

THE MONOGRAPH

VOLUME 13

VOICE OF THE PHARMACY STUDENT



1T5 INDUCTION CEREMONY

The Executive Team

Editors In Chief:

Sana Naqvi & Shajia Zia
monograph@uoftpharmacy.com

IT2 Representative:

Sidika Dhalla
sidika.dhalla@utoronto.ca

IT3 Representative:

Tara Farquharson
tara.farquharson@utoronto.ca

IT4 Representative:

Henry Leung
hthleung23@utoronto.ca

IT5 Representative:

Edric Paw Cho Sing
epawchosing@gmail.com

Designers:

Mikey Ferrer
m.ferrer@utoronto.ca
Fernand Luong
fernand.luong@gmail.com

UPS CORNER

Welcome back pharmies!

Since this is the first issue of the new year, HAPPY NEW YEAR! We also hope you had a fun and relaxing winter holiday! As you may have noticed, the faculty has become less crowded as our beloved IT2s have started their SPEP rotations and are no longer with us.

First off, congratulations to the IT5s for being officially welcomed into our profession! Your white coats will come in handy especially during your MTM labs. Now that it is a new semester, pharmacy intramural sports teams are starting up again. If you have missed out on the opportunity, there will be other opportunities to get involved so make sure to check your emails.

This January, many of our students went to Halifax for PDW 2012: Oceans of Opportunity. We hope all of our participants had a blast and made UofT proud. If you didn't get to go to PDW, do not fret. There is OPSIS 2012!! For those who have not yet applied, the ap-

THE MONOGRAPH WANTS YOU!

Hey Pharmies! We encourage any and all submissions, whether they be articles (not necessarily about pharmacy or healthcare), artwork, jokes, or whatever you can think of - if you want your voice heard, get in touch with us!! Shoot us an email at monograph@uoftpharmacy.com to submit! We want you in the Monograph!

Potential advertisers can reach us at monograph@uoftpharmacy.com as well.

Disclaimer

The articles of The Monograph are not reflective of the 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 of the articles offensive, please contact the editors to discuss the matter in further detail.

plications are due January 31st by 5PM. This is a great opportunity for us, UofT students, to meet our Waterloo counterparts and build leadership skills. OPSIS will run from Fri, March 30th to Sun, April 1st. It will be held at Niagara Falls with all of your accommodations and meals FREE! The conference will include a presentation from a Niagara region pharmacist who has found a way to work the new regulations into his practice, a session with a motivational speaker, on top of group case studies (Side note: we will definitely socialize/party it up!!!). For more information, check out the website at www.pharmacyleaders.ca.

We also want to encourage you to start considering ways that you want to be involved in the faculty next year as UPS elections are coming soon. Please don't hesitate to contact any of our UPS members if you have any questions or just want more information about the council positions.

All the best and good luck to the new start of the year!
Angela Cho and Jamie Zao
UPS President and Vice-President

NEW LOOK MONOGRAPH

With the start of the new year, we are proud to announce the re-design of the Monograph! With the new design, we hope to enhance the reader experience while showcasing the professional nature of our faculty.

This re-design was made possible by our designers Mikey Ferrer (IT4) and Fernand Luong (IT4), the Monograph Executive Team, and all of its contributors.

EXTERNAL AFFAIRS AND UPS PRESENTS:

The External Affairs Student Writing Award

What it is:

Two annual awards which recognize students who promote and raise awareness about opportunities offered by OPA and CSHP (1 award for each organization)

Criteria:

- Be an active student member of either CSHP or OPA
- Submit an article to the Monograph between September and April, which talks about a service provided by the organization that you are a member of. Examples include conferences, CE events, social events, etc.

Award value:

- 1 year membership in the organization
- Plaque with your name on it presented to you by a CSHP or OPA member at the UPS awards night in April

Contact:

pearl.le@utoronto.ca
dipti.tankala@utoronto.ca

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MESSAGES FROM OUR REPS

Welcome Back Pharmies!

As this is the first issue of 2012, we would first of all like to wish you all a Happy New Year! We hope you had a fun and relaxing break before coming back to the massacre awaiting us.

First of all, you'll notice that this issue of the Monograph has a look never seen before! We would like to sincerely thank Mikey Ferrer (1T4) and Fernand Luong (1T4), the gurus of technology, for working on a new design/layout for the Monograph!! :D We really appreciate the work you both put into designing this month's issue! So pharmies, how do you feel about the new and improved Monograph? We'd like to hear from you!

With January coming to an end, we hope you haven't forgotten all about your New Year's resolutions! The Monograph is here to help you fulfill those resolutions that took a back seat because you were trying to decode Professor Wells' notes :P

1. Did you resolve to make 2012 the year you get a rockin' bod? Well look no further, just read what your UPS Athletics' Representatives have to say about exciting ways to get into shape!

2. Have you vowed to learn something new this year? Did it involve cooking/baking? If you answered yes, then flip through these pages to find tasty recipes that will not only satisfy your hunger but will also make you the most popular kid in your class (of course you'll have to share the food you make with everyone first).

3. Are you drowning in debt just like every other pharmacy student and resolved to manage your money better this year? Check out the PFEC articles that will give you some information about ways to manage your finances.

Finally, Valentine's Day is just around the corner - love is in the air and people write poetry about love and fuzzy things. Well don't just write such things,

share them! Send in something special for your valentine be it a poem, story, a shout out or a picture! When submitting to the Monograph, please include your full name and class. Send in your submissions to your Class Monograph Representatives (information is on the inside cover). But don't forget, we accept anonymous submissions as well ;).

All the best this semester!

Sana Naqvi and Shajia Zia
Monograph Co-Editors 2011-2012



Hey Pharmacy,

With the new semester come new challenges and opportunities. Despite an intense schedule ahead (especially February!), the 1T3 class council continues to move ahead with a number of projects.

Firstly, our class website (<http://1t3.uoftpharmacy.com>) is due for a revamp! While the site is functional right now, Michael Luu (Webmaster) and Emily Cheng (Yearbook Rep) will collaborate with Irene Lee (UPS Co-Ed Athletics Rep) to bring in a more exciting and aesthetically pleasing design in the coming weeks. It will be done with minimal down time if any. Keep a lookout!

In other news, Paul Moyer and Tracy

Zhang (Grad Formal Reps) continue with their work in preparation for our grad formal scheduled for June 8th (2013!). With the banquet hall already booked (@ Palais Royale) and grad formal committee set, they will move on ahead to nail down some of the more pertinent details.

On the academic front, the combined BSc.PhM/Pharm. D applicants are now open and will be accepting applications until February 24th. A townhall meeting for the third year class took place Friday January 27th for Dr. Tom Brown (Director of the Pharm D program) and Dean Henry Mann to answer all your questions pertaining to the application process and curriculum.

For any questions or comments regarding any of the above or more, as always, please feel free to email me (cal.ng@utoronto.ca). Best of luck with the new semester!

Calvin, 1T3 Class President

1T2's came backed tanned and partied out from Mexico! Drinking, eating, every day! Discotheque every night! The resort had something fun for everyone, from sightseeing, ATV's, to swimming with Dolphins. One of our 1T2's even won the bikini contest versus all the other ladies on the beach!

Now we are all out and about at our SPEP rotations. The 1T2... or 1T3 (?) PharmD's are out and about as well with their clinical rotations. eValue (the SPEP Lotto system) is awesome for some, but terrible for others! Sometimes out of town is where all the good placements are, so don't sulk if you don't get Toronto. And the rumours about getting Toronto from reoptimization....? Not true. Unless you get Iroquis Falls, you should just suck it up!

All the best!

Zao and Will,
1T2 President & Vice President

THE PFEC ACCOUNT

TO SAVE OR NOT TO SAVE, THAT IS THE QUESTION

Tara Farquharson, IT3 PFEC Representative

The TFSA is a fairly undervalued commodity among most people, whether that's due to a low level of understanding of what they're for, or the fact that with today's interest rates they're not worth the effort. Personally, I think for some students the TFSA can be a useful tool.

First, some background. A TFSA is a "Tax Free Savings Account" which is, exactly as the name alludes, a savings account to which there are no taxes applied (on withdrawals). This is contrary to an RRSP, upon which you pay taxes on withdrawal amounts. Another perk about a TFSA is that you can withdraw any amount at any time, unlike other investments like a GIC, which has set periods of time which you cannot have access to your money (unless you're willing to pay fees which would bring your returns down significantly).

The limitations to a TFSA are that you can only contribute a certain amount, if you go over that amount you will pay taxes according to how much you're over the limit. This limit is the same for everyone, and is \$5000 per year in contribution room since 2009. Since it's now 2012 that means that anyone can contribute $\$5000 \times 4 \text{ years} = \$20,000$. Another limitation is that if you make a withdrawal from your account, the space that your withdrawal amount took up cannot be replaced until the following year. For example, if I were to contribute \$4000 in 2010 (max limit of $\$5000 \times 2 = 10,000$) I would have \$6000 space available. If also in 2010 I make a withdrawal of \$2000, I would still only have \$6000 space available for contributions, until 2011 at which point I would have \$13,000 of contribution space ($\$6000 \text{ initial space} + \$2000 \text{ withdrawal space} + 5000 \text{ per year addition}$).

Another problem with TFSAs these days is that most interest rates are very low, the average being around 1.5% although if you look hard enough you can

find rates of 2%. This means that a contribution of 1000 would give you 15 dollars in returns over a year. This is a pretty tiny amount and many people would say that it's not worth the effort.

"Avoid paying interest"

Why do I think that TFSAs are great for students? Well, because as a student, you don't tend to have much money lying around such that you may need to make a withdrawal at any time, with a TFSA you could. For this reason a GIC is not ideal, since you don't have the same flexibility in withdrawal timing. Another reason is that many students have a part time job, and rely on OSAP to fill in the gaps in their financial needs. Because of this, you may end up with a few extra thousand dollars in your account at some point (especially in January: I still don't understand why OSAP insists on splitting itself between December and January). Anyway, my own rationale with this is, it's technically not my money, so I should try to save as much of it as I can to avoid paying interest. Putting this extra cash in a TFSA will do two things. Firstly it will give you a bit of a return on money you would've otherwise not used. Secondly it removes excess money from your chequing account, giving yourself the impression that you're poorer than you are. This prevents me from spending/wasting money and instead planning for times when I'll need it (Septembers and the eventual paying off OSAP, or for tests like the PEBC or the OSCE).

Having said all this, a TFSA isn't for everyone. It may not be worth the effort if you don't have much extra money lying around. You also have to consider the fact that any money in a TFSA must be reported to OSAP and I'm not sure how that affects your funding.

1 MINUTE READ: 5 THINGS YOU NEED TO KNOW

Kenny Chan, IT4
SOAPE President

1 Ontario College of Pharmacists (OCP) is hoping to include a revision to Bill 179 (the one with Expanded Scope of Practice) that would allow pharmacists to physically administer routine injections and immunizations (such as flu vaccines)

2 According to a recent poll, about 8 in 10 respondents trust pharmacists and they are the most trusted professional. However, this is a drop from 2003, where 9 in 10 respondents trusted pharmacists

3 Shoppers Drug Mart Corporation and Katz Group Canada Inc will not be able to sell their own private label generic drugs in Ontario (e.g. a SDM pharmacist can substitute Tylenol #3 with Ratio-Lenoltec #3 but not with a generic label company that SDM itself owns, Sanis)

4 Not related to Ontario but interesting what a keen eye can do: a Manitoba pharmacist caught a Rx forgery, informed the authorities and thus helped catch an international criminal wanted for millions of dollars of insurance fraud.

5 In a recent 2011 wage survey by the Ontario Pharmacists' Association, it was reported that the average pharmacist wage was \$51/hour with a median of \$50/hour. Wages of new graduates was not provided. 69% of respondents said they do not receive a break when working 8 hours or longer.

As always, www.soape.ca has our publications ahead of time!





RESEARCH AT THE LESLIE DAN FACULTY OF PHARMACY

Justin Saraceno, 1T4

It was about this time last year that I really began my search for summer employment. Having already worked in a community pharmacy before first year, I knew that I was looking for something different yet still pharmacy related of course (goodbye California lifeguard aspirations). Eventually my interest was piqued when I saw an email for the Pharmacy Undergraduate Research Program. I had always been curious about the research world and at one point had even contemplated doing a Master's prior to getting into pharmacy. Right away I figured this was an excellent opportunity and began to contact the professors whose labs I felt were the most interesting. I was super happy when I saw an email in my inbox only a few weeks later informing me that I had been offered a position at Dr. Christine Allen's lab.

I spent my summer working under a PhD student, Lei, who was studying gold nanoparticles (GNPs) for use in cancer radiotherapy. The principle behind GNPs is based on their heightened ability to absorb ionizing radiation in comparison to normal tissue. Absorption of energy of certain wavelengths by GNPs then results in the subsequent generation of damaging photoelectrons and auger electrons that destroy nearby tumor cells. Concentrating GNPs around the tumor site would increase the effectiveness of a given radiation dose while minimizing damage to normal tissue to a certain extent. As I began to sift through the many research papers relevant to our topic I was also given the opportunity to take a hands-on role with the project right from the very start. Although

my past experience with lab work was minimal at best (just orgo labs really) my instructor took the time to show me how to perform each step and made sure that I was completely comfortable with what I was doing. In fact, within only a week or two, I had already learned how to synthesize gold nanoparticles, and eventually I also learned how to synthesize GNP-liposomes. By the end of the summer I had training and experience using several high-tech analytical devices such as DLS (Dynamic Light Scattering Machine), ICP-AES (inductively coupled plasma atomic emission spectrometer), microplate fluorometer/UV-vis spectrometer, and I was also able to see a fluorescent microscope and transmission electron microscope in action. The TEM is located in the basement of the medical science building and was definitely the coolest thing I have ever witnessed. The majority of work we did over the summer was based on cell studies so that was yet another area that I required training in and spent a lot of time with.

Looking back, it's hard to think of anything else that I could have possibly done over the course of my summer project. I was totally amazed with all the opportunities and advice that I was given, but my surprise definitely didn't end there. Before this summer I really had no idea with respect to the caliber of the research and facilities right here in PB. In fact, most of the equipment that I just mentioned was found only a few floors away. As well, our lab was also teamed up with the STTARR lab located across the street in the MaRS building, another set of state-of-the-art facilities. And still, even with all this, there were

still many times we ventured down the street to different hospitals to meet with experts for advice or to use various lab services. The summer program also featured bi-weekly seminars where members of the faculty gave brief (20ish minutes) seminars on the motivation behind their work and some of the findings in their labs which really showed how unlimited the areas of research at PB really are. The program eventually culminated with a poster presentation given by the students in front of a panel of judges. Special congratulations to pharmacy phenom Allan Choi (1T4) for cleaning up the competition with true style.

Overall, I highly recommend this program to anybody who is even remotely curious about research or to those just looking for a unique summer experience. The reality is that UT is one of the best places you could hope to come to for research, and in fact many other students in the program were from other universities across Ontario. Don't be afraid if you feel you don't have much familiarity with working in a lab. Past laboratory experience isn't a prerequisite, but the desire to take on an active role certainly is if you want to get the most out of the program. I suggest visiting the UT pharmacy webpage and browsing through the Research section (Home>Research) to get a general idea of the different projects going on in PB. Next, you'll want to send an email to any professors you are interested working with, and if time permits you can even offer to stop in to meet them and the members of the lab. Any questions about the program can be directed to Carla Serpe or Tammy Chan.



“I am the type of person who likes to get involved and, if I find that there is a role that needs to be filled”

GETTING TO KNOW... **OUR UPS PRESIDENT**

Henry Leung,
IT4 Monograph Representative

Before we begin, some pretext to our interview session is required. We were originally scheduled to meet on Wednesday, September 14, 2011 but due to unfortunate circumstances (I did not prepare any questions for the interview), we had to reschedule. I had planned on winging the interview but our UPS president laid down the smack-down on my procrastination habits and told me to go ask her for an interview when I was better prepared. So two days later, with prepared questions and a formal letter of apology to excuse my previous incompetence, we resumed our interview. Thanks again for agreeing to this interview, Angela.

Let's start off with introducing yourself: who is Angela Cho?

So my name is Angela Yeseul (pronounced Yes, sir!) Cho, and I am in third year of pharmacy. Also, I am the Presi-

dent of UPS 2011-2012.

And what is your role as UPS President?

My role as the UPS President is to take care of the student body by overseeing events and activities that will enrich their academic, professional, social and athletic aspects of student life here at the faculty. Also, the role of the President is to keep everyone on the general UPS council in check and support them in any way possible. I help by delivering the necessary resources to aid them in carrying out their duties. I also represent the student body to the Faculty by participating in meetings with the Dean and other faculty members. Lastly, I also interact with professional organizations such as OPA, UTSU and other pharmaceutical companies.

Do you have any words of advice and wisdom for all the students?

I would advise for them to keep them-

selves organized and active because there are so many events, clubs and activities available at school, within the faculty, and at U of T. You can also go out into your community and participate in events. Keeping yourselves organized enough to be involved with extracurricular activities while maintaining academic standing is essential to being a model pharmacy student. I would like to tell the students that marks are not everything. Believe it or not, I used to be antisocial and didn't go out much in undergrad in order to get better grades. This is a decision I totally regret! Being out in the real world, being involved with your community really teaches you the skills that classrooms don't teach you and provides great opportunities to meet awesome people.

Why did you decide to take on the role of UPS President?

I am the type of person who likes to get involved and, if I find that there is a role

that needs to be filled, I enjoy taking the initiative to fill that role. Also, I really wanted to show and encourage students at the leadership level that we need to look towards the future, beyond the confines of PB.

“Marks are not everything”

Obviously, the amount of time you have to commit to your position is overwhelming for any mortal being. What do you enjoy doing in your time off?

I don't really have time off (it's quite sad...). If I do have time off, I like to go shopping and I also love listening to music: jazz, pop, country, electronic, R&B, and “gangster rap”. I enjoy listening to music because music helps to express what I cannot with words.

What are your goals as UPS President for the 2011/2012 school year?

To give people opportunities to come across events where they can find information about pharmacists working in different sectors. I want to provide opportunities to help people think creatively about what they can do as pharmacists. So one of the events I wanted to focus on is Pharmacy Awareness Week (PAW). We will be bringing in speakers every day of the week and I really hope to bring speakers that are not only pioneers of their field but also have the ability to motivate students to think outside the box.

Why do you think your goal is pertinent/important to pharmacy students or the profession of pharmacy?

Although the profession is awesome, there is much room for improvements. Because the landscape of health care is evolving, if we are stuck with the current roles and standards of practice, the profession as a whole will not advance. If the government is allowing us to do all these patient care services (i.e. smoking cessation, MedsCheck), I think we should seize that opportunity to show the public that we are valuable members of the health care system and society.

What motivates you to do all of this?

When people outside of pharmacy don't really understand how much pharmacists can help out to treat someone, I feel very disappointed (disappointed Angela = angry Angela [for those that don't know her]). I feel that we are well-trained and critical in patient centered-care, and I would like people to recognize that. In order for me to have some influence on as many students as possible, to help unite the profession and think positively about what we can do, I feel that this position facilitates that.

Any shout outs to students/classmates that have helped you/will be coerced into helping you in your endeavours as UPS President?

So far, the UPS general council has been extremely fantastic with the projects we started in the summer. Everybody works very hard to achieve the same goal and I am very thankful for them <3! Special shout-outs to everybody in my class. I also really love the fact that some friends of mine really support me no matter what I do (JZ, JL, JC, TK, DL, CN, FP, KG, KV, EV, AT, SL, ML, JH, RC, TT, SM, SD, KC, MC, OC, IP, HL [if she left any of

you out, feel free to get mad at her]).

Lastly, name a person/persons that you look up to for inspiration. Why do they inspire you?

My mom. I would say my mom is inspirational because we are from an immigrant family and when we came here, my mom had an incredibly difficult time adjusting to Canada. The fact that she gave up all of her life in Korea to come here for the sake of me and my brothers' education, I am very grateful for that. Even to this day, she is still working, makes delicious food for us, and definitely goes beyond her job description. Pharmacists ought to go beyond their job description as well! So really, I just want to be well-balanced in all aspects of life (minus sports).

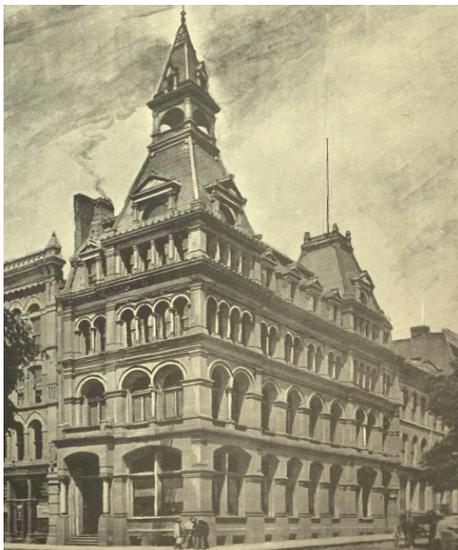
Bonus question: Is it at all possible for you to be less cranky and scary?

To the readers who have never met me before, I am nice but I am cranky most of the time at school. If you come to me with food that I've been craving, that would make me very, very happy. :)



PHARMACY BUILDING: A CHANGING LANDSCAPE

Fernand Luong, IT4

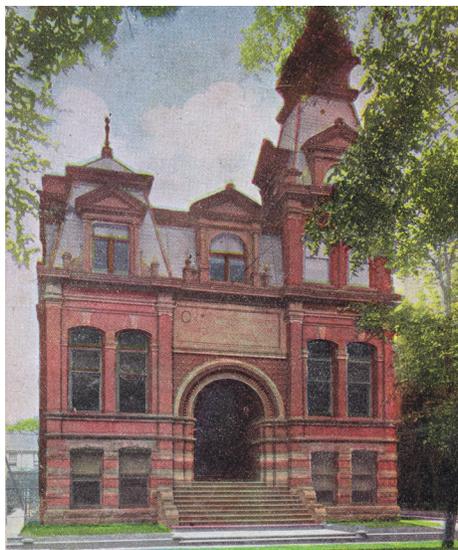


1882, Western Assurance Building

As an effort of the Ontario College of Pharmacists to fulfill its obligation to provide instruction for future pharmacists,

Edward Shuttleworth, among other lecturers secured teaching quarters at the Western Assurance Building at Scott and Wellington street.

About 20 students enrolled in the first term, and for a \$30 fee, students could choose to take two or more subjects.



**1887 - 1963, The OCP Building
44-46 Gerrard St. E.**

The Council was determined to find a more permanent home for the college and its teaching department, as a result, the OCP building was constructed.

Completed in 1887, enrollment into Pharmacy steadily grew. By 1891, the program was capable of accomodating up to 140 students.



**1963, Norman F. Hughes Building
19 Russell Street**

The University of Toronto had assumed responsibility for providing pharmacy education in 1953 and had completed a new building on it's main campus in 1963.

The Ontario College of Pharmacists had removed itself from the role of educating future pharmacists and focused on its licensing and regulatory role.

The building has since been repurposed as the Anthropology Building.

**2006 - Present, Leslie Dan Faculty of
Pharmacy**

In order to meet the growing demand for pharmacists, The Faculty expanded their facilities to its current location at 144 College St., allowing for a doubling of its enrollment capacity.

Made possible through the numerous alumni and organisations, as well as the Government of Ontario's Super-Build fund, the building was completed in 1996. The building was designed by Sir Norman Foster with the intention of preserving the roof line of the historical Tanz Neuroscience building, giving its "box on top of a box" look.

The Leslie Dan Faculty of Pharmacy now supports academic, research, and teaching needs of well over 1,300 on a daily basis.



PHARMALIFE: AN INTERVIEW WITH JASON VOLLING, PHARMACY CLASS OF 9T6

Pearl Le, UPS Junior External Affairs

Job Description

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

80% Emergency Department Clinical Pharmacist, 20% Clinical Informatics Pharmacist

What are your duties and responsibilities?

In the emergency department I provide direct patient care activities including medication reconciliation and optimization.

On the informatics side I represent pharmacy on design teams to ensure our computerized prescribing system is built correctly and presents medications in a user-friendly manner.

What do you like most about your job?

People – From patients to colleagues within and outside the pharmacy department, interacting with a dynamic demographic makes every day exciting.

What is the most challenging aspect of your job?

Politics - Working in a large hospital means that implementing change takes time because of the vast number of stakeholders involved in every major project. However, this is also time well spent as it usually means the final product is of the highest quality.

Pharmacy School

What is your fondest Memory from Pharmacy School?

the day I found out I had been accepted in to the residency program at The Toronto Hospital

Who/what is your favourite Pharmacy Professor/Course?

Dr. Anthony ('Tony') Lam / Calculus; for his entertaining teaching style, which reminded me of my high school calculus teacher

Did you hold summer Jobs during Pharmacy School?

I was a Pharmacy Student at Sunnybrook Health Sciences Centre



Advice Questions

If you did your pharmacy degree all over again, what would you do differently?

Complete the newest program, which has so many more opportunities for exposure to different practice areas

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

- Keep an open mind about the variety of job opportunities available to pharmacists
- Take advantage of every opportunity for exposure to different practice areas
- Try to get a sense of how you would fit in with the people and environment; could you see yourself working there?
- Think about what your ideal job would look like, then go out and create it

What advice do you have for students searching for a job next summer?

- Keep your CV up to date by adding items as you complete them
- Learn who the main contacts are for hiring at the places you are interested in working
- Learn more about the place so you can market yourself appropriately to meet their needs

What kind of skills/qualities should students focus on refining while still in school that will make them successful in practice?

- Communication skills; tailoring your communication style to match the situation
- Ability to gather and process information 'on-the-fly'
- Using a logical thought process to work through problems / come up with solutions
Pharmacists have to be detail-oriented; students seem to focus on this during school but sometimes lose sight of it when starting to apply knowledge in the real world; maintain your attention to detail to ensure you have a meaningful impact

Future of Pharmacy

Where do you see the pharmacy profession in Ontario heading in the next five years?

- Hopefully we will develop more efficient ways of communicating across the continuum of care, both within pharmacy and beyond, to enhance patient outcomes and my colleagues in the community continue to work towards establishing novel ways of being rewarded for all the great work they do with patients

WHERE IS PHARMACY GOING: WALKING INTO A BRIGHT LIGHT AT THE END OF THE TUNNEL AND HOPING IT'S NOT A TRAIN

Curious George, IT?

This past April, Walmart Canada donated 1 million dollars to our faculty for International Pharmacy Graduate (IPG) program. It provides funding to expand the IPG program. In the last decade, the profession of pharmacy has experienced tremendous amount of growth – doubling the class size of U of T pharmacy class to 240 graduates per year; opening another pharmacy school at University of Waterloo (which will have the capacity of ~150 graduates per year once it's fully operational); now, the newly added expansion of International Pharmacy Graduates (IPG) program (30% increase in class size to over a hundred students per intake, and double the intakes from 2 to 4 intakes per year).

At the same time, the profession has also seen unprecedented cuts in the last decade: Bill 102 in 2006 got rid of rebates for pharmacies, which was a major revenue source for many community pharmacies; Bill 16 in 2010 further decreased the price of generic drugs and profitability of community pharmacies. As a result, sadly, we (the students) waved goodbye to signing bonuses and the Shoppers summer student program for Year 1 and 2. You don't need Med Chem nor a semi-log scale to see the negative correlation – there is a lot less money to go around but there are a lot more mouths to feed.

Many pharmacists who graduated a couple of decades ago are still reminiscing about the good old days where every pharmacy graduate in Canada got a fully paid grad trip by Eli Lilly, paid internships, and lucrative positions waiting for new graduates at the end of their pharmacy education. Now, we are lucky if we can find a paid internship position within GTA, there are no more signing bonuses, and we make a lot less money compared to previous grads when we get our first job.

Clearly, the golden days of this profession are gone. But the question remains, do we have enough bread to go around if our profession keeps expanding at this rate?!

According to the OCP registry, 688 new pharmacists were added to the profession of pharmacy in 2010. Of the 688 new pharmacists, 367 (53%) were from out of the country (not including the United States).

Please keep in mind that the 2010 figure does not include graduates from University of Waterloo (a capacity of 150 students per year) and the expanded enrollment at U of T IPG program (over 100 students per intake, multiplied by 4 intakes per year). If we add all the

numbers together, we will get over 1000 new pharmacists per year in the next few years. One thousand may not sound like a big number to you, but it is quite a significant number once you put it into context.

Currently, there are only eleven thousand pharmacy related positions in the profession of pharmacy in Ontario. If we have 1000 graduates a year, we can turnover, i.e. replace everyone in the profession with new grads, in about a decade. For most of us, we will be lucky if we pay off our student loans in ten years, let alone start saving for retirement. You think pharmacists do not make that much now, wait until the profession is supersaturated where \$20/hr will be the new norm.

Concerned? You should be, because it's your future at stake here, not to mention you work your butt off for four years to find out that you may not be able to find a job after graduation. Don't apply to Medical school just yet, there is still time for change, but we need to stand together and work collaboratively with all parties to make sure our voices are heard and the appropriate actions are taken.

When the whole profession goes down the drain, it is not good for any of us. As practitioners, we can't find good positions to apply our knowledge and help our patients; as a faculty, we will lose prestige and add more trouble to the dwindling applicant pool (who is going to pay \$60,000 to get a degree which will only earn them \$40,000 a year?). Decreasing enrollment is a solution to prevent supersaturation of the profession. Yes, Walmart has donated one million dollars, but we cannot trade in long term prosperity for short term gains.

Fine Print: For those of you who do not agree with this article, including faculty members, you are more than welcome to write a rebuttal and publish in the next issue of the Monograph. The author wishes to turn this into a forum where information can be exchanged and questions can be answered.



YE OLD PHARMACY

Edric Paw Cho Sing
IT5 Monograph Representative

Nowadays, everyone talks about the profession of pharmacy as an evolving field in healthcare, filled with promise and opportunities. Shifting from the art of compounding and dispensing to the skill of providing clinical knowledge and collaborative care, we hear time and time again about the revolution of pharmacy. But before we can truly embrace the path our profession is taking, we have to recognize its apothecary roots. How do we accept the future of pharmacy without making sense of its past?

Recently, I've stumbled upon an amazing documentary that narrates the expanding roles of pharmacies during the 19th century Victorian era. It was fascinating in that you could pick out the follies of the past and appreciate the changing roles and upbringing of modern day pharmacists. And yes, I know we don't live in good ol' Britain, where people sit around eating crumpets and sipping tea with their pinkies high in the air. However, this is Canada, so we can probably assume that everything must have originated from the Motherland.

The Pharmacy: A Harmful Place?

There was very little scientific understanding during the mid-19th century. One of the dominating theories of medicine was the idea that our health status was governed by four elements or humours: yellow bile, black bile, phlegm, and blood. Having too much of one humour would disrupt the balance in our bodies. This was the etiology of feeling sick. As a result, pharmacies offered services that purged these fluids, believing it would alleviate illness. Being fed to starving leeches, for example, was an innocuous form of blood-letting. The "Everlasting Pill" made of a toxic metal, antimony, was used to induce vomiting and diarrhea. Even more disturbing was that the same pill was fished out of one's feces to be reused and passed down generations. Another popular belief was that infections and diseases were caused

by evil invisible clouds of noxious gas from decaying matter, termed the "miasma theory." It proposed that each body would react differently to the cloud or "miasma" and this gave rise to the different diseases.

Even though people came to pharmacies in search for a cure for their ailments, it was one of the most dangerous shops in town. Some of the products offered contained dangerous ingredients such as arsenic, cyanide, lead, and rat poison. For instance, Mrs. Winslow's Soothing Syrup was intended to suppress the agitation of nursing babies. However, it contained fair amounts of opium which essentially stifled the appetite of a baby so that the mother could attend to other errands. Unfortunately, babies were starved and many of them actually died. Exchanging diseases was also facilitated thanks to pharmacies re-using bloody bandages and tuberculosis-ridden spittoons. Although pharmacists meant well, they were actually inadvertently harming patients through misinformed theories of disease and the provision of noxious remedies. It was clear from the beginning that pharmacists were widely trusted.

The Role of a Pharmacist in the Victorian Era

The pharmacy was managed by a pharmacist, of course, with the help of a dedicated apprentice, the equivalent of pharmacy students. But we should count ourselves lucky because apprentices paid the pharmacist to learn in their shops. Yet, today, it seems that we aspire a paycheque along with our studentship. Pharmacies were open for more than 12 hours, with pharmacists coming in early to compound and leaving late at night to organize prescriptions, inventory, and accounts. Everything in the pharmacy was compounded and manufactured by hand, utilizing botanical sources from the courtyard. Quality control was a large responsibility of the pharmacist because most of the herbs and medicinal plants retrieved from gardens would easily go bad. Consequently, ingredients were kept in drawers to maintain its potency, the equivalent of shelves today.

Double-checking and being careful were always the duties of a pharmacist, as to not create harm. And even if people were harmed, it was not to their knowledge. Similarly in the modern world, we don't actually know if what we're giving



to patients is completely safe. We only eventually find out from post-marketing studies.

Pharmacists As Entrepreneurs

A common theme in pharmacies was the idea of entrepreneurialism. The extent to which a pharmacist could satisfy public demand through its goods and services defined its success. In the mid-19th century, overcrowding and unsanitary conditions led to outbreaks of diseases such as cholera, influenza, scarlet fever, measles, and tuberculosis. Needless to say, it was a scary time and people were desperate for any sort of hope. In response, pharmacists developed the lucrative idea of “cure-all” remedies that claimed to cure a whole range of diseases. Unlike today, these claims didn’t have to be backed up with evidence-based information and there were no limits to its advertisement. Even though cure-all’s were actually laxatives with a promising name, it addressed society’s fears and people spent a lot of money on a belief to a cure.

As a business, it was either sink or swim. Pharmacists were not only behind the counter, but going from door to door, advertising their products, from aspirin to cosmetic creams. This activity allowed them to get in touch with the community and probe their customers

for suggestions on what they would like to see sold at the pharmacy. Pharmacies went as far as to host exciting promotional stunts in the streets to advertise their business. As the era progressed, pharmacies expanded from traditional inventory of medications to a wide variety of services, such as veterinary care, photographic processing, explosives, make-shift condoms made of sheep intestine, and even dental extractions. As the economy improved and the middle class had more disposable income, pharmacists satisfied the consumer boom for cosmetics and perfumes. Equipped with the knowledge of chemistry and the tools to experiment, as long as you were innovative and savvy, you could make a fortune. Pharmacies were exceptionally popular because of their ability to sell narcotics freely without prescription. It was all too clear that pharmacies needed some form of regulation.

The Threshold to Modern Day Pharmacy

Upon the scientific breakthrough of the discovery of germs, clinicians were able to pinpoint the cause of diseases. Pharmacists followed this movement with the sale of products having germ-killing properties, antiseptics. Now that they could support their claims with scientific certainty instead of blind trust, pharmacists were much more confident

and assumed a stronger role in the community. New regulations made qualifications compulsory to practice as a pharmacist. Their expertise needed to include chemistry, physics, medicinal botany, Latin, and the practical know-how of compounding and dispensing. Towards the end of the Victorian era, pharmacists started to become aware of patient safety and human error. For example, the more toxic medications were stored in distinctly ribbed bottles such that pharmacists could identify its danger just by touching the bottle, to prevent accidental use. These familiar themes of evidence-based practice, regulation, and safety continue into the modern-day profession.

With the basic foundations of modern medicine, pharmacies at the end of the Victorian era began to resemble the pharmacies of today. From fewer remedies being made by hand and stocking brand products to dose-ready rice paper capsules, pharmacies underwent a revolution. The way pharmacies brought healthcare to the masses changed immensely. After having learned more about its past in the Victorian era, I can say with confidence that I appreciate the evolution of pharmacy today. Hopefully, we can all take pride in our profession’s roots and better understand the next steps that pharmacy is taking.

THE PFEC ACCOUNT: TO BE OPTIMISTIC OR TO NOT BE OPTIMISTIC?

Anthony Han, IT5 PFEC Representative

Most of us tend to dissect the world with a sober view. Some of us are more fortunate than others and are endowed with the ‘optimism gene’. Whether it is academia, entrepreneurship, or social lives, optimistic people play an asymmetric role in influencing society. These people tend to take more risks; and with assistance from lady luck, a disproportionate number of them are found in decision making roles that shape our daily lives. Hence, it is hard to envision the successes of Warren Buffet, Steve Jobs, and Marie Curie without their trademark optimism.

However, optimism can come with its own baggage. Many optimists tend to discount the role of luck in their successes and tend to be more over-

confident with their judgments (This is despite the fact that luck is bound to happen with the number of risk-takers out there). As mentioned previously, this can have benefits in small, localized settings, where a positive delusion can improve morale and enhance perseverance. But the aftermath of the Financial Crisis of 2008 has reminded us to re-examine the significance of optimism in our lives.

The recession was largely exacerbated by risky loans and financial bets that collapsed the banking sector which caused a liquidity crisis. This can be simply understood by examining the housing bubble. After the dot-com bubble, the world economy was experiencing a tremendous growth. This justified the

financial institutions from loaning risky instruments (such as subprime mortgages) to less credit-worthy customers, and pretty soon; it was possible for even a janitor to live in a million dollar house. As long as the economy was growing (as most people predicted), there would be steady interest payments from these contracts. The banks bundled a bunch of these mortgages together into CDOs (collateralized debt obligations) and sold them to financial institutions all over the world, which were unaware of the underlying risk behind these securities.

When the recession first hit (which nobody predicted), the housing bubble finally burst. People were no longer able to pay the interest on their mortgages, and these securities quickly became

toxic assets. Since the banks regularly loan out to each other (because they highly leverage their deposits); a downfall of one bank could have a domino-effect on the entire financial system. This caused a major insolvency problem at Wall Street. Without enough capital, the banks lacked the liquidity to invest into the economy, further deepening the crisis.

In hindsight, it is easy to say that the financial managers should have seen the recession coming. But prior to the recession, most of the Wall Street analysts were 'optimistic' that recent growth trends would continue (or else they would have prepared for the recession). All the regulations were in place for the regulators to curb risky practices, but they were also complicit with the notion that prosperity will continue, and failed to honestly question the architecture of the financial system. The Great Recession was an example of groupthink at its worst. It is a clear embodiment of optimism gone wrong; and how humans credit our success to our competence, but our failures to random events outside our power.

As a by-product of optimism, humans are sensationalist creatures that ache for 'expert' opinions and assumptions, even in unpredictable fields that forecast the future. People and companies compensate these consultants and experts more so than they compensate truth tellers and empirical practitioners. Instead of dwelling on uncertainty, most people find it preferable acting on illusions of knowledge.

As philosopher Bertrand Russell once stated, the demand for certainty is one which is natural to man. In an uncertain world full of professional analysts, forecasters, and experts; we as humans, try to predict the unpredictable. When facts are not available, it is natural for us to develop a theory or a bias, even on grounds of weak evidence. Judgments, rational or irrational, are part of how we view the world. However, it is not so much that we miscalculate our future success, but instead, we underestimate and do not properly extrapolate from our past experiences.

Your experiences are non-linear; to-



day is not an exact duplicate of yesterday, and you cannot exactly predict the events of next 30 days based on the previous 30. For example, prediction about our success in pharmacy requires incorporation of diseases, drugs, and technologies and social agents that will be part of the future. But we don't know what we will know in the future, and you can't expect the unexpected. Therefore, in depth and elaborate predictions are self-serving, and hardly accurate.

This self-deception is even manifested in the medical community. A study comparing physician confidence and autopsy results has found that the "Clinicians who were 'completely certain' of the diagnosis ante-mortem were wrong 40 percent of the time." The study further concludes this overconfidence is much encouraged by their clients, much like in the financial sector.

Hubris can also cause one to become a one-dimensional thinker. That is, even in the face of uncertainty, optimists often believe that their future is completely in their own hands. This leads to a condition called competition neglect. In other words, having a good team of pharmacists, pharmacy technicians, sales staff and accountants doesn't predicate future success if you don't also consider competition as part of your decision making process.

So what is the final verdict? Should hubris be the nail-on-the-coffin against optimism? No, it would be ridiculous and cynical to completely shun optimism as an act of caution. You should try to avoid predicting as much as possible, but arrogance is a part of life; it should be embraced as a part of your human condition. What you should avoid is blind faith in large scale predictions that could greatly influence your life events. Because when push comes to shove; being curious and doubtful are also important components of the human essence. When it comes to those big life decisions, being pragmatic is just as important as being optimistic. Identify all possible scenarios, instead of predicting on linear lines. Although optimism is the engine of entrepreneurship and one of our most enviable traits, the Great Recession has taught us that there is a fine line between optimism and hubris. But when everyday life has you feeling blue and your life is in the dumps, you gotta have faith.

Editor's Note: Please contact pfec2009@gmail.com for possible concerns or suggestions for new topics. PFEC is an up-and-coming pharmacy club that emphasizes the importance of financial education. Please keep on the lookout for some of our exciting events for the months to come.

FLASHBACK TO THE 1930S

Tara Farquharson,
IT3 Monograph Representative

So if you've been reading the articles I've been writing (You're awesome and) you'll know that I've already written about my grandmother, and why we love her, stereotypes and all. But I've recently come across some stories provided by my grandfather (other side of the family) which I thought were just too precious to pass up. I'm hoping these stories will make you laugh as hard as I did. So my grandfather was born in Ennismore Ontario (somewhere past Peterborough, a very rural place) where he and his 6-7 brothers and sisters grew up. Their family emigrated from Ireland in the 1800s, and had been living as farmers in Ennismore ever since.

Grandpa's always been a fun loving guy, always ready with a joke even if the jokes were on his grandchildren. He worked well into his 70s on the farm insisting that he was still able to run a farm, which led to his inevitable nickname "trauma Tom" on account of his many traumatic injuries caused by his being 70 years old and trying to run a farm by himself. His past times include Wheel of Fortune and thinking up dirty jokes to tell the nurses at his INR clinic or Bridge games with friends. Anyway, this Christmas, Grandpa decided to pass along a booklet of stories from his youth and the shenanigans he got up to with his family. The stories really made me realize how different our lives have been. Here for your enjoyment, Grandpa Tom's childhood stories:

Adam, Will Hickson and the big potato

Another time, we were picking potatoes. Whenever someone got an especially big potato, they'd leave it on the living room table for everyone to admire for a few days.

Well, one evening, Adam and Will Hickson (family friends) came over for a visit. As they were leaving, Adam and Mother got into a debate about who had acquired the Dardanelles for England and whether Benjamin D'Israeli was a Jew. Adam was getting the best of the

argument, so Mother picked up the big potato and hit Adam in the midsection with it. She was a strong woman, short but with big muscles, and the impact of the potato put Adam right flat on the ground.

As Adam lay groaning on the floor, Will Hickson started to laugh, a slow "Putt, putt, putt, GALL blast it!" Adam got up and just streaked out the door without so much as a goodbye and we all started to laugh.

Had to google these: Dardanelles is a narrow straight in Northwestern Turkey. Benjamin D'Israeli was the Prime Minister of the UK from 1874-1880. "Putt, putt, putt, GALL blast it!": I have no idea

Jack Carr's wake

Mother was always late; it didn't seem to matter what the occasion was, she was always just a little behind schedule. The day of Jack Carr's wake was no exception.

In those days, when someone died, they were laid out in their house. Friends and neighbours would come by to say the rosary with the family before the hearse came to take the body to the Church for funeral services.

Mother had baked a cake for the Carr family and brought it with her to the rosary, but she didn't want anyone to see her bringing it. We got to the house after the rosary had started. Mother came in the back door and tried to slip the cake into the oven unseen. In those days, the oven was part of a big wood burning stove that headed the house as well as cooked the meal; it had a heavy latched door on vertical hinges. The hinges never lasted long, and people usually just lifted the door on and off, using the latch to keep it closed. Well, Mother didn't think to check the hinges on the Carr's oven before pulling on the door, so she didn't know they were broken. As soon as she unlatched the door to slip the cake in, 50lbs of solid metal fell to the floor with a clatter that shook the whole house.

Norman Gannon (a family friend)

had been half kneeling and half sitting beside the stove at the time, with one arm on the stove and his head resting on his arm, quietly dozing off. When the door crashed, the noise startled him. He jumped up and cried "Weeping Jesus!" loud enough to be heard through the whole house! The priest was in the next room with the casket; he stopped the prayers and it was quiet for a minute- but as soon as he figured the place wasn't falling down, he carried on.

Meanwhile, with the cake safely in the oven and the door on the floor, mother had dropped to her knees, as stone-faced as old Elijah, pretending she'd been there all along and the noise had nothing to do with her!

Running from fire

As children, we made our own entertainment and sometimes it was mischievous. Like the time we set the house on fire. Fortunately, it wasn't the house we lived in, but the one just across the road from the house your parents grew up in, just a bit east of where the new barn is today. It was a log structure, chinked with straw - a real tinder box.

My brothers and I got to playing with matches one day and the whole thing went up. I knew we'd get yelled at for it, so I took off down to the swamp and hid out there for a few hours until I figured it was safe to return. While I was gone, my parents were terrified that I was trapped in the house, so I didn't get the scolding I expected because they were relieved to see me alive and well.

So in closing, don't play with matches, large potatoes make particularly effective projectiles, and always be on time.

Stories like these make me wonder what kind of things I'll have to tell any potential grandchildren I have, though I find it highly unlikely they'll be nearly as fun as these. Unless of course you consider the epic story of ups and downs entitled, "**How I passed med chem**".

TIBET: A CONFLICT AT THE JUNCTURE OF SOVEREIGNTY, RELIGION, AND CULTURE

Rick Fong, IT5

Since last summer I've developed an intense interest on one subject that it drew me like a magnet. That subject is Tibet. I was reading all kinds of books on Tibet, watching videos, and even interviewing some people to get their opinions. Even now, I continue to get excited when reading about Tibet. Unfortunately, the conflict that has been unfolding on the world's highest plateau isn't all that neat and dandy.

The year 2011 was especially an eventful one. The 60th anniversary of the peaceful liberation of Tibet was officially celebrated. Just a couple of months later, an unprecedented string of self-immolations by Tibetan monks and nuns took place. As I watch these tragic events, I perhaps for the first time realized that people are willing to die for their religion, even though in my opinion religion is supposed to serve humanity.

According to reports, the monks and

nuns were in despair because of severe religious regulations by government. Why couldn't the government just grant religious freedom? As I further read about Tibet, I learned that riots had occurred in the 80s when there wasn't much religious interference by government. Tibetans are religious, so they obey their religious leader, the Dalai Lama, but Dalai Lama is simultaneously a political leader who pushes for greater autonomy for Tibet and opposes Chinese rule. This is where the knot of the conflict lies, and because of that, China has declared that the Dalai Lama engages in activities to split the motherland. Sovereignty is supposed to be an abstract concept and only to serve humanity, but unfortunately in this case, humanity fights as a result of the concept of sovereignty.

It might be hard for non-Tibetans to realize how sad it is to have Dalai Lama in exile. To Tibetans, the Dalai Lama is the equivalent of a living Jesus for Christians, and not having Jesus to guide the

life of a Christian would indeed be sad-denying. As I watch the situation of Tibet, I become increasingly nervous about the future, for if the Dalai Lama is still unable to return, then in the event of his death mass riots are almost bound to occur. Fire on the highest plateau is then perhaps the biggest man-made tragedies in the 21st century.

But one hopeful event in all the plight is that the Dalai Lama has transferred his political role to elected officials in the government in exile, even though that government has not actually held any power since half a century ago. This is significant because this means that political and religious roles are now formally separated, so China may eventually find Dalai Lama's return less threatening of sovereignty, since he will only be playing a religious role. In my goodwill I hope things can turn out good at the end.



Tibet Peaceful Liberation Monument stands in Potala Square in Lhasa, Tibet Autonomous Region, People's Republic of China.

ONTARIO'S NARCOTICS STRATEGY:

ALL YOU NEED TO KNOW

You may have heard a bit about the Narcotics Safety and Awareness Act in Ontario. If you're confused at all, or want to learn more about it, read on!

The Narcotics Monitoring System is a new database which serves to detect any unusual or inappropriate behaviour such as double doctoring, poly-pharmacy and will also pick up on trends such as refill too soon, refill too late, etc. The drugs included in this strategy are all controlled substances listed in the federal Controlled Drugs and Substances Act

(that scary table made by the OCP that you have probably memorized), as well as other opioid medications not listed in the Act. These include narcotics like Tylenol 3, Oxycontin, Ritalin, Tramacet and lorazepam.

Starting November 1, 2011, patients in Ontario have been required to provide a piece of government-issued ID (sorry, no T-cards accepted!) to a prescriber and dispenser in order to obtain a prescription for a monitored drug. Note that photo identification is not required

Zenah Surani, OPA Student Board Member

(if you're old school like me, and you still have your red and white health card, you're good to go!) If a third-party picks up the prescription, pharmacists must record the name and address of the person picking it up, their form of ID and the number on the piece of ID. The same applies for prescription deliveries.

On the prescription, prescribers must also record their College registration number, the patient's ID number and type of patient ID provided. Verbal prescriptions for monitored drugs are still accepted as per usual but are now subject to the new regulations--so the patient identifier and the prescriber's College registration number is required.

If controlled substances are provided to a patient in the hospital (even right before the patient is discharged), the new regulations do not apply in this case since they don't apply to in-patients. The rules also don't apply to inmates in correctional facilities, or a young person in a youth custodial facility. Note that residents of long term care homes are subject to the new rules (they're not considered in-patients).

It's also important to note that these requirements don't apply to prescriptions for a monitored drug that have been written prior to November 1, 2011, or for refills for which the original prescription was written before November 1, 2011. Also, this information doesn't necessarily have to be recorded on the Rx by hand--prescriptions generated from computer software with this information are acceptable. The rules also only apply to monitored drugs with a prescription (so Tylenol #1s are not monitored). If you need controlled substances for your fluffy pet, you also don't have to worry--the rules don't apply to veterinary prescriptions either.

Whew! If you've gotten to the end of this, congrats! If not, or if you're itching for more information, please go to opatoday.com and search "Narcotics Monitoring System" to access a comprehensive list of FAQs.



OPA is the professional advocacy association representing the views and interests of over 10,000 practicing pharmacists and pharmacists-in-training in Ontario.

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www.opatoday.com

PHARMACY ATHLETICS

SPORTS NEWS FROM CO-ED ATHLETICS

Irene Lee, UPS Co-ed Athletics Representative

“We are the champions, my friend.. (dum dum dum) And we’ll keep on fighting to the end...” If you don’t know the lyrics to that song, it’s “We are the Champions” by Queen. What does this have to do with sports?? WELL, our co-ed div 3 volleyball team is the champion of the open volleyball division in the fall semester – woo-hoo!! To recap what happened during the championship game, the team had a great start claiming the first set and gaining confidence. However, the confidence started to slip in the second set as they lost leading to a third and final set to be played. Not taking chances and regrouping to focus on the final prize, they were able to take home the third set and brand-spanking new grey championship t-shirts, courtesy of the intramural sports at U of T. Congratulations to all players on the div 3 volleyball team!!

Other news, winter intramurals are well on its way. Most of the same sports are featured again this term including volleyball, basketball and Ultimate Frisbee. With the cold weather reminding us that warmer times are way behind us (or a long way ahead of us), why not try a sport that inspires a summertime mood? The co-ed Innertube Waterpolo team is a great way to burn off calories AND have fun --- after all what opportunities would you have to splash other people and flip them in the water!? Checking others out in the latest style swimwear is optional.

Keep active and keep those championships coming!

MALE ATHLETICS

Davin Shikaze, UPS Male Athletics Representative

Welcome back Pharmacy! I hope you all had a relaxing winter break. This semester we are fielding 5 men’s teams: Hockey, Basketball, Volleyball, Indoor Soccer and Cricket. If you haven’t signed up yet, it’s still not too late! The captain’s email addresses are posted on the sports bulletin sport in the lunchroom.

For those of you new to U of T, you’ll notice that there is a large white dome covering the football field at Varsity Centre. This dome is warm and well lighted, and also is the site of all indoor soccer, cricket and ultimate frisbee games this year. The Faculty of Physical Education and Health also offer free drop in sports as well as free driving range at certain designated hours (club rentals are also free for students!). So stop by Varsity Centre to see what’s going on!

Last season, our men’s teams did remarkably well, with all of them making the playoffs. The soccer team even made it to the finals, but lost a heartbreaker to PT/OT. By far, the highlight of last semester goes to the men’s hockey team who, with support from faculty members, Professors Marie Rocchi, Linda MacKeigan, and Dean Christine Allen in the audience, took down Beta Theta Pi in a 7-6 victory in the semis, and went on to beat SGS Phys Chem in the finals- the only other undefeated team in the league. Congratulations Guys!

Also, congratulations to Louis Nyguen (1T4) who is this month’s athlete of the month. In addition to playing men’s football, volleyball, co-ed volleyball and ultimate frisbee, he was also the captain of the co-ed flag football team last semester which had a few impressive wins and an impressive turnout of players. Congratulations Louis!

FEMALE ATHLETICS

Faye Peralta, UPS Female Athletics Representative

Shake off those winter blues by getting involved in Pharmacy Athletics! From intramurals to the annual OPA cup and to one-day tournaments, there’s something for everyone and for every skill level. Watch out for listservs throughout the semester and join in the fun!

Quick recap of the fall 2011 intramural season:

- Our soccer team advanced well into the playoffs but was defeated by the season champions, St. Hilda’s.
- Our combined MedsPharm hockey team made it all the way to the finals but lost to the super combined team of PT-OT-OISE-Skule team.
- Our volleyball team placed in the top 75% of the league and is gaining momentum for a winning winter season.

Our athlete of the month is Clara Pun (1T4). She’s been a crucial player for our ultimate frisbee team for the past two years and has been quoted to have ‘mad skills’ by her fellow teammates. Congrats!

Looking forward to a competitive and winning intramural season! Bring your A game!

DRUGS on 3!



オムライス!

OMELETTE RICE

Davin Shikaze, *“The Japanese Whirlwind of Awesome”*, IT4

This “Western-style” Japanese dish can be found in Japan, and even in some Korean restaurants here. I thought I would share my quick and easy version of it. Instead of just listing a recipe, this short narrative will describe the entire cooking process. No one

really likes to waste lots of time, energy and resources cooking, so whenever faced with this chore, I make sure it’s FAC. F=Fast, A=Awesome (healthy and delicious) and C=Cheap. If you ever need help remembering this, just think, “If it ain’t FAC, take it back” or “If it ain’t FAC it’s whack”. This recipe follows the FAC principle to the T, so let’s get started.



First you’ll need to get your ingredients. If you live close to Chinatown, you can pick up a bag of onions and carrots for about \$1 each. While there, pick up a chicken breast and green pepper too. Hey, if you’re in the mood for indulging yourself, substitute that green pepper for an orange or yellow one (I can never figure why they cost so much more). You’ll also need a can of pasta, my favourite is Classico’s 4-cheese sauce, but that will set you back more towards \$4. Also, you can pick up a can of Ragu or Prego for about \$2.50. I remember one time someone tried to convince me that Prego was something else, but I assure you, it is a jar of pasta sauce. So, let’s summarize the ingredients you’ll need:

- 1 onion
- 1 carrot
- ½ green pepper
- 1 chicken breast
- 2 cups of rice
- 1 jar of pasta sauce
- 2 eggs

Start by cooking your rice (if you have a couple cups of rice already cooked and sitting in a Tupperware container in the fridge, you’re already ahead of the game). Cut up the chicken breast, carrot, onion and green pepper. Cook them all in a big pot. Add about ¾ of the jar of pasta sauce. Then add the 2 cups of cooked rice and mix well. In a separate frying pan, add a bit of oil and set it to high heat. Crack 2 eggs into a bowl, mix, then dump and spread them in the hot pan. When the eggs are cooked, put a large chunk of the chicken rice mixture in the pan so it covers half of the pan. Fold over the non-covered side of the egg onto your rice and flip the frying pan over so it’s egg-side up on your plate. There is a trick to this. Track me down in PB and I’ll happily demonstrate for you. Garnish with ketchup, plus 5 points for hot sauce and 10 points for cheese. Feel free to adapt this recipe to make it your own. I sincerely hope this brings a smile to your face. Enough said, time to eat... Itadakimasu!

オレオトリュフ

OREO TRUFFLE

Blair Iwasa, "The Blair Bear", IT4

Prep: 30 min. plus refrigerating.

Makes: 21 servings (2 truffles each)

Ingredients:

- 1 package (250 g) brick cream cheese, softened
- 1 package (350 g) Oreo Cookies, finely crushed, divided
- 2 packages (8 squares each) semi-sweet baking chocolate

Directions:

1. Remove 1 tbsp. cookie crumbs; set aside
2. Mix cream cheese and remaining cookie crumbs until well blended
3. Shape into 42 (1 inch, that's 2.54 cm for you Prof. Arora!) balls
4. Refrigerate 30 min
5. Melt chocolate squares as directed on the package
6. Dip balls in chocolate, place on parchment or wax paper-covered baking sheet
7. Sprinkle with reserved cookie crumbs
8. Refrigerate for 1 hour or until firm

Storage:

Store in a tightly covered container in the refrigerator

PS: My sincerest apologies to Yanling Li



IT4 Faculty Reps Matt and Sheena promote the Santa Photo fundraiser, featuring the jolly ol' Professor Utrecht.

GMI DODGE-BALL TOURNAMENT:

A LESSON IN ACCESS TO MEDICINES

*Simona Tencaliuc, 1T5
GMI External Relations*

The Global Medicines Initiative is a pharmacy student-run organization focused on raising awareness about global pharmaceutical issues and promoting access to medicines. Aside from hosting monthly discussions related to global health in the GMI Journal Club, the GMI is involved in global health-related awareness campaigns.

On Monday, November 28 the GMI hosted a Dodgeball Tournament in an effort to raise money for campus awareness campaigns such as World Aids Day and International Women's Day. The event was very entertaining, was well attended and raised \$88.75!!! The winner, Suming Feng (1T5) won a Tim Horton's gift card for his unparalleled dodge-ball skills.



While this event was not necessarily meant to be an exercise in reflecting about global health, an attendee insightfully concluded: "The better you are at dodging (be it a ball or a disease), the more chance you have to survive. You are guaranteed victory, however only if you can effectively exterminate the threat (in dodge-ball with good aim, in disease treatment with effective therapy)".

We thank all those who attended and contributed to such a successful event. Keep an eye out for our future events and awareness campaigns on Facebook at <https://www.facebook.com/groups/global.medicine.uoft/>

SEVEN MINUTES IN HEAVEN

Kristen Marshall, 1T4

I am so nervous that I think I'm going to be sick. I have felt this way since I got here, which feels like forever ago. It's December, time for studying, and part of me would rather be at the library going over pharmaceuticals.

No. It's good to have a break from studying, even if this activity is not my favourite. Besides, it's just seven minutes in a closet with a stranger, doing our thing. How bad can it be?

It's getting late and very few of my friends seem nervous at all anymore. I look around the room. The girl next to me keeps taking long sips out of the bottle in her hand and I'm mildly concerned this might lead to problems later, but least I'm not the only one still feeling apprehensive.

I check my watch. Almost 12 o'clock. This game has been going for a while. I know my turn is coming up soon. I know how this works.

It's not like I've never done this before because I have. This isn't my first time -- I have some experience. But it's different this time. Just me and one randomly (or maybe not so randomly, if I know my host well enough) assigned person behind closed doors.

I wonder who I'll get and if they'll be gentle with me. Pushing that thought aside, I quickly run over an introduction in my head, hoping I sound natural.

I hear one of my friends repeating my name and I realize it's my turn. I take a deep breath and walk inside, closing the door behind me. I look up and try to subtly assess my counterpart. Could be worse. Could be better.

He asks me if I'm ready. Without hesitation, I smile and tell him yes.

I lean towards him slightly, taking a deep breath. "Hello, I'm Kristen, the pharmacy student here today. How can I help you?"

1T4 Poll: New Years Resolutions

“Get higher marks...just kidding. I want to read a chapter of Patient Self Care without falling asleep!”

“My New Years resolution is to be familiar enough to counsel on at least 5 of the fast movers in my pharmacy”

“To sit through a day of class without falling asleep even once.”

“New Years resolution: get to class ON TIME. Every. Single. Day. “

“Get an EPE position by end of January “

1T3 Poll: Who/What Inspires You?

“Zinc oxide: is there anything it can't do?”

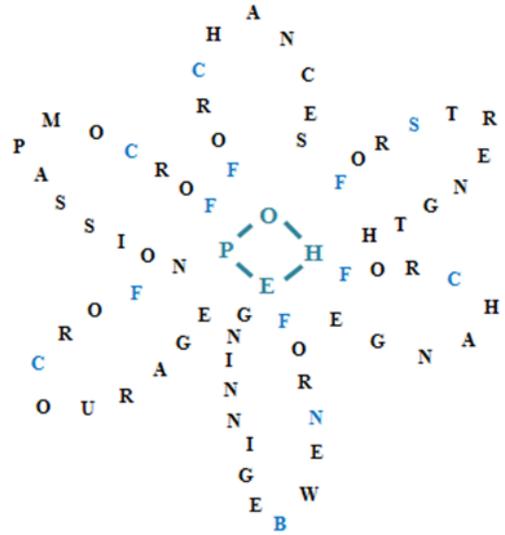
“Skyrim: where you can “Fas Rho Da” anyone standing in your way.”

“9gag: without it life has no meaning.”

“Wikipedia: the unappreciated Prof.”

“Music”

“E.B.Shuttleworth”



Star of Bethlehem
By Patwant Dhillon, 1T5

1T5 POLL: NEW YEARS RESOLUTIONS

Edric Paw Cho Sing, 1T5



Maliha Hossain
“To go to the gym 4 times a week; to be on time on class.”



Suming Feng
“To look like George St. Pierre.”



Lida Alizadeh
“To floss every day.”



Haran G.
“To get buns of steel and wash-board abs.”



Karen Too
“To balance sports, academics, and social life.”



Yin Cheng
“To shnuggle, shnuggle, shnuggle with Charley (my cat) all day, err'day.”



Stephanie Wong & Jennifer Jin
“To stop tumblr-ing in class.”



Gabriel Derai
“To study less – wait, what!?”



Abdullah Al-Kazaz
“Had too many short-term resolutions. None of them panned out.”



Jungeun Choi & Diana Chung
“To play less tetris on facebook.”



Students pack into PB B150 for SOAPE's first event of the academic year: the Blueprint for Pharmacy Workshop

A PUBLIC APOLOGY

Andro, 1T4

I'm sorry.

I'm sorry for leaving you

All you did was offer me comfort and support, and I took it for granted.

You gave me a place to drown the worries of today - a place where I could look forward to tomorrow.

I'm sorry for leaving you - for looking for comfort elsewhere

I'm sorry for running away in the morning, when you and I both knew I'd be crawling back in the night.

I'm sorry for the nights that I didn't come back.

I'm sorry that I didn't give you the time you deserved.

For all of this, I apologize to my bed.

Signed,
An Exhausted Student

Ps - see you tonight?

WINNER'S CORNER

November/December Issue's Winner:
Chocolate Bear

In the November/December issue, Chocolate Bear spiced up the Monograph by submitting the first ever script of a TV show based on pharmacists. Be sure to check out this extremely entertaining piece called, 'Pharmacy Chronicles', on Page 8 of last month's issue!

We asked Chocolate Bear...
What will you buy with your \$10 Tim Horton's giftcard?

Chocolate Bear said...

Hello Humans,

Fools! With my winnings I will try to rescue my chocolate brethren from the clutches of your leader, Timothy Horton! Then I will use them to build my own chocolate army to destroy your feeble existence! MWAHAHAHAHAHAH! or is it "MUAHAHAHA"? Is it a "w" or a single "u"?

Sidenote: When searching on google images for "chocolate bear" make sure safe search is on... my eyes...

Signed, Your Future Leader,
Chocolate Bear the Third

McKesson Canada is proud to support the University of Toronto's Undergraduate Pharmacy Society and its students.

McKesson Canada brings together clinical knowledge, process expertise, technology and resources to help our customers fundamentally change the cost and quality of health care. McKesson Canada empowers health care every time a pharmacist spends more time where it counts... with patients.



THE MONOGRAPH