



Pharmacy Quarterly

The Official Newsletter
of The Alberta
Pharmacy Students'
Association

Representing The Alberta
Pharmacy Students'
Association
and
the students of the
Faculty of Pharmacy

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Issue #2

November 2010

Reaching Your Full Potential - A Job or a Career?



During your time as a student in the Faculty of Pharmacy, your efforts are likely focused on successfully completing your educational program. There will come a time when you have achieved that goal and will have to make a very important decision about what you do with that education. For many of you, the answer will seem straightforward, something along the lines of "It's time to get a **job**, earn some money, pay off my debts, buy a home, etc." All of those things are important and it is quite reasonable to have goals that are focused on establishing a sound financial foundation for you and your family. However, you should also take the time to "begin with the end in mind", as Covey suggests in his book "The 7 Habits of Highly Successful People." When you near the end of your life, what would you hope the story of your life would look like? With respect to your working life, would a job, or a series of jobs, have

been enough, or would you have wanted to have experienced a memorable career?

Is there a difference between a job and a career?

Many people think of a job and a career as being pretty much the same thing, but that is not the case. If you do a web search you will find definitions and tables similar to the one below that describe a "job" and a "career".

water and shelter, as well as our need to be safe in terms of job security, our working environment, a future pension, insurance, and an income above the minimum needed for survival. A job can largely satisfy those low-level needs.

The next level of need is called "belongingness" and it refers to our need for social interaction, friendship, companionship, and the opportunity to be part of an effective

	A Job	A Career
Definition	"A job is a regular activity performed in exchange for payment. Through a job a person can earn an income to support his/her basic needs and those of their family or friends." "A job is defined as anything a person is expected or obliged to do."	"A career is defined as an occupation or profession, especially one that requires special training and is pursued as one's lifework." "A career is the pursuit of a lifelong ambition or the steady progress toward the fulfillment of lifelong goals."
Requires:	Education or special training may or may not be required.	Usually requires special education or training
Risk taking:	Stability of work and income is paramount.	Risk taking is often required in order to pursue the achievement of lifelong goals.
Time Frame:	Short term	Long Term

Maslow's Hierarchy of needs

Many years ago a psychologist named Abraham Maslow proposed that humans have five sets of needs that are arranged in a hierarchy. At the lower end are our basic physiological needs for food,

team. A good "job" can provide some of this, but it is highly dependent on the relationship and bonds that we have with our co-workers. of Pharmacy.

Continues on next page ...

Those of us who are fortunate enough to belong to a profession, like Pharmacy, have the benefit of a long-established framework for satisfying our need to belong. We are all members of the profession

As pharmacists, we generally hold a similar set of professional beliefs and ethics and have many shared experiences in our work lives. When non-professionals change jobs, they often lose their sense of belongingness and have to re-establish it in their next workplace. In contrast, when you are part of a profession you continue to belong to your profession, regardless of the number of job changes that you go through. A career can therefore survive, and thrive, through many job changes.

While being a member of a profession can, in and of itself, provide a certain sense of belongingness, becoming actively involved in your profession will provide a much deeper fulfillment of our need to belong. Over the years, I have been described as an "association junkie" who is addicted to some sort of rush that I get from being involved in pharmacy associations. I have been asked on several occasions if all the time that I have spent working on pharmacy association activities has been worth it. When I look back at just a few of the benefits - all the friends I have made through my involvement in pharmacy organizations, the bonds that our shared experiences and teamwork have created, the opportunities that I have had to travel throughout North America and Europe - and the answer to that question is a resounding yes. I have gotten back far more from my involvement with phar-

macy organizations than I put in. My personal need for belongingness has been richly fulfilled.

The next level of human needs is called "esteem needs". That refers to our need for feelings of adequacy, competence, independence, and the recognition of our contributions. Having a good job and working for a good organization would hopefully lead to some of our esteem needs being met. However, a job is defined as "anything a person is expected or obliged to do". Internally, it is sometimes hard to feel that we are making a difference when we are just doing what our job obliges us to do. Likewise, recognition from our employers and co-workers for our efforts and expertise is often limited when we are just perceived to be doing our job. However, when we voluntarily go over and above the call of duty, as opposed to being paid for what we do, we both feel better about ourselves and are more likely to receive expressions of thanks and recognition from others. Contributing to one's profession through voluntary service on committees, serving as a board member, and serving as an officer are all excellent ways to help build self-esteem and a career.

Maslow described the highest level of human needs as what he called "self-actualization needs." These needs are said to revolve around our desire to achieve our full potential. This involves being able to fully express our skills and talents in a way that is meaningful to us. Self-actualization is more likely when an individual realizes their personal potential for creativity, growth and personal progression. A job offers no

guarantee of self-actualization, while a career by definition involves creativity, growth and personal progression.

As you reach the point where your education is complete and the next phase of your life is about to begin, consider whether you are looking for a job, or the beginning of a career. Envision what you would want to look back on at the end of your working life. Would it have been one or more jobs that met your basic needs, or would it have been a career that progressed over time, and met many of the higher needs that we each have for belonging, self-esteem and self-actualization?

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Presidents Address

Ladies and gentlemen,

Thank you for making my term as President unforgettable! Throughout my term, we have faced many challenges and issues as students, and I'm happy to say that with your thoughts and support, we have been able to accomplish much more than we imagined we could. Although working with APSA has required me to sacrifice some things, it has been such an incredible experience that I would do it again in a heartbeat. Serving you has taught me so much about myself, our Faculty, and our profession. I am deeply indebted to you for providing me with such a unique and special opportunity.

Since this will be my last PQ article as President, I will take this opportunity to introduce your new APSA President, the distinguished Tyler Watson. His patience, composure, and

reliability compliment his warmth and friendliness. I am confident that he will do an upstanding job as President. We are very fortunate to have Tyler represent our profession.

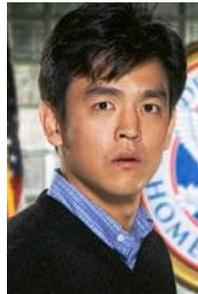
Several individuals have played a significant role in making my experience as President a wonderful one. Thank you to Joe Blais and Stan Dyjur for being steady sources of guidance and wisdom, and to Tyler for supporting my ideas and initiatives. The APSA Councils and Committees I have served on have been generously open to my opinions and ideas, for which I am greatly appreciative. Several faculty members have also played an instrumental role. In particular, Dr. Christine Hughes is an exceptional source of guidance on all matters, and Dean Kehrer's support of APSA and its initiatives is truly inspiring. Lastly, I would like to thank you, the

students, for making it an absolute pleasure to serve you. It is difficult to express how appreciative I am of everyone who has had an influence on my experiences, so I hope that this will suffice: Thank you.

Sincerely yours,



Tim Leung



Editors' Message



(left to right) Andrew Wong, Peter Yoeun, Eugenio Pettinato, Bryson Le

Hey Everyone,

As the semester is coming to an end soon and the holidays fast approaching, we wanted to wish everyone best of luck on final exams and happy holidays. This time of the year can be very stressful, so make sure to squeeze in some time to

have fun. In the remaining days of the semester be sure to play some fooseball, pretend to study in the APSA study room, and most importantly attend Mr. Pharmacy.

Now the part that everyone's (especially our die hard fans) been waiting for, our infamous list ... here are some things to look forward too over the break.

5. NOT having to wake up at 8:00 am
4. Spending time with the people who matter the most

3. Sleep, sleep, sleep, and even more sleep (oh how we love sleep)

2. Eating way too much delicious food

1. A year closer to the end ... of school!

Ciao ciao for now,

Andrew and Mike
PQ editors 2010-2011

My Summer of New Adventures

Before I go any further in describing my summer job in a new city, let me first introduce myself as you are probably wondering why someone not affiliated with the university is writing in your student newsletter. My name is Nicole and I am currently a fourth year pharmacy student at the University of Toronto. This past summer, amidst the drug reform in Ontario, like many fellow pharmacy students, I was faced with the risk of having reduced hours for my part time job at a local community pharmacy. Although I was perfectly content with working only once a week and spending the rest of my last summer relaxing, I wanted to get a new job after listening to my friends recount stories about their exciting summer jobs. The outlook of job hunting seemed pretty gray as it was already mid-May when I started looking and by then, most companies have already hired their summer students. Fortunately, Pfizer did not apply for hiring students through the Rx & D program this year and instead, posted the position of summer student on the website Linking Health Professionals. I have heard of this website through school and thought it would be harmless to sign up. When I saw Pfizer's posting, I was a little hesitant at first in applying for it as it involved relocating to Montreal and my French communication skill is limited at best, if not non-existent. Little did I know that this was the first step into finding myself in a new job, a new company and a new city.

I was assigned into the department of marketing – customer relations, but my project here at Pfizer was

not related to marketing specifically. During my two months here, I was to interview pharmacists working in the company to learn more about the opportunities for a pharmacist in the pharmaceutical industry. Afterwards, I was to communicate my findings to students across the country via faculty newsletter to increase awareness of what is out there for students after graduation. As it was not feasible to interview all the pharmacists at Pfizer and write about the various departments in the company, the articles to follow would only serve to highlight positions that would be of relevance to pharmacy students. As well, departmental functions and position titles vary with each pharmaceutical company so information contained in the articles may only be applicable to Pfizer. Despite this, I still hope you would find these articles interesting and informative. Let's start off with interviews for two of the directors at Pfizer – Director of Medical Information Services and Director of Quality Management in Marketing – to highlight some of the ways to enter the industry.

Marie-Claude Breton is currently the Director of Medical Information Services at Pfizer Canada Inc. and her pharmacy journey has been rather eventful, to say the least. Below is a summary of her roller coaster ride of a career.

University attended: Laval University

Degrees obtained:
Bachelor of Pharmacy and Master's degree in Pharmacoepidemiology

Entrance into the phar-

maceutical industry:

A professor Marie-Claude had worked for during the pursuit of her Master's degree introduced her to his colleague in Sandoz pharmaceutical company.

Career highlights: After working a year as a community pharmacist, the traditional hierarchy of the health-care system became too apparent and Marie-Claude decided it was not for her. She went back to school for a Master's degree education in pharmacoepidemiology (outcomes research) and eventually entered the industry working at Sandoz (now Novartis) in the department of medical information, an entry point for many pharmacists entering a pharmaceutical company. A year and a half later, Marie-Claude took up a research position for a provincially funded drug use evaluation (DUE) program, where she conducted DUEs, developed guidelines for appropriate use and analyzed adherence to these recommendations. Three years later, at the termination of the drug use evaluation program, she joined a consultant agency working in the field of outcomes research, which eventually led Marie-Claude to working at Merck and Pfizer, also in outcomes research. In addition, within Pfizer, she has taken on other positions such as the Manager for Pharmacy Relations and Reimbursement Manager.

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As Manager For Pharmacy Relations, she worked with different pharmacy associations, regulatory bodies and universities to ensure that the interests of pharmacists were considered in all marketing plans and to understand and support the evolution of the profession. In the position of Reimbursement

Entrance into the pharmaceutical industry:

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Career highlights: After working a year as a community pharmacist, the traditional hierarchy of the health-care system became too apparent and Marie-Claude decided it was not for her. She went back to school for a Master's degree education in pharmacoepidemiology (outcomes research) and eventually entered the industry working at Sandoz (now Novartis) in the department of medical information, an entry point for many pharmacists entering a pharmaceutical company. A year and a half later, Marie-Claude took up a research position for a provincially funded drug use evaluation (DUE) program, where she conducted DUEs, developed guidelines for appropriate use and analyzed adherence to these recommendations. Three years later, at the termination of the drug use evaluation program, she joined a consultant agency working in the field of outcomes research, which eventually led Marie-Claude to working at Merck and Pfizer, also in outcomes research. In addition, within Pfizer, she has taken on other positions

such as the Manager for Pharmacy Relations and Reimbursement Manager. As Manager For Pharmacy Relations, she worked with different pharmacy associations, regulatory bodies and universities to ensure that the interests of pharmacists were considered in all marketing plans and to understand and support the evolution of the profession. In the position of Reimbursement Manager, Marie-Claude acted as a coordinator between the different departments within the company to develop drug submissions for public and private drug plans. Most recently, she has taken on the role of being the Director of Medical Information Services, where she uses her extensive expertise in the pharmaceutical industry to guide her staff and bring a new perspective into how this department should function.

Main messages to pharmacy students: Don't be shy and push yourself. Don't be afraid to dream big and go after what you want. Opportunities won't come knocking on your door, you must go search for them. The worst thing that can happen is rejection, but it becomes a learning experience and you move on.

Anne Maheu is currently the Director of Quality Management in Marketing. She had entered the industry through a traditional route but the various projects she had embarked on and the different positions she has held make Anne's pharmacy journey colourful.

University attended: Laval University

Degree obtained: Bachelor of Pharmacy

Entrance into the pharmaceutical industry: Anne applied to the industrial pharmacy program and obtained an internship position at G. D. Searle & Company (now a part of Pfizer Inc.). At the end, she was offered a position as a clinical research associate at the company.

Career highlights: Anne had worked in both hospital and community pharmacies before applying for the industrial pharmacy residency. This internship sparked her interest in working for a pharmaceutical company as it exposed her to the different opportunities for pharmacists, such as clinical research, medical information, medical affairs and much more. Working as a Clinical Research Associate in the medical department at Searle, Anne embarked on an innovative project, which was to create a product newsletter. This has never been done before and thus, caught the attention of her senior management and she was transferred over to the marketing department to become a Product Manager. Through referral from a colleague, Anne entered Pfizer, also as a product manager. Over the years, she had led her marketing team to bring numerous products into the market such as Aricept, Relpax, Lyrica and Caduet, to name a few. Anne's most recent role as she enters her 15th year with the company is called the Director of Quality Management, where she guides a team of healthcare network account managers to define the types of tools and initiatives Pfizer can support for healthcare professionals to better optimize healthcare delivery and patient outcomes.

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This is a role mainly surrounding regulation compliance as any resource tools the company develops are subject to internal and external (through PAAB and ASC) approvals to ensure the information provided is unbiased. Lastly, even with her busy schedule, Anne has still managed to pioneer yet another side project, which was to work with Rx & D to bring pharmacy students into the company to show them ca-

reer opportunities available outside the traditional clinical and retail settings.

Main messages to pharmacy students:

Anne believes that the pharmaceutical industry is a place to learn and grow. Within the company, pharmacists can get a taste of everything as they apply their knowledge in various departments, be it in sales, in medical or in marketing. She believes working in the

industry is a great career and that is the reason why she started the Rx & D program for pharmacy students at Pfizer.

Nicole Lo
B.Sc.Pharm. Candidate
University of Toronto,
Pfizer summer student 2010

Devini DeSilva's lentil curry

From: Anita Stewart's Canada – the food, the recipes, the story

We took this book out of the library as part of our research into Canadian food, recipes and culinary history. We only had time to grab a few recipes before we returned it, one of which was a roast beef with the best gravy I've ever tasted, and this easy and satisfying curry. The lady who contributed this recipe was a pulse (legume) researcher at the University of Saskatchewan and this lentil dish was apparently a favourite in the lab. Some of the spices are a bit hard to locate but I found them at the Indian grocer on 109th st. They did not have fenugreek powder but I used fenugreek leaves instead and it worked great. Because of the large amount of garlic required, I used minced garlic in a jar instead of mincing the cloves by hand.

- 2 cups split red lentils ("Football lentils")
- 2 cups water
- 1 teaspoon turmeric
- 2 teaspoons roasted

- fenugreek powder (about 5 teaspoons fenugreek leaves, crumbled)
- 2 teaspoon curry powder (garam masala)
- 1 hot green chilli, seeded and thinly sliced (optional)
- 1 large onion, diced
- 8 cloves of garlic, crushed
- 10-12 curry leaves (optional)
- 3 cups milk or half and half cream or 2 can of coconut milk
- 2 teaspoons salt
- 4 teaspoons lime juice

Wash the lentils and drain well. Transfer to a medium saucepan and add the water, spices, garlic, chilli and onion. Cover and bring to a boil, reduce the heat to lowest setting and simmer for 7 minutes until all the water is incorporated. Add the milk and salt. Bring to a boil and cook, stirring frequently until the mixture is bubbly and thickened, about 10 minutes. Remove from heat and discard curry leaves. Stir in lime juice and serve immediately with rice, bread. If desired, stir into the spicy mixture called "limited edition".

Limited edition

- 2 dried chillies
- ½ teaspoon black mustard seeds
- 1 tablespoon canola oil
- 1 small onion, thinly sliced
- 1 small green chilli, seeded and thinly sliced
- ½ teaspoon curry powder (garam masala)
- 2 or 3 curry leaves
- 1 clove garlic, crushed

Chop the dried chillies and place in a bowl, cover with boiling salted water. Soak for 10 minutes. Drain and mince. Roast the mustard seeds in a dry skillet over medium heat until they begin to pop. Add the oil, then stir in the onion, green chilli, curry powder, curry leaves and crushed garlic. Stir well and cook for 1 minute. Add the cooked lentil curry to the saucepan. Reheat for 1 minute before serving.

Karen Hagen
Class of 2014
kehagen@ualberta.ca

your life
your customers
your community
your career



Attention 1st, 2nd, 3rd and 4th Year Pharmacy Students. Interested in a Career with Walmart Pharmacy?

4th year Students:

To receive updates on our:

- New Grad Opportunities
- Recruitment Events, and/or
- Interview times,

We would like to invite you to register on our career website.

1st, 2nd, 3rd year Students:

We would like to invite you to apply for our **Walmart Summer Student Program**.

Please apply today in order to reserve a spot in our Student Program.

Please go to www.walmart.ca/pharmacyCareers and click on [Apply Now](#) to receive updates on our new grad opportunities or to apply for our summer student program.

For more information about Walmart pharmacy, the benefits and our programs, please visit us at www.walmart.ca/pharmacyCareers.

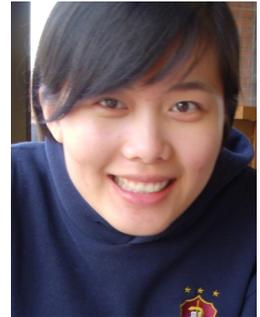


APSA Council 2010-2011 Bios



4th Year Class Representative (fall): Andrew Fuller **Class:** 2011
Bio: Seven years ago, a student pharmacist was sent to prison by a military court for a crime he didn't commit. This man escaped from a minimum security stockade to the Edmonton underground. Today, still wanted by various pharmaceutical employers, he survives as a soldier of pharmacy. If you have a medication problem, if no one else can help, and if you can find him, maybe you can hire him.....The A-team.

4th Year Class Representative (winter): Cindy San **Class:** 2011
Bio: Hi, I am Cindy (a.k.a CSAN for the class of 2011 and those who know about monitoring of antipsychotics....) and I will be the fourth year class rep for the winter term. For the first year pharmacy babies, welcome to our faculty! For all the others, welcome back :)! I am a happy person who loves talking. Sometimes, my cheerful and loud personality annoys my peers during stressful times when we are supposed to mourn over how much work we have. Quoting my InterD team member, "It must be a pharmacy thing to be overly cheerful." I can't help but be happy because I am in one of the best professions in the world and I truly enjoy getting to know the pharmers! I hope all of you will enjoy pharmacy school as much as I do, and best of luck for the new school year!



3rd Year Class Representative: Jenny Hoang **Class:** 2012
Bio: Contrary to popular belief, I'm a born and raised Edmontonian, with a full Chinese background. I am the baby of 4, which consists of 2 brothers and a sister. I love playing just about any sport, but my favorites include basketball and ball hockey. I also love snowboarding and sometimes... golfing. I listen to all sorts of music but currently I'm really into artists such as Matt Kearney and Angels and Airwaves. My favorite TV shows include Smallville (Clark and Lana for LIFE), One Tree Hill, and good ol' Jack Bauer in 24! I don't have a favorite movie but I'm a total hopeless romantic. My favorite food is probably 5 cents candy... is that food? Maybe not, nonetheless, I LOVE to eat. Oh and my drink of choice is green tea with honey, mmm

2nd Year Class Representative: Reid McDonald **Class:** 2013
Bio: Well, hello there. My name is Glen, but I probably won't respond to you if you call me that. Most people call me *Reid* (although I have been known to respond to *Grasshopper Thirty-four* during the summer months). I am originally from Calgary, but moved northward to hone my skills in dandelion growing, dodging potholes, and parking in spots far too small for my vehicle. When I am not perfecting my skills, you may find me at one of the fine watering holes in the Old Strathcona area (Garneau Pub, Avenue Pizza, The Strat) or waist deep in a seemingly pointless, labour-intensive project. If you play guitar, bass or have a really good sour dough starter, I would love to chat with you. I welcome you to use the information provided in the stalker book to get a hold of me, or give me a holler on CB channel 19.



APSA Council 2010-2011 Bios

Male Sports Representative: Nathan Morin
2012

Class:

Bio: Oh hello, didn't see you reading there. If you read my caption correctly you'll know that I'm Nathan Morin, Male Sports Representative. My job in APSA is to organize the male intramural teams as well as the coed teams with the female sports representative Heather Roflik. I (along with the female representative) also plan the annual Dent-Pharm hockey game and curling funspiel. As for myself, I am in my third year of pharmacy, about 6'1 and enjoy long walks on the beach, sometimes getting caught in the rain. Seriously though, I really enjoy sports and if you have any ideas or suggestions about general sports in APSA, let me know I'd love to hear it.



3rd year Social Representative: Stephen Yu **Class:** 2012

Bio: As the 3rd year Social Rep, I will be working with the amazing Social Committee and Sports Reps to organize and promote social events. My responsibilities pertain primarily to the 3rd year class but I will also have some that pertain to all years. As this year is the final year that the class is unified for both semesters, I wish to make it as memorable as possible. To this end, I will plan creative and unique events that appeal to the majority of the class. Lastly, so as to not ramble on about what kind of person I am I will let my picture do that.

2nd year Social Representative (fall): Joey Ton **Class:** 2013

Bio: So you might be reading this because you saw my picture and thought "wow, awesome looking guy". Thanks for thinking that. So my name is Joey Ton and I am an Edmonton born student with interests in snowboarding and eating. So what would I do if I had a million dollars? Buy a beamer, snowboard and eat. But aside from all that, my job as 2nd year social representative is to attend Social Committee meetings in order to help plan, organize and promote various social events to all the classes. In addition, I am in charge of organizing events for the class of 2013. I am open to any suggestions and ideas. Don't be afraid to say hi and ask "what's up" because you never know, I may end up as one your best friends... forever.



Yearbook Editors: Euny Lee **Class:** 2012

SoHyea Kwon **Class:** 2012



Bio: Hello, my name is SoHyea, and I am your yearbook editor along with Euny. I am in class 2012. My jobs are basically to edit your yearbook 2010/2011 and lead it to its completion and finally its publication. That means that I have to stalk you guys and take lots of you guys' pictures throughout the year. The yearbook will be decorated with your pictures, not just mine. So, I and Euny will recruit some volunteers to help us collect some hidden secretive pictures! In addition, if you have any pictures you would like to include in YOUR yearbook, please send them to me or Euny.

APSA Council 2010-2011 Bios



Shine Clinic Representatives: Dapheni Anderson **Class:** 2012
Bio: My name is Dapheni Anderson, a third year pharmacy student. I was raised in a small town in Northern Alberta until the age of eighteen when I moved to Calgary. I lived there until the year I was accepted in Pharmacy at the UofA. Thus, I am a mix between a small-town girl and a city-girl. I have a love for the elderly, and I also have a spot in my heart for troubled kids. Because the SHINE Clinic focuses on caring for underserved youth in Edmonton's downtown core, I was very interested in becoming involved. I volunteered at the clinic during my first year and have held the position of SHINE pharmacy representative last year and this current year. The SHINE pharmacy representative position entails attending executive meetings twice

monthly, scheduling and recruiting volunteers and preceptors, as well as, volunteering at the clinic. I find that this is a very rewarding position.

Cindy Luc

Class: 2013

Bio: "hello everyone! I'm Cindy and I'll be one of the SHINE pharmacy representatives this year along with Dapheni. I'm a 2nd year pharmacy student and I'm really excited to be a part of SHINE this year. SHINE is a student-run medical clinic that provides free medical services for inner-city youths in Edmonton. SHINE is a great opportunity for those who are interested in getting involved in a interdisciplinary environment or those who just want to meet a great group of people with interesting backgrounds. If this sounds like something you're interested in - please feel free to chat with me, I like to think I'm a good conversationalist. :)"



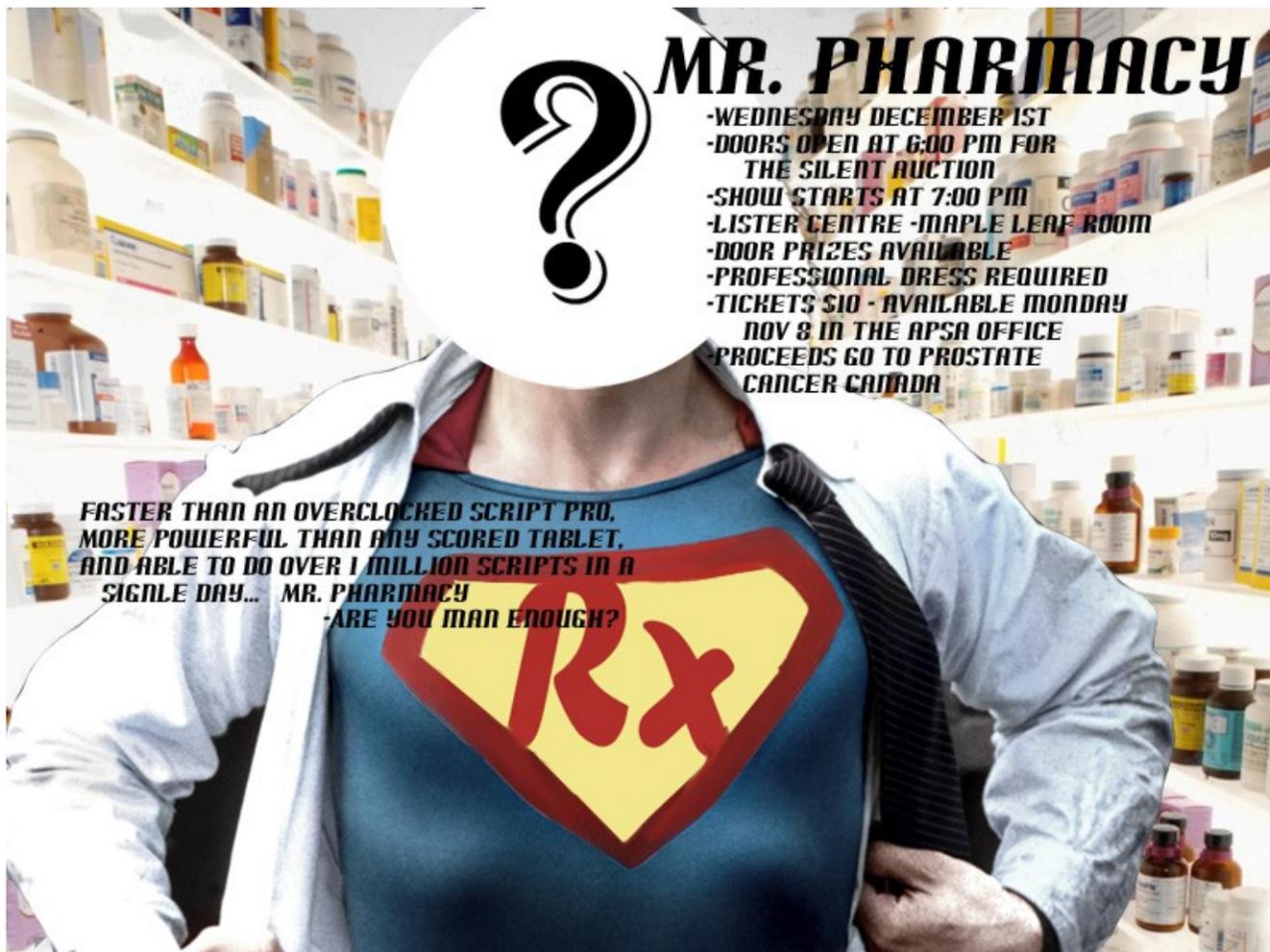
Information Technology Officer: Sam Kim **Class:** 2012

Bio: Good morning to all. My name is Seok Hee [Sucky]. You can also call me Sam, if that's easier for you. When Andrew asked me to write bios, I thought of Basic Input-Output System. In case it doesn't ring a bell, most people probably have entered bios during a PC format to change the booting sequence. That being said, my position at APSA is IT officer. I take care of APSA's technological needs. One of my primary responsibilities is taking care of APSA's website. I believe it is underutilized and I hope we make a good use of it, so I encourage everyone to give any suggestions. About myself, it is sufficient to say I am in love with Starcraft and nothing else. Thank you for reading this and I hope I serve you well



APSA council

2010-2011



MR. PHARMACY

- WEDNESDAY DECEMBER 1ST
- DOORS OPEN AT 6:00 PM FOR THE SILENT AUCTION
- SHOW STARTS AT 7:00 PM
- LISTER CENTRE -MAPLE LEAF ROOM
- DOOR PRIZES AVAILABLE
- PROFESSIONAL DRESS REQUIRED
- TICKETS \$10 - AVAILABLE MONDAY NOV 8 IN THE APSA OFFICE
- PROCEEDS GO TO PROSTATE CANCER CANADA

**FASTER THAN AN OVERCLOCKED SCRIPT PRO,
MORE POWERFUL THAN ANY SCORED TABLET,
AND ABLE TO DO OVER 1 MILLION SCRIPTS IN A
SINGLE DAY... MR. PHARMACY
-ARE YOU MAN ENOUGH?**

Who is Man Enough to be Mr. Pharmacy?

The entire Faculty of Pharmacy will hold its breath as we eagerly await the decision of who will be named Mr. Pharmacy 2010. Of note, past winners include Alex Trebek, Burt Reynolds, Tom Selleck, and Ron Burgundy, so this is not something to take lightly.

Mr. Pharmacy is similar to a Miss Universe Pageant, but instead of searching for the most politically correct and subjectively beautiful female in the Universe, we are searching for the ALPHA MALE of Pharmacy. Events include trivia, a talent show, a fashion show and others. Through this series of events designed to test wisdom, intelligence, talent, Pharmacy skills and masculinity (among others) the clear Mr. Pharmacy will be unveiled. Here' what the candidates have to say:

Name: **Kenneth Soong**
Class: **2014**

Why should I be Mr. Pharmacy? For me the Mr. Pharmacy event represents more than a male-pageant to determine who the most masculine Pharmacy student is. Mr. Pharmacy to me, represents an opportunity for Pharmacy students over four different years to come together for a common cause. This time around, it's all for Prostate Cancer Canada, but what if we took this same mentality of speaking with one voice, striving together for one common goal, and applied it to all other issues we may face as Pharmacists both now and in the future? So I think I should be Mr. Pharmacy because of my sheer manly hotness and undeniable sex appeal? (My wife would disagree) All kidding aside, whoever wins, we all win and the industry as a whole improves because we succeeded in doing something together with gusto!



Mr. Pharmacy Candidates

Name: **Herber Castillo Gurdian**
Class: **2014**

I don't think I deserve or don't deserve to win. Its awesome that my class (2014) voted for me. I am more focused on what the event is for, prostate cancer. whether I win or lose does not really matter to me hahaha! Im just being honest. BUT having said that, it would still be really cool to win!!!! LOL

Name: **Charles Campbell**
Class: **2013**

Hi I'm Charles,

I love the Oilers, pharmacy and long walks on the beach. The reason I should be Mr. Pharmacy is... secret.



Name **Joey Ton**
Class: **2013**

In the year of 1989, on the date march 25, a baby came out of a woman. That baby was named Joey Ton. He is a current 2nd year pharmacy student at the University of Alberta's faculty of pharmacy and pharmaceutical sciences. Joey was born in Edmonton, AB but moved to Victoria, BC when he was 2 years old. Growing up in the beautiful city, Joey had an enjoyable, not so cold childhood. He enjoys working out, playing all sorts of sports and of course eating. Joey was asked, what he would do if he won a million dollars. Joey said "Well that's a very good question, with a million dollars I would buy 3 cars, a beamer, a hummer and a civic, why? The beamer is for the usual driving around, the hummer is for comfortable road trips, and the civic is because I want to rice it up... hardcore." Upon asking if he had anything further to add to his bios, he said:

"Hi my name is Joey Ton, you may know me from such speeches as, the sir Winston Churchill speech, the second sir Winston Churchill speech and finally, the social skits. I want to win Mr. Pharmacy because I believe I have all the skills necessary to defeat my other opponents, they are worthy competitors but I believe my talent and charm will squeak out the win. Why should you cheer me on? Well for one because of my sweet November beard, some people say pubic hair, I say professional hair. I am working hard to provide for some good entertainment so cheer me on and it will be a good show!"

Name: **Giovanni Ursella**
Class: **2012**

"My name is Giovanni Ursella. My middle name is Henry, which comes as a surprise to many people. I was born in Edmonton, I did one year before getting into pharmacy, and I haven't saved any orphans in Africa or anything, so that makes me a pretty immature (or as Microsoft Word's thesaurus is telling me, "unripe") guy who hasn't really done much with his life just yet. YET. We'll see.

I think that I should be Mr. Pharmacy because I am a boy and I am in pharmacy. I'm super excited about the pageant—I'm especially interested in seeing everyone's talents—and I and the other contestants are going to have a bunch of fun! See you there!"



Mr. Pharmacy Candidates

Name: **Jeremy Chan**
Class: **2012**

Why should I be Mr. Pharmacy? Simple. I'm the ultimate man in the universe. Although that might sound like a lofty claim, it is obvious that my greatness permeates through the hallways of the Dentistry-Pharmacy Building every single day. People tell me that I'm a shining beacon of integrity. I also take great pride in my modesty. I don't celebrate my own birthday because I find it silly to celebrate non-achievements. Birthday celebrations are symptomatic of the perverse sense of entitlement and self-indulgence that has swept our society in recent years.

On a more personal level, I am physically fit, and I weigh slightly less than average. How do I make the most of my limited time? Instead of wasting time eating breakfast every morning, I drink Ensure!

My current goal is to find the ultimate woman in the universe.

Name: **Andrew Fuller**
Class: **2011**

My name is Andrew and I'm currently in my 4th year. For those who don't know me, I am on my 4th and final career change. After having a mid twenties life crisis, I decided to go to University for the first time, and 7 years later I am on the verge of graduation. Why should I be Mr. Pharmacy? I believe I am well rounded guy, who has a good fashion sense, looks great in a speedo and promotes the profession of Pharmacy. Mr. Pharmacy's role is to represent both himself and the profession to public, while sporting a tiara. I get a tiara right? I also want to experience a pageant and the work that goes into it, because when my first born comes around, I want to exploit my child and get on TLC's Toddler's and Tiara's. We will see you on December 1st. Peace out.



Name: **Tim Leung**
Class: **2011**

Born and raised in unforgiving south side Edmonton, Tim learned early what it took to dominate. A natural winner, he was not only always picked first for team games, but his sheer dominance often left others standing in awe watching him play the only opponent that proved to be a worthy adversary: himself. Tim's lifetime win-loss record at everything is infinity-0. School was equally effortless for this young prodigy, and he soon found himself training others in the skills he mastered at a young age. His protégés include Chuck Norris and Harry Potter, who after years of training, mastered the art of speaking Braille, hearing sign language, and how to disable a knife-wielding bear in less than 4 moves. His students have gone on to lead prosperous lives because of their training. The profession would undoubtedly benefit from having such an accomplished individual crowned Mr. Pharmacy.

Please come out on Wednesday, December 1 to see who will be named Mr. Pharmacy

All proceeds go to







The 70s - These Times are a Changin'



The last issue of the PQ we went back in time to the Groovy 60's. In this issue of the quarterly we will be taking you back to a time when the words "new technologies" described microwave ovens and VCRs. You would walk into the club with nice white bell-bottoms, chest hair curled out of your shirt and bushy side-burns. Disco music would be playing as you slide across the well-slicked floor. Your afro would be large and perfectly round, but your beard could be left wild. Now, let's say your not one for dancing to ABBA and the Bee Gees, well then you could always go to a drive-in movie with your Cadillac Eldorado and watch *Star Wars*, *The Godfather* or *The Exorcist*. Of course, you could always just play exiting new video games like *Pong*, *Space Invaders*, *Asteroids* or *Snake*. However, the 70's didn't always have a "Sunshine Day" with events like the Watergate scandal and the terrorist attacks in the 1972 Summer Olympics in Munich. So with that said, we would like to thank **Devin W. Davis (from the class of 2014)** who has compiled some excellent quotes that definitely define the 70s. Enjoy!!

Try and match his below



quotes with the following list:
Apocalypse Now, *Kansas*, *Enter the Dragon*, *The Godfather*, *Jaws*, *Monty Python and*

The Holy Grail, *Soylent Green*, *Dirty Harry*, *The Exorcist*, *Saturday Night Live*, *Grease*, *The Jerk*, *Rocky*, *National Lampoon's Animal House*, *Star Wars*, *President Nixon*, *Happy Days*, *Saturday Night Fever*, *Willy Wonka and The Chocolate Factory*, *Brady Bunch*, *Diff'rent Strokes*, *The Tonight Show Starring Johnny Carson*, *Lynyrd Skynyrd*

-Kilgore: "I love the smell of napalm in the morning!"

-Do you feel lucky? Well, do you, punk?

-Boards do not hit back.

-You're gonna DIE up there!

-I'll make him an offer he can't refuse.

-And remember, students, if you can't be an athlete, be an athletic supporter.

- "He hates these cans!"

-I think we're going to need a bigger boat.

-Lancelot: "What has this woman done?"

Villager: "She turned me into a newt! (everyone looks) I got better."

-To-GA! To-GA! To-GA! To-GA!

- "Yo Adrian! I did it!"

- "Soylent green is people!"

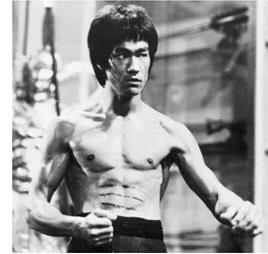
-May the Force be with you

-Can you dig it? I knew that you could!

-A little nonsense now and then, is relished by the wisest men.

-Marsha, Marsha, Marsha!

- "What you talkin' 'bout,



Willis?"

-Fonzie "Aaayyyy!!!"

-I am NOT a crook!
-I'm Chevy Chase, and you're not.

- "Heeere's Johnny"

-Tuesday's Gone

-All we are is dust in the wind

Now, wasn't that a piece of cake. But do you disagree with any of these choices? Do you think an important quote that defined the 70's was missed? Do you think one of these quotes should have been left out? We, the editors, want your input.

The next quarter's issue will be featuring the 80's, "The Eighties". We would like our readers to send us what they feel are memorable quotes that define the 80's decade. Do you like 80's music or know historical moments from the 80's? If not ask your parents. The one with the most input this year shall receive a PRIZE. Yes, a PRIZE.

Please send in your quotes or comments to either pettinat@ualberta.ca or aw10@ualberta.ca

Ciao ciao for now,

Mike and Andrew
PQ Editors 2010-2011

**Get to Know
your Fellow
Pharmacy
Students !**

**Don't Miss out
on Meeting
Someone New
and Exciting !**

**Nominate One
of your Fellow
Male Students
for Next
Quarter's
Pharmacy Guy**

**Please email us your
nominations to:
awl0@ualberta.ca
pettinat@ualberta.ca**

Pharmacy Guy

CONGRATULATIONS to Mr. Pharmacy nominee, **Andrew Fuller**, who is this quarter's Pharmacy Guy. Andrew is in his fourth year of pharmacy school. If you can't find his picture, then your NOT reading hard enough. Here's what he has to say to a couple of our questions:

PQ: We all have our kryptonite, what's yours and why?

Andrew: Sadly enough it is Peanut M & M's. I have a problem. In one sitting I will finish off one of the large bags that you buy in a grocery store. If I am presented with peanut M & M's, I completely fall apart. I run away with them and ignore all that is around me. It really is sad, but oh so good!

PQ: What is the best dish you have ever made?

Andrew: I actually did my apprentice as a chef in a prior career, so I have made plenty of different good dishes. By far, the best dish ever is when somebody else cooks.

PQ: Now that your pharmacy student life is almost over what will you miss most and what do you regret not doing. Why?

Andrew: Once we graduate, everyone will be going separate ways so it will be sad not seeing my fellow classmates who've I grown up with the past 4 years. To be honest I don't regret anything, I have enjoyed my time in this program and all that I have done with the faculty and APSA. Well, maybe that time when myself and a fellow student -

let's call her Bennifer Jong - almost got expelled, but that's a story for another time ;)

PQ: What was the most memorable event from the past four years and why?

Andrew: Emceeding with Jasmin Churko at last year's Blue and Gold, that was pretty badass and a lot of fun

PQ: Growing up who was your biggest mentor idol and why?

Andrew: I would say my dad was. He always gave me the support and direction to ensure that I pursued a career that would satisfy my appetite. But he might have been giving me that support in order to get me out of the house. Now that I think of it, I should ask him that....

PQ: What is one piece of advice you would give to the rest of the pharmacy students?

Andrew: In Alberta, we have a great opportunity to take this profession to a level that Canada has never seen. Embrace what you have learned and become new agents of change by promoting our profession, our knowledge, our services and expanded the role that we possess upon graduation. Also, only study what you will use in your practice. I have done that the past 4 years and it has worked (... so far).

PQ: What is the best nickname given to you and explain what it means? (please keep it PG-13)

Andrew: It has been a few



years since any nicknames have come up, but every once in a while I get called Raffi Taffi because:

- 1.) When Raffi Torres played for the Oilers he had some facial pubes which I also had
- 2.) People say I look like Raffi Torres
- 3.) It was also around the time when the song that had the lyrics "Shake Your Laundry Taffi" was popular
- 4.) Lastly, I was doing a lot of cocaine like Raffi Torres ;)

Comics

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“It may surprise you to hear that, actually, morphine is the best medicine.”



By: Veronica Lednický's
 Class of 2012

TLF

Dear rewards points and \$10 gift cards and whatever other dumb promotions that some pharmacies give out: Please die. Thank you.

'A kiss without a Mo, is like an egg without salt'-Spanish Proverb

A man with a Mo knows how to rock. When the time comes he likes the good times great, And the volume turned up to eleven.

A fast word about oral contraception. I asked a girl to go to bed with me and she said 'no'.

A computer once beat me at chess, but it was no match for me at kick boxing.

A verbal contract isn't worth the paper it is written on.

Ah, beer, my one weakness. My achilles heel, if you will.

All the things I really like are either immoral, illegal or fattening.

Another good thing about being poor is that when you are seventy, your children will not have declared you legally insane in order to gain control of

your estate.

You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life



DO you have Artistic Ability because we DON'T Please send us your comics

Email:
 awl0@ualberta.ca
 pettinat@ualberta.ca

HELLO FRIENDS!! Ever have the feeling that nobody cares about what you have to say? Well, cry no more 'cause it's time for TLFs again—arguably the best media for self-expression ever conceived!

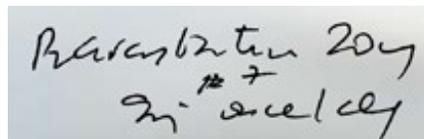
Send your TLF by
 Email to:

pettinat@ualberta.ca
 awl0@ualberta.ca

Distractions

Chicken Scratch

This is the reality of pharmacy. Can you figure out what these prescriptions says? If you're up to the challenge to show why you are worthy to be in this profession then you must correctly interpret the drug, Mitte (dose), and Sig (direction).



If you are extraordinarily gifted or otherwise are somehow able to decipher the handwriting below, then you may be eligible for a prize. Submit your expert responses to:
 pettinat@ualberta.ca or aw10@ualberta.ca

ANSWER to last issue: Lorazepam 1 mg, #30, ½ tablet at bedtime; Inderal 40 mg, #60, 1 tablet daily.

This Quarters' Jokes

Birth Control Pills

An elderly woman goes into a doctor's office and tells the doctor, "I'd like some birth control pills."

"But Mrs. Smith," the doctor replies, "You're 75 years old. What possible use could you have for birth control pills?"

"They help me sleep better," the woman says.

Confused, the doctor asks, "How in the world do birth control pills help you to sleep?"

The woman explains, "I put them in my granddaughter's orange juice, and I sleep

Upcoming Events

Please note these dates are not inclusive of all APSA events. Dates and times are tentative and subject to change.

Sudoku

7					3			2
		4				1		9
		5	2		9			
	2			1	5		7	
	9		4	7				8
			7		4	8		
3		2				5		
9			3					1

HOW TO PLAY: Digits 1 through 9 will appear once in each zone— one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle

Difficulty: medium