



Foliolum



Pharmacy & Economy

G.F.S.V. "Pharmaciae Sacrum" - University Centre for Pharmacy

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MENTORNETWERK APOTHEKER GENEESMIDDEL & MAATSCHAPPIJ VOOR STUDENTEN EN JONGE APOTHEKERS

Via het Mentornetwerk Apotheker Geneesmiddel & Maatschappij (AGM) kunnen studenten en jonge apothekers bij meer ervaren beroepsgenoten terecht voor inspiratie, advies of een stage. Zo zien zij welke loopbaanmogelijkheden er zijn buiten de openbare of ziekenhuisfarmacie.

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Content

Editorial

Prefaces	2
Scientific article	3
Facts & Fun	13
Making Of	17
Puzzle Page	36
Colophon	37

Faculty

Ph.D.	6
Alumnus	9
Student Abroad	10
Graduates	12

Pharmaciae Sacrum

Activities	14
Online Activities	16
New committees	18
The 139th Candidate Board	21
Photopage	22
Annual report of the ab-actis 2019-2020	24
List of activities	28
Getting to know: Praeses	34



Prefaces

Editorial



Dear readers,

Normally, when you read the 4th issue of the Foliolum, the end of the academic year is close. But this year this is a bit different. In March, suddenly we could not go to our faculty anymore. We cannot attend physical lectures until September. All this due to the widely spread coronavirus.

2 This virus has many consequences on the health of the world population, but also on the economy. In this last issue, we will consider the influences of pharmacy on the economy and the economy on pharmacy.

Jelmer Faber and Piter Oosterhof, founders of PharmaSwap, will write something about the importance of a drug marketplace to reduce healthcare costs and avoid unnecessary waste. Fajri will talk about his Ph.D. research. Jasper Kamp will give us a glimpse into the life of someone who has completed both the masters in Pharmacy and the Medical Pharmaceutical Sciences (MPS). To get the holiday vibes in advance, Jasper Cords will take us to his internship in Aruba.

This is the last issue we made as Editorial Committee "Panoramix". I would like to thank my committee members for a fun, educational and above all special committee year. We are happy to hand over the baton to the new editorial committee. I wish you lots of fun and success with the coming committee year. I wish you a lot of reading pleasure and hopefully a nice summer holiday at a summer destination.

Kisses,
on behalf of the
Editorial Committee 2019-2020
"Panoramix",

Nienke Mones
h.t. praeses



Board



Dear reader, dear P.S.-member,

At the time of writing, I am sitting behind my desk in my room, which feels smaller every day. We are currently in an uncertain time and it is unclear to us for how long this will continue. When you read this, all measures regarding corona may already be lifted, but we could also still be right in the middle of it. Due to the measures that had to be taken regarding corona, our last weeks as board look very different than expected and hoped. We deeply regret this and we hope that we can greet you all again after the crisis.

The subject of this Foliolum is Pharmacy and Economy. Two terms that are inextricably linked. For years, pharmacy has been an important subject in the economy of our country. Medicines would be too expensive and the pharmaceutical industry would make way too much money over the patients' backs. Statements that many people have an opinion on.

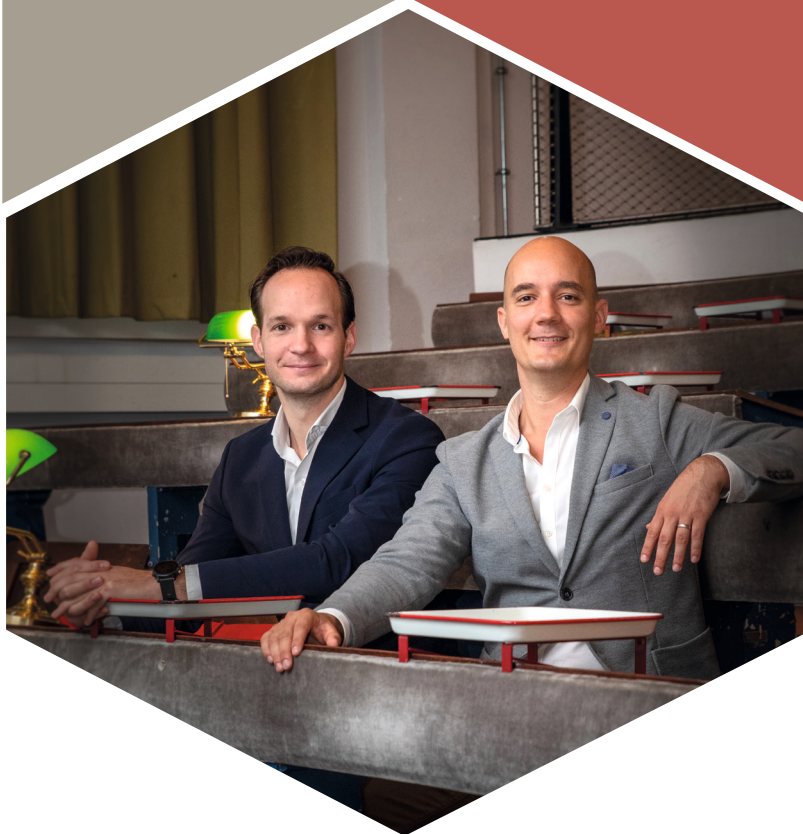
We are currently busy completing our board year the best we can and preparing our successors for the fantastic year that lies ahead of them. In this Foliolum we look back at the great year we had as board. We would like to thank everyone for this unforgettable year.

Finally, I would like to congratulate the Editorial Committee 2019-2020 "Foliolum" on its last Foliolum and also thank them for their commitment this past year.

With kind regards,
on behalf of the 138th board of
G.F.S.V. Pharmaciae Sacrum,

Jan de Boer
h.t. praeses





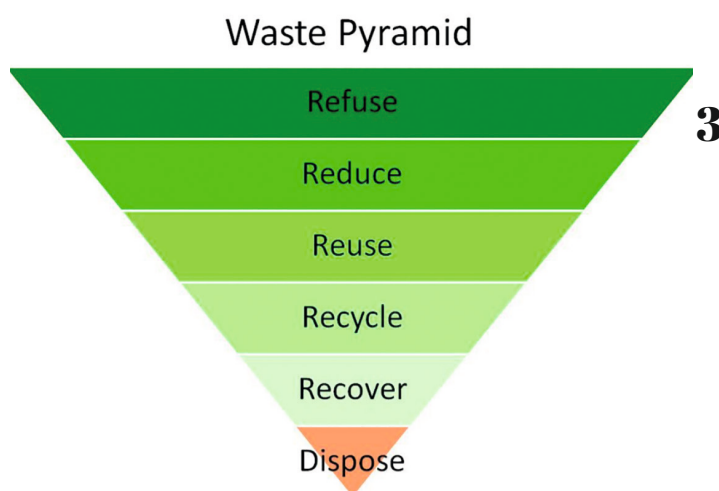
Jelmer Faber and Piter Oosterhof both studied Pharmacy in Groningen. Jelmer works as a hospital pharmacist at the BovenIJ hospital in Amsterdam. Piter works as a hospital pharmacist at the Onze Lieve Vrouwe Gasthuis in Amsterdam. Together they founded Pharmaswap to combat medication waste. They have recently been awarded the KNMP Care Innovation Prize. Jelmer and Piter take us into the principle of a marketplace for medicines.

Digital sharing marketplace to save costs in the pharmaceutical supply chain

Medication plays an important role in our healthcare. In recent years we have seen an increase in our expenditure on medicines. Expenditure on expensive medicines used in hospitals increased by almost 10% in one year to more than 1.9 billion euros per year. The costs of "out-of-hospital" medicines increased by 2.2%. In 2018, the Netherlands Healthcare Institute calculated that the costs have risen to nearly 4.7 billion euros. With medication use, there is also waste. Medication waste refers to any medication that remains unused throughout the entire pharmaceutical supply and use chain. Research on medication waste has mainly focused on packages returned by patients. It is estimated that in the Netherlands alone, about 100 million euros worth of medicines is wasted every year. In addition to patients, the pharmaceutical supply chain (such as pharmacies and suppliers) is also responsible for part of this waste.

A major advantage of medication waste within the pharmaceutical supply is that it has been retained and stored according to the applicable rules and legislation and is still of good quality. These medicines are eventually discarded by the pharmacy and destroyed after the expiration date has passed.

The production of medicines is one of the most ecologically harmful processes in healthcare. The



destruction of good quality products leads to increased environmental pressure. In addition, it contributes to unnecessary waste of resources and leads to an unnecessary increase in the costs of healthcare. This type of medicine wastage is often overlooked as most research is primarily focused on medication waste by patients.

If you take the pyramid of waste into account, the best way to serve the planet is don't use medicines at all. This way, there is no production of medicines and hence no pollution. The usage of medicines contributes to our health and prosperity. PharmaSwap makes an impact on two steps, namely reduce and reuse. Pharmacists Jelmer Faber and Piter Oosterhof wanted to

do something about this type of medication waste. Extrapolating numbers from their own pharmacies, they estimated that this wastage within the pharmaceutical supply chain amounts to 20 million a year. They came up with the idea of a digital platform allowing pharmacists to safely share their leftover medication, in order that it can be used for patient care instead of being unused.

Sharing Marketplace

This platform became PharmaSwap: a unique sharing marketplace for pharmacists (outbound/hospital-based or otherwise) that creates transparency in the supply and demand for (expensive) medicines. By connecting supply and demand in a professional manner, participating pharmacists aim to reduce wastage of medicines that would otherwise remain in the pharmacy, wholesale organization or pharmaceutical company only to end up passing the expiration date. It is exclusively meant for medication that was never issued to a patient and has always remained under the strictly controlled storage conditions legally imposed on pharmacies. Moreover, the shipment of traded goods through PharmaSwap is organized in a safe and by good distribution practice (GDP) compliant manner to guarantee safety and quality at every stage.

Circular procurement

Optimizing resources that are already available is an important aspect of the circular economy model. Regarding procurement, this means that buying new goods is no longer the only solution: professionals can also use idle or leftover goods from others instead. Selling stock that is about to expire to someone who has a direct need for it is therefore a perfect example of circular procurement.

By focusing on medication that has consistently been stored under professional conditions within the pharmaceutical chain, huge cost savings can be made and circular practices are introduced: fewer products (and consequently resources) have to be destroyed and fewer demands are placed on resources and energy supplies for the manufacture

of new medicines. As such, this sharing marketplace perfectly fits a circular procurement policy.

Results

A selected group of 20 pharmacists took part in a pilot conducted over 6 months. As a result of this pilot, the destruction of 68 packages was avoided; instead they were re-issued to patients. These 68 packages represented a total procurement value of 54.000 euro.

The six months following the pilot, when the service was open for all pharmacists, the user number grew to 120 pharmacists who collectively saved 119 packages from destruction representing 150.000 euro procurement value. The procurement value of medication currently offered on the platform is 275.000 euro (dd 17-04-2020).

These results indicate the potential for cost saving through redistribution of medication. If the numbers are extrapolated to the whole of the Netherlands and the 2,000 pharmacists registered there, millions of euros can be saved.

Awardees

Following the promising results of the pilot the initiators of the platform were awarded most sustainable healthcare professional by the Dutch Ministry of Health. Last March the Royal Dutch Federation for Pharmacists (KNMP) awarded them the 2020 innovation award.

Challenges

Although creating transparency of supply and demand of expensive medication to facilitate redistribution makes perfect sense, PharmaSwap also faces challenges. It's only permitted for wholesalers to sell (prescription) medication to pharmacies. So participating pharmacists do not operate within the legal boundaries as stated in the "geneesmiddelwet". The Dutch Health Inspection recognizes the added value of PharmaSwap, but also points to existing rules and has given PharmaSwap until the first of July to come up with a solution to operate within the current frame of the law. Currently we are investigating the possibilities with the Ministry of Health to create an official

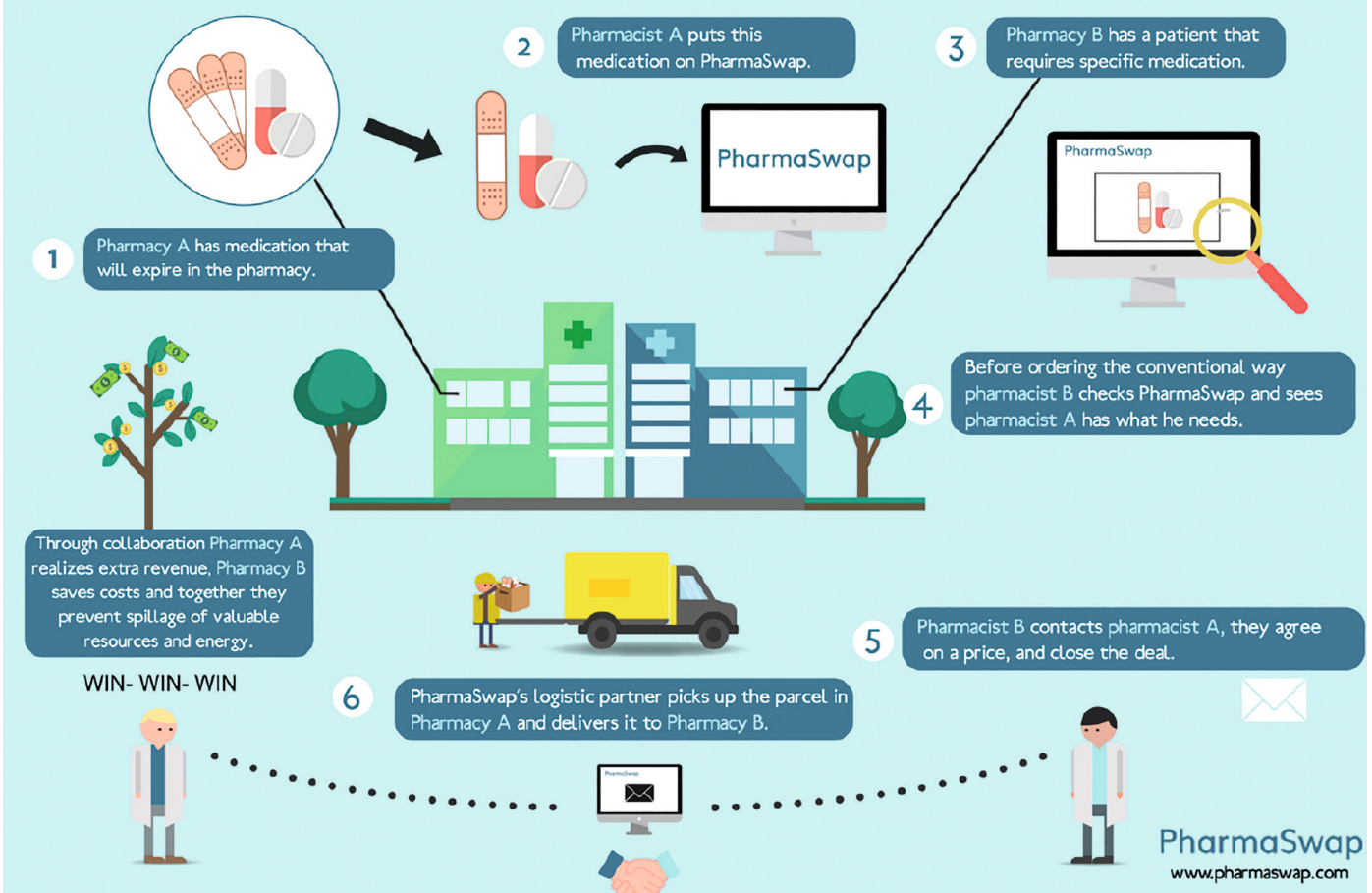
pilot for all Dutch pharmacists during which inhibitive rules would temporarily be alleviated to fully investigate the potential for cost savings for healthcare. Because we are dealing with European legislation here, the results of this pilot would also be of great interest for the rest of Europe, where shortages and medication wastage are also a major health issue. With PharmaSwap, we want to take a first step in making the pharmaceutical world more sustainable and circular.

For now our slogan remains: If you don't use it, share it!

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PHARMASWAP: HOW DOES IT WORK?



Ph.D.

Fajri Gafar started his first project as a Ph.D. student 2 years ago. By now, he already finished 2 projects and a third project is going on. Next to that, he is currently a project leader on a systematic evaluation of the pharmacokinetics of anti-tuberculosis drugs in children. All the projects have been focusing on optimizing therapy in children with tuberculosis, which is a disease that is very common in Indonesia. His interest in research in tuberculosis goes back to the time when he was a master's student in clinical pharmacy in Indonesia, where he saw a lot of children suffering from tuberculosis.



Keep your passion alive

6 It has already been 2 years since the first enrolment as a Ph.D. student at the University of Groningen. I started my Ph.D. programme with a grant from the Indonesia Endowment Fund for Education (LPDP) on April 1st, 2018, under supervision of prof dr. Bob Wilffert and prof dr. Jan-Willem Alffenaar; both are well-known experts in clinical pharmacology and/or tuberculosis. My Ph.D. project has been focusing on optimizing therapy in children with tuberculosis (TB), a disease that is still very common in Indonesia, my home country. Several research approaches are applied in this Ph.D. project including pharmacoepidemiology, pharmacotherapy and clinical pharmacology (pharmacokinetics/ pharmacodynamics).

My great interest in research in pediatric TB began when I was a master's student in clinical pharmacy at the University of Andalas, Indonesia during 2013-2016. While doing clinical rotations and also when performing clinical research for my master's project on the toxicity of antituberculosis drugs in pediatric TB patients, I have seen a lot of children suffering from a significant burden of the TB disease. Among children with severe forms of TB, such as tuberculous meningitis, the morbidity, and mortality rates are even higher, with approximately one-half of the children with tuberculous meningitis dying or experiencing severe neurologic disability. I have also seen many of them suffering with other complications of TB such as malnutrition and HIV coinfection - the two most common comorbidities in pediatric TB. By

continuing research in pediatric TB, I believed that I will have something to contribute to reducing the TB burden in this vulnerable population.

“Within the first year of my Ph.D. program, we finished our project on the evaluation of anti-TB drug-induced hepatotoxicity in children”

Fortunately, I was able to easily adapt my working style with the university working environment during the beginning of my Ph.D. in Groningen. Many thanks to my former supervisors, dr. Ilse Boudewijn, dr. Maarten van den Berge, and other colleagues at the Department of Pulmonary Diseases of the UMCG who gave me a precious opportunity to perform a research internship within the ISCOMS Research Fellowship and the Abel Tasman Talent Programme, before the start of my Ph.D. (June-October 2017). Even though I did not continue my Ph.D. in this department, this research internship has made me well adapted to the research environment at the UMCG, so I no longer experienced a culture shock when I started my Ph.D. at the Department of Pharmacotherapy, -Epidemiology and -Economics. Within the first year of my Ph.D. program, we were able to finish our first project on the evaluation of anti-TB drug-induced hepatotoxicity in children, one of the most common and severe adverse events during TB treatment. In this prospective observational

study in Indonesia, we reported a high incidence of drug-induced hepatotoxicity among children during the first two-month intensive phase of TB treatment, particularly among children diagnosed with TB meningitis using concomitant hepatotoxic drugs and those with hypoalbuminemia [1]. This study was conducted in close collaboration with some pediatric TB experts from Indonesia, and the results from this study have been published in the Pediatric Infectious Disease Journal.

“I think we all agree that Ph.D. research is tough, and can be extremely frustrating sometimes, but I believe that it is important to keep your passion alive, even in a difficult situation.”

My second project was on the evaluation of TB epidemiology and treatment outcomes among children and adolescents treated for TB in the Netherlands. In high-income countries such as the Netherlands, despite the low number of cases, TB is still a concern and a major cause of morbidity and mortality especially among migrant populations originating from high TB incidence countries. For this project, we used the Dutch national TB surveillance data (NTR) during 1993-2018, in collaboration with several TB experts from the UMCG, Municipal Public Health Services, RIVM, and KNCV Tuberculosis Foundation. We have completed two observational studies within this project; the first paper has been published in the European Respiratory Journal [2] and the second one has also been submitted for publication. In the first study on the analysis of treatment outcomes, we reported high successful treatment outcomes among children and adolescents with TB. We also reported several factors associated with mortality and lost to follow-up during treatment, with the hope of providing guidance to optimise care in this population. In the second study on the epidemiological trends of childhood and adolescent TB, we found a constantly declining trend of national TB notification among children aged <15 years, but there was a recent increasing trend of TB notification among foreign-born adolescents aged 15-19 years, particularly those originating from Africa. Our results from this project provide evidence on the importance of establishing good TB control strategies to reduce

the TB burden and to improve treatment outcomes among children and adolescents with TB.

My current ongoing project is on the pharmacokinetics of first-line anti-TB drugs among children treated for tuberculous meningitis. In this project, we are establishing an extensive collaboration with several TB experts from Indonesia and also from the Netherlands. From this project, we hope to be able to describe anti-TB drug exposures among children with TB meningitis. In conjunction with this project, I am also currently involved as a project leader on a systematic evaluation of the pharmacokinetics of anti-TB drugs in children, involving more than 40 international collaborators worldwide. Using population pharmacokinetic approaches, we aim in this project to optimise TB drug dosages and develop optimal pharmacokinetic sampling strategies in children with TB. This project is supervised by dr. Jasper Stevens from the Department of Clinical Pharmacy and Pharmacology of the UMCG.

Being involved in collaborative research with a broad range of world-leading experts on TB is a wonderful learning opportunity for me to develop deep knowledge on research skills, project management, scientific networks, and also to grow as an independent researcher after obtaining my Ph.D.. I think we all agree that Ph.D. research is tough, and sometimes can be extremely frustrating, but I believe that it is important to keep your passion alive, even in a difficult situation.

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Alumnus

Like many of us, Pharmacy wasn't Jasper's first study choice. He was doubting between studying Medicine or studying Pharmacy. In this letter, he takes you into his mind during his Pharmacy study.

Dear fellow pharma's,

To start with, I would like to congratulate you with your good choice of studying Pharmacy. Although it might perhaps not always look that way (I still get nightmares when I think back of some courses), when finally receiving your well-earned master's degree, you will have, in my opinion, an extremely good basis to explore many types of careers. However, you might encounter some struggles to reach this goal, I will tell you something about my experiences.

I graduated from high school in 2009. During my high school period, I was just sure that I wanted to become a doctor. But then some friends of mine started to talk about Pharmacy, something I hardly ever heard of. However, after having attended several open days at the RuG, I seriously started to doubt whether Medicine would really fit me.

I, therefore, decided to apply for both Medicine, via the decentral selection, and Pharmacy, which fortunately did not have a selection process. However, I just didn't make it through the decentral selection process, so to put it simply: fate decided what I would become. The doubts I felt prior to making my decision, were of course not fully resolved in the second year of my bachelor's. However, after many sleepless nights and many conversations with friends and family, I decided not to try a second attempt for the decentral selection, and to finish my degree as a pharmacist.

These doubts continued to exist until I started my side job at the UMCG hospital pharmacy in the third year of my bachelor's. In my time, the bachelor program was mainly focused on building a strong basis in the exact sciences but neglected, in my opinion, the more clinical aspect of pharmacy, which I happened to find the most interesting part. Luckily, I got the opportunity to start working in the logistics section of the UMCG hospital pharmacy. Thanks to this side job, I had the opportunity to explore the

different departments of the hospital (pharmacy) which made me better able to put all I had learned so far in context. It furthermore was the beginning of my special interest in the hospital pharmacy.

In the master period, things started to get better. Not only did I survive the tough practical courses in the bachelor phase, but the master curriculum was also starting to get more focused on teaching the skills you need as a pharmacist and releasing the focus on the exact sciences. Furthermore, I was able to choose some electives at the business faculty. And finally, I got a new side-job in the hospital pharmacy, preparing ready to administer medication at the so-called "satellite pharmacy" that was located in the Beatrix children's hospital. At this new side-job, I learned another important lesson that greatly boosted my motivation: to see the human faces behind all the "paper" patients and cases we had seen so far during the courses.

In the master phase, we had two pharmacotherapy courses, that taught a lot about the safe and efficient use of medication by discussing interesting cases. Although I experienced these courses as two of the core courses of my master's degree, it was still just a theoretical exercise, with obtaining a good grade as the primary goal. It was still hard to envision what our work could truly mean to a patient. Fortunately, I soon encountered a case during my side job, that really showed me where all those hours of studying were for.

The "satellite pharmacy" I worked in, was located at the pediatric oncology/cardiology department in the UMCG. Here, we prepared the medication for 24 hours for the patients (i.v. medication, oral solutions, tablets, etc.). One day, one of my colleagues had to search for some Augmentin capsules for one of the patients, because there were some serious availability problems from this drug at that time and the patient really needed it. After a while, the colleague managed to find some Augmentin in the

stocks in one of the other hospital wards, so finally, the problem was solved.

Well, this sounds like quite a boring case doesn't it?

However, I did not tell everything yet. After we delivered the medication, suddenly one of the nurses came to us: the patient's parents and the little patient himself were so grateful for our effort to get the medication (it wasn't exactly that much of an effort) that they invited all of us at the patient's ward to thank us in person. After we had personally met the little patient and his parents, I felt totally flabbergasted, that something so small, and for us, so relatively unimportant, could mean so much for people that are ill. This was just one of the many cases, that really left an impression on me (we also regularly worked on the pediatric ICU) and that clearly showed me what our work as a pharmacist could mean for patients in need. Even though, in many cases, pharmacists don't have that much direct patient contact.

Now my doubts about my study direction finally started to wither, I began to focus on the hospital pharmacy in particular. To do this, I started my master's research project concerning pharmacokinetic modeling of Linezolid in the UMCG hospital pharmacy, under the supervision of Jan-Willem Alffenaar and Mathieu Bolhuis. The next step I took, was that I arranged another smaller research project ("Stage P" by that time) at the UMCG hospital pharmacy and the department of endocrinology under the supervision of Daan Touw, also about pharmacokinetic modeling.

However, this was not yet it. When the end of my time as a pharmacy student was nearing, I felt I still wanted to learn more about Toxicology and pharmacokinetics, especially after the course of "Clinical Toxicology" (I really hope this course, or a similar course is still being taught). Unfortunately, the electives in the pharmacy master program were somewhat limited, so I boldly decided to go for a second master: MPS (medical pharmaceutical sciences, toxicology track). Although I knew from the start that another 1.5 of studying would not become easy, I felt more motivated for this master, since it allowed me to pick almost every course I wanted,

enabling me to fully pursue my interests.

I finished both master's degrees in 2018, after which I started a new adventure, in the LUMC. Currently, I'm combining the work on my Ph.D. thesis at the department of anesthesiology with a job as a project pharmacist at the LUMC hospital pharmacy, and I hope to finish my Ph.D. at the end of this year. What will be the next step? My final goal is to become a hospital pharmacist, so the next challenge is applying for a hospital pharmacist residency.

So, here I finally come to the conclusion of this letter. What were the most important things I learned in my time as a student? Well, the first one is to think outside the box and to pursue your interests: that it is/was highly uncommon to do elective courses at a totally different faculty, does not mean you cannot do it. That it is uncommon to do a second master's degree in the field of pharmacy, does not mean that it is impossible. Just envision your goals and be stubborn I would say. The second important lesson I learned (and this was probably the most important one!) is simply to make a lot of fun during your time as a student. Making fun with friends, joining committees, and joining student/sports clubs really helped me to clear my mind and to get through difficult periods.

With this advice, I conclude this letter

Jasper Kamp





Student Abroad

Jasper Cords has been in Aruba for his hospital Internship (internship P) from October to December 2019. Jasper has now graduated, but he still found some time to write a story about his experiences on the beautiful island in the Caribbean.

Aruba

If you got the opportunity to go to Aruba, then you certainly must do it. I still can't believe what an amazing island it is. For the people who don't know me, my name is Jasper Cords. From October till December 2019 I did a project internship "Stage P" at the Hospital Pharmacy. In this story, I will tell you about my experiences and tips and tricks of my visit to Aruba. I can't write it all so if you have any questions, please don't hesitate to ask me. You can ask the board members of Pharmaciae Sacrum for my contact details.

10 **"I still can't believe what an amazing island it is"**

Staying

I stayed at the Posada San Barbola apartments, booked via Airbnb. I really recommend this place. Not too expensive, a shared kitchen and living room and your own bedroom and bathroom. It's a 20 minutes ride to the hospital. If you want to live more closely to the hospital, bar's and beaches, you should definitely look up Bleu Village. Most of the medicine students live there. Either way, I highly recommend you to rent a car. Don't worry if you get a crappy car, they all are. With my crappy but lovely car I drove to the following locations:

The hospital – Horacio E. Oduber

All the Hospital employees, including the pharmacy, are really kind. They gave me a warm welcome. I was asked to make an e-learning for the hospital's new electronic prescribe system for doctors. The doctors who are working here, are mostly from another country. They mostly work three to six weeks on the island and they are often retired. A tip is to have

lunch with the medicine students during your work break. In this way, I made a lot of friends in a short time. We ate together, almost every evening at bleu village.

Zeerovers

If we got tired of eating at home, we went to Zeerovers. It's a completely different eating experience than any other restaurant I've ever been to. On the menu, you'll find the catch of the day that you pay per kilogram. They will fry it all. It's cheap and it tastes delicious! In the evening you also have a great sunset experience. If you don't like fish, or you have some more money to spent (for example if your parents are visiting and want to pay for you), you should go to Barefoot!



Sports

I really loved the combination of wind, sun, and sport. I recommend you to wear a long-sleeve T-shirt, otherwise, you will get sunburned.

Renting a catamaran is quite expensive, but if you like sailing, the experience is worth the money. If you go with three or four people you can split the costs. The last week of my two months stay at Aruba I did a surfing lesson. If you like being on the water, I would recommend this. At Aruba, there is a lot of wind and therefore a lot of kite and windsurfing schools. The schools at Hadicurari Beach are a good place to go.





The wind is always good at Aruba, that's what makes the weather at Aruba so nice. The sun is really hot but because of the wind, it feels very comfortable. Aruba is also a nice place to go for mountain biking. I did this twice with my local friends from the hospital. At last, if you want to have a nice view, you should go to the 'Hooiberg'. You have to climb 600 stairs, but in the end, it's all worth it.



Relaxing and partying

After all this sporting, you need (some) beers, beaches, and parties. The beaches are absolutely stunning on Aruba. These were my favorite beaches when I visited Aruba: 1. Divi beach is the one that we went to the most. It was nearby the hospital and it's beautiful. Big plus: it's not crowded at all and it has a volleyball field. 2. Baby beach and 3. Arashi beach are both very nice. Getting your diving Padi is relatively cheap here but is still a lot of money. If you don't want to spend this, snorkeling is already really satisfying. We did a lot of snorkeling, which I loved! These places are likely to spot a starfish or a turtle. A turtle? Yeah, that's not rare if you swim in the sea at Aruba. After you're done at the beach, the clubs are nice as well. Parallel to Palm beach, you'll find all the clubs you'll need. In my opinion, Salt & pepper was the very best.

"The beaches are absolutely stunning on Aruba"

Oranjestad and San Nicolas

Oranjestad, Aruba's capital. It's a nice city with history. You have a lot of shops and good restaurants. San Nicolas used to be a shady place, but I remarked that this is getting better. During my visit to Aruba, a lot of festivals and party's were organized. San Nicolas is also famous for the fact that a lot of artists come here and paint the walls.

"I can't write it all so if you have any questions, please don't hesitate to ask me"

Again, if you get the opportunity to go there, you should definitely go. Aruba is an expensive island, but it was one of the best experiences of my life. I hope I convinced you. If not? Call me!

Kind regards,

Jasper Cords



Graduates

Pieter Annema

Alexis Blaauwhof

Jasper Cords

Berber Hospes

Valmira Isufi

Jan Ledeboer

Marjolein van der Putten

Stefan Russel



Congratulations on obtaining your degree!

Due to the Brexit, a lot of pharmaceutical companies such as Shionogi decided to move to the Dutch capital Amsterdam. The fact that the pharmaceutical companies choose the Netherlands over other European countries is because the European Medicines Agency (EMA) is located in Amsterdam as well.

Wrong use of medicines is the number 3 cause of death in the Netherlands. 23-year-old Seyfullah Semen is a digital developer and decided to create an app to prevent wrong use of medicines, after his father was hospitalized for half a year. With his app 'MedicinX' he hopes to enable better communication between patients and healthworkers. This app is currently developed and Seyfullah is nominated for a Young Impact award for his efforts to prevent wrong use of medicines.



Expenditure on pharmaceutical care through the public pharmacies increased slightly in 2018 to € 4438 million, an increase of 1.1% adopted from the previous year. The 1.1% increase was lower than predicted. The Dutch government predicted a cost increase of 2.4%

Facts & Fun

13

Did you know that...

...92% of public pharmacies in the Netherlands are connected to pharmaceutical giants, such as Benu, Service Apotheek or Pluriplus?

...the profession of pharmacist has officially existed since 1240?

...pharmaceutical companies generate an estimated \$300 billion in profit a year?

...developing a new drug costs 2.6 billion dollars on average?

...the U.S. pharmaceutical industry began in 1818 and Robert Shoemaker, a glycerin maker, was the first large-scale pharmaceutical maker in the country?

...the biggest pharmaceutical companies in the world spend most of their money on marketing, not on drug research or developing new therapies?

Lipitor (atorvastatine) is the best-selling drug of all time. It was introduced in 1997 and its patent expired in 2011, making about \$125 billion? It is used to treat hypercholesterolemia and to prevent cardiovascular diseases. Humira (adalimumab) is currently the best-selling prescription drug in the world. It is used to treat rheumatoid arthritis and other related diseases made by Abbott Laboratories (ABT).



Activities



Parents Day

By: Wietske van der Bijl and Xander van Es

February 21th, our parents became our fellow students for one day. This day was meant for our parents to get to know the faculty and our study.

We started the day with a nice lunch in the cafeteria. Unfortunately, the coffee that was served was very weak but lucky for us, the food was better than the coffee. When our stomachs were filled, we went to Boeringzaal and had a few lectures about the programme, Pharmaciae Sacrum and a mini-lecture about genetics. After sitting for a while and having a sore butt, it was time to walk around the faculty. This is when we visited multiple places that we, as students, visit every day. For example, we visited the new Central Medical Library, the lecture halls and of course the P.S.-boardroom.

As we all know, our study also contains a lot of practical courses, so that was something we had to show our parents as well. We went to the lab where everyone received a beautiful lab coat and we made pills and hand creams. At the end of the day, everyone was really tired of the day at the faculty and needed a drink. So, with a small group of students and parents, we went to DOT to have a drink and some food. This was the moment our parents really got to know the other parents and students, which was fun.

In summary, it was a very well organized day which we really enjoyed!

Lots of love,
Wietske & Xander



LOS Sports Night

By: Ulrike van Ark

On the 25th of February, it was time to get my sneakers out of the closet again. A regular Tuesday evening made way for a sportive and relaxing evening. We all gathered at the gymnastics of Praedinius High School. It immediately gave a flashback to our younger years. When all "adult" Pharmacy students were neatly lined up against the wall, the teachers (read: the committee) explained the class.

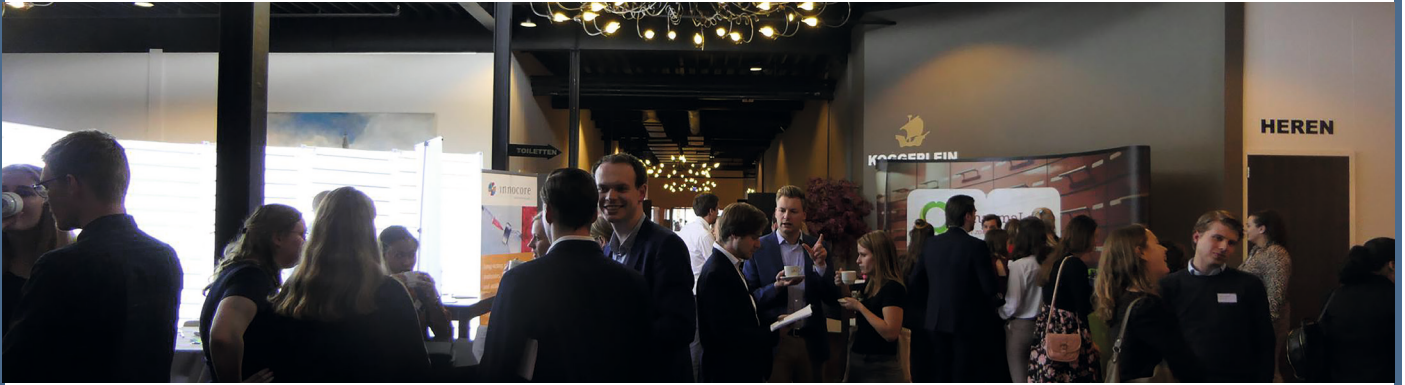
Traditionally, we started with a warming up, given by Joeri. For some of us, this was the moment where we realized that exercising a little more often could be useful... However, we were ready to go for Multiball, a game in which four-ball sports are combined. Not knowing what ball sport was coming made it extra challenging and fun.

After this sporty gym class, it was time for a well-deserved meal. We all moved to the burger restaurant 'Wereldburgers' where we could choose between all meat and vegetarian burgers, and that was a lot to choose about :). Fully charged we went to the third activity of the evening. At Streetlife, an expert in pooling and snooker was waiting for us.

After a thorough explanation of the game rules by the expert, we started our competition. This competition included playing against each other in couples for a couple of rounds. We luckily had some rounds of well-deserved rest in between where we could play other games like air hockey and foosball. The winner of the pool competition won a drink with a bite. After all, it was a well-spent evening with a lot of Pharmacy students. Compliments to the committee for the good organization.

Lots of love,
Ulrike

Activities



Carreer Day By: Fleur van Gelder

One of the last events before the big shut down because of COVID-19 was the Career Day, organized by G.F.S.V. "Pharmaciae Sacrum". Because I had to travel from Leiden that morning, I had to hurry to catch the planar sessions.

The planar sessions were filled in by various associations like the KNMP (the branch organisation for pharmacists in all sectors) and the VJA (the association for young pharmacists). Next to these sessions, there was an interesting lecture from a pharmacist working for the military. The planar session was closed by none other than Hans van Breukelen, the old goalie from the Dutch soccer team. He brought to us that we need to make decisions based on our gut feeling.

It was time for the workshops. I was taking part in the workshop from the VJA. They prepared a workshop where we could discuss our fringe benefits as a starting pharmacist, which was interesting and applicable to my current situation. Furthermore, a workshop from Mosadex, followed where we thought about taking over a pharmacy and the consequences of owning a pharmacy would have. At the workshop of Fagron, we worked in groups to develop a new diagnostic test to help the field forward.

During the lunch break (while enjoying "kroketten") there was the possibility of checking up your curriculum vitae and making LinkedIn-pictures.

In conclusion, the career event was of great success and I think a lot of students really enjoyed and benefitted from this event!



Online Activities

Because of the strange times, all P.S.-activities had to be canceled. Therefore, the board of P.S. has been busy organizing online activities for everyone.

The first online activity was a pub quiz, presented by Joeri and Jan via a Youtube livestream. You could participate as a team and a very nice game package could be won.



The second online activity was a bingo evening. Hopefully, one of you had a good bingo card and won a fantastic prize! The third online activity was an online Netflix Pajama Party. Everybody watched the same movie at the same time while chatting with each other. A more serious online activity was the VvAA LinkedIn Workshop. Here, you could learn everything about LinkedIn. Lastly, there was a P.S.-year review quiz. The board year of the 138th board was reviewed with a quiz. Besides the activities arranged, they also took care of a possibility to talk to each other once a week during the coffee-break hour. And once a week, one of the board members will share a very tasty recipe with us.

Making Of

Praeses

Name: Nienke Mones (PP - Proud Praeses)

Nicest mix: EIK

Nicest part of the Foliolum: Photos

Tastiest food: Brie quiche

Random fact: Loves Formule 1

Quote: "I have a really good belly button for a body shot"



Ab-actis

Name: Wies van Bakel (Brakeltje)

Nicest mix: Almanac Committee

Nicest part of the Foliolum: Having diner with...

Tastiest food: Lasagna

Random fact: Dislikes a strong Brabants accent

Quote: *Police car in the street and Wies only has a taillight* - "Oh then I'll just cycle backwards!"

Quaestor

Name: Manon Wilpshaar (Em A En O En)

Nicest mix: Dies Committee

Nicest part of the Foliolum: Photos

Tastiest food: Risotto

Random fact: Really loves 'Eierballen'

Quote: "I don't play pool very well, but I can eat nachos very well"



17



Assessor I

Name: Emma van Rijn (Johma Emma)

Nicest mix: Stof

Nicest part of the Foliolum: Having diner with...

Tastiest food: Wraps

Random fact: Dislikes all animals

Quote: "Since when can camels walk in a meadow?"

Assessor II

Name: Tim Pleiter (Taco Tim)

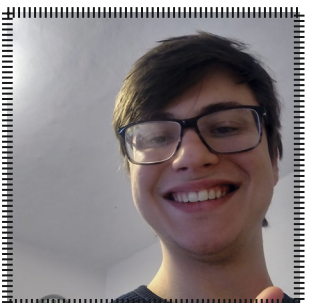
Nicest mix: EIK

Nicest part of the Foliolum: Puzzle

Tastiest food: Taco's

Random fact: Tim has the best dance moves ever

Quote: "I am known as the move king"



Assessor III

Name: Daniël Podlin (Poedlin)

Nicest mix: Almanac Committee

Nicest part of the Foliolum: Puzzle

Tastiest food: Nacho's

Random fact: Likes to sing Russian songs

Quote: "My name is Poedlin"

Committees



Almanac Committee

We are the 35th Almanac Committee, so let's introduce ourselves!

Our preases Manon hates the comic sans font and she's going to make sure her fellow committee members won't use it in the precious Almanac. Besides, she has good connections with 'De jeugd van Tegenwoordig', they even wrote a song about her! Wies is our ab-actis, she's familiar with this function. She loves some 'Brabantse gezelligheid', and is often seen late in 't Vaatje, because Brabants nights are long and loves to sing the hit 'Brabant' very loud (not pleasant for everybody else). Being our treasurer, life is all about the benjamins for Sander. This wine-loving committee veteran is responsible for all financial operations that make the creation of the Almanac possible. Sander is the eldest of the committee, but contrary to popular belief, certainly not the wisest. He can be found late at night with his emergency Goldstrike 'helping' people in need. Anieke is our assessor I, an upgrade from assessor II in the STOF. If you're out of money, ask her for a beer, she will always wave with her card. Together with Wies, she loves to drink 'Absolut Vodka', but her special talent is to tap the beers behind the bar. Jens is our assessor II. He will do a chug at the AIDi-party. With the Multimedia Committee, he luckily had the chance to practice his chug. He hopes you all will see his chug at the AIDi-Party. He also helps the committee with various tasks to create the best Almanac possible. Kimberly is our assessor III. She has bought Videoland purely for Temptation Island. One thing she can't resist is supermarket sales. She always buys anything she doesn't need (but at least always has something to snack ;)).

We're looking forward to creating a beautiful almanac and hope to see you at the AIDi-Party!

Lots of love,
the 35th Almanac Committee



Dies Committee

Hello everyone!

Next year, when hopefully everything is normal again, we hope to organise a memorable Dies!

Our praeses is Sybrand, he hopes to follow in the footsteps of the legendary football manager Aad de Mos, and to lead his team to success. In his opinion (and Aad's), this can be done best by drinking some beers (or 'aadjes') to fuel the body, after a (serious) meeting. 't Vaatje is always the ideal place for this. Janna is our ab-actis, she will make notes, answer emails, and take over when Sybrand is not capable of this. She will also make sure that the Dies Committee is present in 't Vaatje every Monday and convince everyone to come to the Dies week!

Daan is the treasurer, which means that he controls all the money. He is a real banker-boy and he can count really well. Even in his dreams, the only thing he does, is counting money. He can't cook, so he orders McDonald's every day via UberEats™. Wietske is our assessor I, which means that she will be helping the committee with whatever needed. She is looking forward to fun times with the committee and organizing a nice week for the association. She will join the rest of the committee every Monday in Vaatje for a small drink and good times.

Rutger is trying to step into the footsteps of the one and only assessor II of the previous board, Joeri Teisman. He is already looking forward to the AIDi-Party, where he can open the first keg of beer. He is a poor-metabolizer of alcohol, meaning he will most likely end up in the gutters.

Kenza is our assessor III. She can always be found in the city and likes to wine, wine, wine.

See you later,
the 139th Dies Committee

Committees



Editorial Committee

Dear readers,

We are the new editorial committee, better known as 'Scribo'. 'Scribo' is translated from Latin, meaning "I write", which is fitting for our committee. Right now, we are very busy preparing for the first edition of our magazine, because we want to create the same gem as 'Panoramix' did.

Let's start with introducing ourselves:

Thirsa, our sweet praeses. You can always find her in 't Vaatje (if it's open). We hope that the pandemic will soon be over because we only see Thirsa in her freeze mode during the meetings.

Followed by Bin, our ab-actis. She is still busy learning to pronounce 'Scribo'. So, don't hesitate to ask her for our committee name. That allows her to practice.

Niek is our money man. We are very curious to see what our quaestor looks like. Ironically, he doesn't have money for a camera.

Luisa is our assessor I, although she forgets it sometimes herself. She is back after 2 years! As she said: "I'm back bitches!"

Is it still necessary to introduce our assessor II? Because everybody knows our Sylvan from his TV-debut 'Nachtdieren'. In 'Nachtdieren', he talked about band-aids. He is very insecure about his chug skills, but we will teach him that.

Lastly, we have our sweet Ellen. After 3 years, she finally dares to take part in a committee. Unfortunately, we cannot show the ins and outs of the committee life.

We are looking forward to publishing our first edition.

Lots of love,

Editorial Committee 2020-2021
'Scribo'



Foreign Trip Committee

Dear P.S.-ers,

This year we: Joost, Morgan, Sharon, Salomé and Henk-Jan are honoured to organize the foreign trip in 2021. The destination of our trip still has to be set, however one thing is for sure, it will be amazing!

Our praeses Joost will get the best out of us, but never forgets to live his best life and enjoys a small drink. You know the dutch word 'gezellig'? That's Joost.

Our ab-actis Morgan maybe looks a bit shy in the beginning, but when you get to know her, she brings fun and laughter to the group. The originally Frisian girl likes going out and have some drinks.

Sharon, our quaestor, controls the finances of our trip. She is always in for a laughter, even if the joke isn't that good. Also, with her blithesome she will stand by your side to put a smile on your face.

Salomé is our assessor I and stands ready with her smile to get to know and see all of you during the upcoming year. With her enthusiasm she will bring good ideas to the group.

Henk-Jan, our assessor II, has a bit of a time management problem. Even when he has nothing to do all day long, he doesn't manage to be on time. Some say wisdom comes with age, but unfortunately this is not observed yet as oldest person of the committee.

We are all really looking forward to our upcoming trip and can't wait to see you all there!

Love,

BECpack

Committees



Introduction Committee

Dear readers,

We are the First-Year Introduction Committee "BesmettelEIK", with our contagious smiles we will be there to let the freshmen get acquainted with our beautiful student association Pharmaciae Sacrum and with their fellow students. Let's introduce ourselves;

First, there is our Praeses Michelle van der Ploeg. She knows all corners of brakkafissa (mainly the island) and dreams of a soccer career, but this hasn't worked out yet.

The ab-actis of our committee is Amber te Lintelo, she likes to play tennis at TAM. Michelle and Ambers favourite liquor is Malibu and they would love to spend their evenings drinking malibu-cola during the committee year.

The man dealing with finances is Cees Boone, he is a member of 'G.F.H.D. Snoeihard' and a 5th year student who is only in his 3rd year of the study, so let's hope he will use all of his knowledge to keep on top of the finances.

The first assessor of our committee is Maaïke van Koeveringe, her second favourite animal is an ant. She used to do street dance but sucks so much it is better for everyone she quit.

Sina Nikbakht is assessor II, he is responsible for the 'adtjes' in our committee and would like to challenge you all. In his free time he can be found in the club or at the gym.

Martin Issa is our last committee member, assessor III. He used to be pompous, playing water polo with his former blond hair, but nowadays he is a fanatic PSV supporter.

We hope that corona isn't as contagious as we are, so we will see you all at our EIK!

With love,

EIK-committee '20-'21
"BesmettelEIK"



Lustrum Committee

Dear P.S.-members,

We are the 28th Lustrum Committee and have the pleasure to organize the Lustrum in February 2022, when the Dies Natalis would take place during a normal year. The Lustrum is the celebration of five years of the existence of G.F.S.V. "Pharmaciae Sacrum". It lasts eleven days and will consist of several activities such as the Lustrumfestival, Midlustrumparty, Stage play, Sport evening, Rally, Outdoor day, Reunion participants day, the Gala dinner and Gala. Different from other committees, the Lustrum committee lasts two years.

We would like to introduce ourselves. The praeses of our committee is Myrthe, 'The Oppertukker'. For two years the committee will have a praeses who can't speak fluent English or Dutch. Her favorite snack is the triple: Chips, M&M's, and Salt Stokjes. Our ab-actis is Anna, a.k.a. 'Annie'. She will write and email our for committee through the two years. Also, a very important thing to mention is that her favorite shot is "Tequila", with salt and lemon.

The questor-team of the Lusco consists of Menno and Tijn, also 'Broekie' and member of 'the Small Borrel'. They have to do the talk-talk and bring in a lot of money. Their strategy is to call every month. Menno likes cats over dogs and Tijn has a relationship with Nina (ab-actis of the 139th candidate board)!

Charlotte, 'Char' is the assessor I and Xander a.k.a 'Xannie' the assessor II. They are both very convivial and like to have a drink. The mysterious question will be if Menno finds out the second name of Charlotte. Xander is our Vital person in the committee by working through the virus. Applause! P.S. is beautiful,

Lots of love,
the 28th Lustrum Committee

139th Candidate Board



Praeses

Name: Lotte Hulskotte

Date of birth: 15-02-1997

Place of birth: Albergen

P.S.-committees: SSS, JAK, BEC & Career Day Committee

Favourite drinking game: 'Ramen', even if you lose it is fun!

Favourite song at the bar: Send me on my way - Rusted Root, this song always makes me happy!

Motto: Keep your friends close, but your snacks closer

Most looking forward to: First-year Introduction Camp!



Ab-actis

Name: Nina Nooteboom

Date of birth: 16-07-2000

Place of birth: Oene, a small town with more cows than people

P.S.-committees: Almanac & BEC

Favourite drinking game: 'het Aspel', every player is a loser

Favourite song at the bar: Paradise By the Dashboard Light - Meat Loaf

Motto: I just don't want to look back and think "I could have eaten that"

Most looking forward to: BEC & JAK; Hopefully next year again!



Quaestor

Name: Floris Hofman

Date of birth: 28-06-1997

Place of birth: Leiden

P.S.-committees: Editorial Committee, BEC & EIK

Favourite drinking game: '30-en'

Favourite song at the bar: 'T dondert en 't bliksemt - Guus Meeuwis

Motto: Et ab nato mei, et nunc, et ad mortuum mei, bibi, bibo et bibibo

Most looking forward to: BEC!



Assessor I

Name: Lemke Slijkhuis

Date of birth: 18-06-1997

Place of birth: Deventer

P.S.-committees: SSS, MMC, JAK & BEC

Favourite drinking game: 'Presidenten'

Favourite song at the bar: Loop niet weg - Kris Kross Amsterdam

Motto: Without life's lows, you won't enjoy its highs

Most looking forward to: The Dies Reception



Assessor II

Name: Rob de Hond

Date of birth: 6-4-1999

Place of birth: Waalwijk

P.S.-committees: TOC

Favourite drinking game: Beerpong

Favourite song at the bar: Angles - Robbie Williams, although I hardly know the text

Motto: Everything will be alright

Most looking forward to: My very first BEC!





Annual report of the ab-actis

Annual report of the ab-actis 2019-2020

The adventure started over a year and a half ago, during the Christmas holidays of 2018. I was in the car from Antwerp to Groningen, back from a fantastic weekend away with my Dies Committee. That evening I would eat together with my then roommate and then board member of P.S., Lisa. Packed with all my bags and somewhat chaotic I walked into my room, only to find something unexpected there: Jan de Boer! Of course I immediately knew what it was all about, and immediately knew that my year would look like I had hoped. A year as board of the most beautiful association in Groningen, G.F.S.V. "Pharmaciae Sacrum" (also known as P.S.).

Soon we were complete; Bjorn, Anniek and Joeri had said "yes" to our secret club. The upcoming period passed like a rocket, but felt like an eternity at the same time. It was all very exciting... Meeting in secret, creating an incognito group app and making sure no one saw us together at any time. Then to have to hear "I knew you would be standing here" a dozen times during the unveiling drink in March.

After the disclosure, the training period started. A period in which we learned a lot about the association. We have enthusiastically absorbed customs, traditions, all necessary knowledge. With all this knowledge, our own experience, and the help of the 137th board, we drew up a policy plan. We were all ready for the coming year!

The first point in our policy plan concerned "Internationalization". To make the new non-Dutch members feel welcome at the association, we decided to set up a program in which freshmen would be linked to a senior student, a so-called 'buddy'. The new students could ask their buddy questions about the city, the study and everything that is unknown to them in the Netherlands. In the end, a few couples were formed, but unfortunately not many freshmen were interested in having a buddy. In addition to the Buddy program, we decided to set up the Workgroup Internationalization, which would map out how members experienced the internationalization of

both the study program and P.S. during the year. Setting up the working group was a bit difficult at first, which also caused that it took some time to get results. In the end, the working group made a nice survey. They were supposed to go to lectures to have the survey completed by students, but because of the corona crisis, things turned out a bit differently. The survey will be sent by mail soon, after which we hope to receive some useful information!

In addition to our own plans, there was also the Internationalization Directive that we had to follow. We followed this directive during the year, which led to many changes. In our year, for example, the Almanac and Foliola were written in English for the first time. The directive stated that the transition to English could take place gradually, but we chose to change everything at once. It took some time to get used to, but already feels normal.

A point in our policy plan that we have taken significant steps in this year is "Sustainability". During the year we organized several "Green Days", during which we highlighted a specific part within the theme "Sustainability". For example, during the first Green Day, we cooked two sustainable dishes in the morning, which members could purchase during the afternoon for a small price. One of these dishes contained a striking and special ingredient, namely mealworms! Some loved it, others didn't dare. In any case, a successful afternoon. The second Green Day was devoted to sustainable clothing. Members could indicate where their clothes came from with a pushpin on a world map, thereby mapping where most of the clothes came from. Tips, tricks and information about sustainable clothing were also provided on the board and through oral explanations and an online blog. The third Green Day was devoted to drug waste processing. By means of an information board, members could follow the path of a drug: from consumer to the last step of waste processing. For the fourth Green Day, we posted an online video about mental health (starring ourselves): "how to survive staying at home during the corona crisis?".



In addition to the Green Days, we have also been busy making the association more sustainable where this was possible. A big part of this concerned the saving of paper. For example, we have taught ourselves to work digitally as much as possible throughout the year, for example by not printing out an agenda for our weekly board meetings and for various other meetings we had every week. In addition, we decided that we no longer wanted to print any documents for the General Members' Meeting (ALV). This saved more than 350 wasted papers for the ALV in January alone! We also started with having members state whether they wanted to join for lunch/dinner or not when this was included in an activity. This way we could order a more realistic amount of food and a lot less, or even no food had to be thrown away afterwards. Lastly, we have been busy finding out if it is possible to order less Almanacs the coming years. We noticed that a lot (over 300!) Almanacs are being thrown away every year – which is a huge waste of paper. We were planning to do a proposal about it during the ALV in June, but because of the corona crisis we couldn't go through with this. Hopefully, the proposal will be accepted during the coming ALV.

The second last point of our policy plan concerned "Supporting the study program". In our candidate-board time we thought that it would be nice to organize an informative evening workshop for (almost) graduating members, called "Graduated, now what?". During this evening, various topics would be discussed that are not covered during the study, such as pension schemes, paying off student debt, insurance, etc. The evening was already planned and would be provided by a professional from the VvAA, but unfortunately could not continue because of the corona crisis. We have thought about continuing the workshop online, but decided not to do it. After all, it is uncertain for many members whether they can graduate at all.

The last, but certainly not least, point of our policy plan was "Future Vision". Throughout the year we have been busy writing the first Five-Year Plan of P.S. With the design that the 137th board had already made, we tried to make a nice and strong plan. This plan sets out the mission and vision of P.S., and the resulting goals that we have set out for the next five years. Together with the input of our honorary members, a lot of former board members and our members we came up with a lot of ideas. The plan has had many versions and has brought us a lot of work and discussion. But we are proud of the result, and are hoping that the plan will finally be fully approved during the upcoming

ALV.

One thing we had in mind since the start of our board year, was the rebuilding of the P.S.-boardroom. We began with this during the summer, by removing the wooden cabinets from the boardroom, ordering new filing cabinets and re-organizing the cabinets and the archive in them. Once this was done, there was enough room for us to re-organize our bureaus and other furniture - which we did during the Christmas holiday. We broke down the drawers off one bureau so that Anniek and Bjorn could use this one together, and we bought new cabinets to put all the boardgames in. We were finally able to create the cosy seating area we wanted so badly!

Then I have come to the end of the plans that we had in mind before the start of our board year. But, my god, this was just a small part of what we have done in the past year! From formal meetings to constitutional drinks, the five of us survived. Also the part that no one in this world had foreseen: the corona crisis. Suddenly we all sat at home, without being able to work in the boardroom, without seeing members, without seeing each other and with five enthusiastic successors to prepare for their year. Where we normally could always ask our many experienced and helpful predecessors for advice, they too had no answers ready for a situation like this. Suddenly, our creativity had a lot of responsibility! We tried to still show ourselves through various online activities such as a pub quiz, bingo, LinkedIn workshop and by making vlogs about our favorite recipes. All for people to join or watch at home.

The corona crisis has hit the entire world. For us, this resulted in a few crazy months at the end of our board year. This meant no ALV in March, no Foreign Trip, no Bicycle Performance Tour (RWPT), no KNPSV Congress and no normal Annual General Members' Meeting. Crazy, but just the way it is right now. It certainly doesn't make my past year any less and it doesn't make me less proud of what we've all done. It is also crazy for our candidate-board, for those five enthusiastic, sweet people who will succeed us in only a month (!). But guys, don't let it get you out of the way. It's all going to be all right and your year is going to be fantastic anyway - one you will never forget.

I want to thank so many people for all the beautiful, crazy, difficult but mostly special things that I have experienced this year. Of course all members, sister boards, hallway boards, but of course above everyone: Jan, Bjorn, Anniek and Joeri. As I am

writing this, while the year is not even over yet, I still cannot hold back the few small tears on my cheek. All I have to do now is to wish the 139th board a lot of success and fun. We will always be there for you – but this will be your year!

Drawn up truthfully,
April 26, 2020 in Groningen,

Robin Emaus
h.t. ab-actis der G.F.S.V. Pharmaciae Sacrum





Samen de toekomst in

Synchronizing Healthcare

CompuGroup Medical is specialist eerstelijns zorgautomatisering en ondersteunt Pharmaciae Sacrum. Samen met de apothekers van de toekomst werken we aan innovatie in de zorg. www.cgm.com/nl



**CompuGroup
Medical**

List of Activities

As candidate-board

March

5-Mar	P.S.-Social Drink
7-Mar	Pub Lecture with JFV
12-Mar	KNMP Spring Congress
14-Mar	Master's Degree Ceremony
15-Mar	First-years Parents Day
16-Mar	Personal Development Day of the K.N.P.S.V.
18-Mar	SPITS Lunch Lecture
19-Mar	EJC-Party
22-Mar	Former boards consultation
26-Mar	General Members' Meeting of G.F.S.V. "Pharmaciae Sacrum"

April

2-Apr	STOF-Meeting
	P.S.-Social Drink
12-Apr	Tiroler VrijMiBo
15-Apr	Bèstastuf Meeting
16-Apr	Pharmacy, more than the public
	Pharmacy only
18-Apr	Meeting with board about Policy Plan
	GAME-Night

May

2-May	Meeting with board about Policy Plan
3-May	Master Activity
7-May	P.S.-Social Drink
8-May	Meeting with board about Policy Plan
9-May	Education Day with Teacher-of-the-year Election
13-May	InDesign Workshop
14-May	Woman's Activity
15-May	Hallway Party
17-May	Functionary Activity
18-May	Bicycle Performance Tour (RWPT)
21-May	Intercultural Competence (ICC)
	Training for Introduction
	LOS Charity Event
23-May	ICC I for Study Association

Boards

24-May	Van Lanschot Workshop
	Meeting with board about General Members' Meeting
28-May	STOF-Meeting
	P.S.-Social Drink
30-May / 2 June	Congress of K.N.P.S.V.

As board

June

4-June	Annual General Members' Meeting of G.F.S.V. "Pharmaciae Sacrum"
6-June	Constitution Drink Odiom
7-9 June	End-of-Schoolyear Camp
11-June	Introductory meeting with the First-years Committee, Annual General Members' Meeting of L.P.S.V. „Aesculapius“
12-June	Visit State Secretary VWS, Annual General Members' Meeting of U.P.S.V. "Unitas Pharmaceuticorum"
13-June	Introductory meeting with the Almanac Committee, Introductory meeting with the Committee Pharmaceutical Sciences "SSS", Constitution Drink Professor Francken, EJC-Party
14-June	Functionary Drink of K.N.P.S.V.
15-June	Sports Day of the K.N.P.S.V.
16-June	Hello-day
17-June	Introductory meeting with the Charity, Entertainment and Sports Committee 2018-2019, Introductory meeting with the Multimedia Committee 2019-2020, Constitution Drink MARUG
18-June	Introductory meeting with the Editorial Committee 2019-2020 "Foliolum", Constitution Drink G.F.S.V. "Pharmaciae Sacrum"
19-June	Acquisition Workshop Noord

20-June Negentig
Introductory meeting with the
Dies Committee 2019-2020,
Practice Administrative Meeting,
Annual General Members'
Meeting of the VCSVU

21-June Meeting with the Education
Support Centre,
Board of quaestors

24-June Introductory meeting with the
First-years Introduction
Committee 2018-2019,
Financial Committee and Bylaw
Committee meeting

25-June Extra lesson Pharmaceutical
Analysis A,
Oration of C.E.M.J. Van Dijk,
Hallway Dinner

26-June Extra lesson Pharmaceutical
Analysis A,
Information Meeting CUOS,
Introductory meeting with the
Foreign Trip Committee 2019-
2020,
Introductory meeting with the
Editorial Committee 2018-2019
"Foliolum"

27-June Meeting with teacher
ICC II for Study Association
boards,
EPIL-meeting
Introductory meeting with the
Technical Support Committee

28-June Introductory meeting with the
Foreign Trip Committee 2018-
2019,
Extra lesson Biostatistics,
Extra lesson Pharmaceutical
Analysis A,
Master Activity

July

1-July Extra lesson Biostatistics,
Extra lesson Pharmaceutical
Analysis A,
Praesides meeting Career Day
Committee,
Praesides meeting Student
Council Pharmacy,
Introductory meeting with the
Career Day Committee

2-July Extra lesson Biostatistics,
Meeting with 't Vaatje,
P.S.-Social Drink

3-July Extra lesson Biostatistics,

4-July Introductory meeting with VvAA
Meeting with teacher,
Introductory meeting with the
Student Council Pharmacy 2018-
2019

5-July Meeting with VvAA

6-July Hockey tournament of U.P.S.V.
"Unitas Pharmaceuticorum"

8-July Meeting with Asc Academics

9-July Introductory meeting with Forte
GGZ

12-July Board of praesides

18-July Introductory meeting with
Fagron

August

17-Aug Archive day

27-28 Aug National Trip (BBB)

29-Aug Introductory meeting with
Noord Negentig

30-Aug Faculty Introduction Day

September

2-Sept Information meeting Medical
Pharmaceutical Sciences (MPS),
Opening Academic Year
Rijksuniversiteit Groningen

3-Sept Introductory meeting with ABN
AMRO,
Farewell Reception of the vice-
dean of the Faculty of Science
and Engineering,
P.S.-Social Drink

5-Sept Annual consultation
Construction & Facilities,
Hallway Dinner

6 -8 Sept First-years Introduction Camp

9-Sept Board meeting with the
K.N.P.S.V.

10-Sept Meeting with Calimero,
Constitution Drink EBF

11-Sept Advisory board meeting,
Kick-off Career Services,
Social Drink MPS,
Constitution Drink De
Chemische Binding,
First aid refresher course

12-Sept Introductory meeting with
Mosdadex,
Constitution Drink VCSVU

13-Sept Meeting with SOG

16-Sept Meeting with teacher,
First-years Lunch,

17-Sept	Constitution Drink Esperia Master's Degree Ceremony, Meeting Branderij, Constitution Drink Clio	8-Oct	Meeting Bylaw Committee, KNMP Autumn Congress, P.S.-Social Drink
18-Sept	Constitution Drink Groninger Studentenbond, Constitution Drink SV Commotie	9-Oct	Constitution Drink Meander, Constitution Drink USVA, General Members' Meeting of U.P.S.V. "Unitas Pharmaceuticorum"
19-Sept	Master's Degree Ceremony, Introductory meeting with Talent&Care, Meeting with teacher, Constitution Drink Studiosi Mobilae	10-Oct	Introductory meeting with QPS, Constitution Drink T.M.F.V. Archigenes, Constitution Drink SV PM
23-Sept	Meeting with Bernouilliborg	13-Oct	Visit to honorary member
24-Sept	Meeting with CUOS, Introductory meeting with the First-years Committee 2019- 2020, STOF-Meeting, Meeting Financial Committee, Constitution Drink Bernouilli, Constitution Drink Asci, First aid refresher course	14-Oct	Introductory meeting with KNMP, Meeting with VIP, General Members' Meeting of L.P.S.V. „Aesculapius"
25-Sept	Study Associations Meeting	15-Oct	ICC training for Activities Committees, Study Associations Meeting, Constitution Drink ESN, Drink with the 137th board
26-Sept	Master's Degree Ceremony, EPIL-meeting, Board of quaestors, ICC III for Study Association boards	16-Oct	Constitution Drink Societas, Constitution Drink ISCOMS
27-Sept	Meeting with the 137th board about five-year plan	17-Oct	Introductory meeting with the Multimedia Committee 2019- 2020, Constitution Drink Uincef
28-Sept	Board Day Talent&Care	18-Oct	Board meeting with the 137th board
30-Sept	Introductory meeting with SPITS, Mix with the First-years Introduction Committee 2018- 2019	19-Oct	Former boards dinner
		21-Oct	Meeting with teacher, Meeting with the Technical Support Committee and Multimedia Committee, Introductory meeting and mix with the Committee Pharmaceutical Sciences "SSS" 2019-2020
October		22-Oct	General Members' Meeting of G.F.S.V. "Pharmaciae Sacrum"
1-Oct	Introductory meeting with Engineering Business Center, Gala VCSVU	23-Oct	Fagron Workshop
2-Oct	Introductory meeting with honorary member, Constitution Drink GHD Ubbo Emmius	24-Oct	Introductory meeting with Pharmastep, EJC-Party
3-Oct	Asc Academic Workshop	25-Oct	Master Activity
4-Oct	Meeting Financial Committee	28-Oct	Telephone acquisition, Praesides consultation, Mix with the First-years Committee 2019-2020
5-Oct	General Assembly of the K.N.P.S.V., K.N.P.S.V.-Party	31-Oct	EPIL-meeting, Meeting with Uplus, Constitution Drink G.L.V. Idun, Constitution Drink Villa Volonté
6-Oct	Functionary Activity of the K.N.P.S.V.		
7-Oct	Hallway consultation, Constitution Drink VIP, Constitution Drink SOG,		

November

- 1-Nov Introductory meeting with Pharmalead
- 2-Nov Alumni Day
- 4-Nov Mix with the Master Committee
- 5-Nov Hallway consultation, P.S.-Social Drink
- 7-Nov Introductory meeting with the Charity, Entertainment and Sports Committee 2019-2020, General Members' Meeting of VCSVU, First aid course
- 8-Nov Introductory meeting with the Technical Support Committee 2019-2020, Constitution Drink Ilythia
- 9-Nov Professions Day of the K.N.P.S.V.
- 11-Nov Mix with the Almanac Committee 2019-2020
- 12-Nov BENU Pharmacists Training part 1
- 13-Nov Green Day, Board Information Evening
- 14-Nov First-years Career Day, Meeting with Asc Academics, Constitution Drink Lijst STERK, First aid course
- 18-Nov Lustrum Reception of U.P.S.V. "Unitas Pharmaceuticorum"
- 19-Nov Meeting with VIP
- 20-Nov Constitution Drink IFMSA
- 21-Nov Quaestors consultation
- 21-Nov Toast afternoon, First aid course
- 22-Nov Lustrum gala and galadinner of U.P.S.V. "Unitas Pharmaceuticorum"
- 24-Nov Movember bottle tour
- 25-Nov Telephone acquisition
- 26-Nov Meeting with teacher, Meeting with VIP, STOF-Meeting, BENU Pharmacists Training part 2
- 27-Nov Meeting with teacher, Study Associations Meeting, Advisory board meeting
- 28-Nov Medical Pharmaceutical Sciences Career Event, First aid course
- 29-Nov Former boards consultation
- 30-Nov Guided tour through the Martinus brewery with the Charity, Entertainment and Sports Committee

December

- 3-Dec Board meeting with the K.N.P.S.V., Meeting with teacher, P.S.-Social Drink
- 4-Dec Meeting at 't Pakhuis Meeting with ESC, Christmas Dinner of VCSVU
- 5-Dec Meeting at Branderij
- 9-Dec Pharmaline Lunch lecture, Dinner with Vereniging Jonge Apothekers
- 10-Dec Hospital Pharmacy Evening
- 11-Dec First-years Hooghoudt Excursion, Farewell Reception of the chairman of the Koninklijke Nederlandse Maatschappij ter bevordering der Pharmacie
- 12-Dec Master's Degree Ceremony, First aid exam, ALDi-Party
- 13-Dec Hangover brunch, Dies Reception and Party of T.M.F.V. Archigenes
- 16-Dec Hallway consultation, Plenary meeting educational organization Bernouilliborg, Dies Reception of L.P.S.V. "Aesculapius"
- 17-Dec Consultation with Building Management, Glühwein Drink
- 18-Dec Meeting with Calimero, Meeting with the Workgroup Internationalization, Dies Studiosi Mobilae
- 19-Dec Christmas Drink of Universitair Medisch Centrum Groningen
- 20-Dec Board of praesides and board of quaestors, Dies Gala and Gala dinner of L.P.S.V. "Aesculapius"
- 30-Dec Remodeling of the P.S.-boardroom

January

- 6-Jan New-year Reception of the Faculty of Science and Engineering, Mix with the Career Day Committee 2019-2020
- 7-Jan Study Associations Meeting, P.S.-Social Drink
- 8-Jan Green Day,

9-Jan	Meeting Ardena, Constitution Drink Gerardus van der Leeuw
10-Jan	Visit Rector Magnificus, Rijksuniversiteit Groningen, Senior Symposium, Hallway dinner
11-Jan	Match of V40
12-Jan	Visit to honorary member
13-Jan	Meeting Bylaw Committee
14-Jan	Meeting with the Technical Support Committee and Multimedia Committee, Mix with the Foreign Trip Committee 2019-2020
15-Jan	SPITS Lunch Lecture, Meeting with the candidate- board, EJC-Party
16-Jan	Meeting with teacher, Board of quaestors, Meeting with VIP
17-Jan	Visit to honorary member
20-Jan	Meeting with VIP, Meeting with teacher
21-Jan	Mix with the End-of-year Camp Committee 2019-2020
22-Jan	Meeting with teacher, General Members' Meeting of G.F.S.V. "Pharmaciae Sacrum"
24-Jan	Meeting with student-matching team of Pharmacy, Meeting about hallway-weekend
25-Jan	Meeting with ABN AMRO, Study Associations Meeting, VvAA Boards Day, Drink with the board of U.P.S.V. "Unitas Pharmaceuticum"
26-Jan	General Assembly of the K.N.P.S.V.
27-Jan	Gin tasting with the banner bearer
28-Jan	Meeting promotion master program Universitair Medisch Centrum Groningen, Meeting with the vice dean, General Members' Meeting of L.P.S.V. „Aesculapius"
30-Jan	Meeting Shirt a la Minute, Linda Quiz
31-Jan	Advisory board meeting, General Members' Meeting of VCSVU
	Farewell drink Panacea, Master Activity

February

4-Feb	STOF-Meeting, P.S.-Social Drink
5-Feb	Dies Scientific Symposium, Dies Reception, Dies Opening Party
6-Feb	Dies Cultural Evening
8-Feb	Dies Outdoor Day Dies Gala Dinner, Dies Gala
10-Feb	Meeting with teacher Committee Carousel, Mix with the Charity, Entertainment and Sports Committee 2019-2020
12-Feb	General Members' Meeting of U.P.S.V. "Unitas Pharmaceuticum"
13-Feb	Student For One Day
17-Feb	Study Associations Meeting, Mix with the Dies Committee 2019-2020, Meeting Financial Committee
18-Feb	Meeting with Villa Volonté, P.S./VIP Pub Lecture, Gala Studiosi Mobilae
19-Feb	Meeting with teacher, Hallway consultation, Meeting with GNEV
20-Feb	Introductory meeting with Van Lanschot
21-Feb	First-years Parents Day
23-Feb	Dinner with the 137th board
24-Feb	Mix with the Editorial Committee 2019-2020
25-Feb	LOS Sports Evening
26-Feb	Green Day, First aid refresher course
27-Feb	BENU Lunch Lecture
28-Feb	Career Day

March

1-Mar	Meeting with the candidate- board
2-Mar	Mix with the Multimedia Committee 2019-2020
3-Mar	Meeting with Villa Volonté, P.S.-Social Drink
4-Mar	Green Office meeting, Beer Cantus
5-Mar	Constitution Drink Panacea
8-Mar	Visit to honorary member
9-Mar	Meeting with teacher, Meeting Bylaw Committee,

Mix with the Technical Support
Committee 2019-2020
10-Mar KNMP Spring Congress
11-Mar Drink with the 136th board
12-Mar Master's Degree Ceremony
Meeting with ABN AMRO

From here on, everything took place online

25-Mar Meeting Bylaw Committee
31-Mar Board of praesides

April

3-Apr Meeting with the candidate-
board about policy plan,
Praesides consultation
7-Apr Board of quaestors,
Meeting with teacher
8-Apr Quaestors consultation
13-Apr Mix with the First-years
Introduction Committee 2020-
2021
15-Apr Drink with the Bylaw Committee
16-Apr Board meeting with the
K.N.P.S.V.
20-Apr Pubquiz
22-Apr Green Day
23-Apr Coffee Break
24-Apr Meeting with the candidate-
board about Policy plan
28-Apr STOF-Meeting,
Game Night
30-Apr Coffee Break,
Meeting Bylaw Committee

May

1-May Meeting with the candidate-
board about policy plan
2-May Meeting with departmental
boards
6-May Advisory board meeting,
VvAA LinkedIn Workshop
7-May Coffee Break,
Teacher-of-the-Year Revelation
8-May Meeting with candidate-board
11-May Bingo
12-May Board of quaestors
14-May Coffee Break
18-May Netflix-party Pajama Party
21-May Coffee Break
25-May P.S.-year Overview Quiz
26-May ACI Meeting
28-May Coffee Break



Getting to know...

Praeses of the 138th P.S.-board

We decided to have a talk with the praeses of the 138th board of P.S. We asked him a few tough dilemma's to get to know him a bit better.

Praeses

Name: Jan de Boer

Age: 23

Place of birth: Wergea

Previous P.S.-committees: Charity, Entertainment and Sports Committee, Careerday Committee



Why did you decide to do a board year?

34 I almost finished my master's degree in Pharmacy and I am only 23 years old. I think that's quite young to start working. Besides, I don't really know what I want to do after finishing my studies, so I was interested in doing a board year at Pharmaciae Sacrum. I already had some experience in being treasurer for another association. Although the role of praeses is not the role that would fit me best, I thought I would learn the most of becoming praeses.

What is the normal day-schedule for you at the P.S.-boardroom?

Every Monday there is a board meeting scheduled,

which takes a lot of preparation. I do not have a fixed schedule; it varies per week and even per day. I have a lot of meetings to prepare for and I have to write a lot of pieces, for example, the preface of the Foliolum. Sometimes meetings are in the board room, but sometimes they are at the Zernike-campus or somewhere else in the Netherlands. Together with Bjorn, I also visit a lot of companies that co-operate with Pharmaciae Sacrum. Bjorn mainly negotiates with them about the contracts and I am there to keep the conversation smoothly going.

What are the perks of being praeses?

Being praeses, I get the chance to visit places where I would not come normally. I also meet a lot of new people. I can plan my days as I want to, whereas the other functions have a more fixed schedule. I have a lot of spare time to do some extra things and help other board members if they need some help.

Are there things which you expected to be different during your board-year?

I expected it the planning to be a bit less busy. We are actually busy all of the time and there is a lot of responsibility.

What are the best things you experienced during your year as the board?

The End-of-Schoolyear Camp (JAK), this is the first thing you attend as the brand new board. You don't really know what is going to happen and what



people are expecting you to do, but in the end it is a great weekend. I also like all the constitution drinks. People are chatting and drinking a lot with each other and there is a really nice atmosphere. Every constitution drink is different and really depending on the people coming there. Once we had a constitution drink of Archigenes, the study association of Dentistry. We expected it to be like the other constitution drinks, but it turned out there was a way more serious atmosphere there than we were used to. We had already drunk a lot and when we came in there were just a few students and mostly adults. So that was a bit awkward.

Name a nice characteristic about all of your fellow board-members

I like it about Robin that she is a bit quieter than the others, but that she can be very outgoing at the right times. This is also better for me because when she is quiet and calm, I know that I have to be that as well. Bjorn is very flexible in a positive and negative way. Nothing is crazy enough for him. You always have support from Bjorn. Anniek is a person who fits very well in the group. She is in for anything. She is a very easygoing person and you will never get problems with her. What I like about Joeri is that nothing bothers him at all. He is open to everything.

Student life in Groningen or “de Soos” (Youth House) in Friesland?

If I have to choose right now, I would say the student life. Because of my board year, I am so focused on the student life. In the past I would have said “de Soos”, but this is too dull now.

Dies week or the feast in your village (Merke)?

This year I would say the Dies, but normally I would have said the Merke. This is because the Merke lasts a lot longer than the Dies and there are more parties throughout the whole week. The Dies was very nice this year, since I have experienced it very differently compared to the other years.

Who would you trust to be praeses for a day and who don't you trust?

I would trust Robin to be praeses for a day, she is very structured and has a good overview of



everything. I would not trust Bjorn, but he knows that he is very forgetful and that feature is not very useful in taking the lead of a meeting. I also would not trust Joeri, since he is still too youthful.

Yellow or Blue? P or S?

In my personal opinion I would say blue, but this year yellow-blue. Blue is normally a nicer colour, but as a loyal P.S.-member, I can't decide between yellow and blue. And the letter P of course, the first letter of “praeses”, the best function.

Always talk Dutch or Frisian?

I'd rather always speak Frisian, but then everyone should be able to talk Frisian. If that would be possible than I would definitely say Frisian.

A whole day of hardstyle or gangster rap in the boardroom?

The whole day hardstyle, gangster rap is terrible. On hardstyle you could at least dance a bit and get in a flow.

At the top and left of the puzzle are clues, consisting of numbers. Each number indicates how many contiguous blocks you have to color. There is at least one empty box between the various instructions. The clues are always in the order of the boxes in the puzzle.

36

Colophon

Editorial Committee

Nienke Mones
Wies van Bakel
Manon Wilpshaar
Emma van Rijn
Tim Pleiter
Daniël Podlin

Ab-actiaat

Wies van Bakel
Friesestraatweg 57B
9718 NC Groningen
Phone: +31641822465
redactie@psgroningen.nl

Printing office

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List of activities

August 28th

Introduction Day (online)

September 4th-6th

First-year Introduction Camp





Gezondheid is het aller- belangrijkst.

Ook op financieel gebied.



noord
negentig

accountants en
belastingadviseurs

Paterswoldseweg 813
9728 BM Groningen

Postbus 8001
9702 KA Groningen

(050) 520 53 00
info@noordnegentig.nl
www.noordnegentig.nl