



Foliolum

Nature

*Herbal medicines:
a promise for
future healthcare*

G.F.S.V. "Pharmaciae Sacrum" - Study Pharmacy
Volume 34 - Issue 4 - June 2021



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passion and
innovation into
life-changing
solutions.”

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Vanuit onze positie als marktleider handelen we lokaal en denken we internationaal. We zijn voortdurend op zoek naar de beste mensen om onze leiderspositie verder uit te bouwen.

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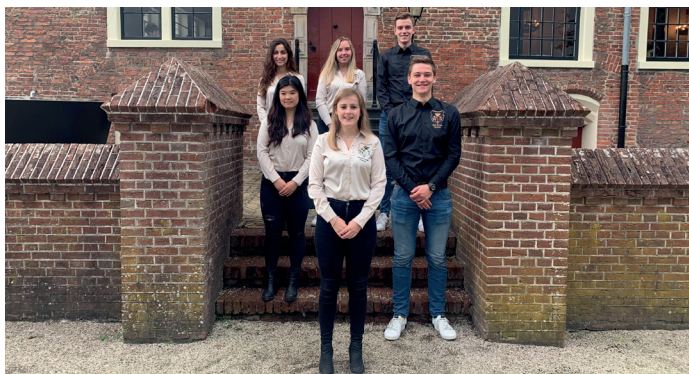
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PREFACES

Editorial



Dear reader,

While I am writing this preface, there were just some restrictions lifted regarding the COVID-19 pandemic. After a year of (very fun and original) digital activities, it is hopefully almost time to throw the laptop aside and go back to the good old times and meet in person again.

The theme of this fourth issue is 'Nature', where we are also going way back: to the use of extracts of natural origin as medicines. Gerben Hoogsteen will talk about all the ins and outs of this topic. Besides, Dr. Woerdenbag will give a glimpse into his life as a teacher but also into his private life. Moreover, he will tell something about his expertise with phytotherapy.

In addition, you can also read about Maarten Lambert, a PhD student at the Department of Pharmacotherapy, -Epidemiology and -Economy (PTEE). Furthermore, an article about alumnus Dirk Stobbe, who is working at the KNMP, is included. Lastly, Eyyüp Iskin, a Pharmacy student from Turkey, will tell you something very interesting about the study and student life in Turkey.

This is our final issue as Editorial Committee "Scribo". I would like to thank my committee members for a lovely year. Although we would have liked to see each other in person more often, I can say that we had an unforgettable year. I wish the new Editorial Committee lots of fun and success with the coming committee year and hope you enjoy it as much as we did.

I wish you a lot of reading pleasure and a nice summer holiday!

Love,
on behalf of the Editorial
Committee 2020-2021 "Scribo",

Thirsa Lohuis
h.t. praeses



Board



Dear reader,

It is already time for me to write my last preface of the Foliolum. With only two months to go at the moment of writing, our board year will come to an end. Fortunately, we have a lot of fun activities in prospect. For example, a 'Staycursion' in April, where we will digitally visit multiple companies and also enjoy the social activities in the evening. Also, the Women's Activity and the Bicycle Performance Tour lie ahead. In short, enough to be enthusiastic about for the coming two months.

The fourth edition of the Foliolum will be all about 'Nature'. It is a topic that is related to the origin of the pharmacy. Back in the days, people could only use medicinal herbs for healing. Although we are far more developed nowadays, some of those medicinal herbs from mother nature are still used. For instance, the opioids from the poppy plant, but also other plants and herbs that are incorporated in the homeopathic remedies.

At the moment, we are busy finishing our board year. It has been a fantastic year and in this way, I would like to thank my board for the beautiful moments that we have experienced together. The candidate board is ready to take our position and I wish them a year full of fun and pleasure.

Finally, I would like to congratulate the Editorial Committee with their last edition of the Foliolum and I would like to thank them for their hard work over the past year. I wish everyone much pleasure reading the Foliolum.

With kind regards,
on behalf of the 139th board of
G.F.S.V. "Pharmaciae Sacrum",

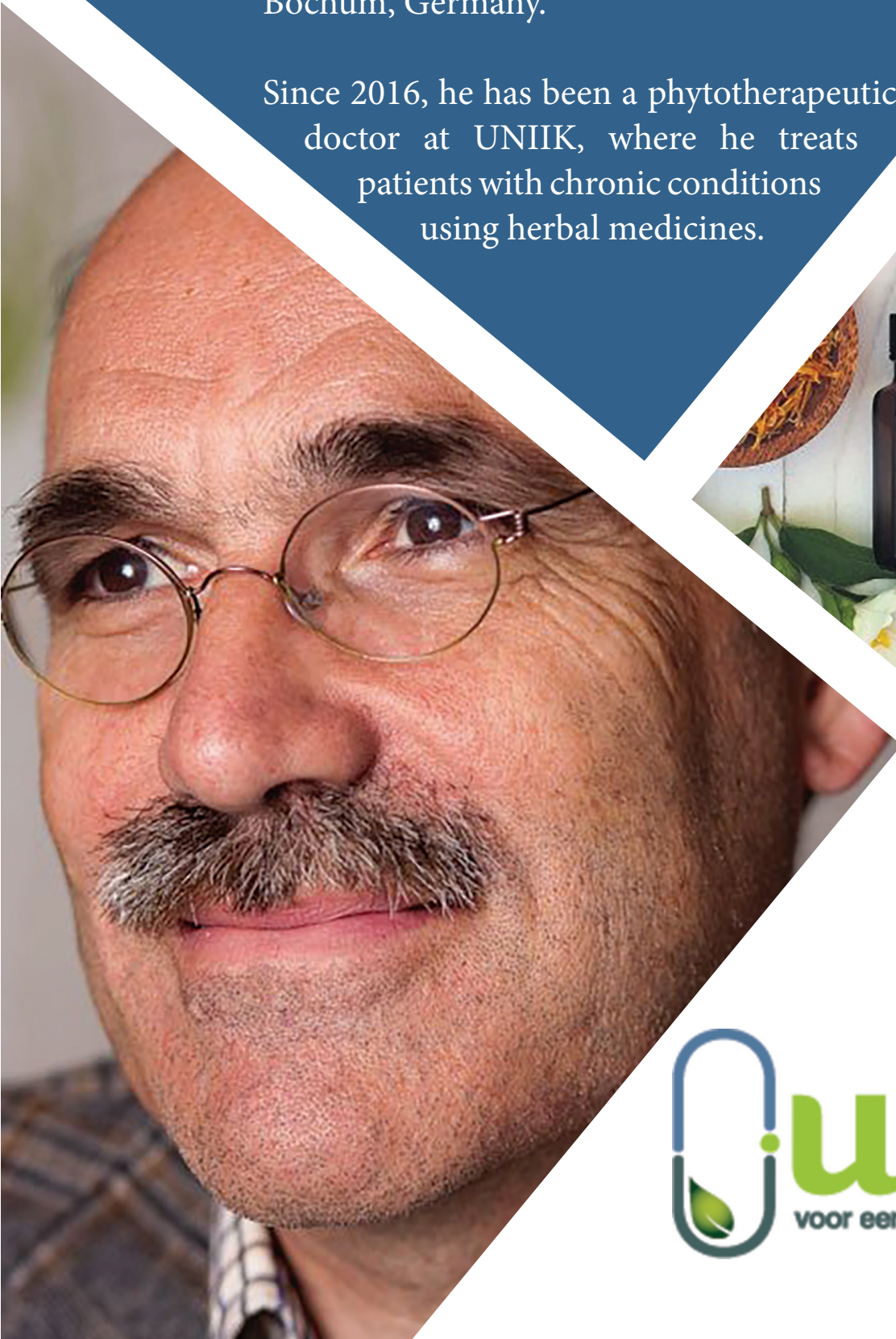
Lotte Hulskotte
h.t. praeses



PHYTOTHERAPY

Gerben Hoogsteen studied Medicine at the Erasmus University Rotterdam and graduated in 1987. Since 1989, he has been a member of the Dutch Association for Phytotherapy and in 2018 he obtained his diploma in Phytotherapy for Doctors at the University of Bochum, Germany.

Since 2016, he has been a phytotherapeutic doctor at UNIIK, where he treats patients with chronic conditions using herbal medicines.



PHYTOTHERAPY

Gerben Hoogsteen

Herbal medicines, a promise for future healthcare

Health care professionals and herbal medicines

In 2019, in the magazine *Phytotherapy Research*, Bhamra et al. published their study about healthcare professionals' view on herbal medicines in the United Kingdom. The authors found variable knowledge of herbal medicines among them. Healthcare professionals were not satisfied with the training they received on herbal medicines. Because of that, many felt incompetent giving advice to patients about herbal medicines. According to the authors, the results of their research demonstrate that the issue of lack of education needs to be addressed. Better education and training of healthcare professionals will improve their knowledge and awareness of herbal medicines (1).

Consumers and herbal medicines/plant food supplements in the Netherlands and the UK

In 2018, S. Jeurissen et al. studied the use of plant food supplements in the Netherlands. They found the prevalence of plant food supplement users in the Dutch population was 10% for men, 17% for women, and 13% for children. Consumers used a wide variety of 600 different plant food supplements (2). R. Lazarou et al. did research among consumers in the United Kingdom and described in 2019 in their article about the popularity of herbal medicines in this country, particularly among the 36 to 55-year-old age group. Consumers mostly used herbal medicines for minor self-limiting conditions. The main reasons for herbal medicine use were the natural origin and fewer side effects. The authors recommended an increase in quality control and wider regulation (3).

Registration of herbal medicines and HMPC monographs

In accordance with the EU Directive 2004, the European Medicines Agency (EMA) established the Committee on Herbal Medicinal Products (HMPC). This Committee is responsible for compiling and assessing scientific data on herbal substances, preparations and combinations in order to support the harmonization of the European herbal market. The HMPC focuses on the main task of

establishing EU monographs covering the therapeutic uses and safe conditions of Well Established Use (WEU) and/or Traditional Use (TU) for herbal substances and preparations (4). The monographs support national authorities to refer to one unique set of information on a herbal substance of preparation when evaluating marketing applications. An EU herbal monograph contains the HMPC's scientific opinion on safety and efficacy data about a herbal substance and its preparations intended for medical use (5). Till now, the HMPC produced 164 herbal monographs on the EMA website which are open for the public and healthcare professionals (6).

In 2011, the Dutch magazine *Pharmaceutisch Weekblad* published an article of the Dutch Board of Evaluation of Medicine (CBG) about herbal medicine. The authors gave a summary of the situation of herbal medicine in Europe and the Netherlands which nowadays only changed a little. The EU Directive 2004 regulates a simplified TU registration for herbal medicines which can be used for self-care only. However, pharmaceutical quality must be guaranteed, safety must be demonstrated and efficacy should be plausible. Herbal medicines can also be registered as (WEU) herbal medicine if human clinical trials also show sufficient positive evidence of efficacy. In the Netherlands, both registered herbal medicines are on the market (7).

The importance of quality of herbal medicines

However, most herbal preparations on the Dutch market are not registered as herbal medicine. Most herbal manufacturers make use of the Dutch law called "Warenwet" to put herbal preparations as food supplements on the Dutch market. Important motives to do so are lower costs, quicker and easier introduction into the market, and no registration requirements. The dangers of this are shown in research of the Dutch Food and Drug Administration (NVWA) in 2019 concerning the herbal product *Hypericum perforatum* L. This investigation showed that 9 of the investigated 47 *Hypericum* products available on the Dutch market contained unacceptable concentrations of toxic pyrrolizidine-alkaloids. These substances belong to other plants which are harvested together with *Hypericum*. The Dutch Food and Drug

Administration also found that 6 of the 22 tested Hypericum products had no traces of hypericin (important quality marker of Hypericum) and that 9 of the tested 22 had less than 50% hypericin as prescribed (8). This emphasizes the importance of quality requirements of herbal medicines and plant food supplements.

Interactions by herbal medicines

Another important issue is herbal interactions with other medications. This is not surprising, because herbal medicines contain pharmacologically active ingredients which can influence the absorption or elimination of other drugs. The Dutch CBG launched a campaign in July 2019 to inform healthcare professionals and consumers about herbal interactions (9). On their website, you can find a list of 10 herbal medicinal products and their interactions with other drugs (9). An important initiative that is still ongoing, because CBG is now working at expanding this list of herbal medicinal products and interactions.

How can herbal medicinal products be characterised?

- 1 Herbal medicinal products are medicines that contain medicinal ingredients from plants or parts of plants (leaves, flowers, seeds, roots). This means atropine or digoxin as a single substance is not a part of this group.
- 2 The total extract is the active ingredient of the herbal medicine.
- 3 The extract contains many different substances with possible synergistic actions.
- 4 The effect is mild to moderate.
- 5 The effect arises gradually within days or weeks.
- 6 Side effects are rare (10).

What can healthcare professionals do with herbal medicinal products?

First of all, be aware that herbal preparations are widely used by consumers. Secondly, consumers are not always aware of interactions with comedication. Therefore, ask them if they are using herbal medicines or plant food preparations. Most people will be grateful for your question, and this strengthens your professional relationship with them for the future. Thirdly, consumers can experience positive results when taking herbal medicines or plant food supplements. Show genuine interest in their experiences. A new world can open up for you. Because herbal medicines can do very well in relation to depression, problems with sleeping or circulation, airway infections, digestive complaints, cystic problems, irritations of the skin or joint or muscle problems. Generally, herbal products have fewer side effects and fit in the spirit of times looking at the EU Green Deal. They could also be a partial solution to the pollution with chemical medicines like diclofenac in our water supply. This means that we definitely need to build the bridge between herbal medicines and healthcare in our country. What we should do is reopen the present knowledge and experiences about herbal medicines in our country and the surrounding EU members. As chairman of the Dutch Association of Phytotherapy (NVF) I am sure our members are willing to share their knowledge about herbs with you as our next generation healthcare professionals (11). Therefore, teaching in herbal medicines should return in Pharmacy University education in the Netherlands, also in Groningen. The sooner, the better.



Literature list

- 1 Bhamra S.K. et al. Health care professionals personal and professional views of herbal medicines in the United Kingdom. *Phytotherapy Research* 2019; 22:2360-2368
- 2 Jeurissen S. M.F et al. Consumption of plant food supplements in the Netherlands. *Food & Function* 2018; 9: 179-190
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- 10 Woerdenbag H. Kruiden(genees)middelen: informatie voor de arts en apotheker. *Pil*; 2020; 3; 33 - 37
- 11 www.fyto.nl

Information about Gerben Hoogsteen

Gerben Hoogsteen studied Medicine at the Erasmus University (1980-1987) and started with phytotherapy in 1989. He is working in the field of social medicine as an insurance physician and followed the post-university study Phytotherapie at the Ruhr university in Bochum, Germany (2016-2018). Since 2016, he is working within UNIİK as a herbal practitioner and from 2019 he is chairman of the NVF.

Colophon

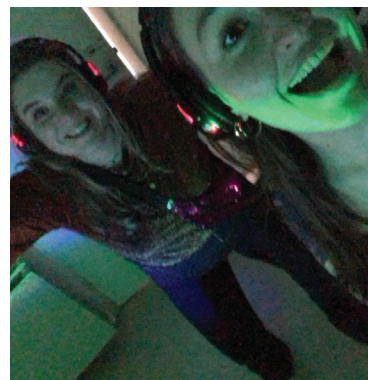
More information about phytotherapy

The Dutch Association for Phytotherapy (NVF) is a scientific association that is strong for the quality and reliability of herbal remedies, with respect for nature and wellbeing. The NVF also acts as a network for professionals. Healthcare professionals can go for questions and for deepening and advocacy to the following website: www.fyto.nl.

You can also find a lot of information yourself at the website of the European Medicines Agency (EMA). The EMA Committee on Herbal Medicinal Products (HMPC) released more than 150 different plant monographs since its foundation in 2004. They are for everyone free accessible and contain all the information that you need about a plant, such as preparation, indication, dosage, interactions, and side effects.

Of course, you can also find more information at the website of the Dutch Board of Evaluation of Medicine (CBG) when you search for 'herbs' (www.CBG-meb.nl).





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more photos!



PhD

Maarten Lambert



Maarten Lambert completed his Pharmacy studies at the RUG in 2020. He is currently doing a PhD at the Department of Pharmacotherapy, -Epidemiology and -Economics.

Already during an early stage of my Pharmacy study at the University of Groningen, I realized that I was especially interested in the research side of the field of pharmacy. I believe I was one of the few students who especially enjoyed the second year of the Bachelor's, in which we spent our days mainly at one of the many labs of the university. To me, the Bachelor project, for which I worked at the Department of Nanomedicine & Drug Targeting, was the most interesting course of the whole Bachelor.

I find it somewhat difficult to specify what it was exactly that made me this enthusiastic about research. With regard to the Bachelor project, one of the key contributors was that none of it was set in stone from the beginning. Although there was a general subject within which I had to work, I had quite some freedom to decide what research questions I wanted to answer and how I wanted to do this. Therefore, I got the feeling that the project I worked on really was 'my project'. Moreover, I enjoyed the fact that all results I obtained were new knowledge, no one had ever done the same as I had. This gave me the feeling that I was actually contributing a bit to the field of pharmacy. Of course, I realised that there is only so much one can achieve during a project of nine weeks and nine out of ten ideas I came up with made no sense at all in practice, but this did not bother me much at the time.

I could tell a similar story about my Master's in Pharmacy, as the Master thesis was by far what I enjoyed most during the three years (although this might be partial because I spent seven months in South Africa for it). By the time I finished my Master's thesis I was more or less sure I wanted to continue researching as a PhD Candidate. There are multiple ways to become a PhD Candidate, for example by applying to one of the many projects that are offered or by extending your master's thesis if both you and your supervisor feels that might be a good idea.

My path was slightly different, after a very interesting lecture during the third year of the Master's, I contacted the involved professor and asked whether there was any research project for which she could use some extra help. Due to COVID-19, my final internship was postponed for a few months, so I asked for something to do during those months, and, in the meantime, I did not make it a secret that I was looking for a PhD position in the future. Long story short, we started working together on a literature review which will now become the first article of my PhD trajectory.

By now it has only been just under four months since I officially started my PhD at the Department of Pharmacotherapy, -Epidemiology and -Economics. The main project I will work on during the next three to four

years will be the “HAPPY PATIENT” project. This is a large international project, co-funded by the European Commission, that aims to reduce antimicrobial resistance in primary and tertiary care. I work together with more than fifteen different research institutes and universities throughout the European Union. Within this multidisciplinary research, our department leads the part that focuses on the community pharmacy setting, which comprises about a fourth of the total project. For more information, you can visit www.happypatient.eu.

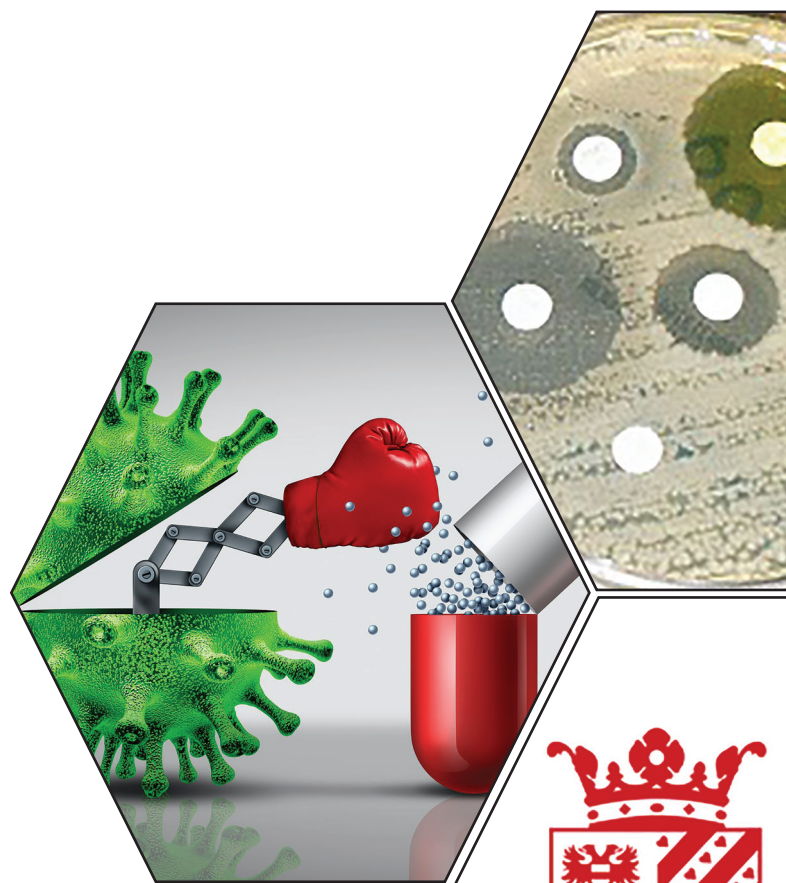
More specifically, we are looking at the quality of antibiotic dispensing in community pharmacies in France, Greece, Lithuania, Poland, and Spain. Firstly, we will measure what current practice is like to explore what areas need improvement. Based on this, we will develop an intervention program that aims to improve the quality within those areas. Finally, we will do a second round of measurements to see what we have achieved. This is a quite common way of doing research, measuring, intervening, and measuring again. What makes this project interesting to me is that this type of research has not been done extensively before in the community pharmacy setting. For example, there are no clear definitions of the quality of dispensing regarding antibiotics. This means that we will have to develop some sort of quality indicator for our study. To do so, I work together with a large team of pharmacists and other researchers from a variety of countries. We have monthly meetings with the whole project group, around 60 people, in which I present the status of our part of the research.

Besides the “HAPPY PATIENT” project, I work on several other projects that are all related to antibiotics or quality of care in the community pharmacy. I am more or less free to join any project that interests me or to set up new projects. At the moment I work on five different projects, which keeps my days varied. Next to this, I supervise Pharmacy students in different courses, I attend courses for personal development, I am finishing the writing of my first article and I have submitted abstracts to different congresses and symposiums which I hope to present during the coming year.

“Anyone who is considering pursuing a PhD, I would recommend reading a short essay by Martin Schwartz: ‘The importance of stupidity in scientific research’.”

All in all, I have the feeling that time goes by quickly as there is always more than enough to do, but I have never felt overwhelmed by this. I enjoy the freedom that I have as a PhD Candidate, although of course there are certain mandatory parts. Anyone who is considering pursuing a PhD, I would recommend reading a short essay by Martin Schwartz: ‘The importance of stupidity in scientific research’. I believe it gives an interesting new perspective.

Maarten Lambert



HAPPY PATIENT



ALUMNUS

Dirk Stobbe

Dirk Stobbe completed his Pharmacy studies at the RUG in 1995. He is currently working at the KNMP as a policy officer. In this article, he will tell something about his career. Furthermore, he hopes to give an impression of what the KNMP stands for.

Why did you choose to study Pharmacy?

In high school, I really liked the subject chemistry, so I studied Chemistry for two years. Then I got very interested in what the chemicals do to the body and how medicine can help people. So, I switched to Pharmacy after two years, but at the time I did not know very well what you could do with the study. I did end up choosing to proceed with the Pharmacy education.

What kind of Master's project did you choose?

In my time you had to choose a direction, I chose toxicology. So my Master's project was also on this subject.

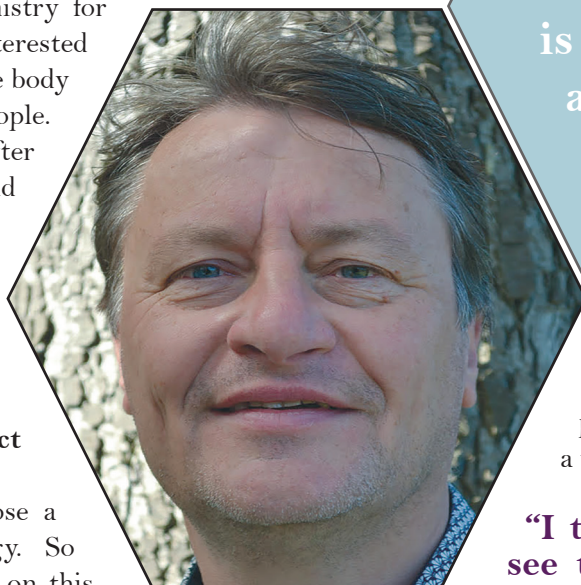
What was your student life like?

I joined a court dance association, which performed dances of European courts from the thirteenth to the nineteenth century. So, we regularly had a gala with a theme where everyone would dress up. This was a lot of fun because we had contact with associations abroad, so we also had a lot of fun trips. At some point, I was the danceteacher and chairman of this association, of which I learned a lot from.

What did you do after your study?

I did an internship at the Martini Hospital Pharmacy, but at that time hospital pharmacist was tucked away. I disliked that because I wanted to be in contact with the patients. That is why I ended up deciding that I wanted to work in a community pharmacy, which resulted in my first job as a pharmacist at pharmacy Venema, Groningen.

Dirk Stobbe completed his Pharmacy studies at the RUG in 1995. He is currently working at the KNMP as a policy officer.



At that time, preparations (Dutch: 'bereidingen') were still done in the pharmacy and I thought that was also a very interesting aspect of the job.

"I thought it was very nice to see that if you guide patients in the right way concerning drug use, that you can truly help them."

What did you like about working at a community pharmacy?

I thought it was very nice to see that if you guide patients in the right way concerning drug use, that you can truly help them. When you have a lot of knowledge, you cannot speak in a technical term to patients. So, if you transfer your knowledge in an understandable way, this can help a lot of people. It also gives a lot of satisfaction.

What did you do after being a community pharmacist?

After I worked in the field of community pharmacies, I started working for "De Proeftuin". Here, we developed pharmacotherapeutic guidelines. So, with this job I went back into content, which was very interesting. I did this until 2012 because the funding for this project had stopped, whereafter I ended up in the field of education. I was

always involved in education, almost from the start of my career. I also taught a few Master courses in Groningen. Therefore, I ended up being the education manager (Dutch: 'opleidingsmanager') at the study pharmaceutical consultant, an applied sciences (Dutch: 'HBO') education, in 2012. I did this with a lot of pleasure for six years and then I joined the KNMP.

What does the KNMP stand for?

The KNMP is a professional association for pharmacists, so all pharmacists can become a member. As a student, you can also become a candidate member. The KNMP represents the interests of pharmacists in many different ways. For instance, if you need information about the usage of a drug, and with the sources available you cannot figure it out, then you can call the drug information center, which is part of the KNMP. You can also call the laboratory of the Dutch pharmacists department when you need advice regarding the preparation of a certain medicine, because we have a chemical lab in the building of the KNMP in The Hague (Dutch: Den Haag), which is also very unique for an association like this. So, there are a lot of departments present. One makes guidelines, one helps resolve labor disputes with lawyers present, and more to support the members. 190 people are working here in total, so it is a big association.

What do you do at the KNMP?

In 2018, I started working here as a district coordinator, which is kind of an account manager job. So, I drove through the Netherlands, visiting pharmacists and pharmacy associations to make a network. The "account managers" have a certain district and their job is to make contact with their members. However, I have a job at the education department nowadays, where we are working on different research projects.

What kind of research are you working on?

Currently, we are researching if we can support the University Pharmacy education with experiences of professionals who have worked as a (public) pharmacist, so that we can give students a better image of what you can do with your Pharmacy diploma, because there are a lot of career opportunities that students don't know about. In other words, we want to implement certain career information components in the Pharmacy education programme, so that students know more about their options at an early stage of their studies and that students know which road they have to take to be able to reach what they want. Another aim of this project is to

make students aware of the fact that there are plenty of different career options left after becoming a community pharmacist.

What advice would you want to give to the current students?

That ties in with what I just said: "Try to orient yourself on what you can do with your diploma". Moreover, I just started at the KNMP as an intervention coach. In this training, you look at which values are important to you in your life. It is very important that you look at yourself at an early stage and ask what you find important. You can do that, for example, by coming into contact with pharmacists, doing committee or board work, or by doing something for the community, whatever suits you and gives you energy. So, my message to you is that you must orient yourself towards the future.

Dirk Stobbe,
Policy officer at the KNMP



INTERNATIONAL STUDENT

Eyyüp Iskin

In this article, I will tell you all about living and studying in Turkey! I would like to thank Katie Remmers for providing me with the great opportunity to write for G.F.S.V. "Pharmaciae Sacrum". Due to the pandemic all around the world and with the third wave coming up, we are all stuck in our homes and mobility is almost impossible. So, it is a great pleasure for me to open a window in your mind by informing you all about life in Turkey! I hope you will enjoy reading it!

Let me introduce myself. I am Eyyüp Iskin, a second-year student at the Marmara University. I am the Liaison Secretary of MUPSA, which is a local study association of Turkey. I would really encourage you to become active within your local and national association and even take it one step further by becoming active within the European Pharmaceutical Students' Association (EPSA). Via EPSA you can get to know amazing people and learn from many other cultures.

That is what I have done for myself, I am only in my second year, but look what I am doing. I am writing this article for you about my life as a student, my city, and the opportunities that came from EPSA.

I would first like to dedicate some words to MUPSA. If I would not have become active within MUPSA, my life would have been completely different. MUPSA has great projects to engage with people in Turkey and inform them about hot topics. For example, we have a project called "Ferry Rides" where we distribute brochures and inform people about topics like antimicrobial resistance, the importance of vaccines, and way more. We participate

Eyyüp Iskin is a second-year Pharmacy student at the Marmara University in Istanbul, Turkey



in the "Teddy Bear Project", where we visit schools and tell the children about our profession and show them non-dangerous chemical experiments. We also have a project named "CareeRx", where we highlight the professions in the pharmaceutical industry. But that is not all! We also organize social activities, like the "White Coat Party", where we all party in our white aprons.

How is the education system?

Let me start by telling you something about education. In Turkey, you study for five years at the faculty of Pharmacy and once you finish you can go work in a pharmacy or start with your PhD. Our curriculum is not that heavy in the second year. We have lectures focussing on "Microbiology and Immunology, Physiology, Pathology, and Analytical Chemistry" for the first half of the year. During the second half, we actually dive into the pharmacy-related subjects such as "Pharmaceutical Chemistry, Pharmacognosy and Pharmaceutical Technology". Each week I spend two days in the laboratory, which I really enjoy, and have three days of lectures.

What about the student life in Istanbul?

I live in an apartment flat with my friend and absolutely love the freedom. Istanbul is filled with opera halls and theatres. It is the city of history and culture, so you can count me in. You can fill up your life with many cultural activities and explore this beautiful city all day. But you should know how to enjoy this because there are a lot of students who sit in their rooms all day and hardly discover this beautiful city. I am a person who definitely knows how to enjoy life and I love exploring the city a lot. I often go to cafes and pubs after our lectures with my friends. There are a lot of nightclubs, but I prefer chatting with my friends in a classy pub over dancing with crazy loud music. But I also really enjoy it once in a while, so it is great to have it all in Istanbul.

These days I am interested in tango, but do not judge if you see me, because I am still a beginner. Foreign students love to visit Turkey and my friends tell me how cheap Turkey is all the time. Here you can get a full plate of snacks and a drink to fill up your whole stomach for just 4 euros. So, if you want the challenge of a low-budget vacation, come visit Turkey!

Let us talk about the history of our great city. It is where Asia and Europe are connected through the Bosphorus Strait. I, for example, live in Asia (Anatolia) while some of my friends live in Europe. The Roman Empire, Byzantium Empire, and Ottoman Empire were ruled directly from Istanbul, which filled the city with history throughout the centuries, so you should be careful not to drown in history.

What about the public transportation system of the megacity?

20 million people live in Istanbul and everybody in the city is always busy and that is why transport can get quite chaotic, especially during rush hour. This resulted in a great public transportation system with metros, trams, and ferries. For instance, you can cross the Bosphorus with the ferries or rail system which goes underneath. The rail system is essential in Istanbul because traffic is almost as bad as in New York. I avoid busses in general because traffic freaks me out.

So, how is the food?

I cannot finish without talking about Turkish food. We always start with massive breakfasts, but Turkey is also great for eating kebabs. Our desserts are fascinating, such as baklava, güllaç, sütlaç, profiterol, fıstık katmer, kabak tatlısı, ayva tatlısı, etcetera. The list goes forever, believe me.

Turkey is also a great country for vegans since we mostly eat vegan indoors, but sometimes it can be hard to find vegan food in restaurants. Aside from great food, our drinks are tasty too. The wine from Sirince is great, our national beer “Efes Pilsen” is tasty and you should definitely try out “Rakı”, our national alcohol but do not forget to add water because otherwise, you will not remember it!

Please contact me if you ever come to Istanbul, I am in love with this city and I would love to show you around!

Eyyüp İskın,
MUPSA, Turkey



2020-2021 MUPSA YÖNETİM KURULU



Hilal Birinci
Beylik



Eyyüp İskın
Beylik



Hatice Kara
Beylik



Zeynep Ayfer
Beylik



Tuğberk Sepetci
Beylik



Seval Yılmaz
Beylik



Senem Şık
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Müzeyyen Korkmaz
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İsmail İrem Aydın
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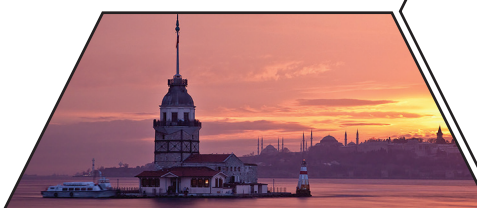
Nihan Şahin
Beylik



Umut Yılmaz
Beylik



Gamze Öztürk
Beylik



DAILY LIFE OF...

Dr. H.J. Woerdenbag

We all know Dr. Woerdenbag as the teacher in the Pharmacy Department of our faculty. But for this interview, we, Editorial Committee "Scribo", wanted to know the person who is behind the teacher. As the coronavirus pandemic strikes all of us, we wanted to brighten up the day of our beloved readers with some information about the daily life of Dr. Woerdenbag.

Life during the COVID-19 pandemic

With the first question being how his daily life was before the coronavirus pandemic he told us that he loves traveling. This has of course been very difficult because of the travelling bans the government has agreed on, which might have been the reason for him to put some more time into another topic of interest: cooking. "I have always loved cooking and reading about cooking. The latest book I am reading is called 'The science and lore of the kitchen'. This book, written by Harold McGee, is about the chemistry that takes place while cooking. I guess I cannot let the pharmacy part aside." With some interesting facts Dr. Woerdenbag tells us about Oliver B. Bumble and Tom Puss

(Dutch: 'Heer Bommel en Tom Poes'). These are the main characters of a cartoon series that started in 1941 with the latest edition published in 1986, which meant an entire life story with these two in the leading roles. He especially likes the fact that the series changes over the years. You can see the two growing up as you progress through the series. Besides, Dr. Woerdenbag likes to listen to music a lot. The spectrum of music he can enjoy is as wide as it could be. The artists he likes listening to the most are The Doors, but also less known bands as Roxy Music. The performers he listens to nowadays are The National, Lana del Rey but also Rammstein is likely to be heard in his office as he listens to music all day. Working in silence is something he does not like, so that is why there is always music coming from his office.

Working during the COVID-19 pandemic

As the coronavirus pandemic took over the world it also changed the working environment of Dr. Woerdenbag. "I still remember the date, March 13th, 2020, this was the day

Herman
Woerdenbag
is program
director BSc
Pharmacy and senior
lecturer Department
Pharmaceutical
Technology and
Biopharmacy



that the entire course of PKA had to be changed in a second. We had to change the practicals, pre and post discussions and even the lectures had to be changed. These online lectures are still something I cannot get familiar with. It is like talking to a wall. You cannot see or hear the students that are (supposedly) listening to you. I can never tell if the story I am telling is clear enough for the students. It

is all a must-do thing, but I hope we can soon go back to our normal lectures." It is not the technical difficulties that hold him back from the online equivalent, on the contrary, he has done some extra classes just to get the most out of the online lectures. In the beginning, it was a bit difficult to do these online lectures, because problems like forgetting to record, being on mute, internet speed letting you down, have all happened. However, in the end, the results were not bad at all. The difference between the first-year students and the other students is noticeable. Dr. Woerdenbag tells us that this is not the fault of these students, because they do not know how these lectures went normally. They are all on mute with their cameras off and it is quite hard to get to know them this way. Working in smaller groups normally makes it easier but with the large starting numbers we have today that is, sadly, not an option.

Dr. Woerdenbag as a student

Back when Dr. Woerdenbag was still a student this was

entirely different, but not only due to the coronavirus pandemic. The study Pharmacy spoke to him because he likes biology and chemistry, and he did not want to choose Medicine because the contact with patients was not something that he really needed. After he got his pharmaceutical degree he started working on a PhD research in medicinal plants. He already got the invite for doing this earlier in his studying career, but he wanted to complete the Pharmacy program first. "It was normal for people to do a PhD research before they got their pharmacist degree. Some people became doctorate students in the field of pharmacy but never really became pharmacists. This is because of the optional last year which would get you your pharmacist title. Some people did not do this last year and started on their PhD research right away."

Life after the PhD research

When the pharmacist title was earned he started working as a postdoc and teacher in the Pharmaceutical Biology Department and continued working on his interest in medicinal plants, with the main focus on the biotechnology of these medicinal plants. After a few years, the switch to the Zernike campus arrived and he started working as a Scientific Coordinator at the Groningen Biomolecular Sciences and Biotechnology Institute (GBB). During this job, an entirely different side of doing research, with regards to research policy and applying for funds, represented itself. "This part of my career is still extremely useful for me, I have lots of contacts in this department and the new perspective I gained over there has helped me a lot in my current job." At the moment of restructuring the Pharmacy Department, a new opportunity presented itself in the form of a job as a scientific coordinator at the familiar Pharmacy Department. After a few years, he implemented a part of the education side to his job as he became a policy officer for education and research. He has always taught some courses on the side. A nice example is the course compounding (Dutch: 'recepteerkunde'), which he has been teaching for years now. He got the offer to teach this while he was driving home from a congress with another staff member and after a few moments of thinking he now is the head of this course.

Phytotherapy

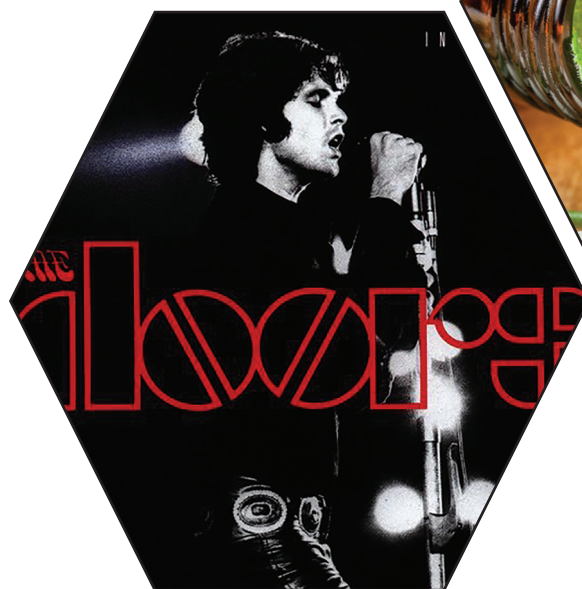
The science of medicinal plants has always interested Dr. Woerdenbag. He thinks that you need to know the basics of this science as a pharmacist because there is a wide variety available on the internet and at the common drug stores as well. "You need to be able to keep an eye on the safety aspect, especially when people use other medicinal products next to their regular therapy. It is important to know where you can find the information you need to advise these people in their use of these products." The thing that Dr. Woerdenbag has made clear is that there is a distinct difference between homeopathy and phytotherapy. The difference is that phytotherapy is partly evidence-based, while homeopathy is not. The fact that people in the Netherlands immediately see herbal medicinal

products as some sort of made-up medicine is a large difference from for instance Germany. "In every pharmacy in Germany, the shelves are stocked with a lot of herbal medicinal products, and the general practitioners also prescribe a lot more of these products than what we do over here. I do not mean to say that it is a bad thing, but it is something we should be aware of." It is of course always up to the pharmacist self what to do with the information on this type of product, but he thinks that every pharmacist should at least know where to find the information he needs to keep the treatments safe for the patient.

Dr. Woerdenbag tells us that he hopes that the students get to know their teachers as persons that also do have hobbies and interests and not only see them as the man talking in front of their screen. He really misses the 'hallway talks' with colleagues and students and wants to see this return to the institute as soon as possible, as he thinks that communication is key to the quality of the Pharmacy education program. "If my door is open, anybody can feel free to come in and talk with me as communication and small talk is very important."

Herman Woerdenbag

"If my door is open, anybody can feel free to come in and talk with me as communication is key."



P.S. ACTIVITIES

BENU Sports Night

By Kick de Boer



Hello, my name is Kick and I have been asked to write something about the activity I organised together with my committee members! We organised the BENU Sports Night and it was quite exciting for me to organise my first 'event' for the study association, but it was really funny with my other committee members of the LOS. After a lot of brainstorming, we came up with the idea to organise beer yoga (fun fact, beer yoga is really popular in Thailand). In combination with a cooking workshop of a professional cook who cooks for a lot of professional sporters at Papendal, like Dirk Kuyt.

After we contacted the cook, he started to make a recipe so we could prepare the delivery of the ingredients. The Sunday before the event, we retrieved all the ingredients and started to pack them all in the right amounts because some came in bigger packages as needed. After that, we had to deliver them at the houses of the participants.

On Tuesday, we received the video of the beer yoga, which was a little bit different than we expected. We thought that the beer yoga would be a video about someone doing some yoga exercises with a bottle of beer with a humoristic twist, but instead, it was really serious and a bit spiritual. Due to this, it was really funny as well. After the beer yoga, we did the cooking workshop which was quite fun too. The cook was really enthusiastic about his job at Papendal and he told some things about it while we were cooking. The food was quite tasteful and healthy which was nice for some students who do not get their vitamins out of their student meals. After that, we drank some beers and talked a bit in Zoom and that was our BENU Sports Night!

Kick de Boer

First-year Symposium

By Wyona van de Poel



On March 10th the first years of Pharmacy had a symposium organized by the SSS Committee. The theme was: "Habit or secret addiction – the brain's reward system".

There were a total of three guest speakers from all over the Netherlands and the chairman was prof. dr. Anton Scheurink. You could order a pizza beforehand to eat during/after the symposium. At the time, I sadly had corona, so my pizza was probably enjoyed by the committee itself. We had received a lot of e-mails about this symposium because it was mandatory for ARCS. So, every first-year student was (hopefully) watching. One of the topics the speakers discussed was sugar addiction and the psychological tricks the brain plays on itself. Prof. van den Brink of the University of Amsterdam (UvA) began the symposium. He talked about alcohol, a very interesting topic for students. Then, dr. van Timmeren spoke. He has an ongoing research project on social media, if you would like to know more or participate please check www.socialmediastop.nl. I tried to participate a little and miserably failed. It was harder than I expected. At last, speaker dr. Treur spoke. She is a psychiatrist. There were also a few questions about gaming addictions. Which I thought were interesting and showed that students were highly involved and interested in the subjects discussed.

Although it was mandatory for ARCS, it was still very enjoyable, and we learned a lot. I would like to thank the SSS Committee for organising.

Kind regards,
Wyona van de Poel

P.S. ACTIVITIES

EJC Activity

By Lotte van 't Hoff



On Tuesday 16th of March, it was time for the EJC Activity. Around seven o'clock Robin, Martijn, and I were totally ready to get started because there was a great prize to win: a Dolce Gusto coffee machine. Robin never made spring rolls before and Martijn only did it once but did not like it very much, so that was not a good recipe. But we were talked through all the steps by the EJC Committee. We were a perfect team: Robin was chef tofu and knew exactly how to make it tasty and crispy. I put all the ingredients on the spring rolls and Martijn closed them. They were looking really good, but it was easy to make more beautiful spring rolls than Daan and Jan did, because theirs were only capable of sticking to the ceiling of the bathroom...

In the meantime, Robin made a beautiful background for the picture with my gold cutlery and blue tableware (and no that is not cheating Annabel) and her own black sesame seeds. We placed our spring rolls in the decor to make the perfect picture for the challenge. After this important moment, it was time to taste! Even Martijn really liked our spring rolls. While enjoying our spring rolls, we made the cocktails with jenever, lemon, powdered sugar, and lemonade. The evening ended with a Kahoot with fun facts about the EJC Committee, but unfortunately Robin and Martijn had to go home because of the curfew before the winning picture was revealed. Luckily, I filmed this moment because we won!!! So the three of us will be reunited for a delicious coffee break soon.

Thank you very much EJC for the pleasant evening and great prize!

Xoxo Lotte van 't Hoff

Master Activity

By Ruud Stapel



On Friday the 23rd of April it finally happened! The Master Committee organised their first activity. Though these digibetics were scared of organising something online, the evening turned out to be a great success! Using the now well-known Gathertown the older folks of P.S. could meet in a virtual Café de Toeter, chuck some beers and devour some snacks which could previously be picked up in the real Café de Toeter.

Obviously, money had to be made during this activity and therefore the evening was co-organized with Mosadex. Before starting the escape room there was a company presentation. Renée informed us about their TOP-program and other facets within Mosadex. After this fascinating presentation, the escape room started. Participants had gotten a big brown envelope that they were allowed to open at the escape room's start. It contained clues, news articles, servers, maps, and a lot more. The objective was to build a data center quickly by activating four servers using puzzles, teamwork, and common sense. The first team to fill in the correct code would win eternal fame. Though I do not recall who became first, I do remember Bryan, Melle and I being extremely fast. Therefore, I reward us with winning eternal fame. One thing was very clear, Melanie understood the balls of the escape room. Countless phone calls to Melle could not even enlighten her. For this reason, I know that Melanie and her companions will have to do with the red lantern. Better luck next time.

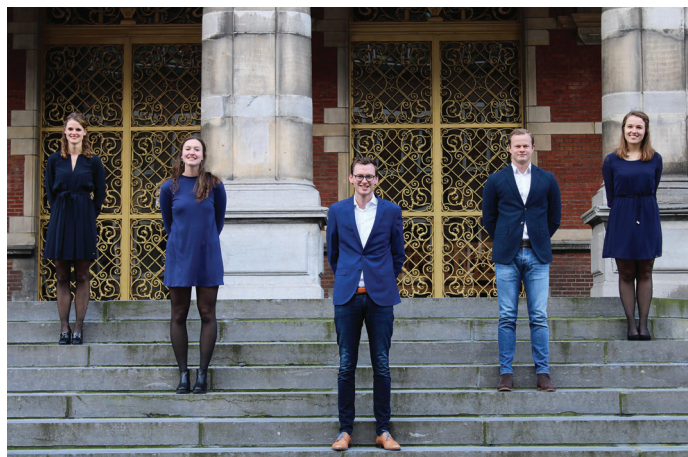
All in all this digital evening was a grand success. I would like to thank the Master Committee for their hard work! And, who knows, maybe it will even be possible to organise a Graduation Party at the end of this year!

Ruud Stapel

P.S. ACTIVITIES

Career Day

By Martijn Hagedoorn



Dear readers,

On the 26th of February the 13th Careerday was organized. Master students got the opportunity to meet various companies and professional associations. Due to the coronavirus, this had to be organized as an online variant which was different to previous years, which was quite a challenge for us. After a long search, we found a great platform, which could help us with digital support. On the day itself, it turned out to be good that there was an online variant because I was in quarantine myself...

Before the day started, there was some time to get familiar with the digital platform. Students could update their personal profile and watch Daan and Annabel live from 'Het Forum'. The day started with a word of welcome of the praeses of the board, the program director and me. Thereafter, Lotte presented the professional association's several statements that reflected current affairs in pharmacy, to which they individually responded. The professional associations gave a short pitch to make the students clear what they can do for recently graduated pharmacists. During the coffee break, it was possible to make appointments with recruiters of the various companies. Job perspectives and contact information could be exchanged during these short meetings.

The program was continued with four business presentations of pharmaceutical companies. After the interesting presentations and some interaction between the students and companies, it was time to enjoy a delicious lunch of Bakker Bart. During the afternoon the students could follow their own chosen workshops. Every company and association gave a workshop to show the students what kind of business they are in. In addition to the workshops, there was an opportunity to speed-date with recruiters in one-on-one conversations.

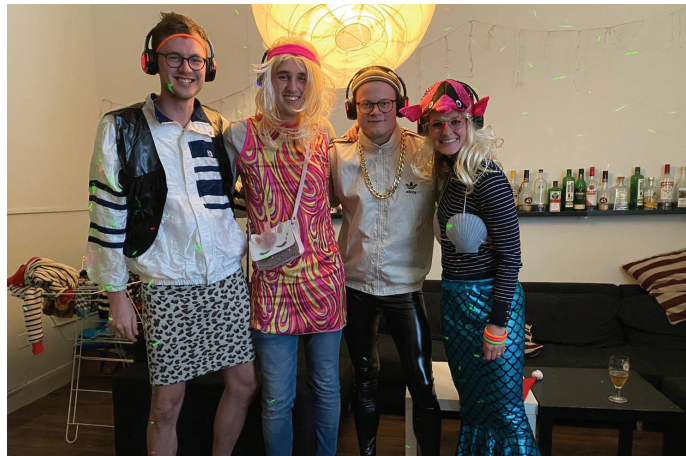
I think everybody was very enthusiastic about this successful day during the closing of this 13th Careerday, both companies and students! We, as a committee, were also very happy with the result! We celebrated it with a nice drink afterwards, which ended a bit earlier for some than for others!

Greetings,
Martijn Hagedoorn

P.S. ACTIVITIES

Staycursion

By Tijn Jorritsma



On Wednesday, the 14th of April, the week we had been looking forward to, started: the Foreign Trip (BEC). Unfortunately, due to the COVID-19 measures, it was not possible to travel abroad. So, the excursion was transformed into a 'staycursion'. Two days before the official start of the 'staycursion', a food package with all the ingredients for dinner for the rest of the week was delivered. The food during this week was nice because we also got lunch every day from Broodje Ben. After lunch on Wednesday, it was time for the first lecture, which was given by AstraZeneca. We were told how the AstraZeneca vaccine was developed and how it works. After a short break, the program continued with a lecture by the Dutch Medicines Evaluation Board (Dutch: College ter Beoordeling van Geneesmiddelen (CBG)). After the first lectures, it was time for dinner. On the menu was a delicious Mexican poke bowl. In the evening we had an online casino night. After playing blackjack all night, I ended up losing a lot of money.

The second day started with a lecture by the Dutch department of Doctors Without Borders (Dutch: 'Artsen zonder Grenzen'). A pharmacist, who is working abroad, told us what it is like to work for this organisation. The second lecture of the day was given by Healthy Entrepreneurs. This company provides health care for people in developing countries. After these lectures and dinner, we could pretend to be detectives in the murder mystery. We received an envelope with all kinds of attributes with which we had to find the murderer.

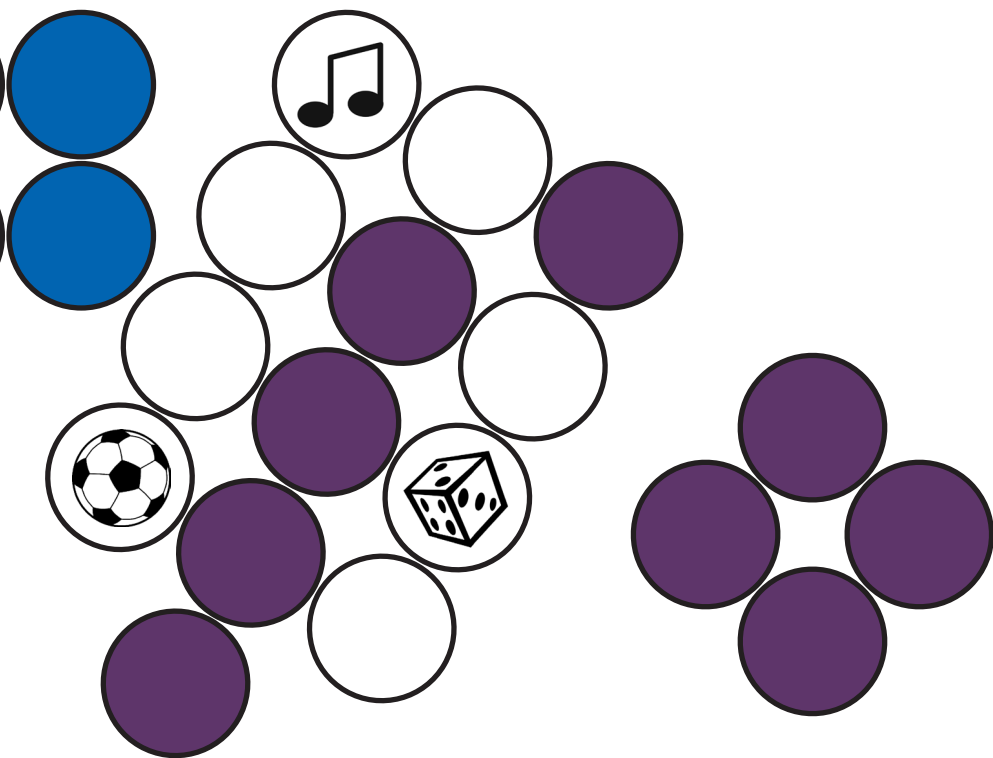
On the third day, it was already time for the last presentations of the 'staycursion'. The first lecture was given by the Columbia University, New York, USA. After that, Chloe Smits, a former Pharmacy student, talked about her working experiences in Australia. Perhaps the best activity of the week was planned in the evening. Dressed up in our best 80's outfits, we could dance all night long to DJ Laura, who provided the music via a live stream from 't Vaatje.

On Saturday, it was time for the last activity of the BEC: the bingo. Still recovering from the silent disco of the previous day, we really needed the Broodje Ben lunch. We received a list of assignments from the Foreign Trip Committee that we had to perform in order to be able to cross the numbers on our bingo card. After a nerve-racking afternoon, Anieke and Annabel emerged as the winners. Finally, everyone returned to the Zoom call to have an online drink and to end this fantastic week together.

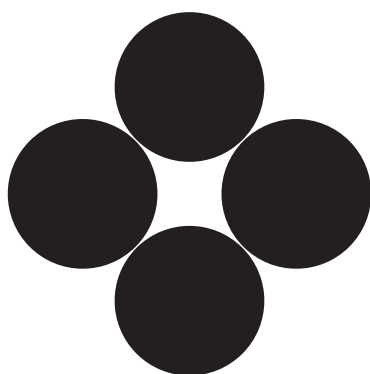
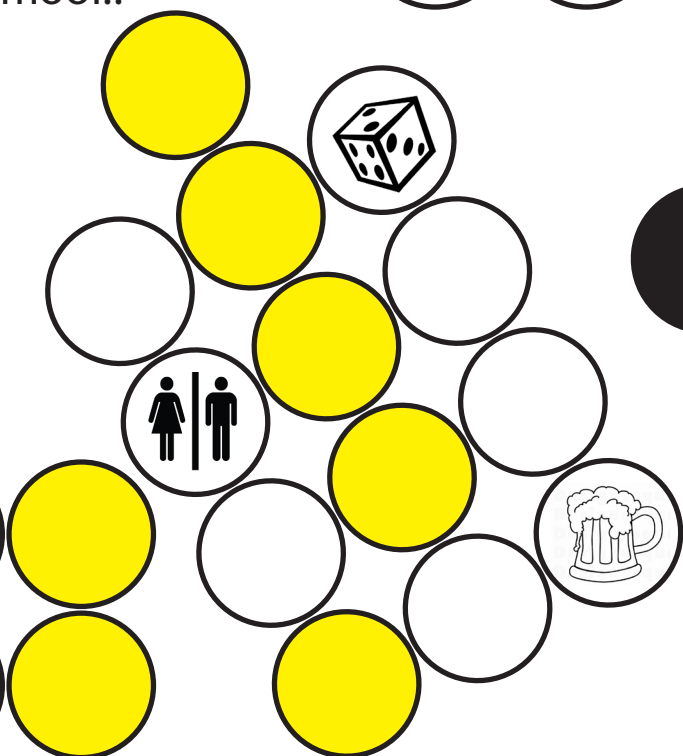
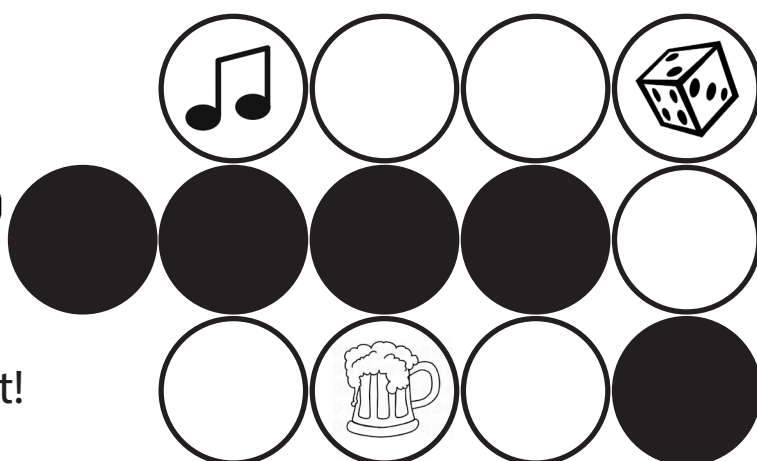
Tijn

Scan the QR code for the game rules and extra assignments belonging to the different icons on the game board and play our board game at home!





bo
 ger Je Niet!
 mooi!!



P.S. COMMITTEES

Almanac Committee



Dearest readers,

We are the 36th Almanac Committee and now it is our time to shine. We are responsible for the annual publication of the treasured almanac. It is our goal to create the best, most beautiful, and memorable almanac. Let us introduce our wonderful committee members.

First, we have our lovely praeses Noah. She already has misspoken the almanac before we were even installed. So right now, our second name is the Annamak. Then, we have our amazing ab-actis, Bin Qiong. Almost nobody can spell her name, so let alone the pronunciation. You can always come up to her if you want to practice. Our funny quaestor Niek is the left-hand man of Noah. He is also known as our money man. You can always build on him since he will make sure that nobody has to do the 'adtje in' all by themselves. Also, Niek is always there for you if you need to be brought home. He will literally cycle throughout the entire city to make sure that you get home safe. Next, we have our assessor I Floris. We call him by his nickname Floppie and we heard he is a really good rower, even though he has only been in the boat twice by now. Lara is our assessor II, and she is responsible for the 'adtje in'. However, during our first committee meeting, the beer spilt everywhere, so she might need some practice. And last but not least, we have our assessor III, Jildou. Fun fact, her father has made the fifth almanac of P.S., so she will follow in his footsteps to make a memorable Annamak. He is really proud of that fact, and so are we.

With the Allus Party, we will reveal our beautiful almanac to you, so stay tuned!

Love,
the 36th 'Annamak' Committee

Editorial Committee



Dear fellow P.S.-ers,

Since this is the last Foliolum of the current Editorial Committee, we would like to introduce ourselves as the Editorial Committee of 2021-2022. We hope that you will enjoy our editions as much as the previous ones! In order to get to know us a bit we will introduce each member shortly:

Starting with our amazing praeses Sharon. She has to make sure that all other committee members do their tasks and this motley crew stays organised. Sharon comes from the beautiful town of Wierden, which explains her 'tukker' accent. Wietske is our ab-actis AKA typmiep. She cannot wait to go to 't Vaatje again and have drinks with everyone on Monday night! Wietske comes from Grou which is a hole in Friesland, hence why 'mem en heit' are not unfamiliar to her. Our quaestor is Jens. He comes from the town of Bo'g'ne and has an amazing house where we will spend every Monday night. He is a big spender so let us see if he is as good at spending our money as his own. Emma is our assessor I and she drinks iced coffee from 'Joembo' like it is water. She lives on a farm in Dronten 0321 #farmerlife, and at night you can wake her for ebi tempura maki. Kai will be our assessor II this year, his hometown is the lovely Nieuw-Amsterdam which probably has more cows than people. Although he seems Asian his ability to 'plat proatn' is better than most Dutchies. It will not surprise you that he plays table tennis, because he is Asian after all. Our assessor III is Juliette. She is 'sjaars', just like Kai, but this does not mean she is not known with the Groninger student life. She is a busy bee who loves hockey and 'borrels'. We are looking forward to making the Foliolum next year!

Kisses,
The Editorial Committee of 2021-2022

P.S. COMMITTEES

Foreign Trip Committee



Dear P.S.-ers,

After two long homebound years, the time has finally come to start anew. Out of the great town of Groningen, a new company will depart. The crew by the name of ComeBEC (Foreign Trip Committee) will lead you to towns of eternal sun.

At the helm stands Michelle, our praeses who will lead our expedition to the unknown land. She captains our ship and guides us to the most favourable path. Amber, our beloved charter will map all our journeys and will make sure our path remains true. She is not shy to share a drink and boost the morale of the crewmates. Even after long nights, she keeps notes of every step we take during our voyage. Sander, a trader, will be our purser and keeps records of our loot during the trip. He has an affinity for anything shiny and will finance anything our journey needs. Jelle, our first mate who comes from the East, will provide a loyal hand to our captain and will always be at her side to help. She could have never asked for a better first mate. Finally, a young fearless sailer has joined our crew. Through the hardships that a first-year brings, he has been vigilant and his future at P.S. looks bright. His name is Mano as he lends his hands to our crew whenever it is needed. In the future, he might prove to be a promising new member of P.S.

Although our destination is unknown, we hope that many akin will join us. As we seek to further our knowledge and explore unseen lands. Will you join our adventure to the unknown lands?

Join our crew for a journey you will never forget,

The ComeBEC

Introduction Committee



Hello everyone!

We would like to introduce ourselves as the new Introduction Committee. This year we would like to do it differently than other years, but fun nonetheless. First, we will introduce all of our members.

We will start with our assessor III of the committee, namely Aniek. She brings every week a homemade apple pie to the committee evening. Afterwards, she will perform a 'trechterad't. Next, we have Lotte, the assessor II of the committee. She is always late because of weather circumstances. Lotte takes good care of her dog, as does she of us. Samira is our assessor I of the committee. She is the only one who drinks wine on a Monday night instead of beer. She is very young and has much to learn, but we know she can learn to drink beer eventually. That brings us to the quaestor of the committee, Sylvan. He goes every two weeks to the barber to cut his hair. You could say he is pretty vain. He also likes to join Lotte in the weekly beer chug. Janna has a resting bitch face. She is our ab-actis of the committee. She looks very tiny and small but can drink a lot of alcohol. Apple pie is one of her favorites to eat, that's why she is very fond of Aniek. Then it is time for our precious praeses; Rutger. He showers at midnight without noticing and therefore is the true king of sleepwalking. One thing he really likes to do is to hold the 'trechter' for Aniek her chug.

We are looking forward to meeting the new first-years and organising our introduction activities!

Cheers,

The Introduction Committee

P.S. COMMITTEES

Lustrum Committee



Dear P.S.-ers,

We are the 28th Lustrum Committee (Lusco). We have the pleasure to organize the Lustrum in February 2022, where normally the Dies Natalis would take place. The Lustrum is the celebration of five years of the existence of Pharmaciae Sacrum. It lasts eleven days and will consist of several activities including a gala diner, gala, cultural activity, and many more. Different from other committees, the Lustrum Committee is a two-year committee.

We start off with our praeses Myrthe, aka 'The Oppertukker'. She has to keep the committee on track and ensures a lot of escalation at the committee evenings. Then there is ab-actis Anna, also known as Annie or Anja. Anna is very creative with actually everything. Moreover, she lives on a party boat where a lot of our great evenings take place. Is it not exciting?? The quaestor team of the Lusco consists of Tijn and Menno. Tijn aka Tinna or 'bovengeschikte' quaestor, has a body like a Temple. He survived the Q many times. Menno, Broekie or 'ondergeschikte' quaestor does not have a backbone like he says. He is always in for some voting on any's. They both play football at V40 and never drink without each other. Then our assessor I is our sweet Charlotte, aka Charizard. I hope you all know which Pokémon it is. Charlotte can cook like a real chef. Every committee evening our mouths are filled with the very delicious dishes she cooks. Last but not least assessor II Xander, also known as Xannie. He is always good gemutst and our 'strafmeester' oeehh. He ensures that all members take their 'adt'.

XOXO, The 28th Lustrum Committee

PS. Stay updated on the 28th Lustrum by following us on Instagram!: @lustrum28ps
LUSCOOO MOOOIII!

Covid Committee



Dear P.S.-ers,

In the photo above, you can see the five persons who are part of the epic Covid Committee. We are pleased to introduce ourselves by referring to the structures of the COVID-19 virus. After all, our beautiful working group wouldn't have existed without this virus.

First of all, our Spike Glycoprotein Laura ten Broek. Laura is always in the picture and, just like the protein, can easily change appearance. Secondly, the Membrane Protein Jan, who can easily transfer his idiotic behaviour by binding to other host cells. Then of course we have our Nucleoprotein Lilly. Lilly is slightly less visible but is continuously working in the background to make a functional virus. Fourthly, we also need someone who can keep this mess together. This Lipid Bilayer role is played by the second Laura better known as Schotje. Finally, we have of course our Viral RNA, Lisa Froukje van Wier. Just like a real virus particle, she always knows how to enthuse us to organize crazy and fun activities. The Covid Committee is complete with these five old-timers. We hope to infect you with equal enthusiasm for the activities that we are allowed to organize. At this point, our upcoming activities are not yet known, but they will be announced timely!

We hope to see you all, at an appropriate distance, during one of our upcoming activities. Be sure to get infected by the Covid Committee Virus.

See you soon!

Kind regards,
The Covid Committee

QUICK QUESTIONS TO...

The 140th board



Name and nickname: Sybrand Zielhuis, Sybi.

Date and place of birth: 27-03-1999, Sneek.

P.S. committees: Almanac Committee and Dies Committee.

Most looking forward to: The Lustrum of next year, and especially the Lustrum Gala. But, I also cannot wait to travel again with the Foreign Trip!

Favourite snack: When I open a bag of chips, I immediately have to finish it completely.

Craziest place where you drunk a beer: Maybe not a 'crazy' place, but my memories of the Foreign Trip in 2019 to Warschau and Dresden are all great. Drinking some beers in a foreign country during the day with other P.S. members creates memories you will never forget.

Praeses

Name and nickname: Annabel van den Bosch, (Brakke)Bel.

Date and place of birth: 22-01-1998, Harderwijk.

P.S. committees: Dies Committee, Charity, Entertainments and Sports Committee, Almanac Committee, and Career Day Committee.

Most looking forward to: Any physical activity, especially the Lustrum and the Foreign Trip.

Favourite snack: (At the moment) candy.

Craziest place where you drunk a beer: I have once drunk a beer (rietaat) for a bet during the break of a lecture.

Ab-actis



Name and nickname: Anieke, Aneike (pronounced as Anaikie).

Date and place of birth: 07-01-1999, Hengelo (but we moved to Tubbergen when I was four years old).

P.S. committees: SCP Committee and Almanac Committee.

Most looking forward to: The Lustrum of next year!

Favourite snack: Nacho's or a 'bittergarnituur' on a terrace.

Craziest place where you drunk a beer: On the back of my father's bike when we got back from a day of celebrating carnival.

Quaestor

Name and nickname: Wies van Bakel, Brakeltje.

Date and place of birth: 23-05-1999, Veghel.

P.S. committees: Multimedia Committee, Foreign Trip Committee, Editorial Committee, and Almanac Committee.

Most looking forward to: The Foreign Trip for sure!

Favourite snack: Worstenbroodjes! A delicious and classical snack from Noord-Brabant!

Craziest place where you drunk a beer: Not the craziest place, but the craziest experience was in my former student house! We started drinking at 6 AM for a day of 'kratzitten'!

Assessor I



Name and nickname: Twan Schrijver, Skriever.

Date and place of birth: 07-09-2000, Zwolle.

P.S. committees: Multimedia Committee.

Most looking forward to: Definitely the End-of-Schoolyear Camp!

Favourite snack: Cocktail nuts.

Craziest place where you drunk a beer: The crazies place where I have drunk a beer is probably at a rooftop bar with a crazy view of the Alps.

Assessor II

ANNUAL REPORT

Editorial Committee “Scribo”

About “Scribo”

We are the 34th Editorial Committee of Pharmaciae Sacrum. In the past year, we made four issues of the Foliolum, of which this is our last one. Normally, there is a lot of mixing going on with other committees. During these nights, the Editorial Committee traditionally introduces their own editorial game to play with. Unfortunately, the mixes could not take place this year due to the COVID-19 measures. However, we did make our own game. Because we think it is a pity that we were unable to play this game with others, we would like to share our board game “Redactie Erger Je Niet” with you.



Dear readers,

Our adventure started in March 2020 when we were installed by the 138th board as the new Editorial Committee of 2020-2021. At that time, we thought about a name for our committee and Sylvan came up with “Scribo”, which means ‘I write’ in Latin. After establishing our name, we could really start our adventure. However, the start was rough as Bin Qiong had difficulties pronouncing “Scribo”. Sylvan helped her on the way as he has sent her a voice message for the pronunciation, even though she still claimed that she pronounced it correctly in the beginning.

The start of the committee meetings was rough as Thirsa’s internet would not allow decent conversations via Skype. Her screen froze every five minutes and do not talk about her microphone. Finally, she received brand new, superfast internet after a few months. Even though Thirsa’s screen froze every five minutes, we could not complain as Niek did not have a camera at all.

After months of online meetings, it was finally time to enjoy each other’s company in person in ‘t Vaatje. It was a legendary night where we got to know each other in a different way. That night, Ellen left a bottle of wine in the corner of the street when she was on her way to ‘t Vaatje. At the end of the night, she reminded herself of the fact that she had to recycle the bottle of wine, otherwise, she could not sleep. Not only Ellen did a good deed that night because Niek lived up to his status ‘thuisbrenger’ as he brought Bin Qiong home safe after she drank two beers instead of her maximum of one beer. We cannot blame her as that night was very memorable. On the other hand, Thirsa, Luisa, and Sylvan stayed

up till the sun raised. As if they knew it was their first and sadly the last time they could party in a normal way as a committee.

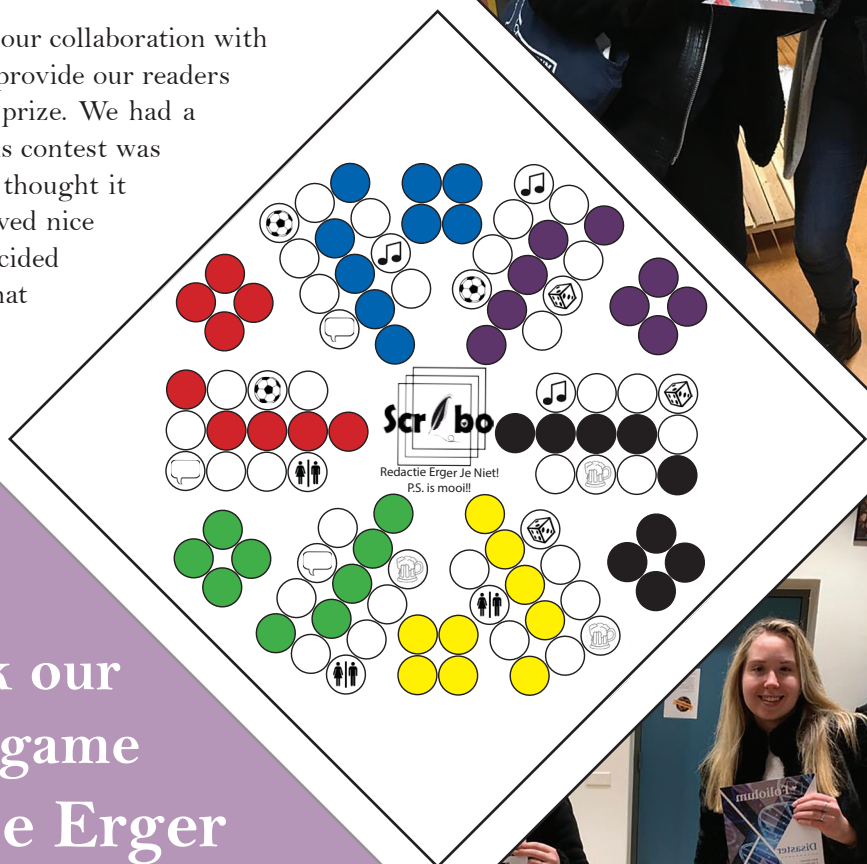
One of the most fun activities that we did as a committee was definitely renting e-choppers. Everybody enjoyed this day to their fullest, especially Luisa (aka Loes/Loosa) as she was able to ride the only pink e-chopper. Coincidentally, her pink gloves matched with her e-chopper as she knew beforehand she would get that one. The guys were masters in navigating through the beautiful landscape of Groningen. Bin Qiong was a natural talent in riding her e-chopper. Sometimes, she got too confident, which resulted in reckless driving behavior like going full speed over bumps in the roads. Fortunately, we all survived, and Ellen was still waiting at the starting point as her e-chopper did not move because she forgot to turn the key of her e-chopper...

One accomplishment that we are very proud of is our collaboration with Cobbler. With this collaboration, we were able to provide our readers with nice contests where they could win a tasty prize. We had a good laugh in making the first contest because this contest was about our own baby photos. The 139th board also thought it was a funny idea and decided to join us. We received nice feedback regarding our first contest. So, we decided to keep the photo contest element in the issues that followed.

Our time together was quite different from what we had in mind, because of COVID-19. Nevertheless, we had a great time together and hopefully, we can soon celebrate all the four Foliola that we have made. Preferably during a night out in 't Vaatje!

Love,
Thirsa, Bin Qiong,
Niek, Luisa,
Sylvan, and
Ellen

Check our
board game
“Redactie Erger
Je Niet”
at page 20-21 and play
our game
yourself!



ANNUAL REPORT

Ab-actis 139th board

In December 2019, Lotte asked me if I wanted to become ab-actis of the 139th board of G.F.S.V. "Pharmaciae Sacrum" (P.S.). I already knew beforehand that I would say yes to this question, but when Lotte and I started talking, I became even more enthusiastic. Lotte and I had not really spoken to each other before, but when we started, we immediately hit it off and could not stop. After I said yes, we came up with a plan to ask Floris. It was extremely hard for me to keep this a secret from him because back then we already were good friends and he knew that I had shown my interest in the board. Fortunately, Lotte and I managed to pose the question before the Christmas break, so I did not have to lie to him for too long. After that, we asked Lemke and Rob to be the assessoraat. I already knew Lemke, because we were in the Foreign Trip Committee together and got along very well. I had met Rob at the Introduction Day and knew that he would make a very good assessor II. They both said yes as well and we were complete!

During the P.S. Social Drink of March, it was revealed to all members of P.S. that we were the 139th candidate board. I will never forget that night because we did not have to lie anymore and everyone was really happy for us. Moreover, it was one of the last times we would have an offline P.S. Social Drink (although we did not know it at the time). After the revelation, a busy period commenced. We were present at all activities of P.S., while simultaneously rounding off our study year. The 138th board told us everything we needed to know about doing a board year and helped us write our Policy Plan. This was done via many online meetings.

The first point of our Policy Plan was focused on our COVID-19 approach. A very fitting first point, because looking back now, COVID-19 largely determined our board year. From the very start of the year, we knew that we absolutely did not want COVID-19 to spoil all of the good things P.S. has to offer. Therefore, we quickly came up with many ideas to make the best out of this new, strange

situation. A plan was drawn up to ensure financial stability and we made a page on our website with COVID-19 updates from the government and the university.

Most importantly, however, we wanted to ensure that the continuity of the association was guaranteed. In order to do this, we were set on letting activities take place as much as possible. For each activity, three different drafts were made: the original activity, an adapted physical activity, and a digital activity. This extensive planning made sure that we were prepared for any situation. A downside to this approach, however, was that it cost the committees and us a lot of energy to come up with so many ideas for so many different situations. For this reason, we changed our approach at the beginning of December, when we decided that every activity from that moment until the General Members' Meeting of June would be organised online. It was a hard decision to make because every one of us would have preferred to organise offline activities. Unfortunately, though, the situation did not permit it and this was definitely the right decision to make. Looking back, I am very proud of our board and of all of the committee members who have put such large amounts of energy into coming up with ways to organise online activities. The creativity and hard work that all of you have put into are absolutely amazing!

Something else that we knew COVID-19 would have a big impact on was the integration of first-year Pharmacy students. To promote integration between first-year students and their involvement with Pharmaciae Sacrum, we organised several introductory activities in September. Firstly, the Introduction Committee organised a First-year Introduction Day and a First-year Introduction Weekend. Instead of a camp, the Introduction Weekend consisted of two days of fun activities in Groningen. A great number of 135 Pharmacy students participated, and they were all very enthusiastic. After that, we organised a First-year Lunch, First-year Dinner and First-year Mystery Night. In order to promote integration between

first-year students even more, we organised two online First-year P.S. Social Drinks in February and April, which were also lots of fun and gave us lots of opportunities to connect with first-year students.

The second point of our Policy Plan concerned setting up a workgroup for the revision of all activities and committees of P.S. The workgroup started meeting biweekly in September and consisted of seven members and myself. We started assembling ideas for the improvement of the activities and committees of P.S., and it was very exciting and inspiring to hear everyone's point of view on different subjects. Unfortunately, I was only able to attend a few meetings due to illness. Luckily, Lotte eagerly took my place and saw the workgroup through to the end, when an advice plan was made and presented at the General Members' Meeting in March 2021. There, all members of P.S. were given the chance to give their opinions on the advice plan. We already implemented a few small changes in the names of committees and future boards will enforce the advice plan further.

Another thing that we included in our Policy Plan was the implementation of an Extra Lessons Platform on the P.S. website, which Rob has maintained throughout the year. Before our board year, P.S. was already organizing supportive group lessons, but this platform made individual lessons possible as well. Throughout the year, ten students signed up for individual lessons and most of them were first-year students. It was easier to find tutors for practical courses than for courses that only required studying. The individual lessons were evaluated and the students told us they were happy with the lessons, but that a few improvements could be made. We have noted these improvements in case the Extra Lessons Platform is continued in future years.

In addition to the previously stated points, we came up with a new way of promoting activities this year. In order to reach members even better, we introduced a WhatsApp messaging service. Members could sign up for non-study-related promotion and/or study-related promotion. In total, twenty-seven members signed up for the promotion of all activities, one member signed up for the promotion of educational activities, and two members signed up for the promotion of social activities. Every two weeks, these members received an overview of the activities in the upcoming thirty days. The evaluation showed that the

promotion could be a little more consistent and that the amount of promotion should not be increased. We think that this kind of tailored promotion has shown to be a very useful and handy way to make members aware of any upcoming activities that they might be interested in.

The last point of our Policy Plan was the P.S. archive. We were planning to spend six days per board member on re-archiving – cleaning the archive and digitising it where possible. However, we were unable to do this due to a lack of time that was largely caused by my absence. I was infected by COVID-19 at the end of September 2020 and became so ill that I was forced to temporarily stop everything and focus on my health. The other board members were extremely understanding and helpful, and quickly found ways to divide the tasks of the ab-actis between the four of them. I would not be where I am today if they had not given me so much space to recover, and I could endlessly thank them for that. Former board members also jumped in to offer their help. I particularly want to thank former ab-actis – Robin, Laura, and Lilly – for everything they have done for us. In addition to all of the things that we mentioned in our Policy Plan, we did many other things, from meetings to (online) drinks with other boards, and from beer tastings to corona guest lectures with none other than Marc Kaptein and Diederik Gommers! Some other very creative activities that were organised by committees were the JAK Beer Games, the Staycursion by the Foreign Trip Committee, and all of the activities that were organised by the Covid Committee (P.S. Valentine Roses, The Great P.S./PharmaStep B.V. Bake Off, a 30 Seconds tournament, and many more). These are just a few of the many activities that were organised by all of the creative and hardworking committees of P.S.!

When we started over a year ago, none of us knew how big of an impact COVID-19 would have on our board year. We were very optimistic and expected the world to return to normal within a year. Unfortunately, this did not happen. Nevertheless, I think I can state that we have done everything in our power to make the absolute most of this year. I am extremely proud of Lotte, Floris, Lemke, and Rob. You all have shown so much perseverance, creativity, and optimism, it is really amazing! I do not think we could have done it any other, better way. Next to all of the hard work, we always had a lot of fun together at the faculty, on Monday nights, and at each other's homes.

Of course, being the 'corona board' was quite hard sometimes and I think the most used word of this year has to be 'cancelled'. Nevertheless, we still experienced many of the beautiful things that happen in a board year. We all made lots of personal growth, we had some amazing (online) parties, made wonderful connections with the sister boards and hallway boards, and most importantly: made four friends for life. My wish for the 140th board is that they will have all of this as well, hopefully without corona. I have seen how motivated, energetic, and excited they all are – five lovely people who will definitely make the most out of their year as well. I want to wish you lots of success, and of course, we are always there for you if you need any help!

Drawn up truthfully,
April 26, 2021, in Groningen,

Nina Nooteboom
h.t. ab-actis of G.F.S.V. "Pharmaciae Sacrum"



WERKEN BIJ BENU APOTHEEK

Als marktleider bieden wij ambitieuze apothekers aantrekkelijke carrière mogelijkheden.

- Ga aan de slag in een **BENU** Apotheek als beherend of tweede apotheker.
- Ondersteun je apotheker collega's "in het veld" vanuit het hoofdkantoor.
- Kies voor Brocacef Ziekenhuisfarmacie, integrale farmaceutische zorg aan instellingen.
- Of ga werken bij Brocacef Zorglogistiek, waar je ook terecht kunt met een farmaceutische opleiding.

JongeHondenNetwerk

Voor jonge nieuwsgierige professionals hebben wij binnen Brocacef, de moederorganisatie van **BENU** Apotheken, het JongenHondenNetwerk. Ben je naast een baan ook op zoek naar extra uitdaging? Dan ben je bij het JongenHondenNetwerk aan het juiste adres. Een enthousiaste groep collega's komt periodiek samen om te netwerken en elkaar en de organisatie beter te leren kennen. Ideeën en innovaties worden enthousiast onthaald en vormgegeven. Hier maak je samen het verschil.

Nieuwsgierig naar de mogelijkheden?

Loop bij ons langs of neem contact op met Tim van Welzen op 06 - 20 60 87 60 / tvwelzen@brocacef.nl of Demet Sharif op 06 - 18 53 60 39 / dsharif@brocacef.nl.



LIST OF ACTIVITIES

2020-2021

As candidate board

March

03 Mar	P.S.-Social Drink
04 Mar	Beer Cantus
10 Mar	KNMP Spring Congress
12 Mar	Master's Degree Ceremony

April

03 Apr	Meeting with the board about Policy Plan
20 Apr	Pubquiz
23 Apr	Coffee Break
24 Apr	Meeting with the board about Policy Plan
28 Apr	SCP Meeting
	Game Night
30 Apr	Coffee Break

May

01 May	Meeting with the board about Policy Plan
06 May	Advisory board meeting
	VvAA LinkedIn Workshop
07 May	Coffee Break
	Teacher-of-the-Year Revelation
08 May	Meeting with the board
11 May	Bingo
14 May	Coffee Break
18 May	Netflix-party Pajama Party
21 May	Coffee Break
25 May	P.S. Year Overview Quiz
23 May	ICC I for Study Association Boards
	Van Lanschot Workshop
24 May	Meeting with the board about General Members' Meeting
28 May	Coffee Break

As board

June

02 June	Annual General Members' Meeting of G.F.S.V. "Pharmaciae Sacrum"
04 June	EPIL Meeting
05 June	Friday Afternoon Drink (VrijMiBo)
08 June	Sport With the Board
10 June	Advisory Board Meeting
	Introductory meeting with the Introduction Committee

11 June	Introductory meeting with VvAA
	Murder Mystery
12 June	Functionary Bingo of K.N.P.S.V.
14 June	Hello Day
15 June	Ranking the Board
16 June	Introductory meeting with the First-years Committee
	Introductory meeting with the Technical Support Committee
17 June	P.S. Cooks
18 June	EPIL Meeting
	Introductory meeting with the Committee Pharmaceutical Sciences "SSS"
19 June	Friday Afternoon Drink (VrijMiBo)
	Treasure Hunt K.N.P.S.V.
22 June	Introductory meeting with the Dies Committee
	Introductory meeting with the Charity, Entertainment and Sports Committee
23 June	Introductory meeting with the Career Day Committee
24 June	P.S. Cooks
25 June	Introductory meeting with the Lustrum Committee
26 June	Meeting with the Introduction Committee
30 June	Meeting with a teacher
	Board of praesides

July

01 July	Introductory meeting with the Almanac Committee
	P.S. Cooks
	Introductory meeting with BENU
02 July	EPIL Meeting
03 July	Introductory meeting with the Multimedia Committee
	Friday Afternoon Drink (VrijMiBo)
06 July	Meeting with the Green Office
	Pharmalead Pubquiz
07 July	Introductory meeting with the Foreign Trip Committee
	P.S. Social Drink
08 July	Advisory Board Meeting
	P.S. Cooks
09 July	Introductory Meeting with Mosadex

10 July	Meeting with the Technical Support Committee	26 Sept	Bylaw Committee Meeting
	Introductory Meeting with the Student Council Pharmacy	28 Sept	Extra Lessons Instrumental Analysis
11 July	JAK Beer Games	29 Sept	Workshop 'Effective Studying'
14 July	Meeting of the 'Work Group Revision of Activities and Committees'		Financial Committee Meeting
22 July	Annual General Members' Meeting of L.P.S.V. „Aesculapius”	30 Sept	FSE Work Group meeting
28 July	Introductory Meeting with VNA		FSE Study Associations extra meeting about COVID-19
August		October	
20 Aug	Annual General Members' Meeting of VCSVU	01 Oct	Workshop Conflict Management
21 Aug	Introductory meeting with ABN AMRO	04 Oct	Introductory meeting with honorary member
23 Aug	Second Hello Day	06 Oct	SCP Meeting
24 Aug	Meeting with Introduction Committee		P.S. Social Drink
	Meeting with a teacher	07 Oct	FSE Work Group meeting
26 Aug	Annual General Members' Meeting of U.P.S.V. "Unitas Pharmaceuticorum"	08 Oct	EPIL Meeting
28 Aug	First-year Introduction Day		Board of quaestors
29 Aug	General Assembly of the K.N.P.S.V.	09 Oct	Board of praesides
31 Aug	Introduction Day of Medical Pharmaceutical Sciences		Meeting with Wakker bij Bakker
	Opening of the Academic Year Rijksuniversiteit Groningen	12 Oct	Meeting of the 'Work Group Revision of Activities and Committees'
September			Introductory meeting with Ardena
01 Sept	P.S. Social Drink		General Members' Meeting of L.P.S.V. „Aesculapius”
03 Sept	EPIL meeting	14 Oct	FSE Work Group meeting
	First aid refresher course	15 Oct	Hooghoudt Jenever Masterclass
4-6 Sept	First-years Introduction Weekend	19 Oct	Wolk Academie mini-symposium by stage P students
07 Sept	Bèstastuf Meeting	20 Oct	Research Market
08 Sept	Meeting of the 'Work Group Revision of Activities and Committees'	21 Oct	General Members' Meeting of G.F.S.V. "Pharmaciae Sacrum"
09 Sept	Meeting with SOG		FSE Work Group meeting
	Introductory meeting with the candidate board of Studiosi Mobiliae	22 Oct	General Members' Meeting of U.P.S.V. "Unitas Pharmaceuticorum"
10 Sept	First-year Lunch		Introductory meeting with the Committee Pharmaceutical Sciences "SSS"
	Constitution Drink VCSVU	23 Oct	Meeting of the 'Work Group Revision of Activities and Committees'
14 Sept	Meeting with a teacher	27 Oct	Meeting with Wakker bij Bakker
	Meeting with a teacher		Introductory meeting with the Charity, Entertainment and Sports Committee
	Introductory meeting with NIA		Meeting with a teacher
16 Sept	Meeting with a teacher		Introductory meeting with the Multimedia Committee
	Introductory meeting with Pharmalead		Meeting Bylaw Committee and Archives Committee
	Kick-off Career Services		Introductory meeting with the First-years Committee
17 Sept	Introductory meeting with SPITS	28 Oct	Introductory meeting with the End-of-Schoolyear Camp Committee
	Financial Committee and Bylaw Committee meeting		Meeting of the 'Work Group Revision of Activities and Committees'
18 Sept	Meeting with a teacher		Meeting with U.P.S.V. "Unitas Pharmaceuticorum"
	First-year Dinner		First Aid Course
22 Sept	Meeting of the 'Work Group Revision of Activities and Committees'		Workshop InDesign and Photoshop
23 Sept	First-year Mystery Night		
24 Sept	Advisory Board Meeting		
	Board meeting with the K.N.P.S.V.		

29 Oct	General Members' Meeting of VCSVU		First-years Committee
November			Dies Natalis of T.M.F.V. Archigenes
03 Nov	Quaestors consultation	15 Dec	ICC Course
	Advisory Board Meeting		Meeting of the 'Work Group Revision of Activities and Committees'
	P.S. Social Drink	16 Dec	Advisory board meeting
04 Nov	Hallway consultation	17 Dec	FSE Pubquiz
	Pharmalead Workshop	18 Dec	Introductory meeting with Lelypharma
	First Aid Course		
05 Nov	EPIL Meeting	January	
	Hallway Drink	05 Jan	P.S. Social Drink
	Meeting of the 'Work Group Revision of Activities and Committees'	06 Jan	Board Dinner VJA
06 Nov	Meeting CareAbout		Meeting Bylaw Committee
11 Nov	Board Information Evening	07 Jan	Pharmalead Online Lecture
12 Nov	Introductory meeting with PharmaStep B.V.		Meeting Financial Committee
	FSE Work Group meeting	11 Jan	Almanac Reveal Night
	Cooking Workshop		FSE Work Group meeting
13 Nov	Meeting with Bêtastuf		Meeting with the Program Board
14 Nov	General Assembly of the K.N.P.S.V.	12 Jan	Senior Symposium
17 Nov	Movember Lunch		Meeting Financial Committee
	Speeddate with Former Boards	14 Jan	EJC Activity
	FSE Work Group meeting		Board of Praesides
	First Aid Course		Corona Lunch Lecture
19 Nov	Meeting with VvAA		Meeting of the 'Work Group Revision of Activities and Committees'
	Meeting of the 'Work Group Revision of Activities and Committees'	16 Jan	Meeting Financial Committee
21 Nov	Master's Degree Ceremony	20 Jan	Introductory drink VCSVU
23 Nov	Meeting with Congressus	22 Jan	FSE Work Group meeting
24 Nov	Acquisition Workshop		Board of Quaestors
25 Nov	FSE Work Group meeting	24 Jan	Meeting with the Archives Committee
	First Aid Course	25 Jan	Advisory board meeting
28 Nov	Master's Degree Ceremony		General Members' Meeting of L.P.S.V. „Aesculapius”
30 Nov	Meeting with ISCOMS	26 Jan	General Members' Meeting of G.F.S.V. “Pharmaciae Sacrum”
December		28 Jan	Introductory meeting with Wolk Academie
01 Dec	P.S. Social Drink	29 Jan	Introductory meeting with Noord Negentig
02 Dec	First Aid Course		Meeting with the Financial Committee
	Meeting of the 'Work Group Revision of Activities and Committees'	30 Jan	General Assembly of the K.N.P.S.V.
03 Dec	EPIL Meeting	February	
	Hallway consultation	01 Feb	First-year P.S. Social Drink
04 Dec	Former Boards Consultation	02 Feb	EPIL meeting
07 Dec	FSE Work Group meeting		P.S. Social Drink
	NIA Online Lecture	03 Feb	Dies Symposium
	Bêtastuf meeting	04 Feb	Hallway consultation
08 Dec	Introductory meeting with Panacea		Dies Cultural Evening
	Hallway consultation	07 Feb	Meeting with the Alumni Committee
	SCP Meeting	08 Feb	Committee Carousel
	Dies Reveal Night	09 Feb	SCP Meeting
10 Dec	Hospital Pharmacy Evening		Meeting of the 'Work Group Revision of Activities and Committees'
11 Dec	Meetings with the Dies Committee, the Committee Pharmaceutical Sciences “SSS”, The Charity, Entertainment and Sports Committee, the End-of-Schoolyear Camp Committee, the Master Committee, and the	10 Feb	General Members' Meeting of U.P.S.V. “Unitas Pharmaceuticorum”
		11 Feb	Bêtastuf meeting
		14 Feb	P.S. Valentine Roses

15 Feb	P.S. Valentine Roses	April	
16 Feb	Meeting with Shirt a la minute	01 Apr	Quaestors consultation
18 Feb	General Members' Meeting of VCSVU		Introductory meeting with the Editorial Committee "Foliolum"
20 Feb	K.N.P.S.V. Day of the Pharmaceutical Industry	02 Apr	Meeting with the candidate board about Policy Plan
23 Feb	LOS Sports Night		Extra Lessons Molecules and Reactivity
25 Feb	Pharmacy: the Possibilities	06 Apr	P.S. Social Drink
	Meeting of the 'Work Group Revision of Activities and Committees'	07 Apr	Board meeting with the K.N.P.S.V.
26 Feb	Career Day		EPIL meeting
	ICC Course	08 Apr	Acquisition Workshop
28 Feb	Meeting with the Alumni Committee	13 Apr	Meeting with the Financial Committee
March		14-19 Apr	Foreign Trip (Staycursion)
02 Mar	Meeting with the candidate board	16 Apr	Meeting with the candidate board about Policy Plan
	P.S. Social Drink	19 Apr	LOS Charity Activity
03 Mar	EPIL meeting	20 Apr	Hallway consultation
	Board of Praesides		InDesign Workshop
	BENU Pharmacy Training	21 Apr	BENU Lunch Lecture
04 Mar	Beer Cantus		ACI Meeting
05 Mar	Alumni Drink	22 Apr	Board of praesides
09 Mar	KNMP Spring Congress		Advisory board meeting
	Meeting of the 'Work Group Revision of Activities and Committees'	23 Apr	Meeting with the candidate board about Policy Plan
10-15 Mar	The Great P.S./PharmaStep B.V. Bake Off		Introductory meeting with an honorary member
10 Mar	Meeting with FSE chairs about COVID-19		Master Activity
	First-year Symposium	26 Apr	First-year P.S. Social Drink
	Meeting with the Bylaw Committee	29 Apr	VCSVU Gala
11 Mar	Advisory board meeting		
	Meeting with the Financial Committee	May	
15 Mar	Workshop Motivation	03 May	Meeting with the VvAA
16 Mar	Hallway consultation	04 May	Meeting with the Bylaw Committee
	EJC Activity	06 May	SCP Meeting
17 Mar	Award Ceremony of the Great P.S./PharmaStep B.V. Bake Off		Corona Lecture
18 Mar	Board of Praesides	07 May	Board of quaestors
	Introductory meeting with the candidate board of the K.N.P.S.V.		Commissioners' Activity
	BENU Pharmacy Training	09 May	Meeting with honorary members
19 Mar	Friday Afternoon Drink (VrijMiBo)	10 May	Committee Carousel
23 Mar	Meeting with the candidate board	11 May	P.S. Social Drink
	General Members' Meeting of G.F.S.V.	12 May	Meeting with FSE chairs about COVID-19
	"Pharmaciae Sacrum"		Educational Afternoon
24 Mar	VvAA Battle of the Boards	13-16 May	First Aid Course
29 Mar	Hallway consultation	18 May	Congress of the K.N.P.S.V.
	Extraordinary General Members' Meeting of L.P.S.V. „Aesculapius"	19 May	Hallway consultation
30 Mar	Introductory meeting with the Almanac Committee		Mosadex Lunch Lecture
	Introductory meeting with the Foreign Trip Committee	20 May	First Aid Course
	Introductory meeting with the Introduction Committee	22 May	Women's Activity
31 Mar	Meeting with FSE chairs about COVID-19	25 May	Dies Gala Dinner
	Afgestudeerd, wat nu?	26 May	Dies Gala
		29 May	Dies Reception
			First Aid Course
			Bicycle Performance Tour (RWPT)

Getting to know...

Ab-actis



Nina Nooteboom

My hobbies are:

Cooking, playing soccer or futsal, drawing and painting. I am also a big lover of music and like to go to as many concerts and festivals as I can!

My first job was:

Delivering the newspaper.

This is me in three words:

Committed, creative, pleasantly insane.

If I could combine two animals, I would combine:

Faber with my cat Bertje, because then I would have them both in one place.

Why I chose Groningen and Pharmacy:

I chose Pharmacy because I really liked biology and chemistry in high school, and I was (and still am) fascinated by the way medicine work. I chose Groningen because there is nothing above Groningen!

My academic year is:

2017.

I think the best subject is:

The pharmacology practical.

Why I chose to be part of the board and hold this position:

I had been really enjoying my student life and wanted it to last longer. I was having a lot of fun at all of the activities of Pharmaciae Sacrum with other members of the association. I wanted to experience more of that and I also wanted to be more involved. Therefore, the board was the perfect next step for me. Out of all positions, the position of ab-actis suited me best because I am a big 'language nerd'.

About me

My name is:

Nina Nooteboom

My birthday is on:

July 16

(born in 2000)

My hometown is:

Oene (Gelderland)

My function:

Ab-actis

Things I want to keep from my predecessor:

Her speakers (Thanks again, Robin :D).

Things I want to change from my predecessor:

Her PC screensaver.

I think the best P.S. activity is:

The End-of-Schoolyear Camp and the Foreign Trip!

This is the best moment I remember from my student days:

When we went out on the second to last day of the organic chemistry practical with everyone from the lab (and the last day of the practical became quite something).

My nicest/funniest statement is:

The best diet is wine. Drink two bottles everyday and you will not care about your weight anymore!

If I have to choose, then I choose the following:

Videoland - **Netflix**

Fries - **Pizza**

Theory - Practical

Faberzaal - Keuningzaal

Hometown - **Groninger**

Beer - Wine

't Vaatje - de Negende Cirkel

Kingsland - **Nazomeren**

This will be my advice for the freshmen:

Go to as many P.S. activities as you can, so you can still meet people in this online time!

Later I want to become:

A researcher in pharmacy.

This is still on my bucketlist:

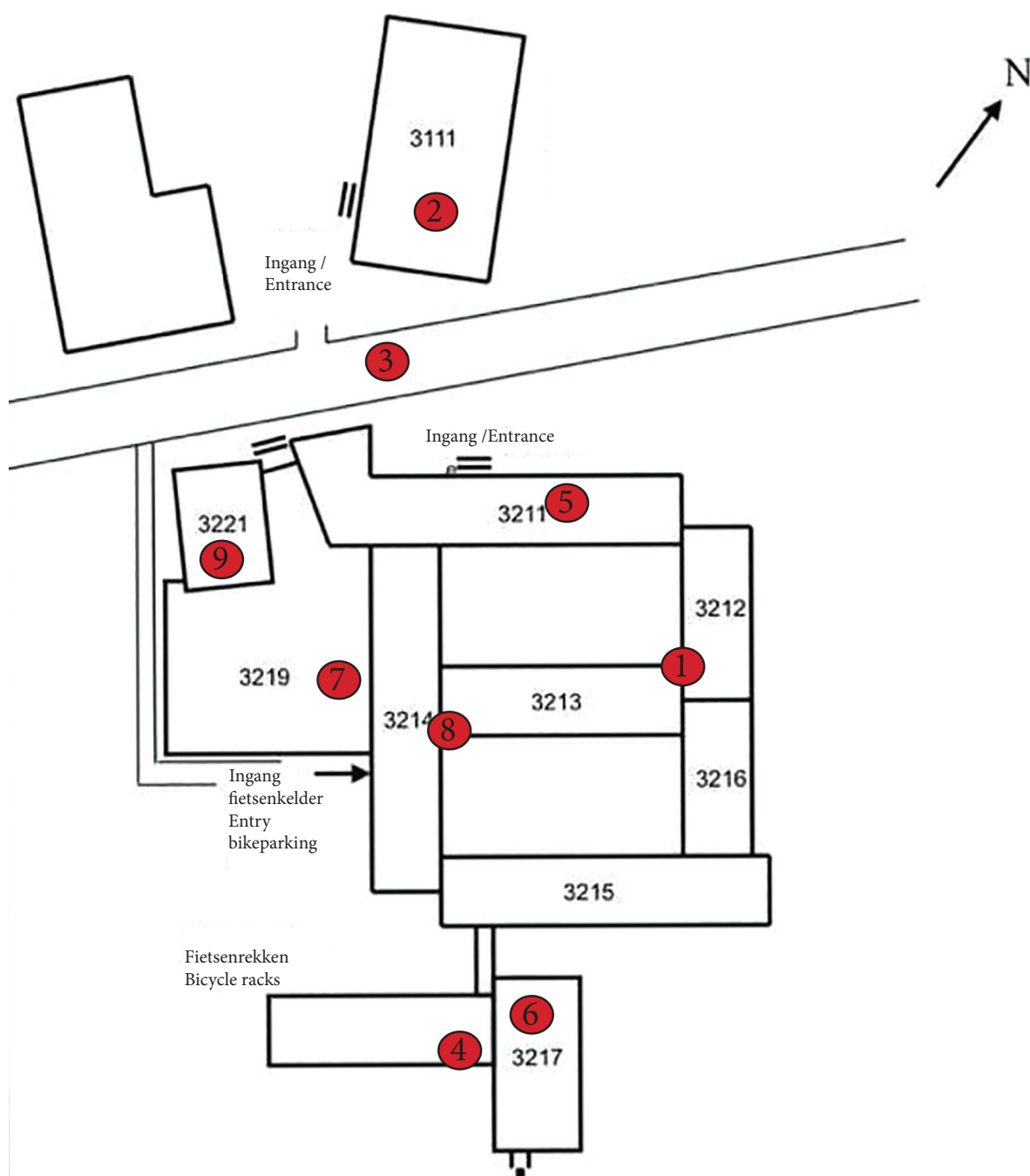
Seeing the Northern Lights.



CONTEST

Guess where

Take part in this contest! Guess which numbers on the map below correspond to the places where the photos on the next page were taken.





Scan the QR code to fill in your answer before the 12th of July and maybe you will win an amazing prize!



ANSWERS CONTEST

March Foliolum

On this page are the answers to the contest of the March Foliolum (guess which child picture corresponds to which Pharmacy teacher) displayed.

Jan Willem Meints



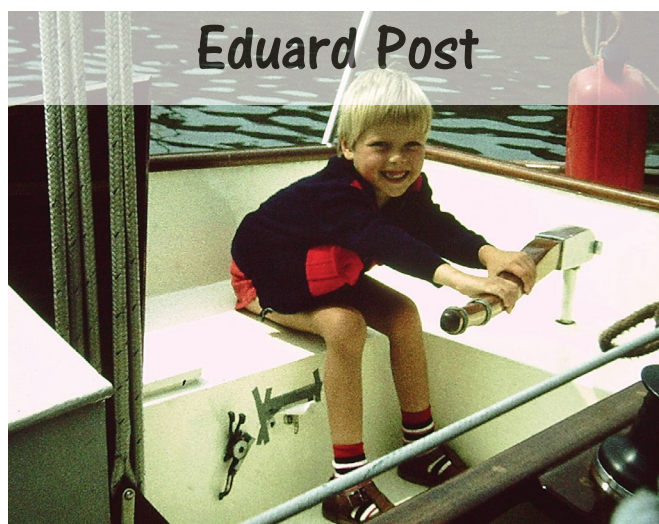
Claudia Dantuma-Wering



Martina Schmidt



Eduard Post



The winner of this contest is:

Martijn Hagedoorn

Congratulations!



LIST OF ACTIVITIES

The activities below are without prejudice. Keep an eye on the agenda of the P.S. site for the most current information.

June

June 25 th	Master Activity
June 28 th	Ardena Lunch Lecture
June 29 th	EJC Activity

July

July 6 th	P.S. Social Drink
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August

August 31 th - September 1 st	National Company Visit
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September

September 3 rd	Faculty Introduction Day
September 7 th	P.S. Social Drink
September 10 th -12 th	First-year Introduction Weekend

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Gezondheid is het aller- belangrijkst.

Ook op financieel gebied.



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