



APSA General Council Meeting
February 8th,,2021 at 17:00
(Google Meets <https://meet.google.com/efk-zzcf-amo>)

1. Call to order (17:00)
2. Roll call (2 min): Megan, Ayush, Garrett, Jared, Rachel, Kevin, Angel, Makboolee, Melody, Cody, Marzena, Navjot, Diane, Akshita, Anthony, Eliana, Nicole, Mandy, Nathan, Monica, Yan, John, Matthew, Leah, Morgan, Dr. Sanghera, Paul, Jackie (5:28pm)
Regrets: Scott, Colleen, Brianna
3. Additions to the agenda (1 min)
Motion: To approve the agenda
First: Ayush **Second:** Cody. **Motion carries**
4. Review last meeting's minutes (1 min)
Motion: To approve the previous Council Meeting Minutes
First: Matthew **Second:** Garrett. **Motion carries**

New Business:

5. Constitution and Policy Committee - Megan (3 mins)
 - a. Megan - The Constitution and Policy Committee will begin meeting soon, the exact dates are still to be determined. The goal of the committee is to look at the constitution and the policy manual and make any changes for the year to present at the AGM for approval. If you have any suggestions for the part of the constitution that pertains to your position if you could email them to me in the next two weeks that would be wonderful.
 - b. Anthony - Thanks Megan that is a good point. I had the pleasure of going over the constitution and there is going to be quite a few changes this year with some wording because the bridging program no longer exists so we definitely have our work cut out for us. If you could all get the suggestions to Megan then that would be great.
6. Re-Adjustment of Budget for Pampa Gift Cards - Leah (3 mins)
 - a. Leah - Last year we unfortunately ended quickly and things didn't fully wrap up from the Mint Cup and I've been waiting to see what we should do with it this year. The original plan last year was that the team winners would be awarded a team dinner and we've already received 27 gift cards towards that dinner and then APSA would be fronting the rest of the costs. Obviously, we couldn't have any team dinners or anything like that so I have the 27 gift cards but there would still be 15 team black members that would need gift cards as well which would be about \$375.00. I would need general council's approval to reallocate money that I would have used for in person events to fund the gift cards so that I can wrap that up and get the team black their gift cards from last year.
 - b. Ayush - Is this something that is already in your budget and you're looking to move the spending or are you asking council for more money on top of your approved budget?
 - c. Leah - This is what is in my approved budget but it would have been approved for other things. Since it is over \$100.00 I have to get council's approval to re-allocate it. It wouldn't be coming out of anyone else's budget; it is just a redistribution of mine.
 - d. Dr. Sanghera - So just wearing my student services hat and being aware of all the negotiations financially, the money that is reallocated as that approved by the Faculty for situations that don't include gift cards?
 - e. Leah - This would be coming out of my APSA budget not the budget negotiated with the faculty.
 - f. Dr. Sanghera - Thank you for the clarification, because if we were audited we want to make



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sure that we didn't give money for restaurant gift cards.

Motion: BIRT that APSA general council approves the reallocation of \$375.00 to purchase Pampa gift cards from the previously approved VP Social budget.

First: Leah **Second:** Ayush

All in favor. None opposed. Anthony abstains. Motion carries

7. Blue and Gold 2021 - Leah (3 mins)
 - a. Leah - I just wanted to bring it to all of your attention what I have planned for this year, it will be happening virtually on March 26th which is a Friday. This event is going to be no charge to anyone in the faculty so we can all attend for free this year. It is going to start at approximately 6:30pm and it is going to be an award ceremony kind of theme and we will also be joined by our guests at Rapid Fire Theatre. Rapid Fire are an improv comedy group that is local to Edmonton. The faculty was very generous and supported us in our endeavors to have them join us for the evening. They will be putting on a performance as kind of an award ceremony theme and helping us make that night something to remember and less of a Zoom meeting and more related to how Blue and Gold used to be where it was just a night for everybody to come together and relax and enjoy themselves and hopefully have a few laughs. I'm just giving you all a heads up and will be putting it through for BearsDen approval shortly. Does anyone have any questions about the event right now?
 - b. Ayush - It just came to my mind that the faculty Zoom account only allows 300 people so you might want to look into that if you haven't already.
 - c. Leah - We will be using their Youtube premium account to make it more of like a performance and they have us feed everything through their channel so I think they should be able to accommodate the size of us. They have done a few performances for things like banks for their Christmas parties and I'm assuming those get quite large as well. That was a good point though so thanks for bringing that up.
 - d. Dr. Sanghera - I think this idea is fantastic and we can't wait to hear about it at our staff meeting in February.
 - e. Kevin - So I was wondering specifically what is Rapid Fire doing here? Are they doing an improv show for us? Are they going to be together or is it going to be a Zoom improv or will there be a physical presence together on the stage?
 - f. Leah - I can post in the APSA Officers and Counselors page some of their performances they sent me and it is kind of neat. They are remote as well so they're not all on stage together but they do this Foursquare screen thing because there are usually three performers and a host and they perform their improv comedy shows that way so feeding off each other is still alive but still from a virtual formation if that makes sense. So it should be fun and it looks like they have a really good time with it and I'm excited to see what everybody thinks and I think it should be really fun and I am excited to see what everybody thinks.
 - g. Anthony - I can't wait, yeah it is a great idea and I think it fits the theme this year of getting creative and trying out new things in the virtual environment, so I'm happy we're able to make it work.
8. General Election Info - Paul (5 mins)
 - a. Paul - I just wanted to give everyone the dates for the general election important dates within the campaign period. The dates were already set by the Student Union. Voting days will be March 17-18th, which is Wednesday-Thursday and then we email the results. I've already sent a list of positions to the DRO at the SU and then once I get all the nomination packages, then I'll send them the list of candidates. My current plan is to take applications from March 1st to the 6th and then the candidates meeting would be on Tuesday March 9th. The campaign period would then start on March 10th with the Q&A candidates forum on



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March 16th at 4pm. Normally, we try to do it at lunch but this year with PAM and online events there is no good lunch period that all 3 years could go to so I'm hoping 4pm is not too late for most candidates and that it's not an issue. If it is an issue I'll discuss it with the candidate and hopefully find a workaround or a different time that works. The benefit with being at 4pm is if there are a large number of candidates and we can't find time for 2 Q&A sessions or forums it does give us a bit of extra time if it goes long and there's not a class that people have to get to afterwards. Once voting is done, I would announce the winners at the AGM. The only thing I really wanted to ask is more of a favor, over reading week, I'm going to try to make a Google Slides with pretty much every APSA position up for election, with the exception of social and class rep because I think people understand what those roles are. Ayush actually had an idea so thanks to him for pitching it. It just feels like there are a lot of roles that are important and have a lot of behind the scenes work but because we're online people are probably not seeing all the work that they do and I'm a little bit worried about involvement and if we're going to see the same turnout that we usually do. This doesn't have to be huge, just like one slide, here's what I do, maybe an email contact. I can post this the week after the reading break, give people the week to read it, I'll link the constitution as well, which would have more information on each role.

- b. Anthony - I appreciate that Paul.
- c. Kevin - I have two questions for Paul. Did we end up deciding on using Google Drive to keep all the candidates information and stuff because I feel like given the nature of online elections, having an asynchronous way to access information regarding the candidate is most important. So I think we discussed this last meeting but I don't know what your conclusion was about whether or not we'd be using Google Drive to keep everything together. Secondly, I was also wondering does anyone have any idea regarding the transition with us becoming a part of a college? So what changes there on that front and what doesn't have to change? I mean not just in regards to the Constitution, but I guess also with regards to our role as APSA does that change whatsoever? If so, do any roles need to move into more prominence given that we will be coordinating maybe in a greater college, whereas before we were just a standalone faculty?
- d. Paul - I can only answer the first one because I'm not really sure how the restructuring will affect roles but the short answer to the first question is yes, it will be online. I'm not quite sure if I want to have a Google Sheet that is a master list with every position and candidates sort of sub-headed there with the links to the 60 second video. I still want to do the videos because without posters this year it is going to be harder for candidates to advertise themselves and their biography. The other thought would be to have a Google folder with subfolders in it for each position and then sub-videos and candidates in there. I think it will probably depend on how many candidates we get and which one I can make the easiest to use. I'm leaning towards the Google Sheets and I like the idea of having it all in one place. I know last year they did Google slide presentation for the biographies and that is also an option that I'm considering, it would be the most user friendly but it isn't the most equitable just in terms of if you have 30 biographies to read if I put someone first or second I don't want people to vote for those individuals because they say their biography first instead of 30th. The Google Sheets would be the easiest way to mitigate that risk but I will play around with it once I get all the nomination packages in.
- e. Anthony - Addressing your second comment in question Kevin, we don't know yet. I know the SU is still determining how this academic restructuring will shape student associations. Ideally, nothing really changes and with the faculty still being in control of their budget, hopefully we can still have good negotiations with them to ensure some faculty funding and



APSA General Council Meeting

February 8th,,2021 at 17:00

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we still get students to buy in so APSA still has a stream of revenue. So the short answer is we don't know but optimistically, nothing changes.

- f. Angel - Paul, for your presentation, I'm not sure if you know this but in the APSA website there are actually all the counselor reports so that could also give an idea for future counselors on what their role would be, it includes this year's reports and last years reports. So that's something you could include in your presentation as well. The other thing is last year, Lisa did a video instead of a question forum for elections. I'm not sure if that is something you're considering but if we get a decent amount of candidates it might be hard to organize a time where everyone can meet and answer questions so it might also be easier for the general student body to access asynchronous videos. So that is something you could consider as well.
 - g. Paul - That is a good idea for the council reports so I'll definitely include that in my post with the Google Slides. I think again it is going to depend on how many people we have, but if necessary the videos can work. Learning from the Q&A forum from the presidential election, my hope is that I'll have the Google Form released before the TUESday so that if people can't attend they can still pose a question. The Q&A session will be recorded so if you did ask a question but had to work or something came up, you can watch the recording that way. Again, if it gets to a point where either there's too many candidates that we just can't find a time to make it fair for the contested positions or there are just issues that come up with it being live then I think the videos are a good backup plan.
9. General Council Elections and Transitioning - Anthony (10 mins)
- a. Anthony - I just wanted to bring up the fact that general elections are coming up and kind of mirror what Paul has said. I think with the online environment we have to consider that it is very intimidating for people to run for one but also not really knowing what next year is going to look like. With that in mind I think it will be difficult to get buy-in from people to apply for positions in the elections. I think every year is different but overall we generally get a pretty decent turnout but this year may be a bit of an anomaly and we don't know what is going to happen. So keeping that in mind, I think that the PowerPoint will definitely help highlight some of the things you've done in your role and also try to frame it in a way where you know it's more that just having to attend council meetings and highlight that there is lots you can do within your portfolios and that there are benefits of getting involved and the positives that you have found. Additional, in regard to trying to get people into roles, I think it is more than appropriate to reach out as a current counselor or officer if you think someone would be good to fulfill your role next year and just give them a little message saying you think they would be great for this role and that it is great to get involved. With that being said and this is kind of a discussion that we've been having amongst the Executive Council, a few of us had the opportunity to attend a women in pharmacy leadership seminar a couple weeks ago and I think especially with the work we've done with the Race Against Racism committee, seeing the formation of the BPSA, obviously APSA is striving to increase its inclusion and diversity. Ways we can continue to do that is reaching out to those we think would be good in our role, but to also think about the things we're doing in our role and how we can make those more equitable. One of the big takeaways from this women in pharmacy leadership event was that there are implicit stereotypes and implicit barriers that exist for a lot of minorities within APSA and so recognizing that is important and trying to think of ways we can break down those barriers. A piece of advice that the presenter gave me was that you should look at the distribution and breakdown of your student population. For the most part, I think we have a 70-30 split between females and males in pharmacy and so in theory if there is equal opportunity for all, APSA general council should be made up of 70% female



APSA General Council Meeting

February 8th,,2021 at 17:00

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and 30% male. I think some work we can do as a student association moving forward is okay, let's look at this and let's break it down. Is there equal representation? If there's not we need to ask ourselves why that is, is it the language used in the application process? What other factors fit in here? There are lots of things we can examine and so I just want everyone to be aware of that when they may be reaching out to people they think would be good in their role. All of this is to be aware that this is something we should reflect on and work towards changing over the next years because it won't happen overnight and like I said the first step is recognizing it and taking the necessary steps to change it.

10. IPSF Sr/Jr Position or IPSF Team - Marzena (10 mins)

a. [Supporting Document](#)

- b. Marzena - My agenda point is in regards to having 2 IPSF reps for the University. Yesterday, I was in the IPSF meeting that was hosted with all of the other schools in Canada and I had asked the representatives there how they are finding the online environment, especially splitting the role of IPSF representative roles. All of them had mentioned that they do have 2 IPSF reps and that really helps them with splitting up the role in terms of behind the scenes stuff that the IPSF reps have to do, which you can see some of these roles in the supporting document. Having 2 reps to be able to split up those roles would help IPSF be promoted more within the university and lessen the load on one representative. I also wanted to mention that with having only 1 IPSF rep at our university I've been finding myself having to ask other counselors to help me out with my role. Leah has been really good with helping me in my role and I really appreciate that but if I did have a second IPSF rep with me, I think it would be more beneficial for the future IPSF rep because you can split up the role. From the other schools, the senior reps were mentioning that the junior rep position is more of a shadowing opportunity of the senior so it would work kind of like CAPSI where the junior then transitions into the senior and is more of a preparatory role in order to take on the bigger role of IPSF senior. What are your thoughts in terms of this?
- c. Leah - I think it is a great idea. I feel that there are a lot of positions that could benefit from a mentorship role first and then transition into the bigger role next. I feel like IPSF is not something that always gets a big spotlight on council and could have a much bigger role if it was given the time and the people to put even more effort into it. I think you've done a great job on your own but if you see that other schools have a bigger role for it and could benefit from it, I think that it would be awesome to consider this.
- d. Melody - I was also in that meeting with Marzena and it was asked what representatives found hard for them this year. To put it into perspective, the faculties that don't have a junior-senior type IPSF role are the smaller universities and the UofA Faculty of Pharmacy is quite large in terms of all of Canada so I think that it would be very beneficial. I know that it has been tried many times and we just haven't really had the change to implement it but this year being online, I think it would be absolutely beneficial, especially with Zoom fatigue. I know Marzena is struggling with all of the things that I've been throwing at her and all the other local reps so just keep that in consideration. I was also wondering if we can do this as an ad-hoc position or is this something that would be immediate?
- e. Anthony - To be honest, I'm not sure. I think it would be beneficial next year so that is something that the Constitution and Policy Committee could look at. We could make that change, put it to a vote at the AGM and see what people think. What are your thoughts Megan?
- f. Megan - I would have to look closer but I think there are 2 ways we could go about it. We could either put it into the constitution which would result in Paul having to advertise it for the by-election since the constitution isn't rectified until the AGM or we could transition with



APSA General Council Meeting

February 8th,,2021 at 17:00

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next year's council and put it as an ad-hoc for one year and then they could look at putting it into the constitution. I think we can look over that and see which way we think would be more beneficial.

- g. Anthony - I know last year with social media officers that would have been an ad-hoc position that we ran with general elections.
 - h. Megan - So social media officer was added as an ad-hoc position last year until the election, but because it was one that was an ad-hoc they had it in the constitution changes to change it but it just wasn't rectified until the AGM but since they knew they were going to rectify it they ran it that way, I know that is confusing.
 - i. Ayush - I was on council last year where this got brought up and I am for the IPSF junior position because I love having a junior and it is great. So I would say there are a lot of constitutional issues about planning a junior position so the way that I think you would have to do it is have ad-hoc for this year and then the APSA council would review the constitution in March but some considerations would be in terms of running for those positions this year, we would have to elect somebody from Marzina's class and then somebody from the below class for those roles so there needs to be interest. I think the other reason why this didn't get pursued before its because it actually requires a lot of work, if you look at the constitution for the CAPSI Junior and Senior roles require a full laid out explanation. I am happy to help you make that Marzena but it does require a lot of work to get something put into the constitution like that so that is something else to consider as well.
 - j. Megan - Marzena is also on our Constitution and Policy committee so we can definitely work on putting that together.
 - k. Marzena - If there would not be a possibility of doing a junior-senior position like CAPSI to start off, there is one school in Canada that has an IPSF team rather than an IPSF junior-senior. So basically, it is like the PAM or Movember committee, where there are students that are helping the IPSF rep and then from my understanding the senior would then choose somebody from that committee to take their role for the following year.
 - l. Anthony - So the thought would be that you would become junior in your second year and senior in your third year just like CAPSI?
 - m. Marzena - Yes just like CAPSI.
 - n. Paul - I believe that the cutoff for emailing the CRO is February 17th. I assume that we can still probably make changes if something comes up but I think a by-election might be the easiest way to go about it because that is easy enough to add on another application form adn to advertise that position from there. I just don't know if adding it onto the general election is as easy. I can email the DRO and get some answers if that is an option that we want to pursue but my opinions that the by-election would probably be the easiest way.
 - o. Anthony - We will have to think about it because then you're election 2 positions as opposed to just the 1 IPSF rep.
 - p. Ayush -Maybe we should take this offline and look into the constitution just because I think the issue with waiting to do it in by-election is we run the IPSF senior position in the regular election so then we'd be running for somebody for the junior position in the by-elections and that could get confusing in terms of the constitutions but we can set up a group chat and sort it out.
11. Pharmacy Women in Sports Club - Diane (10 mins)
- a. [Supporting Document](#)
 - b. Diane - As you all know, I'm your female sports rep and I've been working with some intramurals mostly, however, I felt some gaps within just sports in general so I created an external club to help in this area and it focuses mostly on women in sport. I am just going to



APSA General Council Meeting

February 8th,,2021 at 17:00

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go through this Powerpoint to give you a run through of what is going on. A few statistics that we can run through, only 2% of girls age 12-17 get the recommended 60 mins of physical exercise and only 19% of Canadian women participate in sports compared to 35% of men. If a girl doesn't participate by age 10 there is only 10% chance she'll be physically active by age 25. You can see the source linked here as well. I've personally experienced a lot of this in my sporting career, women are often the limiting factor in terms of creating teams or just involvement. As future healthcare professionals I think it is quite important that we push the agenda to get more people involved and more female or female-identifying individuals involved in sport just because it can really help with disease prevention. I put together a team across all 3 years, I chose mostly 1st, 2nd, and 3rd years just so this project can carry over into the next year as well. We will be working on this project throughout the term. Basically, what we are here to do is just try to face some of the inadequacies in female involvement in sport and any type of physical activity, we're here to create an open space for women so they can build their confidence and find other peers who are like them so they're able to be more confident and branch out and help other women in the community. Mostly this club is directed with APSA and it is APSA affiliated and it is mostly directed at female or female-identifying individual who are just interested in any type of physical activity and need a little bit more of a push or just need some space so they can have other people join them and creating that safe space for people so they're able to enjoy and reap the benefits of physical activity. So it has been kind of hard with this project being on the back burner for me and I've been debating a lot on starting it. Originally before COVID I was daydreaming about this role being more in person but I know right now it is very difficult. So to clarify what is going to be happening right now, we're mostly just going to have an external Facebook group and we'll be doing most activities on Zoom or Google form discussions. I want to start onboarding ladies tonight by releasing a Google form but from what I'm hearing everyone seems quite busy and I want to reduce burnout so I'm thinking of posting that later this week so keep an eye out for that. Basically some of the benefits that people can have from sports or why women specially as Anthony mentioned earlier women are often leaders in healthcare and they're trying to address some of these in inadequacies in terms of leadership and how we can address how women can be better represented. So these are just some of the reasons why we should be supporting physical activity with women, aside from the gaps in stats that you could see from the slides before. So essentially it is really good for team building, it is a great outlet for stress and can really help with mental health. I know that I've used a lot of sports career for distressing myself or getting something out, I play competitive dodgeball so every time I'm frustrated I just throw balls at a wall but it can also help with confidence, leadership skills and teamwork skills, which we all know as pharmacists it is really important for us to work on these to be able to work with each other. It is going to be basically an open space for us to kind of share our experiences and form that group where we're able to support each other and form plans and comfort with our peers. So essentially, our platform of doing this will be again through the Facebook group will hopefully be having more Google Form discussions where it is anonymous or not just so we can kind of get to know each other a little bit better, see what gaps we can address and have those sporting events. The idea of this group originally was just for example to post in the group that "Hey I'm going bouldering do any ladies want to join me" but since we can't get together in person it will be a little more difficult. Instead we are kind of pushing the idea to have more Zoom fitness sessions. I believe in 3rd year, Lena is doing this for you already with things like kickboxing and that is what it is going to look like zoom yoga or kickboxing and any other ideas from club members just to create that spark for people to get physically active. I'm



APSA General Council Meeting

February 8th,,2021 at 17:00

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aiming for our first event to be in early March but I know with PAM it is a bit difficult. I am moving away from a Lunch and Learn model and am mostly looking for distressing events, like just a night to have some yoga catch up with some girls and so hopefully it helps with burnout and helps support women for when we're able to get back into sports and create this interest in sports within women. Right now it is mostly TBA but I will definitely be working around the PAM schedule and listening to what you have to say in terms of overloading people. So again, I'm really open to a lot of ideas on whether you're female or male but any input helps. If you have anyone you can bring in to help with some events or if they can run an event like these let them reach out to me and you can contact me through my email or directly through Facebook and I'm happy to hear from you all.

- c. Anthony - Great presentation, thank you for sharing. I think it is a great initiative and it's really good that you already have acquired a couple members of the team and I think having first years especially is important to make sure they stay involved and continue the torch.

12. APSA Bear - Makboolee/Nathan (2 min)

- a. Makboolee - We wanted to give the APSA Bear to Nicole FUnk for all her hard work organizing our faculty's input in the WISEST conference.
- b. Nathan - We also wanted to acknowledge her tireless efforts, creatively organizing Community Education presentations and Science FUN week videos during these challenging times.
- c. Anthony - Very well deserved!
- d. Nicole - Thanks for all the help and thanks to everyone that has been volunteering!

13. Additions to the Agenda

14. Adjournment (17:47)

- a. **First: Ayush Second: Nathan**