

HELLO BIOPHARM!

Happy December friends! 🎁🌲 The holiday season is just right around the corner! A round of applause for all your hard work this semester. Good luck on all your final exams! :)

🔗 TAKEOVER SIGNUPS

Want to be the next person to do an Instagram takeover? Fill out this [form](#)!

🍕 WIN A PIZZA PARTY

We're running an inter-year competition! Every time you participate in anything we do, a point is added to your year's tally. This can include: *engaging in our take-overs, submitting surveys/recommendations, attending events, and more.* **The time has come to announce our winning year!**

🥁 DRUM ROLL PLEASE

The pizza party this year goes to the....FOURTH YEARS!! Congratulations to the fourth years for engaging the most with our BioPharm Society activities. Stay tuned for more information about your pizza party. You will be contacted by a MBPS representative to schedule a date that works best for your class! 😊🍕

Also, a huge thank you to all the other years for participating in the activities and running a competitive streak. Stay tuned for more engaging activities in the new year! 🙏

CURRENT LEADERBOARD

🥇 FOURTH YEARS

🥈 THIRD YEARS

🥉 FIFTH YEARS

BIOPHARM ALUMNI STAR: DR. SIMON HIROTA



Simon Hirota, PhD, is a proud BioPharm graduate alumni! Dr. Hirota is now an associate professor in the Department of Physiology and Pharmacology at the University of Calgary. In this article, he talks about how important BioPharm was for his career path! After working a co-op term with Dr. Luke J. Janssen (and loving it!), Dr. Hirota pursued a Masters, and then a PhD under Dr. Janssen. Dr. Hirota studied the role of chloride channels on excitation-contraction coupling and calcium handling in airway smooth muscles. Check out this article about Dr. Hirota on the American Psychological Society!

<https://www.physiology.org/publications/news/the-physiologist-magazine/2022/november-2022/renaissance-researcher?SSO=Y>

THIRD YEARS

Congrats on successfully completing your first semester of BioPharm! Your final exams are slowly approaching. Be sure to take care of your mental and physical health during your exam season. Rest assure you will make it out alive! Feel free to contact your mentor or an exec team member if you need any help/advice/support. No admin tasks for this month. ✨ Goodluck on all your final exams!!

FOURTH YEARS

Woohoo, no admin tasks for this month! 🎅 Feel free to reach out to our exec team or your mentors if you need any help/advice on securing your next co-op position or thesis opportunity. Enjoy the work-life and winter holiday before you come back to Mac in January!

🏆 Co-op Student of the Year

Nominations for co-op student of the year are due **January 5th, 2023**. Those interested should look into steps through the co-op email.

💰 Winter OSAP Applications

If you received OSAP funding for the fall semester, you will need to extend it for the winter semester now. You may also start a new application! More information is available at the [McMaster Aids and Awards](#) website. The deadline for most scenarios is 40 days before the end of the fall term and it will take 4-6 weeks to receive an update, so make sure to apply early!

FIFTH YEARS

Hello friends, make sure you are keeping track of grad deadlines as a couple of them are closing this month! ❄️ Good luck on your thesis!

🏆 Co-op Student of the Year

Nominations for co-op student of the year are due **January 5th, 2023**. Those interested should look into steps through the co-op email.

📷 Graduation Photos

New dates will be added continually, but [sign up](#) soon! To be included on our class composite, your grad picture must be taken **before the end of February**.

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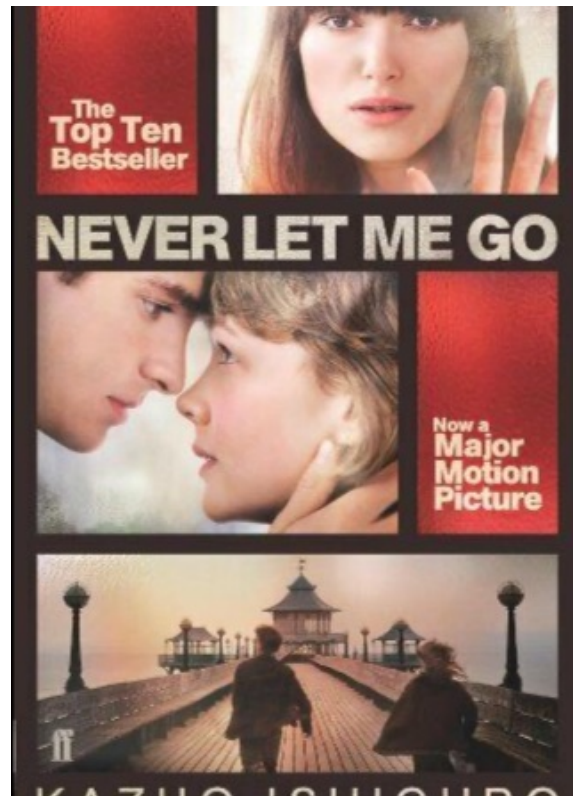
RECOMMENDATIONS



MOVIE

TRAIN TO BUNSAN

A man (Gong Yoo), his estranged daughter and other passengers become trapped on a speeding train during a zombie outbreak in South Korea.



MOVIE

NEVER LET ME GO

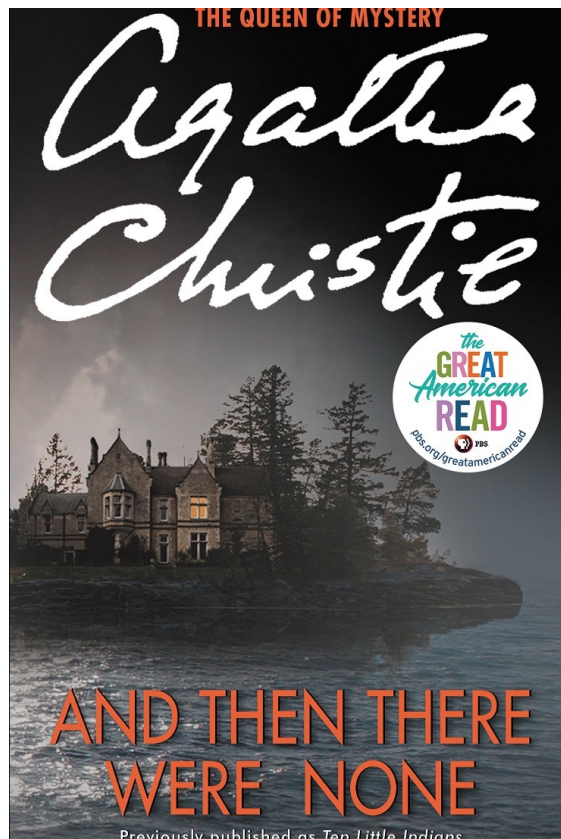
The lives of three friends, from their early school days into young adulthood, where they confront deep-seated feelings of love, jealousy and betrayal.



TV SHOW

THE WHITE LOTUS

American-comedy drama following the dysfunctions that would occur with celebrities at a resort (satire).



BOOK

AND THEN THERE WERE NONE

The story of ten strangers, each lured to an Indian Island by a mysterious host and accused of murder.

BIOPHARM PETS

Meet Mathusha's dog:

SCARLETT 🐕

I love hugs and kisses...and stealing food!
Woof!



MEME OF THE MONTH

[Click here.](#)

Think you're cool?

Share any recommendations, your pet, or next month's meme here!



McMaster Biology and Pharmacology Society

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