates? You guys have the greatest opportunities to make great things happen. It took us 30 years to get the attention of the government and I think pharmacy as a profession has one of the biggest horizons. When I first graduated, you couldn't even tell the patient what the drug was. You just had to give the drug to the patient and say nothing else. Now, with cognitive services and maybe even prescribing, I've seen the profession do a complete 180 degrees. You guys are on the threshold of extraordinary opportunities. Don't forget to seize these opportunities and make good things happen. ☛

The CAPSI Corner

What's all the HYPE about Regulated Pharmacy Technicians?

On Thursday November 13th, CAPSI welcomed Susan James and Della Croteau of the OCP, to speak at our fall symposium about pharmacy technician regulation. Here are some of the highlights of their presentation:

What does 'Regulated Pharmacy Technician' mean? 'Regulated Pharmacy Technician' (R.Ph.T.) will be the legal title given to pharmacy employees that complete the required academic requirements and licensing exams. Regulated techs will have "enhanced roles" and will "not work *under* the pharmacist, but *with* the pharmacist".

What type of advanced roles will regulated technicians have? Traditionally technicians have relied on pharmacists, as the final check, to catch and correct their errors. Now, regulated pharmacy technicians will have "more responsibility and be held more accountable for higher risk events". Specifically, regulated technicians will have greater responsibility in the technical aspects of compounding and dispensing. While it will ultimately still be the pharmacist's responsibility to ensure that all orders are therapeutically sound, registered technicians will be permitted to authorize and process prescription transfers and sign off as the independent final check of any prescription. Essentially, the goal is that the pharmacist will not have to be involved in the technical aspects of filling every prescription (i.e. computer entry, counting, checking, etc.).

How will the introduction of regulated technicians improve the profession of pharmacy?

The OCP has recently submitted a proposal to have revisions made to the pharmacy scope of practice. This new proposed scope includes "the promotion of health", "prevention and treatment of diseases", and "monitoring and management of medication therapy". They have also proposed that pharmacists have the legal ability to perform the controlled acts of "administering a substance by injection or inhalation" and "performing a procedure on a tissue below the dermis" as part of providing patient education. Hence, having regulated technicians will be invaluable providing more time for pharmacists to provide the best possible patient care.

Will regulated pharmacy technicians be able to check all types of prescriptions?

Yes. Regulated technicians will be able to check any prescription, including repeat prescriptions, new prescriptions, narcotic and controlled prescriptions, etc.

Will regulated pharmacy technicians be required to have personal liability insurance?

As of now, it will not be mandatory for regulated technicians to have individual liability insurance. However, it is expected that most will get it, especially if they are not covered under a workplace policy.

What will bridging programs and new college technician curriculums be teaching regulated technicians?

These programs will include courses such as professionalism, jurisprudence, compounding skills, technical skills, professional practice, and general pharmacology.

As more and more regulated technicians are hired, will there be fewer jobs available for pharmacists?

According to the Blueprint for Pharmacy and other analyses, there continues

to be an identified need for pharmacists in all areas of healthcare. In particular, as the population ages, there is more and more need for pharmacist involvement in medication management. The OCP is confident that instead of being hired to check hundreds of prescriptions a day, pharmacists will be hired to provide thorough, high quality patient care. Even the large pharmacy chains are apparently on board with the idea of utilizing registered pharmacy technicians as a valuable resource to provide pharmacists with more time to devote to patient education, therapeutics, MedsCheck, etc.

Do all people currently working as technicians have to become regulated? No, it is optional.

What will happen to pharmacy technicians currently in practice that decide not to become regulated?

Pharmacy employees who work as technicians but are not registered will not be able to take on the same advanced responsibilities as a registered technician. Also, they cannot legally be called "technicians" and therefore, will be called 'pharmacy assistants'.

What is one major change that pharmacists will have to make in their daily practice in order to facilitate this process of enhancing the quality of pharmaceutical care?

As pharmacists are taking on a larger role in patient education and therapy management, the need for thorough and effective documentation is becoming more and more important. Check marks and sloppy signatures on hardcopies will no longer be sufficient. Pharmacists will have to document notes about patient's medical histories, patient compliance, patients' progress through therapy, education that was provided to the patient, etc.

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- Women's and Men's selection available

Contact kalena.truong@utoronto.ca for more info and a copy of the order form
OR Contact your class CAPSI representatives





Little Travellers *A project for those in need*

Little Travellers HIV/AIDS Initiative is a grass roots project started by a group of ordinary people who really wanted to do something to ease the burden of HIV/AIDS and poverty in Africa. Each "Little Traveller" is made by women who are infected or affected by HIV/AIDS in South Africa and is done as part of an income generating project of the Hillcrest AIDS Centre. More than 100 families are being supported by the work of the beaders and many of them are also volunteer caregivers at the centre.

100% of the money raised goes back to support the people who are infected or affected by HIV/AIDS as well as the programs at the centre educating and training the crafters. Sponsors (such as CAPSI) pay the operating costs of the project so that the sales can go back to the people who need it most. So far over 26,000 Little Travellers have been sold, providing over \$130,000 to support those battling HIV/AIDS in Africa. Little Travellers make great gifts for loved ones, family and friends for birthdays, anniversaries and holidays.

Each Little Travellers doll is \$5 and comes with its own passport for you to fill in. This is a great cause and I hope that you will consider getting one for yourself or someone you know. If you are interested, come find me in class or email me at ipsfuoft@gmail.com

Here is just one of the many stories of the people Little Travellers is trying to help (from

<http://www.littletravellers.net/crafters>):

Francisca Mbele is a 73 year old granny who makes Little Traveller dolls. Often children she raised to adulthood, all but one have passed away, and she now cares for her five grandchildren, ranging from 6 to 20 yrs in age.



Francisca (who is affectionately known as "Gogo", a Zulu word for "Granny") has been beading for six years, having learned at the Hillcrest Aids Centre. She initially came to the centre when one of her granddaughters fell very ill. She explains, "Paula [the director of Woza Moya income-generation project] taught me how to bead. So I'm happy. I didn't do beading before, but now I'm clever. Jill (of Woza Moya) gave me glasses and now I can do it fast." In fact, Gogo says that if someone brings her tea to her, she can make up to 20 Little Travellers

in one day.

Gogo is very happy to be part of the beading project at the Hillcrest Aids Centre. She describes her poverty before she started beading: "Before, I hadn't got even shoes. Nothing before. I was too frightened to go outside. I was afraid people were going to laugh. I had nothing. Nothing to eat, no clothes." By making Little Travellers, Gogo now earns approximately R300-400 (~\$60 Cdn) per week, and she uses it to buy food and blankets. When asked what the Little Travellers mean to her, Gogo responds, "They mean that God helps me. God helps me to do these dollies. He looks after me."

In addition to participating in the income-generation projects, Gogo receives a weekly food parcel from the AIDS Centre. Her gratitude in spite of all her hardships is inspiring. "I'm happy! I'm too happy!" she exclaims joyfully.

By purchasing Little Travellers, you are supporting people like Francisca and her family. In addition, all further proceeds help the Hillcrest Aids Centre to provide "unconditional love to all those affected by HIV/AIDS in a practical way".

As it turns out, there are already several students at the faculty who have already bought one through their summer travels, attending various conferences or from me. For \$5 you will get a very cool gift, donate to a very meaningful cause and make a contribution to the lives of those in need.

Vincent Ho (1T0)
IPSF rep

IPSF and GMI presents:

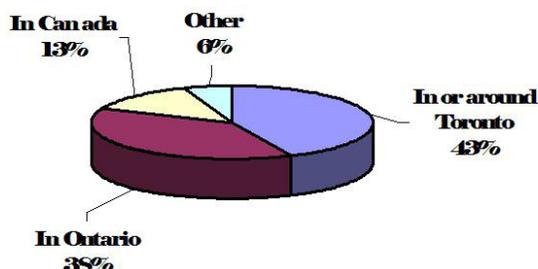
AIDS Eve[®] yday Challenge

Nov 24th to Dec 5th - STOP AIDS. KEEP THE PROMISE.

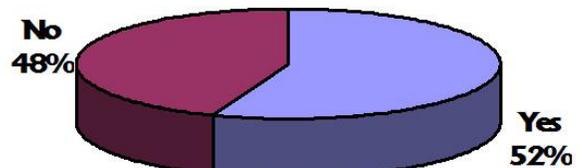
Questions? ipsfuoft@gmail.com or gmiuoft@gmail.com

III Poll

Where do you plan on living and working once you graduate?



Was a career in pharmacy the number one choice you wanted before entering this faculty?



OVERHEARD ON THE TTC

Subway Story (Vanessa Chan, 1T0)

On the Spadina Streetcar (Yuan Zhou, 1T0)

Girl 1: Did you know they sell canes at the dollar store?

Girl 2: Wow, the dollar store has everything!

Guy: "They sell pregnancy tests at the dollar store."

Girl 1: "WHAT?! Really???"

Guy: "Yeah, I've seen them."

pause

Girl 1: "Well, I just wonder how safe they'd be..."

Girl 2: "They probably sell condoms there, too..."

One summer, I was on the subway, heading to work. Somehow, I was running a bit behind (and as we all do, it's the TTC's fault). About 2 stops after I got on the subway, I noticed a commotion a few seats away. I was sitting too far away to hear anything good, so I didn't pay too much attention to it. That is, until someone pressed the emergency stop button and we were delayed for about 5-10 mins. During this time, the gossip began to spread as to what exactly happened. Here is what I heard. A lady was sitting on the outside seat with her bag on the inside seat (I'll refer to her as Lady A). Another lady (Lady B) came on the subway and saw the "empty seat". Lady B asked Lady A if she could move her bag so that Lady B could sit. Lady A refused. An argument ensued. Lady B then proceeded to sit on Lady A (yes, that is what I heard). After this more arguing could be heard and I guess some passenger pressed the button. Both ladies were taken off the subway, and we all proceeded with our busy workday.

MY PERSPECTIVE:

Keeners vs. Crammers

I walked into Dr. Reilly's class one day to find only about a quarter of the class in attendance. I turned to my friend and asked, "Where is everyone?" She responded by saying, "everyone is studying for exams, only the super keeners are here."

First I laughed and then a couple of questions popped into my head. Seeing that I was puzzled, my friend tried to explain the concept of "keeners" to me. This is what I concluded:

There are 2 types of keeners:

- 1) The ones who go to every single class, never skip and go home every night and study
- 2) The ones who do the above but do skip class when it comes close to an exam so they have more time to study

Secondly, she told me not to get the second type of keeners mixed up with the crammers. The crammers are the people who miss a few classes here and there, don't study as often as they should and then skip all the classes during midterms to cram.

So what's the difference? Everybody knows when the exams are. Everybody theoretically knows how much they need to study for an exam. And the most important fact, everybody knows we have some courses that are more important than others. The distinguishing thing is the reason people skip the not so important classes.

To me though, it's such a minor thing. What it comes down to is balancing exam-studying time with going to useless classes. Whether you feel the need to study more or just want more time to study, it's all the same. So the big question for both the keeners and the crammers is still...to skip or not to skip??

**Christobelle (1T0)

(Christine.Truong@utoronto.ca)

TOP 5 REASONS WHY PEOPLE DON'T DONATE BLOOD*

1. I don't like needles/I'm scared of needles/I'm afraid to give blood

Almost everyone feels that way at first. However, most donors will tell you that you feel only a slight initial pinch, and 7-10 minutes later, you are finished and headed for the canteen. If you take the time (and courage) to make one donation, you'll wonder why you ever hesitated.

2. I'm too busy

The entire process takes about an hour, and the actual blood donation time is only 7-10 minutes. Your time could mean a lifetime for a premature baby, someone with cancer undergoing chemotherapy, or someone who's had an accident.

3. My blood isn't the right type

Every type of blood is needed daily to meet patient needs. More common blood types are in high demand and less common blood types are short in supply.

4. I don't have any blood to spare

The average adult body has 10-12 pints of blood. Doctors say that healthy adults may give regularly because the body quickly replaces the blood you donate.

5. I don't want to feel weak afterward

Donating blood should not affect adversely a healthy adult because your body has plenty of blood. You will donate less than one pint, and your body, which constantly makes new blood, will replace the donated volume within 24 hours. Most people continue their usual activities after donating.

*<http://www.givelife2.org/donor/top10excuses.asp>

Feature Article:

SUMMER PHARMACY JOBS, FROM A STUDENT'S PERSPECTIVE

- Cameron Forbes (ITI Monograph Rep)



I've been receiving a lot of questions from classmates about working as a Pharmacy Student over the summer. As Monograph rep, I realized this was a perfect opportunity for an article – this way, instead of re-answering the same questions, I have something in writing I can refer people to.

I spent my first working summer as a high school student at a Rexall, and the next summer working at an independent community pharmacy. This summer past, I worked in a hospital pharmacy. In this article, I'm going to compare and contrast these different positions, as well as offer tips on how to work towards attaining these jobs. I know there are a lot of resources available to students on summer opportunities and such, but I figured this might fill a different niche – information from the perspective of a student who's worked in various roles and got them without actually consulting any references.

(I should mention that I might have had an easier time getting these jobs over the years, living in a very small town where pharmacy enthusiasm is rare. But I think the information should still apply regardless of the geography.)

Community - Chain

My first ever job was in a chain community pharmacy. I actually got this job when I was an 18 year old in high school... so if I could do it then, you can totally do it now. Community pharmacies tend to really want (pharmacy) students to work for them. They're always on the prowl for new pharmacists, so the early they can work you into their systems, the better.

You're going to be doing a lot of technician work: [This applies to all forms of summer pharmacy; one reason they all love to hire students is that then their techs can go on vacation and a trained student can help cover all the different missing shifts.] Counting pills, answering phones, greeting patients and taking their prescriptions, prescription processing, putting away the daily medication order, and the never-ending pile of filing. Once you've established yourself as competent, you might get to do more advanced activities such as compounding. However, don't expect too much pharmacist-specific work. Obviously this all depends on the pharmacists you're working with, the business level of the store, and the management, but in general you're not being paid to be supervised while taking verbals and counselling patients.

This is OK though. Being in the pharmacy environment, having to deal with patients, and working alongside pharmacists is a great experience and you do learn a ton. Drug names start to become more familiar, and all that jurisprudence stuff starts to seem a lot more practical. And be happy, because not that long ago, the role of pharmacy students was incredibly diminished compared to that of today. Pharmacists tell me stories like, "I got a job in a pharmacy my first summer as a student... at the cash register."

Payment for chain is varying. I quit chain pharmacy because they would not offer me full time hours. Apparently, once you become a pharmacy student though, they really want you there. I've heard of sliding pay scales where each summer you work there, they pay you more. Generally, >10\$/hour. But if you can afford it, and are only offered minimum wage, it's still a great idea to work in pharmacy just for the experience alone.

Obligatory story from my chain days: every morning I had to go in at 8am to help the (scary, scary) manager unload the medication order shipment. We opened up a tote and saw 42 boxes of Vagifem, ordered by mistake. My manager was mad but I was really amused. Or, the time I didn't know what a "prophylactic" was and was bellowing across the store at the pharmacist to help me find it, much to the embarrassment of the poor chap at the counter.

Community – Independent

I preferred my independent pharmacy job SO much more than my chain job. It was nice to work shoulder to shoulder with the owner and



manager of the store, who didn't have to answer to anyone higher than him when he made a decision. And given that attracting more customers put money right in his pocket, so much more attention to detail was paid to his patients' satisfaction. It was neat to watch someone who knew all his patients' full names and would have their meds in his hand by the time they made it to the counter. My boss in this case was also much more willing to integrate me into the pharmacist side of things; I still had my rudimental student chores, but when things were slow I was allowed the opportunity to take verbals and counsel patients.

The wage was less, when I started I was making a little over minimum wage. But, the experience was amazing, and the hours were great: 10-6, 5 days a week, no weekends. Also, there was this one lady who came in all summer wearing these very... *impressive* sundresses... certain job perks I suppose. Oh, also I got to drive my boss' car all over town when the delivery man was on vacation.

How to apply:

With community pharmacies, I think the best practice is to do up a great resume and walk in with it. Try and give it to the manager personally. Make sure to clarify that you're a pharmacy student, and show you're personable. Keep in mind these people are hiring you to work full time for four months, they want to pick somebody that they can get along with for that time. And as always, earlier is better than later.

Hospital

Hospital pharmacies tend to have one or more spots they set out for students each summer, so there's more of a chance you'll actually be competing with other students for a job.

The work activities vary. I did primarily technician work at my hospital, with a few "do whatever you want in the hospital with the pharmacists" days. I did some pretty neat things on those days; most notably, I got to attend a total knee replacement surgery (scrubbed up and in the ER. Projectile bone shards were hitting me in the face). Other hospitals have a lot more time spent working with pharmacists on research projects. In either case, be prepared to do a lot more technician labour than pharmacist learning.

Payment in hospital is generally higher. I was making >5\$ more per hour than in community, and I was at a smaller hospital. Bigger hospitals will offer around 15\$/hour or more. Technician work in a hospital is different than that of community. Everything in hospital is in what's called "unit dose" form – it took me a while to figure out what this is all about. Basically, pills etc are given in individualized packets and such so that one dose can be given at a time. This way, doses are given only as a patient is in hospital, and waste is reduced.

The tasks you might get assigned to are IV Prep, first dose dispensing (very similar to filling prescriptions in community), refilling medication storage areas around the hospital (actually more exciting than it sounds), and dispensing medication to be given to patients all around the hospital (working what we affectionately called PACBUDDY).

My favourite part of working in a hospital aside from getting to know my awesome coworkers was getting grilled by the pharmacists. It meant I had to go home and do research to be able to answer their questions, but I learned a ton of neat pharmacy stuff.

How to Apply:

When I first applied to hospital, I did it just to kind of see what was out there and if the rumours of more money were true. I created a resume and cover letter, and looked up addresses of all the hospitals within a driveable radius. I then stuck "Pharmacy Department" at the top of each address when I wrote it on the envelope – this ensures it gets forwarded to the correct place in the hospital. The most important part of this is to **do it over the Christmas break** (hence the timing of this article). Hospitals like to do their interviews in February, over reading week. A lot of them have January submittal deadlines. Doing it over the Christmas break (and some hospitals might even be EARLIER, but Christmas is usually OK) ensures you get your resume on their file in time for interviews.

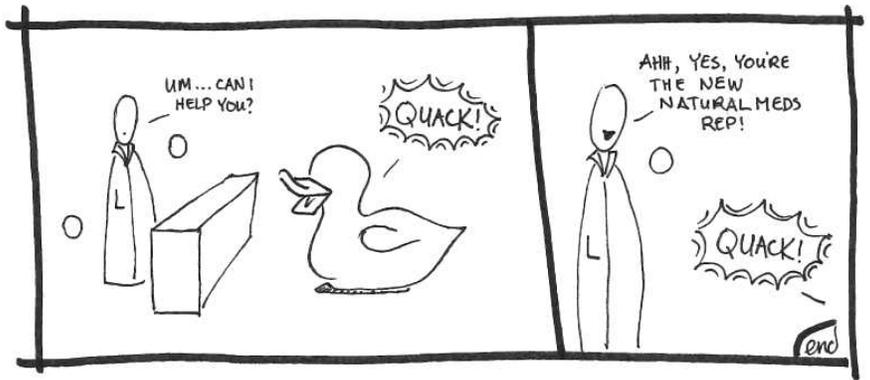
Hospitals differ from community in that they do have students every year, so if you apply in time you're probably guaranteed an interview. It's hard to give general advice for the interviews. You really have to gauge the situation when you get there. Some hospitals are a lot more intellect oriented – try to show you know your stuff and are serious about pharmacy. Other hospitals (I'm guessing smaller ones, with less research projects and such) are less looking for ability, as they know pretty much all pharmacy students are going to know the same amount going in and will need to be trained no matter what. Rather, these hospitals will be looking for students that they can get along well with in a closed environment for four months. Show you have personality.

I hope this article helps in your quest for summer employment. Feel free to email me if you have any follow up questions, at sexycameron@whalepenis.org. Good luck ☺ 📧



ANECDOTSE

BY M.E. SCHELL



What Phrosh got from Phollies

The Good, the Bad, and the All Too Graphic

- William Khong (1T2)

Being a first year student and all, I found the Phollies very interesting. Not only did you see your fellow student showing off their talent, skill and creativity, but you also got a good sense of how the student body and the faculty are like.

My personal favourites were the acts put up by the student councils from different years. They were mostly parodies of how the faculty is like. The 1T2 act taught me that I am indeed in a woman's world (3:7; male:female), which meant that I could still catch Pokemon on my Gameboy, and catch a nice lady-friend in real-life. kekekeke.

I had trouble listening to the 1T1 act, mostly because the microphones weren't that good. But you did get a good idea of how your current and future Profs are like. It seems to me that Debra Sibbald is a popular lady (she was in many acts – student favorite?), Heffer is a mack-daddy (with his 'communication skills'), Crandall is err... very open, Zubin likes to lecture on top of tables, and apparently Calamut would make a good dean, because she's so energetic and cool. But overall, I noticed that the Debra Sibbald was overdone and each actor portrayed her excellently with her trademark scarf accessory and rectangular glasses positioned on the lower part of her nose. Keep in mind that I'm still in first year and did not have a class with her yet, but after the different skits, I can't help but imagine what she has in store for us in 2nd year...

There were also different Profs portrayed in different acts, but I had no idea who they were and why it was funny. Apparently there's

a Prof who teaches with a thick Indian accent (think Russel Peters), a Prof who likes to eat and rub his tummy (think Fat-Bastard from Austin Powers), and a Prof who is... Chinese? It did not make sense to me while I was watching it, but the person sitting next to me (most likely an upper-year) was laughing hysterically, it was quiet annoying.

Oh... and we're apparently not supposed to like the Waterloo-ers (quote: "Waterlosers!"). But I'm sure it was all for comical purposes and we still love our fellow pharmies from the 'Loo... *flush*.

There were also many excellent piano pieces, singing, guitaring, dancing and a short-film! Even the Pharmacy Choir caught me by surprise by moving around the stage, and doing well choreographed, hypnotic arm movements.

The show was overall organized very nicely. The MC's were more fun and silly during the first half of the show which was complemented with silly student parodies. While the in the 2nd act, the MC's became more serious and presented a lot of professor parodies. But I can't help but comment that our networking guru, Alex Vuong, REALLY likes to show skin! After each act, he would introduce the next act (while topless) in a smaller pair of underwear. Our dear past-UPS-president went from boxers, briefs, tighty-whities, smaller-tighty-whites to a G-string!! It was very graphic (oh my virgin eyes!), but hilarious nonetheless!

The night ended off with a grad-song for the 0T9's and I was surprised the whole show took 3 hours!! My initial enthusiasm for the show was mediocre, but after this show, I don't think I can miss the next one! Overall, this show was superb! Good job organizers, volunteers, and performers!!

Midterm Blues

- Yin Hui (1T1)



What is the significance of pulling one sentence out of the whole book, and asking us to regurgitate it back on the exam? In real life, will we really need that one little sentence? Heck, it's just a bunch of words!

Why would anyone ever curve an exam down? Are they so desolate that their students actually managed to learn something, that they must destroy the happiness by pretending the students have learned nothing?

Exams seems like they are supposed to assess how much you know about what you were studying, based on the concept of percentage they always shove in your face. You know, like 50% would mean you know half of the material taught, 70% would means 70% of the material was learned, etc etc.

However, it seems that some present day examinations are no long written in that spir-

it. The instructors would deliberately set the exam with a specific average in mind. While I understand that each subject I'm studying is so vast and deep that it would be almost impossible for students to understand and learn 100% of the whole course, why do the instructors get to decide how much we do or do not know? Heavens forbid that we actually learn everything we need to succeed in life from our courses and drive the average through the roof!

Disclaimer: this rant does not apply to any specific courses or exams.

Tales from Almonte, ON

- Population: 4400

- Cameron Forbes, *ITI Monograph Rep*

Since I first moved to Toronto, I've received a lot of slack about being the token small town white guy. I also find that a lot of people don't truly understand or believe what small towns are really like. This summer, I kept a log of things that happened to me, but through the eyes of someone who had just spent eight months in the big city. For the sake of article shortness, I'll spare the history lesson and description of Almonte, but if people like this article, I have more than enough content for a follow up. Without further adieu, here's my summer journal.

First weekend home

What an eventful weekend in Almonte! I spent the day outside doing chores around the house. We have our boat parked in the backyard and spent a lot of time getting it ready for the summer. So I found myself Saturday afternoon drinking a beer while sitting in a boat parked in my backyard. I also got a very bad sunburn on my neck. I do not consider this a bad thing however; I'm trying to get it to a nice red shade so I will blend better with everyone else here.

We were doing some yardwork out front, and I kept an eye on the cars driving by down the street. After living in Toronto for eight months, I've started to notice things about Almonte that I used to take for granted. For example, I think about 6 different pickup trucks drove by my house today in the span of an hour. Some of the drivers had mullets. This is not considered abnormal here.

First day at work

I started my first day at work in a hospital in Ottawa today. One of the technicians at lunch asked me where I'm from. I said, "I'm from Almonte." She replied, "I'm sorry."

One of the pharmacists asked me if I knew this family in Almonte that her parents happen to know. I wanted to reply "do you think that just because it's a small town I will know every odd family that lives there!?!?!?" angrily. Unfortunately, I did know the family she was talking about. They live up the street from me.

Second weekend home

There was the Ride for Dad event this weekend – a bunch of people get together and drive motorcycles all over the place and raise money for prostate cancer. I worked with my Dad (neither of us rode for him) for a fun-filled weekend of:

- taking scrap metal to the dump
- moving the boat from the backyard to the driveway
- looking for a tow chain at a car parts place
- being offered, and having to decline, a free

burger (at said place)

My little brother Gord came running into the house Saturday afternoon, claiming "a bunch of motorcycle guys passed me and they all gave me the finger for some reason!"

Later on Sunday, we went out to play Frisbee and get ice cream. There were girls at the ice cream kiosk wearing *bikinis*. I've never seen those before in Almonte. We ate our ice cream and ogled them really obviously for about 10 minutes. They then stood up, and we realized, ugh, they weren't that great to look at after all. It still might rank in the top 10 things I've seen in Almonte in the 19 orso years I've been here.

We then went to Gemmill park and played sitting down Frisbee. We crossed a road as a motorcycle gang was driving down it. Gord yelled and ran across the road, scared he'd get the finger again.

May 26th

I stopped at our Rexall on the way home from work today to pick up some allergy medication. I used to work there for about a year and a half. I was greeted with "what are YOU doing here?" Such a warm greeting, it touched my heart. Very representative of our town slogan. (See the picture of the water tower). Nice to see you again too, Rick.

May 28th

My best friend Phil and I were hanging out at the Almonte Tim Horton's. This is our regular spot. We only got a Timmy Ho's in Almonte about 4 years ago – making it our second fast food chain location! (we don't even have McDonald's.) Anyway, my old friend Gus Pie came in. I wonder if his middle name also has three letters. That would make it easier for him to spell. I first met Gus when I was about 5 years old, and I think he started growing facial hair not too long after that. He came into the Ho' with a new girlfriend. It was pretty neat, though. I probably haven't seen Gus in a few years. Yet, his girlfriend looked about the same age as the last girl I saw him with. I wonder at what point he will upgrade to 17 year old girls.

Weekend of June 1st

Wow... two deer ran out in front of my car on the way to work Friday morning. (I was on the way to work, not the deer. Well, I suppose they could have been. When a deer writes a letter, do they start with "Dear" or "Deer"?) That was scary.

This weekend was sad because Phil and I traditionally go see the Almonte tractor pull competition each summer, but it was raining all of Saturday and got moved to Sunday. I could hear it from my house though, while I was helping to change the oil on our car (like a real man!) It was loud and annoying.

Sometimes when the wind blows a certain way, you can hear cows at my house. It also smells bad at those times.

Saturday June 8th

Thank goodness, the weather is FINALLY warm! I've been eagerly anticipating the warm temperatures, so that I might get to witness overweight, hairy Almonte men with their shirts off. Not ten o'clock this morning, I got my wish – a man walking down the side of the road, proudly displaying his gynecomastia (aka Man Boobs) to the world. All is well. ☺

The day ended off great. My friend Phil randomly showed up at my house. We put transmission fluid in his car, helped my neighbour carry patio furniture into his backyard, and then walked down the street, took off our shirts, and walked the entire width of the Mississippi River and back. It was awesome. The water only came as high as my nipples.

Wednesday, June 12th

The weekly edition of our newspaper, the Almonte Gazette, came out today. Front page headline: "CURLING CLUB TO OFFER ADVERTISING SPACE". Oooh, such big news. I should see if they'll do a story about me and Phil walking across the entire river. Oh, that reminds me: I noticed when walking on the bridge over the river that at the bottom is a bathroom sink and a BMX bike. Phil and I should go scavenge those. All we found last time was a gross stubby beer bottle.

June 14th

So annoying! I can hear the Car Bingo announcer saying the letters from across the river, and every once in a while, the excited honks of a winner. This reminds me of the Cow Plop Bingo at the Almonte Fair; a fun event where the letters aren't called out, they're chosen by wherever a cow takes a poop on a grid. Speaking of animals at the fair, a few years back they had a competition where kids try to tackle greased up pigs. They decided not to do it the next year because it might be considered inhumane.

June 19th

This week's Gazette has an article detailing how the recycling and garbage men should stop peeing in the middle of residential streets. I'm going to keep an eye out for this from now on (but not THAT close of an eye, because that would be creepy).

September 3rd

In true Almonte fashion, nothing has happened over a period of several months. I'd better get back to packing for the move back to Toronto.

Conclusion

I hope you enjoyed this brief window into my world. Hopefully seeing how I've had to spend 20 years in this place, thinking of ways to entertain myself, will help you to understand why I am so crazy all the time. Oh, and I never did see the recycling man take a leak in the middle of the street, but I did see a lot more obese men with no shirts on. ■

THE DISPENSARY

- Josh Lieblein, ITO Monograph Rep

The past couple of weeks have brought lots of change. There's been the change from fall to winter, the change from stable financial markets to global uncertainty, the change from sleepless nights of studying during midterms to sleepless nights of partying as midterms end (and back to sleepless nights of studying once again as exams start). Some things, like the profession of Pharmacy, seem to have been in a process of change for so long that nobody can remember how it looked when we started. I have 17 cents in change in my pocket, and David Bowie wrote a song about "Ch-ch-ch-anges." You can change your clothes, change your mind, change the channel, have a change of heart, worry about climate change, or be the change you wish to see in the world. However, it's important to note that a leopard can't change his spots, and the more things change, the more they remain the same.

It's good to know that, even though everything is changing, the Dispensary will continue to provide Fake Pharmacy News to all. Here's what making Fake Pharmacy News this hour:

Obama Election Victory Causes Pharmacy Students To Care About Politics for Approximately 5 Minutes

Barack Obama's historic election victory has had worldwide impact, even here in our own Pharmacy Building. Pharmacy students who watched the election results come in on the evening of Nov. 4th learned many important lessons about politics and history that they should have learned in school but didn't, or chose to forget.

"Whoa, what's up with this 'electoral college' stuff? And what's the deal with blue being the Democratic colour down there and the Conservative colour up here?" asked one student. Other students expressed surprise when they learned that elections for Congress and the Senate were being held on the same day. "I'm happy that the Democrats won majorities in the Senate or Congress, though I can't really tell you the difference between those two places," another student said.

Many students celebrated Obama's win by changing their Facebook status to mark the occasion. Years from now, as these same students tell their grandchildren what they were doing during that magical night, their Facebook statuses at 11:43 AM on Nov. 4, 2008 will likely be fondly remembered.

Approaching Winter Holidays Leads To Increase In Awkward Moments As Pharmacy People Try Not To Offend People From Different Religions By Trying To Include Them And Fail Miserably



The holidays are a stressful time for many, especially those Pharmacy students and professors who try to include people of other faiths in their holiday celebrations. Whether it's inviting Muslim students to Christmas parties and offering them eggnog with extra rum, or inviting Jewish students to play Secret Santa without explaining the rules first, or asking Hindu students which

part of the Christmas turkey they want, the possibilities for awkward moments are endless.

Some Pharmacy students are overcompensating by learning all they can about other religious celebrations and are looking forward to applying this knowledge in somewhat inappropriate ways. The Dispensary has learned that some well intentioned Pharmacy students are holding a drive to give dreidels to every Jewish student in the building so that they can celebrate Hanukkah "properly", while the Pharmacy Choir is busily learning the words to the traditional Kwanzaa tune, "Hey Kwanzaa Timmy, Whatcha Gonna Gimme?"

Secret Plans For "Professional" Semi-Formal Included Mandatory Chastity Belts And Game of Musical Chairs

The Dispensary has obtained a transcript of a meeting between student leaders and members of the Faculty, where they pooled their collective knowledge to determine potential new rules for behaviour at the Faculty's annual celebration of student life. While many students were pleased to learn that Junior Juice fruit juice boxes would be made available instead of alcohol, there was some concern that the five-foot-high wall to be erected on the dance floor separating male and female pharmacy students would make things somewhat inconvenient.

The meeting included a debate over whether dressmakers could keep up with the demand for 1890's style petticoats after the committee ruled that all skirts must touch the floor, and a SWAT team was to have been hired to keep watch over semi-formal attendees. Special funds were made available for extra tear gas and pepper spray. According to the transcript, one student leader was looking forward to busting a move when the DJ spun "Barney The Dinosaur's Greatest Hits".

Luckily, the Semi-Formal went over smoothly, and none of these rules were put into practice...at least until next year....

Special: List of Approved Discussion Topics For Pharmacy Students

If you've ever listened in on a conversation in the Pharmacy building, you know that there are a few things that tend to come up over and over again. Let's see how many of the following discussion topics you cover during a typical day in the Pharmacy building!

- Gossip Girl
- How the building is too hot
- How the building is too cold
- The new Bond film and how bad it is
- How much you're going to sleep every day during winter break
- Whether you have a summer job yet, in the middle of November
- Professor Utrecht's resemblance to Santa Claus and how you're the first person ever to notice that
- The status of a romantic relationship between two people in your class who you don't know
- How little you've studied for an upcoming exam that you know you're going to get an A on anyway
- Your friend's cute new boots
- Updates on somebody's pregnancy
- How the venue/price/organizers/dress code/food/music/entertainment/colour of the paint on the wall at a recent Pharmacy event didn't meet your standards
- Whether Sundin's going to stay or go
- Some HILARIOUS Facebook pictures that will need to be detagged
- How you ate something at a restaurant and how it was SOOOOO GOOD
- The latest dumb thing your pet did
- How you only got a Pass on your PPL and why that means your life is over

Tune in next time when we discuss the arrival of snow in the city of Toronto, and how Pharmacy students are coping with this abnormal and disturbing state of affairs. ■



The UPS Points System

-Christine Truong (UPS Vice-President)

Faculty Participation Awards	
Award	Determined By:
Athlete of the Month	Athletic Representative
MVP	Team Members
Dr. Murray Freedman Award	Highest male and female sports points earned in 1 year. Jock McCrossan takes precedence.
Jock McCrossan Award	Male and female with most sports points in all 4 years. Varsity points included. Athletic Representative points not included
Shoppers Drug Mart Award	Class with most people earning 6 UPS points
Patient Counselling Award	CAPSI judges
Phollies Award	Events Director
Doc Kennedy Charity Award	Class raising the most for charity
Walton Award	350 UPS points
Dean's Award	200 UPS points
Plaque	130 UPS Points
Pharmacy "P"	70 UPS points
Social Participation	55 non-academic/ non-sports points
UPS Service Award	To UPS Council members with 7% attendance of UPS meetings (see Article 12 of the UPS Constitution for details)
Coach of the Year	Athletic Representatives
Appreciation Gifts	UPS Vice-President
Tug of War Award	Class winning the annual Tug-of-War
President's Gavel	Awarded to the UPS President
Whitehall Robbins Award	Awarded to UPS President



UPS COUNCIL MEMBERS, CLASS COUNCIL, COMMITTEES	
<i>Note: Only members who have attended 75% of UPS meetings (75% of first term meetings for 4th years) will be awarded their UPS points for their respective positions, at the discretion of the UPS Points and Awards Committee.</i>	
UPS President	35 Points
UPS Past-President	5 Points
UPS Vice-President	30 Points
UPS Senior Finance	25 Points
UPS Junior Finance	20 Points
UPS Male and Female Athletic Reps	25 Points
UPS Co-ed Athletic Rep	25 Points
UPS Senior CAPSI	25 Points
UPS Junior CAPSI	20 Points
UPS Executive Secretary	20 Points
UPS Senior External Affairs	25 Points
UPS Junior External Affairs	20 Points
UPS UTSU Reps	15 Points
UPS Social Director	25 Points

Simply Complicated

The spirit among us

- Milson Chan (1T0) <milson.chan@gmail.com>

Everyone loves Halloween. It's great, all the costume parties, trick-or-treating, and horror movies at night. The interesting thing is that people seem to like dressing up as zombies, ghosts, and all the other supernatural creatures. Is that because they believe in the existence of ghosts? Or is that because people think that's how ghosts would look like if they existed? There is also a deeper question: Do ghosts exist?

There is definitely no shortage of stories or reports of how people encounter all sorts of spirits. According to an English Professor, Marlene Goldman, at the University of Toronto, people share ghost stories because we like to be scared. The stories represent a limitation of human experience by being something that we don't understand. They can make people feel better and be socially beneficial, or even therapeutic.

I don't know how much therapeutic value these ghost stories actually have, but a place like the University of Toronto, with its long history, has plenty of sightings of supernatural existence.

One of the more famous stories is the one with Paul Diablos and Ivan Reznikoff, two stonemasons who worked on the gargoyles in the southwest corner of University College in 1856.

When Reznikoff discovered that Diablos had carved his face into one of the gargoyles, he was going to get his revenge by carving Diablos' face into another gargoyle. But one day, not long after that, he disappeared and was never seen again until a student saw what was later believed to be his ghost in 1889. He told the student that when he was trying to kill Diablos with an axe but he missed and the axe was stuck onto the door. He chased Diablos up the stairs to the ventilator where he was stabbed and killed. Two years after his ghost appeared, most of the University College was burned in a fire but the door marked by the axe can still be seen today in the southwest corner of University College. And after the fire, a skeleton with a stonemason's belt was found in the ventilator.

There are certainly other accounts of ghosts appearing around campus, including that of the famous writer and master of Massey College, Robertson Davies. Two other students said they have seen the spirit of Emil Wahlberg in the University of Toronto engineering building that was named after him.

So do ghosts actually exist? Well, I will say that I believe that ghosts may have more therapeutic value than homeopathy. Of course, that doesn't really mean much.... especially considering more ghost stories have been sold than homeopathic products. But then, that may change in the next decade. And to me the concept of ghosts is almost like a religion. They exist if you believe that they do because nobody can prove that they don't exist. I definitely can't, can you? ■

Source: U of T Magazine, Autumn, 2008



PHARMACY CHRISTMAS WISH LIST



and

By: *Wilson Kwong (1T0)*

Christine Truong (1T0)

Dear Santa... I would like more people to fail so we can have lectures in those giant dinosaur testicles.

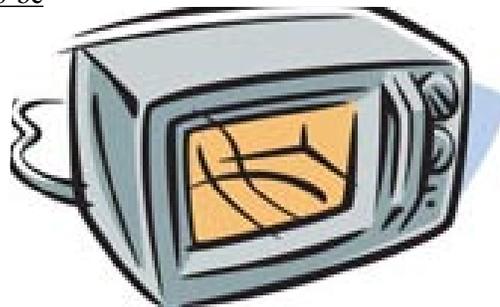
From: Building user

Dear Santa... I would like a free pool table because I am running out of fake coins.

From: Criminal-to-be

Dear Santa... I would like my building security card deposit back because that thing is useless.

From: Cheapo



Dear Santa... I would like more microwaves because I can't wait 10 minutes in line for my turn.

From: Impatient

Dear Santa... I would like bigger hallways because everyone likes to suddenly stop and loiter in the middle of the hallways.

From: In-a-rush

Dear Santa... I would like dividers between urinals because the guy beside me keeps peeping at my wiener.

From: Shy-guy

Dear Santa... I would like a second brain because I am expected to know everything a GP does too.

From: 3rd year Pharmacy student

Dear Santa... I would like a personal weather generator because I complain that lecture halls are too hot and too cold.

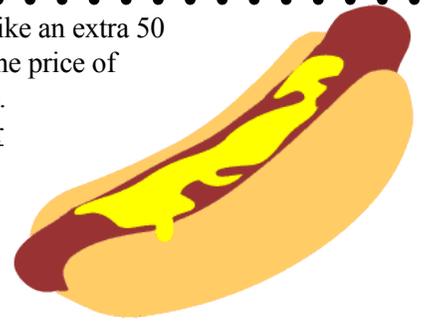
From: Whiner

Dear Santa... I would like a slap in the face because I repeat questions that were just asked 5 minutes ago.

From: Sir/Madam talks-a-lot

Dear Santa... I would like an extra 50 cents per day because the price of street meat has gone up.

From: Street meat lover



Dear Santa... I would like zinc oxide because I learned it solves all my problems.

From: Student with highest mark in 220

Dear Santa... I would like a dictionary because I now spell everything with a "PH."

From: DuPHus

Dear Santa... I would like door cushions for the lecture halls because I have no courtesy and I slam the doors when I come in late.

From: Inconsiderate

Dear Santa... I would like air fresheners because I expect the washrooms to smell like sweet peas and lilacs all the time.

From: Princess

Dear Santa... I would like floors that wash themselves because some people can't aim into the cups we call urinals.

From: I pee with my eyes closed

Dear Santa... I would like the class average to decrease so my 80 is still a good mark.

From: Pseudo-keener

Dear Santa... I would like a fog horn so I can notify professors when their time is up.

From: I need to catch the GO train



Dear Santa... I would like my mom to stop calling me in class because everyone recognizes my ring tone now.

From: Vivid cell phone user

Dear Santa... I would NOT like a new Dean because I really like my current one.

From: 1000 pharmacy students

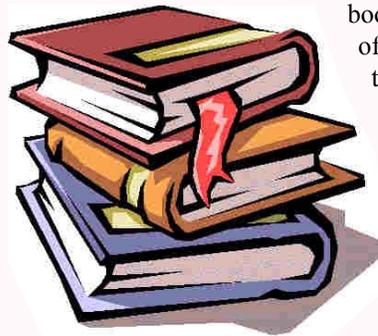
Have a safe and wonderful holiday... Merry Christmas and Happy New Year!™

Dear Miss Library Etiquette

Co-written by Amanda Chan, Sandra Ng, Shirley Wong (0T9)
When you spend more time at the library than you do at home, or centre your meal times around the hours of the nearby cafeterias, you know you study waaay too much. Not familiar with the library scene but don't want to stand out? Here are some pointers on how to blend in like a regular library-goer.

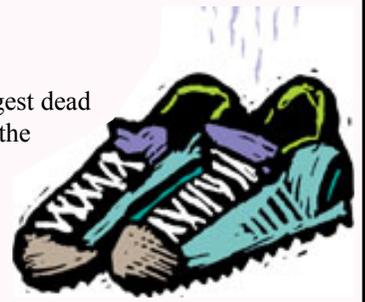


- 1) Bring foods that have sound-friendly wrappers. Chips in crinkly foil bags and muffins in noisy paper bags are a no-no. Save the crunchy apple for the cafeteria. Also, leave all wonderfully smelling gourmet foods at home... you're not doing crammers who are starved (and can't afford a real meal break) any favours!
- 2) Just because you are in a space that is "separated" from the study area (e.g. computer terminals) doesn't mean there is an invisible sound barrier! People can still hear you!
- 3) Headphones aren't soundproof! If your music is of rock concert decibel quality, everyone around you can probably hear it too!
- 4) The library is not the new mall. People come here to *study*, not to gossip and catch each other up on the last 5 years of their life!
- 5) NO PDA in the study area! We don't need a live demonstration of reproduction; the anatomy and physiology textbooks describe it well enough. Save it



for the stacks!

- 6) Fact: *Brevibacteria* digest dead skin on the feet and is the major cause of foot odor. Consider your own stink-factor before you kick off your shoes and expose your sweaty feet.
- 7) Group tables are not meant for talk-studying! (And no, whispering does not make it okay... it's actually MORE annoying than talking!) Gather your friends and have a study party in the cafeteria instead. Also, please don't talk on your cellphone at your desk. Take it somewhere else. You may be whispering (or heaven forbid speaking in your normal voice!), but we can hear the person on the other line.
- 8) Unless there is something wrong with the keyboard of your laptop, there is no need to pound away at it!
- 9) People have personal space, and study space! Stay within your own boundaries. Your body, notes, books, food, etc. should remain on your side of the desk! Also, it must be uncomfortable to have long legs, but no one wants to play footsies with a total stranger (unless you are hot/cute – see # 11).
- 10) Watch your funny movies/Youtube videos in the cafeteria (or at home!). Random outbursts of laughter may kick other studiers out of their study "zone".
- 11) Lastly, if you're hot or cute, please study at home! Don't distract the other studiers with your good looks! **M**



XNECDOSE

BY M.E. SCHELL



What Girls Look For in Guys

-Kenny Ma (IT2 Monograph Rep)

So as I stand here in the kitchen letting my homemade pan seared duck with spicy glaze sauce sit, while my soufflé rises in the oven, I take a look over at the basket full of kittens I saved earlier from a warehouse fire and hear them gently purr. My mom would not like that I took in more stray pets, but I know I could win her over with the food and by finishing up the laundry I had started. The next few hours would be very busy, but soon I would be done my application for medical school, and I could be over at the day care centre singing and playing the guitar for all the little boys and girls...

As near as I can figure a guy who can and does all these things does not actually exist. He is a mythical creature that many girls (if not all) wish did exist, but the reality is that there is no perfect human being. However, this is not to say that every guy could not improve, and could not become better, so that he may better stand out to the girls out there. In order to do this however, we, guys, may not necessarily understand or realize what a girl wants. Thus, to try to understand the female mind, which for men has always been the unmappable and incomprehensible frontier, I elicited the help of some female volunteers to try to understand what exactly women look for in guys.

Looks

Physical attraction isn't everything, but it sure does help. Even girls will admit to you that they can be superficial and the first thing they'll notice about a guy is just how well those pants really do fit. As one Sabrina Chan (SC) puts it "junk in the trunk" can be quite important, or put more mildly by Tanya Billeci (TB) "a nice bum" can go a long way. I'm not quite sure how a guy can work on this one other than to do some bum flexes when he gets the chance, but it does seem that the rear end does get quite some attention.

Additionally girls like tall guys, and as Anne Sylvestre (AS), Elizabeth Lu (EL) and Katie Palmer (KP) commented, they would not date a guy who is not taller than them. All's fair in love and war right? Maybe taking growth hormones then can't be that bad if it does land you that girl.

Thirdly, as one female puts it (Tiffany Kan, TK) it can't hurt if you can "get lost in their eyes". No idea how a guy can work on this, but it might not hurt to put those old bifocals away and get those coloured contacts that you've always wanted.

Personality

How important is personality to girls? Interestingly enough the list I summarized from the women I questioned held a variety of personality traits that differed from each person. The list included the common traits of being good to one's family (Karen Chan, KC), good to kids (Arisha Azam, AA), and being nice to animals (KP). As well, being smart (SA and EL), understanding (AA), ambitious (KC), and a gentleman (TB) were all deemed important. And while all these traits are important and all guys should work on them, there was actually one common response received from nearly all the girls surveyed. It was being funny. It seems that the universal trait that most, if not all girls, look for in guys is a sense of humor. The key therefore to a girl's heart is through laughter (given of course that you have a rocking bum to go with it).

Skills

As so elegantly put "Girls only want boyfriends who have

great skills." "Like nunchuku skills, bow hunting skills, computer hacking skills..." Being good at something certainly can't hurt. And I don't mean a guy's ability to chug two pints of beer and belch the alphabet, but skills that can help a guy woo a girl and make her take notice. Some of these skills are not that difficult to fathom, and being able to play sports (AA) and being athletic (SC) will get guys some attention. So for you guys out there who are too comfortable sitting at home, put down your X-box controllers, and go out and play some pickup hockey or football. Who knows who might be watching?

In addition to sports skills, girls like their men to be well trained. Cooking skills (AA and TB) are a must if you want to impress some girls, and being able to play a musical instrument, particularly the guitar (KP), can make a girl take notice. Additionally, being able to speak a foreign language is a plus (AA). Now the good thing about these skills is that all guys can work on them. The bad thing of course is that none of them are particularly easy to learn, and they do take quite a bit of time to master. However nothing worth having comes easy and if hanging out with grandma on Friday nights just isn't cutting it anymore, maybe you should enroll in some classes at your local YMCA.

(My favourite skill from the list: photography. To put it simply, how can a girl resist a guy who "takes pictures" (SC)? lol)

The other stuff

These of course include the intangibles. The stuff that sometimes you just don't know why drives you crazy. As Tiffany Kan puts it- she can't resist a good winker, and likes it when a guy buys her food. (So practice that wink in front of the mirror, guys, and remember to offer girls half your sandwich.) Karen Chan likes guys who are good dressers. (So stop letting your mom pick out your clothes.) Katie Palmer is particular to guys who have good hygiene. (That weekly shower just isn't good enough!) Arisha Azam, likes guys who drive fast cars, as well as those who like to do stats. (Jiminy Cricket anyone?) Tanya Billeci likes guys that smell good. (Good like food?) Sabrina Chan goes for doctors and guys who exhibit patient care. (Hey, we might be able to prescribe soon!) And a girl who wishes to remain anonymous likes guys who have nice trucks. (American or foreign?)

And finally the most clear cut and best answer for "what you look for in a guy" came from Diane Lai: **Kenny**. (See mom, I told you girls do like me! lol)

Stay tuned for the next issue of the Monograph where I will divulge the keys to a man's heart. (Probably has to do with beer and sports). **M**



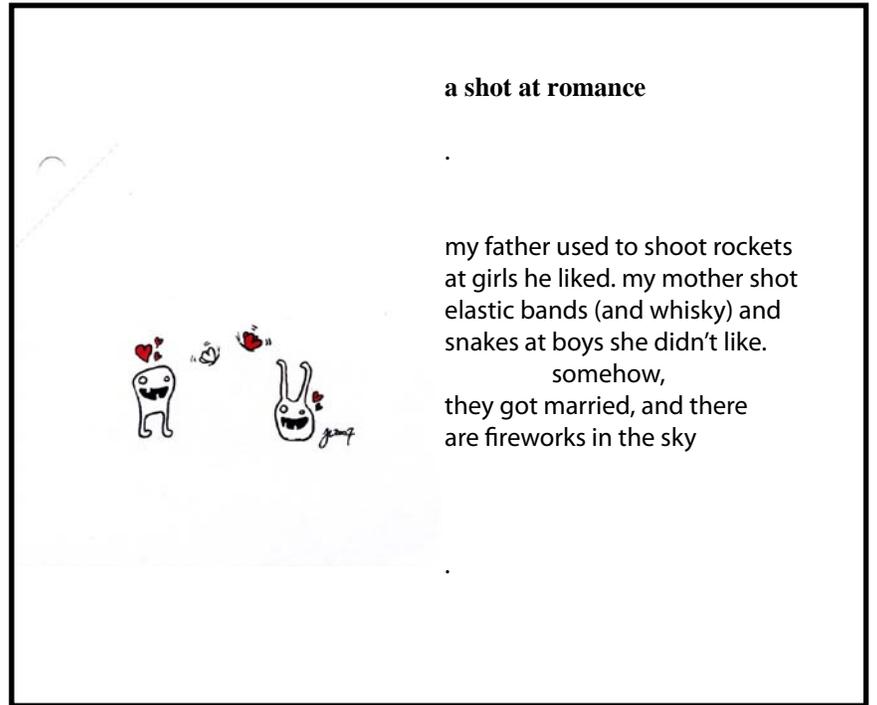
The Gallery



"Anbu Invasion" - Lucy Wang (IT0)



"Young Debra" - Kat Dragan (IT1)

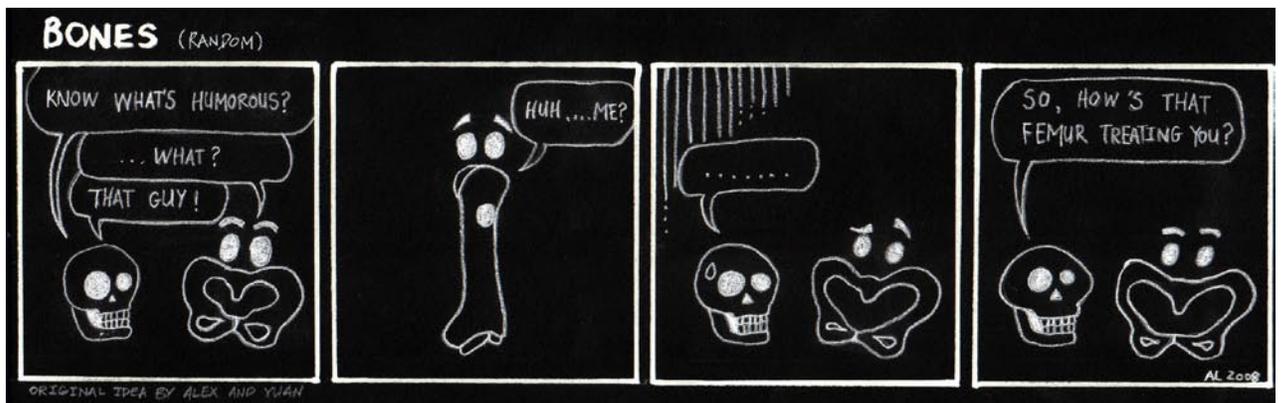


a shot at romance

my father used to shoot rockets
at girls he liked. my mother shot
elastic bands (and whisky) and
snakes at boys she didn't like.
somehow,
they got married, and there
are fireworks in the sky

Picture and poem by Jon Lu (IT0)

-Alex Lee (IT0)



Song

I
A midnight sigh
On the shoulders of hopeful, fearful soldiers
Is carried forward into the night

While the hours sing their song and pass away
Continuing an endless flight.

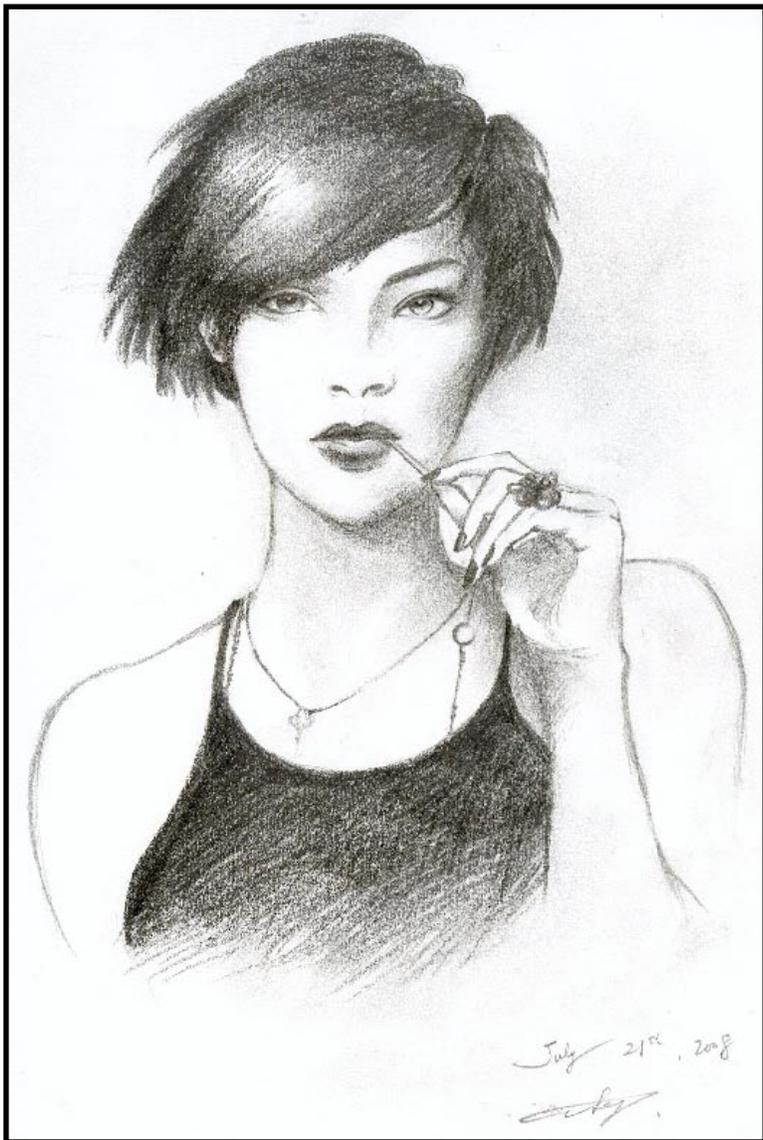
II
The horizon
So near to the soul, so far to reach
Always with the sunset upon it

But even snow can warm the heart
And keep it white in winter's grip.

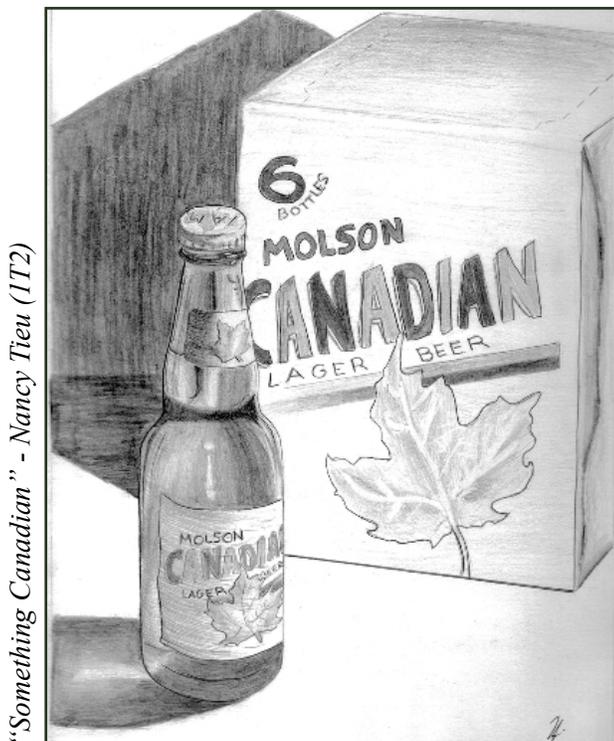
III
Dawn's stillness
An elusive breath within the body of days
Fills the spaces hidden for so long

Every breath taken in unison
Becomes a note in a new song.

- Mavra Z.



"Untitled" - Catherine Chung (0T9)



"Something Canadian" - Nancy Tieu (1T2)



"Together" - Stephanie Eng (1T0)

ATHLETICS

Three Championships for Pharmacy Women!

- Anna Huisman (Female Athletics Director)

Pharmacy women had three teams win championship games in November. First, the women's division 3 soccer team played a tough final against Victoria. The game was scoreless at the end of regulation and after the first overtime. The winning goal was scored late in the second overtime by team captain Shauna Forsey. Congrats girls on a great season!

The second championship game was played against St. Mike's in division 2 flag football. Pharmacy began the game by scoring 2 quick touchdowns by team captain Stephanie Chan. Before the end of the second half, St. Mike's had scored and the game was 13-12 at halftime. Lead by quarterback Linda Plong, Pharmacy scored a second touchdown in the second half to win the game 19-12.

The basketball team was the final team to win a championship this semester. They defeated PT/OT in the championship after beating UTM in the semifinals. The team was lead by the veteran play of OT9's Lindsay and Lori Tribe, Erin Burley, Shauna Forsey, and Teri-Ann Jewett-Smith.

The pharmacy women's volleyball teams had disappointing ends to their season, with none of the teams making the playoffs. A big thanks goes to OT9's Megan Barkway, Heather Roth and Shauna Forsey for their leadership and dedication this year!

Athlete of the Month for November: Linda Plong

Linda was chosen as the November Female Athlete of the Month because of her leadership, athleticism and sportsmanship. The UPS female athletic rep last year, Linda is the captain of the hockey team and also plays on the soccer, volleyball and basketball teams. Showing her grit and determination, Linda -the team quarterback and MVP- powered the football team through an undefeated season to win their second championship in a row. Linda's dedication to and enthusiasm for Pharmacy is second to none.



Ad removed.

Mens Athletics Update



Mens Hockey Div 1 (above)

Womens Flag Football Div 2 (below)



Hey guys,

Now that all the fall sports are beginning to rap up and final standings are being posted, it's being proven that the Pharmacy men definitely have some talent... In the end soccer came up short of the playoffs by a bunch of crazy tie-breakers and rules but I expect redemption in Indoor this winter. Two of our basketball teams made it to playoffs but both had disappointing first round losses. Our volleyball team was also just short of playoffs. The good news comes with our flag football team which won in the finals while playing in the snow; they shut out New College while scoring two touchdowns. Finally, our hockey team came into Division 1 for the first time and came out with a playoff birth. They plan on revenging their regular season loss to the Meds.

The athlete of the month is given to someone who shows exceptional commitment, involvement and is generally a key asset to their teams. This year is no exception with 3 very deserving athletes. In September, **Bryan Langel** was chosen for his superb attendance and participation in almost all of our male sports this fall, as well as being the captain and one of the pivotal players on our men's hockey team. October's male athlete was **Max Lafontaine** for his efforts with flag football and ultimate Frisbee. He played through pain numerous times after spraining his ankle earlier in the season. The men's November athlete is **Tommy Lam**. Tommy played on several teams this fall as well as being one of the leaders in Ultimate Frisbee and basketball. He is a true competitor, so much so that he experienced an injury in the final basketball game of the year but is expected to make a full recovery.

Thanks everyone for a great semester and look forward to seeing you out on the courts and fields in the New Year!

Paul Bazin
Male Athletic Director

Co-ed Fall Sports Report

This fall has been phenomenal for Co-ed, Men's and Women's Pharmacy sports teams. Championship T-shirts have been handed out on numerous occasions and I would not be surprised if there were a few students with more than 4 or 5 in their closet.

Starting with tournaments, this month Pharmacy returned to Varsity Arena to defend our title in Broomball and did not leave empty-handed. This time we improved on an already outstanding performance and did not allow one single goal the whole tournament. Obviously playing this well allowed us to take home the championship with ease.

As for league sports, Pharmacy has improved greatly over most of last year's results. Not only did both of our Ultimate Frisbee teams make it to the playoffs, our 1T0/1T1/1T2 mixed team made Pharmacy's first appearance in the championship game for the sport. However, after a long day in the rain and cold, fate would not be on our side and we fell just short of victory out on varsity field.

In Volleyball, we fielded 3 very large teams in 2 different divisions. In division 2, both of our teams qualified for the playoffs. The 1T1/1T2 team fell short of victory in the quarterfinals and ended up placing 5th while the 0T9/1T0 team lost in the semis coming in 3rd.

For Basketball, Pharmacy fielded a team in each of the two divisions. The Div 2 team, having over 20 players a game, got their first win in over a year. As for the Div 1 team, they were undefeated the whole season long until finally falling just short of the title in the championship game.

I would like to give a shout out to all of the captains who helped this semester; Rene, Bryan and Matt without you guys none of this could have happened, thank you very much. To all the 0T9's leaving us next semester, your presence will be missed, on the court and/or field.

Brandon Thomas
Co-ed Athletic Director

Sport	Captain	MVP
Div 1 Basketball	Rene Mader	Peter Chiu
Div 2 Basketball	Matt Fong	Matt Fong
Div 2 Volleyball Team A	Rene Mader	Matt Koehler
Div 2 Volleyball Team B	Brandon Thomas	Heather Bannerman
Div 3 Volleyball	Bryan Langel	Bryan Langel
Div 2 Ultimate Team A	Brandon Thomas	Brandon Thomas
Div 2 Ultimate Team B	Rene Mader	Cynthia Leung

UPS Points I'd Like To See

- Adam Calabrese (1T1)

Before I begin, I'd like to say that UPS President James Morrison has vowed to never read another one of my articles on account of them being too mean. Bad move, James. Just when I was about to submit my Ode to the Glorious Leader off to the Monograph, you had to tell me I was mean. So you know what I'm going to do? I'm going to be meaner. Tune in next month for my photographic essay entitled "Kittens: What They Look Like Inside Out."

I have some problems with the UPS points system. Basically, it's stupid. I sincerely hope that somebody shoots me if I ever really care about getting a bright red P, or earning 75 points. I might be an old-fashioned fuddy-duddy, but it seems to me that most activities that carry UPS points with them should be done for their own perfectly valid reasons. If you really care about getting UPS points for, say, writing a Monograph article or playing on an intramural sports team, your motivations for doing either need to be questioned. Similarly with class or UPS council, why do it if not for the sake of having fun, helping other people have fun, or being genuinely useful to the rest of the class? Quite obviously, and rather shamefully, if people's motivations aren't in those categories they are probably in it to pad their resume, like many lazy and detached Phrosh leaders. If you want to write for the Monograph, write because you have something funny or interesting to say. Play for intramural teams because you like playing sports. Run for council because you can give more to the class than involvement can give your resume. And most importantly, be a Phrosh leader to have fun and make friends, not talk with your old ones the whole time or beef up your med school application.

What I say needs doing is having the whole system re-vamped. I want rewards that are worth having, punishments that make points worth getting, points taken away for being stupid, and points given for being awesome. Get rid of awarding 1 point for attending a social function – social functions should be attended because they are going to be fun. On that topic, a social director who organizes a boring social function should have five UPS points taken away.

The following rules are to be implemented post-haste. The ball is in your court, UPS.

Asking questions in lectures of the following variety:

- Useless: -6
- Irrelevant: -7
- Two in the span of sixty seconds: -10
- "Will this be on the exam?" -15
- Points out a mistake: +5

Providing answers in lecture of the following variety:

- Correct: 0
- Wrong: -1
- Blatantly wrong: -2

- Unintentionally funny: +2
- Sarcastic, to a rhetorical question: +5
- One which JC Victor insults you for: -5

Extra-Curricular Activities:

- Turning any social event into a narcissistic Facebook-fest: -15
- Complaining about a mark over 75: -10
- Exposing oneself at the phollies: -100
- Submitting to the Monograph: +10

Rewards:

- 400: The student shall be entitled to appoint one (1) other student of their choosing to be pied for charity week.
- 450: The student shall be entitled to one (1) piggy-back ride from Michael Heffer
- 500 points: The student shall be entitled to seven (7) minutes alone with an unlocked narcotics safe.
- 650: The student shall be entitled to turn one (1) pod of their choosing into their personal apartment
- 700: The student shall be entitled to turn space on top of one (1) pod of their choosing into their personal hot tub.
- 750: The student may challenge one (1) faculty member to a pistol duel at dawn
- 800: The student may answer one (1) exam question of their choosing with "I had that in the navy" and receive full credit.
- 850: The student may rename one (1) part of the building according to their liking.

Punishments:

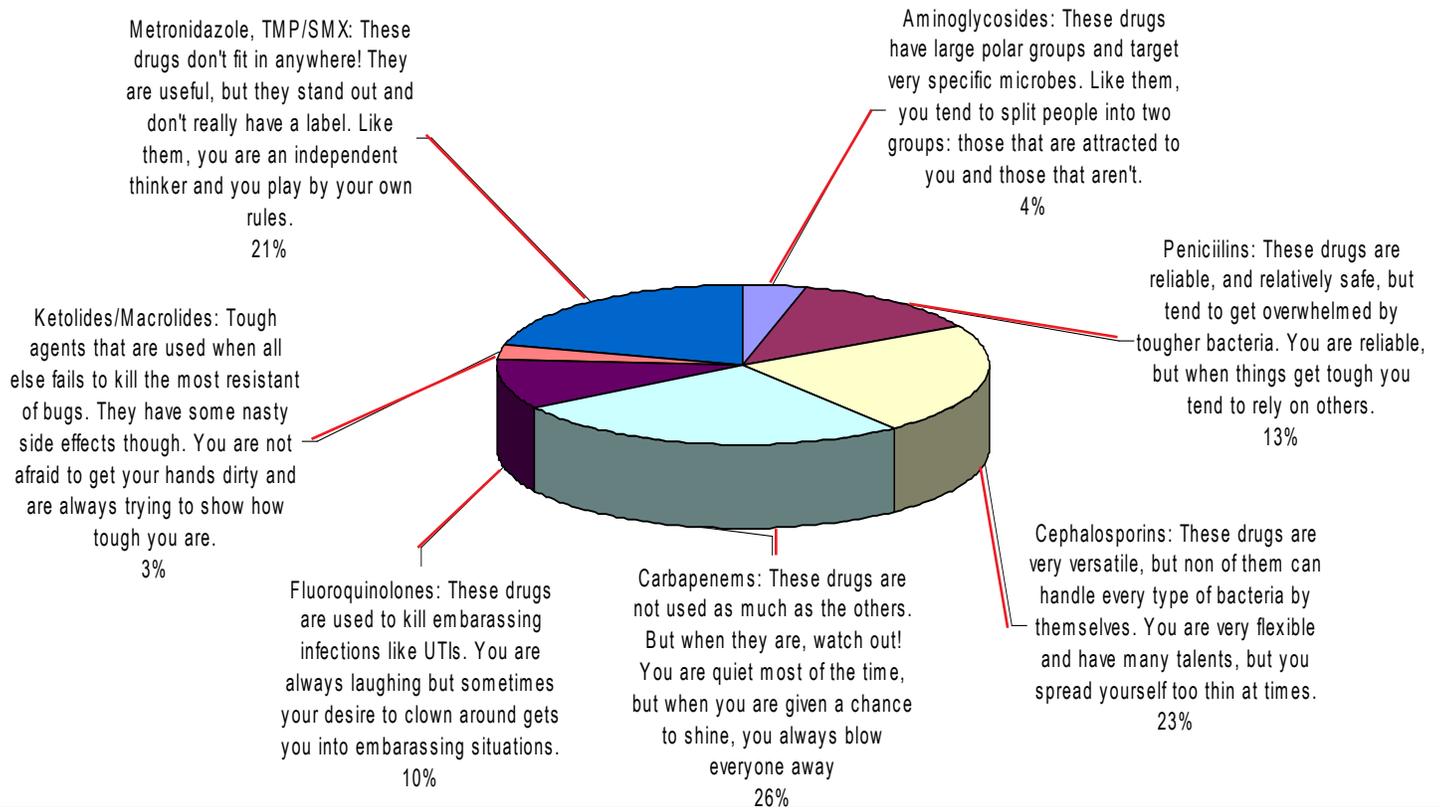
- 250 points: The student shall follow a PPL script while on a date
- 300 points: The student shall use the phrase "I can tell this is frustrating for you" when being intimate with said date

In the event that both parties of the date are pharmacy students, they shall be required to give to and take from each other embarrassing medical histories at -250 points; at -300 points, they shall read the contraceptives section of Patient Self-Care aloud to each other, with one student arguing for the "pro" of each contraceptive and the other arguing "con"

- 350 points: The student shall watch one (1) slideshow of Ian Crandall's design
- 450 points: The student shall accompany the BeWell Bee to the semi-formal.
- 500 points: The student shall watch Alexander Vuong perform an extended and uncensored Broadway musical adaptation of his act as phollies host
- 1000: The student shall re-take PHM 120 M

1T0 Poll

Which class of antibiotics best describes your personality?

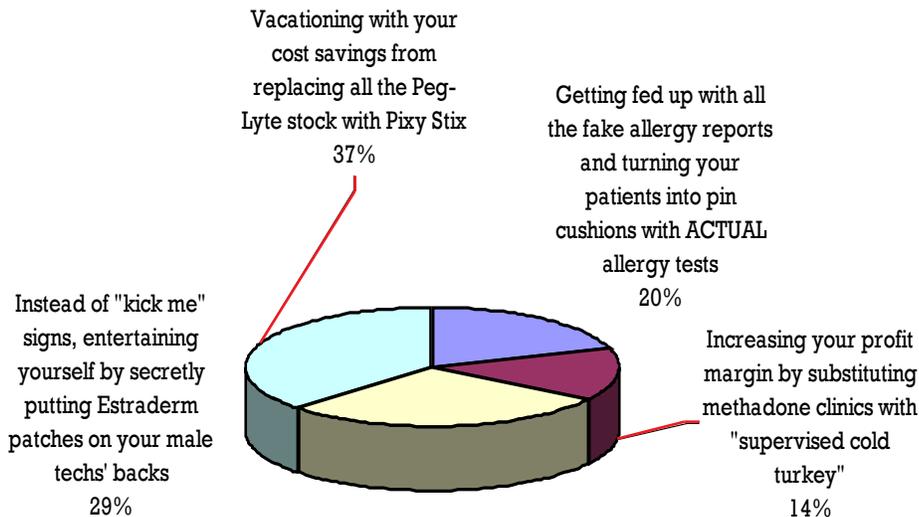


"Did you hear about the new "morning after" pill for men?"

It changes their blood type."

Source: <http://www.workjoke.com/pharmacists-jokes.html>

Since we are all going to get sued or disciplined when we enter practice, what would YOU take the heat for?



This year, Pharmacy students raised over \$350 for Operation Christmas Child and contributed 45 boxes to the cause to bring gifts to children! That is more than three times last year's number!

THANK YOU, everyone!!!

- Pharmacy Christian Fellowship

"Are you getting your flu shot?"

"No. What's that thing called when you're protected because everyone around you has taken the shot?"

"Herd immunity?"

"Yeah, 'herd immunity'! I'm gonna get myself some of that." - Luis Chu(1T0)

An Experience Unlike Any Other: Pharmasave's Pharmacy Innovation Summer Student

The **Pharmacy Innovation Summer Student** position is your chance to work in a unique and dynamic pharmacy environment. This role offers incredible opportunities, unforgettable experiences and exposure to independent, community-based pharmacy practice.

As **Pharmasave's Pharmacy Innovation Summer Student**, you would be responsible for developing and implementing professional service programs and resources for Pharmasave stores. You would also be responsible for planning and creating student-related initiatives for both of Ontario's pharmacy schools.

If you are in **3rd Year**, and a highly motivated and enthusiastic individual, Pharmasave's region office located in Markham, would like you to be part of the team. This is a full time position for the summer of 2009.

To apply, email your cover letter and resume to:

Billy Cheung, B.Sc.Pharm.
Region Director, Pharmacy & Strategic Initiatives
Pharmasave Ontario
info@on.pharmasave.ca

Application deadline: January 31, 2008

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